

My Fibromyalgia My Fibro Health

DIARY OF MY WEIGHT LOSS PROGRAM USING ISAGENIX PRODUCTS, HOW THESE PRODUCTS ARE BENEFITTING MY HEALTH ABOVE AND BEYOND WHAT MEDICATIONS HAVE DONE.

Friday, April 15, 2011

FRIDAY, APRIL 15: CHAINGING COURSE A BIT

hit wow, It's a dark and stormy morning here in central alabama. early spring. just the right temperature. the sky is so ominous. looking out the windows that present a lovely view of this big river we live on. I love It! brian is home and we and the dogs are all cuddling close in the living room. lights out! front door open for now, onto the screened in porch but if the wind gets too rough, we will have to close it. I enjoy having the door open because it makes me closer to the outdoors. I must say we have one hell of a "front yard"! (a sloping hill that borders on the river) a beautiful view, a great place to live in your own world. the wildlife around here is very rich. all kinds of birds, the squirrels love it here, beavers, snakes-ew, I fortunately haven't seen any but brian claims he saw a couple of copperheads on the river bank... anyway.

I have decided to approach this blog a little differently. outlining my daily activities as I have been doing has already become tedious and boring for me, so I can only imagine for you.

what I want to do is this: okay, we know the basic diet plan, 2 meal-replacing isagenix shakes, one well balanced meal (food) of about 400-600 calories, a few snacks, and at least 20 minutes exercise. what's important here is to share my progress with this system, what good things I experience as a result, what difficulties I may have. and this is particularly important because I have 1 fibromyalgia and I believe these products are helping in many ways with my symptoms. ways that go beyond my medications. my hope, my goal? what I wish the most is that I could reach individuals with fibromyalgia that might benefit as I am from these products. just being able to feel good again becomes a major goal for so many fibro patients and I am experiencing this with the isagenix products. I am also functioning better mentally, my memory is getting better, my energy levels are up as is my endurance. now over time we will see if I also lose some weight! 2 handicaps I have, as I think I have mentioned is that my metabolism is slow, I am postmenopausal and one of my medications causes weight gain. I have been mostly sedentary during this past winter so I am not burning many calories. I have restarted my daily walks, but this is also increasing my pain levels while the muscles are adjusting to the increased effort. there's a delicate balance with fibro sufferers between just enough and too much exercise.

I am going to stop here for now. I will see you shortly!

Posted by Virginia at 10:39 AM

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IMPORTANT: READ THESE INSTRUCTIONS FOR THE 30 DAY SYSTEM

I am putting this link to isagenix's instructions for the 30 day program. these instructions are more detailed than what I remember reading, and I am not following it exactly, but I am going to attempt to steer more to the course from this point. I just want to make sure everyone knows the "how to's" for success.

http://media01.isagenix.com/Email/IsaDiary/PDFs/guide_30d.pdf

please let me know if you have difficulty with this link. scroll down to see pictures of products. click on the photos for more detailed information. virginia

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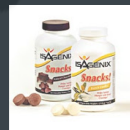


ISAGENIX 30 DAY SYSTEM

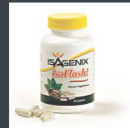


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