

TESTIMONIAL PACKET

The following are real stories from real people! As you get customers who have certain ailments, feel free to share these stories with them! This is powerful stuff guys!! Remember – our customers don't want to know what is in the products – they want to know how the products have helped people!! Share these testimonials with them!

ACID REFLUX (High Stomach Acid)

My newest success is a lady that my physician recommended to me. She's been on the products 9 days. She is looking at possible surgery to deal with her acid reflux problem plus she needs to lose 100 lbs. I put her on Quickstart plus yellow and Herbal Aloe Concentrate. She's lost 5 lbs. in those 9 days and even more exciting she cannot remember the last time that she had an acid reflux symptom. She's excited. I'm excited.

- Kendra Tatsch

I had suffered greatly from Reflux. Was put twice in the hospital for severe tests including tubes into the stomach. Result was Reflux and very close to having an operation to fix the valve to prevent the acid from coming back up. Was put on medication "Prilosec" to try and keep this under control. When symptoms would flare, (every other day) was like having a heart attack. 1 month on the Ultimate Program, (Canadian) and the systems subsided and 3 months symptoms were almost all gone. Added MLC, Nutri 9, Don Quai, and RoseOx to the continuation of Flora Fiber, Herbal Aloe, and Formula 1, 2, 3, and 4. And rarely (11 months have gone by) do I have an attack, and when I do it is not to the severity that I once had. Herbalife has given me back my health and cut down drastically my medication bills for "Prolific"

- Happy Herbalife Customer

ACNE

I wanted to share this also. I am 35 years old and before getting started in Herbalife I have always battled skin problems. I have a skin condition called cystic acne. The cysts would get as big as dimes on my face, which was very embarrassing at times. I had gone to a STS in May of last year and met a woman who told me about some of the products that she used. I started working on my face and now, my face has cleared up with the exceptions of small blemishes that usually show up around my chin and around my mouth - but only once a month.

Products used:

- oil-free cleanser - 3 times a day
- C booster cream - 3 times a day
- acne spot gel
- mystic mask - 1 a week
- aloe juice
- 21 day cleanse

I apply the C booster cream on the effect areas. Then apply the spot gel. I drink aloe juice in everything I drink all day long and use the 21 day cleanse once a month. I don't feel embarrassed anymore to go out in public and I don't have to wear band-aids to cover anything up anymore! ☺

- Kim Piche

ALCOHOLISM

We have just witnessed a miracle with the products! We have a friend who has had problems with drinking on and off ever since Joe and I met. He's a great guy most of the time, but when he goes on a drinking binge, he is disgusting. I have never been around someone who is detoxing before. It is not only disgusting, but very scary as well. We picked him up yesterday and brought him to our house to "clean up". He was in really bad shape and we knew that it usually takes him several days to get back to normal after all of the sweating and nausea and such.

When he got here yesterday morning, we fixed him a shake using the H/F formula and mixed it with some ice cream and milk. It was the only thing he could keep down. He asked for another one later in the day, and then last night I began giving him the Strawberry and Peach Mango snack drinks and lots of Herbal Aloe. I also gave him some Herbal Calmative and some K-8 to help with his shaking and to help him rest better. The results were astounding! He was a wreck of a human being last night, and then this morning, it was like nothing had ever happened! He was bright eyed, responsive, no nausea, no shaking, nothing. He had

completely detoxified his system and felt better than he had in quite a while. He bought all of the rest of my stock of the snack drinks and also a quart of the Herbal Aloe. He is a firm believer in the products now! It was absolutely amazing!! Through all my ups and downs with this business, the products have kept me going. My results as well as the results I see from others, strengthens and supports me through good times and bad. That is why, no matter what, I know that this is the best company, with the best products!

- Tamera

ARTHRITIS

Before Herbalife, at the age of 10, I had been diagnosed with a circulation disorder where just going swimming in too cool of water turned my feet blue in minutes. Then at age 12, I was then diagnosed with arthritis. Just before Christmas 2000, I was diagnosed with Medium to Severe Carpal Tunnel in my right hand and Light to Moderate in my left and was scheduled for surgery this past May. I had to wear a wrist brace on each wrist at night, was barely able to sign letters for permission slips for my children for their school trips and had burned out my electric can opener, as I was unable to use a manual one. After having 5 children in 6 years and yo-yo dieting, I was tired and overweight. Since Herbalife, I no longer have any symptoms of my circulatory disorder or arthritis and my Carpal Tunnel Surgery was cancelled. I also went on to lose 30 inches and 21 pounds!! I love Herbalife!!

- Denise Onichuk
Ontario, Canada

AUTISM

I wanted to tell you the most amazing product testimony! My little boy, age 4, has a mild case of Autism. This impedes his learning, so you never know if you're going to have a "good day" or a "bad day". Recently, we've been trying to teach the alphabet and the numbers from 1 to 10 to no avail. One day he may know 1, 2, 3 and the next he may give you a blank stare. I consistently have given him the Dinoshake for 4 weeks now, but at 2 weeks, we noticed that he was actually counting with us from 1 to 10 (he would say "4" right after we got "3" out, "8" after we said "7" and so forth)! We were excited!!!

He counted the next day with us, which was unheard of before the shake was being given to him!!! He's also started talking a lot more, making more connections, almost to a point of being a "normal 4 year old". I'm hoping that the Autism will keep lessening in severity, I'll keep you updated!!!

His daily dosage is:

- Kindermins (for allergies) 1 ml twice daily
- Dinomins -1 tablet daily
- Dino Shake--2 scoops daily (since he didn't like the taste, I put small amounts in drinks throughout the day)

- Shelley Hampton

BLOOD PRESSURE, HIGH

I have a customer who had high blood pressure before she started on our weight loss program (Ultimate minus Herbal Concentrate). She is taking heavy duty blood pressure medicine and still had to be monitored by the doctor weekly. After just 3 days, her blood pressure began to lower. Her doctor has not taken her off of her blood pressure medicine but the doctor told her 2 weeks ago not to come back for 2 weeks. When she went back today, her blood pressure was even better and she doesn't have to go back for a month. She's also having great weight loss results. She has lost 8 lbs. and 13 inches in 4 weeks.

