

"Our energy increased within a week!"

Dania & Michael O'Conner

107 Pounds Lost

Weight problems lead to health problems

From the age of 15, Dania O'Connor had fought a losing battle with weight loss. Dieting, bouts of anorexia and bulimia in college and giving birth to four children had made keeping the pounds off almost impossible. She says, "I had 'fat clothes' for different weights." Michael, likewise, had seen his weight increase, but as he says, "Men don't diet—they just ignore it."

"We were initially skeptical."

Dania began following the Thermojetics® Green Weight-Management Program. "I would have been happy just to see my energy improve, so the weight loss was a real bonus," says Dania. Michael saw similar physical changes. And those "fat clothes" that had been part of their lives for so long? "I donated them," says Dania. "That was a great feeling!"

The results speak for themselves

The O'Connors keep their before-and-after photos on business cards and are their own best advertisement for their Herbalife business. Says Dania, "For us, Herbalife is not only a business opportunity—it's a health opportunity, too!"*

FIT FACTS

Food Diary: Breakfast is Thermojetics® Formula 1 or HPLC Shake, mixed with oatmeal or yogurt. Thermojetics® Herbal Concentrate and Thermojetics® HPLC Bars throughout the day.

Products: Schizandra Plus, Herbal Aloe Drink, Herbalifeline®, RoseOx™, Active Fiber, Niteworks™, Prelox® Blue, Skin Activator® Daily Replenishing Cream, Mystic Mask, Lift and fragrances.

Key motivator: "Herbalife products make us feel more alive."

Diet tip: "Watch your portion size."

Favorite "thin 'n fit" activity: "Four teenagers in the house—two football players, two cheerleaders—keep us active."



Dania Before:

186 pounds

Dania After:

141 pounds

Michael Before:

255 pounds

Michael After:

193 pounds

*Results not typical.