

This is My Isagenix Weight Loss Story
RELEASED 100 POUNDS !



BEFORE ISAGENIX CLEANSE



IN PROGRESS . . .



AFTER ISAGENIX CLEANSE

My story starts in 2008 when I saw my Massage Therapist who had lost a ton of weight and looked great ! She shared her Isagenix secret with me and I decided to do the Isagenix Cleanse too. I released 14 lbs and 23 inches on my first Isagenix Cleanse and then went on lose a total of 26 lbs over the next few months. Then came the holidays and a few months passed into 2009. I made up my mind that I wanted to be healthy. I already knew the difference in how I felt with the products and I missed how good I felt after cleansing. So April 2009 is when I began focusing on my weight and overall health. I also made a decision at that time to not only work on my health, but to work Isagenix as a business with my Mom and with my friend Nikoletta who is a Massage Therapist.

I met Larry Fuchs (200 lb loser) last summer at the Isagenix Annual Convention and I made another important decision. I decided to go all out. **I set my BIG GOAL to be in the 100 Pound Club and be up on that stage at Celebration in August 2010. I entered the IsaBody Challenge and I reached my dream goal ~ I lost 100 pounds !** I am thrilled. I feel fabulous, look great and have tons of energy. I sleep soundly and restfully at night. I am adventuring in life again ~ back on my snowboard after 5 years of never thinking it would happen again.

To achieve my 100 lb goal ~ I made smaller goals. I now care about the way I treat my body. I absolutely love having my Isagenix Shakes every day and I focus on cleansing every week. I also now have the motivation to work out regularly and go out of my way to walk farther or take the stairs.

Having released so much weight you bet people are asking me what I'm doing. Or "How are you always so happy and energetic" ~ because I don't complain about being tired and out of energy anymore. I don't get that 3:00 slow down in the afternoons because my body is not trying to digest a 1500 calorie fast food lunch. People really do notice the smaller things ~ like my energy levels ~ not just the more obvious fact that I've dropped down 5 dress sizes ! All this has really helped build my business. I'm now able to make realistic goals for my business as well.

Gabriele Shepherd