

Why I chose Isagenix

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My name is Brenda Purvis and this is why I chose Isagenix.

I was diagnosed with Fibromyalgia and Chronic Fatigue at age 38. It is still under speculation of its creation, is it from our toxic environmental factors, our DNA, stress and traumatic experiences of abuse, or trauma to the body such as a car accident? It appears usually in women, in their adult years. Some cases have surfaced of younger people being diagnosed. First doctors test a sufferer for Lupis, Rheumatoid Arthritis, MS, and other diseases that mimic the symptoms. Once the filters have been ruled out and tests come up negative, Fibromyalgia and/or Chronic Fatigue are what are left.

At 41, I was sick and tired of being sick and tired. Daily life was a chore. I would wake up early, take a shower, and go back to bed for another hour just to get the energy to get back up again. I took everything I had to get out of bed to face the day as I did not feel rested and the ache my body felt were extreme. I felt like someone had drug me all over town behind a truck and left by morning, and I never got the license plate...

During the day I found myself trying to stay awake at work. My back and body ached. I continually battled being cold. From sitting down for even half an hour, my body would lock up. I would have to counter act all these aggravations this by finding errands to run in order to stretch and get fresh air. On the way home from work, it was not uncommon to find my car drifting off the road from being too tired. I would have to take a nap when I got home so that I could feed the horses and dogs.

Having Fibromyalgia, I also have many symptoms. I have sores in my mouth that are on the inside of my cheek and my tongue is raw also. It makes for eating a challenge as things with rough textures or any acidic base to make things painful. Simple touch is also painful, about 3 pounds of pressure can bring me to my knees. I was on Lyrica for this. Acid reflux, sleep apnea, many cognitive problems such as my memory is not what I used to be, focusing gets harder to do. Also I suffer from arthritis- type of problems such as swelling and aching in my joints, irritable bowel syndrome, migraines, sinus infections and sinus migraines, thinning hair, cystic bad skin, bruising easily, dry skin, multiple allergies, depression and so many other problems that I face on a daily basis. I started seeing a physical therapist as my right knee cap was locked and it was painful for me to do daily activities, much less feed horses at night with being so lethargic to add to the mix. The extra weight I carried only complicated my knee condition and may have been the cause of it. I had to walk down steps sideways and after all my activities to prevent more damage to my knee. By trying to keep from stressing my right knee, the other then began to feel the burn of trying to keep the weight off and began hurting too.

Being overweight did not help factors. I was 220 on a 5'7" frame. My ideal weight is 130, a far cry of what I was. I WAS a size 5 when I was first married in 1986 and 125 pounds Due to my auto-immune disorder and poor health, I was to the point that I was considering selling my animals and home on ten acres, both that I adore. I was also seriously facing quitting my full time job and possibly working only part time. If my body would even allow me to do that. I had heard filing for disability was a nightmare, and I did not want to give up at such a young age, but I did not see an end to the vicious cycle I was in.

One day I was feeling well enough to go to a craft fair at the Civic Center at. I happened upon a booth where a lady handed me a card. She spoke about weight loss and nutrition. I took the card out of politeness and went home.

Within 3 months, I had lost enough weight and the swelling had completely vanished from my joints to where I could not wear my wedding ring, as it would fall off. The phlegm production, sinus infections and headaches were also gone. At 4 months, I was off my Lyrica for the Fibromyalgia to manage my muscle discomfort. The weight was pouring off of me. People were noticing the changes in my skin and body and were commenting, wanting to know my secret exercise routine.

