

She said good-bye to 70 pounds

(Continued from page 10)

as guests except for one week when men may attend.

born Anne Marie Benstrom, who specializes in preventative health.

The Ashram is managed by Swedish-

THE HEALTH RESORT, as it is

called, gave Mrs. Scolnick a new outlook on life.

"I have a new outlook on how far I can push myself," she said. "I exercised before, but when it hurt, I stopped. I learned that when you get to that point, you should exercise three more times. I've made it through the Ashram. The problems I have at home are nothing like what I went through there."

Now sleek and svelte after a year of continuous work, Mrs. Scolnick has yet to return to eating meat, salt or sugar after her return from the Ashram. When she dines in a restaurant, she eats only half of the fish meal she orders.

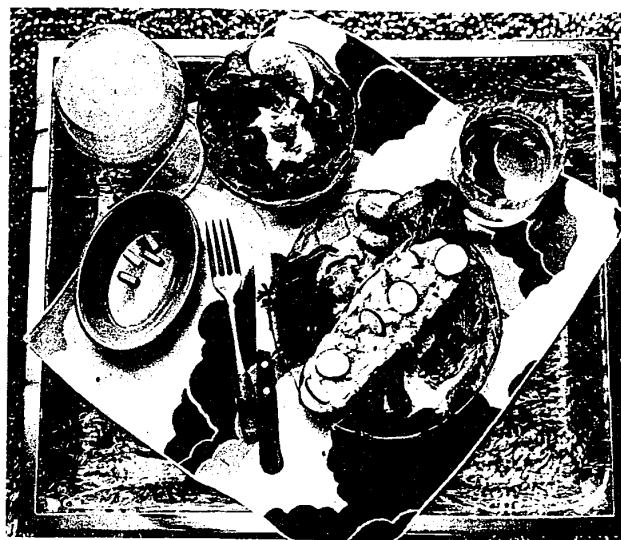
She lost almost 25 inches in one week at the Ashram and has kept her weight the same.

Mrs. Scolnick exercises a home, walking 1.3 miles in 19 minutes and works out at a gym. She hasn't started smoking again and now drinks caffeine-free tea rather than coffee.

Sitting in her favorite room in her house — a glass-walled room that overlooks her backyard — Mrs. Scolnick said she feels wonderful.

She isn't ashamed she gained 70 pounds.

She's lost the added weight and has regained her health. She's proud of her accomplishments, but she hasn't forgotten what she went through to reach her goals.



Cucumber boat, romaine lettuce with cottage cheese, nuts and fruit, water and orange juice — quite a meal. For Cammi Scolnick, this food, and the four different vitamin pills, consisted of a whole day's portion of food at The Ashram. (Staff photos by Mindy Saunders)

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