- Kendra Tatsch

BRONCHITIS

I have gotten Bronchitis and laryngitis every May and September for the last 12 years since I moved to East Texas!! I took allergy shots 3 times a week, for 3 years, allergy pills and sprays, and I still kept getting sick!! I would have to miss work since I had no voice and patients didn't want a sick nurse taking care of them!! I took Schizandra, Rose Ox, and Extreme C for 1 1/2 months, when May came and went I didn't get sick!!!! Now, it's July and I never lost my voice, for the first time in 12 years!!! AWESOME!!! I love Herbalife products!!!!

- Rena Polczynski

BURNS

The small burn marks: I have a customer who has indentions all over her face, she used the Gentle has only been doing this for 1 month. She will continue on these products for as long as it takes, because they work Exfoliant and the Hydrating mask twice every other day. And uses the Radiance C skin Booster every day.

She said she has definitely seen positive results. Her indentions are now a lot less noticeable. But, then again she is so well!!!!!! Panda

I had to share this with you. I burned the underside of my forearm about four weeks ago on the oven and had put Neosporin, vitamin E cream just about everything on it so it would not scar. It was not going away and I resolved myself to the fact that I would have a quarter-sized scar on my arm. Anyhow, I was doing my regular Herbie face routine Monday morning which includes the radiant C and I looked at my arm and thought, what the heck – started applying it twice a day and just yesterday it is COMPLETELY GONE!! Never heard any burn testimonials for radiant C - I was amazed. This was incredible....I am needless to say going to stock up on it! Gives me a whole new insight on "brand X" products - going to finally BAG all the other junk (most I have) but never thought of Radiant C for burns. I was talking with Cherri this morning and she also told me about a young gal that had burns on her face and the radiant C cleared it all up. I LOVE THESE PRODUCTS!!!

- Herbie-Dedicated,
Clarice

CANCER

SOUTH SORES FROM CHEMOTHEREPY - Use the Herbal Aloe Gel - create a paste - I would recommend baking soda - they didn't say what they used for the paste. Even just applying the Gel directly inside the mouth onto the sores certainly would give immediate relief. If you need to know what the paste is made from, call Herbalife Distributor Relations.

- Happy Herbalife Customer

BREAST CANCER SURVIVOR - She is on a prescription for the rest of her life to be sure the cancer does not come back - sorry I didn't write it down, but it causes hot flashes so it is probably a hormone. She is on the Ultimate Weight Loss program, which includes Formula #1, #2 and #3. The number of Formula #3 recommended for people on medication is 3 tablets 3 times a day. Also she takes Schizandra Plus and Woman's Choice. She says there are no side effects from the prescription now and the cancer has not returned.

- Happy Herbalife Customer

NON-HODGKINS LYMPHOMA - A fella who is on his second regiment of chemotherapy is taking Formula #1, #2 and #3 (again 3 Formula #3 tablets, 3 times a day) for the nutrition - Shake once a day, tablets 3 times a day. He has had NO HAIR LOSS, NO WEIGHT LOSS, NO NAUSEA and NO VOMITING this time around. He had all of that the first time.

- Happy Herbalife Customer

I had previously asked you for Cancer Testimonials myself. I now have one for you and everyone who needs a Cancer Testimony. My Dad was diagnosed with "Small Cell Carcinoma, Lung Cancer" in June '01. It was terminal and the doctors only gave him about 6 months, if he took Chemo. and Radiation both. He started the Chemo. and was taking the highest dose they could give him. He was going every 3 weeks and taking it Tues.-Thurs. for 8 hrs. a day. He lost over 20 lbs. and all his hair by the end of July. After taking his treatment he would be sick and weak for 2 weeks after. I finally got him to get on Herbalife the 1st of Aug. He immediately started having more energy and feeling better. When he went for his next treatment, he recovered within a few days instead of 2 weeks. His hair even started growing back 2 weeks ago. He had some tests ran last week to see if the chemo is helping and Thanks to God and Herbalife....THE CANCER WAS GONE!! He has been talking to everybody about Herbalife and what it has done for him. I now have a new customer, thanks to my Dad. It is an older gentleman that has the same Cancer as my Dad and was taking treatments along side of him. I hope this helps you and if anybody has any questions, please feel free to email me.

He is taking the following products:

- HPLC Shake
- Form. 2
- Form. 3
- Orig. Green & Beige
- Herbal Concentrate
- Herbal Aloe Drink
- Schizandra Plus
- Rose Ox
- 21 Day Cleanse
- Yellow Tablets (for Diabetes)
- Joint Support

- and the HPLC soups, drink mixes & bars

(He did want to lose some weight and is Diabetic, so he was on the HPLC Program)

Thank You Mark Hughes for these GREAT Products!!!

- Jennifer Drake
Jdrake789@aol.com

CARPAL TUNNEL

Before Herbalife, at the age of 10, I had been diagnosed with a circulation disorder where just going swimming in too cool of water turned my feet blue in minutes. Then at age 12, I was then diagnosed with arthritis. Just before Christmas 2000, I was diagnosed with Medium to Severe Carpal Tunnel in my right hand and Light to Moderate in my left and was scheduled for surgery this past May. I had to wear a wrist brace on each wrist at night, was barely able to sign letters for permission slips for my children for their school trips and had burned out my electric can opener, as I was unable to use a manual one. After having 5 children in 6 years and yo-yo dieting, I was tired and overweight. Since Herbalife, I no longer have any symptoms of my circulatory disorder or arthritis and my Carpal Tunnel Surgery was cancelled. I also went on to lose 30 inches and 21 pounds!! I Love Herbalife!!

- Denise Onichuk

I was diagnosed with carpal tunnel along with my ruptured discs in my back and I have been symptom free for over 2 years – it is amazing. I would say for carpal tunnel:

- Form 1 shake once per day
- Form 2 3x1 per day
- Form 3 3x2 per day
- Take 1 Joint Support 3 times per day (one at each meal)

- Tori

Hi,

I am replying to the email regarding product results for Carpal Tunnel. I have been a Chef for more than 25 years and some of the repetitive work with knives and other kitchen duties led me to have a problem with Carpal Tunnel in both wrists. It is something I have lived with for about 8 or 9 years. I started as a supervisor in the middle of July of this year and started on the products as soon as I received my IBP. I began losing weight within a week and my energy went through the roof. What I didn't expect was the relief I got from the Carpal Tunnel. It has been over 3 weeks and my hands don't get numb anymore. Typing used to be painful for me and I just breezed through this entire email with NO PAIN or NUMBNESS whatsoever!!!!!! Thank you, Herbalife!!

