



Instructions for Product Use



'IMAGINE!'... FOOD FOR THOUGHT

"IF YOU COULD ONLY OWN ONE CAR . . . AND IT HAD TO LAST YOU YOUR ENTIRE LIFE . . . HOW WOULD YOU LOOK AFTER IT?"

We have all seen 5 year old cars that are very badly rusted, or damaged and nearly ready to be scrapped, and yet we have also seen 80 year old cars that look as good as the day they were built!

"WHY?". . . To me the reason seems obvious!

WE ARE ONLY GIVEN ONE BODY, and just think what we do to it over a lifetime!

**'LIFE IS NOT A DRESS REHEARSAL,
WE ONLY GET ONE CHANCE!'**



Remember that things like Pollution, Pesticides, Preservatives, Additives, Antibiotics in our food, etc. etc. are beyond our control.

The C.S.I.R.O in a recent study found also that over 50% of our soils are Nutritionally depleted. So even when we try to eat well, we are not always getting what we think we are, from our food.

Then when our health finally starts to break down, we say things like . . .

"You have to expect things like this when you get older"

or

"Mum had these problems, so it must be hereditary."

As over 70% of deaths and disease are nutrition & diet related, and we usually pick up our eating and cooking habits from our parents, it just stands to reason that the same related problems may occur.

In 'VERY SIMPLE TERMS' what our Programs do is. . .

- 1. UNCLOG, CLEANSE, AND TAKE ALL THE BAD THINGS OUT, WHICH ALLOWS OUR SYSTEM TO REPAIR ITSELF!**
- 2. THIS IN TURN ENABLES THE GOOD THINGS TO BE ABSORBED!**
- 3. THEN SUPPLIES ALL THE GOOD THINGS, IN BALANCE, EVERY DAY!**

END RESULT: YOU FEEL REALLY GOOD, REALLY QUICKLY!

IDEALLY, as your entire bloodstream changes every 90 days, best results will be achieved with a '90 day commitment to your health'.

**THESE NUTRITIONAL PURE FOOD PROGRAMS
ARE WAY TOO GOOD NOT TO BE USED SERIOUSLY!**

Please read the following instructions for taking Cellular Nutrition for Weight Loss carefully.

***Instructions for how to take your products to fight Chronic Fatigue Syndrome appear on page 5 of this document. ***

Millions of people have enjoyed the benefits of these products and as a result now look slim and feel vigorous. The sooner you begin your program the sooner you can move closer to your health and business goals.

- Take your body measurements and weigh yourself before starting the program. Record the date and date every three days to show your progress.
- Always start the program in the morning within the first 30 minutes after rising. Daily meals should be approximately five hours apart.
- The first few days of the program are very important – follow the program exactly, as this will help you get off to the right start.
- Keep one rule in mind for weight loss: to lose weight you must take in fewer kilojoules/calories than you use up; ideally the difference comes out of body fat. Here you can calculate the Calories in food.



The Herbalife weight control program is designed so that you take in fewer kilojoules than you expend daily in your normal activity levels.

- Depending on your body weight, activity level and metabolism, in general terms a 4176-5720 kilojoule diet per day should effect a weight reduction in the average adult.

You simply substitute a delicious 'shake' of Formula #1 for each of TWO meals per day and have ONE main meal. With EACH of your three meals you will take your multivitamin and other tablets. Be sure to take the tablets and capsules three times a day. Leaving out any item will only slow down the process.

Persons over 100kilos (220lb) may find that eating only three meals per day is too restrictive a food intake. It is suggested that the main meal be supplemented by an extra 'shake' per day (three shakes + one main meal)

When considering a weight control program it is advisable (especially children, pregnant women, nursing mothers, people with kidney problems or insulin dependent diabetes) to consult with your physician to monitor your progress on the program.

How to take your Herbalife Cellular Nutrition on a daily basis:

FORMULA #1: Shake Powder

Mix 2 level dessertspoons of powder with 250ml of liquid for ONE SERVE.

Suggested drink is ½ water with ½ Soy or Rice milk, preferably prepared the night before taking, as this will produce a very smooth and creamy drink, as well as making it fast and simple in the busy mornings to take breakfast and lunch during a busy day.

It is simple to make up both your daily shakes 250ml water and 250 ml Soy/Rice milk in one 'milkshake' container, and have it premixed and ready to take with you anywhere you go in your busy day.

The shake can also be made with fruit juice or mixed into low fat yoghurt, or stirred into a warm (not boiling) cup-of-soup. A simple one is to simply mix your powder with some Iced Coffee and keep refrigerated.

