

Welcome !!

Congratulations on your decision to improve your health ! You've taken the First step to fast easy and sustainable weight loss! You'll look & feel great while enjoying the health benefits of good nutrition.

We realize that in order to get the very best results you possibly can on these products and reach your goal as quickly & gracefully as possible, a few simple things are required. They are, 1st a clear and unwavering commitment to achieving your goal, 2nd regular & consistent follow up conversations with me, your weight loss coach and 3rd a basic understanding of how these products work and what to expect as you go.

Here are 3 simple steps to get you off on the right foot toward your goal:

1. **Watch the “Personalize your Program” DVD.** Make sure to have the product checklist in front of you while watching and check off any products you'd like to learn more about.
2. **Record your Beginning Weight & Measurements** on the sheet provided so that I can help make certain that you progress as at the rate we expect. It is **CRITICAL** to your success that you record your measurements and not just a weight!
3. **Call me** as soon as you've completed steps 1 & 2 to confirm our follow up appointments and get you started on your program. You & I will be working together through your Weight loss journey, as much or as little as you personally desire, to ensure your success!

Consistency is the key to any Weight Loss program – Consistent use of the products & consistent monitoring of the results. I'm here to help you! It's your turn to become one of the millions who have successfully lost weight and kept it off with Herbalife!

Your Personal Weight Management Coach,

The Basics for Getting Maximum Results with your Program

1. Measure & Weigh:

When you begin, you need to weigh and measure yourself before getting started. (use the weights & measurements chart in this packet) No matter what, be sure you take your starting weights & measurements. This is very important for us to see what our results are, exactly, not just be trying to “eye ball” it. The tape measure never distorts the truth, unlike the scale. This program is based on the idea of balanced nutrition and calorie control, which will starve the fat, but keep feeding the muscle. Don't let the scale deceive you! Inch loss is what's going to get you back in those clothes you can't fit into now. Also it is imperative that you take a before picture as well. This is true no matter what result you're looking for. Take one from the front, the side, and one from the back.

2. Never Skip a Shake!

The protein shake is a CRITICAL part of the program, and is a highly engineered food supplement. **Skipping shakes will slow down your program.** When you skip shakes you starve muscle, which slows your metabolism, which in turn slows your weight loss. **Muscle starvation is why most “diets” fail.** Don't let the bad habits of “diets” slow you down. It's also important that you don't skip your main meal either. This will have the same result as skipping shakes.

3. Drink at least 8 – 10 glasses of water a day!

The more water you drink, the faster the program works!

4. Watch the cheating!

One of the things you can expect from the program is the Thermojetics effect. This is a full, satisfied feeling after, and between, shakes & meals. So, cheating shouldn't be a problem. If it is, let your coach know immediately, so we can adjust your program to fit your needs.

5. Further Training:

- View your “Personalize your Program” video several times in your first few weeks
- Get to the very next Herbalife Success Training which we call the STS.
- Review the product section at www.StartHerbalife.com

6. Product Tips:

- It's always best to have something in your stomach before taking tablets- Your shake will usually suffice.
- If you are not accustomed to drinking cows milk on a daily basis, it's recommended that you use soy milk
- Drink 60oz of water a day – minimum.
- You can mix your Herbal Concentrate (tea) in hot or cold water and if you *must*, you can add a small amount of sweetener to taste, or you may also add the Herbal Concentrate right to your shake.
- Be sure to weigh & measure on day 1 and the following days on your chart! This is very, very important!

Personal Progress Chart

| | Date | Weight | Bust/ Chest | Upper Bust/ Chest | Waist | Tummy (women) | Upper Hip (women) | Lower Hip | Upper Thigh | Lower Thigh | Calf or bicep | + or - inches | Note, Comment, Question |
|-------|------|--------|----------------|-------------------------|-------|------------------|-------------------------|--------------|----------------|----------------|------------------|------------------|----------------------------|
| Day 1 | | | | | | | | | | | | | |
| Day 3 | | | | | | | | | | | | | |
| Day 7 | | | | | | | | | | | | | |
| wk 2 | | | | | | | | | | | | | |
| wk 3 | | | | | | | | | | | | | |
| wk 4 | | | | | | | | | | | | | |
| wk 5 | | | | | | | | | | | | | |
| wk 6 | | | | | | | | | | | | | |
| wk 7 | | | | | | | | | | | | | |
| wk 8 | | | | | | | | | | | | | |
| wk 9 | | | | | | | | | | | | | |
| wk 10 | | | | | | | | | | | | | |
| wk 11 | | | | | | | | | | | | | |
| wk 12 | | | | | | | | | | | | | |