I am on the quick start program. I take:

- Wild berry shake, twice a day
- Everything else, three times a day:
- N-R-G- (3)
- Cell Activator (2)
- Multi-vitamin (1)
- Yellow (3)
- N-R-G Instant Tea

I am thrilled with the results!

- Randy Hughes

CHOLESTEROL, HIGH

The products come through one more time. I would like to share a bit about my Mom's health issues: She has MS, had a heart attack a little over 2 years ago and has high cholesterol counts, and as a young lady she had Hepatitis and was in the hospital for over a month. (that was then). My Mom has been on the Herbalife products for approximately 7 months in total, and was on the Advanced Program plus a few extras for her Multiple Sclerosis. She has lost over 25 lbs and tons of inches, as well as having much less pain and much more mental clarity! Here is the most incredible part of the story though, starting 4 months ago my Mom added the products for High Cholesterol, with no support from her Doctor who wanted her to go on a prescription that had a label warning on it for any person that has had any liver problems in the past to not use them. So, this is what has happened in 4 months: Cholesterol level 243 to 222, HDL 82 to 96, Triglycerides 40 to 38, LDL from

153 to 118 (much to the Doctors surprise) he said "keep on doing what you are doing." Thank you so much Herbalife for helping my Mom.

- Sandy Ricumstrict

CIRCULATORY DISORDER

Before Herbalife, at the age of 10, I had been diagnosed with a circulation disorder where just going swimming in too cool of water turned my feet blue in minutes. Then at age 12, I was then diagnosed with arthritis. Just before Christmas 2000, I was diagnosed with Medium to Severe Carpal Tunnel in my right hand and Light to Moderate in my left and was scheduled for surgery this past May. I had to wear a wrist brace on each wrist at night, was barely able to sign letters for permission slips for my children for their school trips and had burned out my electric can opener, as I was unable to use a manual one. After having 5 children in 6 years and yo-yo dieting, I was tired and overweight. Since Herbalife, I no longer have any symptoms of my circulatory disorder or arthritis and my Carpal Tunnel Surgery was cancelled. I also went on to lose 30 inches and 21 pounds!! I love Herbalife!!

- Denise Onichuk
Ontario, Canada

COLITIS

I've had several customers with ulcerative colitis and they became completely symptom free in 4-7 days by using the following: Cellular Nutrition Program
Herbal Aloe Concentrate - the more the better!!!!

- Diane Constantine

CROHNS

Hi: This is Edward Council. I am 38 years old and I was diagnosed with Crohns Disease 12 years ago. I have been on heavy doses of medication since, (Prednisone, Sulfasalazine, Fleets Enemas, Asacol). When I was diagnosed with Crohns my gastroenterologist told me at the time that he wanted to do a full Colostomy but he wanted to try something first, so he prescribed Prednisone and Fleece Enemas for seven days and then I was on Sulfasalazine for about 6 years. While on the Sulfasalazine I became allergic to Sulfur and I now have fertility problems. I was taken off of the Sulfasalazine and my symptoms flared up in a few months. At that time a new drug called Asacol had come onto the market. I was prescribed the Enemas again and to follow it up with the Asacol. I have been in this business since March and the first two months that I was on the program, along with the weight loss, I was able to cut my medication usage by about 75% and since that time I have cut it to **ZERO**.

Diet has a drastic effect also. Below are the products that I am on.

- | | | |
|------------------|---------------------------|----------------------------------|
| • Ultimate Green | Male Factor 1000 | Schizandra |
| • CarboGuard | Rose Ox | Herbalifeline |
| • Extreme "C" | Herbal Aloe Drink (daily) | 21 Day Cleanser (once a quarter) |

I tried to take the Flora Fiber and it is far too active for my system. It works great for someone who does not have a colon problem.

- Edward & Stephanie Council

Hi! This isn't my testimonial but it was sent down to me. I don't know if you have this one already so, I thought I would send it anyway...just in case! ☺ Maria from Gander Bay, Nfld. has Crohns disease. She was in the St. John's hospital and they didn't know if she would come out again. She was on 12 steroids, had really bad swelling and couldn't walk. Wilf and Donna (fellow distributors) had 3 bottles of herbal aloe delivered to her. She was released from the hospital 2 days later. After 3 months she was back to work full time. Hope this helps! ☺

- Kerri Thomsen
kjet@attcanada.ca

DEPRESSION

Hi everyone! I am a brand new Super and started the products July 1 of this year. So far I have lost 26lbs. I am diabetic and my "drug controlled" sugar levels have been in the mid 200 range for 2 years. Since I started Herbalife, my blood sugar levels have dropped to under 100 most of the time and become so dangerously low mid afternoons that I have had to STOP taking 2 of the 3 prescriptions I have been taking for diabetes!

I also have been on Paxil for depression for over 2 years and I ran out of pills on the 4th of July and decided, in typical "I'm not depressed anymore" fashion, that I could do without the drug. Well, hey, guess what? I

haven't had a Paxil since then and am happier and feel better than I have since I was a teenager. (And being that I am sliding into the big 50 pretty soon, it has been a LONG time since I felt this good!)

Thank you thank you thank you Herbalife! When anyone comments to me that I might have to be "on this stuff forever" I say... "God, I hope so! I can't IMAGINE my life anymore without Herbalife in my body!"

- Rosemary Raynor / Oregon

DIABETES

Hi my name is Roxane and I have a customer that is a Diabetic. She got started on the products to lose weight. When she started the Quick Start program with ref. gr. due to high blood pressure, she started noticing that her blood sugar level was decreasing. Then I talked her into yellows!! This is a letter that I received from Doris.

I've not weighed in yet, as I have only started and there were different transitions I had to overcome in my activities of daily living and have begun to adjust to having one shake for breakfast, one for lunch, and a reasonable meal for dinner with my spouse. The results of which have resulted in less fatigue, less hunger and most of all, a tremendous drop in my Blood Glucose Levels. I am a diabetic and on Glucophage 1000 mg 2x per day, Glyberide 5 mg at hour of sleep and Humulin N- PRN, as necessary.

Since I've been maintaining the proper regime, I have not had to take my Insulin, have continued to take the oral meds for now, but for the first time in years, my morning glucose monitoring on a daily basis is less than 100, most times it is 91, 86, 71, and once in awhile, if I overdue the evening meal or eat something that has too much carbohydrates, too much fruit, high in sugar, such as grapes, etc., it has gone only as high as 140, 121, but that has rarely happened. (Her normal readings were well over 200 everyday). I AM SO PLEASED WITH THE PRODUCT.

