

# My Weight Loss Story

I Lost 43 Lbs. in 40 days and 6-1/4 inches off my waist



April 29 / 03  
Day 1

Weight 245  
Waist 49 in.  
Height 5 ft 9 in.

May 7 / 03  
Day 9

Weight 226  
Waist 46 In.  
After 9-Days

June 7 / 03  
Day 40

Weight 202  
Waist 42-3/4  
After 40-Days

**Fred Vokey**  
Present Day

I'm  
Happy

To say my life was out of control would be an understatement. With a weight of **245 Pounds and waist of Four Feet One Inch (49 inches)** – I wasn't going anywhere too fast.

## I Desperately Needed A Change

But what could I do? Over the years I tried many ways to lose weight with little to no success. I just figured I was doomed to live out my life with only visions of my former self.

Then one day I heard about a 9-Day weight loss program. I got the name of the company and looked at their website. Soon I was reading how it **Cleanses, Replenishes and Revitalizes** your system and as a result you lose weight. With 242 Nutrients, it's called a **total health system**. So I called the person who told me about it and ordered the stuff. One week later I was on the program

I kept a daily journal, because I wanted to evaluate the program to see if this stuff really works. You see, exercise and I never did get along very well but there was no talk about exercise, so I thought ... for 9-Days "Why Not" ?

**In just 9 days - I lost 19 pounds and 3 inches off my waist**

Well! I was impressed with the 9-Day program, so I set a GOAL to lose "40 pounds in 40 Days." I kept writing my daily journal, eventually turning my experience into a book.

**In 40 days - I lost 43 pounds with 6-1/4 inches off my waist.**

Now instead of just seeing visions of my former self, I simply look in the mirror to see the real thing.

**One lesson I learned during this process is . . . that you really can . . .**

**Make Success A Habit**

**Fred Vokey**

Barrie, Ontario, Canada

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.

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