

This is My Isagenix Weight Loss Story ~ I lost 100 Pounds and Still Going Strong !



September 2010 ~ bingeing AGAIN after yet ANOTHER diet. I had just lost 40 pounds on that diet. This is how my mind worked. When I received compliments, I rewarded myself with fast food. This scenario became a perpetual roller coaster. I got so depressed about it and I knew I had to go on a diet again. Before I could confront my diet, I thought, hmmm, just one more cheat day. This time, all my meals were fast food because I knew tomorrow I couldn't do that. Wrong again. That cheat day turned into 4 months of bingeing every day, all day, knowing the diet was coming . . . I gained 60 pounds.

At 335 pounds I had terrible pain in my back, I couldn't even walk half way around the block. I was sad and embarrassed and I hid behind everyone in photos and avoided going out if I could.

My great friend and sponsor Tina Templeton witnessed all this over the 10 years we knew each other. She had mentioned Isagenix several times but I always said no ~ until of course this last time, when I had blown up to my largest ever at 335 pounds. I knew that what I was doing was not working. After watching Isamovie, I decided to give it a try. Thankfully, Tina never gave up.

I started the Cleansing and Fat-Burning program exactly as directed. On day one ~ I noticed more energy. By the end of the Cleanse ~ I was down 30 pounds and 30 inches. I sure as heck wasn't going to stop there. I went strong for several months and lost 70 pounds.

Due to many reasons, I changed my program, only having 1 shake a day for 3 months. It was depressing to know I was doing so well replacing 2 meals a day with the Isalean shakes and the fat was just melting away, and then I decided to change what I was doing. This led me to choose fatty foods and foods I knew weren't good for me. It was almost like I was half giving up for the time being, knowing that Isagenix would be there for me to start back up when I was ready. I didn't step on the scale for 3 months knowing that I would be even more depressed when I saw the weight gain.

Here's one of my favorite part's of my story ~ I was finally ready to get back on track but still afraid to weigh myself. I did a 9 day cleanse THEN I went on the scale and to my SHOCK & AMAZEMENT, I weighed exactly what I did when I changed to one shake a day! I was overjoyed and thrilled to know that for 3 months I was able to cheat a little here and there and come out of it without gaining any weight back!

It was just the motivation I needed to re-start on the Cleansing and Fat-Burning program following it as I should! I lost more weight and became the 235th member of the 100 Pound Club ~ weighing in at 235 pounds! I have 55 more pounds to go. I now jog all the way around my block! I have goals and dreams that are realistic and I plan to be healthy the rest of my life using Isagenix as the vehicle to get me there! And the best part is knowing that in this process I am helping others like myself to be happy and achieve optimum health.