

## This is My Isagenix Weight Loss Story

Total of 75 Pounds Lost !



Try to feel beautiful and fat . . . impossible ~ for me at least ! I learned to live with it. Period. I simply gave up on myself for several years.

My Isagenix adventure began in October 2006, the beginning of my new life. After having tried numerous miracle diets, I made the decision to live again, to take myself in hand. Since then, my victories, one after the other, have led me on, encouraged me, and I cherish them in my heart.

At the start of my Isagenix cleanse programs, I was 75 pounds overweight, much too much to carry around. During the first week, I was frequently cold and felt tired, so I went to bed early, but was not hungry. Very impressive, as I was always hungry before Isagenix. I was less tired the second week and had energy for exercise at night ~ 5 minutes on my stationary bike. Then I increased this slowly to 40 minutes. I felt more comfortable in my clothes from the first days. After 10 days, I'd lost 13 pounds and was ecstatic. People were already noticing the change.

My plan of action is the following ~ 2 days of Cleanse for Life, 5 days of two shake meals and one regular evening meal with my family: veggies, meat or fish and fruit, yogurt or milk and graham cracker. I have cut out coffee, except on week-ends (this was a bit more difficult ~ but then...)

On week-ends, I take my shake in the morning, then have two balanced meals with my family. I usually have a vegetable soup on hand in case. I gave myself small weekly objectives to meet. A week of results lead me to a week-end success, then another and then a month had passed. The cleanse days were always different one from the other, sometimes easy, sometimes more difficult. I kept myself occupied and went to bed early. With Isagenix, I have never felt better ~ I have now released 75 pounds and have gained tons of energy !

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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.

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