1. Bust/Chest- fullest part
2. Upper Bust/Chest- under armpits
3. Waist- under the last rib
4. Tummy- 1"-2" under belly button

5. Upper Hip- mid butt, above 'saddle bags'
6. Lower hip- low butt, include 'saddle bags'
7. One upper Thigh- the fullest part
8. One Calf/bicep- the thickest part

Measure undressed & in front of a mirror to be sure th
 Measure Yourself - do NOT let someone else measure
 Be sure tape measure is level across back while meas
 Weigh 1 time / week on the same scale & at the same

WHAT SYMPTOMS TO EXPECT WHEN YOU IMPROVE YOUR DIET

by: Dr. Stanley Bass, ND, DC, PhC

If I were asked which is the area of greatest misunderstanding and confusion in the field of nutrition, I would definitely be forced to reply, it is the failure to properly understand and interpret the symptoms and changes, which follow the beginning of a better program.

A better nutritional program is introduction of foods of higher quality in place of lower quality ones. The quality of a nutritional program is also improved by omitting toxic substances such as coffee, tea, chocolate, tobacco, salt, pepper, etc. Remarkable things begin to happen to the body as well as the mind. When the quality of the food coming into the body is of higher quality than the tissues, which the body is made of, the body begins to discard the lower grade materials and tissues to make room for the superior, which it uses to make the newer and healthier tissues.

What are the symptoms or signs when you first begin to omit the lower grade foods and instead introduce superior

foods? When the use of a toxin is suddenly stopped, headaches are common and a letdown occurs. This is due to the discard by the body of toxins which are transported by the bloodstream during its many bodily rounds. Before noxious agents reach their final destinations, these irritants register in our consciousness as pain - headaches. Usually, within three days, the symptoms vanish and we feel stronger due to the recuperation that follows. As one continues on the improved diet and gradually raises the quality, interesting symptoms begin to appear. The body begins a process called "retracing". The cellular intelligence has a chance to get rid of old garbage and build a beautiful new house. The accent is on elimination and the body begins to move garbage deposited in the tissues. People *may* experience skin rashes or eruptions due to elimination of poisons and harmful drugs through the skin. If they go to a doctor not schooled in nutrition, he might diagnose it as an allergy and suggest the diet be

discontinued. They do not understand that the body is "retracing". The skin is becoming more alive and active. The toxins being discarded are saving you from much more serious diseases which will result if you keep them in your body too much longer. Possibility: hepatitis, kidney disorders, blood disease, heart disease, arthritis, nerve degeneration, or even cancer. Be happy that you are "paying your bills" now in an easy payment plan. With some: colds or even fever may occur. THIS IS NATURES WAY OF HOUSECLEANING.

Understand that those actions are CONSTRUCTIVE, even though unpleasant at the moment, DO NOT try to stop these symptoms by the use of certain drugs. These symptoms are a part of the curing process. These are NOT deficiency conditions or allergic reactions. Symptoms then may include: headaches in the beginning, occasional diarrhea, tiredness, nervousness, irritability, negativity, etc. BEAR WITH IT - IT IS WELL WORTH IT!!

WATER

8 Glasses a Day Keeps the Fat Away

Water is probably the single, most important catalyst in losing weight and keeping it off. Water, one of the things we take most for granted, plays a very important role in suppressing the appetite naturally and metabolizing stored fat.

Studies show that a decrease in water intake causes fat deposits to increase, whereas an increase in water intake can actually reduce fat deposits. The kidneys do not function properly without enough water. When this occurs, some of their load is passed on to the liver. The liver works to metabolize stored fat into usable energy for the body. If the liver has to aid the kidneys, it cannot function efficiently. Consequently, the liver metabolizes less fat, thus, fat remains stored in the body and weight loss ceases.

