

This is My ISAGENIX Weight Loss Story



In October 1999, I was at my heaviest - about **275 pounds**. I began losing weight. I wasn't very smart about it. I starved myself. I went for weeks just eating cottage cheese and peanuts. I did get to about 160 pounds by the summer of 2001. I wasn't very healthy. I began to put the weight back on. By October 2002, I was back up to 185.

Also in October 2002, my dear friend - Barb Sasse - moved back to this area from Utah. She looked fabulous and healthy and was excited about a new program called Isagenix. She explained to me how this new cleansing technology worked, and **I could SEE what it had done for her**. So I thought I would give it a try. Although I was hopeful - I was not very optimistic, having tried many diet programs before . . .

The first 9 days were amazing! Not only did the weight come off - **12 pounds the first 9 days** - but **I felt great!** I could especially tell in the mornings when I usually had to drag my rear out of bed - I was springing out of bed ready to face the day.

That was a year ago and now I'm at **133 pounds**. I don't think I've weighed that since the 5th grade. **But the most important part is I feel great.** When I lost the weight to begin with - the starving way - people were always asking me if I was sick. **Now people only ask me "what are you doing"!** I intend to use these products for life. The Isagenix Maintenance Program is simple and easy to follow, and by incorporating a moderate exercise plan with my Isagenix I have reached a level of fitness that I never dreamed possible . . .

I would like to say *thank you* to Isagenix for the wonderful products and program . . . and a Special Thanks to Barb Sasse who has been my personal cheerleader this past year.

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