

Climbing Mt. Rainier with Isagenix

Product Success

In the great Northwest lies a massive mountain that draws nearly two million visitors a year for hiking, snowshoeing and camping along its glacier-fed rivers, viewing its grandeur and beauty, and for the adventurous few, climbing its 14,410 summit. Mount Rainier is an impressive landmark in Washington and is an active volcano encased in over 35 square miles of snow and ice. Because of its elevation and glacier-strewn climbing routes, it is the training ground for climbers preparing for the Himalayan Peaks. It is the most arduous endurance climb in the lower 48 states.



Dan's improved health and athletic performance also contributed to his confidence. He was the first male finisher in the Columbia River Gorge Earth Day 5K run. "That was exciting," Dan exclaims. "Then, I took third place at the Freedom Fest 10K in Tacoma. I broke my high school personal best 10K time with 38 minutes and 40 seconds. Prior to that, I had never broken a 40 minute 10K. After cleansing with Isagenix, I broke that 40-minute barrier, not by a few seconds, I shattered it! Isagenix afforded me the ability to shatter the record I had been trying to break since high school. I was just floored."

With a string of athletic successes and his confidence in high gear, Dan turned his sights back on Mt. Rainier. "I think it's time," Dan said to himself. "I think I can do Rainier. I'm in the best shape of my life, even at age 42." In the summer the American Lung Association sponsored a Climb for Clean Air fund raising event. "I had the opportunity to summit Mt. Rainier if I raised \$3,500 or more," Dan explains. "Thanks to my Isagenix family, we raised \$5,100 and I was able to participate in the climb."

Dan was now faced with the reality of preparing for the most rigorous climb of his life. He was warned that over 12,000 feet, climbers have a difficult time, experiencing nausea, headaches, altitude sickness, and several forms of edema, along with the risk and the danger. Many people have to turn around and don't make it to the summit.



Dan Morgado, 1 Star Golden Circle, and athlete, has had a dream of climbing Mt. Rainier for 25 years. "I have been pretty successful in athletics," Dan says. "As a climber I have summated Mt. Adams in Washington (12,200 ft) and Mt. Fuji in Japan (12,300 ft.). From my home in Enumclaw, Washington, I look at massive Mt. Rainier everyday and feel a little bit intimidated. Sure, it's only a couple thousand feet taller than Fuji and Adams, but getting to the summit of Mt. Rainier is a whole different story."

Dan's life-long dream started to become reality after trying Isagenix products. "I lost a total of 15 pounds," Dan comments. "What is even more phenomenal is that my wife Shelley and I have honed in our weight to exactly where we want it. I haven't gained any of the weight back and my personal performance continues to improve in every athletic event I try."

Another obstacle is the grueling, energy-sapping climb itself. Dan climbed 4,500 vertical feet on the first day with a 45-pound pack. On summit day, he left Camp Muir at 10,100 feet at 2:00 a.m. in the morning, and climbed an additional 4,300 vertical feet to reach the summit crater at 8:30 a.m. "Fortunately, I used Want More Energy and Ionix Supreme," Dan says. "I made it to the summit of Rainier and I could not believe how easy it was. I felt just as good at 14,410 elevation as I did at 5,000. I felt absolutely great!"

Dan drank a liter of Want More Energy and an ounce of Ionix Supreme on day one of the climb. He drank another liter in the evening. He followed with another liter on day two and arrived on the summit. Upon descending from the summit, he drank another liter as a recovery strategy. "Over the course of 40 hours, I basically used a liquid diet of Want More Energy, water, Ionix Supreme and a form of liquid food," Dan explains. "I didn't use any solid food and felt absolutely phenomenal. I summited that mountain in great form. We endured 45-mph winds near the summit in white-out conditions. Almost half of the climbers turned back, but our rope team was successful. I feel honored to have an opportunity like that, but I really give credit to John Anderson, formulator of the Isagenix products, and I give credit to the Isagenix Associates that supported us."

Dan Morgado's Recipe for a Successful Climb

24-hour cleanse every 3 weeks to stay lean and in top shape.

Two months before climb

Morning and evening, seven days per week:

One ounce of Ionix Supreme with Men's Essentials, Omega 3-6-9, Antioxidants, and one Natural Accelerator. Two IsaLean shakes per day for five days per week. One shake on Saturday and Sunday.

During the Climb

One packet of Want More Energy, mixed with one full liter of water, and one ounce of Ionix Supreme. Both taken each morning of the two-day climb, and repeated each evening as a recovery tactic.

(Editor's Note: Dan shared his climbing story with John Anderson on the September 7, 2004 Isagenix Corporate Update Call. The audio of this call, including John's interesting comments about Nepalese Himalayan climbers using ingredients found in Ionix Supreme, is available in the Back Office of your Replicated Isagenix Website.)

Isagenix Associate, Dan Morgado, right, signals victory with a smile from his successful climb to the summit of Mt. Rainier.



Interview with Dan Morgado

Monthly Insider: Dan, why did you join Isagenix?

Dan: My wife and I wanted to lose three to five pounds of fat. We really didn't have any greater expectations than that. I lost 9.5 pounds with the 9-Day Program and I was shocked. Shelly lost 13 pounds and she was stunned. She is a body builder, ex-competitor, and she said that if this technology had been available when she was competing in body building, she would have paid thousands of dollars for it. We have recaptured our high school physiques and we are now in our 40's.

Monthly Insider: Why do you continue to use and promote Isagenix?

Dan: The reason I stay in Isagenix is because I look at it as a door. Through the door is a journey into health and wellness, meeting positive people, and affecting others in a positive way. It's a door into a continual process of growth and higher education. It is an opportunity where there truly is no end to our level of success, whether it's personal growth, wellness, or financial success. Actually, this has been a kind of spiritual journey for Shelly and me. We have witnessed the success stories where people have the opportunity to get their health and life back. Then you watch them go through an evolutionary change; intellectually, spiritually, personally, physically, and financially. That's why we are still involved in this. We have a very special network of friends we have met through this opportunity. Once we said yes to Isagenix, we stepped through this doorway and we have experienced prosperity at many levels. We are totally excited about it.