

"I'll never need to diet again."

100 Pounds Lost



Eating away the stress

Dianne Ell was a stress eater and with good reason. She was working a middle-management job that kept her busy for 60 to 80 hours a week and candy and junk food made it easier to cope. "I would send the office manager to the candy store all the time and after awhile, I would feel bad and wind up on a starvation diet that only made me gain more weight in the end."

Throwing up her hands

She had tried almost every diet in the book. She went to a hypnotherapist to make herself like vegetables and even tried a diet in which you eat just one food for the rest of your life. Nothing worked and Dianne was frustrated beyond belief, weighing in at 280 pounds and wearing a size 24. "I refused to buy any more clothes and decided to try one more time." This time she tried Herbalife. This time it worked.

Finally something that works

When she first started following the Thermojetics® Green Weight-Management Program she took the products half-heartedly. "I had figured it wasn't going to work either," she explains. But soon she began noticing that it was working. The scale was going down and as a result she stepped up her program. Within five months, she had lost 60 pounds and within a year, Dianne had lost 100 pounds and dropped down to a size 14.*

FIT FACTS

■ **Food Diary:** Formula 1 Shake in the morning with skim milk and Hershey's syrup. Thermojetics® Herbal Concentrate between meals and another shake at lunch. "Dinner ranged from lasagna to pizza to macaroni and cheese, but I found that I got much fuller much faster and didn't need seconds."



■ **Key motivator:** "I hated the way I looked, not being able to sit in certain chairs."

■ **Best diet tip:** "Be consistent and take it one day at a time."

■ **Favorite "fit 'n thin" activity:** "Building a fish pond with my son."

Before: 280 pounds

After: 180 pounds

*The weight-loss testimonials presented are applicable to the individuals depicted and are not a guarantee of your weight loss nor are they typical.