It seems to me that the green and beige and yellows have R.E.A.L.L.Y improved my health tremendously. (By the way, Doris is a NURSE)

Then she made a suggestion: She is a Senior Citizen and has Arthritis in her hands. She has dropped the shake container because of the shape of it. She wanted me to suggest to the company to make a different shaker for the elderly or people with other disabilities. I do know that they have come out with a new one with the mixer.

I was just soooo excited about the progress she has made I had to share with everyone else. HERBALIFE IS REALLY A NEW WAY OF LIFE FOR ANYBODY!!!!

Sincerely,
Roxane Snowman

Hi !!! I have a couple of awesome testimonials!

1) I have a client named Dan who had had a sugar count well over 300 prior to him starting our products His is on Form#1, 2, 3 plus yellow and cell u lose - Within 3 weeks his blood sugars are 105 and holding as well as he has lost 26 pounds!

2) Client Susan - 45 prior to products on insulin shots, Form#1,2,3 and cell u lose - no more shots and only has to take the pill. These products are Amazing!!!!

Thanks,
Kim Piche

Hi guys, just wanted to let everyone know, I have a testimonial for the Diabetic. My father is a Diabetic and was told in March that if they could not get his sugar under control he would have to switch from the pills to insulin shots. Well in April he started the High Protein Low Carb diet and in early June we added the Thermojetics Yellow. On his last doctor's visit he was told his sugar levels have not looked this good in over two years. He was also told to keep doing whatever it was he was doing. His three-month average since his last appointment was normal. Not sure if you can use this, I just wanted to let everyone know what the Herbalife products have done for him. Thank You Herbalife.

- Christie Rawson
Mesquite, Texas

EYE SIGHT, IMPROVED

My father-in-law developed sudden loss of vision 6 wks ago in his right eye with mild degree of loss in the left. He underwent several medical opinions - their conclusion was his vision would not improve. This would be as good as it would get due to the damage to the nerve. He started using Ocular Defense for one month. His visit

last week showed improvement in the right eye. He is continuing the product 2 times/day. I'll keep you posted on his progress. By the way, they are relating this problem to his cholesterol medication. This is a side effect!!!
Make a note!!

- Diane Constantine

FIBROMYALGIA

My name is Midge Ford and I started the Herbalife Program 17 days ago. 13 years ago I was rear-ended in a car accident and sustained whip lash. This was the beginning of my pain filled life. I started eating muscle relaxers and pain pills like candy and was getting only minimal relieve. The doctors diagnosed me with fibromyalgia due to a sudden trauma/ injury. My symptoms were horrible, depression, insomnia, pain in my shoulders, neck, elbows, headaches, irregular bowel, and a myriad of other problems. I tried to quit smoking and gained 30lbs. I have changed jobs 3 times in five years, and have gone through a horrible divorce.

In 17 days everything changed, I started the program and within 3 days I felt great! My pain is almost completely gone, I have lost 10lbs. and 9 3/4 inches of body fat. I also quit smoking 5 days ago. My bowels have regulated and my energy level is through the roof. In fact I now have two jobs! Thank you Herbalife for this great program ! The program I am on is fairly simple. I use the ultimate program and the 21 day herbal cleansing program. I am also very committed and drink tons of water. I am not sure if you want the exact order I take everything, but here it goes:

Morning:

- 1 hot cup of herbal concentrate tea (gave up coffee)
- 2- am replenishing tablets
- 1-formula 2
- 2- formula 3
- 2- green
- 1-beige
- 1-yellow
- 1-cell-u-loss
- Aminogen

I take all of these with a big glass of water then I have my formula 1 shake

Noon:

- a glass of iced herbal concentrate tea
- formula 2
- 2-formula 3
- green
- beige
- cell-u-loss
- Aminogen
- Thermobond

Again lots and lots of water.

I eat a sensible meal – lots of fish, vegetables, and for dessert I love grapes, fresh pineapple, strawberries, and cantaloupe, with a little apple caramel dip. I am a cook, at a college, so there are many choices, but this is my usual lunch

3-4 pm:

- I usually have one more glass of tea

Night:

- 1-formula 2
- 2-formula 3
- cell-u-loss
- 1-aminogen
- I treat myself to a formula 1 chocolate and creme de menthe shake awesome!

Right before bed:

- 2- yellows

- pm cleansing tablet

I can't stress the water enough, and the fact that most Fibromyalgia sufferers do not want to move because of the pain. Walking, swimming, anything light will help. I also keep in contact with my doctor, who is weaning me off the two remaining medications I am on. Which by the way, are not pain pills or muscle relaxers, but are antidepressants. I hope that this helps everyone. My coach and supervisor, Will, is the one who set this regimen up for me and has lots of great ideas for the winter season. So bring on winter, I might even go sledding this year!

- Midge

My name is Tammy Bolieau. I am 32 years old and for the last 12 years I have been in and out of doctor's offices with little aches and pains that over the years have gotten worse and worse. My joints hurt all the time; my muscles ached and felt fatigued all the time. If I was up too long, my muscles ached worse. If I was down too long, my joints got so stiff that I had to get up very slowly to allow my joints to move without locking up. At one time I was an apprentice plumber working with my husband. We were working on a six story hospital and at times, if he wasn't with me, I would literally have to take my pants leg and lift my leg to the next step to get up the steps. If my husband was with me, he would carry me up the steps and take me where we were going. At times, I would hide in a corner and cry like a little baby because I felt so helpless. I was told by the many doctors I had seen that I would need to seek counseling to learn how to deal with the pain and the constant fatigue and that I was going to be this way for the rest of my life and probably continue to get worse. I took several kinds of pain meds, muscle relaxers, anti-depressants ulcer medication sleeping pills, meds for acid reflux and some over the counter medications for the headaches I had every day. Each time I would go to the doctor I would come out in tears because I got the same response ~ "I don't know", or "You're stressed out." or "You are depressed."

I have been diagnosed with the following:

Irritable bowel syndrome, fatigue, insomnia, and depression. I have degenerative disc disease in my neck that has progressed to the age of 60. I have been told by more than one doctor that I shouldn't be in the shape I was in until 60 or 70 years old. Finally in March of 2000 I was diagnosed with Fibromyalgia. They did a rheumatoid Arthritis actor (blood test) to check for rheumatoid arthritis. My blood work showed that my RA factor was 188~ normal ranges from what they told me are 0-35. I was way up there.

