

This is OUR Isagenix Weight Loss Story



My wife and I both started our Isagenix program on November 1, 2007. My weight was 251 lbs and my wife was 193 lbs. I am diabetic (type II) and had not been doing any exercise other than cycling on weekends only, with my wife.

The first six weeks were very tough but we were determined to stick with the program. We even had Isagenix products delivered to our hotel in Florida during our Christmas vacation.

I have gone from a 43 inch waist to a 34 inch waist and have lost 57 pounds so far. My wife has gone from a size 18 to size 12 and has lost 37 pounds so far. I have had to lower my target weight goal three times, but I think another 10 lbs will be my final weight loss goal.

Since my weight began coming down and we began to feel more energy than ever, both my wife and I began exercising almost daily, waking up at 6 am to start the day with 35 minutes of exercise or spinning and then increasing our weekend cycling to 70 km rides outdoors. My bike rides are unbelievable with respect to the power I feel while riding. What used to seem like mountains have turned into tiny little hills which I now fly up effortlessly. It is truly a pleasure to ride now.

My biggest complaint or problem is all the clothes I have been going through. First I had to replace my pants with size 40's then 38's then 36's and now 34's ~ it gets quite expensive not to mention new belts. All kidding aside, it is all worth it as I just turned 50 and my wife is 55 and we have never felt better.

Now if only Isagenix could do something about my thinning hair I would be really happy.

Michael and Marilyn Abrams
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Weight-loss results may vary. In a recent study, participants averaged a weight loss of 7 pounds at the completion of their first Isagenix 9 Day Program. Always consult your physician before making any dietary changes or starting any nutrition, weight or exercise program.

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