



FITNESS & WEIGHT-LOSS testimonials

Katie Larking — Sisel weight loss (I prefer Sisel fat loss) so I have been doing my cutting phase for my fitness over 40s competition (Australian Natural Body Building -ANB) using Sisel products, Sisel Lean both chocolate and vanilla (2-3 servings per day) My FireNiceTea and I take 4Restore before gym session and definitely feel energy boost and can lift heavy. Since I am in calorie deficit to drop fat I am keeping my protein high (and no cardio except walking) to ensure I stay in fat burning mode and don't go catabolic (means use muscle for energy). Muscle sculpting is not about being masculine it encompasses (yes I take Encompass360 too) a number of disciplines and skills in human physiology and sport. Much is learnt about food and how the body responds in a controlled environment. I am 2kg heavier in muscle than last year :) and leaner so yes Sisel supplements work they are excellent.

Betsy Grant — Super-excited to share my latest testimonial on weight-loss! For 2 months now, I have been using Siselean 1-2 X a day and H-2 water. I also have the support of a fitness coach, who has coached me on foods and exercise. She reported to me today that I have lost a total of 18 INCHES so far!! (Measuring from the neck down). Happy Dance!!

Barbara Grinde — I've been training for a month for a fitness competition. Met with trainer today she's impressed with my results. I explained the SISEL products and she wants to research them. Told her they're the only supplements I'll take. She said tell your nutrition trainer about these too. I'm a step ahead, already did. Down 5lbs and 7" overall. And feel fantastic!

Curt Ficenec (Doc Fizz) — I have been enjoying Fire N Ice Tea every day since I picked it up in Utah last month. Do I drink it correctly? I dont know. I like iced tea. I drink this tea allot. I found it makes me crave less coffee. Good? Sure if you want less coffee. I drink a glass of Fire n Ice at around 8 am followed by 2 cups of black Sisel Kaffe. Then I drink a Fire n Ice with my Siselean at 1030 am. Sometimes I have lunch but normally I nibble on something. I am not too very hungry. At around 330-400 pm I have another tea. I love the Fire n Ice tea. At 6-8 pm I usually have dinner. Ive been keeping accurate accounting of my food intake with a Fitness Pal app. In less than 60 days I have lost over 10 pounds. Heres the deal. I am not starving myself. I eat 2000 cal per day. I get minimal exercise. I am busy and I am running around allot. Does that count?I am making an effort to cut back to 1500 cal per day to see if the tea and siselean keep hunger under control. If it can do this without effort; what can it do with a little "Trying"?Oh. I also have a Fire n Ice tea with lunch when I eat and another in the evening while I do my work. Does Nestles Brisk tea pay you to drink 5 a day? I didnt think so!

Jennifer Johnson Pope — Ok I'm not the type of person that brags about myself but I have been dieting I could say all my life it seems like. I have really been putting all I have into my diet in the last year through Sisel. I have lost 40 pounds, but I wanted to wait until I lost more to buy new pants, but I have none that fit so I got some and have gone from a size 20 to a 14! I was shocked! So I guess my point is... its not just about the pounds, it's the inches as well.

Erin Mae — Lost 25lb 27 inches... I bought a swim suit to be a hope to eventually fit, and guess what... that's right, I am official a large not a xxl anymore! Thank u Sisel!



