

"I lost four dress sizes!"

Weight Loss of the Month

Louise Nelson

40 Pounds Lost

Crying in the dressing room

Teased as a child for being skinny, Louise Nelson never thought she'd be fat. Although her weight was creeping up steadily with each passing decade, Louise managed to feel and look good into her 40s. Then at age 50, "all of a sudden I found myself fat," Louise reports. Louise finally acknowledged her obesity when she caught herself crying in a department-store dressing room as she tried to squeeze into a size 16.

Another "fad diet?"

As a registered nurse, Louise knew being overweight was not good for her health, but she was also skeptical of diet products. Turning to Herbalife in desperation, Louise was surprised to discover "the shakes actually tasted good, I had increased energy and wasn't hungry!" Louise lost 40 pounds total, going from a size 16 down to a size 8.

Healthy bonus: no more allergies

Using Herbalife's Thermojetics® Green Weight-Management Program, Louise took off inches despite the fact that she was not on any type of formal exercise program. Louise now has excellent health, and as an added bonus, "I found myself able to breathe and not having to take my allergy prescription that I had been on for 15 years!" Louise also credits Ocular Defense Formula with improvement in her night vision.*

FIT FACTS

Food Diary: Breakfast: Thermojetics® Formula 1 Protein Drink Mix. "It's easy if I'm running late." Although Louise started losing weight by having a shake for lunch followed by a regular dinner, she's since switched her schedule to suit her individual needs. "A shake in the evening works best for me." She now enjoys a regular meal at lunch.

Inner Nutrition Products: Thermojetics®, Formula 2 Multivitamin-Mineral & Herbal Tablets, Thermojetics® Formula 3 Cell Activator®, Herbalifeline®, Schizandra Plus®, Thermo-Bond®, Aminogen®, Cell-U-Loss®, MentaBalance®, Woman's Choice, Triple Berry Complex, Xtra-Cal™, Cardio ToconOx®, Joint Support-Glucosamine with Herbs, Advanced St. John's Wort with Uplifting Herbs, Total Control™ and others.

Outer Nutrition® Products: Hydrating Mask, and the full Herbal Aloe line of products.

Key motivator: "I don't ever want to be fat again!"

Diet tip: "Don't let yourself get hungry. Try to snack healthy."

Favorite "thin 'n fit" activity: "Walking. There's just no better exercise than walking."***



Before: 189 pounds

After: 149 pounds

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**Results not typical.