

From size 16 to size 6

## Description

**Read Elizabeth's Shaklee 180 Story: Learn how she went *down 30 pounds* and dropped from a size 16 to 6 and stayed that way.**

Some of you may or may not know this about me, but I have struggled with my weight for quite some time. At the age of 14 I got up to a size 12 and I stayed there until I was 19. Then in fall of 2008 I spent 4 months in Germany as a volunteer helping out an religious order of retired sisters. Little did I know that I would come back home 20 pounds heavier than when I left. I went from a size 12 to a size 16! My clothes didn't fit any more and I knew I didn't want to buy all new clothes! Something needed to change and It needed to change fast.

After a year of not being able to lose the weight and after trying so many different kinds of diets, none of them seem to work. I guess you can say I gave up on trying to lose the weight all together. I found that it was easier to put on weight than it was to take it off. I had convinced myself and everyone around me that I was comfortable with who I was and how I looked. But what I really needed was to do a complete 180 with my life.

I felt very sluggish and unable to show my true potential. Everything I did took me twice as long as it should have and that was just to get the bare minimum done. I would want to sleep in late, go to bed early and nap almost daily! I had no energy to do anything and no motivation to change on my own.

My sister Bonnie was really the one who introduced me to the Shaklee 180 Turnaround program. I decided to give the program a shot. I had committed to give it my all for the full 90 days, as long as Bonnie did it with me!

As far back as I can remember, Bonnie and I would always do everything together. Whenever one of us would want to lose weight or get healthy we would make the other do it as well. It not only made it more fun but it was great to have someone keep you on track and keep you going.

Take the Challenge today, we did!!

In just 5 months of using the entire Shaklee 180 program, I ended up losing a total of 28 lbs and 19 1/2 inches! I went from a size 16 down to a 6! I don't think I had ever been a size 6 before. Thanks to Shaklee 180 my life had been changed forever!

I haven't even told you the best part yet...It has been 3 years and I am still a size 6! I have never had a weight loss program teach me how to keep off the weight like this one did. I love that Shaklee focuses on not only your before and after but your after-after as well! I feel better than ever and I have more energy than I ever could imagine. This is a picture of me from October, 2012. Now that I am a Shaklee specialist, I earned a free trip from Shaklee. It was a week long, all inclusive resort to the Riviera Maya in Mexico. I never felt more comfortable in my bathing suit and I am looking forward to my next year's Shaklee Trip!

With my wedding only 8 months away, my fiancé (Brandon) and I have decided to do this challenge again! We would love to start our lives together feeling health and happy. I know personally I want to be "Tiny Tone and Tan" come my honeymoon! Besides with Shaklee's 100% money back guarantee, we can't go wrong.

Ok, now you are probably wondering what Shaklee 180 is and how you can get more information about it. Well don't worry, I won't leave you hanging. I got started with the Shaklee 180 Turnaround kit! It has everything you need to get started with your own weight loss journey. This is an amazing value! This kit includes: 2 meals, a snack, an energy drink, the BURST work out program, along with a great mobile app to help you track your progress and receive manageable rewards. Not to mention an amazing support group to help you stay on track and meet your goals. All for less than \$9 a day! You will also receive a free Shaklee Lifetime membership that will give you not only 15% off all future Shaklee orders but you can also get the chance to get your entire Turnaround kit for FREE! And I used to think that a \$5 foot long was a good deal!

[Read Elizabeth's Shaklee 180 Story.](#) Some of you may or may not know this about me, but I h

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To get yourself started with a 180 Turnaround, go to

my shopping [web site](#). It's my personal Shaklee web page for all the Shaklee products.

Be well, Do well and Keep Moving!

Betsy

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## Category

1. Weight Loss

## Date Created

November 26, 2013

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