

Pureline 56 day Challenge

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January 1, 2019 had come and gone and I was still feeling horrible about my health. I struggled to walk any kind of distance; even grocery shopping was a task. A dear friend of mine suggested that I visit her trainer Timna Villarreal. I made arrangements to "try" to find my healthier body. I meet with Timna 2 times and she insisted that I join the 56-day challenge she could see the fire within me to turn my health around. Reluctantly, I signed up at the Pureline store in McAllen. I never do well at competitions, it isn't in my nature to win but instead I encourage others to do well. I did my first in-body and was amazed at the information that was at hand. The staff was so friendly and willing to help me see my goals. The Pureline team looked at the meal plans from Timna and set me up with an arsenal of the most wonderful products from Pureline. I had Diva burn, Diva Complete, Pure Cleanse, Glutagen X, BCAA and Isofactor. I was set to overcome my health hurdles. As I started working out more regularly I was in awe that my body didn't feel sore and stiff. I drank the BCAA and the Glutagen X religiously. I am certain that the use of these products was the main reason I continued to go to the gym. I was not in pain! And the pains I did have before training had already started to diminish. I could tolerate short walks and standing for a longer periods of time. The second week of the challenge I did my second in-body. RESULTS! Sweet results, body fat going down and muscle weight going up! In just 2 weeks how could that be? I continued the regiment that was working for me. I celebrated my 52nd birthday in smaller clothes and I mixed the BCAA with my water and vodka! Turns out, that is the perfect drink, it keeps you hydrated and people believe you are partying with them! I did my third in-body on March 2nd; to my amazement more positive results. Now, my clothes were feeling loose

and I was getting more comfortable in my own skin. This process was perfect for me. I was getting the results I wanted so quickly and virtually pain-free, something I never thought possible. I have struggled with weight issues my whole life. Never before had I found a program that I get the results like this without the torturing pain in my muscles and joints. With the help of Pureline products and the training guidance from Timna I will reach optimum health in the year of 2019! Pureline products have changed my outlook on working out, therefore, changed my life!