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James O'Keefe— Happy 6th Weight-loss Anniversary and I didn't have to eat salads every day to lose weight!!! I began my journey on 10/1/12 and 1000 days later I had lost 252 lbs, dropped 18 pant sizes, finished 1st in the men's division of age 35+ in a triathlon, and learned a ton about healthy lifestyle changes. **Let me tell you how a broken foot and a phone call changed my life.** In April 2012, I was having my annual physical. My weight registered at 485 pounds. My PCP made an appointment to see if I qualified for gastric bypass surgery. I remember her saying, "Jim, if you want to see your 60th birthday, I hope you qualify for this surgery." I went through the program and qualified and had a surgery date of 10/2012. But... On September 11th while attending a Red Sox game against the Yankees I broke my left foot standing up for the 7th inning stretch. Because of this, my surgery date was put off until January 2013. The next day that I called my friend, Ray Hutchison, who lost 65 pounds in 60 days. I asked him what did he do to lose the weight and if he would help me. I told him I really wanted to avoid the surgery. His response was, "Yes, I'll help you but, Jim, it's important to look at the bigger picture, not just a number on a scale." He recommended me to start drinking SiseLEAN. I also followed the three pieces of advice he gave me when it comes to weight loss: journaling my food, move more, and water intake. For most of my adult life, I never ate breakfast — I just drank a Diet Coke and ate a couple of muffins, usually chocolate chip. I thought the less I ate, the more weight I would lose, but eating more has actually helped me lose weight. Having the meal replacement, SiseLEAN kept me fuller longer and I stopped snacking on random (bad) foods throughout the day. I am not a gym person and I knew that trying to eat healthy ALONG WITH exercising heavily every day would be too much for me at once. Instead, Ray Ray recommended me to move more by walking once my foot cast was removed. I live on a hill and started by walking up the hill made it just past my next door neighbors house before wanting to lay down and roll down the hill hoping I didn't roll pass my driveway. The first time felt like an eternity, but the more I did it, and the easier it became, I now enjoy this (mostly) peaceful hour to myself. The baby steps count! I didn't give up on myself when times got rough. I remember 4 days into my journey, I found myself crying hysterically after getting a text from my Ray that read: "Jim, You got this. Just keep doing what your doing and you'll be fine.". I was UP one pound and after telling my wife that he has no clue (haha), I was about to quit. She told me to call him. After talking to Ray, I agreed I'd give it one more week, if no results then I would quit. Seven days later, I was DOWN 12 lbs. I stopped eating seamlessly and forced myself to learn how to cook my favorite foods with healthy substitutes. I learned to celebrate non-scale victories. While it's definitely a motivator to see the scale move down, it's really about the other victories that make the lifestyle change so much more worth it. Things like being able to participate in a triathlon, shopping at places other than the Big & Tall Men Shop, finally being able to sit comfortably in my seat at Fenway Park; those little things are incredible measures of success. On days when I feel like there's no change from 2 months earlier, I look at before and after pictures. When you see your body every day it's hard to notice changes. And if you're a bigger person, like me, it's even more difficult to see significant transformations in the mirror. That is why you must depend on those non-scale victories and take a look at how far you've come! My suggestion to you, if you're just starting out, take progress pictures! It's so refreshing to see how much happier and more confident you are in later pictures. So if you're looking to make a lifestyle change, or perhaps you've already begun, just remember to do this for you because you want to — not because you feel pressured to. If you are truly happy with your mind, body, and soul, OWN IT! If you are putting on a facade to hide your unhappiness, then maybe it's time to take control. Don't let anyone or anything bring you down — just take it slow and enjoy the ride. It's not a race! It's all about balance! Oh by the way, I never had the gastric bypass surgery. My starting weight: 485. My current weight: 173.8! If I can do it...YOU CAN DO IT!



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Angelika Garbaya — 2011: I was obese, had joint pain, a very high cholesterol level, I was constantly tired and wanted to die actually, because I had no idea how I could get a normal weight and good health again. Then I heard about Sisel! I exchanged all toxic body and skincare products and used only Sisel Safe products, took the TOL and Sisel's Weight-loss products. I paid attention to a healthier (more veggies) diet and made sport only in homeopathic doses!

2016: Today I am 55, in top shape, normal weight, my skin is healthy and shining, I'm full of power, love my life, I've mastered and overcome many health challenges and I'm feeling better than 20 years ago. No more day without Sisel! Thanks Tom Mower sen., thanks to the entire Mower family and thanks to all at Sisel International.

Fred Smith — I went thru Open heart surgery for stenosis of the Aorta valve which was replaced! Due to this I take my BP quite often...well I did a little experiment because I started using 4-Restore three days ago. So this morning before taking all my pills I took my BP and the readings were 146/76/65. I then took my pills along with the 4-Restore and set my timer for 20 minutes and retook my BP and the readings were 121/71/60 which is quite a difference. Now this was just today so I will continue to monitor and see what happens. I feel a big difference in my energy level also and will and need to exercise more so will keep you all posted. Go Sisel!!!! Thank You Tom for all you do for us!!!!

Alex Breden — 4 RESTORE! I am a 21yo competition coach who was given a bottle of the 4 restore by a friend and with consistent dieting and training the 4 restore has helped me to up my muscle mass by 3kgs and drop 2% body fat, love the products and love the results!

Alexandria Allen — Second day taking 4 restore and the circulation in my legs is soooo much better! My feet haven't been nearly as swollen and much more energy. Recovery with lifting weights is great as well. New favorite product!

Michael K. Collier — I am having incredible results losing some weight with the 4-Restore lately. I tell you Tom and Sisel know how to design a product that gets results in areas that are not even expected!

Christy Kopecky — If you want amazing nail growth you need to add the 4restore!! Besides amazing energy my nails are growing like crazy!! [#sisel4life](#)

Barbara Ginde — I have found the Sisel Lean, Fire n Ice Tea, Triangle of Life, 4 Restore are all good places to start for weight-loss.

