

READ A FLAT BELLY SUCCESS STORY



BEFORE

**Mike
Sauer**

AGE: 52

POUNDS LOST:

12.8

IN 32 DAYS



AFTER

ALL-OVER
INCHES LOST:

11.88

3.5 FROM
THE WAIST

↙ **favorite
mini meal**
Yogurt Crunch
Delight, *page 131*

On April 20, 2009, Mike, a 52-year-old fire captain in New Jersey, had a heart attack while on duty at his fire house.

"I had responded to several calls during the first part of my 24-hour shift, including a vehicle fire," says Mike. "And at about 5:00 a.m., I woke up with crushing chest pains. At first I thought the pain was related to possible injury or strain from the earlier events, but it wasn't. I was taken to the hospital, where I found out that I had suffered a heart attack. Although the attack was very mild and I have since returned to full duty, my life was changed that day. I was given a second chance and I took advantage of that."

Mike started seeing a nutritionist shortly after the attack, and when she told him about the Flat Belly Diet for Men panel, he immediately signed up. "The Flat Belly Diet for Men helped me turn my health around, and it taught me how to eat . . . the right way."

So, instead of eating just a couple of really large meals each day, Mike follows the set regimen of 400-calorie meals several times a day. And he's come to love the MUFA-packed meals and working out. "I depend on the MUFAs as the core of my diet. They make up every meal or snack. And the exercise maintains

my focus and helps me relax. I can think more clearly when it's mealtime, and I can think ahead to figure out my meals for when I'm on duty at the firehouse."

Apparently, losing over 12 pounds is also enough to make a guy stop snoring. "One morning my wife, Theresa, announced that I didn't snore last night," says Mike. "I didn't think much of it until she said it again the next morning, and then again the next. This kept happening—or I should say it kept *not* happening. I just stopped snoring. And I don't toss and turn while sleeping. I feel refreshed when I wake up because I sleep much better." While Mike considers it just a nice bonus that he no longer snores, his wife thinks a night's rest without noise is something to celebrate!

Next up for Mike: joining fellow test panelist Anthony Henry in Las Vegas for a marathon to benefit the Crohn's & Colitis Foundation of America.

