

## Back to Work, Back to Life With Reliv



**John and Clarissa Walker** successfully ran a roofing and insulation company out of Saint Ignatius, Montana, for 25 fruitful years. An unfortunate accident at work almost signaled the end of John's active lifestyle until Reliv gave him his life back.

"John broke some bones in his neck and was told he could not work for almost a year," Clarissa says. "It was hard to see him suffer from constant pain and numbness in addition to the back pain and chemically-induced asthma that he had before the accident. His condition even worsened as he developed spinal degeneration and arthritis. Worst of all, John's deteriorating health meant he was unable to do the work he valued."

Thankfully, John and Clarissa found Reliv and their story took a turn for the better. "John took Reliv faithfully and was able to return to work much earlier than even our doctor predicted," Clarissa notes. "He seemed to have found an untapped source of energy, returning to work and running his business for four more years. We are very happy that, in spite of everything, John was still able to

work and there were no adverse repercussions from his broken neck."

After a successful run at their roofing business, John and Clarissa are now full-time Master Affiliates looking forward to many more years with Reliv.

## Blood Sugar Management and Weight Loss

### Jogging for the First Time in Years!

At more than 300 pounds, Key Affiliate **Silvia Martinez**, an elementary school principal from Dallas, TX, made a decision to get healthy with Reliv.

"Two years ago, my blood sugar was out of control. I was on medicines for blood sugar, blood pressure and other health issues," Silvia says. By following the Slimplicity® program of shakes and Accelerator capsules, Silvia was able to lose more than 80 pounds!

"For the first time in as long as I can remember, I recently added a jog to my walk. That was huge for me!" she says. Always a horse lover, Silvia can now get on and off of her horse easily too.

Recently, she ran into an acquaintance she hadn't seen in about two years. "She saw this drastic change and she said, 'I'm so proud of you because I know how good you must feel,'" Silvia explains. "Every few months, as I continue to change, I get a new wave of compliments!"

"I try to follow three principles: eat right including Reliv, drink plenty of water and exercise," she says. "If I had done this just to fit into a smaller dress size or look good at a reunion, the weight loss wouldn't last. I'm always struggling, and most days I don't get all three perfect, but I've made a decision to improve my life!"



## Sports Recovery

### Running on Reliv – To Become a State Champion!

**Abby Albers** is a high school athlete who has been breaking track records with the help of Reliv nutrition. "With Innergize!®, I stay hydrated throughout strenuous workouts," Abby says. "And the nutrition from Reliv shakes has meant less muscle soreness, even when I do tough plyometric workouts."

Director Laurie Eaton of Piedmont, SD, introduced her granddaughter Abby to Reliv this year. "I knew how focused she was and that she had the will to excel. I knew her athletic abilities



would be enhanced even more if she gave her body the fuel it needed," Laurie says. "Abby's results have been amazing both on the track and off!"

With Reliv, Abby's senior year was her most successful track season yet! "It's given me energy to compete at a level I didn't think I was able to compete at. It's also helped me recover faster from track meets where I have been running full speed all day!" Abby says.

"Not only have I improved in multiple events including the 100 meter, 200 meter and long jump, but I have had greater endurance and no injuries this year," she adds. Abby even broke her own record twice in the long jump. "I was the South Dakota long jump State Champion and placed seventh in the 100 meter event," she says. "I believe Reliv helped me become a State Champion!"

## Good Nutrition Changes Lives – At Any Age

**Vic Linden** of Fairfax, Virginia, is 84 years old, a WW II vet and a retired carpenter. In 2005, Vic suffered a devastating stroke. "I couldn't do anything but eat and sleep," recalls Vic. "My vision had gotten so bad that my ophthalmologist told me I couldn't drive and I was plagued by stiff joints."

In September 2006, Vic started on Reliv. "I noticed a difference right away," he says. "Before I knew it, I was taking long walks and working in the yard."

Vic had a long-time passion for competitive archery, but after his stroke he didn't know if he could even draw a bow. In 2007, Vic tried competing again. In the seniors category in a competition in Virginia, Vic came away with a silver medal, a feat he's repeated for the last three years.

"When I went back to my eye doctor, he was amazed by the improvement in my vision," Vic says. "And I'm hardly aware of the physical limitations that used to hold me back. With God's help, and Reliv, I'm going to have a good life. Reliv is great!"