Bill Defalco — Having a problem with High Triglycerides? I just got my blood test report confirming that since I started Fire N Ice Te - my Triglycerides level has dropped significantly. The Triglycerides level is an indication of how your body is managing blood sugar. A High Triglycerides level puts you at an increased risk for developing Diabetes. - So if your Triglycerides level is high - you need to get it down. Sisel Fire N Ice Te contains a proprietary non-sugar sweetener made from Pomegranate Extract that not only makes it taste Great - but it also helps to promote normal healthy blood sugar levels - and two consecutive blood tests have positively confirmed this for me!



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Christy Kopecky — My daughter in law is using the fire and ice te' for weight loss, however she suffers from migraines and has been headache free while drinking the Te'!!!

Anonymous — Received Fire N Ice Te from a friend and lost 14 pounds in a month!

Jim Zook — I lost 6 and 1/2 pounds during the period of March 29th through April 4th with the Fire N Ice Tea. Fire N Ice Tea gives me the most amazing amount of energy - so much energy that it could be sold as an energy drink!

Linette Servais — My customer has diabetes and is on insulin. She is taking the SiseLEAN and Fire N Ice Tea because she needs to lose another 30 pounds, she lost 100 already.

Melody Richards — If you drink it consistently it cuts cravings for sodas. Soda free for over a yr now.

Dottie Pearson — Gives me energy!

Alex Allen — Fire n ice tea has kept me going since 4 am on 5 hours of sleep. It's now 7 pm and I'm ready to go out with friends with no nap and drove for almost 4 hours today as well. I love Sisel!

Margaret Lilburne — I have lost 10 kgs in the last 4 months using basically 2 Fire N Ice Teas per day supplemented by Sisel Lean at times with little exercise. I am really impressed - Fire N Ice is amazing! I am now back to a definite size 12 that I have not been for approximately 4 - 5 years and heading back to 10. Thanks Sisel!!!!

Michelle Stroud Young — I have been using the fire and ice Te' for approximately 5 months, drinking two a day and now have lost an amazing 34lbs!!!

Diane Reynolds Beiler — I'm down 46 lbs. I drink one siselean shake for a meal each day .1 Fire n Ice Te. Same type 1 diabetic sugars have stabilized around 120.

Angela Hardwick — I tried SiseLEAN and in one summer lost 40 pounds, it was the first time in over ten years I had weighed less than 250 pounds and I never felt better. My asthma was easier to control and health over all improved. My biggest threat to my task was the love of soda. The Fire N Ice tea helped with that significantly as I was able to still have my caffeine and not get the extra junk. Since then I have been surprised by my son's appearance in the family and now that he is 6 months old I am looking to start losing the weight I had found while I was pregnant. Once again I am turning to SiseLEAN as it has a proven track record for me. This time I am not alone in this task as my partner in crime has decided to join me having seen how well SiseLEAN worked for me in the past.



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Helen Brew – I am a 54 year old woman who has been an insulin dependant Type I diabetic since I was 15 years old. I have had a kidney transplant, numerous lots of laser treatment on my eyes, lost 4 toes and have neuropathy in my legs and feet. I take long acting insulin every night and short acting insulin with each meal. Over the years I have put on weight due to lack of exercise (because of foot problems) and insulin.

Just recently I started Sisel Lean replacing 1 meal/day and to my surprise, I have lost over a kilo in weight in just one week. I also noticed that I don't need nearly as much insulin as I was used to. I had trouble balancing my insulin and hypos with the Sisel Lean but have decided that for my 2 meals a day I will take less short acting insulin, much less long acting insulin at night and no short acting insulin when I replace a meal. I am greatly encouraged by these results and can feel the difference already, (I also take 30 mls of FuCoyDon, Eternity and Spectramaxx each day as well) I have never had these results before with all the nutritional supplements I have tried over the years. Thankyou Sisel!

Christy Kopecky – Another update!! Laura has been using my the Siselean shake with add in supplement 4Restore for about a month but really hadn't noticed a big difference but had not measured. She started with the A.G.E pill one week ago and continued the shake, she has dropped one skirt size from 16 to 14 now!!! It just keeps pouring in with amazing results!!!

John Gatto – My before weight 229 and now 170. Just one SiseLean shake a day... I also take FuCoyDon... My BP is Good, my Sugar went from 380 now is 105.

