

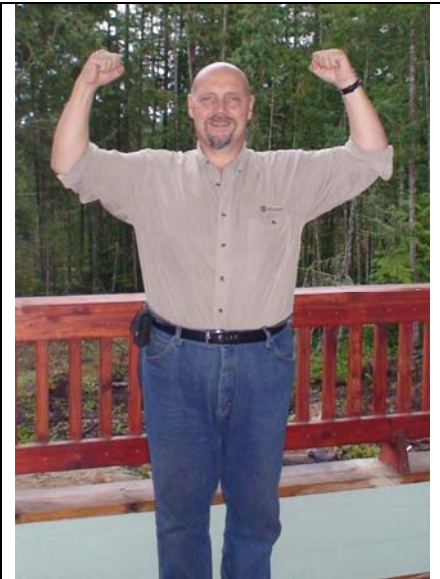
This is My ISAGENIX Weight Loss Story
Loss of 160 Pounds and 101 Inches !
“Get Busy Living or Get Busy Dying”
- The Shawshank Redemptio



BEFORE ISAGENIX CLEANSE
Weight: 392 Pounds
March 10, 2007



IN PROGRESS . . .
May 10, 2007



AFTER ISAGENIX CLEANSE
Weight: 232 Pounds
Dec 10, 2007

I was **BUSY DYING**. At 400 pounds, I was in denial. Deflecting signs of weight-related health problems, I had completely distorted the image of my size and health . . . **Even Though**, climbing the stairs in the silence of the night, I could feel my heart pounding from the exertion . . . **Even Though**, my wife could no longer sleep in the same bed due to the racket of my snoring and fear of my restless sleep . . . **Even Though**, my ability to walk was being severely compromised by knee and back pain, I couldn't get motivated to change. I had checked out on so many levels *and simply given up*. I had so much to live for, a father of seven, a large extended family and a mother I love dearly, all trying to help me recognize the mortal risk my life was in. But I wasn't hearing them, until my 21 year old son, in tears, said "Dad, you need to be around for my kids!" His words brought deep despair. I was faced with the fact that I was losing precious time with my family . . . affecting all of our lives. My life was out of control, with overeating, daytime fatigue, and a depressing lifestyle. I had forgotten what it was like to feel good. And worse, I had lost all hope. Only a miracle could save me . . . I was **busy dying**.

And then, my miracle arrived . . . in the form of a friend and Isagenix Consultant who noticed my distress and took action. I knew I needed help, but it took her energy and spirit, for me to begin reclaiming my life. Starting the Isabody Challenge added to the excitement. So with encouragement from everyone I loved and an easy plan I could commit to, I began my journey toward health. Officially I weighed 392 pounds. On March 10, 2007, I started using the Isagenix Nutritional Cleansing and Fat-Burning System. By May 10, 2007, I had lost an amazing 70 pounds and 42 inches. Isagenix not only changed my life ~ **it saved it !** **By June 30 ~ I had released 114 lbs and 70 inches.** In August at **Celebration 2007**, I was announced the **IsaBody Challenge Grand Prize Winner**. I shed tears of joy as I took home a prize of \$10,000 and had a \$2,500 shopping spree with the Coovers in Las Vegas.

As of Dec 10 ~ I had released 160 pounds and 101 inches. **Near My Goal** ~ I'm so Grateful for Isagenix! Now I have energy to burn and I'm **BUSY LIVING !** I have my spirit back. A friend teased, "You are *halfway back to sexy!*" I'm not trying to kid anyone. I still need to lose about 30 pounds to meet my "optimum lightness". With the Isagenix Health and Wealth System, I am beginning to live my dream. My life's mission and passion is to help others regain their spirit . . . so we all can . . . **"GET BUSY LIVING" !**

Mark Macey ~ Qualicum Beach, Vancouver Island, BC