

"I'm finally in control of my weight again."

27 Pounds Lost



The junk-food trap

Doughnuts, birthday cake, candy. All that high-calorie food that makes its way around the office added an extra 30 pounds to Patricia Cavanaugh's frame over the course of 20 years. "When you're sitting in front of a computer all day, you're not moving, but you're eating everything that comes by," she explains.

If all else fails, try again

Patricia had tried to lose weight, but she wasn't having much success. She was doing aerobics regularly, and while that was preventing her from gaining more weight, it wasn't enough to make her lose it. When she learned about Herbalife, she began using the products almost immediately. "I started with the Thermojetics® Green QuickStart Program and eventually started taking Florafiber, Herbal Aloe Drink, Schizandra Plus and RoseOx™."

Feeling groovy

Within the first week on the products, Patricia was feeling more energetic and the weight was just melting off. Within three months she had lost about 30 pounds and four dress sizes! Not only that, but Patricia's overall health improved. Success turned Patricia into a walking billboard so it was natural that she would turn to selling the products. And as they say, the rest is history.*

FIT FACTS

Food diary: Two Thermojetics® Formula 1 Shakes a day—one for breakfast, one for lunch. For dinner: just about anything. "It's like being a kid again. I can eat anything I want."

Key motivator: "The fact that I felt so great on the products."



Best diet tip: "Get started immediately. Whether you want to lose weight, gain weight or get healthy, these products can give you that."

Favorite "thin 'n fit" activity: "I love having the energy to do anything I want to do."

Before: 130 pounds

After: 103 pounds