

*"In less than a week I was a new man."*

## 37 Pounds Lost



### **Surrounded by temptation**

Allan Diament had always struggled with his weight, and the fact that he owned a coffee shop and spent his days tasting french fries and bacon didn't make it any easier. "It's hard to stay away from all that junk food," Allan explains. "I have to taste everything that comes out of the kitchen and it all adds up."

### **On the road to good health**

One day an Herbalife Distributor dropped by and left some cards at the coffee shop. His wife, Nechama, was intrigued so she set up an appointment. Allan, who lacked energy to do anything at all after work fell asleep at the Distributor's table, but Nechama went ahead and signed him up for the Thermojetics® Green Weight-Management Program. "That was a Sunday and by Thursday I was a different man," Allan explains. Within a week, Nechama got on the products too and signed up to be a Distributor.

### **There's a new man (and woman) in town**

The Diaments have changed their lifestyle—for good. Allan lost 37 pounds, while Nechama lost a significant amount of weight. Both husband and wife are ecstatic about the fact that they have been able to slim down and get healthy—all at the same time. Allan is full of energy these days and his blood and cholesterol levels, which were once through the roof, are within normal range. Nechama, meanwhile, says she sleeps better than ever.\*

### **FIT FACTS**

**Food diary:** "Thermojetics® Formula 1 Shake for breakfast and lunch and a sensible dinner. Mainly fruits for snacks."



**Key motivator:** "My wife, my kids—my family."

**Best diet tip:** "Don't deprive yourself," Allan says. "I eat whatever's on my plate, just in moderation."

**Favorite "thin 'n fit" activity:** "Being able to climb the stairs without being out of breath."

**Before: 238 pounds**

**After: 201 pounds**