

## This is My Isagenix Story – Over 75 Pounds Lighter and Happier !

Joel Kutschera – Age: 25



**ISAGENIX** changed my life. I am a big man, but my body was so much larger than it should have been. When I started the **ISAGENIX** program, it was my last resort as I had resigned myself to the fact that I would weigh 280 pounds and be grossly overweight, not to mention unhealthy, for the rest of my life. I am only 25 years old.

After only 7 days on the **ISAGENIX** program - I quit smoking ! The craving for nicotine was no longer present and I was able to stop the habit that had grown to a package . . . that is 25 cigarettes, every day.

In the first two days on the **ISAGENIX** program, I had already lost almost 9 pounds. By the end of the first cycle, which is 9 days, I had lost 19 pounds. At the end of 16 days I had lost over 30 pounds. In the five months that I have been on the **ISAGENIX** program, I have lost more than 75 pounds. I now weigh less than 205 pounds. In total, I have burned 100 pounds of fat and gained 25 pounds of lean muscle mass - **that is less than I weighed when I was 12 years old.**

Carrying all that extra weight was not healthy. I had no energy to do anything except lie on the couch and watch TV. Since I started to lose weight **I have increased Energy and Vitality.** I no longer have persistent back discomfort. I have returned to sports . . . roller-blading, working out daily at the “Y” and participating in the other sports activities with my friends. I have the energy to socialize - go out to visit with and do things with my friends **instead of sleeping and lazing around alone.**

The change in my appearance is dramatic. When I was fat, I had a round "baby-face" and my body was one giant roll. My waist was 52 inches ! Now I have a chin. My muscles are pronounced and I have a waist again at 34 inches. I have donated all my big clothes to charity as everything was far too big to wear - and now I have a new **fashionable** wardrobe.

And I certainly have an improved attitude. Before - I was depressed, lacked self-confidence as well as motivation, and was very negative about myself. Now I do not have bouts of depression. I have self-confidence to start my own home-business and I am motivated to educate others about a healthy lifestyle. I am keenly aware of all the positives in my life.

With **ISAGENIX**, I have found a way to become healthy, discover my true inner self, and utilize previously hidden talents and skills. **ISAGENIX** is a way of life for me now. I am a new, happy and improved me !

**Joel Kutschera - Calgary, AB**

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.

**These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.**