

## **Testimonial by Vernon Harris**

### **Inch Loss, Narcolepsy, and Painful & Aching Knee Joint**

My name is Vernon Harris I joined Herbalife in mid April 2000. It was recommended that I used the products to get a product result. I took a look at myself and thought I do not need to lose any weight as my weight cycled between 12 and 13 stones, which it has done for many years.

I finally decided to try the products after measuring my waist and hips. The shock of a 38-inch waist was enough to explain why my trousers had been complaining so much.

I got started on the products in beginning of May with F1, F2, F3 and Thermojetics beverage. At the end of the first week I had lost 2 inches off my waist, 1 off my hips and 1 inch off my chest, which I did not really want to lose. After 30 days I had lost a total of 4 inches off my waist, 2 inches off my hips and my trousers were happy again. My chest was down by 1½ inches and I only lost 7lbs, which was good for me because I didn't really want to lose any weight. The increase energy level was the other great result that came from the products it was just fantastic, out of this world.

For a number of years I have been having problems staying awake during the day. Initially I put it down to not getting enough sleep, however, in the early part of 1999 things started to get worse. In October 1999 I went to see a specialist who told me that I was suffering from a mild form of Narcolepsy and would have to take tablets daily to stop myself falling asleep during the daytime. He told me that the body's natural mechanism may kick back in again after about 2 to 3 years but it was not definite. I had therefore resigned to the idea that I might be on these tablets for years and maybe even for the rest of my life, and that was frightening.

For the uninitiated Narcolepsy is a health condition that disrupts the body's mechanism that keeps you awake through the day. This means that a sufferer can fall asleep literally anywhere and at anytime, usually at the wrong times. In its worst form when you fall asleep nothing will wake you not even falling down a flight of stairs.

I have since found out that Narcolepsy is a major problem in some countries in Asia and it has been responsible for a great number of deaths.

It was not until September when I replace my Narcolepsy tablets that I realised that my month's supply had lasted about 4½ months. Since using the Herbalife products, I very rarely have any need to take the tablets from the supply I got in September. It is only half used and I don't feel I have any need to continue after completing these.

Since starting on the original programme I have added Schizandra Plus, Rose Ox, NRG and most of the other range of products to my daily intake. The products were doing exactly what I was told they would do, give my body the ability to take control and become healthy the way it was meant to from the very beginning.

From my martial arts days I was having problem with my right knee I already had one operation on it, but occasionally was painful and achy. This also stopped since I have been on the products. The results I have had, plus the results from my clients have been so good that I made the decision tell more people about Herbalife, so I decide to go full time into the business to spread the good news.