

## This is My Isagenix Weight Loss Story . . . 115 Pounds Released . . . and Still Going . . .



I needed to do something FAST! As I was celebrating my 27<sup>th</sup> birthday, I realized I had hit my all-time high when the scale read 406 lbs . . . The frustrating thing was that while I was seeking solutions to remedy this situation, the only thing growing was my waistline and my list of “failed” products. I had almost completely surrendered to this unhealthy lifestyle and accepted living an obese life without any hope for change.

Then, all of a sudden, there was a new-found hope in the midst of surrender . . . In September 2010, my family and I moved to Omaha, NE seeking a fresh start while being obedient to God’s will. Not only was I given the fresh start I was looking for, but I was immediately introduced to this revolutionary line of Nutritional Cleansing that has forever changed my story.

November 2010 marked the start of my Isagenix® journey. **Weighing in at 391 lbs and 52% body fat ~ I was determined to peel the layers of fat and toxicity away and never again fear the scale!** I started my journey with a 9-day Cleanse System to kick-start into the 30-day Cleanse System. To be honest, I feared that I wasn’t going to feel full and that my horrible eating habits would want to try to interfere. To my surprise ~ I DID NOT FEEL HUNGRY AT ALL !

WOW ~ what a difference when my body was getting what it NEEDED instead of what I WANTED. After the first Cleanse ~ I had released 12 lbs and inches ! The best part of my story is that it didn’t end with the first Cleanse. I continued to schedule regular Cleanse Systems . . . and the results kept coming. Pounds, inches and body fat kept dropping.

I now feel like a completely different person. **I released a total of 115 lbs, 100.5 inches and have reduced my body fat over 20%!** I’ve released a middle-school student full of impurities and fat. My energy levels are off the charts, quality of sleep is unbelievable, and I am freed from the insecurities that were holding me back. Amazing! My life-change began on Day 1 and has been unbelievable. **The best thing is that even though I’ve released over 115 pounds and 100.5 inches ~ I have actually increased my lean muscle mass by 28%.** The Isagenix Cleanse System ~ coupled with an aggressive strength and cardio program has helped me to rebalance my body composition.

I would like to encourage everyone reading this to take the step your body’s been longing for . . . Nutritional Cleansing and Replenishing with Healthy Nutrients . . . for vital health and energy. I am so happy I did !