

## This is My Isagenix Weight Loss Story !



I had a body that clearly showed having given birth several times. I was over-weight, my skin was grey, had bags under my eyes and a cold regularly. A knee injury from skiing and heel spurs from running (then the pressure of the extra weight from pregnancy) made exercising complicated ~ along with a few other health issues that made losing weight almost impossible for me.

Strangers would ask how many months pregnant I was . . . I'd play along and say whatever number I thought I looked that day! To top it off, one of my doctors told me that the only way to lose weight was to seriously reduce my stress and exercise at least 2 hours a day. Raising a family of 4, running my own professional organizing business ~ all while my husband was business travelling, did not leave much time for exercise. I was physically and mentally exhausted trying to fill the 'Super-Mom' profile.

I decided to purchase a scale. I got on and quickly concluded that the scale was broken. I was ready to return it when my oldest son came in from the gym and thanked me for finally getting a scale. I told him it was defective. He got on it anyway and told me that he weighs the same on this scale as he does on the one at the gym. I was shocked. I officially weighed 35 pounds more than my full term pregnancy weight ! I was living in a lot more denial than I thought.

Talk about perfect timing. My friend Kathleen called me and told me she thought she found my solution ~ the Isagenix Cleanse Program. Hesitant (since I had tried almost everything already) ~ I ordered it because it was easy ~ and it would be delivered in a few days to my door, with simple directions on how to use it. Financially, it made sense and it came with a 30-day money back guarantee.

**I started to flood my body with Isagenix nourishment and lost 80 pounds!** This amazing weight loss actually became the side benefit to the amount of energy I now have every day. On all the other weight loss programs I did ~ I had no energy or desire to exercise. On Isagenix, I have the energy to exercise without discomfort ~ even on cleanse days. I thought the cleansing days were going to be difficult but now I look forward to them. My mind is clearer, my mood which (I thought) normally was good is much happier and I am more excited about life.

I feel the health benefits of Isagenix every day ~ and not always knowing what my children are putting into their bodies when not at home ~ I feel confident and assured that they receive the nutritional benefits of Isagenix daily too ~ whether it be a shake, vitamins or the Isagenix Athlete's Program.

It's simple ~ 100% nutrition any way you take it. It's not a diet. It's not magic. It's just about good health !

**Gayle Fransham ~ Montreal, Canada**