Anne Marie O'Keefe – One of my preferred customers has been taking Chocolate SiseLEAN for the last 2 months she has lost 15 pounds and she is astonished that her fingernails have begun to grow since they never did before. Oh by the way did I mention she is in her early 70's?!

Michael King Sr. – Just an example of Siselean.. lost 45 pounds drinking 1 drink a day.

Curt Ficenec (Doc Fizz) – My youngest son began using Siselean earlier this year. Today, after 3 months of using it, he showed me how defined his muscles have gotten. He said he works out less now than when he was in high school, yet his arms have really grown. He notices that he feel stronger.

Liana M. Baccini – I began using the SiseLEAN to lose a little bit of weight. I weighed 125lb, which doesn't seem like much but for my height, it's said that I should be around 105. I hold all of my weight in my hips, thighs, and stomach. I was not liking the way I was looking. So I started drinking the SiseLEAN. Some days I would have one shake and some days I would have 2. On the days that I would have 2, I would drink one as a late night snack. I did this because I had heard that the science behind the SiseLEAN causes it to BURN FAT WHILE YOU SLEEP!! Normally, when we go to bed, our bodies store the fat because it believes it will not be eating for so many hours, but with the SiseLEAN, it burns the fat. Anyway, it's been just over 6 weeks and the scale shows me weighing in at 110. I've also gained muscle!!

Rene Ferguson – I notice when I take the H2 Stix just before a work out, cardio improves, strength improves, just able to power through easier ! I do also use RIPT, 2 sachets per day taken separately in litre of water.

Janine S. – I drink H2 stix and now, I have energy to do what I haven't done in years!



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Melody Richards — I teach Early Head Start and often have to push a buggy of 4 children around outside and on gravel this is not easy. I was thinking just today as we made a second trip around the building how much easier it seems since using h2 stix.

Gina DosSantos — I really feel it's helped me with my endurance and speed while running...I've cut almost 2 minutes off a mile and I've increased my miles from 3 to 5 and 6 miles!

Vickie Spicer — A few yrs ago I posted how well my skin had improved, but lower legs were still struggling. 60 days ago, H2 & I made a bet. H2 won. Uhm. My legs are 90% improved.

Tom Mower Sr. — w0w oh WoW oh WOW!!! 45 minutes ago I mixed my H2STIX and let it sit for 15 mins. When I thought the hydrogen content was high enough, I mixed it into a water made with Fire & Ice Tea, then I drank it. Within 15 minutes I could really feel it kicking in and right now I am flying high and fast. I feel terrific. Thanks to a distributor who suggested this idea, I tried it and now I will always be doing it if possible.

Christy Kopecky — I've struggled with my weight all of my life especially after having my kids. Nothing ever really helped to push me more than a few pounds until NOW. I combine two products, Sisel H2Stix and Fire and Ice Fat burning Te'. With increased energy and metabolism I'm hitting my goals each month.

Liana M. Baccini — After hearing of Christy's weight-loss I had to try this! With 30 minutes of exercise per day, eating healthier, and having two H2 Stix mixed with Fire N' Ice, I am losing about ONE pound every 1-2 days!!

Eric McCann — For 2 months, I have been using the H2 Stix as a pre-workout and I immediately noticed that I had more energy and stamina while at the gym. Combined with my SiselRIPT post workout, I feel better than I have in a long time and have made some major improvements.

Kris Dykema — Just 2 weeks ago I started H2 Stix with my Hydrogen water machine combined with Fire N' Ice and I have been losing weight! Yippee!!!!

Andrea McKinnee — This basically sedentary over age 60 woman shoveled snow recently for 3 hours straight. Drank SiselRipt afterward, had NO pain. The same day my 20 year old niece shoveled for about 30 minutes. The next day she woke up wondering what happened. She was sore and could barely move. The NEXT day we both shoveled for about 90 minutes. I gave her siselript to drink. Her report- no pain!

Jim Taylor — This product is unbelievable! I have been taking the SISEL RIPT and age pill for two weeks and I have went up in all my lifts! And not sore the next day! Here I'm doing 65lbs dumbbell bench. I haven't done that much weight in decades. Thank you SISEL!! My lifting partner saw my gains and now he's taking SISEL!

Kate Brighton — Going home on tuesday. I did two sessions with physio today and he says I'm doing fabulous. Keeps asking my pain level and I keep saying under 1. He finds it hard to believe and so do I. The SiselRipt is working just so fantastic.

Keith Wilkins — PROGRESS, 11.5 k in 25 mins on the cross trainer this morning. Up from 8k in 20 mins 30 days ago. Have been taking A.G.E. for 30 days and RIPT for 12 days.



