

THIS IS MY ISAGENIX STORY

I Released 66 Pounds and 11 Inches From My Waist !



I have always struggled with my weight. Most people say they want to get back to their high school weight. I am trying to get back to my Junior High weight! Although, I have maintained an active lifestyle, both working in construction and being a cowboy all my life, my weight has always been a problem. Like many of us, I have tried every “diet” on the market; but every “diet” always ends the same. I have experienced success with most but in the end they do not have a long term answer (just daily self-denial).

About three years ago, I was involved in a head-on collision. Because of my injuries, mainly a broken bone in my foot, I was not able to perform most of my normal activities for some time. This slowdown was enough that when I stepped on my home scale I had to “eyeball” what I weighed. For you skinny people ~ most scales do not go over 300 lbs. so one has to estimate how far past the last mark you are. This was not acceptable to me and I had to do something. I knew I was going to be in for a rough road ahead, just like I had done many times before. I was able to get my weight down to the point that I could read the scale accurately, but I was struggling to stay focused on my goal.

On February 19, 2007, my life changed thanks to my wife, Angie. She came home from a friend’s house that night and announced that she just signed us both up on this product called Isagenix. I put up the normal “manly” fight about how I did not need to “cleanse” and so on. In a few days, the boxes arrived and we both started our first 30-Day Cleanse. I made a commitment that I would give Isagenix a fair “shake” for 30 days. It did not take long to find out that I was hooked. The long term answer was finally here !

I lost 27 lbs in my first month and then went on to lose 66 pounds in 4 months ! Not only did the weight come off easily, but when it did, I started a whole new era in my exercise and training program.
I went from wearing a size 44 to a size 33 waist.

Angie lost 22 pounds in the same time and now enjoys wearing the same size she wore in high school. Angie uses the Isagenix Total Health and Wellness Program for on-going Health and Weight Maintenance and I am still going strong with the 30-Day Cleanse. Look for my updated story ~ maybe I will even make the 100 pound club !

Jeff Lang
Tucson, Arizona