

JIL FORD - Testimonial



**“I LOST 5KG IN 5 WEEKS,
& HAVE KEPT IT OFF
FOR OVER 7 YEARS!”**

guess where weight loss is concerned I've been one of the lucky ones. – you know, able to eat anything without gaining an ounce!

That is...when I was younger! – Now I can really understand how hard it can be to lose weight.

As I reached my mid 50's ...Bingo! Suddenly I found out what it's like to increase a couple dress sizes! And I ran out of energy constantly.

You can bet I tried hard to shift the extra weight, gave up chocolate for a start (mostly) and I had always believed if you eat right then...everything will be ok.

I did lose some weight, but I started to accept that big shirts would probably be my normal dress style, and you know, I wanted more! I wanted my old shape back!!

My metabolism had slowed, - and I have always loved cakes and chocolate,...now they were a total disaster!

I was a baby in the diet world but luck was on my side, I didn't even try one crazy diet, a friend suggested I try using Herbalife's Cellular Nutrition Weight-Loss program.

Well, ... I started it with skepticism, but to my amazement, I easily lost 5 kilos in 5 weeks (all around my stomach) gained heaps of extra energy and most important was able to fit back into my favorite designer jeans....and throw away big girls blouses **FOREVER !**

And..... I've kept my weight off for over 7 years!

- Jil Ford