



Testimonials for Rosen Wellness and Bernard Rosen, PhD

Lose Weight



- "I met with Bernie when I decided it was time to lose some weight. He educated me on nutrition and showed me some simple changes I needed to make to my diet...After trying very hard for 25 years to lose weight I...lost 30 pounds over the next 6 months."
- R. W.

Lose Weight



- "...I am healthier than I have been in 10 years! The most important thing Bernie has done is to share his knowledge about nutrition & exercise. I have lost 20+ pounds in the last 4 months, and while I have a long way to go, I am already enjoying the benefits of feeling great, and wearing my old clothes."
- J. H.

Lose Weight



- "I've lost 20 pounds, gone from a size 40 to 36 waist, sleep better, have more energy, I'm off my acid reflux meds, and I've got my sex drive back."
- J. R.

Lower Cholesterol



- "In July 2008...my cholesterol level was at 236. I did not want to go on statin medications and wanted to lose weight. I started with the Standard Process Purification Program. My thought process became clearer and I felt better overall. I began following his dietary, exercise and supplement recommendations along with removing significant stressors from my life. In three months I lost 15 pounds and lowered my cholesterol to 181."
- S. S.

Lower Cholesterol



- “With Bernie's help I've been able to lower my cholesterol and triglycerides levels over 50 percent. I was diagnosed with metabolic syndrome and pre-diabetic. My doctor was considering putting me on insulin in addition to the statins I was already taking. With my family history of heart disease and diabetes I was desperate to find something that would help me get off of any type of pharmaceuticals. I had read about and tried many different nutrition related advances but didn't seem to be getting anywhere. I knew there had to be better answers than what traditions medicine provided so I went to Bernie for help and within three months of following Bernie's professional advice my diagnosis has been reversed and my doctor has declared my numbers as excellent. As an extra bonus I lost 14 pounds without trying. Thank you Bernie!”
- P. P.

Control Blood Sugar



- "...working with Bernie...I wanted to accomplish two things: lower my early morning blood sugar and lose weight—the same weight that I've lost/gained, lost/gained, lost/gained for the past 40 years...I'm not dieting any more! I did make a terrific lifestyle change! Result? ...I can't wait for my next doctor's appointment. I've already impressed the diabetic nurse by successfully lowering ALL my blood sugars—not just the AM one and losing 25 pounds. Bernie is very knowledgeable and...he specifically tailored his recommendations to me."
- L.B.

Feel Good Again



- "For many years, I have suffered with bouts of headaches, insomnia and fatigue that were sometimes merely bothersome, other times completely disabling. I've been through all the medical and blood tests, seen allergists and naturopaths, psychologists and pain-management specialists, and nothing has really helped. So, my expectations of ever finding the reason for my disabling headaches and fatigue - much less a cure - were quite low. In fact, non-existent. Six weeks ago, I walked into Bernie's yoga class with a friend. The first thing Bernie said to me was, "You look familiar"... and it turned out that we had gone attended business school together 20 years ago. Naturally, I was curious about the path that led him from marketing management to teaching yoga. We talked a while after class, and I found out that he had completed his PhD in Nutrition. I shared with him some of my health challenges, listened to his solid and grounded approach to nutrition, and decided to join his list of nutrition clients.

Now, six weeks and three one-on-one sessions later, I have gone from skeptic to believer. Bernie provided clear, straightforward scientific reasons for recommending my particular diet and nutritional supplements, and I have followed them to a tee, with great results. My head is clear, I haven't had a headache for 6 weeks, I'm sleeping straight through the night, and I have significantly more energy. Oh, and I lost 10 pounds to boot.

It may sound trite, but running into Bernie at yoga that morning literally changed my life. I now know what I can do to keep myself feeling strong and well.

As I say, I was quite skeptical at the outset. I have always been careful to eat what I considered a healthy diet, but there is so much mis-information out there that much of what Bernie showed me was new to me, and quite revolutionary. And it has worked."

- L. S.

