



*Alex Stettler*

Regional Vice President

My husband and I completed our first detox after a particularly indulgent holiday season. We both loved how simple it was to integrate into our busy lives. We don't always have time to prepare nutritious meals, with an intense work schedule and a busy toddler running around, so being able to grab something quick and healthy was a huge reason we were successful on this program! We both lost weight, but more importantly felt fantastic! Now we both incorporate the products into our everyday lives because we just love how we feel. Even our son, who is now 4 1/2, benefits from the nutrient dense protein shakes and has a healthy gut flora from the digestion plus! He asks for them every day! I am so glad I've found a way to keep my family healthy without killing myself in the kitchen or breaking the bank on expensive foods! The principles we've learned and the products are both easy to incorporate in every day life, and that's why I'm so passionate about sharing what I've learned with other busy moms, like me!