Creating Lasting Change

Miriam, USA

When Miriam Silva lost her father to a preventable, obesity-related illness, it opened her eyes to some hard truths about her own life; if something didn't change, she would find herself going down the same path. Miriam has two daughters of her own and couldn't bear the thought of them having to watch her life slide down the same slow decline.

"I watched my father slowly fade away because of the choices he made," Miriam remembers. "After he died, I was angry with him for not prioritizing his health and angry with myself for going down the same path."

With the death of her father fresh in her mind, Miriam turned to a familiar place to find the tools and inspiration she would need to turn her life around: Forever Living. Her mother is a long-time Forever Business Owner and she grew up with front-row seats to the life-changing impact the company had on her family financially. Miriam turned it into a family tradition, becoming a Forever Business Owner herself.

"Before my mother started her business, we were migrant farm workers," Miriam says. "Forever showed my parents the world. Forever is the American dream."

Miriam had no doubt that Forever could change her life in a way that was even more meaningful than the financial gain it brought her family. It could help her escape a prison of complacency and denial she'd been living in for far too long. She'd been sharing the business with others but struggled to take advantage of the health benefits herself and that had to change.

"I was never intentional with my health," Miriam admits. "Honestly, I didn't know that I was so unhealthy. I guess that is what denial does. I couldn't climb stairs without being winded, I couldn't tie my shoelaces, I couldn't do basic house chores without taking a sequence of breaks. Keeping up with my girls was impossible. I was living life as a spectator. About a year ago my husband checked my resting heart rate and it was close to 100 bpm."

She'd known people who had great results with Clean 9, a nutritional reset program that provides the body with key nutrients to complement an active lifestyle. Miriam had even tried the program herself in the past – never quite being able to stick with it. But that was before her father had passed.

Miriam was certain she'd meet the Clean 9 challenge this time around. She owned it to herself, her family and the memory of her father. She also allowed herself to see what she could achieve and discovered a strength that had been lying dormant, just waiting to be freed.

"I allowed myself to believe in me," Miriam says. "I could see myself at the end of that nine days. I felt committed and determined."

This time around, Miriam didn't just finish Clean 9, she crushed it.

"In those nine days I meditated, I visualized the life that I was living and the life that I was determined to live," Miriam remembers. "After just nine days I could see and feel the results! I felt like I was starting to get my life back."

She didn't stop there. Since making that promise to herself to finish Clean 9, Miriam has moved on to the F15 program. The 15-day introductory fitness and nutrition program helped Miriam lose weight and feel better. Her energy increased. Daily tasks became easier.

"My lifestyle is changing but 36 years of unhealthy habits will not be undone overnight," Miriam says. "I am being patient with my body. I'm savoring every moment, every small victory. My husband recently checked my resting heart rate and it was at 56 bpm!"

Miriam still has plenty of challenges ahead to meet her ultimate goal, but every step in the right direction is something to celebrate and she know nothing worth achieving is done overnight.

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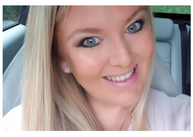

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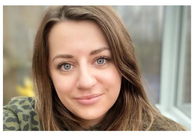

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