## Blood Sugar Management

### Now I can take my grandkids to the amusement park!

GlucAffect®'s launch two years ago couldn't have been better timing for Key Director **Nedra Smith** of Fairfield, CA. Just three days prior, Nedra had been diagnosed with diabetes, a condition that runs in her family.

"With my blood sugar unbalanced, I didn't sleep well and I always had to take naps. I was simply exhausted," Nedra says. The fatigue made it difficult for Nedra to enjoy her grandkids' football games or spend a day with them at a local amusement park.

Nedra started on GlucAffect right away. "I mixed it with my essential nutrition shakes three times per day. I also mixed it into my tea," she explains. Within a few months, Nedra's blood sugar had lowered to the healthy range.

"I slept more soundly at night, so I had more energy during the day," Nedra adds. With the added energy, Nedra was able to start exercising, which led to another benefit: improved cholesterol.

"Without GlucAffect, I know my blood sugar problems would have continued as they were," Nedra concludes. "Instead, my life has been totally changed by these products! Now I can take my grandkids to the amusement park!"



# Weight Loss

## Slimplicity Works

Running up on stage at International Conference in August to be recognized as the winner of the Slimdown 2009 Weight Loss Challenge was something **Debbie Estridge** never thought she'd do. Before taking Slimplicity®, excess weight and knee pain made it nearly unbearable to walk.

"After starting on Slimplicity in February I noticed I wasn't as hungry," Debbie says. "As I gained energy, I started challenging myself to park a little further from the store and walk a little longer before checking out."

Five months later and 62 lbs. lighter, Debbie joined a gym. She says, "I feel like a brand new person."



# Joint Support & Digestive Health

## Brighter Days

Life is a lot better for **Carol Brower** and her husband, **David**, of Sioux Falls, South Dakota, since they discovered Reliv. Carol was diagnosed with rheumatoid arthritis in 2007 and lived with chronic pain. She couldn't sleep at night and could only navigate stairs using a cane. Later, she was also diagnosed with osteopenia, diverticulosis and adrenal failure. "I was to the point that David had to help me get out of bed," she recalls.

Carol says she noticed big changes after only two weeks on the Reliv products. "I was sleeping better at night, walking better and getting out of bed with ease," she says. "And I have more energy. More importantly, I have very little discomfort in my joints and can get through my day."

David also had good news. In addition to sleeping better at night, he's lost 14 pounds and his allergy symptoms and problems with constipation have cleared up. "We are so grateful for Reliv," Carol says.



# Blood Sugar Management

**Byron Wyant** of Germantown, New York, dealt with diabetes, and its side effects, for years. His energy was low, he had stomach troubles, skin problems and a pretty bleak future.

"My blood sugar was through the roof and at dangerous levels," Byron says. "I was put on a 1,200-calorie diet and lost 70 lbs. but couldn't get to a level my physician was happy with. In January, my sister Patricia suggested GlucAffect®, Reliv Now® and Innergize!®. My blood sugar has since stabilized and is in the healthy range!"

Byron is a busy man, working 10-12 hour days as an energy service technician, playing with his band and customizing hot rods on weekends. "I now have the energy of a 20-year-old and I'm 63," Byron says. "I can go all day... and half the night. Plus, my cholesterol, blood pressure — everything is normal."



After eight months with Reliv, Byron sees his life differently. "I'm dedicated to Reliv, to sharing my story with anyone whom I can help. I diligently follow the recommendations from my sister and upline and I've found the answers I needed. I am very thankful to have found Reliv. We all deserve the health and hope it brings."

## Blood Sugar Management

### Living a Normal Life Again

**Greg and Gail Johnson**, of Olympia, Washington, found GlucAffect makes the difference in their now-healthy — and normal — lifestyle. Greg is a Type II diabetic who came to Reliv six years ago. Using Reliv's essential nutrition, he was able to bring his blood sugar levels down considerably to a pre-diabetic level that averaged 110-120, and saw his blood pressure and cholesterol return to normal levels.

The introduction of GlucAffect was the final piece of the puzzle for Greg. "Last fall, I went on GlucAffect regularly and my blood sugar has come down another 15%, to below 100. I'm really excited! My doctor says if I can keep my levels here, I may never experience any of the complications of diabetes!"

And the diet in the Johnson household? "I watch what I eat," Greg says. "Gail is a great cook, and with GlucAffect, the occasional hamburger or pizza — or piece of cake — doesn't send my blood sugar levels back up.

