
Lose weight with healthy diet

Posted by dartzx - 2008/05/08 13:01

Hi ya. I'm new here. Seen a lot of posts on losing weight. I've quite recently started taking Herbalife product. Has anyone tried that? It seems to work quite alright with me.

I've lost about 3 kg within the first month!! and felt so much more energetic. Anyone experience that as well? But I found out its a bit too little compared to other people. There are people who lost about 2 kg in the first week! Maybe something wrong with my metabolism rate. LOL... I also read through the ingredients. Very healthy ingredients. I've also been going to the gym to workout. =)

Any comments?

=====

Re:Lose weight with healthy diet

Posted by kenny - 2008/05/08 13:30

I've been doing the p90X workout and doing a diet by Dr. Ian Smith, Author of the "The Fat Smash Diet" book. I never heard of Herbalife and not really into anything by taking pills and such. (Been there, done that)

Dr. Ian's diet seem to work for me, however; it wasn't just the diet. The P90X program is intense and with his diet and made a huge difference. We are in the progress of writing an article about Dr. Ian Smith's diet soon.

=====

Re:Lose weight with healthy diet

Posted by glenn - 2008/05/08 14:53

I haven't tried herbalife so not sure what to say. I would recommend you thoroughly research it. Hopefully some other forum members can give good feedback.

If you continue to use, keep us posted on how it works? Your posts could prove very useful to other members looking for good ideas.

=====

Re:Lose weight with healthy diet

Posted by dartzx - 2008/05/09 12:07

Hi.. thanks for the reply. Well, its not pills or medication, but more like vitamins and nutrients that our body need is made into powder form. Something like those weight gain product or protein powder. So far, there's no side effect or anything but I guess we'll see how. I did do some research e.g reading through other forums about this product, seems like there are really good testimonials.

So far, about 3kg lost and feeling much better. LOL... will see how it goes and keep you guys posted.

=====

Re:Lose weight with healthy diet

Posted by silvester - 2008/05/30 06:00

i am never use this Herbalife product, but i read somewhere that these are given vitamins to over body which are given more power to body, with no side effect, if you lose weight through these product then it is ok , this is my personal advice , you may take your doctor advice.

.....
Fit over 40
Negative calorie diet

=====

Re:Lose weight with healthy diet

Posted by Kim_Nielsen - 2008/09/16 23:57

The best thing you are doing right now is the exercise. Make sure you keep it up and are consistent. The pills may help, but are not good as a long term solution. Your body will likely adapt to the pills causing them to no longer work after a while.

Keep up the exercise and watch your calories, thats the most effective strategy.

=====