

## This is My Isagenix Weight Loss Story



My weight problem started when my metabolism came to a screeching halt in my mid-twenties. Fastforward 12 years to when I had my first child at the age of 37 and I packed on over 65 pounds and shot up to 235 pounds. Six months after my daughter was born, I became pregnant with my son and my weight went back up to 240 just when I was coming down after my 1st pregnancy. I thought certainly I could get this under control once I had my son ~ some of the weight came off, but I soon gained it back and stayed at just over 200 pounds. I tried Weight Watchers, starvation, over the counter drugs, countless other fads I saw in magazines and TV ~ but nothing ever lasted. I couldn't play outside with my children for more than 10 or 15 minutes at a time because I would get tired and out of breath because I was so overweight.

One day I was out grocery shopping (junk food shopping) and I was wearing a size 20 ~ I never felt so physically uncomfortable in my life. My depression was overwhelming and I couldn't even look at myself in the mirror anymore. Finally, one day my sister, Margaret Ann, introduced me to Isagenix ~ she had been introduced to it by her doctor and she said "baby sister we're going to get this weight of yours under control ~ and this is the program that will do it". I started my Isagenix 30-Day Program on August 1, 2007 ~ I weighed just over 200 pounds. I have since lost over 54 pounds and 90 inches !!! Isagenix is the only program that has worked for me. I am here, by the grace of God, to take care of my children, my husband, and most importantly, MYSELF !

Thank you Isagenix for giving me the HEALTHY tools to do that.

Dee Dee Miller

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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