

“I was a heart attack waiting to happen.”

“I put on 50 pounds in a year.”

When Terry Baird got married 24 years ago, he put on 50 pounds within the first year. It continued to go up from there and for the last two decades he has struggled to lose it over and over again. “My doctor said I was a heart attack waiting to happen,” Terry says. “I was out of breath all the time. I couldn’t bend over to tie my shoes, and I was really unhealthy.”

“My diet was full of fried foods.”

When he discovered Herbalife’s products, Terry finally found something that worked. The products helped him shed the weight and also provided an education about the kinds of foods he had been eating and the foods he needed to be eating instead. “My diet was full of fried foods that were high in fat,” he explains. “I’ve changed the way I shop and cook, and I eat much healthier now. These days, the fried stuff doesn’t even taste as good.”

“I have energy I never had before.”

Using the Thermojetics® Green Weight-Management Program, Terry has lost a total of 70 pounds. Not only that, but his pant size has dropped from a 44 to a 34. In addition to losing weight, Terry is also enjoying the benefits of better health. “My allergies have disappeared. I sleep better with the products, and I have energy that I never had before,” he declares. “The products have so many advantages that everyone in my family is on them.”*



70 Pounds Lost



Before: 260 pounds
After: 190 pounds

FIT FACTS

Food diary: Two Thermojetics® Formula 1 Protein Drink Shakes a day, Thermojetics® HPLC Bars for snacks and a sensible dinner. “I watched my intake of fried foods, but that’s about it.”

Inner Nutrition Products: Schizandra Plus, Mega Garlic Plus, MentaBalance®, Sleep Now, Herbalifeline®, Florafiber, Herbal Aloe Drink, Advanced St. John’s Wort with Uplifting Herbs, Ultimate Prostate Formula, Male Factor 1000®, Joint Support–Glucosamine with Herbs, Aminogen® and many more.

Outer Nutrition® Products: Pin Stripe®, Herbal Aloe Everyday Shampoo, Conditioner and Body Wash and Skin Activator™ Daily Replenishing Cream.

Key Motivator: “The fact that it was so easy. I had high blood pressure and within 60 days I was totally off the medication.”

Diet tip: “Follow the instructions.”

Favorite “thin ‘n fit” activity: “I couldn’t even walk to the mailbox before I got on the Herbalife program. Now I can do anything I want to do.”