When starting the program on May 1st, 2008, I lost about 55 pounds in about 8 short months. I started at 220 and now currently fluctuating between 158 to 159. I have never felt better! My goal of 130 pounds does not seem so unrealistic to me anymore and I am now a size 10/12 instead of a size 22. I can even accept where I am now for all intent purposes. I believe I would have lost more weight on a faster scale if I was not so toxic. But I have never once regretted my decision to start or continue this program. I can honestly say it has changed my life for the better. I no longer get waked going up and down steps. My knees no longer ache when doing so either, from being burdened by extra weight I am no longer carrying. My tongue and mouth are normal and I can enjoy food again without agony. I sleep better at night. I am off my \$4,000 C-PAP machine. I feel like I finally have a normal and healthy life due to Isagenix within a few short months. I cannot wait until I have been on the program a year to feel how incredible that will be like! UPDATE:

A year later, I lost a total of 70 pounds and am at a size 6 from a 22. This is one time in my life I am proud to be a BIG LOSER. I actually enjoy clothes shopping. I no longer have to try on a shirt putting an arm through first to see if it fits before completely trying it on like normal people (my arms were HUGE). My biggest problem now? Remembering to eat! I have control over food and I no longer rules me. I can pass by food at the store or in social situations. I eat because I choose to.

My new concern: My older sister had spent a week at the Mayo Clinic December 2008 during her Anniversary at the end of December, where they diagnosed her with Myeloma, a pre-cancerous condition. While she was there, her kidneys shut down to only 20% functioning. She went through a bone marrow sample test, which is very painful. She does not want to go on Isagenix... She thinks it simply as a diet. My youngest brother at age 37 (only 4 years younger than I) then had his first heart attack on December 29th, 2008, the day after my sister returned home from the Mayo clinic. He has heart damage at a very young age. In February, they removed his teeth and fitted him for dentures. Both siblings smoke and pollute their bodies also by their very poor eating habits.

Because of the poor health of my genes of heart disease, cancer, and diabetes, I chose Isagenix because it keeps my body on the alkaline side to resist the many diseases, since they do not like to grow in an alkaline environment and for the reason Isagenix builds lean body tissue which supports our heart and organs. It also sets my insulin levels and metabolism every day. My body is being given the best tools to heal itself since the body is a miracle - when given the right things and the chance to do so. I have decided for myself to be proactive instead of reactive to diseases of the body and have made a lifestyle change before a health crisis hits me harder than what I already have. I would rather spend the money on high nutrition that I enjoy to take than open heart surgery or dialysis treatments for the rest of my life. Isagenix was not an option, but a necessity

I finally reached the breaking point when I felt isolated from my family since they did not support me with my condition. I went to a "meeting" for Isagenix. Being the skeptic at heart that I am, I went to meetings for several months. It wasn't until I went to a p-o-o appointment that I was told I was a walking cancer patient when I had breasts full of cysts and fibroids. That hit home as the vast majority of my family has passed from cancer. And when they don't pass from that, it's heart disease. Diabetes also was a menace. At the weight I was and health problems, I was a prime candidate for all of these health conditions. I was scared. So, I started taking Isagenix more seriously. I watched the people at the meetings more carefully. I saw the changes and I wanted what they had. The more energy, the nice skin, the calmness that they radiated. I notice more the weight that they lost.

I researched the program, investigated it. Compared it against other companies claiming health and wellness. I chose Isagenix over the other competition. It won due to the fact it is all natural - and with my condition, I needed not to have any pesticides and other additives due to my auto-immune disorder. I also needed to have an organic, water soluble, live enzymatic formula to cater to my irritable bowel syndrome. Isagenix also has a gentle cleanse that detoxifies the body of impurities and other harmful things that we are exposed to on a daily basis from environmental factors and from the foods we eat. Because it was a meal replacement program and contained the much needed live vitamins, minerals and enzymes, the choice was obvious of which program to choose. The other programs did not cleanse on a cellular level, only the colon. Or they were diuretics and depleted the body of precious nutrients and water. Other "healthy nutritious" meals needed to be micro waved and thus killed any nutritional value it had in the past, and were also filled with salt and other unhealthy additives. With my migraines, I needed to stay away from MSG and any other chemical additives.

