

Kimberly Cluff

Total Weight Lost: **38 lbs.**
Inches Lost: **23.5 inches**

What motivated you to participate in the Slim & Sassy contest?

Being a mother of eight keeps me pretty busy. After my fifth child, I was able to lose all the pregnancy weight. Unfortunately, that changed with my last three. Losing weight became a struggle. Not only could I not keep the weight off, but I gradually started putting more on. I felt trapped and tried everything I could think of to regain control. I tried weight loss products, aerobics, training for and running a half marathon—all without losing a pound. I wanted to be a better example for my children of healthy living, and the Slim & Sassy competition allowed me to do that.

Tips for Success:

1. Take the Lifelong Vitality pack!
2. Write down specific goals with specific deadlines. Be realistic.
3. Find someone that will hold you accountable and be encouraging.
4. Use five drops of Slim & Sassy Metabolic Blend five times a day.
5. Replace one to two meals with the Slim & Sassy TrimShakes.
6. Drink lots of water with Lemon essential oil.
7. Exercise at least five days a week.
8. Get rid of your big clothes immediately! Reward yourself with new clothes instead of treats.

During the competition, I lost a total of 38 lbs. and 23.5 in. I continued to follow my Slim & Sassy lifestyle routine, and to date I have lost a total of 56 pounds. Thanks dōTERRA!

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.

SLIM & SASSY