

Can the Isagenix Cleansing System Help People Lose Weight?

See What One News Station Discovered...

SALT LAKE CITY, Utah
— In May 2005 the Salt Lake City ABC 4 News team decided to test a remarkable health and wellness program by Isagenix. The program, called the Isagenix Cleansing and Fat Burning System, had been providing people with incredible results—specifically with weight loss.*

Isagenix, based in Chandler, Ariz., believes in Cleansing the body internally with a natural aloe botanical drink. By doing so regularly—in conjunction with Isagenix Isalean Shakes and eating a balanced diet—the company says you'll not only lose weight, but you'll also be on the road to becoming healthy, clean, and lean for life. Reports from many Isagenix Independent Associates and customers claim the Cleansing and Fat Burning System has helped them lose substantial weight... and inches.

152 Pounds Lost

One of those customers is Kim Olson, who previously weighed nearly 300 pounds. Kim had struggled with her weight for 23 years and had tried her share of fad diets. "With each [diet] I'd lose weight," Kim says, "but then I'd gain it back... and then some."

Then she was introduced to the Isagenix Cleansing and Fat Burning System. Kim followed the program diligently and stayed on the product consistently. She focused on her goals and achieved them monthly.

Now Kim has lost a total of 152 pounds. That's not all. She's managed to keep it off—a difference that has given her a new way of living, filled with energy and new-found confidence. "This is the smallest I've been in 23 years," says Kim. "Isagenix has totally changed my life."



To view this news segment, ask your Isagenix Independent Associate.

The Isagenix Challenge

ABC 4's investigative reporting involved two people, Debbie Olds and Rob Rogers, both of whom had never tried any Isagenix products before. Debbie is a mother of two and wanted to lose weight to gain energy. Rob wanted more energy also, but hoped, most of all, to finally get back to his college-football weight. The two took their own measurements, weighed themselves, and started with their Cleanse Days. Each would follow through with a complete 9 Day Program.

Both participants saw results right away. They each kept track of inches and pounds lost. By Day 5, ABC 4 reported Debbie lost four pounds. Rob had lost 13. "That's pretty good," said Debbie, happy with the result. "My pants are nice and loose," added Rob, who expected the program to be more difficult.

The Results

By the ninth day, ABC 4 reported Rob had lost 22 pounds. "I feel really good," said Rob, energized and thrilled to see himself slimmer. "When I measured I said, 'No I'm cheating, I'm pulling the tape too tight,' but I wasn't, it was *real loss*."

Debbie was glad to have lost weight, but more pleased about her new level of energy. "My eight pounds that I lost is almost irrelevant for the amount of energy that I feel, the amount of sleep I've been getting, and how clear I can think," said Debbie.

The Cleansing and Fat Burning System, featuring the 9 Day Program and 30 Day Program, are available through your Isagenix Independent Associate.

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

Real Results,

Meet Our "100-Pound Club." Here are just 10 of more than 30 people who have lost



"At 460 pounds, the only reason the grim reaper didn't grab me was because he could not lift me. Isagenix works! I lost a total of 240 pounds and I'm getting younger every day. Whatever problems I have ahead of me, weight control will not be one of them."

Jim M.

*Jim Lost
240 Pounds!*



"I lost 200 pounds and now I'm half the man I used to be. Be prepared by having everything you need, stay focused, and get all those tempting unhealthy foods and snacks out of the house. If it's not there, you can't eat it! Most importantly, make up your mind that you are going to do it. I carry a small cooler around with me with Cleanse for Life and bottled water. I carry all my (Isagenix) Snacks, Natural Accelerator Capsules, Antioxidants, and Essentials (for Men) in a pill box."

Larry F.

*Larry Lost
200 Pounds!*



"I love Isagenix. I use all of the products every day and wouldn't be without them. I have found the key, so I constantly remind myself to take care of myself and take the [Isagenix] products. I think Isagenix loves me and I love Isagenix."

Annette C.

*Annette Lost
100 Pounds!*



"I had to punch holes in my belt and I finally said to my wife, 'Debbie, I need to buy a new belt or go on a diet.' Our anniversary was the second Cleanse Day (of our first 9 Day Program). We skipped going out to dinner and decided to have a small anniversary lunch the next day (Shake Day), plus two anniversary IsaLean Shakes. By the fourth day, I lost [weight]. That made it all worth it. [I've now] lost 105 pounds and 95 inches; Debbie lost a total of 55 pounds."

Brent N.

*Brent Lost
105 Pounds!*



"We've been taking the Isagenix products for months now. I lost 125 pounds. [My wife] Linda lost 62 pounds. We feel like we've been given a second chance at life. Now we're taking Ionix Supreme and we're falling in love all over again."

Paul A.

*Paul Lost
125 Pounds!*

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

Other Success Stories



Lost 18 inches!



"[With Isagenix] I lost a total of almost 18 inches! One month after I started the Isagenix 9 Day Program, I went shopping in my closet. I could hardly believe that I was fitting nicely into valuable suits and dresses I hadn't worn in years. I have firmed up and my skin is smooth, which is pretty exciting."

Gisèle Q.



Lost 75 Pounds!



