

FITNESS PROFESSIONAL creates **CLEANER, LEANER BODIES** and **HEALTHIER MINDS with ISAGENIX**



The "ISA-FIT FAMILY" . . .
Isagenix keeps our entire family
Clean, Lean and Healthy!

As a Professional Trainer and Research Educator for over 15 years, I've helped elite athletes, professional entertainers, Fortune 500 executives, weekend warriors and health-conscious consumers achieve their goals. As former Education Coordinator for the Canadian Centre for Activity and Aging at University of Western Ontario and current Chair of Professional Development for the Certified Professional Trainers Network, my expertise is sought after by the media and for international presentations. Training other trainers, it's especially important for me to know what works and what doesn't. However, I was not prepared for the results produced by the **Isagenix 9-Day Cleansing and Fat-Burning System** – a new non-diet approach to nutrition where the focus is on *cleansing for health* with a major side benefit of fat loss. **To be able to lose 5 - 15 lbs QUICKLY and SAFELY ~ while helping to build muscle and improving health ~ challenged everything I knew . . . so naturally I was skeptical.**

When my wife and I first tested this Isagenix Cleansing Program, we were beyond amazed. Even though neither of us had much weight to lose ~ **the most stubborn fat from those common problem areas just melted away.** I lost a total of 9 lbs and 3% body fat with 2 inches off my waist while Alissa lost 8 lbs with over an inch from her hips. The additional benefits we experienced included significant improvements in our health, energy, allergies, skin, mental acuity, and exercise performance.

When I began complimenting my personal training services with the Isagenix Cleansing System, my clients' results were equally impressive. This is *not* a one-size-fits-all approach. Through its unique design, adaptability to individual needs and one-on-one coaching, the Isagenix System helps athletes achieve personal bests, while helping others address weight issues, health challenges, and making long-term lifestyle changes. As a result ~ my business not only tripled through referrals but I had a new tool with greater appeal to the sedentary population who are interested in looking and feeling their best but turned off by exercise. Ironically, once they experienced the dramatic results, they began to exercise more. I have never witnessed anything so effective, producing results for over 90% ~ even those who have tried everything else. **Within 12 months ~ I helped more people achieve greater results than in all my previous 15 years combined.**

Helping clients bridge that gap between health care and self care, I often deal with their health care practitioners. I found that because such a nutritional approach does not fall within their expertise many doctors and dieticians are quick to discredit it without getting all the facts. However, when they take time for their due diligence to investigate Isagenix, they are quite impressed by what they learn. It's very reassuring to know that Isagenix has a Medical Advisory Board, is endorsed by physicians and specialists, and is **recognized as a wholesome food system that DOES NOT STARVE the body, but replenishes it with over 240 nutrients.** Anyone who knows anything about preventative wellness understands the importance of optimal nutrition.

Upon further investigation, I discovered the book ***The Mars & Venus Diet & Exercise Solution*** by Dr. John Gray where he explains the importance of the type of high quality nutrition provided by Isagenix in helping to create the balanced brain chemistry necessary to support the *physiology* of motivation and overcome food cravings and addictions. It is also becoming very well-known that impurities are accumulating in our bodies, contributing to epidemic rates of obesity, chronic disease and premature aging. Experts are now beginning to realize that as a result of our changing environment ~ **a complete approach to health and fitness should include a cleansing program ~ and nothing delivers results like Isagenix!**

For us, the Isagenix Products and Business couldn't have come along at a better time. As a part-time business at home, Isagenix will allow us to replace Alissa's full-time income ~ giving her the option of staying home with our first son ~ not having to go back to work ~ and providing us with greater freedom to live the lifestyle we choose.

Jeff Boris, B.PHE, CPTN-CPT.M
Professional Trainer, Nutrition & Health Research Educator

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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