

## Overcoming Hurdles

As you begin eating healthier, your body may need time to adjust. Here are some common problems that can be experienced by anyone on a weight-loss program.

### Energy

- As your body adjusts to less calories, you may feel more tired than usual.

### Solution:

Eat every meal and shake on time. Don't skip meals, be sure you are following your program as outlined and get plenty of rest. If you need extra energy, try our Herbal Concentrate or N-R-G Tea.

### Hunger

- Are you really hungry or just craving certain foods?
- Are you eating the right amount of protein for your body's needs?

### Solution:

Be sure you are drinking the shakes and adding enough Personalized Protein Powder to support your body's protein needs. You may also want to consider weight-loss enhancers, such as Total Control® or Snack Defense®.

### Digestive Upset

- Do you experience mild indigestion, gasiness or bloating?

### Solution:

Herbal Aloe Drink and Aminogen®\* can also help your digestive system.

### Regularity

- Do you have a change in your digestive functions?
- Is constipation a problem?

### Solution:

If eating foods with fiber does not solve constipation problems, try Herbalife Active Fiber Drink Mix or the 21-Day Herbal Cleansing Program. Be sure you are drinking plenty of water and Herbal Aloe Drink.



### Trigger Foods

Trigger foods are the foods that you love and crave. Then, you feel guilty because you know they're sabotaging your weight-loss efforts.

Have you ever started with just one potato chip or one chocolate-chip cookie and ended up eating the whole bag? These little snacks can add up to big doses of fat and calories.

Below are some healthy alternatives to common trigger foods.

### Healthy Alternatives

Once you settle into the healthy eating habit, you'll start thinking of the nutritious option first. These are a few suggestions to get you started.

INSTEAD OF	CHOOSE
creamy salad dressing	balsamic vinegar, rice vinegar or reduced-calorie dressing
red meat	white chicken meat with low-sodium steak sauce
colas	water with a slice of lemon
orange juice	an orange
double cheeseburger	grilled chicken sandwich with no mayonnaise
pasta	spaghetti squash or whole-wheat pasta with sauce
ice cream	mixed fruits & berries with a drizzle of chocolate syrup
corn chips	raw vegetables

INSTEAD OF	CHOOSE SHAPEWORKS™ SNACKS
chocolate bar	Dutch Chocolate Formula 1 Nutritional Shake
peanuts	Roasted Soy Nuts
potato soup	Creamy Chicken Soup
candy bar	Chocolate Fudge Protein Bar

### support

Your Herbalife Independent Distributor is your #1 resource for encouragement, motivation and help overcoming weight-loss hurdles.

## Holidays & Special Occasions

Many of us celebrate holidays and occasions such as birthdays and anniversaries with big meals and parties. You can still enjoy these events by using some simple strategies.

- Drink a Formula 1 shake or a Wild Berry or Peach Mango (Beverage Mix) drink before going out. It will fill you up and make it easier to resist snacking and overeating.
- At turkey dinners, choose white meat with real cranberry sauce instead of gravy. Enjoy vegetable and fruit dishes. Keep sweets and starches to a minimum.
- Drink sparkling water with lime or a glass of red wine rather than hard liquor or beer at parties.
- Plan holidays and occasions around special activities instead of elaborate meals.



## Dining Out and Traveling

You can still have a great time and maintain your program by learning to eat smart when you eat out.

- Don't fill up on chips or bread. If you ask, some restaurants will substitute cut-up vegetables or crudités. Ask for water or iced tea while you wait.
- Order a salad with dark lettuce, rather than iceberg lettuce. If it includes colorful raw vegetables, that's even better. Request wine vinegar or rice vinegar instead of vinaigrettes or creamy dressings.
- Order a low-fat meat entrée, such as chicken, turkey or white fish—always broiled or baked. Eat only a standard portion and take the rest home.
- If your meal is served with potato or rice, skip that starch and double the vegetables instead.
- Order fresh fruit such as strawberries, raspberries or kiwi for dessert.

Try these tips while traveling:

- Bring Formula 1 Nutritional Shake Mix and combine with nonfat milk or plain soy milk for breakfast.
- Keep fruits, raw vegetables, ShapeWorks® Protein Bars and Roasted Soy Nuts available for snacking.
- Avoid alcohol and sodas. Ask for spicy tomato juice or water.
- Turn down complimentary snack chips and nuts. Bring a ShapeWorks® Protein Bar or Roasted Soy Nuts to tide you over.
- If you eat an airline meal, take high-fat items off the plate so that they won't tempt you.
- Avoid airport fast-food locations. Find a deli with healthy fare or

enjoy a protein snack to take the edge off until you reach your destination.

- Have a bowl of fruit and a serving of scrambled egg whites or a portion of lean meat as another breakfast alternative. Stay away from high-fat meats, fried eggs, pancakes or potatoes.
- Stock up on bottled water, so you can stay away from the soft drink machine.