

The Today Show

October 18, 2005

Successful Structure House participant, Teresa Khirallah, featured on national morning news program.

Structure House graduate Teresa Khirallah, appeared on The Today Show's "Today's Health" segment, discussing her 200-pound weight loss.

"I thought the way to handle this was to go away for four weeks and focus solely on my eating [and] my issues," Teresa said during the segment.

Days after her 30th birthday, Teresa went to Structure House and learned how to become a healthier person. Fourteen months later, Teresa said she now has the energy to foster "relationships, friendships and the other important things in life."



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"I feel amazing," Teresa shared during the interview. "I feel like I've been liberated and a whole new sense of freedom has come into my life."

Teresa discussed her addiction to food, recalling that from youth she would eat to handle anything emotional in her life. When her weight reached 392 pounds, pleas from her close friends and warnings from her doctor of imminent mobility issues or death, because of her obesity, convinced Teresa it was time for a drastic change.

Teresa also announced she was training to run the Dallas White Rock Marathon on December 11th. Teresa said she will wear the number "704" during the 26-mile run, representing the day (7/4/2004) she started her weight loss journey at Structure House.