Thank God the bone scan they did ruled out rheumatoid and that's where the diagnosis of Fibromyalgia came in. I also have a Mitral valve prolapse in my heart and took atenolol 50 mg AM and 25 mg p.m. to keep my heart rate down for the past 5 years and to my understanding would have to be on this medication for the rest of my life. Obviously I was a total mess and not a pleasant person to be around!! ASK MY HUSBAND AND MY KIDS!!

Thank God ~one day I was looking for a job so I could work from home (I couldn't keep a job ~ I was sick all the time or waxed from all the meds =o() !!! I saw a sign that said "Own a computer put it to work" so I answered that ad. It was the beginning of my new life. My coach asked me if I had any weight I needed to lose. Naturally with all the meds I had taken I needed to lose about 20 lbs. I got on the products expecting to lose weight but NEVER could have imagined what was to come of "that weight loss program!!"

After only 3 days of being on the products, my energy level was something I had never in my life (that I can remember experiencing) felt before.. I noticed that when I would go to get up off the couch ~ I GOT UP OFF THE COUCH!! No pain or stiffness in my joints. As I got up the next morning to get my kids up, I noticed then that I just got up out of bed. My normal routine was to roll to the edge of the bed, put my hands on the wall and work my way out. I knew at that point that I would NEVER be without Herbalife!!

After 5 days I had lost 8 lbs., after 10 days had lost 12 lbs., and by 21 days had lost 21 lbs.!!! My Irritable bowel syndrome was not irritable any more, the pain in my neck was gone, my muscles and joints did not hurt me anymore and by the 4th week, I had stopped taking my heart medication!!! (Remember I understood that I would have to take that for the rest of my life!!) I am totally medication free and have been for 12months now!! I absolutely love my new life and my new career. My husband and kids are loving their new wife and mother. I can play with my children without the pain and fatigue. I LOVE TO FEEL GOOD!! That's my story.

Now I want to tell you about my son Corey. He is 11 years old and was diagnosed with A.D.D at the age of 5 and was on medication for 5 years. I felt soooo good I started both my children on it. Corey is now medication free and is a different child! My 7 year old daughter, Haley, had trouble with her tummy hurting every time she ate. Her doctor put her on Pepcid at the age of 6!! I put her on the Herbal Aloe, which she absolutely hated it!! But I MADE her drink 4 oz. 3 times a day!. I did not want her to suffer as I had. No more tummy troubles for

Haley and its funny now because if we are out of Herbal Aloe and the UPS man pulls up~ she is at the truck, got the box and before I know it has little peanuts and invoices all over my floor so she can get her Herbal Aloe. She LOVES it now!! SO MOMS AND DADS, ""BE MEAN"" make them take it. They will acquire a taste for it and they will be healthier because of it!! I LOVE HERBALIFE!! I also love the fact that I have the opportunity to help others change their lives and provide for my family too!! I thank God every day of my life that He gave one man the vision to take nutrition around the world and that it reached my world.

So if you're out there and you are skeptical or hesitant ~~ DON'T BE! Just put them in your mouth and swallow them. You have nothing to lose but maybe a few pounds or some aches and pains or maybe even a whole lot of medication!!! The health and benefits you receive are priceless!!

If you want to know what helped me most with the Fibromyalgia, please don't hesitate to e-mail me at: ch_angels_8993@yahoo.com. I will be glad to let you know!!

- Tammy Bolieau
Norfolk, Arkansas

Hi,

I was diagnosed with Fibromyalgia (FMS) 12 years ago. It had gotten to the point that I was in bed 14-16 hours a day--from either being in pain or from being so tired I couldn't wake up! I started the products on Jan 4, 2001-- and within the first 2 or 3 days, I was no longer taking naps! I was under tremendous stress during the first 3 months of product use in the worst season for FMS sufferers, and I didn't have any pain!! I have been pain-free since January!!! The Chronic Fatigue that comes with FMS has also lessened quite a lot, but I still have days where I can't seem to wake up. I started out on:

- Formulas 1, 2, 3
- N-R-G (as needed --I usually took 2 at mid-am and mid-pm)
- Yellow (this was for weight loss)
- Herbal Concentrate (this really helped with "mush brain"--3 times/day)
- Carbo guard (this was for weight loss, I used carbohydrates for energy in
- mid-am and mid-pm--so this is when I took this to keep from bingeing)

I've since added in:

- Male Factor (2 tabs 3 times a day)--helps with the depleted muscle mass
- Schizandra (1 tab 2 times a day)--for allergies that caused asthma
- Rose Ox (1 tab 1 time a day) --for allergies that caused asthma
- Cell-u-Loss---for extra inch loss
- Sleep Now and Tang Kuei (2 each at night to help with restful sleep)
- Xtra Cal (3 at night for restful sleep)
- Aminogen (to help with muscle mass and processing protein)---by the way, I'm nearly certain that this is the whole reason people have the FMS---my little boy doubled over in pain after a shake due to inability to process protein --- I gave him an Aminogen, and it was alleviated!

I looked at my diet before Herbalife and found that I had been surviving on nearly all carbs--once I added in the protein--I started feeling better! I hope this helps!!!!

- Shelley

Hi Guys,

Before I started on the Herbalife products I was very tired all time, in pain, walking around in a fog and depressed, I was on sick leave from my full-time job for 6 months due to my condition Fibromyalgia. I could not leave my home without assistance nor could I drive or hold a conversation.

When I was diagnosed with the condition I was put on medications. The medications made me irritable, my hair was falling out, my skin was drying out, it gave me headaches and basically I was lifeless. Every day was a struggle for me. I started back to work and every day it was - get up and go to work, come home and go to bed. I realized this was no way to live.

I found out about Herbalife at a Company Christmas Party where I met Denise, now my coach, and she handed me an Herbal Aloe Hand and Body Lotion sample packet. I never opened the packet but one day while cleaning house I picked it up and checked out the product site, had a conversation with Denise and proceeded through the Business Presentation and the rest is history.

Since being on Herbalife I have incredible energy, I am able to focus and concentrate, my hair stopped falling out, my skin is soft again and most important of all, I have started to decrease my medication, as well as get off some of them completely.