"There are a lot of people with diabetes issues," Greg says. "And GlucAffect has given us a lot of opportunities to talk with people. There is so much interest in this product."

"We absolutely love Reliv," Gail adds. "We'll never be without GlucAffect, and the energy and good health it has brought to Greg!"



## Energy, Digestive Health & Headaches

### No More Naps!

Daily naps were the only way **Priscilla Smith** of Alpharetta, Georgia, could deal with constantly feeling tired. "I just felt so zapped all the time, especially in the afternoons," says Priscilla, who also found herself retreating to her bed once a month with symptoms of severe PMS, which included migraines, constipation, nausea, backaches and cramps.

"I'd be laid up for a couple of days," she says. "It was a loss of precious time."

Priscilla was skeptical when a good friend introduced her to Reliv. She'd already tried so many other vitamins and supplements with no results. But this time, things were different. After just one week taking Reliv shakes, she started to notice a difference.

"I felt energized and in a better mood," she says. "And I no longer had that bloated, constipated feeling. I was so impressed with these products that I signed up as a Distributor. I want to help spread the word about the benefits of Reliv to the people around me. Reliv has a product that definitely helps improve the quality of people's lives. I am so glad I found Reliv. It has made me feel like a brand new person."





# Headaches

## Headache Relief Liberates Hard-Working Mom

Stay-at-home mom and fitness instructor **Jennifer Piercy** of Wake Forest, North Carolina, suffered from severe headaches for nearly two years before a friend told her about Reliv.

"It had gotten so bad that anytime I touched my face, one of my children would ask, 'Do you have a headache mommy?'" she says. "It was hard to be a good wife, mom or anything else with four to six debilitating headaches a week."

Jennifer says she was treated by her family doctor, a neurologist and chiropractor and tried other nutritional supplements with no success. "Within three weeks on Reliv I had my first headache-free days in six weeks," she says. "In the past 18 months, I've only had two severe headaches."

Jennifer is also enjoying restful nights and, as well as more energy and a quicker recovery from her workouts. And she's saving money on health care.

"I saved \$350 in physician co-pays alone last year since my children also take Reliv," she says. "My family and I love this company and everything it stands for!"



# Blood Sugar Management

## Down 20 Pounds, by Adding GlucAffect to the Mix



When **Mark Selman** of Alpharetta, Georgia, learned that his fasting blood sugar level had reached 124, and his doctor started talking about medication, it "shocked" him enough to give GlucAffect® a try.

"I told my doctor about GlucAffect, and that I planned to take the product consistently four times a day, just like in the clinical trial," Mark reports.

At his follow-up appointment two months later, Mark learned that his blood sugar level had lowered to 97, which is within the normal range. And his weight was down, as well. "I'd lost 15 pounds, and I've since lost five more," Mark states.

"I give a lot — if not all — the credit to GlucAffect," he continues. "I've never been able to lose this much weight before through diet and exercise alone — and I love the taste!"

"My parents both died of cancer, and I've been taking the Reliv basic nutrition for the past four years primarily as a preventative measure," Mark adds. "I know that, by eating right, exercising regularly, and now adding GlucAffect to my nutritional regime, I'm doing everything I can to maintain optimum health, now and in the future."

# Improve Wellness

## A New Dimension of Success

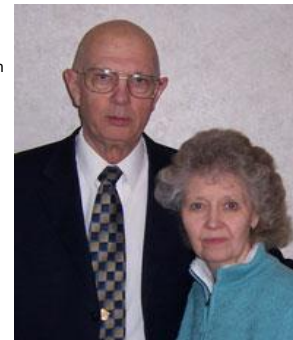
**Manley Lane**, a 10-Star Key Director from Bath, Maine, has seen significant improvements with his health since starting on Reliv products two years ago.

"When I was introduced to Reliv, I was suffering from two auto-immune diseases, causing needle-like shocks that radiated throughout my legs," Manley recalls. "I wound up losing my ability to drive and pretty much was confined to a wheelchair."

Within three months of starting on Reliv's basic nutrition, Manley was preaching at his church standing on his feet, rather than sitting in a chair. "The other day, I hiked to a fishing pond with a four-pound pack on my back!" he notes. "I never before realized the importance of great nutrition for our bodies."