Whenever you have the time available, it is a delicious change to try out some of the [Smoothie Recipes Collection](#) available online here, and in your Herbalife information pack. Try using a blender with different fruits and liquids until you work out what are your favourite blends and recipes.

Do not mix with cow milk as that may cause mucus in your stomach and symptoms of nausea. Should you experience stomach upsets during your first three days of detoxification, simply sip some Aloe Vera Juice for quick relief. Call your Sponsor if your discomfort continues.

FOR WEIGHT LOSS: replace 2 meals per day with the Shake and eat one normal meal + 3 sets of tabs per day / with each meal

FOR WEIGHT GAIN: eat normal 3 meals per day and drink your shake after 2 of the meals + 3 sets of tabs per day / with each meal

FOR HEALTH MAINTENANCE: replace only one meal per day with Shake, eat 2 normal meals. + 3 sets of tabs per day / with each meal

FOR DIABETICS: count the fructose content in your diet allowance, mix the daily 500ml of Shake, but drink it in 4 to 6 small portions throughout the day.

Aloe Vera Juice For cleansing and low immune system

Take [Aloe Vera Juice](#) prior to main meal and mix with water or juice to your desired taste.

Take from 50 to 150 ml depending on whether your stomach is upset or if you have a chronic fatigue syndrome, ulcers, bowel problems, etc. Helps to calm as well as clean your stomach and intestines as well as speeding up weight loss.

Thermojetics Herbal Instant Drink: for Energy & increased weight loss.

Mix ¼ to 1 teaspoon with hot water, fruit juice, added to your normal tea or coffee, added to your Shake, just about any way, but not in fizzy drinks.

For increased weight loss take a drink for: Breakfast, Morning Tea, Lunch and Afternoon Tea.

Only drink Thermojetics Tea after 6.30 pm if you require extra sustained energy during the evening.

N.R.G. Tabs & Tea: For Energy & Allergies

Take 2 N.R.G. tablets or a cup of tea prior to breakfast or 1 for breakfast and 1 for lunch. You can take as many of these as are required for increased energy, but it will affect your 30 day supply,

IT IS ESSENTIAL for effective fat elimination and detoxification that you drink 8-12 glasses of 250ml water every day!

Some more about the symptoms to expect when you change your diet.

It is unlikely you will experience serious detox symptoms unless you have been constantly dieting or are suffering from toxins or chronic illness and/or medication intake.

Contact me if you have any further questions about how to take your products, remember that help is only a click or a call away!

You can also watch the videos that explain the products and how to take them here:

<http://www.thehealthsuccesssite.com/Herbalife-health-nutrition-supplements-retail.html>

You can also download a free report about Cellular Nutrition and how it works on your Villi and digestive system here:

<http://www.thehealthsuccesssite.com/nutrition-for-your-cells.html>



HOW TO TAKE PRODUCTS FOR CHRONIC FATIGUE SYNDROME CASES:

First to start your program, I would like you to every day **dilute the Aloe juice** and make sure you have at least 1 liter, but even better if 2 liters (quarts) of water pre-mixed to drink every day. So calculate how much juice is in the bottle and divide it by 30 serves/portions for the month. Add one of those portions to your two liters of water.

TO BEGIN: Take a big glass of water with Aloe juice along with one Florafibre tablet three times a day for the next 4 days. For instance at breakfast, lunch & dinner times.

This is because I want your body to gently start the digestive system & villi detoxification and cleansing process, before you start adding the nutrition products, as you will not be able to properly absorb them until you cleanse out your villi and digestive system.



THEN: on day 3 you can add one cup of Thermojetics Beverage per day. Mix only a 1/4 teaspoon of it with juice, or hot water, you can also add lemon and honey to the hot water with Thermo to make a European style cup of tea. Or add it to your normal tea or coffee.

I also like to drink it in hot water with either some Ginger Refresher or Blackcurrant Syrup for a bit of variety. As the month progresses you can increase the mix to 1/2 a teaspoon if you feel the need for extra energy boosts, but usually a 1/4 teaspoon is enough to give you a kick in your energy.

After day 4 you can increase it to two cups of Thermojetics per day, eg: morning tea and afternoon tea times to help pick up your energy in those slump times.

Try not to drink it too late into the night as it will affect your ability to sleep otherwise.

THEN: On the fifth, sixth and seventh day you can add ONE 250ml (1cup) shake drink to your daily meals.

I recommend that you mix two level dessertspoons (*not as big as a 'tablespoon' measure - I use One spoonful from the cone shape scooper that you get with some ground coffee beans packets*) into 125ml (1/2 cup) of water and 125 ml (1/2 cup) of SOY or RICE milk.

