



Diary of a Catholic Fat Girl: How this wife of one and mom of twelve worked from the inside out to renewed health and tremendous weight loss...through Faith, Love, Humor and Walking!

Jean Allen

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Diary of a Catholic Fat Girl: How this wife of one and mom of twelve worked from the inside out to renewed health and tremendous weight loss...through Faith, Love, Humor and Walking! Jean Allen She needed to lose not only 60, 80, or 100 pounds. She needed her health restored. She was lethargic, had bouts of high and low blood pressure, anemia, high cholesterol, low blood volume, headaches, sore back, dizziness, insomnia, shortness of breath, muddle-headedness, heart palpitations, borderline diabetic, physically weakened by miscarriage, and plagued by aches and pains. She experienced it all, and was on the verge of losing her life. She had a husband and 12 children how then was she able to regain her health and lose the weight? Through Faith, Love, Humor, and Walking. Jean Allen tells how it not only worked for her, but, how it can work for all those ill in health and overweight.

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