Now Manley has added GlucAffect to his nutrition regimen, and is reporting even more results. "At my annual physical, I weighed five pounds less than the previous year," he states. "My blood pressure has improved, and my blood sugar has stabilized."

"I now have even more energy and vitality than before — and new people are joining my organization as the direct result of this new product," Manley adds. "GlucAffect has added a whole new dimension to both my health and my business!"



# General Health

## Nourishing Health

"I tell people I will go without food before I go without Reliv," says Donald Tabor, of Davison, Michigan, whose health problems started more than 10 years ago when he was 40 years old.

Donald worked for 25 years in the automotive industry rebuilding engines, and admits that he didn't have good eating habits.

"My body just wasn't getting what it needed," he says. "I reached a point that I couldn't even walk through the grocery store. Four or five times a year, my feet would swell up, making it impossible to walk. I used to crawl to the bathroom on my hands and knees. Then all the muscles in my legs would tighten up. I slept in a recliner for 9 months. Then I started having restless leg syndrome."

Donald credits a good friend for introducing him to Reliv. "I was open to trying anything at that point," he recalls. "After two weeks, I was back to sleeping in my bed. And my restless leg symptoms were greatly improved. I used to be sick with colds and the flu all of the time, but I haven't had one in over two years."



# General Health

## Reliv Earns 'Top Honors' With High Schooler

Rich Nolin and his wife, Tina, of Hudson, Massachusetts, were thrilled with their Reliv results. Rich experienced relief for acid reflux and Tina had positive results with SoySentials® dietary supplement for women. But the story they enjoy telling most has a different main character: their son, Zackery.

As a freshman in high school, Zack had been having problems in school since the fourth grade. Study was difficult — focus was never easy.

"Zack agreed to take Reliv for the summer and had great results!" Rich says. "By the end of the summer, we noticed he was able to stay focused and 'on task' much better. We didn't have to stand over him and coach him on the next step in his chores. What a relief to have him behaving autonomously!"

When Zack went back to school in September, one teacher commented, "He's a brand new kid! Whatever you're doing, keep it up!" The entire family was sold.

"When report cards came out, Zack had brought his grades up a full letter grade across the board!" Rich says. "Reliv has earned its place in our home."



# Weight Loss

## 'Simplicity Has Changed My Life!'

Christiana Kergosien of Nashville, Tennessee, has undergone a remarkable turn-around thanks to Reliv's Simplicity® Weight Loss System. "Three years ago, I was introduced to Reliv by my sister," Christiana says. "I saw the difference in her, and in my first month on the products I was getting great results — I sailed right through the fall allergy season!"

"After seven months on the products, I saw improvement in all sorts of female concerns," Christiana adds. So when Simplicity was introduced in February 2007, she decided to try the system to deal with the weight issues she'd had since college. "I lost five pounds in the first three weeks and over eight months, I lost 42 pounds, 12 inches off my waist and went from a size 16 to a size 6!" she exclaims. "It was just amazing."

Now Christiana feels like a completely different person. "My self-confidence is high," she reports. "I feel younger, healthier and more vibrant than I ever have. I'm running faster and longer — two to three miles every day — not bad for someone who was an emotional couch potato. And my food cravings have disappeared."

In December, Christiana left on a six-month mission trip to Africa for her church. "I have no concerns about potential health issues there because I am in such vibrant health, thanks to Simplicity and Reliv," she says. "I'm a different person and I love it!"



Before

After

## Balancing Life One Scoop at a Time



For eight years, **Ria Mastenbrook** of Sparta, New Jersey, was nearly completely disabled due to sarcoidosis, an inflammatory disease that affected Ria's joints, lungs and heart. She was in extreme pain, slept every afternoon for three hours, and could barely take care of her two young children.

Five months ago, she started on Reliv Classic® and Innergize!® and now feels better every day, she says. "Now I don't have to take long naps, my pain is reduced and I'm better able to take care of my kids."

Ria also suffers from unstable blood sugar, so she decided to try GlucAffect™ in November.

Since then, she has noticed her blood sugar levels are now consistently in the normal range. "I felt horrible when I had episodes, but since taking GlucAffect, my blood sugar has remained steady," she says. "I feel more balanced. I've also lost another 5 pounds just by taking two scoops a day. Reliv

gives me hope that there could be an eventual end to the physical and emotional strife my family and I have lived."

