

Weight Loss Testimonials

Lost 22 kilos in 4 months!

"I had tried many different diets in an attempt to lose weight, all unsuccessfully. It wasn't until I tried the Herbalife Weight Management programme that things started to look up. As a result of losing 22 kilos in 4 months a lot of my health problems disappeared and my stamina went through the roof. I now look and feel great. Most of my old friends do not recognise me any more. I have kept the weight off for over a year. Thanks Herbalife."*



BEFORE 130 kilos. . . NOW 94!

"I used to be 130kg of lumpy man. When I sat down in my swimmers my stomach looked hideously large. I had tried to lose weight by exercising for at least 50 minutes each day, but none of this seemed to work. I then heard about Herbalife and went along to a meeting. I soon started the Herbalife Weight Management Programme and weight literally started dropping off me. I went on to lose a total of 36 kilos in 9 months and have successfully maintained my weight now for over a year. Thanks Herbalife I feel fantastic!" *



BEFORE 101.2 kilos. . . NOW 69.2 kilos!

"At the stage where I was unable to play with my 2 year old daughter, I was wearing a size 24 and weighed 101.2kg. Thankfully Herbalife entered my life and I started using the Herbalife weight management programme. My stamina began to increase whilst my weight and size began decreasing. I happily look back at the amazing results that I have achieved by being on Herbalife. I lost 25kg in 28 weeks and a total of 32kg overall. I have come down from a tight size 24 to a comfortable size 12. Yo-Yo dieting is a thing of the past, now that I know what works. Thanks Herbalife."*



BEFORE 107 kilos. . . NOW 57 kilos!

"Two years ago I weighed 107 kilos causing me to be very sick and always feeling run down. I had gone to nine doctors in this time and all of them came up with a different theory. I did not know who to trust and my self esteem was at an all time low. My concerned parents suggested I trial the Herbalife products. Sceptically I began the Herbalife programme and after a period of 12 months, I have lost an amazing 50 kilos. Thanks to Herbalife I now weigh 57 kilos, have a husband, a new career and I can dream again."*



BEFORE Ron: 91 kilos. . . NOW 72 kilos!
BEFORE Lidia: 70 kilos. . . NOW 53 kilos!

"We spent years carrying excess weight and not really enjoying life to the fullest. When a friend told us about Herbalife, we initially said 'No.' Thanks to her persistence, we finally decided to try the Weight-Management Programme. I have lost 19 kilos, taken off four inches from my waist and feel fantastic.

Lidia lost 17 kilos, went from a size 18 to a size 12 and weighs the same as she did in high school. And best of all, we've kept the weight off for nearly four years! We wish we had tried this amazing programme earlier."*



BEFORE 98 kilos . . . NOW 70 kilos!*

Before turning 25, Laurelle Jasper suffered some health challenges. 'I weighed 98kgs,' explained Laurelle. 'My quality of life was not so great, also working long hours, I was always tired.'

'I was looking on the internet for home based business opportunities and came across Herbalife. I decided to try the products, because I know products are the key to a successful business. I lost 9kgs in my first eight weeks. I went on to lose 28kgs over 24 weeks, dropping from a size 14 -16 to a 10 -12.'

'I started on the Advanced Programme at the end of February 2003 and the second month I upgraded to the Ultimate. By the third month I was taking all the targeted nutrition products as well. I was looking to lose as much weight however I never imagined the health benefits that would come along with my weight loss results.'

'I felt like exercising after a month, and started playing netball again after 10 years. I actually started craving "healthy" foods! It took me six months to lose my weight and I still take Herbalife everyday for good health.'

'Coming from a small town, I literally had people chasing me up the street, asking me what I was doing. My new goal is to re-shape my body with the new ShapeWorks™ products. Come summer I will have the confidence to wear my new bikini!'



BEFORE 85 kilos . . . NOW 70 kilos!*

Nicole Zwedin always prided herself on her slim figure, which she had little difficulty in maintaining. But weight management became an unexpected problem while she was pregnant with her first daughter. 'Before my pregnancy I weighed 50kg and was very slim. During my pregnancy I put on 30kg.'

