

weight loss of the month

"I just turned 58, and I feel like I'm 40!"

Overweight and always tired

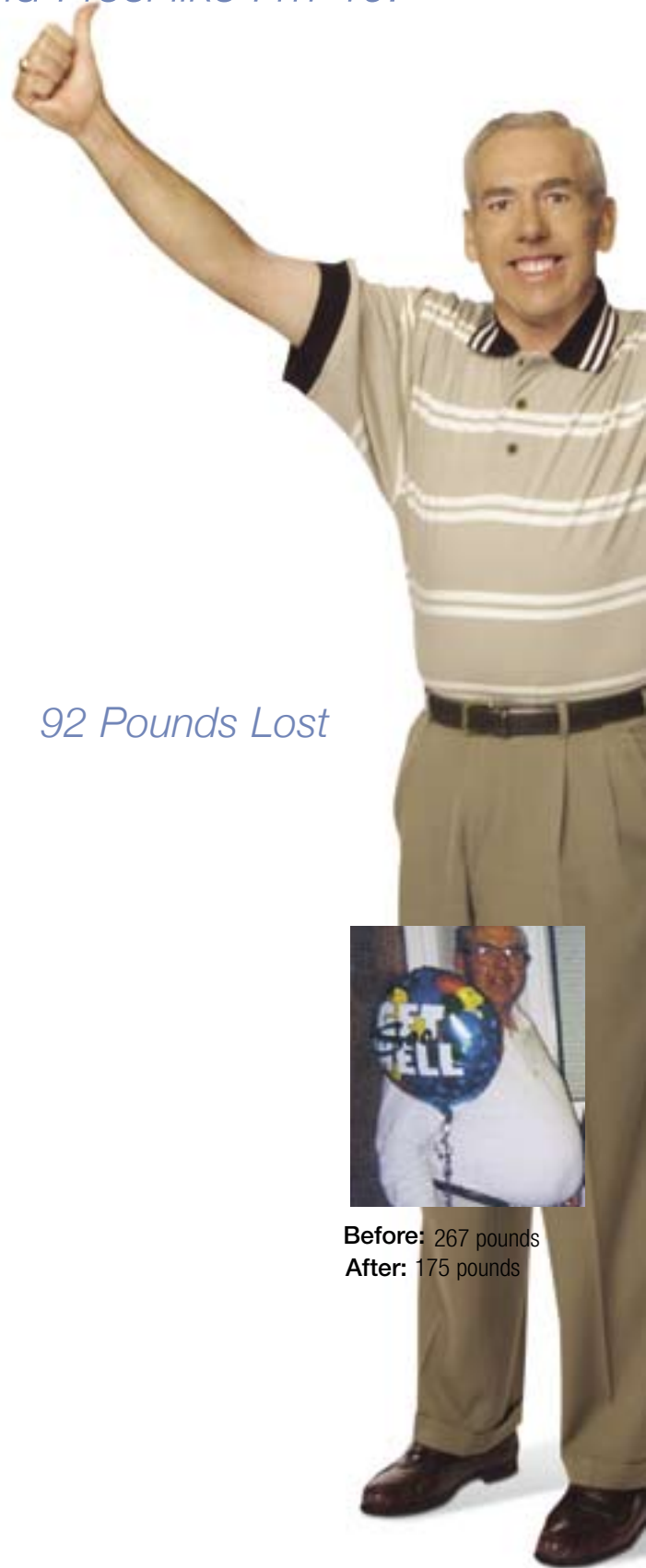
Ron Garrett's friends were growing concerned with his weight when they introduced him to an Herbalife Distributor. Ron was overweight, always tired and had numerous health problems including high blood pressure, acid reflux, sleep apnea and constant back pain. "I had assumed my poor health was all part of the aging the process," Ron explains.

Finding good health over 50

Though Ron had tried to lose weight in the past, it always came back. After discovering Herbalife, however, Ron not only believed that he found the solution to losing weight and keeping it off, he came to realize that growing old and becoming unhealthy don't have to be synonymous. "It's not necessary to be unhealthy just because you're over 50," Ron explains. "You can still be healthy and feel great."

"I'm medication free."

Over the course of nine months, Ron lost over 90 pounds and trimmed nearly 10 inches off his waist with the Thermojetics® Green Weight-Management Program. As a result, his doctors took him off the medications he took for his bad back and acid reflux, and the high blood pressure pills he had been taking for 30 years. "I've kept off the weight for over two years," Ron says, "and for the first time in a long time I'm medication free!"*



92 Pounds Lost

FIT FACTS

Food Diary: Two Thermojetics® Formula 1 Protein Drink Shakes a day, a low-fat dinner and a fruit snack. "Tuesday mornings I indulge in a pastry with everyone else at the office."

Inner Nutrition Products: Active Fiber, CarboGuard®, Cardio ToconOx™, Florafiber, Xtra-Cal™, Male Factor 1000®, Joint Support–Glucosamine with Herbs, Optimum Performance™, Thermojetics® HPLC Soup Mix, Thermojetics® HPLC Roasted Soy Nuts with Cardia® Salt and much more.

Outer Nutrition® Products: Mystic Mask, Skin Activator™ Daily Replenishing Cream, Radiant C™ Daily Skin Booster and Face Quencher, along with the full line of Herbal Aloe products.

Key motivator: "I had only one suit I could wear and only two pairs of pants that fit."

Diet tip: "If you want to be different, you have to change your lifestyle."

Favorite "thin 'n fit" activity: Golfing. "I used to ride a cart, but now I walk the whole course."

Before: 267 pounds
After: 175 pounds