

With ShapeWorks™, I've found my answer to a better life!

WEIGHT LOSS

MELISSA
Beaudry

Before: 190 lbs After: 135 lbs Lost: 55 lbs



Headaches, stomachaches and frequent exhaustion were a part of Melissa Beaudry's everyday life. But her serious pain extended well beyond the physical. "I was also disgusted with my weight," Melissa recalls.

To give her body the nutrition it needed—and to help her drop the extra pounds—Melissa turned to the ShapeWorks™ Program. "I'm so grateful for these products," Melissa beams, adding that before she started on the ShapeWorks™ Program, she had very little energy for her four-month-old son. "It was great to have so much more energy for him."

Melissa is now proud of her body. "I went from squeezing into a size 14 to looking great in a size 4," exclaims Melissa! "I'm so grateful to have my health back!"*

How I Did It

- * Give yourself a treat every day.
- * Focus on portion control.
- * Late evenings, have a third shake instead of dinner.



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