

Love Notes

from some of the 15,000+ graduates of the
21-day LOVE YOUR BODY Program

The most important lesson I learned in the LYB program is that I learned how to release resistance, which makes everything in my life simple and easier.

—B.D., 38-year-old lawyer

It truly met my needs and helped me recommit and reconnect to eating and exercising in a way that fully supports my well-being.

—K. A.,
55-year-old nurse

What I loved about the LYB program is that I deeply connected with my body, which allowed me to deeply connect to myself and live by my commitments and promises for 21 days, instead of my thoughts and feelings. This was enormously empowering.

—F. T., 42-year-old physician

My physical energy, mental focus and digestion significantly improved.

I learned the power of commitment and the value of having an accountability partner to support me to have breakthroughs for my health.

—F. D.,
22-year-old college student

Thank you so much for supporting me. It was a privilege to experience the Love Your Body workshop and learn how to appreciate food as a tool for health and healing.

—H. P., 33-year-old chef

I experienced the joy and confidence of feeling good in my body. I experienced profound insights about my mind, body, and spirit. I experienced amazing support and breakthroughs with my body.

—J. P., 72-year-old professor

I learned to listen to my body and appreciate the value of knowing how effective the right supplements can be for me to feel great, to respect the changes that I learned to observe without interpreting them, and most importantly to trust that my body heals quickly when I listen and align with my highest values.

—P. G., 40,
business consultant

What I loved about the LYB program is in three weeks I shifted gears on where I was heading physically, mentally, spiritually and emotionally.

I set myself on a path to healing, and empowered myself to keep healing long after the program has ended.

—43-year-old female cancer survivor



New England Family Health Center
Weston, MA 02493
www.DrBarryTaylor.com
Phone: (781) 237-8505
Fax: (781) 237 8506
Email: DrBarry@DrBarryTaylor.com

I learned that I am much stronger and more capable than I thought I was. I can do amazing things if I persevere and have the right mindset, support, and guidance.

—L. O., 55-year-old actor

I am calmer, clearer and more creative. My dogs are calmer. I communicate much more clearly. I love my body and I am more conscious of the gift I have. I have eliminated many "shoulds" and replaced them with "of course!"

—L. T., 42,
computer programmer

The most important lesson I learned in the LYB program is that you are your own healer. What I loved about the LYB program is I feel more grounded and connected to myself and to life.

A goal that I am proud of is I lost 11.5 pounds in a way that I am confident I will keep off because of the new relationship I have with food and my body. I had no cravings for sugar and junk food after the first week following the guidelines of the program and taking the supplements.

I look at these foods and find them unappealing now.

—M. C., 58-year-old female

So many things improved about my body: I lost a lot of stomach fat, and my energy was very high while feeling calmer, less anxious and more mentally clear. Dr. Taylor's words, 'feeling at home in my body,' became alive and real for me in ways I never imagined.

—R. M., 44-year-old mother

I experienced less back pain and much more flexibility; my hormones felt more balanced; and a trusting relationship with my body allowed me to look more honestly at myself. My sleep and energy improved dramatically.

I learned about mindfulness from the inside out.

—J. T., 68-year-old pilot

[This was] a great program that I did not imagine could improve my health and mental clarity in amazing ways. An anchor for the future.

I am inspired by what I can accomplish with the right support.

The most important lesson I learned in the LYB program is a renewed trust in my ability to change and transform. I did not have a clue what transforming my relationship to food and my body really meant.

I am so grateful.

—R. K., 52-year-old psychotherapist

I learned a deeper understanding of the alkaline-acid relationship to health. I never knew how to use a liver flush. The distinction between "giving up" alcohol or other things for a specified period of time and "disconnecting from addictive patterns or behaviors" around those things from a place of generosity rather than sacrifice will stay with me forever.

—N. O., 39-year-old acupuncturist

[I learned] to recognize the adversarial relationship I had created with my body at a very young age.

I learned to reconnect and appreciate that my body has listened and responded to me as a best friend, protecting me as I asked for, and reflecting all that I have gone through in my life.

—J. R., 60, retired

I discovered that I liked eating veggies daily, that keeping my word is difficult but rewarding and that I can forgive myself for side trips and detours when I give in to my thoughts and feelings. I can recommit to agreements after I am authentic about not keeping my word. I learned about honoring my word and my body.

—V. P., 55-year-old graphic designer

**CLICK HERE
to
watch
a short video!**

I learned that you can always make excuses not to do something . . . if you want or need to do something, push past those excuses and make it happen!

—W. B., 28-year-old teacher

I learned how many of my physical and emotional experiences are rooted in fear-based behaviors. I also learned how to reframe my behavior, though this is a work in progress! I look forward to learning more in another LYB program.

—H. L., 45-year-old dental hygienist

I discovered creative and healthy ways to eat well. I discovered that my body is capable of real communication and dialogue; I just have to be a respectful partner.

I discovered that I genuinely love meditating and the peace it brings me.

I will continue to make meditating a part of my daily routine.

—P. R., 40-year-old construction worker

The value of engaging in the LYB experience was proving to myself that I could stick to something that was beyond what I thought I could do.

This will stay with me for years to support me to continue to learn about taking supplements and eating well.

—G. P., 20, college student

I learned about beets for the liver, and how acid and alkaline foods relate to disease or radiant health.

I was amazed that in a circle of people dedicating a short time to support each other, I could accomplish way more than I could on my own.

—S. C., 60-year-old massage therapist

I discovered that simple fruits and veggies and brown rice are basic, and satisfying. I no longer need coffee to function. I now know the honor of revoking an agreement or changing terms is critical to my healing. I had not realized that sloppy and unconscious communication affected my emotional peace and mental calm.

—T. N., 32-year-old author and workshop leader

I experienced
a deeper sense of peace.
I have a stronger connection
to my body, its strength,
and its capacity to heal.
This connection had
weakened for me
over the last 18 months of
Western medical cancer
treatments. I could take this
three weeks for my health
and well-being and still
handle the holiday
preparation, and in many
ways this program helped me
handle the holidays
with more ease.
It was a joy to focus on health
and not my disease.

—C. D., 46-year-old singer

I discovered that forgiveness
can be a powerful tool for healing
and freeing up energy,
that I can carve out time for myself
even in the midst of a busy time of year
with a lot of demands (holiday time),
and I can more freely eat many foods
that bothered me without distress! YAY! I missed it.
[I'm now] enjoying foods that I had to stay away from!

—D. P., 54-year-old teacher

**I learned to keep my word and trust the process.
I can transform my health and wellbeing.
My allergies and arthritis are considerably better.
A world of learning opened up for me: renewal,
via a cleanse is possible for anyone.
I believe Dr. Taylor proved himself as
one of the country's authorities and
most competent teachers because
of his experience in detoxing.**

—S. L., 50-year-old interior designer

Prior to detoxing I was taking Claritin daily for allergies.
During the 21 days I experienced no congestion in my head, ears or nose.
Prior to detoxing I was often awake in the middle of the night for one to two hours.
After participating in the LYB experience for about ten days,
I realized I was quickly falling back asleep each time after getting up
during the night. The value of engaging in the LYB experience
was that it helped me to move to a higher level
of caring and appreciation of my body—
to in turn help my body become the healer it is intended to be.

—V. D., 56-year-old female



New England Family Health Center
Weston, MA 02493
www.DrBarryTaylor.com
Phone: (781) 237-8505
Fax: (781) 237 8506
Email: DrBarry@DrBarryTaylor.com