

# Jenna-Lee Lost: 25 pounds and 33 inches

*Before losing weight I felt horrible about myself, but everything is different now. I feel great. For the first time in awhile, I look forward to shopping for clothes and bathing suits. I am happier than ever, I have more energy, and instead of hiding I try very hard to let the whole world see the new and improved me.*

*Life just got out of control and the weight just kept packing on. So I bought myself a gym membership, but even after three months I just wasn't seeing any results. I was very self-conscious and I found myself constantly pulling on my clothes and wondering what everyone else thought about me. I stopped doing a lot of the things I loved, like going out with my friends and playing on the beach at my cottage. I just hated the way I looked. I woke up one morning and realized I didn't love myself anymore. I needed help. Something had to change.*

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*Everyone around me has been so positive and supportive with helping me reach my goal. What's even better is watching the jaws drop on people who haven't seen me in awhile. They don't even need to say anything; the look on their face says it all. I didn't set out to please anybody but myself, but it sure makes it all worth it when people tell me how good I look.*

*I don't think most people realize how easy it is to lose weight with a little help. So unless you learn the right way to do it, odds are it'll come back, even if you get it off. It's hard to believe the things I was doing wrong and not even knowing. Herbal Magic's not just a diet; it's a life changing, learning experience. I have learned so much.*



*As our clients vary, so do their results.*

**Herbal Magic**  
WEIGHT LOSS & NUTRITION CENTRES

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