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Katie Larking — A lot more strength in my back, drop in body fat, the last exercise in video was 50kg in weight and I weigh 54 kg. So pretty happy. I have lost two kg since being on AGE however since starting SiselRipt I noticed some ab definition coming through so far impressed.

Aniko Szabo — I have been on siselRIPT for a month. I am on my feet standing and walking all day long for work. Since I have been taking siselRIPT my belly has tightened, my leg and arm muscles have more definition in them. My whole body is feeling and looking better. After six days you could start to see my 6 pack! I can even feel my heart beat getting stronger. Everything feels easier and I am having all kinds of great results with siselRIPT. I used to get headaches with coffee and flour and those have even gone away!

Yvonne North Toowoomba — I started on the A.G.E pill 7 weeks ago today. That's the 13th October 2017. I also started on Ript on the 27th October 2017. I go to the gym 5 days a week and in the short time that I have been on these products I have significantly increased my resistance and speed on the cross-trainer from a level 4 to an 8 as well as the time from 20 to 30 minutes and from 10kms per hour to 13kms per hour. I'm very lucky to have good health and even I feel more fantastic than ever. The lift in energy is amazing! I have also upped my weights too!

Gina Chaber DosSantos — Ok....so...my husband has been training for NYC marathon for over a year (race is next weekend). He has been doing a 13 mile run every Wednesday. He has been taking RIPT for the past 10 days....he looks at me today and says..." I cut 8 minutes off my time, didn't have to slow down once"! How exciting!

Janet Frederick — I've been taking RIPT for a week. Each day I ride my exercise bike a little longer. But today I did 5 minutes longer than Friday (gone this weekend) at a much higher intensity and felt great! I know RIPT had something to do with it.

Lisa Price — Thermanol has been a lifesaver since overdoing it playing basketball 10 days ago!

Ricardo Losco — Hi, I'm 51 years old single father of two young children. I was on holiday with my children. The 18th morning I was caught by a horrible back strain: I could barely walk and had to sit down to control pain. Luckily I had my Thermanol and used it many times in the day with some relief. In the afternoon I doubled up the A.G.E.Pill and in the evening I started to feel better. The night was unpleasant but I could stand the pain and on the morning I already felt a lot better. I helped (lightly) moving to another house, drove to a ATM, walked and managed to end the day successfully. The following morning almost all pain was gone and could literally feel my body rebuilding itself. In 3 days from the episode I was a 70%, and all without any drugs.

Anonymous — I have suffered from severe back pain for many years. I have tried many different products and treatments. Most of them don't take the pain away. I was told to try Sisel Thermanol. I have now been using it for a couple weeks and I'm sold on this product! Most days I have zero back pain. The days I do, it's very minor. The best part is I only have to use a small pea sized amount twice daily. It's non-greasy and doesn't stain my clothes. I'm so happy to have found something that works!



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Andy Grainger — Thermarol, Is absolute must have for sports! I applied it to my neck, shoulders, wrists, and forearms before I went for my weight session and didn't experience any of the, (oh i didn't warm up enough kind of feeling you get) and I blitzed the weights no probs! Is Tom a Genius or what! Thanks Sisel!

Fred Smith — I love the Thermarol for sore muscles that occur sometimes!

George Burrows — For great easing of pain while other SISEL products do the internal repairs...THERMAROL!! I've personally used this fantastic product on odd occasion when I've ricked by back!

Lynne Ferguson — Amazing Natural Energy Boost... UltraMaxx Energy... My husband, Larry, drank one yesterday at 2:00 and got enough energy to work outside more hours fertilizing the yard (had been already working 4 hours outside) Want some Energy with out bad side effects? Larry said he could drink this all day long!!!

Jeff Fluck — WEIGHTLOSS UPDATE 08-27-13: First of all...I am NOT on a Diet. And I use the weightloss products every day... SiseLEAN "MALT" for breakfast (sometimes two of them)... Ultramaxx (only 1/2 at a time) inbetween breakfast shake and lunch ...maybe another 1/2 of Ultramaxx in mid-afternoon.....a sensible dinner.....and then another SiseLEAN "MALT" before bedtime----it "Works Its' Magic" while I Sleep!!!

Tim Proctor — Really great product! Picks me up in the middle of the day, more energy and able to focus on what I am doing.

Kris Dykema — Love this! I use to replace toxic energy drinks like red bull and monster!

Anthony Baccini — I like to sip it for sustained energy or down it if I need to run through walls

Jackie Christiansen — I love the sustained energy UltraMaxx gives me over a long period of time - without the jitters or crash that other energy products can have. It's also an addicting rush!