

## This is My Isagenix Weight Loss Story I Shed 122 Pounds ~ and Too Many Inches to Count !



At 42 years of age, I found myself out of control ~ my health, my mind and my body. As a young man, I was very athletic, participating in sports regularly. I even found a passion in one of the most physically demanding careers there is ~ I apprenticed and became a brick and stone mason.

Moving forward over the years, starting a family and a business of my own ~ my personal life, physical training and alike fell by the wayside. With long and irregular hours and for the sake of saving time, I began to use take-out food and drive-through restaurants as my main food source. Little did I know the effect that this would have on me.. On my wedding day, I was 6'2 and weighed 210 pounds. **I then ballooned to over 350 by age 42.** My body was in desperate need of help. My frame could not handle the weight and surgery loomed on the horizon. I had quite a few of disorders that were related to obesity. I knew I had to do something soon, very soon.

I bumped into friends of mine and they introduced me to Isagenix. Being the skeptic that I was, I fluffed it off as a fad diet and promotional scheme and thought I could handle my physical problems my way. Nearly killing myself for several months getting nowhere, I became really scared and desperate. Then a very dramatic situation unfolded around my mother ~ at the age of 72, she was diagnosed with cancer and was given only 2 weeks to live. On her deathbed, she and I had a last conversation about how I was killing myself ~ eating myself to death and taking myself away from my family at far too young an age for the sake of poor diet and bad habits. She passed the next day. After her funeral, my wife and I discussed what I should do. We had no idea. As luck would have it, I bumped into our friends at our son's hockey game. This time I listened, I mean I really heard what they were saying. I went to a meeting the next day and signed up. The rest is history. **I started on the 30-day program and continued it regularly to this day.**

That meeting with Paul and Clara Smith literally saved my life. **I'm very proud to say that ~ by following the Isagenix program ~ I shed 122 pounds in a short period of time ~ and too many inches to count.** My body, mind and life are now what they should have been. Believe it. Isagenix really does work. Use it and you'll be a better person for it. Many thanks to all along the way who have helped and guided me.

**Patrick Lee** ~ Mississauga, Ontario

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.

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