



Before : 58 kg



After : 50 kg

Rita's Story

Hi !! My name is Rita and I'm 24 years old. I had problem with my weight since my early teenage years.

I had tried other "diet" programs in the past - I went to the gym everyday, went to the doctor, took some different medicines, herbs, went to the Chinese doctor (sinshe), even stop eating - but found them "did not work for me". I couldn't eat my favorite food, had no energy. I was giving up about my weight for the last 5 years.

First time I used Herbalife products, because my friend told me. I was very skeptical. She kept telling me to use these products, for about two months. She did that because she knew all the things that I've been through to lose some weights. I never had my breakfast, had my lunch only in a small portion, and never had dinner. She kept calling me every two days, and that really bothered me. And to proof to her that Herbalife wouldn't work for me, finally I used these products.

My first week was really unbelievable, I was using all the products, with lose weight program, but guess what happened to me ? I was gaining weight 1 kg instead than losing weight. I was very angry with my friend, and almost give up... But I'm glad that I didn't. She was giving me support to continue use the products, and later on, I found, that it happened because I never eat a proper meal before I use Herbalife products. That's why, I became healthy because of the product and the program (I must have 1 meal). And also because I tried a lot of "unhealthy diet programs" before, took time for my body to repair the damage and metabolism of my body as a result of doing those unhealthy things.

Now, because of the Herbalife products, my energy has increased, I have no problem anymore with my period, I feel fantastic, and ***with no diet and no exercise, also still eating my favorite food***, in the first month I lost 4 kilograms and 7 centimeters around my waist. Now, I have lost total 8 kilograms of body fat, 15 centimeters around my waist, total 40 centimeters all around my body. Actually, I've been in this weight before, but not in the same shape. These products are really amazing.

I look good, feel great and now I wear my clothes not to hide my body, but to show off its new beautiful shape.

Thank's to Mark Hughes and Herbalife Products

Chairita - Jakarta - Indonesia.