

Pregnancy Testimonials

IVF to Pregnancy

I am writing to explain, on behalf of my family and myself, what my experience has been with Herbalife products.

My husband and I have been trying to have a child for 7 years and were unable to. I have been in and out of doctors and naturopaths offices for years. The doctors finally did some tests and found that my thyroid glands were not operating effectively but could not treat me as my hormone levels were normal. I was so tired and always feeling sick. Life was very depressing. I had a lot of stress and worry due to my 9-year-old son having a brain tumour. I spent a lot of money on medical bills, then I met Carleen and all it took was an 18-cent phone call, better than a \$95.00 doctor's bill.

I was introduced to Herbalife products and as everything else I had tried had not worked I was very sceptical. I tried it and WHAT A PRODUCT.

Carleen said to give it 3 months to get into my system as I was pretty run down. I was on Herbalife for 3 weeks when I was jumping out of bed and starting my day by walking 6km every morning and feeling great.

My bowels had not been working properly yet now it's normal to go each morning. I was happy to have my health back. I was once very fit as my job (martial art instructor) kept me fit.

Then one morning I got out of bed, got my children ready for school and I was feeling a little funny so didn't go for my walk thinking I might have overdone it.

Much to my surprise I was pregnant. After losing 4 babies in 12 months, I didn't get my hopes up because my husband and I have been through IVF, naturopaths, doctors, and gynaecologists and still nothing. I continued with Herbalife and went to my GP. He took a lot of tests and said everything was perfect. Leaving his office, totally blown away with the news, I spread the news to the whole world I was so happy.

It is now 10 months later and I sit here as I write this letter looking down at my gorgeous little girl, Darien Angel. She is so perfect and fills our hearts with so much love and joy.

I went through a rough time at delivery as I had a C-section and I was allergic to the spinal tap. Now I am home and back on Herbalife and each morning I can feel myself getting better. So, I would like to say your product really does work in every area of my body. Thank you for your miracle product as it has changed my direction in life and I would never give it up for anything.

Thank you. Karen McDowell.

PS. enclosed is a photo of myself and Darien, my Herbalife success baby.



Kristy Manly

I originally began taking Herbalife in April 2005. My aim was to lose weight but two amazing things happened also. Firstly, after 8 years of taking antidepressants (of varying amounts) and suffering from Anxiety/Panic attacks, I was tablet free and had never felt better. No more days where if I missed a tablet I wound up feeling light-headed and ill. Instead I experienced a change in my energy levels and went from needing rests on the weekends to being able to work full-time and still come home and be "Mum". My family also commented that they had never seen me so balanced in my moods.

Secondly after three years of not taking "the pill" and not falling pregnant, I also found my health was so good I had finally fallen pregnant. My happiness was short lived as I miscarried, but good news was just around the corner and in August 2005 I found out I was pregnant again. I already had two healthy boys at home and remembered just how much weight I had gained (especially with my second child - up to 30 kg) during pregnancy.

Determined not to put on this amount of weight again, I continued with my Herbalife and made a conscious decision to eat healthily also. This time around I only put on 11kg throughout the pregnancy. My third son was born on 18 April 2006 and was in perfect health. I was back to my pre-pregnancy weight within 4 weeks and have since lost another 2 kg. My two older boys had both been very jaundice at birth whereas this time my third had no hint of jaundice at all. I believe this is a direct result of having taken Herbalife throughout the pregnancy.

I believe Herbalife has been the best thing to happen to me in a long time. My thanks and gratitude to Bob Taylor, for introducing me to "the world's best kept secret" and his never ending support over the past year. I look forward to taking my next step and building a successful business with Herbalife.



Donalie's Story

Down 1 dress size in 1 month... heaps of energy...PLUS a successful pregnancy!

Hi! My name is Donalie Hayes.

I am 33 years old and I live in South Headland, Western Australia.

Before Herbalife, my baby son was 3 months old, I was tired all the time, I was steadily putting on weight, and as a breastfeeding mother was struggling with a seesaw milk supply.

I started on the Herbalife Quickstart program and I felt the difference straight away.

I immediately gained heaps of energy, my breast milk supply improved dramatically and stabilised, and to my delight I lost 5 kg in 6 weeks.

I went on to lose 7kg. I am now a size 10 and I haven't been this size since I was 18 years old.

I feel fantastic!!

MY NEW STORY!

But for me, the most wonderful thing about Herbalife is the results with my health. I had pregnancy problems before Herbalife.

Our son was my seventh pregnancy. Prior to this I had 5 early miscarriages and the stillbirth of a daughter at full term.

I had been on the Herbalife products for 7 months when I fell pregnant with our third child.

I am now 6.5 months pregnant, I did not miscarry, and to date it has been my healthiest, completely problem free pregnancy.

I believe it is thanks to the wonderful nutrition provided by the Herbalife products that I have managed to conceive and successfully carry this baby.

