



Before: 487 pounds
After: 177 pounds

“My health problems were unbearable.”

Michael Weaver

310 Pounds Lost

The high price of weight problems

As his weight escalated to over 400 pounds, Michael Weaver was taking more than 11 costly prescription medications a month just to keep his diabetes, high cholesterol, high blood pressure, sleep apnea and other debilitating conditions, such as ulcerative colitis, from worsening. Chronic-fatigue syndrome zapped his energy and kept him homebound except for visits to doctors and pharmacies. According to Michael, “The physical and emotional pain of my health problems was becoming unbearable. I tried many weight-loss systems, but none worked consistently, and I was beginning to doubt whether I would ever feel well enough to work or have a happy social life.”

Exceeding all expectations

One day Michael responded to a “Work-from-Home” ad and was invited to an Herbalife Opportunity Meeting. “I wasn’t expecting much, but I can tell you that my attitude and outlook took a positive turn the minute I walked through that door and saw for myself the happiness I was missing,” he recalls.



Tremendous weight loss and health gains

Even Michael’s doctor thought that Herbalife was worth a try. From day one on the Thermojetics® Weight-Management Program, Michael felt his energy level rising as his weight steadily dropped, 42 pounds in the first month alone. In 90 days, he lost 85 pounds! And 15 months after starting on the Herbalife program, Michael’s health had improved so much that his doctors took him off every previously prescribed medication. “I love these amazing

products. Not only do I feel great, I look great! My waist has shrunk from 61 inches to 34 inches,” Michael excitedly states.*

FIT FACTS

Food Diary: “Drinking lots of liquids satisfied me best, so I began each day with a glass of Herbal Aloe and drank Thermojetics® Herbal Concentrate throughout the day. I made Formula 1 shakes for breakfast and lunch, then ate chicken or seafood with plenty of veggies for dinner. For a lift, I snacked on Thermojetics® HPLC Bars, or Soup and never went to bed hungry.”

Key motivator: “Life was slipping by in misery.”

Diet tip: “Herbalife nutrition is much better than overeating. It keeps me from being hungry. Also, remember to drink lots of water.”

Favorite “thin ’n fit” activity: “Walking everywhere, especially to the gym and back.”

*Results not typical.