

My IsaBody Challenge™ Essay Entry

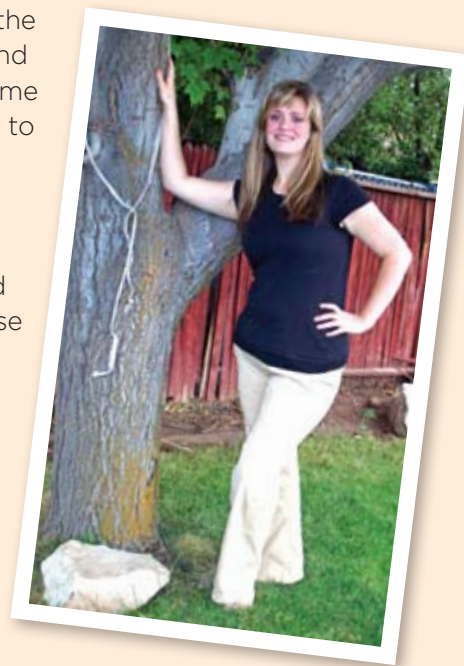
I am 21 years old and in February of 2008, I made a decision about a problem I'd been battling for many years. Not only was this "problem" affecting my life, but it was also affecting how I felt about myself. My soul and what I longed for and wanted for myself and my self perception were all skewed. I didn't see myself as "beautiful." Making the decision to change was like lighting a candle that could never be put out. I was done hiding and thus began my transformation.

It all began in junior high school when I started gaining weight. I began wearing a body suit under my clothes to hide the changes. I would eat all of the wrong foods and rarely exercised. Through the years, I kept gaining weight until I reached my breaking point at 5'10" and 250 pounds. I had graduated from high school, lived in New York for two years and was now back home in Utah attending beauty school. My mom told me about the 2008 IsaBody Challenge™ and for the first time ever, I felt hope. That was when I determined to make a change and enter the Challenge.

I started the program and was very faithful. I exercised and slowly began to see the pounds melt away.* I noticed my pants were getting looser and my shirts were even getting big. My friends at school finally said to me, "Ciera, you need to buy new clothes! Everything is way too big on you." It was very strange to hear because for the first time in my life, I was consistently losing weight rather than gaining weight. For seven years, I had worn the body suit to help me feel a little better about myself and over time it had become a crutch to hide my lack of confidence and self esteem. The best day of my life came in May of 2008 when I was finally free of the pressure of the suit. It was officially the last day I ever wore it and I cannot begin to tell you how good that made me feel. No more hiding! I was done and finally free to be me. I was transforming.

I'm now 60 pounds lighter* and I feel great. I love what Isagenix® has done for me and I love the products. I enjoy taking them every day and actually find myself craving the nutrition. Cleanse for Life™ is wonderful and I love my Cleanse Days. I can't wait to share my story about how Isagenix has changed my life and changed the way I feel about myself. I will truly never be the same!

—Ciera



*Weight-loss results may vary.