"Isagenix changed my life. After seven days with the Isagenix program, I quit smoking! The craving for nicotine was no longer present and I was able to stop the habit. In total, I have burned 100 pounds of fat and gained 25 pounds of lean muscle mass—that's less than I weighed when I was 12 years old."

Joel K.

Real People

lost 100 pounds or more with the Isagenix Cleansing and Fat Burning System.*

*Sheryl Lost
115 Pounds!*

*Ed Lost
117 Pounds!*

"We've lost a total of 229 pounds together using the Isagenix Cleansing and Fat Burning System."

Ed & Sheryl L.



*Souldancer Lost
115 Pounds!*

"Fantasy is now reality. After 30 years of growing into 263 pounds, I've shrunk from a size 49 to a size 30 waist. I lost 115 pounds! More importantly, I have maintained a healthy weight for over one year now. I discovered something to allow both myself and others to grow healthy, wealthy, and wise—my soul dances with joy."

Souldancer



*Jason Lost
218 Pounds!*

"I used to be known as the big kid in school and through my entire adult life I have tried to lose weight. The day I decided to try the Isagenix program was the day that changed my life. I have lost 218 pounds—the best part are all of the compliments from my new look."

Jason "The Crusher" D.



*Hector Lost
104 Pounds!*

"Hello, my name is Héctor Maldonado from Puerto Rico. Isagenix helped me reach one of my dreams—to be a referee for an international soccer game. As of now, I have lost 104 pounds and dropped 10 waist sizes—before I used XXL t-shirts and now I use L. My health improved a lot and my agility also. Thank you Isagenix!"

Héctor M.



* 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.



Lost 20 pounds! *"From the time I began using the products, my outlook on life began to dramatically improve. I lost 20 pounds to comfortable size 6. My sugar cravings were gone. I began to sleep better—and the energy! I felt good. I look 10 years younger! It is fun to share something so wonderful with friends."*

Debbie E.



Lost 12 pounds!

"With some doubt in mind, I tried the Isagenix Program. I lost [weight] the second day! [With Isagenix] I lost a total of 12 pounds. Everybody was amazed to see me in such good shape. They wanted to know my secret! I recommended Isagenix to my colleagues and friends."

Vincent J.



Kim Olson Loses 152 Pounds

Learn Her System for Losing Weight Through Cleansing

Kim Olson's current total weight loss is 152 pounds. Now she's ready to share with the world how she accomplished this remarkable feat.*

Kim feels young. She feels the energy she used to have as a teenager. She has had the biggest change of her life, and now she wants to tell her Isagenix story. "At first I felt shy," she reflects, "then all the sudden it hit me—I want to share, I want to help people!"

We decided to interview Kim and get her tips for losing. Here they are.

Rule #1: Stay Consistent, Stay on the Products

"I had bad days, bad weekends, and bad weeks, but I was consistent," says Kim. "I always had products in my body."

Kim uses herself as an example to teach new Isagenix product users to be disciplined and keep cleansing, even after reaching their goals. She teaches that the Isagenix program is a lifestyle change, and the importance to stay focused on your weight-loss goals until you have met them—whether you're using the 9 Day or 30 Day Program. Then, she tells everyone to be determined to keep the weight off with an Maintenance for Life Program.

Rule #2: If You Stumble, Refocus and Try Again

When Kim stumbles, she tells herself, "It's OK; refocus and do it again." She has failed before. She knows how difficult it can be. Kim explains that she struggled with weight for 23 years. "Unless you've been there, most people have no idea what it is like to be big," she says, adding that you just have to get back up, brush off the dust, and stay focused.

Kim also teaches now that it's normal to feel bad. Before being introduced to Isagenix, Kim was a manager at a plus-size clothing store for women. "I would have these ladies come in to try and find something to wear, and they'd cry because they couldn't even find anything in a plus-size store," Kim explains, "and I'd cry because I could relate with them."

Rule 3#: Learn About the Products

"Knowledge is empowerment," Kim says. "The more you learn about the product and why it does what it does to your body, the easier it is to stick with the program and stay motivated." Kim made sure to read the Isagenix infor-

mation and listen to nutrition-related tapes.

Kim also called an expert. She met with Isagenix Associate Don Nooner and learned as much as she could about the products. Then Kim taught what she learned to others. Anyone can do the same. If you have questions about the products, call your Isagenix Associate to learn more. Then, teach what you know to others.

Rule #4: Stay Motivated

Kim enjoys the benefits of being thin and plans ahead to constantly stay motivated. "Last summer, I went hiking with my dad and it was such a wonderful experience to do that," she says. Recently, Kim planned a backpacking trip with her family. "It's something I haven't been able to do for over 23 years."

Kim reminds herself of the rich relationship she enjoys with her husband, which is now even better. "Because of the way I now feel about myself," she says. "I'm able to let my husband love me and that has been the biggest change in my life. I feel good about myself."

But we wanted to know more; we wanted to hear the big "why." So, we asked her, "Why do you stick with Isagenix?" After a pause to hold back her emotion, Kim replies, "Because I will never, never, be there again. I got rid of all my big clothes except for one skirt, and I keep that as a reminder that I will never be there again. That's my 'why.' That's why I continue to do Isagenix. It changed my life so very much, more than anyone will ever know."

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