LORETTO BEFORE HERBALIFE



Hi my name is Loretto Ocariz and I'm from Perth, Western Australia.

Before Herbalife, I was overweight, tired, stressed, rundown, suffered with asthma, allergies, cellulite, cold sores, headaches and actually managed to go to the gym 5 times a week.

In more detail... I had always been quite a fitness fanatic, going to the gym about 5 times a week. Being of Spanish decent, I love my food and had never been prepared to give it up, so figured I'd balance it out by exercising.

This had worked for years, but in the 6 months prior to Herbalife, it had stopped working, I just seemed to be getting bigger and bigger and needed to do something about it.

Luckily enough I stumbled across Herbalife..... When I started on the Ultimate programme, I was 67kgs. I'm only 5'2, so I was quite big for my height.

So in my first week – I lost 4kgs.

Then I went on to lose 12kgs in 12 weeks, and reach my desired weight of 55kgs.

I have now maintained that weight for over 12months, and in that time have actually shed a couple more kgs. My weight now hovers around 51 – 52kgs.

I dropped from a dress size 14 to a size 8

All my CELLULITE – disappeared!!! And I had a lot of it to start!!!

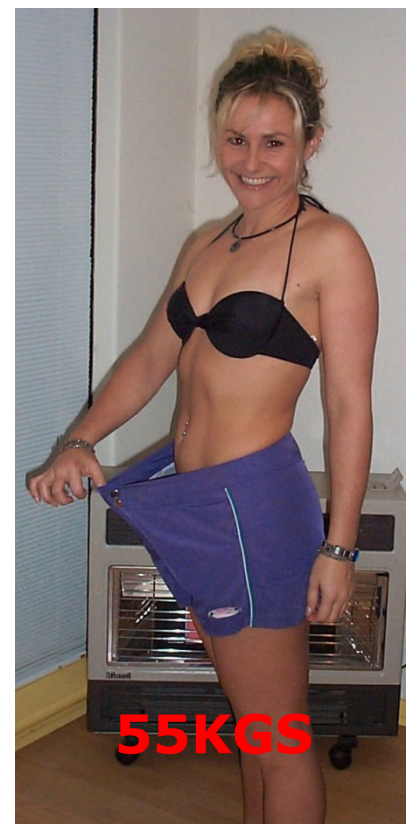
The impressive thing I have found though, is not the kgs I've lost, but the reshaping of my body. Unfortunately (being a little skeptical at the beginning) I did not measure myself to start, so do not have exact figures, but this is where I am amazed! My body has reshaped itself to my ideal shape – which I have never had control over before.

In my time on the programme, I actually stopped going to the gym totally. Not intentionally, but because I was trying to get our business started. Amazingly, the weight was just falling off me, so I didn't hurry back. Now I just walk my dog for exercise!

I wish I'd found this solution years ago, it's a lot easier than strenuous exercise. I've now outgrown my whole wardrobe and will have to buy myself a new one – what a shame, an excuse to go shopping!

And briefly some of my other results...

LORETTO AFTER



I used to suffer with really bad allergies, sneezing all the time, itchy mouth, ears & throat (and had to take antihistamines every day) – that's now cleared up.

I no longer use my asthma inhaler or my Seretide Accuhaler. I have not needed to use these in since June 2002!

I was always really tired, falling asleep on the couch just after dinner – now I am up till about midnight every night and still get up early and feel great all day.

I have not had a cold sore or a headache since using Herbalife.

My energy has definitely increased and I definitely no longer suffer with stress like I used to!!!

My skin, hair and nails have definitely had a major positive improvement – my nails are long and hard, my hair is soft and healthy and my skin looks like I am years younger!!!

On top of all that, I was diagnosed with Polycystic Cysts on the ovaries, having a 10.5 reading of a hormone called Androstenedione. I doubled up on Tang Keui & Aloe Concentrate, and 3 months later when I got re-tested, the level had dropped to 5.5 and the cysts had gone!!!! Since then I have actually fallen pregnant naturally and continue to take the products and feel great!

So all in all, I feel fantastic all over, inside and out, and everyone I know is constantly telling me on a day to day basis how young and fantastic I am looking. It's a fantastic feeling – I feel and look better now than I did at 16!



Infertility and Pregnancy (5/16/2002)

Barbara Falke - Rodgau, Germany

4 years ago I was diagnosed with infertility. I then went through a hormone therapy and became pregnant following an in vitro fertilization. The pregnancy was okay, however, I suffered from diabetes, slept through almost seven months of my term, retained water, so that my feet grew by 3 sizes and delivered my beautiful baby girl (who is now 2 1/2) by caesarian section.

It was a horrible experience - I was in so much pain that I couldn't leave my bed for 3 days and it took me altogether about 2 months to recover. We were so grateful to have this child and never thought to have another one because of my condition.