The best part is... Herbalife gave me my life back, I am back to being me. The products are awesome and in the short time I have been working the business I know I was meant to be helping people see their dreams as I am now seeing mine. Products used:

- Formula's #1, #2, #3, #4
- Tablets: three times a day, shake once to twice a day
- Performance Protein Powder - 1 tablespoon with each shake
- Herbal Concentrate Tea - Raspberry is my favorite, twice a day
- Brazilian Tea mixed in with my Raspberry
- MLC - three times a day
- Nutri Nine - three times a day
- FloraFibre - twice a day
- Herbal Aloe Concentrate - one glass twice a day
- Rose Ox - Once a day usually with evening meal
- Dong Quai - One Morning, One Noon and Two at bed
- Extreme C - three times a day

Thank you Herbalife and to my coaches that have made this possible.

- Cindy Hogg

HEEL SPURS

Hi! My father had heel spurs on both his feet. I got him on Nutri9 1x3/day and within a week his feet didn't hurt when he walked and he got rid of the thick soles he needed in his shoes.

- Edward & Chantal Kornelsen

HERPES

Hi, I know a distributor with herpes who was suffering with outbreaks on a monthly basis, if not more frequently. Since starting on the product several months ago, there has only been one outbreak and that was at a time of incredible stress. These are the products that she is taking.

- Formulas 1,2 & 3
- Schizandra
- Rose Ox
- Herbal Aloe Concentrate
- NRG Tea
- Herbal Tea
- St Johns Wort
- K8

- Thanks! Ruth

HIV

I was diagnosed HIV+ in 1991 and have been on a variety of meds since then. I always got bronchitis whenever I got a cold, which was three to four times a month. 1 1/2 months ago I started on Formula 1 three times a day with my meals, Formula 2 three times a day, Formula 3 three times a day, Herbal Aloe drink with my shake and anytime I have refreshing drink of water, Schizandra 2 three times a day, and of course my energy miracle NRG tea mix at least two times a day, some days up to four times a day. I have not had a cold much less bronchitis since starting my regiment. I no longer drag myself to work every day, and do not fall asleep on the train and miss my stop in the mornings anymore. I will be seeing my doctor next week for my quarterly visit, and cannot wait to see the look on his face when he sees my latest blood works.

I have now gained 10 lbs and feel and look better than I have in years. My skin and hair looks great. I am 46 years old, and today a gentleman paid me a compliment that made me blush, he said I do not look one day over 35 yrs old. Hip Hip Hurrah! for Herbalife!!

- Happy Herbalife Customer

I have a distributor with HIV, she lives in New York and works at a Housing Project Office for people with HIV, so most of her friends and customers are using Herbalife products. They are using the shake 3 times a day for weight gain, with the cellular nutrition, Schizandra for immune support, Herbal Aloe for GI distress, and NRG tea for FANTASTIC energy. She has gained 8 pounds in 21 days. She literally has people chasing her down the hall to buy NRG tea. She sells about 8 jars of NRG tea a week!! Hope this helps

- Rena

HYPER ACTIVE CHILDREN (ADD, ADHD)

My daughter is best described as intense and far more intelligent than her mother. She gets so caught up in things that sometimes her inability to calm herself, to focus and/or remove herself from what is going on around her causes her to be climbing up the walls. She wakes up at full speed and doesn't quit until she goes to bed. She is borderline ADD (although I hate that label and diagnosis). Maja takes our dinokids multivitamins and a Chocolicious shake with breakfast. She likes it mixed with 3 oz of fruit yogurt and 5 oz of milk. At first I did not notice much of a change when she started the product, but then I ran out a few days before my reorder was due in..... my sweet girl flipped back into her "super-sensitive" way of handling life.

While on the shakes she is still energetic, but her ability to focus, not only on what she is doing, but what I am saying is what makes our lives so much easier and enjoyable! She can calm herself down, I don't have to physically hold her when she gets out of control. She is able to focus on what is at hand and turn away from all the other distractions of life. And it's the inability for the smart kids to focus mixed with lots of energy that causes most of the home and classroom problems. I would like to know what some of the other Herbalife parents have tried. I hope this helps!

- Elizabeth Stolt

LUNG DISEASE

Hi, I have a testimony to share with you that involves my Mother. We almost lost her 3 years ago to lung disease. I only wished I knew about Herbalife back then.

I have since that time started taking the products and started the business. I knew the products were powerful and how I felt with them. I convinced my mother that she should try these products to lose some weight. After a little while she decided to try them and has in 4 months lost over 28 lbs and 27 inches at the age of 70 but the best results are what the product has done for her health wise.

My mother is on 4 different inhalers taking 4 puffs from each per day, she is on oxygen as well as Prednisone. She has now decreased to only 1 puff of each inhaler per day, she is completely off the Prednisone and she can manage most of the day without needing her oxygen. Her doctors are very pleased and say they have never heard her lungs clearer, they definitely praise Herbalife.

Herbalife gave me back my mother, it's so much more than I could have ever dreamed of. Thank You Herbalife

- Sincerely,
Cindy Hogg

LUPUS

I sure do have a testimonial!!! Just before Christmas 2000 I started noticing red spots on my ankles. Went to the doctor, and they ran an awful lot of test. Come to find out I had leaky blood vessels in my legs due to lupus. Later that month my wrists and ankles began to ache. Come Jan. just before I started the products the pain would get so bad that it was hard to lift my baby. Now after being on the Herbalife products, the pain is gone, and the spots are few and far between. And to top it all off I have lost 28lbs!!!

Formula 1 - 2x a day

Formula 2 - 2 3x a day

Formula 3 - 1 3x a day

Formula 4 - 2 3x a day

RoseOx - 1 a day

MLC - 1 3x a day

Florafibre - 1 3x a day

Aloe drink - I drink all day long

Tea - 2 -3 cups a day

Nutri9 - 1 3x a day

ExtremeC 1 a day

Factor 1000 - 2 a day

- Thanks,
Crystal Currie
NB, Canada

My girl friend Sheri has lupus - and has been battling open leg sores, always being tired, at times was not even able to get out of bed - She is currently on prescription medication as well - but has noticed a big improvement. She is currently taken the following products:

- Form#1, 2,3
- Rose ox
- Flora Fiber
- Schizandra Plus
- Xtra Cal
- Cell-U-loss
- Rose ox - 1 tablet 3 times a day
- Schizandra Plus 3 tablets 3 times a day
- Xtra Cal - 1 tablet 3 times a day
- Cell-U-loss 2 tablets 3 times a day

We are going to introduce the Echinacea and Aloe Juice next - Since she has been using our products the sores on her legs are starting to slowly go away - Her energy has increased with the basic nutrition and I know once we get her on the Aloe juice and Echinacea - She will be going in the right direction.

