

## Request for Support

This is a request for support from my friends. Sometimes asking for help is the hardest thing to do, especially for those of us who are more used to giving it, right? It is time for me to do things differently. I am stepping out of my comfort zone and I am allowing myself to receive. I am open to receive help and support from those around me. [Especially since I have tried so many programs in the past that have not worked for me. This is scary!](#)

In a nutshell, I am asking for help.

I choose to become cleaner, leaner and healthier than ever before. I feel it is time to cleanse and replenish my body after all the years of treating it so poorly. To help me reach my goals, I have just begun the first step to a healthier lifestyle by ordering the Isagenix Nutritional Body Cleanse program.

I have seen the effects of Isagenix and how truly transformational it has been on my friend ([NAME OF SPONSOR](#)). [She released 37 pounds, her husband gained 10 and their two daughters have been the healthiest EVER \(no sick days!\). AND she and her family took a year off to travel around North America!](#) They are committed to this healthy lifestyle and helping others, and now so am I too.

The best part is that ([NAME OF SPONSOR](#)) told me (and more importantly has showed me!) the side effects of all this was that I could very well *release some weight* and *naturally create a second income without creating a second job!* I knew from that remark I was in! I am definitely willing to let go of [??](#) pounds and to create financial independence.

So here are my goals:

1. [First and foremost to cleanse, detoxify and replenish my body](#)
2. [Secondly, I have a goal of releasing an additional 12 pounds of fat. \(I was actually up to 180 lbs. when I started the first Cleanse and lost 21 pounds in 30 days\)!](#)
3. [To sleep better, have more energy, free my body of pain and discomfort, and be clearer of mind](#)

### **I think there are 3 things that will help me achieve my goals:**

- To be responsible to a group of my friends by reporting my progress;
- To have you putting good energy out there to support my endeavor, and **if you have any good ideas to inspire me, please send those along;**
- To have a list of friends who would not mind me calling them if a less than supportive urge threatens my goals ([like a container of coffee Hagen Daaz beckoning!](#))

If you would rather support me from a distance and you want to be removed from this list, just let me know. Thank you for considering my request.

So simply I am asking for your help to support me. If you want, I would LOVE for you to join me physically on this wellness journey (that would be the greatest support possible). Just call me and we can get you started too!

***For more information on this powerful Cleansing Technology and so you get what I am doing and why, please watch the short video at [www.cleansedforlife.com](http://www.cleansedforlife.com)***