



# About Me & My Mission

I have been overweight for as long as I can remember and NEVER really seen it as a problem, I just figured that's how I was meant to be!

I first made a promise to lose weight in 1997 when my god-mother died not so much of her diabetes but because of obesity. When the ambulance arrived...they could not help her because she lived upstairs that were too steep and she was too heavy for them to carry out. Well I'm ashamed to say that change for me never came!

In 2008 I and an unexpected and rude awakening, My mom died of Hypertension Disease and Diabetes. We didn't know she had Diabetes until we saw the death certificate.

About a year later, I started having pain in my leg...of course I tried to diagnose and treat it myself. Well after a few weeks the pain was still there. Went to the doctor to surprisingly discover that I'd gained more than 30lbs after her death as I grieved! I not only left the doctor's office being married to Author (aka arthritis). I also left with a lovely prescription for blood pressure pills. I always dreaded being on meds that I had to take every day.

What an awakening for me! I become more educated and aware of what I needed to do for myself, my health and my family! Notice the order in which I listed these things. You can't do anything for anybody if you don't take care of your body first. Which I did!

Glory be to god I saw a TV commercial that sounded like something I could be interested in "Food Lovers Fat Loss system" 5 payments of \$19.99 . Upon receipt - This is when my knowledge, my attitude, my weight and my life began to change. I started eating healthier and exercising regularly, I even laughed at myself as I remembered how I use to make fun of some ex-coworkers that would read the nutrition facts on foods...because I was now one of them now.... **HOW QUICKLY THINGS CHANGE AND REALITY SETS IN**

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Well after starting the food lovers program...I lost those 30lbs and kept it off a little over a year. I was so proud of myself! Too proud I guess because after a while changes in schedule, moods, etc old habits begin to settle back in and I begin to gain the weight back. I continued to exercise and eat better when convenient, but the weight wasn't moving...which I guess wasn't all bad because it wasn't going up.

Fast forwarding ahead. Plexus Slim was introduced to me in 2010, after looking at the price and feeling like I had my weight under control - I decided I WAS NOT going to buy it. IT COST TO MUCH was my first thought like many tell me now. Well the Lord bought it back to me in February of this year using a different messenger. Someone who had used and seen results and was not eating healthy or exercising at the time. Because he knows all about me...he knew this would get my attention. Obviously it did!

After thoroughly researching and being on the product for a month, I lost 14lbs in 29 days and was feeling better than I had in years. Which is why I'm telling you my story and I pursue a mission to help others change and possible save their lives.

I Lost 5 lbs in 14 days (after) then 9 more lbs (Now) for a total loss of 14 lbs in 29 days

