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HEALTH: BODY, MIND, SOUL, OTHER STUFF

“Studies show that our food is nutritionally bankrupt and depleted of essential minerals.” – Interview with health enthusiast Kerry Stanek

by [Voicu Mihnea Simandan](#) • 10/03/2014 • 0 Comments

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Kerry Stanek is a health enthusiast from Calgary, Canada. In this interview she shares her experience using a product that changed her life.

Health and fitness is your passion. How did it all start?

In the summer of 2011 I had reached a scary point in my health. Tipping the scales at 244 lbs, I was dealing with a lot of physical and emotional pain. My doctor had started to warn me about the potential health issues that I could expect to start seeing if I didn't take care of myself – and quick. She even reminded me about my father, who had passed away at the age of 58 – over 300 lbs, diabetic, and in desperate need of a triple bypass. She was clear that all those issues were on the way for me, and at the time, I just accepted that it would be so. It wasn't until a trip to the mountains with three of my nine kids that things changed for me.



Up at the top of Sulfer Mountain, the air is thinner and paths are steep. I couldn't keep up with the kids climbing and running around. My oldest boy came back to me to ask if I was okay. When I replied that I wasn't as it was too hard to breathe, his response was, “Mom, if

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something happens to you, I can't carry you." I realized I was doing to my kids what my dad had done to me – and that was going to change right there and then. I got home and made the call that very day.

Skeptical, as most people are, I went into my first program thinking if it didn't work, I was fully prepared to get my money back! However, 30 days later, I was down 26 lbs and 25 inches. I knew I'd found a game changer! Over the next 10 months, I released 115 lbs of fat, gained some lean muscle, went from a size 22 to a size 8 – and got my life back!

You sell [weight loss products](#) on your website? What are some of the most popular products?

Many do come to Isagenix because of the phenomenal weight loss results – I know that's why I chose them. However, what I know now is – this is not a weight loss program, but a nutrition program. Give the body what it needs – it gets rid of what it doesn't... and can become the miracle it was designed to be. Weight loss is only *one* of the side benefits from this amazing nutritional cleansing program.

There are over 90 products available, but our five pillars include our IsaLean Meal Replacement Shake, Cleanse for Life, Ionix Supreme, Ageless Essentials, and Product B.

Our systems include products that assist with weight loss, healthy aging, energy and performance, and skin care. Isagenix is designed to fit each individual's health goals and budget. Personally, I love working with people to help them know which products are right for them – but I do admit that my personal favourites are the "Family" or Presidents Packs, because they have such a variety of products for an incredible price. I also like the 30 days systems – the "gold standard" for many just getting started with Isagenix.

Everyone seems to think that supplements are only for bodybuilders. Who can actually take supplements?

There is so much misinformation going around these days – it can be so confusing for the average consumer! But studies show that our food is nutritionally bankrupt and depleted of essential minerals. Not to mention all the genetically modified foods (GMO's), chemicals, preservatives, artificial colours, flavours, sweeteners, herbicides, pesticides... The soil can no longer provide the minerals we require from our food! We are not getting the same nutrition from our food that our grandparents got even 40 years ago. Today, we would have to consume something akin to 12 bowls of spinach, to get the same nutrition from one bowl of spinach back then. In order to actually feed our bodies, we need to provide them with adequate nutrition and that also means we are no longer able to get what we need from the food at the grocery stores. Everyone must supplement in order to get those essential nutrients.

Of course, we also have many bodybuilders, fitness models, professional athletes and trainers who come to us to get those results and boost their performance! Isagenix does not do paid endorsements, so you can trust that those results and testimonials are because these products actually work!

What are some of the most effective ways to use it?

One of the best parts of Isagenix is that I, or one of my teammates, will coach you through your first system or two or until you are confident you know what to do. Unlike many other companies, this is part of your investment and not an extra cost. Each pack also comes complete with a system guide and checklist.

Eat THIS, Never Diet



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The real beauty of these products though, is the sheer simplicity – both in preparation and time efficiency. For me, my Isagenix meals take less than three minutes to prepare and consume. The programs can be tweaked to accommodate personal needs of each person, which is why it's great to have a “coach” helping you along. Plus the support is motivational and encouraging and who can't use more of that?



Are there any side effects recorded to this drug?

Isagenix is food – *not a drug*. Our products are natural, organic where possible, free of chemicals and fillers. We also are free of soy, GMO's, artificial colors, flavours and sweeteners. But yes, there are side effects – weight loss, improved mood and mental clarity, improved skin and hair, physical energy (that was huge for me!), better sleep and that is just the beginning.

One study from the University of Illinois tested Isagenix against the “Heart Healthy Diet” and recorded that “the Isagenix group had better adherence, better weight loss, and better visceral fat loss. The greater weight and visceral fat loss equated to a great decrease in certain cardiovascular risk factors.” This study was published in the peer-reviewed journals, “Nutritional and Metabolism” and “Nutrition Journal”.

How do men's and women's health products differ?

I'm not sure how they differ in other companies, but at Inagenix, the only real product differences come in our choice of vitamins. Essentials contain therapeutic dosages of key nutrients that are tailored to meet the nutritional needs of both men and women. Essentials for Women contains extra forms of Calcium and B vitamins for strong bones, breast health, and healthy hair, skin and nails, while Essentials for Men contains ingredients such as lycopene and saw palmetto to help support prostate health.

There are so many websites out there selling health supplements. What makes your products special?

The short answer here is – science. Our formulator, John Anderson, has created thousands of products for hundreds of companies. You will still find many of them on shelves of stores like GNC. However, he walked away from those companies because he was often asked to

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compromise on the products he created in order to meet a cost or budget. When co-creating the Isagenix company, John made sure that there would be “no compromise” products – and that holds true today. We have the science to make our products the best available – and the proof is not just in the studies, but the number of professionals from the medical and athletic communities that are flocking to us because these products *work*.

Living a healthy life doesn't necessarily have to involve taking food supplements. What would you recommend to people who don't want to take any drugs, but they still want to loose weight and/or put on muscle?

With our soil being void of nutrients and minerals, combined with all the toxins in our air and water – I believe it is a romantic notion that people can eat without supplementation. There is simply not enough nutrition in our food. However, if people wanted to try, I would recommend that they eat only organic food. They won't get the same results – and it will cost them a great deal more money – but until we are able to get rid of our toxic environment, get rid of GMO's and processed foods – organic is likely the next best thing.

Watch Kerry's 10-month transformation:

My 10 Month Transformation

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