

Dear Lydia,

I am writing you for two reasons: 1. To give you an update on my Transitions™ progress, and 2. To tell you a little bit more about myself so that you and whomever you choose to share this with can understand how Transitions, Market America and the products have not only changed my life, but saved it in many ways.

The first time I was ever ridiculed for being overweight was in second grade shortly after my family had moved from Minneapolis to a neighboring suburb. I believe that because I was new and overweight, it made me an easy target for bullies. From that time until my senior year in high school, I became the target for every insult that the kids in my school could come up with.

As I am sure you could imagine, this took a toll on my self-esteem. I made no friends in elementary school and, because of that, sought comfort in the very thing that made the other children make fun of me in the first place – eating obsessively. By the time I reached junior high, the only time anyone ever talked to me was to say something hurtful to me. Day after day children knocked my lunch tray out of my hands, beat me up and wrote on my lockers and desks about what a terribly disgusting person I was for being so fat. I was “asked out” by popular boys on a regular basis as a joke played by the other girls in order to make me cry and was told over and over that I should just end my life because it would just be better that way – then no one would have to look at me.

As a developing teenager and after so many years of hearing the same thing over and over, I began to believe what other the other children were telling me and became extremely depressed. I believe that this was the time when I began to develop an extremely unhealthy relationship with food. I had always eaten to feel better, but now I began eating in order to fill the hole that I felt in my heart and soul and the loneliness that I felt every day. I also began experimenting with drugs and cutting myself every single day. For me it seemed as though the pain that I felt would never stop – so I never stopped – and I just kept getting bigger, and bigger, and bigger, because all I wanted was a way to escape what I felt had trapped me forever.

By my junior year in high school, things had changed just a little bit for me. I had found friends in music and theatre and had placed myself in a group of other self-proclaimed “nerds.” This gave me something to focus some energy on. Also, with the never-ending support and love from my incredible family, I had stopped cutting myself and doing drugs. Entering high school and making friends made me much happier socially, but because I had developed such an unhealthy addiction to food, I still ate obsessively as a way to medicate my feelings of inadequacy and to shield myself from the still-daily comments and taunting I got from other students in my school. By the beginning of my senior year, I had reached 308 lbs and had given up any hope of ever being a normal person. I literally felt sick every time I looked at myself and could not deal with the way I looked anymore.

At this time, I began throwing up after I binged because I knew that I needed to change something in my life. Over the next three months, I lost 80 lbs. I also lost quite a bit of hair, the color to my eyes and skin, and the ability to sleep most nights because I had such massive ulcers and gull bladder issues that I would have the most horrible pain that I have ever felt.

My bulimia continued for about six years before I finally realized that things needed to change in my life. By 2008 I had graduated from high school and attended college at Minnesota State in Mankato. This proved to be much worse than I anticipated it would be for me. I was sick and in pain all of the time. I had lost friends because of my disease. I did things that I am not proud of because I had absolutely no ability to love myself in any way. And most of all, I had been lying and hiding the extent of my sickness from my family and the people that I really cared about for years because I was ashamed. It was time for me to move home and really get my life together.

Now here is the part where Market America, the products and ESPECIALLY Transitions come in. My mother has been a Customer Manager for 11 years, and had been taking supplements for years. After I returned home, I needed support for my digestive tract. I began taking Ultimate Aloe® and Isotonix® Digestive Enzymes and saw a difference right away. My stomach felt healthy and normal. I also began using Pentaxyl® on my skin in order to reduce the visual damage that I had done to myself. It took a lot of hard work, therapy and persistence, but it has now been two years since I have made myself sick and about a year and a half since Pentaxyl reduced my skin discoloration and improved my skin tone.

As for Transitions – this has made more of an impact in my life in anything else. Over the last two years I kept gaining and gaining weight because my metabolism had basically stopped after years of bulimia slowing it down. This made recovery very tough sometimes but I was so dedicated to getting healthy that I had to JUST BE OKAY WITH IT. Finally, in December of 2009, I weighed myself and had hit 330 lbs and really just became fed up. I knew that there had to be a better way and that Transitions NEEDED to be my answer. I had tried so many other things and had nothing left to lose. I also knew that if I didn't choose to do something RIGHT THEN, that I would have a heart attack or diabetes by the time I was 25 and might not be alive by the time I was 30.

So all together, my family decided to begin a healthier life. We joined a gym and began working out. We all lost about 15-20 lbs in that month. In January 2010, we started a 12-week Transitions program and over the course of it learned how to be a healthier family. We learned how to make exercise a part of our lives and I learned for the first time that food was NOT my enemy (but it was also NOT my best friend and it certainly was NOT my therapist).

The 12 weeks were extremely tough sometimes. I wanted to give up multiple times during the detox week and once in a while, when I was feeling down, I just wanted to have some chips or pasta to make me feel better. Sometimes I just didn't believe that it could really happen for me. But thanks to the support of my family and my wonderful coach, Nanette LaNassa, not only did I

drop below 300 lbs (which was my original goal), but I finished the program and went from 330 lbs starting weight to now being 280 lbs. I lost multiple inches, 11 percent body fat and went from a size 24/26 to a size 18/20.

But forget the scale! Forget the pants sizes! This program means so much more than numbers to me. Transitions means that for the first time in my life I can stand to look at myself in the mirror. That I walk around on this earth now feeling like a real human being rather than an alien that is meant to be run out of town. I feel like I am actually worth something to people. I have opinions and ideas that deserve to be heard. I feel like I deserve to be loved by someone.

I now wake up every day knowing that I am doing something healthy for myself and that soon I will be just as beautiful on the outside as I know that I am on the inside. Not only that, but I feel healthier than I ever have in my entire life. I believe that because of Transitions I am going to live a long, healthy life – and that someday when I have children that they will have happy and healthy lives because I can teach them the best way to live!

I still have quite a ways to go in my program. I am starting my second 12-week program in two weeks and would like to lose another 50 lbs by my World Conference. All I know now is that even though it will be tough, I CAN DO THIS.

I just want to thank you, Lydia and the rest of the Market America team, for developing a company that will not only lead me to financial success, but whose products and services have not only changed – but saved – my life. I can never fully explain how much I thank God everyday that Market America came into our family's lives 11 years ago because I don't know where I would be without it.

Also Lydia, thank you so, so, so much for the work with the TLS Kids program. There is nothing that I want more than to prevent other kids from feeling or going through what I went through as a child and it just touches my heart so much see some of them having success.

So once again, thank you from the bottom of my heart.

All of my love, respect and gratitude,

Cat Enrico

Minneapolis, MN

*The results described in this story may not be typical for the Transitions Lifestyle System®. The results achieved by any particular person will depend on a variety of factors, including the time and dedication he or she devotes to following all of the guidelines of the Transitions Lifestyle System. Ms. Enrico is an Independent Distributor of Market America products. This story has not been evaluated by the Food and Drug Administration. The Transitions Lifestyle System is not intended to diagnose, treat, cure or prevent any disease.*