

## This is My Isagenix Weight Loss Story . . . 125 pounds and still going !



My name is Shauna Forsyth. I am 39 years old and a heavy equipment operator in Nanaimo Landfill in British Columbia, Canada. Needless to say, I am surrounded by toxins every day. I was introduced to Isagenix by my best friends ~ Debbie Narayan and Suzanne Deveau. Together they coached me along.

I have always struggled with my weight since I was a child. I had many emotional challenges growing up, one being my brother dying of AIDS at the age of 29. Also, being a woman in a male-dominated industry I have always had to fight for everything I got. Today I am well respected in my field but I knew that I needed to deal with my health. My husband, Robbie, and I were living a very unhealthy lifestyle and I could no longer ignore it. I was a little hesitant to try something new for fear it would not work and I would be let down again. Too many tears over the years and feeling like no one or nothing could ever help me feel good about myself.

What really motivated me was when I returned from my Mexico trip and saw a picture of myself ~ I could not deny it any more. I weighed 276 pounds. It was time.

I was eager to get started. My product arrived and away I went. Within the first week, I noticed a huge boost in my energy and, as a result of the weight loss ~ I no longer had difficulty breathing and sleeping during the night. My mood went from BLAA to "WOW I FEEL REALLY GOOD!"

As the weeks went, on I could not believe how much weight I was losing. My original goal was to lose 100 lbs but now I have changed that goal to 120 lbs. Suzanne and I laugh because that is Suzanne's total body weight. **I have now lost 125 pounds and 118 inches ~ and still going.**

The support I have received from everyone in Isagenix and family and friends has been overwhelming. Robbie and I have a beautiful 5 year old daughter Breanna, who got on board and coaches me everyday. She often says, "Mom is today a juice day?" She is so glad I have a lot more energy to play with her and she is so proud. Robbie, my husband, within 6 weeks, decided he'd better get on Isagenix as well. **My husband has since lost 60 lbs and has a lot more energy.** It has spiced up our relationship to a new level!

**DO NOT HESITATE! Get on Isagenix today ~ it will change your life !**

**Shauna Forsyth**  
 Nanaimo Landfill, British Columbia