

Diabetes

Diabetes Testimonial - Rhonwen's Story – I feel fantastic

I started on the Herbalife nutritional supplements when we started in the business. I really didn't think I needed them. I was happy with my weight, and having been a very well-controlled diabetic for 30 years, I considered my diet to be very healthy and nutritious. I was tired and rundown, but everyone around me was tired and rundown, so I thought that was normal.

I took the products, and to my delight I lost 5 kilos, an old knee injury resolved itself and my cholesterol level came down.

As I mentioned above, I have had Type 1 (insulin dependent) diabetes for over 30 years, and while my control has been good for many years now, I can state categorically, that the Herbalife program fits in extremely well with my dietary routine. The nutrition panel enables me to determine exactly how much insulin I need for each meal, and the Formula 1 has a low glycaemic index – which is a perfect addition to my diabetic diet.

I take all the Herbalife products, because I have come to realize that we don't get anywhere near the recommended daily allowance of vitamins, minerals, fatty acids and protein etc in our regular diet. When I get episodes of reflux or colic, I have a serve of aloe juice. Within 20 minutes of drinking it, my digestive system is totally comfortable and the burning sensation or bloating totally disappears. My favourite product is the Flora Fibre, which I take to boost my immune system, and I attribute to keeping me cold free every winter.

The best thing about taking the Herbalife products is the incredible energy lift I got within a week of starting on the program. I now sleep 2 hours less a night than I used to, and I hardly ever get sick. Herbalife has literally given me more hours in the day, and I feel FANTASTIC.



** 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