

# Deborah Ann Myers

## Nothing could stop the weight:

Deborah Ann Myers not only gained weight while she was pregnant, but continued gaining after her children were born. "I had always heard you lose weight breast-feeding, but I gained it! I weighed 138 pounds while I was pregnant and 165 pounds afterwards," says Deborah. "I was a size 16, with increasing health problems. I had tried running and dieting to lose the weight, but I have bad knees, and I was so tired and hungry all day."

## Relaxing and losing weight:

Deborah noticed an Herbalife catalog at a spa. "I called for information right from the relaxation room!" laughs Deborah. "I felt more energized the first week I tried the products, and the weight really started peeling off in the third week. Within two months I dropped most of the weight— now I wear either a size 4 or a size 6."

## An Herbalife Lifer:

Using Herbalife's Thermojetics® Weight-Management Program really helped Deborah improve the quality of her life. She has kept the weight off for over six months and feels healthier than she has in years. "I just love the products—I drink my shake in the morning, and I'm able to eat meals without gaining the weight back," she adds.\*



Deborah Ann before: 165 pounds.



Deborah Ann after: 116 pounds.