Friends and family are starting to notice the healthier Ria, who is a new Reliv Distributor along with her husband, **Robert**. "GlucAffect is starting to get people's attention and they're asking us more about Reliv," Ria says. "This is our financial future."

## Fatigue, Allergies, Brain Fog & Weight Loss

### Resting Easy

As a Presidential Bronze Ambassador, Joyce Mann of Haysville, Kansas, knows from experience that Reliv nutrition works, so she's been willing to try new products, including Slimplicity® and GlucAffect®.

Joyce discovered Reliv eight years ago when she was helping her husband, Marvin, battle the terminal colon cancer that eventually took his life. She found relief for the joint discomfort, fatigue, allergies, brain fog and short-term memory problems that had plagued her for 25 years.

"I was only 60 years old, but felt like I was 80," Joyce recalls. "I started on Reliv and my energy went through the roof. I could finally get up and down the stairs again."

Joyce was also able to shed 15 pounds with Reliv's Slimplicity and has recently started adding four scoops of GlucAffect to her daily Reliv shakes. She's been pleased with the results.

"I was having some night sweats and waking up feeling heavy and tired because of a low thyroid condition," she says. "But since I've added this new product, I'm having deeper sleep at night and even more mental clarity. My blood pressure is better, too."



## Headaches & Heart Health

### Reliving the Good Life

Six-Star Directors Suzanne and Earl Anderson of Bloomington, Illinois, have overcome a great deal with Reliv and have seen their lives change dramatically for the better. "I had suffered with frequent and severe headaches all my life," Suzanne says. "I was using strong pain medications and experimenting with bio-feedback and nutritional treatment, but everything just seemed to exacerbate the problem. I've also had serious joint pain for 10 or 15 years."

Earl was fighting his own health issues, including high blood pressure, high blood sugar and a developing prostate problem.

"Our daughter introduced us to the Reliv products four years ago," Suzanne says. "I noticed steady improvement and over six months my joints significantly improved. It took a while longer, but in time, I no longer suffered those debilitating headaches. And Earl astounded his doctors — he was now maintaining healthy numbers."

"Simple things, like getting in and out of our van, used to be a painful chore for me," Suzanne remembers. "Now I am so much stronger and we both have much more energy. We can enjoy going for walks, and traveling and our days are longer and more productive, thanks to Reliv."



# Back Pain

## Rediscovering the Joy of Sleep

Reliv has answered more than one prayer for Claudea Pound, of Gaston, South Carolina.

The home-schooling mother of three struggled for years with chronic back pain from a curved spine and bulging discs. Getting through the days to care for her children was difficult enough, but the nights were even worse. Pain kept her up all night. One of her sons also didn't sleep well. He suffered with acid reflux since birth and a host of other complications, including night terrors.

When a friend shared Reliv, Claudea was willing to try anything. "We saw results rather quickly," she recalls. "I noticed I wasn't reaching as often for the over-the-counter pain medications that I took daily. And I was sleeping through the night without waking up in pain. Today, my pain is significantly better. It's amazing what you can do when you feel good — you can move mountains!"

Her son also experienced relief and was soon sleeping through the night. "I had been praying for years for something to help me and my family with our health, and I had also been praying for a way to help people," Claudea says. "Reliv has given me that opportunity."



# A New Lease On Life

After four months of suffering from chronic pain, **Joe Maydak** of Streamwood, Illinois, wound up in the hospital for 10 days. The diagnosis: internal shingles.

"I didn't have a single lesion on my body, which is why the shingles went undiagnosed for so long," Joe explains. "The doctors told me that I most likely had developed permanent nerve damage. Just putting on a shirt was painful."

Joe went home from the hospital with an epidural in his back and prescriptions for pain medications.

"I was taking large amounts of pain relievers every month," Joe recalls. "I'd essentially become a drug addict. I could barely finish a sentence; I was that ill."

That was two years ago, before Joe started taking Reliv. "After two weeks on the Reliv products, I was sleeping through the night," Joe says. "Now, my pain is significantly reduced, and I've also experienced relief from hand tremors, memory loss and panic attacks."

Today, Joe is building a business as a 3-Star Director with Reliv. "I'm certain that I couldn't have lived much longer the way I was before," Joe states. "Reliv has given me a new life!"



# Fatigue

## A Great Life With Reliv

Jeff and Becky Bauman of Drayton, Ontario, Canada, thank Reliv for helping them enjoy their professional and family lives to the fullest.

