

Health Testimonials: Weight Loss

I know Molly Roets and Debbie Hedenskog personally and can really say that she has been an amazing transformation. I believe with her that this product is really life changing and can help so many people! Stéphan.



Molly Grim Roets shared her photo.

March 28

I had a very stressful couple of years when we first moved to South Africa from the USA. We moved 6 times in two years. During this time we had our 6th baby. After she was born, I started to struggle with my health. I was exhausted all the time, couldn't seem to drop any baby weight, I was ill frequently and developed some conditions related to a compromised immune system. I was also struggling with depression. We traveled to the USA for our furlough, we were on 18 different airplanes, and our two youngest children weren't sleeping due to time zones and jet lag. Our baby was breastfeeding around the clock. I honestly felt like I wasn't going to make it.

A couple of friends from our church had been talking about a supplement called TruVision and I was following their stories online. At first I was skeptical but something in me was drawn to what they were saying. They experienced a range of results from increased energy, weight loss, getting off prescription medications such as anti-depressants, lowering cravings for sugar, reduced headaches, etc. The list went on and on! I decided to try it for 4 months to see if it would help me. It was a HUGE leap of faith to do something for myself! I think moms often put their own needs last, and I was the same.

After about two weeks on the combo pack (TruFix and TruWeight&Energy) I got up one morning after another sleepless night. I realised I wasn't even groggy and I had energy to go for a run! I used to run but when the babies started to come that got less and less. I went for a jog, and had energy for the whole day. I also realised that I wasn't having the extreme lows of depression I struggled with and my moods were stable and balanced.

My appetites changed and I no longer wanted the sugary foods I used to crave. I also didn't want carbs and chose foods high in protein. I was full quickly and had no temptation to overeat. These were very significant changes!

After about a month cm's and kilos started falling off. I continued to lose weight and cm's, for a total of 14 kgs/30 lbs. I feel my blood sugars evening out, my BMI is coming to where it should be. I feel so, so good. Better than I have in years. I would have struggled to admit depression was a problem for me, because as a Christian I thought Jesus should be enough. But I realise that my body needed help, I was nutritionally deficient in many areas, and my hormones were out of whack. I am grateful for this supplement and it has benefited my whole family. Our lifestyle is changing to become more active, more balanced nutritionally, and i feel I can project a better example of a woman for my 5 daughters to model themselves after.

I didn't intend to sell this product; however it worked so well and as I started to share my results with friends, people started coming to me. So Gert and I decided to bring it with us to South Africa. TruVision helped us to open a warehouse in Cape Town, and recently, their whole line of products became available for us to purchase.

I personally feel every mommy probably needs some kind of supplement. This is the very best and easiest thing (no shakes, wraps, meal replacements, or funky powders) I have found. It is worth every cent.



Debbie Hedenskog

June 8 at 3:39pm · Cape Town

2 Natural Supplements twice a day!

I honestly would NEVER, EVER, EVER have thought I would be here today 7 month ago! Loosing weight the healthy way, gaining my life, confidence and zest for life back! My heart is over-joyed and want to shout from the top of the mountain - "It's natural and it WORKS!"



Molly Grim Roets and 31 others

1 Comment



Annette Renee Knopf

April 4

Meet Abbey:

She says, "I have always struggled with my weight... In high school I weighed 99kg, and since then my weight has always fluctuated. But After I had my last child, I was in a dark place... I was battling depression, an eating disorder, and nothing that I had tried had helped me lose weight!! I had lost all hope that I could feel comfortable in my own skin, I felt hopeless in the fact that being happy with my self seemed so out of reach... I kept seeing a friend post about all these amazing [stories](#) about these two little pills changing people's lives..."

So in June I decided to give my [weight loss](#) one last try, and I got my 7 day trial pack! With in the first three days I could tell a difference! I wasn't eating all the time, my cravings were disappearing, and I finally had energy to keep up with both of my kiddos!!

Fast forward to today, I am down 15kg, I no longer fight my eating disorder, I no longer drink 2-3 cans of soft drink a day, I make healthier eating choices, and I feel COMFORTABLE AND HAPPY IN MY OWN SKIN!! My house is clean, my laundry is done, my kiddos are HAPPY because I am HAPPY!! I have found myself again!!

These two little capsules, twice a day, have changed my life!! [Weight loss](#) is possible, being comfortable in your own body is possible, and being happy with yourself is possible!"



Christy Starnes

March 31 · Lebanon, MO, United States

My [story](#)... "I've tried it all"

Like so many I had tragic events in my life that caused stress and weight gain not to mention the fact I was classified as "chubby" my whole life. Once my health started deteriorating I knew my lifestyle was unhealthy and I needed to change. I was determined and the first to go was smoking, we all know what that does... MORE weight gain. I was desperate for anything to help just get the weight off, healthy or not. I was cruising through facebook as we all do and seen a friend post about her success and the company promoting a 24 day challenge. It was basically a body cleanse and clean eating with A LOT of steps, drink concoctions, a ton of pills and daily clean eating dedication for 24 days. It was a huge struggle for this fast food junky but I did it then after the 24 days I fell off the wagon hard. So another round of 24 days it was for me until I realized this was a yoyo vicious circle that I could not continue. Still dissatisfied with my weight another friend was posting and boasting about her recent discovery of "just one pink drink a day will melt the fat away" was the exact slogan that sold me. I can drink one little drink a day, no problem. So I switched and gave it a shot, to my relief it was easy, it did help with the bloating, lost a little weight in the beginning and it even helped get my blood sugar in the normal number range again. Then after a while my [weight loss](#) stopped and I slowly put weight back on and found out the formula had changed. Since my blood sugar was normal I continued taking it with no hope of ever losing this weight. I ended up in the hospital with Pleurisy one night and they prescribed steroids to help heal my lungs which added 45 additional pounds on, I'm back to square one plus some at this point. Thanks to Facebook once again I see yet another friend talk about her dramatic [weight loss](#) and how it's just two pills a day. So I messaged her and we talked about it helping the blood to so once again I switched with the total mindset "here we go again", "this will never work on me." I purchased a trial but new with my medical issues (PCOS, Fatty Liver, Diabetes, Sleep apnea and Anemia) that I would need to give this at least a month. At first my blood levels stayed normal, I did have an increase in energy, less bloating, less food/sweet cravings and I lost a few pounds and inches. At the second month I was feeling a little discouraged and reached out to my friend and she helped me tweak a few things to maximize my results and BAM! The last two weeks my weight is literally melting after being on the products for almost four months. I am so glad I didn't give up, I'm down 18 inches (8 inches in my waist alone) and 28lbs. I feel so good that I am on cloud 9 all the time. I am meeting great new friends along the way that is a constant support system for me. For the first time in decades I have hope again that I can get to a healthy weight and maintain it.

