

This is My ISAGENIX Weight Loss Story
Weight Loss of 75 Pounds and 90 Inches in 3.5 Months ~ and Still Going !



Hi ! My name is John Barksdale. I am a 55-year-old father of eight. I have been overweight for thirty years. I have tried many different diets ~ Atkins, Weight Watchers, fasting, colon cleanse (yuk). I was in Tae-Kwon-Do for 4 years. I own a Nordic Track, a bow flex, Body by Jake, etc. But it was to no avail. I was never able to lose a significant amount of weight. Last year after a visit at Christmas time, my daughter Tina called my wife very distressed about me and how terribly overweight I was.

I was depressed and lacked energy. I basically worked, slept, ate and played computer games. I had lost my zest for life. They prayed that God would help me to lose weight. My Mom had died of a massive heart attack when she was 55. Tina's call was out of love and concern.

In April, my son John Jr., got into this Health and Wellness Company called Isagenix. He lost some weight and had lots more energy. He kept raving about how great he felt. He convinced the rest of the family to try it also. *Tina lost 45 lbs. Butch lost 30 lbs. Moses lost 9 lbs. John lost 11lbs. Aaron lost 17 lbs. Joshua lost 14 lbs. My wife lost 30 lbs and 9 inches off her waistline in 32 days.*

So naturally they wanted me to try it. I didn't want to hear about it. I was too miserable to even care. Then John and Josh brought me the Presidents Pack and left it there and said "Dad, this is for you. If you don't use it, it will go to waste." I was resentful but I said I would try it to shut John up and prove him wrong. I told him I would tell everyone my results so he better hope that it worked.

My starting weight was 323 lbs and 143 inches. I refused to do any exercise. I wanted to know, without a doubt, that it was the product working. *My first 9 days ~ I lost 11 lbs and 2 inches off my waist.* Praise God I was convinced. It was a miracle. I did some more 9-Day Cleanses and then a 30-Day. *In 3.5 months I lost a total of 75 lbs and 90 inches.* I believe that Isagenix is an answer to prayers. In the bible Ezekiel 47:12 says that the fruit of the tree is man's meat and the leaf is his medicine. The Isagenix product is made from the highest quality ingredients, many herbs, vitamins, and nutrients go into it. Isagenix is God's gift to me. I have my zest back for life. I am so excited and happy to help people get on track and make changes in their health. *I am on my way to the 100-Pound Club and I will see you all in Las Vegas 2007 on stage.*

John Barksdale ~ New York

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.