

Maggie,

I would like to take this opportunity to submit a testimonial to you regarding my participation in your 21 Day Purification program. Oct 18 - Nov 18, 2010.

My name is Paula Williamson and I am 46 years old. Before I began this program I weighed 188 pounds and ate everything I wanted. At 5 foot 3 inches this quickly became a problem for me mentally but more importantly, physically. I am a Site Manager of San Diego Harley-Davidson's Rider's Edge Motorcycle Safety Training Program which requires a lot of physical activity and due to my obesity, became very unpleasant. I felt tired all the time, sluggish and very embarrassed about my stubby appearance! One day I looked in the mirror and decided it was time for me to take control of my lifestyle! I called Body Basics, and spoke with Francis. After speaking with you I attended my first meeting.

I was given exceptional guidance and support throughout my 21 Days on the purification program to include daily support emails and recipe ideas! This was awesome because it kept me going in the right direction!! After the first week, I already felt like a new woman! I lost over 7 pounds and my cravings for particular foods began to disappear!

My energy levels increased daily and after 25 years of dreading bedtime, I actually look forward to it NOW because I SLEEP through the night! What a HUGE impact this has on one's energy levels! Feeling rested up is great! My attitude also changed and people at work took prompt notice of that! I became that bouncy happy go lucky gal that I use to be! Another thing that increased with this program is my stamina and agility at both work and play! As I mentioned above, I teach motorcycle safety at San Diego Harley-Davidson (Rider's Edge) for the State of CALIFORNIA and I ride Dirt Bikes in the desert as a hobby. I NOW TRULY enjoy sharing with my husband! My new agility allows me to move with my dirt bike which makes riding in rough terrain and loose sand much more fun! WOW!

Now let's talk about concentration! My mental concentration at work (and play) is now in FULL focus which allows me to make rational business decisions with NO hurdle in the way!

Maggie, I could go on and on about what a POSITIVE IMPACT your 21 Day Purification Program has had on my life! All and all, I lost 15.2 pounds in 30 days (Oct 18 - Nov 18) and 14 INCHES off my body (6.5 inches off my Hips alone)! My clothes fall off of me and my appearance speaks for itself - AWESOME! Everyone I know continuously ask me what type of diet am I on. I tell them - NONE! I tell them that I just learned how to eat the right foods at the right intervals! Although I am officially off the 21 Day Purification Program, I'm not, because your stellar training is instilled in me and I am still losing weight and now have only 23 pounds to lose to reach my goal weight of 150 pounds! I haven't weighed 150 pounds since 1990! What I learned the most was this: Food is a necessity for survival, not an obsession!!

I THANK you and Francis so very much for assisting me with this LIFE SAVING Life Style change! I HIGHLY recommend this 21 Day Purification program to anyone who desires an EXTREME LIFE CHANGE that is SO VERY EASY TO ACCOMPLISH!

*If desired, I will volunteer to personally speak to anyone at your group meetings regarding this positive life change!

I will keep you informed of my accomplishments!

Deepest Regards,

Paula K. Williamson