

My name is Sirpa and I am a regular customer to Body Basics. I had been having some health problems, especially a lot of digestive problems and my metabolism was very slow and my bowel movement was not regular. Last year a friend recommended me to go with her to the free detox class given by Maggie Hope. I went to the class in the beginning of November 2006 and I liked what I heard, so I decided to start the 21 day detox/weight loss program that Body Basics was offering. Before I started the cleanse, I would go to the bathroom once a week. I was often bloated and had stomach problems.

After finishing the 21 day detox program accompanied with colonic therapy I had lost a total of 20 pounds, felt much better in my stomach and my bowel movement was more regular. I was able to keep the weight off and eating healthier and better, because the detox program helped me to change my lifestyle and eating habits.

In March 2007 I did the cleanse again and lost another 10 pounds. People who knew me walked by me and did not recognize me. I was 30 pounds lighter, my skin glowed and I felt really alive. I had to say to them "hey, it's me Sirpa" and they replied to me by saying, "I didn't recognize you. You look awesome. You look 10 years younger. How did you do it?" I told them that had done this 21 day detox program and colonics etc.

It's now October 2007 and I am now half way through my third 21 day detox program and I'm planning on keeping doing the program every six months. I did not initially do the program for weight loss, but wanted to detox my body especially my problem areas i.e. the intestines and digestive system, so the weight loss was an unexpected, delightful bonus.

In summary, since starting the first 21 day program, I have dropped 30 pounds in weight, I go to the bathroom more often, I don't feel bloated all the time, I don't have that terrible feeling of 'fullness' which I used to have all the time and my skin has improved. I don't just look thinner, but I also look much healthier, younger and happier. What a blessing I went to the class. Thank you to Body Basics staff for their guidance, all of their help with my colonics and for the helpful answers to my many questions. And a special thank you to my friend who sent me there.

I would definitely recommend this to anyone wanting to feel better.

Sincerely

Sirpa