

MY BEAUTIFUL ISAGENIX STORY . . .

Revitalized, Happy and New Energy . . . Discomfort Disappeared !!



BEFORE ISAGENIX CLEANSE



AFTER ISAGENIX CLEANSE

One month after I started the 9-Day Isagenix Cleansing Program - I went shopping in my closet. I could hardly believe that I was fitting nicely into valuable suits and dresses I hadn't worn in years.

Although I had tipped the scales on the heavy side, I didn't have a lot of weight to lose - mainly abdomen flab - or so I thought. I hid my figure under blazers and pant suits in black and navy and had not admitted to myself that if I wasn't wearing my favourite clothes, it was because I couldn't get into them.

In the first few days, I lost 2 inches in the important spots but felt I wasn't moving fast enough. Nevertheless, I stayed with the Maintenance Program and when I took my measurements that day,

I had lost a total of almost 18 inches ! - which inspired my shopping spree.

More importantly – I have firmed up and my skin is smooth which is pretty exciting as I'm 59. My cellulite is gone. My complexion and overall skin tone has returned to its normal pink - after years of pasty white - and I've started building muscle mass where needed - all without exercising. I do the Shake and Bounce exercise for three minutes in the morning as suggested by Dr. John Gray and I do the spine flex. Now I'm starting to walk, starting at 10 minutes a day.

My energy is high and continuous and **my emotional roller coaster is on an even keel**. I've been living with **extreme exhaustion and severe muscle discomfort**, difficulty sleeping, mood swings, digestive difficulties **and at one point hair loss for over 15 years**. I even had to retire early from a teaching career at great financial loss.

I'm now building a new career - empowering people to achieve their goals of health, ideal weight and financial freedom. I'm feeling great and have the satisfaction of knowing that I'm giving my body the best available. And I'm free from addictive sugar cravings. I have lost another 4 inches and plan to continue especially knowing the poor nutritional condition of our food and that the Isagenix products contain all the ingredients recommended by my doctor - including selenium, chromium and vitamin B12.

I was aware of the importance of cleansing the body of impurities and I was frustrated to not have the perfect tool available. **As John Gray says in his book – “one cannot hope to follow one's path to a higher consciousness without purification.”** The body must purify to sustain a higher awareness. That to me was the 'missing link' and I'm now making use of this valuable tool for myself, my husband, my family, clients and friends.

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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.