Before Reliv, Jeff, a fifteen-year professional in the demanding construction business, was looking for a way to increase his productivity.

"I suffered from after-lunch slumps where my energy level was really low," he recalls. "Also, my aching muscles and the stress of a whole week's work gave me headaches on some weekends."

Becky shared similar concerns. "I was always exhausted, and found it difficult to rise from bed every morning," she says. "Even when I slept extra hours, I still needed long afternoon naps." Fatigue, aggravated by a chronic hearing difficulty, forced Becky to battle depression and emotional turmoil.

With Reliv, Jeff happily reports he's having productive days at multiple job sites without energy lapses. He has also bid farewell to weekend headaches! For her part, Becky enjoys newfound restful sleep, and more energy to enjoy her family.

"We have so much fun with Reliv," Becky says, "and we'll continue sharing our great experience with everyone!"





# Heart Health

## Back on Track

The numbers are looking better and better for 74-year-old Santi Lombardo of Miami, Florida. He and his wife, Sonia, were thrilled to learn how nicely his cholesterol levels had improved after just three months of adding Reliv's CardioSentials® to his heart health regimen.

The couple was already enjoying the benefits of Reliv's essential nutrition, when they learned from their daughter-in-law, Reliv Distributor Annie Lombardo, about CardioSentials, which has been clinically shown to be safe and effective in reducing LDL (bad) cholesterol and triglycerides while increasing HDL (good) cholesterol and lowering blood glucose levels.

At the time, Santi's serum cholesterol levels were still troubling, despite close monitoring by a cardiologist and trying a number of medications, including statins, which caused muscle pain. Santi started adding CardioSentials once daily to his Reliv shakes. A recent round of tests confirmed what Santi and Sonia already knew: It was working! For the first time in a long time, Santi's various cholesterol levels were within acceptable ranges across the board.

"Santi just feels better," says Sonia, who has noticed that her husband doesn't seem so tired any more. "He's working in his garden again, something he hadn't been doing. And he's asking for his shakes. He knows this is working. I think I'm going to start adding CardioSentials to my shakes, too!"



# Headaches

## Overjoyed to Find Relief

Diana Hoover of Watsonville, California, lived with migraines for more than two years. They grew increasingly painful and longer in duration throughout 2007. By the end of the year, she was having frequent headaches of such intensity that she ended up in the emergency room, often multiple times in a month.

Doctors worked for two full years trying to figure out why she was having the migraines and performed a number of tests with no definitive result. They tried several medications and theorized that they were a result of a heart murmur she'd had since birth.

Diana, a single mother of three, was unable to work because of the severity of the headaches. "Sometimes I'd have to leave a full cart of groceries at the store when I felt one coming on," she says.

After a month on Reliv products, however, Diana began to notice her headaches were decreasing in frequency and intensity. Now, four months after starting the products, she doesn't give a second thought to her shopping excursions. She credits Reliv's optimal nutrition with helping her lead a normal life.



"I'm back working 40 hours a week, playing with my kids and have more energy than I've had in a long time," Diana says. "I'm overjoyed to have found Reliv."

# Digestive Health

## Family Flourishes With Reliv

Kim McGough of Algonquin, Illinois, suffered from acid reflux that was so severe she was happy at first just to be able to take the Reliv products.

"I was born without a flap between my stomach and esophagus, making it impossible to keep down a single vitamin pill," Kim explains. "After a couple weeks of taking Reliv, I was able to eat and drink things I never could before. And I had so much energy, people actually noticed!"

Kim eventually increased her product intake and noticed even more results. "I stopped having panic attacks and crying jags," Kim says. "And when my seasonal allergies didn't show up that first year, that's when I put my sons on Reliv."



"We started seeing amazing results — particularly with my oldest son, Ryan," she recalls. "After three weeks of taking the products, his teacher called to tell me that he was more focused in school. While he used to be two years behind in reading, he now reads at grade level. He even made the honor roll this year!"

Both of Kim's children haven't had the flu in three years, and they recover more quickly after playing sports. "These products have had an amazing impact on my family's quality of life," she notes. "For us, Reliv is forever!"

## Joint Support

### The mother-daughter relationship was strengthened by Reliv



Wanda Garraway, Reliv Key Director of Luton, UK, started her own hair and beauty salon mainly as much time as possible with her 15 year old daughter Renee to spend.

