

## My Isagenix Weight Loss Story ~ Cleansing and Exercise

***Energy Way Up ~ 50 Pounds and 68 Inches Gone !***



I've always had a passion for good food and have spent significant time and resources pursuing it. Over time, however, I've grown concerned over my inability to control my weight and the food portions I'm consuming. When I reached 192 pounds on my 5'6" frame 3 months ago (bmi = obese), I had continuous nagging feelings that this trend could only lead to serious medical problems. I started to exercise but concluded that I needed more help.

When I saw the possibility that Isagenix might offer me a chance to gain control over my weight and improve my health, I decided to try it. The results have been astounding. Used with a daily cross training exercise regimen of running, bicycling, weight training or swimming, **I released 50 pounds and 68 inches**. I lost my beer belly in the process, got leaner with more muscle definition, and have never felt better.

Now that I know a lot more about Isagenix and the tremendous value it provides, I'd like to help others accomplish what I have. I also know I'm going to love the feeling of doing well by doing good.

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