



**IOWA LAKES CORRIDOR**  
DEVELOPMENT CORPORATION

BUENA VISTA, CLAY, DICKINSON & EMMET COUNTIES

**'Can you afford to be sick?'**

*The product that changed one entrepreneur's life*

SPIRIT LAKE – It all began about two years ago. It was the week before Christmas 2008, and Karen VanderLaan was having a multitude of tests done in the Mayo Clinic in Rochester, Minn. She feared for the worst: cancer. Fortunately, it wasn't cancer; but it was the catalyst that changed her life.

VanderLaan was a stressed out Realtor with constant heartburn, little energy and bad sleeping patterns. She had tried every diet and health gimmick available. And still, she was at her heaviest weight. A co-worker watched VanderLaan's health deteriorate, and introduced her to Isagenix. In February 2009, she ordered the products, and eight weeks later, she had lost 35 pounds, 35 inches off her frame, and felt like she was back in her 20s. Her energy level soared, she could sleep through the night, and her cravings for junk food disappeared.

VanderLaan is now an Executive Independent Consultant with Isagenix International, a world leader in nutritional cleansing. "This business chose me," she said. After she began using Isagenix, people started asking her what she was doing. And she was more than happy to share her story. She coaches people on the product systems that are used to cleanse, replenish and revitalize the body, leading to good vibrant health. The word Isagenix means "balanced life."

"Isagenix is a no compromise product," said VanderLaan. It contains all natural products that come from all over the world. "It's not a diet," she reminded. It is a complete nutritional cleansing and replenishing product; think of it as meal replacement. It is health and wellness for any age, made of the purest natural products with no harmful stimulants.

"People are looking for a way to get healthy again," said VanderLaan. "People say they can't afford to be healthy. I say, 'Can you afford to be sick?'"

Isagenix has many Product Paks, including Athlete Paks, Healthy Lifestyle Paks, Fat Burning System, Diabetes Friendly Paks and Heart Healthy Paks, as well as male, female and youth paks.

Every other week VanderLaan holds informative meetings at Supreme Kitchens in Spirit Lake where attendees can come and learn about Isagenix. Meetings are at 6:30 p.m. on March 2, 16 and 30. On Thursday, March 24, a Health and Wellness Clinic will be held at Arrowwood Resort, with Isagenix representatives from Arizona, Kansas City and Minneapolis. The event will begin at 6 p.m.

For more information, contact Karen VanderLaan at 712-320-5628 or at [karen.vanderlaan@hotmail.com](mailto:karen.vanderlaan@hotmail.com). She will do one-on-one meetings with anyone, including taste testing and giving information on the different products.

The Iowa Lakes Corridor is proud to launch of the Women in Business Club. To join, a woman must own her own business and want to meet with other women in business to share ideas, challenges, successes and grow professional relationships. Those interested in joining should contact Pat McGill, at 712-332-2965, [patmcgill@mchsi.com](mailto:patmcgill@mchsi.com) or Jean Tennant at 712-490-5165. Women from throughout the Corridor region are encouraged to attend these meetings.

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The Iowa Lakes Corridor Development Corporation is the regional economic development agency for Buena Vista, Clay, Dickinson and Emmet counties. Its mission is to foster, encourage, aid, promote or otherwise assist in the economic growth and development of the region. For more information about the Iowa Lakes Corridor Development Corporation, call 712-264-3474 or visit [www.lakescorridor.com](http://www.lakescorridor.com).