"After six years, my business commanded me, and I had planned it but just the other way around," says Wanda. "I had far too little time for my daughter, not to mention my knee and joint problems. I had constant pain from daily, hours of standing. "

After great results with the Reliv products she had experienced, she began to look for the possibilities that Reliv offered her. She wanted to make a living create and spend time with her daughter at the same time.

"I sold my Fast Start order almost faster than I had ordered it," she says. "I immediately realized that it would make the most sense, in the highest profit level to enter."

Three weeks after they had become master affiliate had already earned £ 900 with Reliv. Last month, their income grew to £ 5000 to well, adding she received several awards, including hotel stay included

a flight in St. Louis, where she will attend the International Conference.

"My dream now is to build together a living with my daughter Renee. Change customer we would like people's lives, "she adds. "It is this dream that I can be with Reliv successful."

## Joint Health

### Reliv makes the health, family and future flourish

To see your mother suffer for years from crippling arthritis was Susan Evans of Luton, UK, heartbreaking. "She took steroids and painkillers, but nothing half, "recalls Susan.

A friend suggested to Susan in September 2008, her mother, but Reliv and try to leave after only a short time felt

Susan's mother already much better. "It was amazing," says Susan. "I supplied my family with the products and

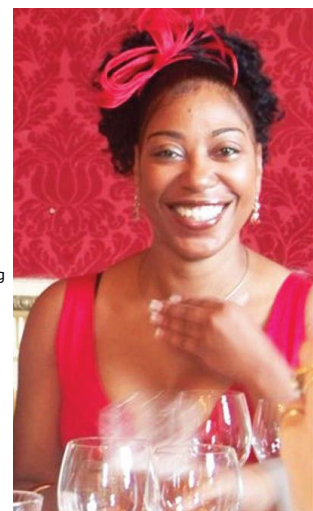
our results were just as wonderful. I became a Master Affiliate because I had to tell people simply by Reliv. "

Your upline taught her the business with and 'warned' her that her life was about to change to be complete.

"I was ready for a change," says Susan. "I am a mother of six children, full-time student and part-time working. I had friends who came out of college and Ietzendlich had to work in the supermarket. I was not right for me and was looking for a Plan B.

She worked six hours a week for Reliv, held at the Reliv entire system in three months and earned more than £ 3000th In its best month she earned £ 2000. Last year she earned with Reliv three bonuses, two-week-millionaire and was 3 \* Director.

"Today I live in a better house, my family is healthier and I know that I am not an employer dependent must be, "Susan concludes. "Reliv is a dream."



# Overactive Child

## Life Improved

### A Healthy Family Life

For Mary Hamilton of Norwich, the remarkable changes in her young son's behavior are the true blessings of Reliv. "I was introduced to the products by a friend in Northern Ireland who had great results with her child," Mary says. "My son, Daniel, who was 3 at the time, was extremely overactive. He just couldn't sit still or focus and talked constantly." Daniel is a very bright child, articulate and has a great memory. But his social difficulties caused him — and Mary — a lot of grief. "When he played with other children he would invade their personal space. He had trouble sharing and would get easily annoyed, so he was not able to make any friends."

Now, after three years of taking Reliv, "Daniel still loves to chat, but not excessively," Mary says. "He has learned how to share and take turns and has made three wonderful friends. He is at the top level academically in school in all his subjects and his teacher calls him her 'bright spark!'"

In fact, the entire Hamilton family takes Reliv and all are enjoying great health and lots of energy. "We seem to avoid colds and infections and when one of the children does come down with something, it clears up more quickly than for anyone else," Mary reports. "Plus, I have new energy levels and can keep going when other mums are exhausted."

With their great results on the products, the Hamiltons decided to become Reliv Master Affiliates in January this year after attending the UK National Conference. "This opened our eyes to the bigger picture for the first time," Mary says. "So we are currently taking Norwich by storm and holding weekly meetings in our home. So watch this space!"



## Life Improved

### Optimum Nutrition Delivers 'Truly Amazing' Results



For 30 years, 3-Star Director Ruth Monserrat Beltran of Berlin, Germany, was plagued with allergies and bronchitis.

"The medications meant for relief were wreaking havoc on my system," Ruth recalls, citing such reactions as blocked breathing, swollen eyes and skin rashes.

