

# Achieve Peak Performance with Isagenix

## Isagenix Gives Outrigger-Canoe Racer Competitive Edge to Win Starbucks Kaua'i Championship

KAUAI, Hawaii – For the first time in his career, Butch Keahiolalo took first place in not only one of outrigger-canoe racing's most important events—the Starbucks Kaua'i Championship—but also in nearly half of the ten races in the series leading up to the final championship race.

Butch, who says the Isagenix products gave him a competitive edge, earned the Starbucks Kaua'i Island Champion crown April 16, 2005 in Kaua'i, Hawaii.

"One competitor dominated the last two years," says Butch. "I was in the top ten, but I couldn't beat him. After using Isagenix products, I beat him by almost three and a half minutes. They thought it was a fluke."

But Butch's results stayed consistent.

"The next race, I beat him by a minute and a half," says Butch. "That's a huge win! Isagenix works! There are no breaks in the one-man races. It's critical to maintain your energy. For electrolytes, I carry [the Isagenix electrolyte drink] Want More Energy? in my CamelBak."

### *Energy and Recovery Vital When Training*

According to Butch, it's crucial to maintain a peak level of performance year-round while training for outrigger-canoe racing. Energy and recovery are extremely important for races that range from eight to 40 miles in one-man canoes and up to 110 miles in six-man canoes. The six-man canoe races may take up to 13 hours.

Butch's 2004-2005 training season became especially difficult for him because of a new addition to his family—a baby daughter. Time caring for her heavily reduced the time needed for Butch's training. Butch not only saw his training slip, but also his performance. He feared the worst and thought he wouldn't even medal at the championship race in Kaua'i. Even his teammates doubted he'd do well.



Outrigger-canoe racer Butch Keahiolalo feels Isagenix substantially improves his performance and energy.

As Butch looked to get his training back on track, he wasn't interested in any short-term performance-enhancing stimulants. He simply wanted good nutrition and optimum health. After researching the Isagenix products, he decided they were exactly what he needed.

He quickly noticed a substantial improvement in his performance and energy level.

"I train on a 90-mile trek from Maui to Oahu. When you train as an endurance athlete, you have to get the right nutrients in your body during and after your workout, so you can be set up for the next day of training," says Butch.

### *Isagenix Provides Competitive Edge*

Butch joined Isagenix in March 2005. In the opening races in January and February 2005, Butch was as much as three minutes behind the top competitors. By April, he was dominating—and just in time for the championship.

*"When I take the Isagenix products—the IsaLean Shakes, Essentials, and Ionix Supreme—I definitely don't feel as tired."*

– Butch Keahiolalo

"I'm always looking for a new edge," Butch says. "If I see an ingredient and don't know what it is, I go online and look it up. I'm really picky about what I put in my body. There's a lot of confusing stuff out there. It's either all protein and no carbs, or all carbs and no protein—and zero fat. How's that going to help me? I'm an endurance athlete. Isagenix gives me all the protein, fat, and carbs that I need for a race. When I take the Isagenix products—the IsaLean Shakes, Essentials, and Ionix Supreme—I definitely don't feel as tired."

# World-Class Athletes and Top Fitness Trainers with the Isagenix Cleansing



*"I've been making a living off my physique for about 25 years, so it was really exciting to see something work and keep the weight off."*

**D'Marko Blewett, Salt Lake City, Utah**  
Former Mr. America Finalist

D'Marko Blewett was compared to Arnold Schwarzenegger in the 1989 issue of Muscle and Fitness magazine. He bench pressed his way to become a Mr. America finalist, squatted for 6th place Mr. USA, gripped a Mr. Los Angeles title, and lifted Mr. Utah twice. He's also founder of Custom Fit Nutrition retail chain in Utah.



*"Accept the challenge [to try Isagenix]. It's easier than breaking 310 bricks in one minute."*

**Fernando Camareno, San Juan, Puerto Rico**  
Martial Arts Champion and World Record Holder

Puerto Rican representative for ESPN2 Bergamo's Team Schick Quattro, Fernando Camareno, has a lot of titles under his black belt, including Tae Kwon Do and Kickboxing Champion. He's also a founder of Black Belt Media Group and a Martial Arts instructor. Fernando used the 9 Day Program to lose 30 pounds quickly, without muscle atrophy, in order to compete as a lightweight in Arnold Schwarzenegger's Arnold Fitness Weekend, where he took home five Gold Medals and two Silver Medals. Fernando holds the Guinness Book of World Records for most bricks broken in one minute.



*"It was unbelievable. Our energy was amazing, our sleep cycles were great, we enjoyed better mental acuity and I felt like I was recovering quickly from workouts. I've been able to achieve with the 9 Day Program what it used to take me at least 6 months to achieve in my practice."*

**Susan Sly, Brockville, ON, Canada**  
Former Team Canada Ironman Athlete,  
ACE Certified Athletic Nutrition Consultant

Susan has taught professional athletes, celebrities, and physicians about nutrition for 14 years.



*"I love the Rich Chocolate IsaLean Shakes for energy. Yogurt Dipped Oatmeal Raisin IsaLean bars are perfect between races."*

**Michelle Despain, Orem, Utah**  
International Luge Competitor and 2006 Olympian

In her quest to qualify for the Olympics, Michelle has competed at world competitions in Austria, Germany, Latvia, Italy, Canada, and the United States.

\* These statements have not been evaluated by the FDA. The programs and products described herein are not intended to diagnose, treat, cure, or prevent any disease.

