

THIS IS MY ISAGENIX STORY



My name is Chad Rabkin from Montreal, Canada. Over the past few years, my life has become more sedentary, spending a lot of time in front of the Computer or TV. I stopped playing Hockey 3 years ago due to time constraints as I work on call with Intellectually and Physically Handicapped Adults in group home settings. I also volunteer with a Rescue Unit so I don't eat and sleep at the same time every day.

This has caused major problems with my eating habits as I was eating at Fast Food Restaurants on my way to and from work. Also, I was eating all kinds of junk food on a daily basis.

This all resulted in my terrible weight problem – 296 pounds and I am only 5'6". Just walking up a flight of stairs, I had to stop 2 to 3 times. And in the gym, I could barely do 20 minutes of cardio and only 15 minutes of weights.

Then - in May 2005 - I was fortunate to meet Matt Marshall, a very accomplished Body-Builder and Personal Trainer, who introduced me to the amazing Isagenix Cleansing and Fat-Burning System and started me on a personalized exercise routine – the Wellness Makeover Challenge.

On my first 9-Day Cleanse, I lost 12 pounds - and on my second, I lost 8 pounds. I continued with these 9-Day Cleanses and averaged about 4 pounds of fat loss every week. **This is the first time that I have done a weight loss program where I saw results immediately.**

So far (Oct 2005) - **I have lost a total 75 pounds and 30" of body fat**. I am thrilled with these results. I feel fabulous, have lots of energy and feel inspired to share my story with everyone.

Big thanks to Matt Marshall, my Sponsor and Trainer, for putting in the time and effort to help get my body back into shape. My next goal is to get down to 196 lbs which will mean a total weight loss of 100 pounds !

Chad Rabkin - Montreal, Canada

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.