

THIS IS MY ISAGENIX STORY

. . . 36 Pounds in 30 Days

My name is Amanda Cole. After I had tried everything to lose weight . . . Atkins, Weight Watchers (several times), TOPS, Deal A Meal, Phentermine, Slim Fast, Kashi...the list goes on and on....at 30, I finally decided I was going to go back to school to learn the RIGHT way to get healthy.

While I was learning the importance of vitamins, minerals, and how the body functions as a Nutrition major in school, a friend introduced me to Isagenix. I knew that certainly people could lose weight on traditional programs like Weight Watchers and TOPS, but I could never understand why I couldn't, and why - for so many - the weight would come right back. Something was missing for me. My cravings and my inability to control my food always stood in the way of weight loss.

The Isagenix program appealed to me for many reasons. First of all, I liked the flexibility of it. I could work it into my hectic schedule easily...and change the program to fit my needs. Second, I trusted the leaders of the company and that I would be putting quality nutrition into my body, and giving it what it needed to work. Third, I needed something that was going to help me get rid of my food cravings.

My big ones were fast food and chocolate. Oh how we all love to SUPERSIZE! I thought "The Cleanse" could help me with that by cleansing my body and giving me a clean slate to start working healthy eating habits into my lifestyle.

I had no idea how right I was . . . in my first 9 days I lost 18 pounds, but not only that, my cravings were gone . . . truly gone.

I have continued to do well using the Isagenix products . . . losing 36 pounds in 30 days! It seems as though it gets easier and easier as more time goes by. And finally, for the first time in my life, I know I will make it.

60 Pounds Down and Still Counting !

Amanda Cole - Tennessee