Many people whose bodies retain water drink less water, hoping to eliminate the problem. The body sees these actions as a threat to its survival, so it attempts to hold on to every drop. Water is then stored in spaces outside the body's cells. This causes swollen feet, hands and legs. Diuretics offer only temporary relief. The best way to overcome excess water retention is to give the body what it needs – plenty of water. Only then can stored water be released.

Overweight people need more water than thin people. Larger people have a large metabolic load. Water also helps to maintain proper muscle tone by giving muscles their natural ability to contract and by preventing dehydration. It helps prevent sagging skin that usually follows weight loss. Shrinking cells are plumped up by water. The complexion then appears clear, healthy and resilient.

Water also flushes waste from the body and helps to eliminate constipation.

Water not only accomplishes all of the things listed above, it also works with the fiber to create a satisfied feeling and help subdue hunger pains. At least 6-8 eight ounce glasses of water per day are recommended.

YUMMY SHAKE RECIPES

Most recipes call for ice cubes and skim milk. This is optional. If you are lactose intolerant, we recommend using rice or soy milk. That's what we use and it's delicious. You will find additional recipes in your Brand New U! weekly newsletter. Remember, juice is high in calories. Use "low-cal" whenever possible. Be creative and you find the shake(s) that you love! HAVE FUN!!!!

Aloha Delight

1-cup soy milk
2 tsp French Vanilla
½ tsp Coconut Extract
½ tsp Pineapple Extract

Banana Fruit Shake

2 tsp French Vanilla
4 oz nonfat yogurt
4 oz water
½ cup frozen peach slices
½ medium banana

Cappuccino Shake

2 tsp Dutch Chocolate
5 oz soy milk
3 ice cubes
4 oz Non-Fat Vanilla
Frozen Yogurt
1 tsp instant coffee

Extra Chocolatey Shake

1 cup soy milk
2 tsp Dutch Chocolate
¼ tsp Vanilla Extract
1 tsp Chocolate Syrup
1 tsp Hershey's Cocoa Powder
3 ice cubes

Fruit-Juicy Shake

2 tsp Wild Berry
8 oz cranberry juice
(reduced calorie)
4 strawberries
3 ice cubes

Italian Soda Shake

3 Fluid oz orange juice
3 Fluid oz soda water
3 Fluid oz soy milk
2 tsp French Vanilla
2 tsp Herbal Aloe

Melon Masterpiece

2 tsp tropical fruit
8 oz water
½ cup fresh mango
½ cup fresh cantaloupe
3 ice cubes

Root Beer Float

2 tsp French Vanilla
4 oz soy milk
½ can diet root beer
3 ice cubes

Prune Shake

2 Tbsp French Vanilla
6 Fluid oz prune juice
2 Fluid oz Herbal Aloe

Raspberry Razzmatazz

2 tsp Dutch Chocolate
8 oz water
1/3-cup raspberries
½ banana
3 ice cubes

Strawberry Sensation

2 tsp Wild Berry
8 oz water
1-cup strawberries

Wild Berry-Orange Shake

2 tsp Wild Berry
8 Fluid oz orange juice
4 strawberries
3 ice cubes

Hawaiian Punch Shake

2 tsp French Vanilla or Wild Berry
8 oz Hawaiian Punch
3 ice cubes

The Carrot Thing

2 tsp Vanilla Powder
8 oz fresh carrot juice
3 drops of lemon juice
3 ice cubes

Chocolate Banana

2 tsp Dutch Chocolate
8 oz soy milk or water
1 cup banana
3 ice cubes

Pear Shake

2 tsp French Vanilla
1 small pear
1/3 banana
4 oz Herbal Aloe
2 drops Almond Extract

Jamocha Fudge

2 Tbsp Dutch Chocolate
8 oz Cappo bottled Cappuccino
½ tsp chocolate extract
3 ice cube

Strawberries and Cream

2 tsp Wild Berry Formula 1
5-10 Strawberries
2 scoops non-fat Vanilla
Frozen Yogurt
Non-fat milk & Ice

Maul Madness

2 tsp Vanilla Formula #1
1 tsp Crushed Pineapple
1 tsp Shredded Coconut
1 scoop Non-fat Vanilla
Frozen Yogurt & Ice

