

"I saw results immediately!"

Weight Loss of the Month

Ruben Hidalgo

52 Pounds Lost

Unhealthy eating habits

Ruben Hidalgo had always struggled with his weight. Like many immigrants, he discovered that moving to the US only made his weight problems worse. He experimented with new eating habits and found his weight steadily increasing—not something a diabetic wants to happen.

Won over by a guarantee

One day, Ruben overheard his neighbor talking to an Herbalife Distributor. Skeptical about what he was hearing, Ruben started giving them both a hard time. Ruben was surprised when the Distributor offered to give him his money back if he tried the products and didn't see results. Still wary, Ruben wasn't ready to try the products, but walked away with one of the Distributor's flyers. Three months later and still overweight, Ruben remembered the money-back guarantee and called the Distributor.

Healthier and happier

After getting on Herbalife's Thermojetics® Weight-Management Program, Ruben immediately began to see results. He lost 40 pounds in two months and went from a size 40 pant to a size 32. Most importantly, Ruben achieved greater control over his diabetes, and no longer takes pills to control his blood-sugar levels. He now describes himself as "healthy, happy, and with great self-esteem."*

FIT FACTS

Food Diary: For breakfast, Ruben has a Thermojetics® Formula 1 Protein Drink Shake. He has a sensible lunch and takes Thermojetics® Formula 2 Multivitamin-Mineral & Herbal Tablets and Thermojetics® Formula 3 Cell Activator® at breakfast and lunch. He snacks on Lemon Thermojetics® HPLC Bars, Thermojetics® HPLC Roasted Soy Nuts with Cardia® Salt, Thermojetics® HPLC Soup Mix and Thermojetics® HPLC Drink Mix. He then has a sensible dinner.

Inner Nutrition Products: Joint Support—Glucosamine with Herbs, Relax Now, Herbalifeline®

Outer Nutrition® Products: Herbal Aloe Everyday Soothing Cleansing Bars, Good Hair Day 3-in-1 Shampoo, Nature's Mirror® Toner and Cleanser, Radiant C™ Daily Skin Booster, Radiant C™ Face Quencher
Key motivator: "Health reasons."

Diet tip: "Start with the 21-Day Herbal Cleansing Program, then use the Thermojetics® Green Ultimate Program, and finally the Thermojetics® Gold HPLC Program."

Favorite "thin 'n fit" activity: "Dancing to music."



Before: 187 pounds

After: 135 pounds

*The weight-loss testimonials presented are applicable to the individuals depicted and are not a guarantee nor are they typical.