

## This is My Isagenix Weight Loss Story



In 1993, I entered medical school weighing 190 pounds. In 1997 when I graduated, I had grown into a 215 pound Medical Doctor (I actually hit 225 pounds at one point). Over the next several years, my weight fluctuated between 210 and 215 pounds. I purchased a treadmill, weights and a stepper. I used them all as much as I could. However, I was never able to get the weight off. I mistakenly learned to take satisfaction in maintaining my weight.

In the summer of 2005, I learned about the toxins that we are exposed to in our environment. I also learned that the politics behind food and medicine was more complicated than I had thought. I started eating more organic foods, decreased my intake of red meat but I still had my sweet tooth ! I had reached a new plateau in weight ~ fluctuating between 205 and 210 pounds. Again, I mistakenly accepted this as my new “natural weight”.

In late 2006, I was introduced to a colon/body cleansing product. I noticed a decrease in cravings for sweets and was able to lose 5 lbs in a little over 2 months. During my third month on this colon cleanse product, I was introduced to Isagenix. After some resistance on my part, I agreed to try Isagenix.

**My results with Isagenix ?** After Day 8 on the 9-day program I HAD LOST 11 pounds ~ back to my freshman year medical school weight ! **Isagenix isn't just another Cleanse ~ it is THE Cleanser.** I have now reached my high school weight and feel fabulous. **I have dropped from 23% bodyfat to 17% in WEEKS . . . after YEARS of failure. I feel fantastic.**

I am so impressed with Isagenix that I have become an Isagenix Consultant and have directed my medical career to a path where I can exclusively share Isagenix with others.

**James R. Granger, III, MD**

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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