

Marge's Story



Before...



**76 Days...30.5 pounds
and 40 inches**



**6 Months...33 pounds
and 43 inches...Keeping
it off and going for more!**

. . . From Peri-Menopause, Weight Gain, Diets, Rigid Work-Outs . . . To Successful Weight Loss, Energy, Hope, Excitement and FUN !

My name is Marge. I am a Nutrition Consultant in Rochester, NY - and have been recommending Nutritional programs to my clients for over 20 years. I am always searching for new ideas and products to help my clients succeed.

After seeing the amazing weight loss results of our good friend, Peter - I was inspired. I decided to test the 9-Day Cleansing / Rejuvenating Fat-Burning System for myself.

The first day measurements totally thrilled me. **I had lost 9.5 inches total and 4.5 pounds - in just ONE day !** The second day went to 12 inches and 10 pounds. It was hard not to keep measuring until that 9th day. **The 9th day was really tremendous - I had given away 21 inches and 13.5 pounds !** Everyone started to notice as my face was changing along with my waistline.

I made the decision to continue on a 30-day cycle utilizing the Isagenix Cleansing / Nutritional System. I started my day with 4 oz. of the FAST START Drink (excellent source of ionic-based minerals, aloe, herbal cleansing teas) - in an IsaLean Shake for breakfast (high quality, efficient protein source, well-balanced amino acids with 7 digestive enzymes). I had a 300 Calorie lunch and took 2 Isagenix Natural Accelerator Caps a day. I had a 170 calorie snack at my low point of the afternoon (or 3 - 4 Isagenix Snacks) and concluded my day with a 400-600 calorie meal. I gave up another 12.5 pounds and 15 more inches. What a thrill ! Seeing my true self appear after all the old struggles.

That just fueled my desire to see that I could accomplish in weeks something I had been working on for years. I went on vacation for a couple of weeks and then chose to start another 30-day cycle following the same Nutritional regimen and eating routine.

I now also include a one hour workout at the gym at least 5 days a week. I do a cardio routine that burns 400 calories and then lift weights. I feel so alive and energetic. I have no carbohydrate cravings and have eliminated mood swings. My body feels totally balanced and I sleep fewer hours, more soundly - and without night sweats. I am so excited to have something this healthy as part of my life . . . and that I can offer my clients a better way.

I am now a few days into my second 30-day cycle. I just measured and **found my new totals to be a grand giveaway of 40 inches and 30.5 pounds !** I am just thrilled. I feel wonderful as well as look great. I continue to use this well-balanced Nutritional Cleansing / Rejuvenating Program - with exercise - to give up pounds and fat in a very healthy manner.

Marge Pickering-Picone

Professional Nutrition Services of Rochester, New York

Update: March 15, 2003 . . . Still having FUN dropping inches and pounds . . . up to 43 inches and 33 lbs ! YAHOO !

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.**