



## Kendrick Galan

**Kendrick lost 50 pounds in 12 weeks!\***

A lifelong dream realized! It's been a fresh start for Kendrick, who admits, "For as long as I could remember, I have been overweight. I always dreamed about being skinny like my brother. He ate what he wanted and would always look fit, because he was always playing sports and was constantly active. I was never really into sports and never maintained a lot of activities." After 21 years, that summed up to about 220 pounds for Kendrick.

He recalls, "Over the years, I tried multiple times to lose weight. I tried to change my eating habits. I tried to be more active. I'd always lose a few pounds, only to gain them back again. After turning 21, I decided that it was the prime of my life. I decided I wanted to not only look fit and make a lifelong dream come true, but to be healthy for the rest of my life. This time, I knew I had a lot of changes to make – and commit to it for good."

Kendrick's plan was smart. First, he decided to learn about better eating habits and what that really means. He says, "What better way to start than having a daily diet that matches your genotype! I took the Inherent Health® Weight Management Genetic Test, and I found out that each person responds differently to different diets. This was a great start for me."

Kendrick used his new information about eating correctly along with the BODYKEY by NUTRILITE™ program. He says, "Three times a day, before meals, I would take SLIMMETRY®, CLA 500, and Glucose Health supplements. These supplements were key to my transformation. They really gave me an extra boost. I also remembered to always take my other NUTRILITE® supplements, especially the Perfect Pack for Your Health."

Kendrick's next goal was to try to be more active and include exercise in his daily life. He reports, "I signed up with a gym, and everyone was supportive on showing me how to use different equipment and what my workout routine should look like. I also started swimming, running, and playing basketball as more ways to stay active."

After three months of eating correctly, taking the right supplementation, and exercising regularly, Kendrick lost 50 pounds! He says, "My lifelong goal was finally achieved. Thanks to these past few months, I have learned how to make this a lifestyle. There is no turning back, because I know where that will lead me. I've decided to be healthy for the rest of my life and help others do the same by teaching them from my experiences. It has become a passion of mine, and I really wish to help others with the same dream I had. That is my new goal, thanks to the BODYKEY by NUTRILITE program."

\*This success story features an Amway Independent Business Owner. He owns and operates an independent business and has a financial interest in the sale of Amway™ goods and services. Consult your physician or health care provider before starting any weight loss program. Product was provided as well as the assistance of a dietitian and weekly counseling. Trademark: Inherent Health (Interleukin Genetics, Inc., Waltham, Mass.).