

This Is My ISAGENIX Story



BEFORE



AFTER



I had never really had a weight problem, as one thing in my favor was that I was tall and my normal weight was always between 160 and 165. If I gained, I was able to easily take it off. Then I hit my mid forties, and like countless other woman my age, started to gain weight and had a heck of a time taking it off! The weight would come off but always come back with a vengeance! I had lost 17 pounds on Weight Watchers, but it was a struggle to get those off, and yes, once I stopped the program, I gained the 17 pounds back! I finally gave up and decided that it was pointless to try and take it off, that I might as well accept the fact that this weight wasn't going anywhere!

To make a long story short, being at 205 pounds was not acceptable, and besides that, my cholesterol had been creeping up along with my weight. My father passed away at 51 from a massive heart attack (I just turned 54). I decided that I wanted to be around a lot longer, so I had better quit feeling sorry for myself and do what was necessary to get this weight off! No one else could do it but me!

I had heard about Isagenix through my good friend Shauna Ekstrom. I was skeptical at first, but saw Peter's poster and heard about all the success stories. Then my sister-in-law lost 18 pounds in two weeks on the Isagenix program and that convinced me to give it a try. Well, I couldn't believe the results! I lost 10 pounds in the first nine days and I was thrilled beyond words!!

I began the program on March 12, 2003. By the first of June, I had lost 35 pounds! I'm going to lose another 5 pounds, which will put me at 160 pounds, which is what I weighed when my husband and I were married almost 30 years ago!

Everyone has complimented me on my weight loss, and the fact that I look so well. They also want to start the Isagenix program. I feel great. I was waking up several times during the night before the weight loss, and now sleep like a baby. My hot flashes have literally disappeared. I'm not cranky and I'm enjoying life once more!

I will always take the Isagenix products for the health benefits - as well as keeping the weight off!

Jan Bergman
Buckley, Washington

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.