

May 16, 2007

To: Mr. Lloyd McLain, owner  
Smart for Life, Inc.  
1112 Kingston Pike,  
Suite B  
Knoxville, Tennessee 37922

Dear Lloyd,

This is a quick note and testimonial to your new 'Cookie Diet' Parvin and I just completed. In just two short months I was able to loose twenty (20) pounds following your simple instructions and I have dropped two sizes in my clothing. It is a wonderful feeling to look and feel so much better.

Loosing weight has never been easy for me and I hate the idea of dieting, but to my surprise, it was much easier than I would have imagined. I never was hungry and doing it with my husband made it even that much more enjoyable. I would certainly recommend your diet to anyone who wants or needs to loose weight.

Thanks so much and 'Best of Luck' to you and Karlene on this wonderful business venture. It must be a wonderful feeling knowing that you are helping so many people.

Best Regards,

Nancy Woods  
1216 Shadyland Drive  
Knoxville, Tennessee 37919