

121 Pounds Lost



Richard before: 271 pounds

“I overcame the ‘failure syndrome!’”

A downward spiral:

You name the diet, Richard Dominguez has been on it. “They all left me hungry and with no energy,” Richard recalls. Cycle after cycle of unsuccessful attempts to lose weight left him depressed, lethargic and suffering from a number of health problems. “I was so unhealthy, I realized I was literally eating myself to death,” he says.

Herbalife pays off:

After seeing his best friend lose 18 pounds on Herbalife’s Thermojetics® Green Weight-Management Program, Richard decided to give weight loss one more try. In October 1999, he began using Herbalife products, even though he had doubts about making it through the sweet-laden holiday season. “At the last party I attended, I was actually able to turn down a piece of chocolate cake with icing, knowing I wouldn’t feel as good after I ate it as I did before,” Richard remarks proudly.

A new man:

“I’ve gone from a pant size 54 to a 32 and have never felt as good as I do now!” Richard proclaims. “I weigh less today than I did when I was a sophomore in high school!”*



Richard after: 150 pounds