



Washington University in St. Louis

SCHOOL OF MEDICINE

Barnes-Jewish Dialysis Center

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Marcos Rothstein, MD, FACP
Professor of Medicine

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Mr. Charles D'Angelo
Team Charles
7435 Watson Road
St. Louis, MO 63119

Dear Charles:

It took many years of neglect and complacency for Cathy and I to pile on the pounds. Careless eating and a lack of exercise took its toll. A chance encounter with a Team Charles client and friend of mine ignited my motivation to seek your help.

From our first meeting, Cathy and I realized that your common sense approach to weight reduction and fitness was what would work for us. Knowing exactly what to eat and when, leaving no room for interpretation, made the dieting easy. From the perspective of a physician, your balanced approach to eating encompasses carbohydrate and fat reduction without any sense of deprivation. Vitamins, essential minerals and micro-nutrients are included in the daily food intake. The exercise component started at a very doable pace and as we shed pounds, we became stronger; the workout increased accordingly, but with our newfound energy and stamina we were well-prepared to handle it.

In my practice, I've seen a dramatic impact in diabetes and high blood pressure control for those patients who've lost even a modest amount of weight. Your program of diet and exercise offers a pragmatic, life-long solution to getting off the roller coaster of obesity. It can help prevent the ravages of related illnesses.

Being part of your team has been one of the best things Cathy and I have ever done together. When friends and family see us they are amazed at our transformation and their comments are most gratifying. Of course, the first question asked is: "How did you do it?" The answer: "Charles D'Angelo."

Cathy and I are very thankful to you for getting us to this healthy place in our lives. Your coaching made it simple for us to change bad habits without missing a thing. The more we lose, the more we exercise, the more we are motivated. Thanks to you we will definitely "stay on track."

Sincerely,

Marcos Rothstein, M.D.
Medical Director, Barnes-Jewish Hemodialysis Unit