- Kim Piche

MULTIPLE SCLEROSIS

My sister has had MS since 1991, in the last year she has been in a wheel chair due to the loss of strength in her legs. We got her started on the targeted products for MS in Canada on Aug. 6 and as of Aug. 26 she has been able to remove the special stockings that keep her feet from swelling, she is regaining her balance enabling her to stand at the counter on her own and reach to the top shelves in the kitchen cupboards, something she hasn't been able to do in years. She also has more energy, she lost 7 pounds and is not feeling as depressed about her inability to do the things she use to. She is taking Dong Quai, MLC, RoseOx, Quickstart, Brazilian Herbal Tea, Refresh Green and Beige. This is great news for me as her sister and her family as well.

- Gail and George Wood

The products come through one more time. I would like to share a bit about my Moms health issues: She has MS, had a heart attack a little over 2 years ago and has high cholesterol counts, and as a young lady she had Hepatitis and was in the hospital for over a month. (that was then). My Mom has been on the Herbalife products for approximately 7 months in total, and was on the Advanced Program plus a few extras for her Multiple Sclerosis. She has lost over 25 pounds and tons of inches, as well as having much less pain and much more mental clarity! Here is the most incredible part of the story though, starting 4 months ago my Mom added the products for High Cholesterol, with no support from her Doctor who wanted her to go on a prescription that had a label warning on it for any person that has had any liver problems in the past to not use them. So, this is what has happened in 4 months: Cholesterol level 243 to 222, HDL 82 to 96, Triglycerides 40 to 38, LDL from 153 to 118 (much to the Doctors surprise) he said "keep on doing what you are doing." Thank you so much Herbalife for helping my Mom.

- Sandy Ricumstrict

POISON IVY

I've also wanted to send along another testimonial on the Radiant C spray. Just after reading a testimonial in email several weeks ago about how it cleared up a child's poison ivy, I was talking with a friend who is on the Ultimate program. She was telling me what a terrible case of poison ivy she had gotten working in the yard. After two Dr. trips for steroid shots, she still had reddish-purple welts and insane itching and could barely wear clothes. I told her what I had just read, then sent her two complimentary spray bottles as a thank you for her business and referrals. She immediately got relief when she first sprayed it on and in less than 3 days the welts were drying up and the color receding. She was overjoyed to get such quick relief after the weeks of it spreading and being so miserable. Once again, Herbalife to the rescue!

- Happy Herbalife Customer!

PREGNANCY

People are CRAZY if they don't use the Herbalife products before and during pregnancy.

Before Herbalife, I had had 8 children - 1 forceps, 1 suction, 1 with a congenital problem due to poor prenatal diet (improper vegetarian) and constant vomiting, plus pills my doctor had me on for my irritable bowel symptoms. Last 5 babies, I needed the intravenous hormone drip to keep my contractions going.

Started the Herbalife nutrition when #8 was 6 months old - felt much stronger, more even tempered, calmer (#6 child was going through leukemia treatment at age of 4).

Ninth pregnancy was wonderful from the start. Gained 10 fewer pounds than the eight first babies (only 37, not 47 lbs). Started labor very gently, progressed easily. No hormone drip needed at all - though my labor and delivery were reduced by 80%. Went home the next day from hospital, instead of 5 days in (saved "the system" money).

My Herbalife babies: are stronger, healthier, heavier, taller, smarter, no sleep problems, calmer- and their siblings and relatives all agree, although the relatives aren't into Herbalife, they can't help but see the proof. They are now 9 and 11 years old (boy, girl).

- Amen!
Margo Linder

ROSACEA

Hello Everyone Awesome Testimony!!

Background: Acne Rosacea (often called adult acne because it doesn't usually start until 30 plus) is a chronic disorder with no cure. It affects both men and women, but in somewhat different ways. Untreated, it just keeps getting worse! It starts with facial redness, then visible blood vessels (spider veins), followed by bumps and pimples, open sores, an enlarged nose (especially for men) from excess tissue, and finally, the eyes are affected. For those old enough to remember his photos, the classic example of Rosacea in the final stages was the comedian W.C. Fields. Many people are falsely accused of being alcoholics, although alcohol is one of the possible triggers for a flare-up. Rosacea definitely has a negative effect on career and social life! (Warning: products for teenage acne only make Rosacea worse.)

My Story: The flushing caused by my personal triggers had advanced to almost constant red cheeks with spider veins and a nose with enlarged blackhead-filled pores looking like seeds on a supermarket strawberry. Temperature seems to be my major trigger -- whether it's the heat of summer, the cold of winter or the increased body temperature caused by exercise. Certain foods and stress also cause problems. The topical lotion prescribed by the dermatologist seemed to halt the progression and even showed some improvements in reduction of facial color, spider veins and whitehead bumps.

Enter Dermajetics: Miracles started to happen when I began using the Dermajetics Ultimate Program for sensitive skin. Radiant C was added when it became available. The strawberry nose, spider veins and enlarged pores are gone! Most of the time there's only a slight "healthy" pink to my cheeks although flushing does intensify after exercise, for example. Most of the whitehead bumps are gone. My skin looks better than it has for years! It's wonderful to hear compliments instead of having strangers worry if the red face means a potential heart attack. And no, I don't intend to discontinue the prescription -- the combination is working and I'm not about to take any chances. Photographs of people with advanced cases are downright scary.

- Gloria Hansen

RUPTURED DISKS

Absolutely. I have 3 ruptured discs (one of them is in my neck)-the other two are in the upper back. I was on Celebrex, Neurontin, and the highest dosage of Hydrocodone they could prescribe without my going in to convulsions. Instead, I hallucinated and the medication was damaging my liver. Yet, with all of the drugs I was still in pain 24/7. I became claustrophobic as I felt "trapped" in a body racked with pain. It was a nightmare. Joint Support came out in August of 99 and literally saved my life. I am telling you I was off every single drug within 12 days and I have been virtually symptom/pain-free for 2 years (I celebrate this month!) and it was a Godsend. Your brother would absolutely benefit from Joint Support.

