Jocelyn –

Most of my life I have been very thin and never had to watch what I ate. I was always active. However, when I began taking sedentary jobs, I gained a little weight. For an additional 6 years adding in some stressful life events I gained a total of 60 lbs! For the past 8 years my life has been a battle against the bulge.

Before Isagenix, I tried several weight loss approaches: I counted points, body by Jake, Bog Breen’s book, a ½ hearted attempt at Atkins and several infomercial weight loss programs, HCG, and more I can’t even remember…If they worked for me, it ended up that some were just way too stringent and I couldn’t keep up with the plan so I quit. I tried exercise and trainers. This helps with body definition, increased my appetite and then I became ravenous. Oh! I even tried hypnosis. Nothing worked.

In July of this year, I had a physical and my blood pressure and A1C’s were high. With a family history of heart disease, I now knew it was time. After a friend told me that 80% of the issue revolved around nutrition with genetics playing 10% and exercise 10%, I began tuning in to nutrition. See, everyone just told me I needed to exercise, but now I knew my issue. I needed to resolve the nutrition! When I understood that Isagenix was nutritionally dense fast food, I also got support through daily emails, my support was a phone call or text away. I knew it was safe, and got started.

Initially, my body was so acidic that I couldn’t take the product! It didn’t agree with me. In fact, I got sick to my stomach! Within about 10 minutes, I had answers to why this was happening, I had support! We modified my intake, got the liquids and timing right. I needed guidance, and I GOT IT!!

I came into the program with sugar addictions, and after 9 days it was manageable and after 14 days, I had control! Isagenix is a grab and go solution, where I don’t have to think about meal planning, as I have no time. Isagenix is easy and convenient taking the guesswork out of nutrition, planning. It truly is a nutritious meal on the go!

As a psychological counselor for St. Louis Public School District and a psycho-therapist with 2 practice locations, I travel over 75 miles a day. My day starts at 6:15 am when I leave home… I return home from my day after 9:15 PM.

With Isagenix, I am not hungry, it’s helped my cravings, and many times now, I forget to eat – I have to remind myself it’s time to eat! It’s hard to imagine being without Isagenix now. I’ve lost 42 lbs in 14 weeks, I sleep well, my energy levels are improved, my blood pressure has dropped 30 points and I am getting ready to have my A1C’s tested again.

People are now asking me what I am doing, and my good friend is calling me “the incredible shrinking woman.” I am not finished. In fact, I am just getting started. Looking long term, I am looking to adopt good nutritional habits and Isagenix is part of the long term puzzle. See, soul searching and getting to the root of my health and lifestyle habits, I did that spiritually using Isagenix as the divine system and health tool that it is!