

"We couldn't believe the difference we felt with Herbalife!"

120 Pounds Lost

Weighed down by ill health

For both Zina and Svein Jodestol, excess weight had been a life-long struggle. Says Svein, "After I stopped smoking I gained about 60 pounds. I tried diet after diet, but always seemed to gain back whatever weight I was able to lose. In addition, as a Chief Engineer at sea, I drank a lot of coffee and my health was poor. I had stomach ulcers, allergies and asthma." Zina also had stomach problems, and although she was always athletic, her healthy appetite caused her to carry about 20 excess pounds.

Slim and healthy

When Zina and Svein discovered Herbalife, they couldn't believe the difference they felt. In a matter of months Svein slimmed down to his ideal weight. Zina also lost her excess weight and has been able to keep it off for five years. "My skin cleared up and my stomach problems were over in a few weeks," enthuses Zina.

Sharing their success

Today Zina and Svein enjoy running their Herbalife business together and helping others achieve weight-loss success. Says Zina, "I am always excited when people call and tell me how great they feel or how much weight they've lost. The results of our customers excite us far more than the financial rewards of the business!"*

Fit Facts:

Food diary: Formula 1 Shake for breakfast and lunch. An apple or nectarine mid-morning and baby carrots with raw white cabbage for an afternoon snack. Vegetables and salmon for dinner.

Key motivator:

Zina: "To look and feel better and wear beautiful clothes."

Svein: "To improve my high blood pressure and poor health."

Diet tip: Cut out starchy foods like bread, potatoes and pasta.

Favorite "thin n' fit" activity: Climbing stairs instead of taking the elevator. Walking when we pass out flyers together.



Before: 243 pounds
After: 143 pounds



Before: 134 pounds
After: 114 pounds