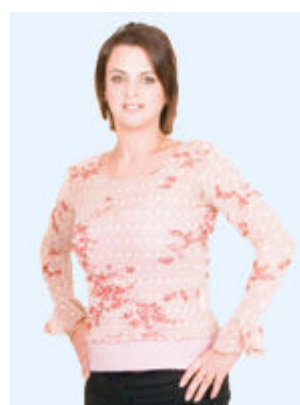
'Afterwards I managed to lose about 5kg by cutting down on food and attending a well-known diet clinic, however I seemed to be always losing the same 5kg and then putting it straight back on again.'

'When I returned from a family trip in April last year, I was looking at my photos and I was shocked and disgusted at how I looked. This started my serious search for a solution.'

'An ad about Herbalife looked promising so I called for more information. My weight at the time was 85kg. I lost 3kg in short time and was very happy! My weight loss continued each week and I felt really good about myself.'

'Before I started Herbalife I didn't have the energy to do anything. Now I have more vitality and stamina than ever and feel so much happier about myself. I go on walks with my two girls. I play netball twice a week and my sister has even asked me to go to the gym with her.'

'After four months on the Herbalife programme I had lost 15kg and dropped from size 16 to size 12. My goal is to reach size 10, and I only have five more kilos to go! I feel fantastic and have a lot more zest for living'.*



Instant Herbal Beverage + Celular Nutrition (Shake F1, Protein, Formula 3) & (NRG & Tang Kuei)

Before Herbalife I weighed 90kg and was a size 14, was always lethargic and depressed. I started taking the basic products (Formula 1 and Herbal Beverage) and felt a lift in my energy straight away. I lost 13kg in 12 weeks. I upgraded to use the protein powder and targeted supplements (formulas 2, 3, & 5, NRG, Herbalifeline and Tang Kuei) and lost a total of 34kg and 76 cm of body fat and I reached my goal weight within 9 mths! I have easily maintained my weight for the last 3 yrs. I now weigh a healthy 56 kg and am a size 8. I have SO much energy and have never been so happy.

How did you use these products? 2 x F1 & Protein Shakes, 3 or more thermo Instant Beverage a day, 3 x supplements, and NRG and Tang Kuei as needed.

Time frame to get result: Immediate and ongoing

ShapeWorks Protein Plus Starter Program - Saira

I found it difficult to shift my weight and I could not stop my cravings for sweet things, biscuits, ice cream etc. Now I don't crave them anymore and what's more I have lost 4kg in 2 weeks. An impossible task!! :)

How did you use these products? For Breakfast and Lunch

Time frame to get result: 2 weeks

ShapeWorks Protein Plus - Tanya M

I have only been on Herbalife for 5 weeks now and in that time I have lost a total of 5.8 kg and 25cm. I have a lot more energy which is needed for looking after a 7 month old baby and I owe it to these wonderful products.

How did you use these products? For Breakfast and Lunch

Time frame to get result: 5 weeks

ShapeWorks Protein Plus - Tanya F

It has only been 10 days since I first starting taking my shake and by the 7th day I had lost a total of 9cm of my body fat. I wasn't looking to lose weight I just wanted to feel better and by the tenth day I had so much more energy, I don't feel tired anymore and the bonus is I can see my body starting to physically shape up. It's amazing...

How did you use these products? For Breakfast and Lunch

Time frame to get result: IT'S ONLY BEEN 10 days

ShapeWorks Protein Plus - Sonelina

I have been having two Shapeworks meals since the products were introduced. I had already lost 12 kilos on Formula 1 before and reduced 2 jeans sizes. Since the introduction of Protein Powder, I lost 2 more kilos and another jeans size. I am ecstatic.

How did you use these products? Replaced 1 to 2 meals per day with Shakes.

Time frame to get result: Long term maintenance

Weight Loss and Menstrual Cycles (11/4/2002)

Chris and Rachelle Johnson - Grand Rapids, MI, USA

Before Herbalife we didn't have much energy and we were steadily gaining weight. Rachelle was diagnosed with Polycystic Ovarian Syndrome which contributed to her lack of energy and weight gain in addition to stopping her monthly cycle. This condition would make it very difficult for Rachelle to ever get pregnant.

In early July 2002, we started using Herbalife's products. We have gained incredible energy, cleared up some minor health problems and Rachelle has lost 34 lbs. and Chris has lost 28 lbs. In addition, with the help of Women's Choice, Rachelle's condition has dramatically improved and she is back on a regular cycle. We can now anticipate starting a family. Due to our unbelievable results we decided to start our own Herbalife business in August 2002 in order to help other people as well

Weight Loss 42kg, Blood Pressure

12 Oct 2006

Hi, my name is Lyrinda and before I began on this weightloss program I weighed at my heaviest 130 kilos, I struggled to walk long distances, my breathing was always labored, I had very high blood pressure and absolutely no energy.

