



## Herbalife - Cynthia Taylor Independent Distributor

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Did you know poor nutrition can contribute to stress, tiredness and our capacity to work, and over time, it can contribute to the risk of developing some illnesses and other health problems such as:

- being overweight or obese
- tooth decay
- high blood pressure
- high cholesterol
- heart disease and stroke
- type-2 diabetes
- osteoporosis
- some cancers
- depression
- eating disorders.

I have previously suffered from Depression, had Gestational Diabetes and generally felt unwell, lacked energy and unmotivated and I have no doubt my past nutritional (or lack of) habits contributed to this. I often am thankful for having felt like this for so long as I decided to try Herbalife in November last year and have not looked back!

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