

## My Quest For Wellness

Barbara Tarwater, ND

**QUEST FOR WELLNESS:** Through my educational search, I learned that the body is an amazing creation. If given the chance, the immune system, supported by the organs, can create wellness. However, we have to support and care for our bodies. We're the only ones that can! What had I done to my body?

**THE CONCEPT:** It makes sense to me that if a refrigerator begins to stink, a hundred boxes of baking soda are not going to solve the problem. Cleaning the refrigerator, from top to bottom, inside and out, is the only solution. So it is with our bodies. As we cleanse, many of the symptoms will simply go away. As an Herbalist, I am impressed with the ingredients in Isagenix that support wellness. John Anderson and his team have truly created something wonderful.

**FINDING ANSWERS:** Over the past few years, practicing as a Naturopath, Master Herbalist, Massage Therapist, Holistic Health Practitioner and Certified Natural Health Professional, I've had the privilege of working with thousands of very ill people. However, no matter the disparity in symptoms or diagnoses, the common factor is toxic bodies. I've personally evaluated over 6000 different products that claim wonderful results, but they have not proved sufficient for cleansing the entire body. I was practicing at a major alternative clinic when introduced to ISAGENIX Because I understood the concept of cleansing, it made great sense to me. As always, I experienced the product and found that not only was it affordable and easy to use, but it worked!

**TIME IS THE TEST:** Two and a half years later, my husband and I continue to use the product daily. Why? Because we feel better and we want good health. We have extra on our shelves for "food storage." We could certainly "live" on this product. We won't be without it. The greatest blessing you could give someone is to share this wonderful information with them. It could change their lives forever. And, I'm happy to report that I am now a healthy grandmother of 7.

**OUR WELLNESS FORMULA:** This is what we make sure we consume everyday . . .

**2 ounces of IONIX SUPREME . . . 1 ounce AM first thing, and 1 ounce PM last thing.**

### Our Shake:

2 ounces of Isagenix Cleanse Drink  
2 scoops of Isalean Shake  
1 tablespoon of Psyllium Hulls  
6 ounces of water

### Supplements:

2 Isagenix Antioxidants  
4 or 5 Isagenix Mens or Womens Essentials  
2 Isagenix C-lyte  
3 or 4 Isagenix Omega 3-6-9



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