

1400 POUNDS!



Joe feels and looks like a different guy

'FAT KID' SHERRY MELTS OFF 126 LBS!

JUNK food junkie Sherry Candelaria confesses she was a "fat kid" for most of her life until losing 126 pounds - HALF her weight!

The divorced 5-foot-6 brunette, a Fort Lauderdale, Fla., elementary school office manager, hit 256 pounds before she decided to lose her extra pounds once and for all.

"I just got sick of looking at my photos and feeling embarrassed," the divorced, 52-year-old mother of two grown children tells GLOBE.

"Then I saw an ad about Dr. Aaron Tabor's soy-based Slim & Beautiful diet (www.DrTabor.com).

"A nutritionist friend told me the diet was sound and had just the right amount of protein and carbohydrates."

Sherry ordered the Slim & Beautiful bars, eating three a day.

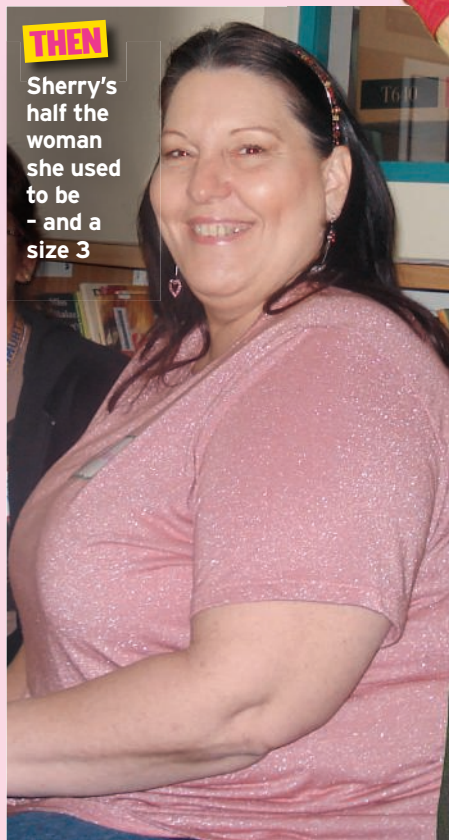
"The soy protein kept me feeling full," she says.

"I lost weight steadily for three months for a total of about 60 pounds. Then I started adding a yogurt or two to my daily diet and some exercise.

"Finally I felt slim enough to join a gym!"

In one year, Sherry lopped off half her weight and reached 130 pounds.

"My friends thought I looked



THEN
Sherry's half the woman she used to be - and a size 3

too thin so I've gained back 10 pounds," she says. "Now I eat the bars for snacks, relying on yogurt, fruit and lean chicken and fish for my meals.

"I used to hate clothes-shopping because nothing ever fit. Now I'm a size 3 - everything looks great!"

Weight Loss Tip: "Eating protein quells your hunger."



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