

## This is My ISAGENIX Weight Loss Story

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My name is Teresa Wolanin from Enumclaw, Washington. I have lost 45 pounds using the Isagenix Cleansing and Fat-Burning System. This is my story.

I am like a lot of people who have had a weight problem. I have tried everything out there and have a small gym in my home and yet I can't seem to keep the weight off. As I have gotten older, my health was being affected by it.

I was walking in my mother's footsteps. My Mom took so many pills that she had a list that she would check off during the day to make sure she took them all. I do not want to live that way. But it still took me 2 - 3 months to really start working on all of this because I just didn't want to ever DIET again.

Well I started eating right ( I won't diet ) and exercising - and in 3 months, I lost 22 pounds, which I thought was pretty good. But then it happened. The "plateau" hit and for months - nothing - until I started gaining. I gained back 10 pounds and I just thought "what am I going to do? I cannot keep doing this to myself". This yo-yo thing is going to drive me nuts.

I was feeling pretty bad - and then I met Angela. She had a poster of Peter (he had lost 31 pounds in 33 days and looked really healthy) and we started talking about it. I just had to try this stuff, but, Angela and I agreed that I have to consult with my Doctor first.

So, I went to my doctor and talked to her about this and she was not thrilled. I have brought her other stuff in the past that had failed and she just told me that it probably won't work and they just want your money. I said I don't care at this point. I don't know what else to do. I really don't want to take diet pills but that is where I am headed if I don't find some kind of help soon. So, she said okay if you really want to go ahead and recheck with her in a month.

When I got there - she looked at me, did a double-take and said "didn't I just see you?" I told her yes, you did - just last month. She reviewed my diary I kept and liked what she saw. She said I was doing great and to continue doing what I am doing.

So, my health has been set back 10 -15 years. I feel absolutely fantastic and I am a very, very happy girl !