

This is My ISAGENIX Weight Loss Story ~ 130 Pounds Less



My name is John Grashoff and I'm 19 years old. I've been fat my entire life, as have most of my family members. In April of 2005 ~ before starting the Isagenix program ~ I weighed in at 355 pounds. I decided that it was time to actually try and do something about my weight when I saw friends of our family having terrific results from the Isagenix Cleansing Program.

After Day 2 on my first 9-Day Cleanse, I had lost 20 pounds and 15 inches off my body ! Eager to get to Day 10, I couldn't wait for the results. Stepping onto the scale a little over a week later, I weighed in 32 pounds less than my starting weight and there was 26.5 inches off my body ~ most of which came from my stomach area.

I decided then that I needed to do another 9-Day so I started right on top of the first one. I ended up losing another 18 pounds after this cleanse and about 20 more inches off my body ~ again ~ most of it being my stomach. I then proceeded to do a 30-Day Cleanse and lost another 25 pounds.

After that, I did a basic system of Isagenix Shakes for 5 days and Cleanse every 2 days. **By doing so, I lost 100 pounds on my Day 75.** I continued to maintain my Isagenix Plan and am now weighing in at 225 pounds and have released over 120 inches off my body currently.

That's a total fat release of 130 pounds using the Isagenix Cleanse !

By doing all of this, I now sleep at night, get frequent stares from the ladies ~ and just feel GREAT about myself ! I'm at the point where I'm maintaining my current weight of 225-230, and I have plans to get down even further soon. I'm getting ready to start working on my body building now and build up my muscle system. Isagenix has changed my life forever ~ and, I believe, even saved it ! Thank you Isagenix !

John Grashoff ~ Fort Wayne, Indiana