

## Rydel and Taylor Rae's Isagenix Story



Hi, I'm Taylor Rae and I am 11 years old. I have been using the Isagenix products for about 3 years now. At first mom MADE me drink the shakes every day, but after about a week I started to ASK to have them...no really, I did!

My favourite recipe for my shakes is: In my blender cup I put 5 ice cubes, cover that with water, one scoop of shake and blend until smooth.

I also LOVE the IsaLean Bars. YUM! On that long bus ride home after school, or when my sister plays volleyball or just running around while mom is "shopping" I LOVE having the bar to keep me happy. It's chocolate, it's sweet and it fills me up.

I am glad that mom started us on this. I like wanting to make healthy choices, I KNOW that sounds weird and totally geeky, but it is true.

I'm Rydel and I am 14. TR is right, mom MADE us start on this, but I am so happy that she did! If you read my mom's story you will see how our life used to be...junk food junkies! Now it's so different. You won't believe me I am sure, but my sister and I WON'T eat at any of those "fat food", I mean fast food restaurants (LOL). We don't want to. That was our choice, not my mom's.

I like that we are healthy all the time, I like that I think better at school and I REALLY like that mom and dad are both home with us. You see, this is my family's business, and they work with other families so that they can live like us, healthy, happy and like a family should. Because of Isagenix Mom and Dad get to come to EVERYTHING we do! When my mom was a teacher, she didn't get to do any of that! I am happy my family decided to use Isagenix, it made us a better family.