

This is My Isagenix Weight Loss Story



“Hi ! I am Denise Koshieff. I live in Port Alberni on beautiful Vancouver Island in British Columbia. My life has been blessed with my loving husband Pat for over 28 years and 4 wonderful children who are all grown up now.

Despite all the great things in my life, I had many fears lurking about me. I was very overweight and unhappy and felt that was just the way things are and would always be. I avoided normal day-to-day activities. I had Real Fears. The only thing that helped me get some things done was to chew gum. That was my crutch. Even with that, the feeling of being over-anxious would creep over me.

Vacations ? That was totally out of the question. I was not so much hiding from others, as much as I was hiding from MYSELF. I was not happy, inside or outside. I was not living - I was merely existing.

Then came the accident that seemed to be my reality check. I ended up in the hospital in November 2007. My weight became an issue immediately as nurses moved me - without my assistance. I felt so terrible that I continually apologized. What a horrible way to feel. Nothing worked for the over 100 pounds that I needed to release. I was so frustrated that my walls were closing in on me even more.

It was at my next acupressure appointment with my holistic health practitioner, Lori McLeod, that I found out about Isagenix. Then my husband Pat and I attended a Wellness Presentation. We both started our Isagenix Program in May 2008. Within a few days of starting the program, my feeling of being “overwhelmed” melted away. What an amazing benefit. After a few more days, I was curious about my weight . . . I had released 11 lbs and 14 inches. WOW - something’s working. I continued and completed the full Cleanse program. The results were in - 27 pounds and 31 inches !

The feelings I had were so incredible that we took our first vacation in 25 years ! We went to the annual Isagenix Celebration in Las Vegas and what a great time we had.

We decided to continue with the 30-day Program - for over a year - and I am now incredibly happy and proud to tell you that I have now released 110 pounds and 104 inches !

Life changing – YES. The image I had of myself is completely rewritten. My outlook on life has become positive and my self-esteem is totally reversed. My fears have melted away almost as quickly as the pounds. I am now living instead of existing – and I am loving instead of hiding !

Denise Koshieff ~ Port Alberni, BC, Canada