- Tori

STRETCH MARKS

I don't know if this will help anyone but I have a success story too. I have two little girls that gave me some pretty terrible stretch marks during and after my delivery. They were very wide and bright red. Shortly after I started my Herbalife business I bought some Body Buffing, and Body Contouring Creme. I used them both twice a day. I started seeing results just in 1 week!!! By the second week the bright red turned into the same color as the rest of my skin! Within a month of these fabulous products, the stretch marks on my bottom, chest, hips, and thighs were completely gone!!! And the worst ones were on my belly, and they were even almost gone. After my stretch marks were gone, EVERYONE wanted some. And now not only can I wear a swimsuit again, but so can 5 of my friends, and 6 of my family members!!! My retail sky rocketed after that month. It is true..."You are your own walking bill board."

- Panda

SUN POISONING

Hi, I returned home from an afternoon rafting trip on the Gallatin River with sun poisoning. I had a raised, red rash on my neck, chest, arms and legs that burned all over again when in the sun for even a moment or in contact with any lotions. Five days later nothing I tried had helped and I "came to" as I was applying Radiant C gel to my face! I had been using Radiant C on my face for weeks - no rash there! I applied Radiant C on the irritated skin twice a day and two days later my skin is smooth and no signs of the sun damage! WOW - one more Herbalife product I never want to be without!

- Rita D. Messmore

ULCERS

Hi! I suffered from Ulcers, heart burn (that would wake me up in the middle of the night!), and was very stressed out. I started the program for weight loss and it has done SO MUCH MORE! I have NEVER felt so GOOD in my adult life. I use to wake a feeling sick to my stomach every single day. I was eating Tums like crazy, morning, noon, and night. I never left home without them. I decided when I became a supervisor to try some of the other products available to me. I don't have my ulcer anymore and I had it for at least 8yrs. I had the really bad heart burn at least that long too. I can't believe it, but I don't have any of those problems anymore and I have lost thirty pounds. I have my stress under control. Things don't bother me as near as much as it use to. I have also noticed that I now have my emotions under control too. I feel TERRIFIC! I wish that Herbalife had come to me sooner! I am a true believer and my health can prove it. I have also lost 30 pounds of my 45. That also has helped me in many ways!! I wish everyone could be on Herbalife. Thanks!!

- Dava Thun

Hi, My testimonial to share is on ulcers. My mother was taking Herbal Aloe Concentrate before each meal (2-3capfuls) to help with her 2 ulcers. After a month she felt much better and further tests proved that all ulcers were gone and that her stomach lining was completely healed. No traces, or scars left at all!!! Amazing!!!!!!!!!!!!!! Now she has all her friends on this product to help or alleviate discomforts of stomach problems.

- Chantal Kornelsen

WEIGHT LOSS

I have never been a fat person. At times, somewhat overweight, however, since I have always been tall and slim and wore clothing to hide "those areas" of the body that required some work, no one perceived me to be overweight, or so they said.

After the birth of my children, my baby fat stayed only in my stomach, but so much of it that I saved my money and eventually, in 1998 had a tummy tuck. I looked great at first. Of course, you do lose weight during a surgery by not eating, and then not having appetite during recuperation. So in a panic to feel better because you do not have energy when you are not consuming food, I ate. Not a lot but indeed I did eat. And I did gain weight.

Since I would no longer gain weight in the stomach area, the weight now collected in my legs, creating cellulite pockets, and making a knee and ankle problem I must live with extremely difficult. Stairs and walking became more of a chore, now having more weight to carry around on my right leg. And my hips had some excess weight on them. I could definitely pinch an inch or two on each side. But again, no one could say I was fat. Clothes could hide these flaws, as long as the skirts were long, and the pants didn't hug my hips too tightly.

I found the Herbalife telephone number on a telephone pole as I was driving my car and stopped at a red light. Impulsively I stopped to write it down. I had truly never tried a regimented diet before with a guide. And I didn't know that this was Herbalife until I phoned MH. But I did set up an initial meeting. And I not only fell in love with the Gold program, but I liked the taste of the shakes. And I could still eat two meals per day, which was important in my lifestyle, because I eat in restaurants with clients fairly often.

The vitamins and proteins in the shakes gave me constant energy. In fact my energy level never went down. I was never hungry. I began the program on June 1, 2001 weighing in at just over 150 lbs. But rather than weigh myself constantly I took my delight in my clothing – the fact that my jeans that had been too tight on me in March just before my vacation, now fit, and within a couple of weeks were definitely too big for me. Dresses that hugged the body that had hung in my closet I couldn't wait to wear. And I didn't look like I had been stuffed into them. By mid June my cellulite and weight on my legs was gone. My waist was smaller. I am still working on my hips, which have been reduced by half. And my overall appearance is one of a woman who looks healthy, fit and – I am told – sexy.

My overall weight has been reduced by almost ten pounds. But I have lost inches. I can't figure out the logic in this but I am eating healthy foods, taking the supplements and shakes, and bars, and I am losing the weight and achieving my goal of wearing bathing suits and body suits, and not being embarrassed. I know I look good. And I still want to lose another 5 pounds.

But the coupe de resistance came when – I guess I felt good about myself and it showed – I borrowed my daughter's skin tight jeans, the shiny ones, in RED! That day I met a man twelve years younger than myself, who tried to guess my age and guessed way too low, was totally surprised when I said I was 48, and he invited me out to dinner!

Will I continue on this diet? Yes. Absolutely. And after I lose my next 5 pounds, I will maintain my weight by continuing to use the products, being careful, still not eating carbohydrates in regular doses as I had done before June, but rather having small portions a couple of times a week. And having more fruit than I am eating now. I want to stay looking good. Thank you Herbalife!!!

- Happy Herbalife Customer!

If you want powerful here it is...

Two months ago a policeman from my city started a weight loss program (Ultimate). He wanted to lose well over 100lbs. He loved his job, but was at many times unable to perform in the call of duty because of his weight. The first month he lost 21 lbs., the second month he lost another 20 lbs. He wrote me, then called a week later. That was the very first time I ever saw emotion like that from anyone. He exclaimed that Herbalife changed his whole world. He also said that he can work with his head held high, and what he loves the most is how proud his children sound when they brag about their "New Daddy".

I checked my voicemail about 30min. ago with 4 policeman, 3 people from the water dept., and 2 of his relatives all wanting weight loss programs!!!! If anything can keep my drive strong it is definitely testimonials like this that just grabs my heart!!!!

- Panda