

## This is My Isagenix Weight Loss Story

**I Released 100 Pounds in Total !**



My name is Karen Powe. I am a cosmetologist by trade and live in Corpus Christi, TX. I've been concerned about my health and weight for years and I've been on numerous diets to help control my weight, which I've had a problem with most of my life. I'd gain and then lose a few pounds and over the years it seemed that I put more pounds on than I lost. I also found that my energy level had drastically decreased. So, I decided to start an exercise program to try and help me get my energy and stamina back. Also, being a cosmetologist, I really wanted to take care of my skin as well as my muscle tone.

As I worked out everyday and I prayed for help and I believe Isagenix came into my life as a result of prayer. My friend had told me about Isagenix and even went so far as to get me signed up on the program. I just didn't want to listen and kept at my same exercise and dieting yoyo schedule.

During all this, I weighed over 220 lbs. and I was still working out 5 to 6 days a week and still not losing weight or inches ~ maybe a few pounds. It was so discouraging but I still prayed and I believed that success would eventually come. Isagenix was a way to accomplish it.

It was in September 2006 when I started using the Isagenix Nutritional Cleansing products and this has changed my life. **I lost 84 pounds 28 inches from my stomach since I started 7 months ago.** Not only do I feel great and have much more energy than I did 20 to 25 years ago, but I also look better. My skin has rejuvenated and everyone has noticed the glow and suppleness that it now has. Some even ask if I've had some work done. When my friends see me, they say "Karen, you were old and now you look young again". **On June 16 I reached my 100 pound weightloss goal !** I am so grateful. I'm proud to say it's Isagenix.

I still exercise every day except Sunday unless I'm out of town and can't get to a gym. I don't over-exercise but I do a little every day because it's easier for me to stay committed to an every day routine a little at a time rather than to exercise 2 or 3 times a week with longer routines.

Life has become exciting again. The spring is back in my step. My weight has gone from 220 lbs. to 120 in total. Thanks Isagenix for helping me change my life ~ and my husband thanks you too.

**Karen Powe**  
Corpus Christi

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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