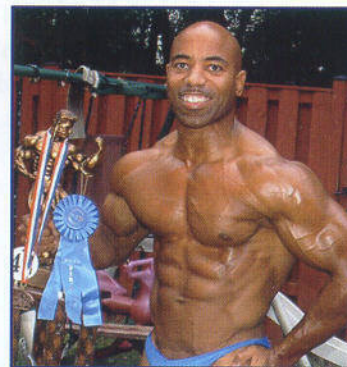
† Results may vary. The average weight loss in a recent study was seven pounds.

# Men Have Found Their Competitive Edge with Isagenix and Nutrition Systems \*

*"I had more energy during extended posing routines on stage. The judges were impressed. After eight months, my fitness company's bottom line has increased 300 percent."*

**Brian Bailey, Odenton, Maryland**  
Champion Bodybuilder and Fitness Trainer

Star Consultant Brian Bailey, recent Men's Medium Class Division 2005 Military Bodybuilding Champion, drinks Want More Energy? to stay in top form. Brian is primed to compete, having lost 10 pounds with the 9 Day Program. Now he uses Isagenix with all of his clients.



*"I saw instant results on the first day of the 9 Day Program. After nine days, I had lost a total of 6 inches and 8 pounds. I lost weight, but retained muscle with the program. I did not feel drained or depleted."*<sup>†</sup>

**Paulie Ayala, Fort Worth, Texas**  
Former WBA Bantamweight World Champion,  
The Ring Magazine "1999 Fighter of the Year"

Two-time WBA Bantamweight World Champion Paulie Ayala has been packing a good punch for 30 years. Paulie, now retired, still trains and works out to stay fit, and he loves using Isagenix products.



*"I was skeptical, but I tried Isagenix with two of my clients. The first lost eight pounds and the second lost three inches from her waist. They were ecstatic! My own health improved also. So I gave [Isagenix] to my father—he lost 21 pounds! He was a walking billboard for my business."*<sup>†</sup>

**Jason Courie, Atlanta, Georgia**  
Gym Owner, Fitness Trainer



*"I started taking two ounces [of Ionix Supreme] after each practice so I could get back the energy and electrolytes I had burned during practice. It has made my dream of becoming a professional football player come true."*

**Josh Savage**  
Defensive End, Atlanta Falcons

Josh, a three-year-starter for the University of Utah, gave his all during tryouts for Tampa Bay as an undrafted agent. His hard work and dedication convinced coaches to give him a spot on the team. He's currently with the Atlanta Falcons.



<sup>†</sup> Results may vary. The average weight loss in a recent study was seven pounds. As with any health or fitness program, a sensible eating plan and regular exercise are required in order to achieve long-term, weight-loss results. The testimonials featured reflect actual results experienced by these users. All persons' testimonials on this site have used the Isagenix System, are affiliated with Isagenix, have voluntarily agreed to have their testimonial featured. Your results may be greater than, or less than, those depicted, and can be influenced by other factors, including your metabolic rate, energy expenditure, and other dietary factors.

# Isagenix Helps Climber Reach Top of Mount Rainier

MOUNT RAINIER, Wash. – In the great Northwest of the United States lies a massive mountain—its summit at 14,410 feet. To the average visitor, it's a beautiful national landmark of beauty and grandeur. But for some, the active volcano, completely encased in more than 35 square miles of hard-packed snow and ice, represents more than a monument. Instead, it's the most arduous endurance climb in all of the lower 49 states.

Mount Rainier, the highest and third most voluminous volcano in the state of Washington's Cascade Range, is the triumph that any average climber dreams of achieving. It also serves as the training ground for experts who want a chance at the Himalayas.

Forty-two-year-old Dan Morgado was an average climber. He had summited Mount Adams at 12,200 feet and Mount Fuji at 12,300 feet. To Dan, Mount Rainier meant a lot more—more money, more preparation, and more determination. Most difficult of all, however, was the physical training.

"Mount Rainier is only a couple thousand feet taller than Fuji and Adams," explains Dan, "but getting to the summit is a whole different story."

Most climbers have a difficult time facing Mount Rainier—they feel nausea, headaches, altitude sickness, and several forms of edema, along with the fear of danger. Many turn back. Dan had to be absolutely confident he would make the summit and didn't want to risk the \$5,100 spent only to fail.

Dan feels Isagenix helped open the door to Mount Rainier.

"I said to myself, 'I think it's time. I think I can do Rainier. I'm in the best shape of my life, even at age 42,'" says Dan.

Dan initially joined Isagenix because he and his wife, Shelly, wanted to lose three to five pounds of fat. They didn't have any greater expectations than that.

"I lost a total of 15 pounds and Shelly lost 13 pounds. We were shocked!," says Dan. "I'm an endurance runner. Before Isagenix I had never broken a 40-minute 10K. After cleansing, I did break it, not by a few seconds—I shattered it! Shelly is an ex-bodybuilder. She said that if she had known about [Isagenix] when she was competing, she would have paid thousands for it." †



(Top) Dan and his group reach Mt. Rainier's summit. (Left) Dan and his wife, Shelley, use Isagenix products and running to stay in shape. (Bottom) Preparing for the climb.



Dan climbed Mount Rainier over the course of 40 hours with almost white-out conditions and 45-mile-per-hour winds. When almost half of the climbers gave up, Dan continued onward with his team.



"I basically used a liquid food diet and included Isagenix Want More Energy? [electrolyte drink] and an ounce of Ionix Supreme [nutritional drink] daily," says Dan. "I made it to the summit of Rainier and I couldn't believe how easy it was. I felt absolutely great—just as good at 14,410 feet that I did at 5,000 feet!"

† Results may vary. The average weight loss in a recent study was seven pounds.

To purchase or reorder additional Isagenix product, please contact your Independent Isagenix Associate.

