



# RAW PROMISE TESTIMONIALS



The Powercode e2L really works. I am not craving "bad" stuff and the 14 Day Raw Promise pack provides all the treats I need. I love the Go nuts for chocolate. Just 1 wafer and a few nuts/seeds do the trick.

Excellent program! Real food for healthy bodies.  
**Iris R.**



I'm down 20 pounds, and my blood pressure has dropped, and I've lost inches around my waist. I've also dropped three belt sizes, and am finally enjoying vegetables. I

can see my boots!  
**Don R.**



Down pounds & inches, but the best part is how I feel! Our doctor was thrilled to see the changes my husband and I have made at home with our eating habits and exercise. Even my blood pressure

normalized. I'm ready to take it to the next level. Raw Promise #2!

**Linda L.**



I hit my goal weight of 125 lbs! My sugar cravings are gone. Amazing what raw food does to your body.

**Charisse E.**



I've lost 8 pounds so far. I was scared to death that I would never have my figure back, but it's coming around! I have a new way of life!

**Sharmon E.**



I started the Raw Promise on Monday the 21st I'm down 7 pounds and even better than that, being a type 1 Diabetic my sugar levels have never been more stable. I look forward to sharing with everyone.

**Vince H.**



Day 37 of my Raw Promise. It's been simple to follow and I have fallen in love with the lifestyle of raw foods. I feel amazing, have lost an inch on the waist, a few pounds and sleeping like an angel. The deep, uninterrupted sleep and mental clarity is probably the most noticeable impact. LOVE it!!

**Keith O.**



Down 4 pounds since Tuesday (today's Friday)...avoided temptation when stocking up on raw veggies at the grocery store Wed night....I think e2L may be to blame....lol.

**Debbie W.**



I lost 17lbs. on the Raw Promise Diet! It was easy and it works. I enjoyed the healthy fruits and vegetables. I advise everyone to try it!

**Loma T.**



I've lost 10 pounds so far. I have a lot more energy. I don't feel hungry and I just bought new pants before I started and they are already loose! I'm eating much healthier and I'm now below

my plateau weight!

**Holly D.**



I have more energy, which makes me happier. I enjoy being around people now. I've lost a total of 35 pounds, 11 pounds in just the last month. I've been able to lift more weight. I was the

queen of starvation diets before, now I never feel hungry.

**Courtney S.**



I have been doing really good on my RAW PROMISE JOURNEY:) I have lost almost 8 pounds and 1/4-1/2 inch every where:). I have been doing it for just over a week. Love the way I feel. I go running every other day for my exercise.

**Mary F.**



17 pounds gone! I feel great, and jump out of bed in the morning and am ready to play with the kids. My goal was to take the pressure off of my back, and it has helped relieved a lot

of pressure. Also, I now fit more comfortably in my clothes!

**Ron W.**

I lost 10 pounds and 11 inches! This has been the first program I have been able to succeed with. Believe me, I have tried many. It has given me the confidence to continue. I love the FIXX shake in the morning!!

**Diane**

My experience with the 14 day challenge was very good. I was hoping that it would get me back on track with healthier eating habits and I feel that it has helped me to get a good start on doing that. I really enjoy the FIXX in a morning smoothie with fruit. Bonus I have lost 5 pounds during the challenge and that makes 7 since the New Year. Thanks for your inspiration.

**Brenda**



Lost more than 30 pounds. Easy to do, and I'm feeling great. Amazing results!

**Jesus A.**

My husband and I both did the 14 Day Program. We found it easy and enjoyable. I didn't need to lose weight, but found I am able to go from one meal to the next without cravings. My husband has decreased meal portions considerably losing 8 pounds and feels amazing. We loved the program.

**Darcy**

We found this program to be very successful! I lost 3 inches from my waist and my niece lost 4 pounds. I decided to go off coffee as I started the program. I had NO withdrawal and found it easy. Other bad food habits were also easy to drop! The most amazing thing is that since the program has 'ended' - both of us have felt the lack of mental clarity almost right away compared to how sharp we were during the 14 days! The desire for the "crap" is not nearly as strong or overbearing. I am still eating the bars for snacks - we try new 'clean eating' recipes all the time - and we both are still avid lovers of the FIXX shakes! I was in a hurry last night and that was my supper - it was perfect :) LOVE FIXX and Pulse!

**Maria**

I recovered from a benign pituitary tumor just over 1 year ago. I maintain a fairly healthy life-style, but even though I meditate every day, exercise regularly and run from morning until night with my 3 children and a business....I could not conquer the cravings that hit me throughout the day. I started the 14 Day Raw Promise 4 days ago and have seen nothing but success! I've already lost 9 pounds, I'm eating very pure whole foods, and most importantly had no cravings after the first couple of days! I realize how much of my time and energy was spent fighting against these cravings for empty foods and I never want to be in that "head space" again! Thank you thank you thank you!

**Pam P.**

The hardest part of the day for me, in terms of eating sensibly, would be after school. I would eat a healthy breakfast, take a Fix shake for lunch but then I would arrive home after school absolutely starving. Instead of reaching for fruit or some other healthy alternative, I would grab the box of crackers and block of cheese and EAT!! Now I grab a bag of pulse. It fills me up so that I can prepare dinner and not MUNCH. I have lost 7 pounds - but my shape has definitely changed! My pants are starting to hang! I love it! I am not interested, at my age, in a quick fix or quick weight loss. I am VERY interested in a life-style change and a mind set change. Pulse is doing it for me!

