



## 30kg Off, Kept Off, No More Hayfever & No Arthritis

My name is Garry Schilling. I was a policeman in a former life and extremely fit. In 1981 I had a major motorcycle accident in which I broke both legs and right arm. I virtually demolished my right knee, splitting it in half, accompanied by a compound fracture to the femur. The surgeons said that, because there was no lubrication between the bones in the joint, I would have to have my right knee fused when I was 38 - 39 years old.....bit of a blow, I was 22 at the time.

In the same year as the accident, I married a girl who had more than a passing interest in horses – show horses. We bought land and built a house in a designated horse area just north of Adelaide, South Australia, where I built stables for even more horses. I have suffered from hayfever since about the age of 13, and while the rent from the stables helped pay the mortgage, there were days I could not go outside because the hayfever would render me useless (at least I could get out of mowing the lawns). Normal medication worked but the side effects of drowsiness was unacceptable and the only relief I got was to have a shower and lie down.

Upon recovering from the accident, I was given a desk job and went from being fit and 73kg to fat and 115kg. My ‘six pack’ had turned into a ‘keg’. In 1991 a friend and subsequent sponsor, Frank Pellas, introduced me to the **Herbalife ‘A’ programme** (now known as **Quickstart**) by subtly suggesting I could ‘afford to lose some weight’. I took the products, but being **very skeptical, told no-one** what I was doing. **Within three days** people started to say things like, “**you’re looking good, are you losing weight?**” I was pleased, though still not convinced.

I am a single father and when I got to see my son, I would sometimes take him to Hungry Jacks and have other ‘fast’ foods. Not all the time, but enough to ordinarily put on weight. I kept using the products and by the **end of the month I had lost 6 kilograms**. Over the following **7 months**, I went on to lose **a further 30 kilograms**.

About 2 years after beginning the programme, I attended a Saturday morning meeting and while I was listening to results of others, realised I had not had a hayfever ‘attack’ for a while. That was in 1993. I now live close to the city and tend to walk pretty much everywhere – something I should not be able to do - and, unlike other people who complain about aches and pains when the rain comes or in cold weather, I never have any problems with my knees no matter what the weather. I believe the **XTRA-CAL** and **HERBAL ALOE CONCENTRATE** go along way to keeping me **ARTHRITIS FREE!** In October, 2006, I introduced **JOINT SUPPORT COMPLEX** to my programme and have noticed my right knee in particular bends with a lot more ease, and with no creaks whatsoever.

I now use ALL of the **CELLULAR NUTRITION** products.

Thanks to these amazing products, I have not only **lost over 30 kgs and kept it off**, but as a bonus, and for me this even better than the weight loss, **I now do not get hayfever, no matter what the weather and I have absolutely no arthritis.**

Garry Schilling

