

**Shaklee**  
Creating Healthier Lives™

**Two weeks can change your life forever**

I knew by the fourth day that the Cinch Plan was different. Instead of feeling deprived, I felt satisfied. After two weeks I still felt great and had lost some weight. I said, "I can do this!" And I liked the way I felt, so I committed to the plan.

*\*Results not typical.*

**Karen**  
La Grange, IL

**65 pounds healthier and 4 sizes smaller\***



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inch loss plan

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**Shaklee**  
Creating Healthier Lives™

**From personal obstacles to personal triumphs**

Now I feel more alive and stronger...a role model to my family, to my students, and friends. The Cinch Plan has made that possible.

*\*Results not typical.*

**Elana**  
Pikeville, MD

**47 pounds and 15½ inches healthier\***



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Creating Healthier Lives™

**From a long recovery after a back injury to a trim, energetic guy**

I want to be there when my daughter gets married; I want to be there for her kids and my grandchildren's kids too.

*\*Results not typical.*

**Dub**  
Oceanside, CA

62 pounds and 12 inches healthier\*



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**Shaklee**  
Creating Healthier Lives™

**From unhappy exhaustion to happily working double shifts**

I have more energy and feel fantastic. As a result of my weight loss, I am a happier person, no longer struggling with emotional difficulties. Thank you, Shaklee, for changing my life.

*\*Results not typical.*

**Sue**  
Clinton Township, MI

25 pounds and 25 inches healthier\*



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**From maximum weight to feeling great**

*I started to FEEL a difference long before I could see a difference, and was amazed at the good healthy energy I had! The products taste great and gave me such a boost.*

\*Results not typical.

**Jerry**  
Round Rock, TX

**61 pounds and 50 inches healthier\***



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**Once embarrassed, now an aspiring Health Coach**

*Yes, the Cinch Plan is a "cinch," and it lit my fire. After losing weight in a Cinch group, I came away with more vitality, more passion for people and life, and more confidence. I completed a triathlon, and am on my way to being a certified Health Coach.*

\*Results not typical.

**Cindy**  
Albuquerque, NM

**30 pounds and 31 inches healthier\***



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**"The difference is incredible!"**

I feel like my body is more toned, and the inches have really come off! Losing the weight has given me more confidence in myself, and I have a lot more energy. I don't feel like I want to lie down and take a nap.

\*Results not typical.

**Christine**  
Hebron, IN

**21 pounds and 17 1/2 inches healthier\***



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**From several diet fiascos to a plan that brought success**

As a result of losing weight, I no longer battle acid reflux and my knees are no longer in constant pain.

\*Results not typical. Do not discontinue medications or treatment without first consulting a doctor.

**Mark**  
Ipswich, MA

**46 pounds healthier! 6 inches off the waist\***



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**Shaklee**  
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**Once skeptical, now slim**

A Cinch Poem  
by Paul, aka "Mad Biker Poet"

My clothes fit today.  
It's time to buy new ones.  
I'm not skeptical anymore.  
My goals have been reached.  
It's time to set new ones.  
Listen, you can do it.  
It's a "Cinch."

\*Results not typical.

**Paul**  
Middleboro, MA

**35 pounds  
and  
14 inches  
healthier\***



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**Active Lifestyles**

**cinch**  
inch loss plan



**Dropping pounds. Dropping inches. Dropping...golf scores?**

I now feel like I'm 30 again and I look forward to playing golf at least twice a week. With the help of the Powered by Leucine™ Cinch Plan, my golf game benefited as I lost fat and retained lean muscle. I have also lowered my handicap by 12, and now I play in the 80s!!!

*\*Results not typical.*

**Theresa & Leonard**  
St. Peters, MO


Theresa – 65 pounds healthier\*

Leonard – 45 pounds healthier\*



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**Giving the gift of a healthy, happy you**

At this moment, I don't know exactly how many pounds and/or inches I have lost. I have come to realize it is not just about the weight; it's about being the best you can be for yourself and all your loved ones!

*\*Results not typical.*

**Eldner**  
Durham, NC

More than 100 pounds healthier\*



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