

People constantly tell me,
"You look 20 years younger."

JUDY Brownlow

Before: 240 lbs After: 130 lbs Lost: 110 lbs



With her high-school reunion right around the corner, Judy Brownlow wanted to look her best. So when she reconnected with her high-school sweetheart online, and heard from him the success others had found with

Herbalife's ShapeWorks™ Program, her interest was immediately piqued.

For 10 years, Judy had struggled to reshape her figure. "When you have extra weight, no matter how good of a person you are, people just look at you differently," recalls Judy. Altogether, the ShapeWorks™ Program helped her lose an astonishing 110 pounds—and changed her figure from a size 22 to a 5/6.

"Once I started losing weight, my self-esteem greatly improved," Judy says. Not only did she look better than she ever did in school, the Targeted Nutrition products she used to complement the program helped alleviate the pain in her back, knees and feet. "I have so much energy; it's like I'm back in college!"*

How I Did It

- * Always keep shake packets ready for on-the-go trips.
- * Take Total Control® tablets and N-R-G for added energy.**
- * Surround yourself with people who support you.

*These results are not typical. Individual results will vary.

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

