

THIS IS MY ISAGENIX STORY
RELEASED 100 POUNDS AND 94 INCHES ~ AND STILL GOING !



My name is Melissa Hankins. My whole life I have struggled with my weight. I have always been the big one in our family. I have been through a lot of emotional family trauma all through growing up. I never thought about trying to do anything about my weigh ~ it was what I hid behind....

Until last Christmas, I realized that I could not go on like this any longer. At 314 pounds, I was severely depressed, had no desire to live and worst of all, I had become detached from my husband and two beautiful girls. I truly felt that they would be better off without me. My health was suffering. I could not even walk up or down 5 steps to do my laundry without becoming out of breath. I was never comfortable no matter what I tried to do. Even when sitting at rest my breathing was horrible. For the last year, I had watched my friend Shauna Forsythe literally melt before my eyes. I thought to myself "at this point what have you got to lose?"

I started this incredible journey on January 3, 2010 and have since gone on to lose 100 pounds and 94 ¾ inches and still losing. My life has improved tremendously. My husband is as proud of me as is my family and friends. Most importantly, I am proud of myself. I feel empowered and ready to take on whatever comes my way. My family and friends have commented on how improved my breathing is. I can now walk up and down those stairs and keep doing it. My doctor is even impressed that I have accomplished so much in so little time. My husband gave me the best compliment of all ~ we were on a hike and as we were returning, he was behind me and he turned to me and said "babe, you don't waddle anymore when you walk". I was just grinning from ear to ear. I love that he notices "little" things like that. My girls routinely ask me how much I have lost now and then go on to tell total strangers that I am on Isagenix and how much I have lost.

The other thing that is a daily occurrence is that they come to me to see how far around me they can get their little arms, to see if they can give me a "proper hug" as they call it. I cried the first time my 7 year old told me she could almost get them around me. I have a new found love for my family and friends, and most importantly myself, who knew that on this journey I would not only lose weight but lose a lot of the emotional baggage that I have carried around for years.

This is only the beginning of my Journey. I cannot wait to see where it will take me. Thank you to my family and friends for sticking with me and believing that I could do this. And thank you Isagenix !

Melissa Hankins