



Before: 142 pounds

After: 120 pounds

“I’ve added an hour of energy to my day.”

Roseann Salamone

22 Pounds Lost

Naps were a way of life

As an RN and mother of four, Roseann needed to stay awake and alert both at home and at work. After having her last child, she could barely fit into her nurse’s uniforms and felt tired and cranky even after a long sleep and daily naps. “At 32, I felt that I was too young to feel so depressed, tired and unmotivated,” says Roseann.

Learning from her patient

A patient at the hospital where Roseann works introduced her to Herbalife. “My patient’s weight-loss history and healthy skin color convinced me that Herbalife products were worth a try. From my first day on the Thermojetics® Weight-Management Program, I noticed a positive difference in my attitude and energy level,” remembers Roseann.



Investing in her nutritional health

It took Roseann 12 weeks to lose weight and become smaller than she was before she started to have children. Losing weight also helped Roseann regain her self-esteem. “I chose to invest in my nutritional health and am reaping the rewards of better physical and emotional health without ever having felt

hungry or deprived,” Roseann exclaims.*

FIT FACTS

Food Diary: Thermojetics® Formula 1 shakes twice a day. Thermojetics® Formulas 2 and 3 with meals. A regular meal at dinnertime with the family, made with smaller portions.

Inner Nutrition Products: Thermojetics® Green and Beige Tablets twice a day, Thermojetics® Yellow, Cell-U-Loss® and Thermo-Bond™ for extra support.

Key motivator: “The day I burst a seam while helping a patient.”

Diet tip: “Water is a key factor in feeling better and feeling full, so drink lots before snacking.”

Favorite “thin ’n fit” activity: “Walking in the countryside for 20 minutes a day while holding one-pound weights in my hands.”

*Results not typical.