

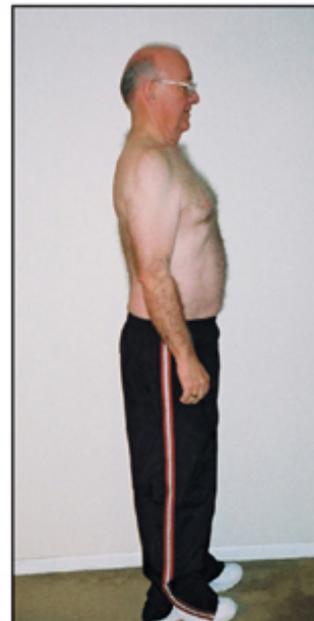
## **This is my weight loss story... 40 pounds in 2 months!**



November 15, 2002  
Weight – 200 lbs.  
Waist – 46 Inches



December 15, 2002  
Weight – 170 lbs.  
Waist – 38 Inches



January 15, 2003  
Weight – 160 lbs.  
Waist – 36 Inches

At 200 pounds and just under 5'5' my body was far from healthy. I am 68 years old and since my thirties I have been putting on excess pounds each year. My energy level was extremely low and I had a great many health problems. I had been on high blood pressure medication for over 25 years and was on medication for type II diabetes for over 10 years. One week prior to starting the Isagenix Program, my doctor told me the only way he could control my diabetes was to put me on insulin. I also had sleep apnea and was on a machine for about 8 years to help me breathe adequately and keep alive. I come from a family of stocky people and felt I was predisposed to being fat with a large belly. I thought I would live and die fat as my father had done at age 72.

I was introduced to the Isagenix program by Bud Corkin, a friend of many years. I was excited about trying the program and hoped beyond hope that I would be successful. When I saw the poster of Peter, I thought, "I look just like Peter did before he lost 30 pounds." My feeling was that if he could do it maybe I could do it also. I eagerly started the program on November 15, 2002. I took the program very seriously and started out one day at a time. I also started exercising. I started losing weight rapidly and was feeling great. After seeing my doctor and getting his approval, I monitor myself every day. I am walking and jogging 3 - 7 miles per day. **Never in my life have I been able to do that.** After 30 days I had met my goal and lost 30 pounds. This was during the Thanksgiving Holiday and starting into Christmas. By January 15, 2 months into the program, I had lost 40 pounds. I have never had more energy nor felt better in my life. To me, the results have been miraculous. I feel terrific and people tell me that my coloring is great and that I look wonderful; most of them want to know what I am doing and want to do the same.

My wife started the program the same time I did and has also had great results. After watching her weight escalate more and more over the years, she now has hope and is sure she is not going to just keep getting fatter and fatter until she blows up. **Our life is changing for the better and we are having a great time.**

***Gaylin Poulson***

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.**