

# Stories to Inspire

## My Weight Stopped me from Ever Feeling Happy

Anna Massa

**"I should have a lot to be happy about; I am 26, I live in the beautiful city of Naples and I have two gorgeous children, however being overweight overshadows everything. I'd started to gain weight after my first pregnancy and had gone from a size 42 to a size 54."**

**"I felt caught in a trap and didn't know how to get out."**

"I tried all sorts of diets and found some success with them, but as soon as I paused, would regain all the weight, sometimes I even gained more than I'd lost. In the end I became disenchanted with the whole dieting process and felt all my sacrifices had been in vain. I decided give up hope of ever returning to my original weight and make do with how I was. Of course I was sad and depressed. Going to the beach with my children was a total nightmare, it felt like everyone was staring at me and feeling sorry for me, my self-esteem was at an all time low."

**"Being able to talk to someone about the products made such a difference."**

"In February 2001 a relative came over to stay. She had been using Herbalife to slim down and she looked wonderful. I told her about my other diets and how as soon as I stopped and ate normally again the weight just piled on. She convinced me that this time it would be different. I contacted the Distributor who told me in detail about the properties of the products, it was great having someone to talk to about them, rather than just buying them from the shops with no advice. My Distributor was such a confident happy person she helped me believe that I really could regain my ideal weight."

**"I noticed within two weeks that my clothes felt less tight and in some cases, baggy!"**

"I started to use the products and follow The Herbalife Weight Management Programme that week. I was so surprised at how quickly I started to see results. My Distributor made regular phone calls to me, which really helped motivate me."

Size 54-44  
in just  
6 months!



"To everyone who reads this, I recommend Herbalife products, believe me they really do work!"



**"I went from a size 54 to a size 44 in just six months!"**

"I used the weight management products for six months and reached my target weight. I now use Herbalife products to help maintain a healthy and balanced diet and so far the weight has stayed off completely, without me having to give up the things I enjoy. To everyone who reads this, I recommend Herbalife products, believe me they really do work!"



Order Herbalife Formula 1 Drink Mix Meal Replacement for Weight Control from your Distributor NOW!

Available in four delicious flavours:

Vanilla #0141

Chocolate #0142

Strawberry #0143

Tropical Fruit #0144

**Ask your Distributor for more product sheets and collect the set!**

**Independent Herbalife Distributor**

Herbalife is a global leader with 22 years of experience in the weight management and nutrition industry, offering a range of products that support a healthy lifestyle.

