



“If I can do it you can do it! I’m over 40 and a mother of 3 with a full time career and travel schedule. I lost 35 lbs and went from size 10 to 2!”†

If I can do it, you can do it! For years I have been spending time taking care of everyone else in my life – my children, my husband, my family, my friends, my job, my staff, my boss and my customers. So it is no wonder that as my family grew and my responsibilities grew... so did I. Sure I had all the excuses and reasons why. But after watching my parents struggle thru cardiovascular disease and open heart surgery, I knew this was not how I wanted to age gracefully and not what I wanted my kids to experience. So I took another look at the Body Mass Index chart and realized I was not at a healthy weight according to the medical data. That’s when I knew I needed to make a change. I chose Cinch® from Shaklee. I was tired of “yo-yo dieting;” I have lost and gained hundreds of pounds many times over. I wanted to lose the weight and stop the yo-yo. I knew the preliminary clinical study with real people conducted with Shaklee Cinch resulted primarily in fat loss, not muscle loss. I knew muscle helps metabolism. I set my goal low: to lose 15 lbs in 90 days just like the clinical study participants had achieved. To my surprise, not only did I lose the weight, I started to change my body shape! I went from “mom look” to athletic. Something I have never been in my life! Cinch changed my life for the better, for good!

Laura Evans

Size 10 to 2

†Results not typical. In a preliminary clinical study of the Cinch® Inch Loss Plan, participants on average lost 15.4 pounds and 6.6 inches in 12 weeks.