

## Isagenix Alone: Does It Work? A Non-Scientific Experiment by Coach Karl

To that question I say, "Yes!?" Do you want to live off of Isagenix alone? Probably not, though it is a much better way to take in calories than most of the population does. Isagenix offers incredible products that are mostly organic, balanced and "superfood" nutrition. There are no stimulants, artificial ingredients or preservatives in these superfoods. They have meal replacement shakes and bars as well as a Cleanse for Life product that is the cornerstone of their line. I use a variety of their products but my core group is as follows: IsaLean Shakes, Ionix Supreme, Cleanse for Life and IsaMune. To find out more about these great products go to [www.isamovie.com](http://www.isamovie.com), that is the extent of the IsaCommercial. Let us move on to the week-long experiment I conducted.

First, a brief background: I am an endurance coach and athlete so my nutritional needs are a little different than the average person. I may run anywhere from 6-30 miles in one day, or bike, swim, and strength train in the same day. It just depends on my clients' needs and what I am training for at the time. Needless to say I need a lot of calories or so I thought. Keep in mind the following is based on my experience and my opinion alone. I have, however, been involved with the study of exercise and nutrition for over 25 years. So take this information and do with it what you will.

This experiment came about as more or less a joke. I have been using Isagenix since December 2008, and as I increased my use of various products, the more positive results I experienced. I was slowly decreasing my body fat and increasing muscle without being hungry or tired. Keep in mind that I turn 48 this September, so as a lot of you know, making changes in your body at this age is rare. The strange thing is that my wife (Paula) and I have always eaten well and have been involved in endurance training for years, so I was a little hesitant to think a PRODUCT could benefit us.

Moving on, I found my runs becoming stronger and my "speed," which really does not exist, improving. The joke as stated by our good friend, Lori Lober, who introduced us to Isagenix, "No one can live off of Isagenix, except Karl." So I started to research nutrition even more to find out why these things were happening. More specifically, I researched whole food, organic nutrition. I did start to wonder if I could live off nothing *but* Isagenix.

I have read just about everything pertaining to endurance training and bodybuilding nutrition over the years so I thought I would look elsewhere for more information. I started with a DVD called Food Matters ([www.foodmatters.com](http://www.foodmatters.com)). This incredible

documentary got me thinking and realizing how powerful organic nutrition can be as well as how powerful our bodies can be if feed the way GOD intended. Speaking of GOD, I also read a few books (highly recommend) that convinced me to be more aware of what GOD, not man, had in mind for our bodies. I recommend you read *The Maker's Diet* and *The Great Physician's Rx for Health and Wellness and Body by God* by Jordan Rubin. I am sure there are others out there, but these are the ones that set me on the right path to improving my overall health and well-being.

Having done the research and discussed it with Paula, I decided it does not make sense to eat the garbage out there unless it is strictly for taste. So I increased my intake of IsaLean Shakes from 3-4 to 5-7 a day. There were some times that instead of a shake I had an IsaLean Bar, as well as other snacks by Isagenix. The strange thing is that I found myself taking in fewer calories than I thought I needed, but my energy levels were great. So, I just went with it and listened to my body. I did not try to force calories when I was not hungry. This is when I decided to see if I could live off of just Isagenix products. Normally, I would have my shakes and then have dinner at home so I was eating "food" maybe once or twice a day. Now the word "food" has taken on a different meaning for me, as Isagenix is a "superfood" and some of the stuff we take in does not deserve to be called "food." Drive-thrus do not sell us food but rather "stuff" filled with fillers, preservatives and a myriad of artificial and enhanced items. Most of the things I will eat are organic and of the highest quality. Do I eat junk? Yes, I am human and weak, but 90% of my nutrition is organic. Ice cream is my weakness!

For a week I took in nothing but Isagenix products. The key here is that over time I figured out why I did not need as many calories. The Cleanse for Life did something for me that changed how my body "reads" what I consume. You see when we take in garbage, our organs get clogged, our liver mostly, and we have a hard time absorbing nutrients. The Cleanse for Life gives you a cellular cleanse and releases the stored garbage in your organs so when you do take in good nutrition it can be absorbed more efficiently. If you have better absorption, then in turn your body will be able to utilize the nutrients more efficiently. Thus, less is needed. I averaged about 1900 calories a day, using shakes, bars and other Isagenix snacks. Of course I used the Cleanse for Life every night before bed. I drank a lot of water, which I always do. You should drink at least half of your body weight in ounces of purified water each day. This does not include coffee, tea or any other thing you try to count as water. What were my results? I had great energy and no problem with hunger.

My workouts were great as well, because I had some of the best and fastest runs to date. I ran 6-12 miles everyday. These were not long distances but good workouts. My recovery was great, and I was ready to go the next day of training

with energy. My experience using these products is not a miracle; the miracle is the body. This is what Isagenix and great organic nutrition does; it puts the body in *GOD'S* intended state. Your body becomes stronger, more efficient and much more resilient than when you are filling it with preservatives, chemicals, artificial flavorings and colors.

I don't recommend you live off of Isagenix, but you could if you desired it. There is nothing out there that compares with these superfoods. In an ideal world we would all eat the way *GOD* intended, but unfortunately that does not happen, even when we try. So Isagenix is the *BRIDGE* to that Utopia. The bottom line is to be aware of what you put into your body. Most of the time it is not as good as you think, nor is it what we should call "food."