

"I've learned how to stand on my own two feet."

Disheartening news

A severe case of e-coli HR 57 food poisoning in 1989 left Moreen Hamlin bound to a wheelchair. Initially, a healthcare professional warned her that she could expect to gain five to 10 pounds a year as a result of her sedentary lifestyle and that learning to walk again would be a slow and painstaking process. "My prognosis for a successful recovery lost ground with each passing year and every unwanted pound," Moreen says.

Saying goodbye to aches and pains

In April 2001, after listening to the positive message of a Distributor in her area, Moreen began to rebuild her health with the Thermojetics® Green Weight-Management Program and Herbalife supplements. In less than a week, many of her physical aches and pains diminished and her cravings for comfort foods disappeared. "I was able to take control of my appetite without feeling hungry or deprived, and I experienced improvement in walking with leg braces," Moreen exclaims.

Recovery is now a reality

Having lost a total of 35 pounds in four months, Moreen's ability to cope with her injury has skyrocketed. In Moreen's words, "My wish for a full recovery is far closer to reality than I ever dared dream. Good nutrition is truly the key to success."*

FIT FACTS

Food Diary: Thermojetics® Formula 1 Protein Drink Shakes twice a day and a dinner of chicken or fish and vegetables.

Inner Nutrition Products: Thermojetics® Formula 2 and Thermojetics® Formula 3 at mealtimes; Herbalifeline®; Xtra-Cal™; Thermojetics® Yellow.

Outer Nutrition® Products: Radiant C™ Face Quencher, "to keep my skin moist and looking fresh all day long."

Key motivator: "I wanted to look better and walk better."

Diet tip: "Have patience and be realistic about your weight-loss goals. I didn't get to be overweight overnight, nor did I expect to lose all my excess pounds that quickly."

Favorite "thin 'n fit" activity: "Swimming and walking around with a walker. The better I get, the more I do."

35 Pounds Lost



Before: 184 pounds
After: 149 pounds

