

health & beauty

# How to lose those extra pounds- and **YES**- keep them off.

10 years ago when I began my journey in the fitness field I knew nutrition was important. But, it wasn't until the past year I realized that it is 90% of the results. By Danielle Wasser.

Last December 2010, I went to an informative seminar with my personal training client Terri. She had successfully lost 50lbs with me working hard in the gym. But, once she hit 205 she was stuck. We had her tested, varied her workouts and changed her meal plan-nothing. I knew there had to be something out there. We both went to the seminar to learn about this new alternative called cellular cleansing which is supposed to get to the root of the problem: remove the toxins and impurities, while replenishing the body with amazing nutrition we simply don't get in our food source today, and lose stubborn body fat. Terri and I sat there in a room with about 50 other eager people wanting to learn about not just fat loss, but obtaining optimal health, feeling better, increasing energy, and better sleep.

The results - **UNREAL!** She began to lose fat and inches, sleeping soundly at night (not needing her sleep aids), looking younger, working out harder. She lost 15lbs in the first month and 4 inches in her waist, and since then has lost 60lbs.

Myself, I no longer needed coffee 3x a day, my tonality in my body changed, didn't crave bad foods and overall felt like I was 18 again. I made the decision, I wanted all my clients, friends and family to be healthy and so my journey began to share Isagenix with everyone I know and use it in my personal training business as part of ensuring my clients get the best results the safest and healthiest way without dieting.

## The Difference between DIETING and CLEANSING

Getting the right nutrients, while cutting calories, can make or break your goals for weight loss, weight maintenance and overall health. While there are many products designed to help people control calories for weight management, the majority of these "diet products" don't provide proper nutrition or quality protein to prevent muscle loss that often accompanies weight loss.

The company, Isagenix, founded in 2002 is the number one Nutritional Cleansing Company in the world and unlocks the miracle of the human body by cleansing the impurities and toxins without stripping the body of the "good",



and instead replenishing the body with the most amazing nutrition and minerals on the planet. This sustains the body fat loss-success.

### So, what is it?

A meal replacement system consisting of super foods, minerals and over 30 years of science from master formulator Dr. John Anderson. What sets ISAGENIX apart from other cleanses are the 3 pillars: Isalean Shake, Ionix Supreme, and Cleanse for Life.

The detailed program takes the cleanser through a combination of shake/meal days, and liquid cleanse days. Overall, replacing 65 meals a month, losing inches and body fat and guaranteeing you results or your money back.

### ISALEAN SHAKE

Calling it shake is an understatement. It is a super-food, with more packed nutrition that your body gets in a week.