Balance Hormones



- “Bernie Rosen has been an inspiration in helping me get my health back on track. He guided me toward testing that unscrambled the imbalance in my hormones. He also helped me begin the process to modify and improve my eating habits... which has been a constant struggle. He recommended the purification program and other supplements that have made me feel healthier and have more energy than I have had in years. Relaxation was also a concept that he introduced me to and I started out with private lessons of Yoga and now I have been participating in group lessons at Yoga One.
- Your words of nutritional wisdom are often on my mind and I am determined to continue to strive for a healthier life style. I am so glad I met you when I did I feel like you were really able to help me get to the bottom of the hormone issue and find the nutritional support I was desperately lacking to get me back on track.”
- A. H.

Mental Clarity



- "...I was really broken down both mentally and physically. I was on three different medications for depression and anxiety and was easily distracted to the point where I couldn't concentrate enough to read a book anymore, and reading is one of my favorite hobbies. I suffered from chronic headaches and irritable bowel syndrome. Bernie created a personalized plan ... I noticed an increase in energy level and my thoughts started to clear. My belly flattened out and I was no longer suffering from stomach problems and bloat. My headaches and IBS are virtually gone. Right away Bernie knew that I was probably gluten intolerant, and he was right. His new plan changed my life. I never would have believed I could have stopped eating bread and sugar, but my body feels so good that I don't even think about eating them anymore. After my diet, health, and dependence on prescription medication improved, Bernie recommended I try the Standard Process Min-Chex for my anxiety. With the Min-Chex I went from three different medications to control my depression and anxiety down to just one at a reduced dose. Going to see Bernie was one of the best things I have ever done for myself. Thank you for my health, Bernie!"
- J. F.

Regain Vitality



- “...some pretty typical female mid life issues, weight gain, lack of energy, depression, lack of motivation. Bernie evaluated my diet and exercise routine, we spent a good deal of time working through changes to my diet and eating habits...taught me some wonderful relaxation and meditation/breathing techniques as well as developed a personalized yoga routine for me. I've put his suggestions into practice and feel like I am in control of my life, feel more relaxed and positive as well as having more positive energy to emit to the world. This was a very positive experience and I am thankful I met Bernie at this stage in my life.”
- L. U.

Regain Vitality



- "I got my life back. I couldn't hold down a job...didn't know if I'd have a good day or a bad day...was 39 and my joints hurt all the time. The medical community wrote me off...suffered from chronic fatigue.. inflammation of my joints and muscles...trouble sleeping. I was on an emotional roller coaster with high anxiety. I had cravings for carbs and chocolate, IBS, couldn't lose weight, and had no sex drive. In six weeks I lost over 25 pounds. I have more energy; I'm up every morning at 6:30 AM. Before, I never could get up before 9:00. My emotions are stable, my anxiety is minimal, my stress is reduced, and I've regained my sex drive. I've regained my life."
- J. R.

Yoga for Exercise and Relaxation



- “Bernie knows more about nutrition than anyone I know. He has a great ability to cut through marketing hype to get to the core of what we should be eating to maintain a healthy and balanced life. I also attend Bernie's yoga class - it is amazing how much better I feel after attending. I highly, highly recommend Bernie for both nutritional support and yoga!”
- M. M.

Holistic Health



- "I thoroughly enjoy working with Bernie...He provides me with information on my health and eating habits that was targeted to my specific needs...is caring, considerate and extremely knowledgeable about health and nutrition. I highly recommend, to everyone, that they at least meet with Bernie to discuss their current health and nutrition habits. You will be amazed at what Bernie can do for you."
- S. K.

Body, Mind, and Spirit



- "Bernie is highly knowledgeable in the over-all health of the mind, body and spirit of the human body and seeks with passion to assist and pass on thus important knowledge to helping others achieve a healthy and spiritual life through diet and yoga."
- D. N.

Health Practitioners



- "Bernie is my number one recommendation for nutrition and supplement information for my patients. His work complements mine and my patients always benefit from meeting with him. The fact that he teaches yoga and relaxation is just an added bonus!"
- Rebecca Abbott, Acupuncturist.

Nutritionists



- "I have consistently used Bernie as a source for all things in which he is expert- such as yoga, stress reduction and a general holistic approach to integrative health. I've quoted him in my upcoming book and I can't recommend him highly enough. He is knowledgeable, generous, forthcoming and honest, and he knows a lot! A really terrific person in every way."
- Jonny Bowden, Nutritionist and Author