

*"It's so much fun to go to school and have your friends say 'Hey Amy, you look great!'"*

## 38 Pounds Lost

### Disappointed and unhappy:

Barely five feet tall and 12 years old at the time, Amy Millenbach weighed 168 pounds and wore a size 13, and was finding it harder and harder to participate in school activities. She didn't even feel like running in PE class and was self-conscious about the clothes she wore. Disappointment was just a part of Amy's unhealthy life.

### Creative indulgence:

Then a friend of her mother's told Amy about the Thermojetics® Gold High-Protein, Low-Carb Program. "My favorite part of the program is being able to eat as much as I want, of the right foods of course," says Amy. She quickly discovered unique ways to prepare meals and enjoy the Thermojetics® High-Protein, Low Carb Shake, Drink Mix and Soup. After four months, she lost 36 inches and went down to a healthy size 7/8.

### More self-confidence:

Amy's activities have all become more enjoyable, and her time spent on the stage and in the dance studio is more fun than ever. "I feel much happier with myself," she beams. "It's so much fun to go to school 38 pounds lighter and have your friends say, 'Hey Amy, you look great!' That's the best feeling in the world, to be accepted for just being myself!"\*

### FIT FACTS

**Food diary:** Breakfast/late evening: Thermojetics® High-Protein, Low-Carb Vanilla Shake with High-Protein, Low-Carb Drink Mix added. For lunch, High-Protein, Low-Carb Soup Mix and a small cheese sandwich. Favorite dinner: "My mom's special stir-fry chicken or shrimp with red or green peppers, lemon pepper and melted cheese."

**Key motivator:** "Feeling better about myself and how I look, having more energy and just being healthier!"

**Best diet tip:** "Stick to the Herbalife plan and don't give up, because it does work. Take your tablets and two shakes every day."

**Favorite "thin 'n fit" activity:** "Horseback riding and jumping; dance lessons and dance practice."

**Before: 168 pounds**

**After: 130 pounds**

