

**THIS IS MY ISAGENIX STORY ~
RELEASED 100 POUNDS and 82 INCHES WITH ISAGENIX !**



Much of my life has been spent pleasing others. Always busy with taking care of the daily needs of family and too busy for me. So busy, that my 5' 3½" frame became 260 pounds to hide behind. Always the fun person with the cheery and accepting smile, yet I felt **INVISIBLE** to my family and friends. Did they not know that I was a person with needs and wants too ?

For as long as I can remember I have felt uncomfortable in my own skin and sure that I was being **judged** because I didn't do enough or look good enough. They really didn't want to see or hear **me**, did they ? And inside, I was miserable and unhappy, especially about my weight.

As a Massage Therapist ~ my ability to do my work was being dramatically affected by my weight and lack of energy. I was actually having to SIT while giving massages. I had also recently experienced what the doctors thought might be a mini stroke. I knew I needed to DO SOMETHING.

A friend of mine was experiencing success using Isagenix. I decided to give it a try and made some goals to help motivate me. I wanted to learn Ashiatsu ~ the massage modality of walking on people. I also wanted to sky jump out of a plane. I had promised my nephew that SOMEDAY ~ when I lost weight ~ I was going to do that with him. These became my motivating goals.

Well, it was AMAZING. In just a few short months using the Isagenix 30-Day Program ~ I released 80 pounds ! I had increased ENERGY. My MEMORY had improved and I was STANDING again while doing massages. **Oh WOW !**

At this point ~ I hit a plateau, with my weight at 180. I was encouraged to join the IsaBody Challenge as I had a goal to be in the 100 Pound Club by Convention. So maybe it could be the push I needed. I got down to business and changed up my workouts, continued on the 30-Day Program. **I released another 20 pounds and 15½" over the next 2½ months ~ making a total release of 100 pounds and 82 inches !**

In overcoming that plateau, I realized I had truly transformed my life and my spirit. No longer am I controlled by self-sabotage that comes with moods of frustration and anger, self-doubt and family disappointments. I am learning to find me AND really ENJOY the times with my family. When I faced that plateau ~ I DID NOT run for the food and I didn't let others sabotage my efforts either. I have a new-found strength, allowing me to win the mental battle with food so it doesn't control my life.

I am no longer **INVISIBLE**, as many have said. I am a "walking billboard of health and happiness"! My future is now full of possibilities, including that Ashiatsu training, sky jumping out of a plane with my nephew and being the NEXT excited and grateful 100 Pound Club member !

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