**Sue M.**

I did find the 14 day challenge very positive in the respect that I lost inches and some weight and believe it changed my bad habits of sweets in the evening, coffee through the day and overeating through the lunch time. By the 2nd week, I gained much more energy. I do believe that overall I have developed better portion control and meal choices.

**Donna**

I had great success with the 14 Day Raw Promise program. I lost 19 pounds and several inches. I lost a couple of pounds a day for the first three days which was shocking for me. So, I made sure that I was eating lots. In the morning, I added blueberries, banana, flax seed, and chia to the FIXX. At lunch, I had at least two fruits and lots of vegetables. For dinner, I would usually have fish (Salmon) and vegetables. In the evening at the movies, I would take a Pulse Bar and that would be my treat. I ate extra Pulse for my snacks! I even purchased 2 extra bags of Pulse. All the products are delicious. Normally, I have to force myself to get in my minimum 8 glasses a day. With this program, I found myself staying hydrated easily which, without salt in the diet, was a new concept to me. I did not have any negative effects. I had lots of energy and began sleeping better. I have recommend this program as a safe, healthy, and effective way to lose weight. I am very happy with my 19 pound loss and I'm not stopping now.

**Pam P.**

When I decided to embark on the raw challenge I decided not to do it for weight loss but to give my body a 'rest' from my normal everyday eating pattern. At first, I was unsure of what to do for meals but the suggestions from Sarah helped. As the days passed I noticed some changes in how I was feeling both physically and mentally. It's hard to describe but my body felt at ease, plus I definitely had more energy and the biggest thing was that my mind felt clearer/sharper. I lost 14 inches and all my clothes were loose! Thank you for all the support.

**Linda L**

I ran out of Pulse and need to stock up! I love that stuff! I love all the products, I'm hooked! The 14 Day program itself, is a great weight loss program even if you don't want it to be! I now need a whole new wardrobe (I'm not complaining!!) And I have never felt better, I can't believe the change in my mood and of course my digestion! I am a #1 fan! Thank you a million times for introducing this to me!

**Britney**

### Testimonials During the 14 Days

Day 3: I feel great ... NO carb or sugar cravings at all which makes me ecstatic because these "cravings" always consume my day. I own a restaurant and I'm sharing my products with my employees.

**Susan**

Day 5: I lost 3 pounds in 5 days. When I wake up in the morning, I gauge how 'puffy' I am (water retention) just by how my rings fit. Since I started the 14 day challenge, the ring slips off and on no problem! Overall, I feeling amazing.

**Julie W.**

Day 5: I am a runner and started the Challenge not to necessarily lose weight but for better health. I've lost 3 pounds in 5 days. On day 4, I successfully finished a 12 K run with a ton of energy, even though I had a cold. Normally, this would not have been possible! My boyfriend and I are doing the 14 day program together.

**Tracy**

Day 5: This program is incredible ...I've lost 10 pounds. In 5 days. I felt slightly sluggish to start... coming off all the "junk foods" and snacking of course, but now I'm feeling great. I LOVE the Pulse, the FIXX shake is my new "non-guilt-pleasure"! I can't stop telling people about the program because of what it has done for me.

**Pam P.**

Day 5: Everything is going great with the challenge. We've had zero temptation to cheat.... even attending two social gatherings with friends where there was food and drinks. No temptations!!! I feel like this is forcing us to try more healthy foods that we wouldn't normally....and not even once have I woke up in the night for a drink of water. That must be because of the zero salt consumption. Thank- you for bringing this into our life and I look forward to sharing all my stuff with Maria, she's going to love this- it's a no-brainer! I couldn't find our measuring tape, but I don't need to - I can see and absolutely feel the results. My next step is a new wardrobe!

**Chelsie and husband Nick**

Day 10: I've been on the 14 day raw for 10 days now. I've lost 6.5 pounds and 3/4" off my hips. It's been easy for me to stay on it even when I was doing a trade show booth where the fudge pot was just a couple booths away, I didn't eat a piece. So it really showed me my sugar cravings were under control and I've never felt better. The best part is that I broke through my set point of weight loss, and got below it for the first time in 10 years. I don't feel deprived of anything and really enjoy the results.

**Pam R.**

Day 12: I'm almost done my 14 days and already decided to continue for another 14 day. I couldn't be happier, honestly! I've lost 8 pounds, 6 inches overall but more than that, I feel 10 years younger. No exaggeration ... I have seen major improvement in my energy, mood, focus, digestion and sleep. Also, I have been amazed how my cravings for sugar or carbs have vanished. My wishes have been fulfilled!

**Jesse**

Day 14: I just completed my first 14 Days. Talk about easy; I was never hungry, no loss of energy, in fact I had an increase in energy. People love the idea of eating their way to weight loss."

**Kevin**

**DO YOU HAVE YOUR OWN TESTIMONIAL YOU WOULD LIKE TO SHARE?**

Email it to [testimonials@forevergreen.org](mailto:testimonials@forevergreen.org)