

## This is My ISAGENIX Weight Loss Story !!!

My name is Nancy Crume from Kent, WA - near Seattle. I'm 48 years old and happily married with two teenage sons. I work at a local Ski Resort on weekends and teach a deep-water aerobic class during the week.

Being a wheat farmer's daughter from Eastern Washington - growing up with 3 hearty meals a day - my life has been a cycle of yo-yo dieting. After having two kids and struggling even MORE with my weight, I joined Weight Watchers. That was about 6 years ago - in 1998. I weighed in at 168 and proceeded **to lose 20 pounds in over a year**. A year and a half later, I'd gained THAT 20 pounds back - PLUS 5 more - up to a whopping 173 lbs !

At that point, my neighbor and I decided to have weekly weigh-ins to stop the madness. In two years, I dropped that same 20 lbs - down to 153 *on the slimfast plan*. I was working out at least twice a day, eating healthy and just could not lose any more . . . **I was stuck!**



THEN I went golfing with Sharon Lovinger and **SAW that she had lost a lot of weight**. **She had dropped 20 lbs. in just 9 days** and invited me to a local meeting to hear more about the product that had given her so much success. SO - I went to a meeting in Enumclaw and heard all about Isagenix - bought my kit, and started October 1st.

**I lost 11 pounds and 16 inches in 9 days - and felt great!** . . . down to 142. I did a **Second 9-Day Cleanse** in November and **lost another 11 lbs** - down to 131. I was absolutely THRILLED !

Then my husband asked how much more until wedding weight. Our 21<sup>st</sup> Anniversary was about a month away . . . 6 more pounds ! So, that was incentive to do another Cleanse. **I lost THAT 6 pounds and hit wedding weight - 125 - on the day of our 21st anniversary!**

Since then, I've '**maintained**' on the **Maintenance For Life (Autoship) Program** and just recently dropped another couple of pounds. So now, I'm down 30 lbs (123) since starting Isagenix in October (50 from my all time high of 173) ! I love Isagenix - it's the first time I finally feel in control of my weight, very balanced, and happier than I've ever been.

I just FEEL healthier, have more energy, am more optimistic and have a really positive outlook on life - and with all of that - comes more self-confidence. I also have been dealing with serious discomfort in my hips for the past 14 years and have always tossed and turned in my sleep - but lately I've been sleeping SO SOUNDLY and wake up feeling rested - and with no discomfort at all.

I wish EVERYONE would just give Isagenix a try and see what benefits they can gain from it and see what weight they can LOSE ! It's a life-changing experience.

**The Silver Lining of all this . . . my body is turning into my BUSINESS** - people that have known me for years have known how I've struggled with my weight in the past and it's obvious that whatever I'm doing (ISAGENIX!) - IT WORKS ! *I've been working at our local ski resort this winter and have introduced many people to Isagenix AND just started golfing last week and already have 2 people trying the products - SO . . . another season, another sport . . . MORE BUSINESS !*

So many people want a piece of the action and want to try Isagenix ! I got into Isagenix to lose weight and experience a healthy "Cleanse" - and it's turned out to be the start of a fast-growing business ! Now my relatives and family are 'cleansing'. Both of my boys lost over 10 lbs. with their first Cleanse and are starting on their second - and, hopefully, my husband is next ! I just LOVE Isagenix and all of the different products they offer. I can't thank Sharon enough for turning me on to Isagenix !

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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