I met resistance from my husband. He did not want me to do this, concerned that it was a scam and that I would not lose any weight. I told him that my goal wasn't only to lose weight, I wanted to FEEL better. He was adamant about me joining. I did so without his knowledge or permission, I had my health at stake and I had only had me to take my health seriously.

In 2 weeks my cravings for junk food subsided. I was addicted to chocolate, sweets and Mt. Dew (I would have 2-3 16oz a day.). My other down fall was whole milk. I slowly was able to completely wean myself off of it, which I never in a million years would have thought ever possible.

Isagenix has milk whey in the Isagenix shakes, so I was getting my calcium and milk equivalent, and my body no longer begged for the milk I used to purchase loaded with hormones, steroids, high fat, and who knows what else in it. Within a month, my skin started clearing up. My tongue started to heal and there actually was texture growing back in the raw spots and the deep abrasions were subsiding. The swelling in my fingers and joints was lessened.

In two months, I finally saw some weight loss, not much, but a start. My irritable bowel syndrome was stabilizing and my acid reflux was gone and I no longer face the possibility of surgery to my throat to correct the problem. I could actually bend down to pick something up without the terrible side effects of acid filling up in my throat and mouth and burning. I did not have to stop eating after 6 pm and to sleep sitting up with pillows any longer to avoid the acid problem. I could feel the energy level returning. My naps were becoming a thing of the past. I am not a danger to society when driving home to work any longer by falling asleep at the wheel. I instead sleep in on the mornings of my days off as usual, but my weekend or on the completely slept away anymore.

If I had been introduced to Isagenix just 5 years earlier, I believe I could have avoided sleep apnea, the fibromyalgia, acid reflux and so many other conditions that I experienced altogether. The money that I would have saved on doctor's visits, their medications prescribed, expensive machines, time missed from work, and impulsive junk food buys would have easily totaled in the thousands in just one year. If I did not have health insurance at the time, I would have been bankrupt and would have lost my house. I could have avoided so much damage to my body and added years and quality to my life. I have now taken responsibility for my health, and I firmly believe that Isagenix will from here on out keep my body in balance as it was designed to do and I will be better off for having being on the program than not to be. Now each new cell made in my body is being built from the very best nutrition available on the market - Live food for a live body. Our cells are completely replaced every 7 years. With Isagenix, I will have a new body to look forward to in the next 7 years that will be toxin-free as long as I continue to stay on the program. I am looking forward to this renewal and how that will feel and look.

Now you know why I am passionate about this program. It is a lifestyle for me. And I want to help others achieve better health, and to keep their health and possibly better the quality of life they have now. Every time I pick up a large bag of dog food or horse feed, I think of me losing more than that weight off of my body and it is amazing to me each time to think I was carrying that around and that I was able to lose it top without complications. I want to help others regain their life. I feel I have an obligation to share it with people, to give them a choice to see if this is right for them. Remember, good health is not expensive, it's PRICELESS, and poor health can cost you your life.

If you know someone that believes that they may have Fibromyalgia or Chronic Fatigue, please direct them to these websites:

<http://www.nutritionaltest.com/freefbro.html> Free Test!

<http://www.webmd.com/fibromyalgia/news/2008/1130/fibromyalgia-pain-its-for-real>

<http://www.webmd.com/fibromyalgia/guide/fibromyalgia-support-resources>

<http://health.yahoo.com/pain-overview/chronic-fatigue-syndrome-topic-overview/healthwise-hw32909.html>

http://chronicfatigue.about.com/od/whatsfibromyalgia/a/what_is_fms.htm

<http://www.fmsfnews.com/index.php>

http://www.fibrohope.org/fibromyalgia_understanding.asp

<http://www.acupuncturistoday.com/archives/2003/mar/03katz.html>

<http://www.prevention.com/od/what/articles/fibromyalgia/NW216/health/conditions/treatments/G/G/overview/>

Have a beautiful day.

Brenda Purvis



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