**Maureen and John Virkler’s Shaklee 180 Health Stories**

**Maureen’s story**: So, where do you start in retelling the past 50+ years of your overweight life? I have always (in my memory) been overweight, sometimes more than others, but a good majority of the time MORBIDLY OBESE!! Yes, that is what the Doctor put on my chart. It sure isn’t anything I would brag to anyone about and it was just another one of those feelings I would just push down inside of me, along with all of the rest of the insecurities that go along with MORBIDLY OBESE!!

Not being able to hold my grandchildren on my lap. Why?? Because I had no lap! Going with my family to the Zoo and saying “I’ll wait for you here.” Why?? Because my knees were bothering me so bad, and being tired from walking and huffing and puffing up the inclines.

Having people look at you and imagining what they are thinking. Having people laugh at you. Trying to look ahead when the hostess is seating you in a restaurant to make sure that wherever they are taking you, you will be able to squeeze through. Getting on an airplane and being worried about who is around you when you board and wondering if they will hear you when you try to quietly ask the Flight Attendant for a seat belt extender.

Then it was all the different weight loss plans. Weight Watchers (how many times did I join??? I can’t even remember), TOPS, Diminishing Dimensions, Low Carb diet, and finally attending a meeting for Bariatric Surgery. Did I lose weight on any of these diets? Definitely. Did I gain the weight back? Absolutely! And, the pounds I lost had a lot of friends that they brought back with them!

Then, in November of 2011, our son and daughter-in-law Josh & Kate Virkler from IL came to CT for our family Thanksgiving/Christmas holiday. They had started a Shaklee business previously and we had become distributors under them and begun using some of the products. We especially liked Joint Health Complex, NutriFeron and Defend and Resist.

Josh came to me with a bit of trepidation as a concerned son who, at that time, was the father of three. He had already spoken with the rest of the family, and they had all agreed to start a Shaklee weight loss program together to help me find the motivation and will power to do something with my health problem so I would be around to enjoy my family.

I agreed to try…with some reservation. Let me just say it was one of the smartest things I have ever done in my life!!

NEVER have I been on a weight loss program that is as easy as this. NEVER have I been on a weight loss program that I have lost this much weight. NEVER have I been on a weight loss program where I have seen such improvements in my health. NEVER have I been able to stay on a weight loss program for this amount of time.

I am down 70+ pounds, dropped many sizes in clothing, and been able to go OFF my diabetes medication totally!!!

I am continuing my weight loss journey as I am about 50-60 lbs. from goal but I know that this is a lifestyle change and I feel that I can live happy and healthy with Shaklee for the rest of my life.

P.S. Just so you know, I can now hold my grandchildren on my LAP!! ☺

**John’s Story:** I really thought we would write this together but after reading Maureen’s testimonial, I didn’t want to touch it! What a story! And, one that I told her I’m sure will resonate with a lot of people! As Roger likes to say, ‘Globesity’ has become a major problem. But, it’s one that we’ve both struggled with for most of our lives.

I’m not sure I can ever remember being at a ‘normal’ weight and had really begun to give up on the thought of ever getting there. Maureen and I went through most of those weight loss programs together with the same results! When Josh called me to ask what I thought of his proposal, I said ‘maybe this will be the one thing that will get us there’. WAS IT EVER!

I have lost over 50 lbs. and have another 25 to go to get where I would like to be. I am in a clothing size that I thought I would never see, and I feel great! Between my weight loss and the Shaklee supplements that I am using, I have been able to eliminate one my diabetes medications and reduce the dosage on the remaining one. In addition, I have eliminated ALL of my other prescription medications – two each for cholesterol and high blood pressure! And, thanks to Joint Health Complex I haven’t taken an Arthritis Strength pain formula for over three years!

I have to say that when Josh & Kate first invited us to a Shaklee presentation at their home after they became distributors, we were very skeptical! But we went, and as good parents do, we bought the Gold Pak and became distributors ourselves! That was back in 2009. As Maureen said, we had a few favorite products but weren’t real excited about the business…until after beginning our weight loss journey in 2011!

Several months into our journey, so many people had said to us ‘you look great – what are you doing?’ - we finally decided maybe it was time to get serious about the business for ourselves! So, in October 2012 we started out on the Fast*TRACK*. Needless to say, at this point, we’re very excited about Shaklee; it’s products, and the business opportunity that it presents!