

Weight Loss of the Month

Cecelia Minton

22 Pounds Lost

“Herbalife works for everyone!”

Her weight sapped her confidence

Depressed and unsuccessfully juggling two jobs as a computer consultant and a cosmetics salesperson, Cecelia Minton had no time for herself or her family—and no confidence. “I was so self-conscious about my weight and looks, I could not approach anyone to sell anything,” she recalls. “I had two children to support, and I could not do either job.”

She had one last hope

Cecelia had tried commercial weight-loss plans but found them too exclusive, too restrictive, too slow, too workout-oriented—and too ineffective. But after her mother trimmed down using Herbalife products, Cecelia decided to make one more attempt.

Success was immediate—and lasting

“I lost both pounds and inches in my first week. My energy went through the roof and I gained a whole new attitude!” she remembers. Cecelia dropped from a size 14 to a size 8, which she has maintained for three years. “With Herbalife, I can continue to eat the same foods I love, but prepared more nutritiously. And carbohydrate cravings are a thing of the past,” she relates.

More with less

“Herbalife makes you think big, but in a smaller body,” she enthuses. “I am living proof that the products work for everyone.”*



Before: 157 pounds

After: 135 pounds

FIT FACTS

Food diary: Breakfast: Thermojetics® Formula 1 Protein Drink with oatmeal. Mid-morning and afternoon snacks: Fresh fruit and vegetables. Lunch: A Thermojetics® Formula 1 Protein Drink. Dinner: “Anything I want.”

Inner Nutrition: Herbalifeline®, Schizandra Plus, Extreme C, Ocular Defense Formula, Thermojetics® Yellow, N-R-G.

Key motivator: “I wanted results fast without having to give up the foods I like. That’s what I got with Herbalife.”

Diet tip: “Eat carbohydrates before lunch and drink lots of water.”

Favorite “thin ‘n fit” activity: “Aerobics. As an instructor, I can easily showcase the connection between exercise and Herbalife.”

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