



**PLEXIOM STORY OF MY WIN, LOSSES
... AND WHAT'S NEXT**



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The writing of this story and sharing personal information is more challenging than I thought it would be. Relating my own long journey toward weight loss and wellness isn't easy. It's difficult when trying to put this all down on paper and in a format that can be shared with others. I can only imagine that many others have had similar feelings and challenges when thinking about their own battles. None the less, I'll be sharing my journey with you now. I hope that by sharing my information, you can relate and be open to more positive thinking about your own situation. Two more hopes – 1) you can feel a sense of shared experiences, and 2) some of you might see there is hope for your success as well.

I was a “skinny” kid! So skinny in fact, my Mom needed to put suspenders on me to keep my pants up. I was a normal active child but didn't seem to put on any weight. I learned to eat anything and everything with little negative effect. As I grew, nothing changed... except my metabolism. My easy “never gain weight” life suddenly became an “always gain weight” battle.



Not such a happy occurrence when you think about the idea of being 80 pounds overweight. I had spent a large part of my life without a thought to any diet of healthy eating. No thought to how or what I consumed or how it would affect my health or quality of life. My “new” life involved an ever growing girth.

Finally, realizing I needed to make a few changes, I started my journey to find an effective weight loss method – and more importantly a way to keep that weight off and to live a healthy life.

In the beginning.....

This is me a few years ago weighing 260 lbs!

Being 6'1", I thought I carried it well....but maybe not. Even being 6' 1", 260lbs is still way too much weight.

I lost quite a bit of that weight through some very drastic and unhealthy schemes involving "starvation" and "cleansing" practices. They worked! ...for awhile anyway. Before long I got tired of the micro eating requirement and went back to hovering around my original weight.

I lost, I found, I lost, I found. My weight went down and went back up. It was the big yo-yo dieting you've heard about – or maybe experienced yourselves. I've estimated through different diets and "get thin quick" programs, I've lost in the neighborhood of 400 pounds. Up and down, over the years – 400 lbs isn't that far-fetched!

That's all very frustrating though, as I would make progress but, in the end, lose all that I had accomplished and return near the same or more weight.

A few years ago I found a different product/program - [Plexus Slim](#).

Its kind of funny how when you're not looking for something, but in the back of your mind you want to find something, it comes to you in the most unusual way.

I was in the customer waiting area of a Ford Dealership while my vehicle received some warranty repair work. Needless to say I was bored. Bored enough to start reading the bulletin boards filled with misc items posted by various people – customers and employees. I noticed a brochure pinned to the board about a product called [Plexus Slim](#). I read through the information on the brochure and did some research online. What was this stuff? Was it a real opportunity to finally get an advantage in my efforts to lose weight?

I read the information and from my research, it all seemed reasonable. I knew I needed something to help me get started and I knew I wasn't able to make a move without some kind of help. Considering myself to be "*skeptically optimistically*", I decided to take the leap. I mean what's the worst that could happen - another "weight loss product that didn't work"? That was my expectation – but not my result!

I eventually ordered a [Plexus Slim](#) 30 day program with the addition of a product now called "Boost" to really kick start my program. A few days later I received my products. OK, I thought. Will this be the right stuff to finally move me to an improved way of life?

WOW! I dropped weight immediately!!!

Great – just what I needed the most – instant gratification!!! During the initial process I lost a quick 8 pounds. I began to be afraid I would lose weight too fast. What would I tell people if I lost 40 pounds in 2 months? Foolish thoughts! Those worries were short lived. Fortunately or *unfortunately* – there was no need to explain a miraculous weight loss.

Although I went on to lose 15 pounds rather quickly and felt like I was going to finally see where I could succeed in moving to a point of wellness – healthful living.....the easy success was gone. Yo-yo back up!

I realized – finally – there isn't going to be a magic formula to fix my weight issues.

I still thought [Plexus Slim](#) was a good product but there must be more steps necessary to getting on the right track – finally. I started out to find what those missing piece of the puzzle were to truly achieve a change.

In that search, Plexiom was born - at least in my mind.

*[Plexus Worldwide](#) is different than [Plexiom](#) so please don't get confused..
[Plexiom](#) is a word coming from a combination of [Plexus](#) and [axiom](#). I hope
my new word, [Plexiom](#) relates the idea that [Plexus Slim](#) can become for you,
as I did for me, a self evident truth ([axiom](#)) and is demonstrated through
your personal success..*

The whole idea of starting a new lifestyle, one that incorporates new and different ideas about eating, exercise and weight loss was rather intimidating. My goal was to see how each of these could be combined into a process that would help me maintain a focus and reduce the stress level. When I was able to put my plan down on paper and mapped out my strategy, it really served to reduce my feeling of being overwhelmed. Addressing each area specifically helped me see how this could actually succeed.

Seeing my own experience, I designed [Plexiom](#) in a way that walks you through the planning process and helps to identify your individual path. You can build your own plan, to more simply and effectively move toward your own success.

Finally, a path to living a lifestyle where with good planning can better define the necessary steps to your continuous personal wellness improvements!

Simple as 1,2,3...