In order to try and correct my health problems without taking medication I decided to try again to lose weight even though I had already given most other weight loss programs a go with little or no success. My sister suggested I try this weightloss program.

I felt a difference within days on the program, I started to wake up before the alarm clock, had no trouble finding energy to do the housework (yuk) and I stopped suffering from hot flushes due to the high BP.

Now my BP is at a much more acceptable level and I have so much more confidence in everything that I do

The best part is I was able to lose 42kilos and drop 4 dress sizes. Which I have easily maintained for 18 months. Now I am back on this program to lose my remaining weight. In less than 1 month I have lost 5 kilos and dropped a further 17 cms off my overall body shape

Now my friends and family always ask where the other half of me is. Before buying my new wardrobe my work pants were so loose that I could take them off without undoing the button and zip.

Lost 130cm Body Fat / Amazing Health results

4 Dec 2006

Karinda Smith's Testimonial

Before Starting Herbalife I weighed 95 kilos & wore size 22-24 (At my largest I've been 107kg & size 24) Over the past many years I've suffered from: Irritable Bowel Syndrome, Thrombophilia (blood clotting) Polycystic Ovarian Syndrome, Fibroids, and various Cysts (including brain) A blood condition that causes heart-attacks and strokes. Anaemia, Fatigue and Insomnia, Degenerative discs in spine and painful arthritis in hips. Debilitating Migraines (with loss of eye sight and/or vomiting). Multiple miscarriages (losing 4 babies in 3 years) Depression Erratic & excessive periods (2 years without, then 9 weeks straight etc.)

I was treated with: Surgery, Hormone Replacement Therapy, Fertility Treatments, Aspirin (blood thinners), Inderal, Hormone Injections, Acupuncture, Anti-depressants, & constant efforts to lose weight with little to no result.

The action I took I started using Herbalife's Ultimate Program in the last week of March, 2006. Eventually adding all targeted 'cellular nutrition' supplements in April. The results I got I had a massive boost in ENERGY by day 3, which I still enjoy every day! IBS is under control (making more fruit-based smoothies + fibre) I'm sleeping better and less stressed & anxious (Tang Kuei) I've had NO migraines! And my arthritis hasn't bothered me (Joint Support). My anti-depressant medication has been halved. My iron levels have improved to where I am no longer classified Anaemic. Blood condition reduced in severity & not needing ANY medication (only 3 wks. after adding all targeted supplements). Haematologist is impressed!!! Periods are now regular and without severe pain! (Tang Kuei) Reduced my dress size from 22-24 to size 14-16, and still losing. I've lost 22kgs in 7 months, and a whopping 130 cm of body fat! I have so much more ENERGY & confidence. I feel FANTASTIC! THANKYOU HERBALIFE! Never again will I have to worry about my weight, and I now have control over my blood & hormonal conditions that have plagued me for years! I LOVE HERBALIFE!

Weight Loss, Energy, Glandular Fever

6 Aug 2006

At 23 years of age I was still experiencing the fatigue symptoms of Glandular Fever, which I was diagnosed with, at the age of 16 and again at 17 ½. This meant I needed 1-2 hours sleep every afternoon as soon as I arrived home from work, to recharge my body. I was also carrying some extra kilo's that I wanted to lose to improve my looks and self-confidence.

Within days of starting my Herbalife program I notice I had more energy. By the end of the first week I had lost 1 kilo and 11cm's of body fat. After 3 weeks, I had enough energy for an entire day and I didn't need afternoon naps to recharge my body. My Glandular fever symptoms finally disappeared after 6 years!

After only 7 weeks I lost a total of 7 kilo's & 37cm of body fat (without exercising or feeling restricted about what I could eat). I dropped 2 dress sizes, from size 14 to size 10 and felt FANTASTIC! It is so great to have enough energy to live a normal life and look great at the same time. I have now kept the weight off for over 12 months. Thank you Herbalife for giving me my life back!

Regards,

Katie Chatfield

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



For more information or to order products contact:

Jayne Saddington – Herbalife Independent Distributor

PO Box 206, Lilydale, TAS 7268

0407 325 291 – j_sadd@bigpond.com

Order products directly online with secure payment options:

www.myherbhealth.com