

"I'm finally in control of my weight again."

27 Pounds Lost



The junk-food trap

Doughnuts, birthday cake, candy. All that high-calorie food that makes its way around the office added an extra 30 pounds to Patricia Cavanaugh's frame over the course of 20 years. "When you're sitting in front of a computer all day, you're not moving, but you're eating everything that comes by," she explains.

If all else fails, try again

Patricia had tried to lose weight, but she wasn't having much success. She was doing aerobics regularly, and while that was preventing her from gaining more weight, it wasn't enough to make her lose it. When she learned about Herbalife, she began using the products almost immediately. "I started with the Thermojetics® Green QuickStart Program and eventually started taking Florafiber, Herbal Aloe Drink, Schizandra Plus and RoseOx™."

Feeling groovy

Within the first week on the products, Patricia was feeling more energetic and the weight was just melting off. Within three months she had lost about 30 pounds and four dress sizes! Not only that, but Patricia's overall health improved. Success turned Patricia into a walking billboard so it was natural that she would turn to selling the products. And as they say, the rest is history.*

FIT FACTS

Food diary: Two Thermojetics® Formula 1 Shakes a day—one for breakfast, one for lunch. For dinner: just about anything. "It's like being a kid again. I can eat anything I want."

Key motivator: "The fact that I felt so great on the products."



Best diet tip: "Get started immediately. Whether you want to lose weight, gain weight or get healthy, these products can give you that."

Favorite "thin 'n fit" activity: "I love having the energy to do anything I want to do."

Before: 130 pounds

After: 103 pounds

"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

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