

Radha Turnbull

50 Pounds Lost

Weight Loss of the Month

“For the first time in my life, I am thin!”

“My weight was a laughing matter.”

Radha Turnbull suffered a lifelong struggle with weight and depression. A “chubby kid,” she endured classmate taunting. “They called me thunder thighs and runny nose because I had allergies,” she remembers. She combatted her depression with food. “I became the family food disposal who devoured whole trays of comfort food,” she recalls.

“Product results are the most important thing.”

Radha had tried various demanding diets and exercise with little or no results. Then she answered an Herbalife work-at-home ad in her local newspaper—and transformed her life. Following the Thermojetics® Green Weight-Management Program, she dropped from a size 16 plus to a size 6. “I didn’t understand Cellular Nutrition®, but my body did!” she says.

“I am living the life I’ve always wanted.”

Along with losing her taste for fatty foods, Radha has noticed fewer problems with acid reflux due to weight loss. She’s still called names, but now they are words like “beautiful and gorgeous,” she laughs, “and that’s okay because inside and out, I am finally in control,” she says. “I am happy, energetic, 50 pounds lighter and Have a better sense of well-being, thanks to Herbalife!”*



FIT FACTS

Food diary: **Breakfast:** Thermojetics® Formula 1 Protein Drink. **Lunch:** A Thermojetics® Formula 1 Protein Drink. **Dinner:** “I eat lean foods, whatever I want.” **Between-meal snacks:** “I keep Thermojetics® HPLC Bars on hand.”

Inner Nutrition: Schizandra Plus, Herbal Aloe Concentrate, Thermojetics® Formula 3 Cell Activator®, Thermojetics® HPLC Soup Mix

Outer Nutrition®: Herbal Aloe Everyday Shampoo, Conditioner and Soothing Hand

& Body Lotion, Mystic Mask, Nature’s Mirror Cleanser, Toner and Moisturizer, Skin Activator® Daily Replenishing Cream, Radiant C™ Daily Skin Booster

Key motivator: “I wanted to live my life without being depressed.”

Diet tip: “Stick to your products every day.”

Favorite “thin ‘n fit” activity: Walking, aerobics, tennis. “I am very active now. Plus I have the stamina to chase my kids, and that’s a good thing!”



Before: 175 pounds

After: 125 pounds

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