

My ISAGENIX **Weight Gain** – but **Fat Loss** – **Exciting Story**

My name is Mark Perlstein. I am a Nutritionist and Certified Nutritional Microscopist. For over a decade, I have been doing Nutritional Counseling and Live Blood Microscopy – trying to help people get – and stay - on the path of improved health.

Cleansing has always been a key factor in my educational approach, and a great way to start any new program of nutrition, whether through food or supplementation. Many have asked me about weight loss programs that were on the market, and if they worked or not. In most cases, unfortunately, these programs did not get to the root of the problem of weight gain, and in many cases caused more harm than good.

When I was approached to look at the Isagenix 9-Day Fat-Burning System, I took an open minded approach, which I do with all types of programs, and was very surprised to see **none of the harmful ingredients** I have come to expect in weight loss products. In fact I saw it was a cleanse and fortification program that was far beyond anything I had ever seen before – and it had **ALL** of the ingredients I normally work with and then some.

After further investigation, I found that many of the stories of improved health and weight loss went back to the basics of my philosophy of getting the body back into balance, and letting it do the healing from within. So where do I go from here, I asked myself. I have always had a rule that I would never work with a product unless I tried it myself. Although I had no weight to lose, being the same weight now at 50 that I was at 20, I decided to check my body fat percentage and try a 9-Day Program myself. My body fat was 19.9% and for my measurements and age was right at the excellent level of 19.8%. Can I improve on that, was the question I asked myself. After the first 2 days of cleansing - I dropped to 18.4% and continued to decrease until day 9 when I was at 16.4% - **a total loss of 3.5% body fat!!!** Now at 160 pounds, that's **a fat loss of almost 6 pounds**, but on the scale I had actually **gained 2 pounds**. So what happened ?

To my surprise, I had gained muscle from the high quality protein in the program, and since muscle weighs more than fat, that's why the scale showed weight gain. This goes back to the basics - when you balance the body - it will take care of itself – and, in my case, muscle gain was needed. This is why looking only at the scale for results can be deceiving when working with a total health system like Isagenix. I have found it best - for those without a body fat analyzer - to look more at how you feel and how your clothes fit - than just looking at the scale.

I have kept my body fat at 16.4% for almost a year now. I continue to take an Isagenix Shake every morning to start the day, and I use the Fast Start Drink for periodic cleansing during the month. I use the other high quality Nutritional products offered by Isagenix to complete my Nutritional Support Program.

I have worked with many others using this unique program and have seen amazing results in both weight loss and health gain. I have no hesitation in sharing it with anyone who wants to make an effort in taking control of their life. Whether you are looking to cleanse, lose weight, gain muscle, increase your energy level – Isagenix is the perfect program to get back to the basics of what nature intended - **good health!!!**

Mark Perlstein
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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.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.