Step 1 – Understand what and how much food to eat every day. You may find as I did, I wasn't eating the right things. Once I changed, I soon became just as satisfied with fewer calories. I still had my "splurges" now and then but a huge change in how I looked at food and nutrition.

Step 2 – Start exercising - Here's some of the beauty of this program. It doesn't matter if you start with taking 5 small steps more than normal. **Just start somewhere** – soon it becomes 6, then 7....next thing you know you're on your way.

Step 3 – Tools can help you see quicker improvements. [Plexus Slim](#) was my tool of choice and I highly recommend it. It's not magic and won't fix bad habits, but it

will give you a decided advantage in overcoming challenges and supporting your efforts. I truly believe it is a great factor in my own success.

So what now? Now, it's all about starting! Get moving forward and take it one step at a time. What benefit do I receive and how do I work within that idea to create a positive way of living? How do I build on my [Plexus Slim](#) product and create a consistent effort to benefit my long term goal of living a healthful life?

One great advantage of using [Plexus Slim](#) is the ease of incorporating into your normal daily routine. Here is my simple process –

1. Take Plexus Slim early in the morning.
2. Get prepared for my day – about 30 minutes
3. Eat a healthy Breakfast

What could be more simple? No disruption to your day, no secret process, no back door special equipment required, no “hidden secret” with extra details for “members only” – No Gimmicks! [Plexus Slim](#) mixes in a water bottle or stirred into a glass of water. Simple, quick, easy! Get on with your day.

Now I would like to repeat something said earlier. To be completely clear, taking [Plexus Slim](#) is not the whole story. As I've already said, there are necessary changes you must make - changes designed to enhance your healthful living. Plexus is not a miracle drug, but it has been proven to me as an essential tool that greatly improved my ability to live a healthier lifestyle and make better choices. Used as intended, I believe you will receive these same or similar benefits, and find [Plexus Slim](#) to be very important in working toward your goal.

I think it's important at this point to receive a few extra details on [Plexiom](#) and how the whole plan is better than using a “freelance” method.

1. DEVELOP YOUR STRATEGY

The idea that you can simply start using [Plexus products](#) and be successful is certainly possible but not recommended. There must be a strategy involved.

- How is it used?
- When is it used?
- What are some tips for improved results?

Each of these points and more, need to be considered, answered, and planned for consistent use and benefit. Please spend time working in our site on the Self Strategy pages to see how specific and detailed planning for Plexus and other important daily activities will help in creating the groundwork for high benefit actions.

Please understand how planning makes a huge impact on how your daily use of Plexus and success in your day. How your day starts will almost always determine the success – or no success – of your entire day!

2. IMPACT THE WORLD OUTSIDE

Sometimes when we get so focused on our own ups and downs, our own successes and challenges, we forget that a very powerful aspect of wellness is how we engage with the world around us. How and why do we act toward others we come in contact with? How can we make our interactions with others a positive experience? How can we use our influence to improve another person's life? Ideas for an easy beginning are on our [Outward Strategy](#) pages.

Start looking outside yourself. Start looking and learning how your positive efforts could change another person's day – or life! You might be amazed at your level of influence, at your ability to make another person better than they were before they met you.

Go ahead, try it! Experience the feeling of self worth – wellness – that grows inside of you as you help to build up another person. It's a great feeling and greatly impacts your personal wellness plan – and theirs!

3. BUILD A BETTER TEAM

Everyone is a part of a team somewhere!

The great news is you get to decide which team you'll play on. You can see where most teams operate as a loosely organized group of people. Could be as simple as family or friends, neighbors, etc; or structure more formally like a school organization or work related group; or could even be an online group like Facebook or other online community. Take a minute to think about the benefits you give and receive from the teams you are already a part of.

Many of these teams have positive points, but a team outside of our Plexiom group, may not provide the necessary positive support for your specific wellness efforts and goals. Maybe you should take the right step and join our Plexiom team. Your [Plexiom teammates](#) can help provide the positive support we all need.

Plexiom is just getting started and is not as sophisticated as Facebook, but we offer real opportunities for making connections, have interaction with others similar to ourselves, give mutual support, share ideas, planning tips, nutrition and food tips. The [Plexiom Team](#) is all about mutual support. Everyone wins, both givers and receivers. I help you, you help me. One big, happy, positive... *team*.



So where am I now? Take a look at my updated photo –

This is me now - 217 lbs. That's 43 lbs less than where I started. And if there's any doubt in your mind – I feel great!

The change in my attitude at home, at work, meeting new people, my confidence level in every business and social

situation is nothing short of miraculous!

I wish I had learned some of these lessons a number of years ago, but for whatever reason, I needed to wait until now. Happily this experience now passes to you. Through [Plexiom](#) I share my experience, lessons learned and make myself available to help you. Better still, as Plexiom grows, all Plexiom teammates will be just as prepared to help you to achieve your own level of success.

Don't wait, start now. You are welcomed and appreciated!

There is no cost to joining Plexiom – its FREE! At least for now – I promise to keep Plexiom FREE for as long as financially possible.

Start now, [Join the Plexiom Team](#) – Help Yourself and help someone else!

WELCOME TO PLEXIOM!