

Cinch® Transformation Stories - Los Angeles



1st Place Winner - \$1000

Edgar Ortiz (Distributor, CA)

180lbs. Lost With Cinch®*

In November of 2009, I made the decision to make a serious commitment to transform my life. From then on, I moved away from the self-destructive eating habits that were leading me down the road to high-cholesterol, high blood pressure, heart disease, diabetes, and certainly an early death. At my peak, I weighed 400, but with the help of my dear friend, Certified Personal Trainer, and Shaklee Distributor, **Ruben Cervantes (California)**, I was able to make the changes necessary to lose 180 pounds.*

Before I started my journey, my diet consisted of pizza, hamburgers, soda, and fast food three times a day. Ruben helped me change that. With his counsel, we planned out meals that would help keep a daily caloric deficit and enabled me to lose weight in a safe and healthy manner. Shaklee's Cinch products became an essential part of this balanced nutritional plan. We integrated the Cinch Shakes, Meal-in-a-Bar, Snack Bars, and 3-in-1-Boost™ to my diet. Along the way, other Shaklee products became part of my nutritional plan as well including Shaklee Vitalizer™, Vivix®, Energizing Soy Protein Mix, Stress Relief Complex, CaratoMax®, and FlavoMax®.

One of the best moments in this whole journey was taking out all of the clothing items in my closet that had a size containing an X on it. Some of these clothing items included 4XL shirts and size 50 pants. In the end, \$2,000 worth of clothing was discarded or donated. The change in my lifestyle has even inspired and motivated



friends and family to change their own habits.

Today, I am leading a more active and healthy lifestyle. I've participated in two 5K runs, a 10K run, and three half-marathons. I also lead periodic hiking trips with friends and family. As I train for athletic events, Shaklee Sports Nutrition® products help me recover faster from some of the most intense workouts. My hope is to train for a triathlon, and continue to set the example of an active and healthy lifestyle supported by Shaklee.

*Results not typical. In a preliminary study of the Cinch Inch Loss Plan, participants on average lost 15.4 pounds in 12 weeks.

Los Angeles Story Winners

- **2nd Place - Adrienne Gillespe (Associate, CA) \$500**
- **3rd Place - Mary Cunningham (Senior Coordinator, CA) \$250**

Los Angeles Semi Finalists

- **Julie Johnson (Distributor, CA)**
- **Wesley Joseph (Coordinator, CA)**
- **Paul LaGris (Senior Coordinator, CA)**
- **Carlos Guadamuz (Coordinator, CA)**
- **Erin Ruddell (Member, CA)**
- **Janet Korthuis (Distributor, CA)**

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- [Cinch Transformation Story Winner](#)

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