

MaxGXL® & Max WLX™



Tammy Wightman
Galesburg, MI

Hi, my name is Tammy Wightman, and I am from Galesburg, MI. I can't put into words what MaxGXL and Max WLX have done for my life. At 39, I was diagnosed with Stage III breast cancer. My children were 4, 9 and 11. I was given a 58 percent chance of living 5 years, great numbers for gambling but very scary when you are talking about your life.

That was 6 ½ years ago and I am still in remission. I thank God every day and I truly thank Max International because we'll never know how important the MaxGXL has been for me (I started taking MaxGXL in March 2007).

I have struggled with trying to lose weight for 10 years. I gained weight with my last pregnancy and then instead of losing, I continued to add weight a little each year. I was unable to diet for years – I tried everything and I mean everything, no success.

A year ago, my oncologist shared with me that losing weight was as effective for my remission as chemotherapy. Wow – I had my work cut out for me.

I was introduced to Max WLX the first of February. I took 2 pills, twice a day, before my biggest meals. I chose to eat between 1400 to 2000 calories a day. If you switch your calories each day it is better (according to Biggest Loser). I took every Saturday off, completely; I had whatever I wanted on Saturday (Also recommended by Biggest Loser). I kept journals about everything and wrote every day, except Saturdays. I worked out 3 hours a week (treadmill, light weights, lunges, walking).

If you start taking Max WLX and don't feel anything right away — keep taking it. I didn't think it was doing anything until I ran out of my first month's supply — and oh boy. Within a week I was craving carbs like crazy — I finally had to give in one day. That's the day I called and got my second bottle sent to me overnight!!

I wasn't losing right away and then I started losing a steady 2 to 3 lbs a week. It's not a miracle pill — it just helps you make sensible choices. It is the springboard I needed. I have lost 40 pounds. I lost 37 in three months and took an emotional break because of some personal issues (I'm a stress eater). I kept taking Max WLX the whole time though and I have not gained a pound back. I managed to lose 3 more pounds even through the worst of times. We all know that if you start eating bad again right after a significant weight loss that you gain the weight back really fast. I feel Max WLX helped me through a stressful time in my life overcoming that feeling of failure. Now I have been able to easily refocus and get right on track again. Max WLX makes it so easy to make the right choices.

Thanks to Max, I can now envision myself living long enough to dance at my children's weddings!!

Have a Max Day!
Tammy

[Editor's note: While talking to Steve Scott, Tammy accepted a marriage proposal at the Imagine Convention from a very happy Lewis Haithcock. Congratulations Tammy and Lewis!]