18 months after my daughter was born I started the Herbalife weight loss program, lost 12 pounds in 6 weeks and got an incredible energy boost. I continued the program because I felt so good and then got pregnant again (without any medical support this time)!

It was an incredible surprise. I found out about the pregnancy at the beginning of the fourth month and continued taking the products throughout the entire term.

I had 3 - 4 shakes during the day, ate 3 regular meals plus small snacks, took formula 2 and 3 as recommended, tripled formula 4 (3x3 a day) to control the water and keep the skin smooth while my belly was growing. Furthermore I took Herbalifeline 3 x 3 a day, Cell Activator as recommended, vegACE, Q10, aloe to keep digestion going and Thermojetics tea once a day.

My second pregnancy was just the opposite of the first. I was energetic to no end so that I continued my life as if nothing was different. 6 - 7 hours of sleep were sufficient and I worked until the day of delivery, which was again a c-section.

I had another beautiful baby girl and four hours after the c-section I had my first shake and was able to get out of bed only eight hours following the operation! After that recovery was smooth sailing - I could've left the hospital after 4 days but here in Germany we have the luxury to stay in hospital for a week following a caesarian. When I got home everything went right back to normal. I'm breastfeeding now taking about 3 shakes per day and I have just about lost all of the weight I've gained during pregnancy (about 24 pounds).

It's incredible and I'm very grateful for these products who have changed my life tremendously and have given us the greatest gift ever!!!!

[follow-up note from 5/16/2002]

My second baby was born Feb.20, 2002, following a wonderful Herbalife pregnancy and 1-week recovery after a cesarean section.

I'm breastfeeding and using all products, i.e. 3-4 shakes using double recommended amount per day plus protein powder, F2 - F4, green and beige, Thermo tea, Herbalifeline, Cell Activator, 2 protein bars, soy beans, lots of water with aloe concentrate and one balanced meal.

I have reduced all my pregnancy weight without effort and feel absolutely terrific. My belly today is firmer than it was before my very first pregnancy (even though I haven't had time to start exercising yet). My baby-girl is growing wonderfully and she sleeps 10 - 12 hours in one stretch every night. This is rare for babies who are only being breastfed. Herbalife is fantastic and I feel and look better today than in my mid-twenties (I'm turning 38 shortly).

I've also attached a picture of my baby Nora (who accompanies me to every Herbalife event) and me with Dr. Larry May at the Doctors' tour in Germany, April 2002.



Shelley's Pregnancy Story (5/16/2002)

Shelley Nicol - Brandon, Manitoba, Canada

Hi! My name is Shelley Nicol and I'm from Brandon, Manitoba Canada.

Before Herbalife I was 25lbs overweight, suffered from daily chronic headaches, frequent migraines, depression and irregular menstrual cycles which all added up to using fertility drugs to get pregnant with our first two children and suffering through two miserable pregnancies.

Our family life was controlled by my body's ups and downs!!!

Within two weeks of being on the Herbalife Ultimate Program I lost 10lbs and went on to 20lbs in 6 weeks, which was great. The really awesome part is that within a week my daily chronic headaches were a thing of the past, I haven't had a single migraine in the 11 months I've been on the products, my depression lifted more in the first 4 weeks on the products than it had in the previous 4 months and after 10 weeks on the products we got pregnant with our third child naturally. After a healthy pregnancy we gave birth on July 17th 2002 to a healthy baby boy.

Thank you Herbalife!

Pregnancy and Nursing

6 Aug 2006

I originally went on the Herbalife products 2 ½ years ago, for energy and good nutrition. I was working three jobs at the time and had three children. I was tired and stressed with this taking a toll on my health: I had dermatitis, eczema, stomach problems and visits to my doctor started to become more frequent. After a couple of days on the Herbalife products I found my energy had lifted and was even throughout the day - no more 3pm snoozy periods!

After a few more weeks I noticed my irritable bowel symptoms had started to clear up for the first time in my adult life. My skin cleared up and became less sensitive. I felt great. I got pregnant with my 4th child late last year and continued to take the products for good nutrition and energy. I found the products magic for those days when I just did not know what I felt like - a formula one shake was perfect. I was able to maintain my health and energy throughout the pregnancy, getting none of the colds and flu's that were going around. Our baby boy was born 9 weeks ago - a beautiful 9lbs 13ozs (4.5kg) baby -and is already at the top of the baby growth charts. Totally breastfed, he has gained a steady 200-300gms per week since birth, including the first week, when most babies usually drop below their birth weight. I feel good knowing that our baby is getting the best nutrition possible.

I have recovered quickly and despite breastfeeding I have great energy every day and have almost regained my pre-birth figure without having to risk my milk supply by dieting! Pregnancy, childbirth and breastfeeding can be one of the most taxing times on a woman's body. I am so grateful for the Herbalife products and wish I had had them when I was having my other three girls

Jen Millage - Wellington, New Zealand



For more information or to order products contact:

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Order products directly online with secure payment options:

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