(Cow milk is not suitable, especially if you have an allergy to dairy - otherwise some organic Goat milk is acceptable)

By regularly changing your rice/soy milk flavours eg: strawberry, chocolate, vanilla, berry, fruits, caramel, coffee, you can get whatever milk shake flavours you like that way, and change the flavours every few days to keep the shakes interesting to drink.

The booklet enclosed with your products will give you some recipe & fruit mix 'thick shake' ideas to try out. If you find the shakes are too thick for you to enjoy, add more water, or use slightly less powder. You should have at least one heaped dessertspoon of powder in one 250ml / cup of Shake drink.

For my simple daily shakes I pre-mix my shake powder, water, and soy milk in the evening before I go to bed.

Just shake and put in the fridge overnight. That way the powder dissolves overnight and with a couple of quick shakes it makes a smooth drink without taking any time for blenders etc. in the morning rush hour.

And if you go out to work every day, you just mix a double serve the night before and take the rest of the pre-mixed shake to work in a bottle or cool thermos and drink it at lunchtime.

For a leisurely lunch fruit smoothie I will take one of the recipes and mix the fresh fruit and other ingredients in a blender. Very nice when I make the time to do this.

After the first seven days, you can take the full product range in your pack:

2 shakes @ 250 ml. serve per day (you choose when you want this)
Always have breakfast, so if you dont normally eat a meal now, you must take one of your shakes for breakfast.

2 serves of 1 NRG tablet (morning and noon/afternoon)

3 serves of 1 Multivitamin tablet & Flora Fibre tabs (morning / afternoon / dinner)

2 liters of water with aloe juice added (throughout the day) I keep a 1 ltr. squeeze plastic pop-top bottle that I drink from throughout the day, as well as when I take my tablets.

I bought some screw on pop tops and put them on the actual bottle the Aloe juice comes in as it has a great consistency to 'squeeze' my water aloe juice mix out from as I drive and rush around.

In the beginning I used to save a half serve of my shake (1/2 cup - 125ml) to take before I went to bed at night, as a Supper snack. This gave my body good nutrition to work on and absorb when I slept, so that when I woke up in the morning I was already well fed and energized.

Bear in mind the principle that for optimum nutritional benefit your body needs a small serve of nutrition every 5 hours.

If you want to lose some weight and trim your fat intake levels, you can replace two meals with the shakes.

If you want to gain weight and muscle, you add the shakes on top of your normal meal intake.

If you have no weight problems you can just add the shakes to your meals, or maybe replace one meal with a shake. There are not many calories in the shake, so it should not affect your fat levels.



Be prepared for some signs of detoxification for the first week.

These should be *very mild indeed* because of the way you start taking the program in the first week, and the aloe and water is especially helpful to speed up the cleansing and to settle your stomach if you experience some detox digestion side effects like nausea or heartburn.

Just remember to ease yourself gradually into the full use of the products, so that you do not have a big change in nutrition to shock your body. Cleanse and detox first, then slowly add the shakes and then add the tablets.

Then in the second week you can play around with how you like to have your shake mix, and if you want to save some for a Supper or bedtime snack to help energise you in the morning. You need to commit yourself to a 90 day nutrition plan to enjoy the real benefits of long-term recovery.

Later on next month if you want to speed up your recovery from chronic fatigue, you can add an extra serve of tablets and shake to your daily intake at night before you sleep. This makes your product pack last less than 30 days but it helps you to keep feeding your body roughly every 5 hours, which is the optimum nutrition intake schedule (roughly 5 meals a day)

Then after 3 - 4 months you can adjust your nutrition intake to meet your energy needs in the future. Some people just need a supply of Thermojetics Tea to give them a quick pick-me-up in the afternoons, once they have turned around their cellular nutrition capacity again.

I choose to always have at least one shake and serve of tablets every day. I also always have Aloe water and Flora fibre every day. It just keeps me feeling in peak condition, so I like to stay on the products for at least the minimum serves.

Whenever I get run down (or am really under attack from hay fever like right now) I just go back on three serves a day until I feel I have balanced and sustainable energy again.

But there have been times when all I needed as to simply take a cup of Thermo tea to give me an energy lift. This is very flexible for your lifestyle once you have experienced an energy recovery.

