

"I went from a size 26 to a size 12."

Sue Swenson

100 Pounds Lost

Frustrated by yo-yo dieting

Sue Swenson's weight problem began after having two kids and a major surgical operation in her early 20s. After that, she faced steady weight gain followed by years of "yo-yo dieting." She hated clothes shopping and refused to look in full-length mirrors. To make a bad situation worse, she also suffered from migraines and continuous hip, back and leg pain.

Energy gives diet a boost

Sue felt a certain amount of skepticism when she started the Thermojetics® Gold HPLC Weight-Management Program, but was soon won over by the results she achieved. "The incredible energy I got from the very first day was key," Sue remembers. Other weight-loss programs Sue had been on were "too hard to follow," but with Herbalife, she lost 100 pounds and didn't feel as though she had to give up anything!

Life enjoyment returns

"I used to use food as a security blanket," Sue says. But she finds a healthy diet easy to maintain with help from Herbalife. She no longer craves many of the junk foods she did before, such as chips and sweets. Her headaches have gone away, and she has more confidence in her daily life. Sue reports that she actually enjoys shopping and trying on new clothes—a complete turnaround for a woman who once avoided the mirror.*

FIT FACTS

Food Diary: Formula 1 Protein Drink Shake for breakfast and lunch, followed by salad, grilled vegetables, and grilled chicken or steak for dinner. Thermojetics® HPLC Bars and Thermojetics®

Roasted Soy Nuts with Cardia Salt® for snacks.

Inner Nutrition Products: Thermojetics® HPLC Ultimate Gold Program, Herbal Aloe Drink.

Outer Nutrition® Products: Good Hair Day 3 in 1 Shampoo, Herbal Aloe Everyday Body Wash, Herbal Aloe Everyday Soothing Hand & Body Lotion, Radiant C™ Daily Skin Booster, Skin Activator® Daily Replenishing Cream, woman fragrance and Heart fragrance.

Key motivator: "Watching myself shrink from a size 26 to a size 12."

Diet tip: "Be committed and serious about your weight-loss program."

Favorite "thin 'n fit" activity: "Walking through the mall and trying on 'little' clothes!"

*Results not typical.



Before: 245 pounds

After: 145 pounds