Herbal All-Bran Shake

2 tsp All-Bran Cereal
2 tsp dry milk
¼ cup warm water
2 tsp French Vanilla

Kiwi Quencher

3 Fluid oz orange juice
8 oz water
1 Kiwi fruit
½ banana
3 ice cubes
2 drops green chartreuse

American Apple Pie

2 tsp French Vanilla
8 oz apple juice
1-2 oz soy milk
½ tsp nutmeg
4-5 ice cubes
½ tsp of cinnamon
4 apple slices

Strawberry Banana

2 tsp French Vanilla or Wild Berry Formula 1
8 oz soy milk or apple juice
5-8 frozen strawberries
½ banana 7 3 ice cubes

Brain Freeze

2 Tbsp Tropical Fruit Formula #1
½ banana
½ peach
1 tsp pineapple
Cranberry Juice, Freshly squeezed orange juice

Mocha Java

2 tsp Dutch Chocolate
Formula #1
1 tsp instant decaf.
Cappuccino
1 scoop Non-fat Vanilla
Frozen Yogurt
soy milk & Ice

Berry Bonsai

2 tsp Wild Berry Formula 1
5-10 Strawberries
1 scoop Non-fat Frozen
Vanilla Yogurt
Cranberry juice & Ice

Orange Julius & Banana

2 tsp Vanilla Powder
8 oz orange juice
½ banana

The Yogurt Thing

2 tsp Vanilla Powder
6-9 oz Vanilla Yogurt
3-4 oz soy milk
1/3 cup frozen fruit

Very Berry Shake

2 tsp French Vanilla or Wild Berry
8 oz flavored sparkling water
6 frozen strawberries
10-12 frozen raspberries or blackberries
3 ice cubes

Passionate Papaya Shake

2 tsp French Vanilla
½ papaya
6 Fluid oz apple juice
2 Fluid oz Herbal Aloe
2 Fluid oz Herbal Aloe

Mocha Freeze

2 tsp Dutch Chocolate
Formula #1
1 tsp Hershey's Chocolate Syrup
1 scoop Non-fat Frozen
Vanilla Yogurt
soy milk, ice

How to Use Your Herbalife Program

(optimized for Day shift work & regular 3rd meal)

| | | |
|----------------------|---|---|
| Breakfast | Mix your Formula #1 Shake in Soy milk, Juice or 2% Milk adding Fruit if desired <i>(see "Yummy Shake Recipes" for more ideas)</i> Drink 2 glasses of Water | Formula #2 - 1 Tablet Cell Activator - 2 capsules Herbal Concentrate - 1/2 - 1 teaspoon Cell u loss - 2 tablets (in Canada this is Mineral Complex) Total Control - 1-2 tablets |
| Mid Morning | Drink 1 glass of Water | Herbalife Protein Snack - if needed |
| Lunch | Mix your Formula #1 Shake in Soy milk, Juice or 2% Milk adding Fruit if desired <i>(see "Yummy Shake Recipes" for more ideas)</i> Drink 2 glasses of Water | Formula #2 - 1 Tablet Cell Activator - 2 capsules Herbal Concentrate - 1/2 - 1 teaspoon Cell u loss - 2 tablets (in Canada this is Mineral Complex) Total Control - 1-2 tablets |
| Mid Afternoon | Drink 1 glass of Water | Herbalife Protein Snack - if needed |
| Evening | Eat a Regular Balanced Meal & Drink 2 glasses of water | Formula #2 - 1 Tablet Cell Activator - 2 capsules Cell u Loss - 2 tablets (in Canada this is Mineral Complex) Snack Defense - 2 tablets (in Canada this is TJ Yellow) |

Some Helpful Hints

Shakes should be mixed Soy Milk, Juice, or 2% Milk. See "Yummy Shake Recipes" page for more Shake ideas.

Inch loss is more desirable than pounds and may occur first.

*Use 2-3 Tablespoons of Formula 1 shake for each shake. Start with 2 Tbsp. Your Coach may customize this for you on your follow up appointments.

Water is one of the Most important catalyst for losing weight with any program.

If you forget a set of tablets, just pick back up and continue on when you realize it, don't 'double up' to make it up or stop for the day.

Snacking during the day is important! Your snacks should be from the Herbalife line of protein snacks or additional shakes.

These times are General and may need to be customized to your schedule by your Coach on your follow up appointment.

Stick to your Follow up Schedule with your Coach!!