I suggest you read the following information articles as well:

<http://www.thehealthsuccesssite.com/nutrition-for-your-cells.html>

<http://www.thehealthsuccesssite.com/change-of-diet.html>

<http://www.thehealthsuccesssite.com/detoxification-details-article.html>

<http://www.thehealthsuccesssite.com/Chronic-fatigue-syndrome.html>

<http://www.thehealthsuccesssite.com/aloe-vera-juice.html>

<http://www.thehealthsuccesssite.com/Florafiber.html>

<http://www.thehealthsuccesssite.com/N-R-G.html>

<http://www.thehealthsuccesssite.com/Herbalife-formula-1.html>

(If links aren't clickable, just copy and paste them into your internet browser window to view these pages)

Well, that is how you get started!

Let me know how you go for the first week or so. If you have any questions, just email me a note and I'll get back to you straight away.

I know you are going to be delighted with the results you get from taking these products.... and you will have them in only a few days time!

Contact me if you have any further questions about how to take your products, remember that help is only a click or a call away!

You can also watch the videos that explain the products and how to take them here:

<http://www.thehealthsuccesssite.com/Herbalife-health-nutrition-supplements-retail.html>



SHAKE RECIPE IDEAS

1. Vanilla, Chocolate or Berry Powder with water, plus ice.
 2. Vanilla, Chocolate or Berry Powder with Fresh Orange Juice.
 3. Vanilla or Berry Powder with Fresh Grapefruit Juice, plus 1/4 cup Fresh/Frozen Mango.
 4. Vanilla or Berry Powder with Fresh Orange Juice, plus 2 tablespoons Passionfruit Pulp.
 5. Vanilla or Berry Powder with Fresh Orange Juice, plus 1/2 Banana
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6. Vanilla or Berry Powder with Fresh Apple Juice and a pinch of Cinnamon.
 7. Vanilla or Chocolate Powder with *Soy Milk and a pinch of Coffee.
 8. Vanilla Powder with *Soy Milk plus 1/2 Banana and a pinch of Nutmeg.
 9. Vanilla or Berry Powder with water, plus 1/2 an Apple, 1/2 Mandarin and 2 Dates.
 10. Vanilla or Berry Powder with water, plus 1 Kiwi fruit and 1/2 Banana.
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11. Vanilla Powder with Carrot Juice, plus 1/2 an Apple.
 12. Vanilla or Berry Powder with *Soy Milk, plus 1/4 cup Mango and 1/2 Banana.
 13. Vanilla Powder with Watermelon Juice, plus 1/2 cup Pineapple Juice.
 14. Vanilla or Berry Powder with Apple Juice, plus 2 Kiwi fruit.
 15. Vanilla or Berry Powder with Fresh Orange Juice, plus 1/2 Peach, 1/2 Nectarine, 1/2 Apricot.
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16. Vanilla or Berry Powder with *Soy Milk, plus 1 Peach and 2 dried Figs.
 17. Vanilla Powder with Vegetable Juice Cocktail, plus Fresh Herbs.
 18. Vanilla, Berry or Chocolate Powder with *Soy Milk, plus 1/2 cup Frozen Berries.
 19. Vanilla Powder with *Soy Milk, plus 1 Pear, 1 tablespoon Almond Meal, 1 tablespoon Wheatgerm.
 20. Vanilla Powder with Apple Juice, plus 1/4 cup Grapes and 1/2 cup Pineapple Juice.
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21. Vanilla or Berry Powder with low fat fruit Yoghurt.
 22. Vanilla or Berry Powder with fat free Vitari (frozen fruit dessert).
 23. Vanilla, Berry or Chocolate Powder with *Soy Milk, plus 1/2 Banana.
 24. Vanilla or Chocolate Powder with *Soy Milk and a pinch of Nutmeg.
 25. Vanilla or Berry Powder with *Soy Milk, plus 1/2 Apple, 2 tablespoons Passionfruit Pulp.
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26. Vanilla or Berry Powder with *Soy Milk, plus 1/2 cup Pear.
 27. Vanilla or Berry Powder with Watermelon Juice.
 28. Vanilla or Berry Powder in Tomato Juice and a pinch of Pepper.
 29. Vanilla or Berry Powder added to Diet soup after serving.
 30. Any flavour powder sprinkled over low fat/sugar Cereal.
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NOTE:

- a. If Fresh Juice is not available use commercial Unsweetened Juice.
- b. Use a little Apple Juice concentrate for extra sweetness.
- c. You can add 1/2 to 1 teaspoon of Thermojetics beverage to the shakes.
- d. You can add Herbal Aloe to the shakes.
- e. Use low fat Soy Milk for weight loss shakes. Whole fat Soy Milk can be used to increase weight, for high energy shakes or body building shakes.
- f. *Rice Milk, *Oat Milk, *Soy Milk or *Goat Milk may be used.

VERY IMPORTANT: Other forms of milk slow down results, and may cause Diarrhea, Constipation, or Headaches!

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