



Aging Well & Enjoying It!

In 1998 my son Alex started to include Herbalife's nutrition products into his diet as part of his training for a walk from Melbourne to Brisbane. A friend of his had died suddenly of a massive heart attack aged 43.

I didn't think I needed Herbalife because I ate well and I still grew my own fruit and vegetables ... but I did notice I felt more energetic, and during the first two months **I lost 7 kilos and that was noticeable.**

At the time I was 73 years old ...

I don't understand what's in the Herbalife products, but evidently **they have the best doctors and nutritionists** putting their products together so that I stay well. It is in their interest for me to stay well, I'm a walking talking billboard so to speak.

I use every product they have available in Australia ... including having a 'shake' at least once a day, for lunch or breakfast, all the vitamins and minerals plus the targeted products, Herbalifeline for my heart, XtraCal for my bone health, Tang Kuei and Personalised Protein for my muscles and Aloe juice and Flurofibre to keep my tummy healthy, and one of the most important products the RoseOx helps prevent the likelihood of cancer as does the herbal beverage, another powerful anti-oxidant.

I'm now 86 ... this picture was taken two years ago before I headed off to play bowls.

You can include Herbalife into your lifestyle **EASILY**, just talk to Alex or Helen and they will organise it so you become a VIP customer like me and get 25% discount on all your products.

YOU WILL ENJOY YOUR LIFE FULLY.

Call Alex on 0406 162 295.