

"I can now fit into my teenage daughter's prom dress."

101 Pounds Lost



Beth after:
130 pounds

Overweight and miserable:

After four pregnancies, Beth Hamilton's weight reached an all-time high. "I had smoked for 20 years and when I gave it up, the weight just piled on," recalls Beth. "I didn't want to be fat, but I didn't want to risk using dangerous prescription diet drugs either."

A call for help:

"I found my Herbalife sponsor in the yellow pages. I'll never forget calling her crying while I was eating chocolate chip cookies and drinking milk. She got me on the Thermojetics® Green Weight-Management Program and within the first day I began to feel different. My hunger was gone, it was amazing—like instant willpower!" says Beth.

Record-breaking results:

"In my first month," remembers Beth, "I lost 27 pounds. In five months I had reached my ideal weight and dropped from a dress size 20 to a size 6/7. My energy increased so much that I not only worked at my cleaning service all day, but came home with energy to spare to play with my kids and run my Herbalife business. I know I'll be using Herbalife to maintain my energy and weight for the rest of my life."*

FIT FACTS

■ **Food diary:** Two Thermojetics® Formula 1 shakes a day, plus a main meal for lunch or dinner consisting of grilled chicken, salad and a baked potato. Thermojetics® High-Protein, Low-Carb Bars for snacks.

■ **Key Motivator:** "My fat—it was horrible. It wasn't me. I wanted me back, and I wanted to wear pretty clothes again."

■ **Best diet tip:** "Be consistent with the products."

■ **Favorite "thin n' fit activity":** "I can play with my kids and outrun them. Before I couldn't even walk through a store without getting breathless."*



Beth before: 231 pounds