

Lesley's Story

12-months ago I was 18lb overweight. I didn't like myself and was always moaning about my weight and clothes. I couldn't walk very far or go to the gym without getting out of breath. I came back off a holiday, saw a photo of me and didn't like it.

I'm also a diabetic on insulin and have an under-active thyroid, high cholesterol, angina and a bad back.

A friend introduced me to Herbalife. I was sceptical but started the programme, taking Formula 1 with Formula 3 twice a day and Formula 2 three times a day. I also have one cup of Thermojectics herbal tea every morning, which is good for detoxing, waking me up, speeding up my metabolism and it gives me extra energy. I have tried a few but the Herbalife tea was definitely the best one!!

Within a week I could feel and see a difference, I started losing about 2lb a week, but I was amazed at how well I looked. My hair, skin, nails and eyes looked so much better. Every week I looked better and better and felt so good, and the weight carried on coming off.

I got down to 9st 4lb and I've kept my excess weight off ever since, which is so easy to do. At 5ft 4in, this is a good weight for me. I'm still taking Formula 1 and Formula 3 once a day, Formula 2 three times a day and drinking the 'Thermo' tea. At 42 I now look and feel better than ever before.

I feel more confident, have a bigger choice of smaller clothes, I can walk further and I go to the gym four times a week now.

My sugar levels are better and I have lowered my insulin which is great. I have more energy, my back is better, my hair is much thicker and I feel so much better in myself.

I have also introduced Herbalifeline into my programme, which is good for my heart and healthy circulation.

I will never stop taking my one shake a day. I would be mad to!!!

I also use the outer nutrition products. Cleanser, toner, moisturiser, body lotion, hand cream and body wash. I'm very pleased with the results.