

*Foreword by Bruce C. Barton MD, F.A.C.O.G.*

HOW TO  
**LOSE WEIGHT**  
AND  
**LOOK GOOD**  
WITH STRENGTH TRAINING

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**REGAIN**  
Lost Years  
in Just **DAYS!**

DR. FITNESS USA  
**STEPHEN HERCY &**  
**BATISTA GREMAUD**

# Foreword

Dr. Bruce Barton M.D.



How rarely in this life does one have the opportunity to meet such an extraordinary person whose capabilities far exceed the rest of us considered normal humanity? Stephen Hercy is one of these rare individuals who has dedicated his life to the betterment of our lives collectively, should we choose to embrace his teachings. History is replete with examples of people such as Stephen Hercy. Names that readily come to mind are Steve Jobs, Michael Dell, and Jack Lalanne as well as many others. Perhaps in time, the teachings and principles brought to us by Stephen Hercy will become second nature to many and they too will realize the benefits of healthy living with finely tuned bodies, which allow us to enjoy that which our maker intended – a fruitful, active, and yes pleasurable life.

While in our early 40s, my wife and I decided that there had to be more to life than a successful medical practice, which I had built, and her musical career as a violinist. We turned to various hobbies and finally found that physical fitness provided us with an activity we could do together and enjoy. A thorough Internet search landed us squarely in Stephen Hercy's court. His location of Venice Beach was quite appealing as well as his philosophy of natural progression through hard work. Mr. Hercy had several examples of before and after pictures which were quite astounding and appealing to us. A quick phone call and first appointment convinced us that this was the man to change our lives. With the existing commercialism of the health-conscious industry it was apparent to us in our discussions with Stephen that he not only was goal oriented, but that he was willing to see us through the years required to obtain the changes we were seeking. While we understood that financial compensation was a natural part of this process, it seemed that Stephen was most interested in helping us change our lives and obtaining our goals.

Working with Stephen Hercy proved to be not only challenging, but truth be said, frustrating during several steps of the process. Perhaps my training as a medical physician got in the way of what was really important, and I needed to let go of many of my preconceived ideas of what would best work for me and my body. My wife on the other hand was more readily able to accept and implement Stephen's teachings and believe me it shows in her body. We will say that Stephen is quite eccentric, demanding, and at times a little difficult to relate to on an interpersonal basis. We believe that this goes along with his genius and in no way detracts from his abilities to implement change in lives. None of the truly amazing people, a few of which I have mentioned above, have been your average non-eccentric non- motivated people. In

fact, they have had the ability to think outside the box and have a different paradigm, which has often labeled them as eccentric, and Stephen is no different. Once those different paradigms are accepted and his genius realized, could a person then be able to implement the changes and see the astounding consequences of his knowledge. We have come to grow and love Stephen as not only a mentor but also a true friend. The physical transformation, which we have both experienced, has been well documented. One of those small eccentricities, which I had trouble with, was the standard use of photography on an interval basis of both my wife and me. Stephen knew the great wisdom in this and we often go back and view these photos with amazement in witnessing the transformation of our bodies.

Over the course of time the change in our bodies has been so amazing that it has allowed my wife to compete in several fitness competitions, as have I. Certainly dedication by the client is mandatory; anything worth achieving in this life does not come without dedication and hard work. The tools which Stephen Hercy provided has allowed that hard work and dedication to pay off by more than a factor of 10. We are able to enjoy activities with my wife's family and amaze our children with our abilities not to just keep up but to pass them by in any activity involving physical stamina and fitness.

Life is a beautiful time, waiting for us to embrace it and enjoy all that it has to offer. Stephen Hercy's teaching, along with our dedication, has allowed us to embrace life, enjoy its pleasures, and benefit from the help it has brought to us. My wife, Connie, has had such a transformation that she has found great joy in becoming a certified accredited personal trainer herself and helping people with this transformation she has found so incredible. Without Stephen Hercy, this would not have even been an afterthought.

I continue in my medical practice and enjoy the physical activities my body was meant to enjoy. A recent bicycle tour unfortunately ended in an accident in which my femur and hip were broken in four places. My physicians have assured me that due to my wonderful physical condition the recovery has progressed at an amazing rate, and I should be back on the bike in no time. This, my friends, is serious stuff. There is nearly a 25% mortality rate within six months of an injury such as mine, yet within a few months I will be able to enjoy those things with no limitations.

Stephen's life partner, Batista, has dedicated much of her time in writing Stephen's story and sharing knowledge, which would empower anyone who reads this book. In short, if you are interested in truly changing your life and taking it to the next level then this book is for you. Even better would be to thoroughly read this book, prepare yourself, then contact Stephen Hercy and become involved in his amazing program.

You will see changes and consequences, which, in short, will absolutely change your life for the better. If you prefer to remain sedentary, enjoy your favorite TV shows while snacking, and face the consequences of shortness of breath while climbing stairs, inability to participate in physical sports and activities which otherwise were enjoyable to you, then you should leave this book alone. For the life of me, I do not understand why people even with the busiest of schedules would not choose to implement positive changes in their lives allowing them to more fully enjoy the benefits of healthy bodies and pleasures, which our creator has intended for us.

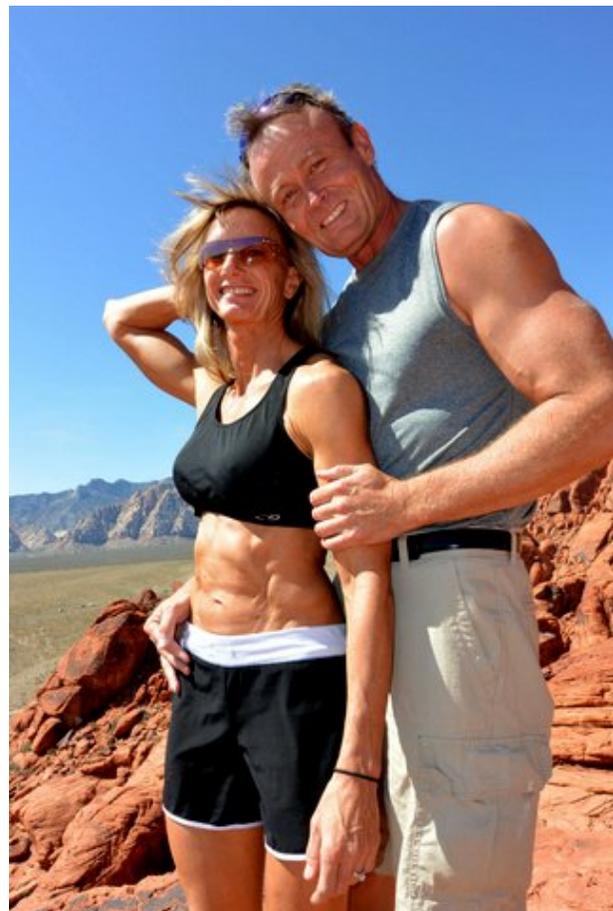
Our heartfelt thanks and appreciation go to Stephen Hercy in allowing us to learn from him, put up with his idiosyncrasies, and reap the benefits of truly healthy bodies and joy in life.

Bruce C. Barton MD, F.A.C.O.G. Connie Barton NCSF Certified and Accredited Personal Trainer

**Connie and Bruce Barton Before**



**Connie and Bruce Barton After**



“Working with Stephen Hercy is a life altering experience; much more than just physical strength, but emotional power as well!”

**- Shereen Roofian**  
*(Marriage Family Therapist Intern)*

“I have tried everything to quiet my mind. I am experiencing some really powerful experiences, and literally periods of not thinking, on the Body Design Formula system!”

**- Dr. R.T., DMD**

“As a doctor, when I look at your x-rays, I determine what age you are, not biologically, but by the condition of your spine. With Stephen Hercy’s proper training techniques you can be eighty years old and have the spine of a twenty year old!!”

**- Dr. Aaron Orpelli**

“Being at the gym was always a horrifying experience ever since grade school. Now thanks to Dr Fitness USA and Batista, I love the gym.”

**- Lori Hart (Beauty Expert)**

“Stephen and Batista have made the most dramatic difference in my inner wellness than any other single component I have implemented. They have allowed my body to turn itself back on from within with a brilliant customized routine for the gym. I am absolutely loving my twice weekly workouts!”

**- Fred Van Liew**