"My immune system was terribly compromised," Ruth continues. "The doctors kept prescribing new antibiotics and were concerned about eventually running out of options."

In 2000, Ruth had the worst reaction ever. "I felt this really hot and uncomfortable burning sensation inside, and my entire body became bright red," she says. "I was rushed to the hospital and diagnosed with Stevens-Johnson Syndrome, whereby your body literally burns from the inside-out. The doctors said I could have easily gone blind or even died."

Ruth started on the Reliv products shortly after Reliv opened in Germany in 2005. "My goal with Reliv was prevention, but I soon discovered many other benefits," she states. "I got relief from the chronic constipation I'd had for 20 years, my hair stopped falling out, and I felt this overall sense of well-being.

"Then I went the entire winter without bronchitis — and then the summer without pollen allergies," she continues. "It was truly amazing!"

According to Ruth, Reliv is key to preventing not only current conditions, but also those that could occur in the future. "You never know what conditions — even serious illnesses — you are preventing when your body is healthy and your immune system is strong as a result of optimum nutrition," Ruth affirms. "That's why it is so important for everyone to take Reliv!"

# Weight Loss & Heart Health

## Aging in Reverse



**Lesley Probart** of Yorkshire began taking Reliv products seven years ago to help her lose weight. In just three months, she shed 35 pounds and has kept the weight off ever since.

Lesley Probart of Yorkshire began taking Reliv products seven years ago to help her lose weight. In just three months, she shed 35 pounds and has kept the weight off ever since.

"I spent years 'yo-yo-ing' on the scale," she admits. "Every time I'd lose weight, I'd put it right back on. Reliv changed all that."

As she continued to make Reliv shakes part of her daily routine, she noticed other changes. Her blood pressure moderated. A thin patch of hair on her head, resulting from a case of shingles years earlier, gradually filled in. Her nails and skin became stronger and more healthy-looking. She even says her eyesight improved. "The optometrist's records prove it!" she boasts.

"I feel younger now than I did years ago," she says. "It's like I'm aging in reverse!"

### Feeling Really, Really Well

Lesley believes she is a good example of how Reliv can help anyone. "You don't have to be sick to benefit from these products," she explains. "I've always enjoyed relatively good health, and they have made a dramatic difference in my life. I just feel really, really well."

She and her husband live in the country, where they stay active by growing their own vegetables. "We have access to the healthiest, freshest foods available, yet we've still benefited from Reliv," she says. "If these products have improved our health, imagine what they can do for people living with the typical modern diet. I encourage everyone to discover Reliv."

## Business Stories

### From Tragedy to Triumph

Connie Weinstein, 10-Star Senior Director of Salzburg in Austria, was an actress with a Christian Theater group to travel, as her career was ended abruptly in 1996 by a terrible car accident.

"I had to rely on food stamps and the welfare office to make ends meet, and had a total of less than € 400 per month available," recalls Connie.

"When I was introduced to Reliv and Compensation Plan

saw, I immediately felt that hope," she says. "Then closed

my mother and my sister in my business to, and I knew that Reliv is the right deal for me. "

As Reliv opened in 2005 in Germany, Connie was among the first distributors, who settled there. "I had dreamed of relocating my business to Germany, and within two weeks, I built an organization," she says.

Connie's income grew quickly from a few hundred euros to up to € 3,800 per month. But even more important are the relationships Connie, she has built up over the years - especially to her husband Florian.

"A friend urged me to come in the Bavarian Forest, where" signs and miracles happen, "says Connie. "And actually I met Florian there.

Florian began taking the products and shortly thereafter became a Master Affiliate, "says Connie, then Connie & Florian married a year ago in May. "Now we work together - ere in our vision to spread Reliv in the rest of Germany, Europe and all over the world!"

### A doctor is building success by listening to

Francoise Poulizac, Key Director of Rueil-Malmaison, which is located just outside of Paris, found the perfect opportunity with the Reliv

, To which they do believe. Her 4 children were already grown up and they worked part time as Schulaerztin, so they had plenty of time to get to her

growing business to take care. "I had some medical training in the area visited Nutritional Supplements," says Francoise, "and invited me as a friend to a Reliv event, I immediately saw the dedication, the company approached the topic of nutrition. First I shared with friends and family and my business flourished. "





Francoise won bonuses in October and December 2008, In January 2009 she won for herself and her husband for a weekend in London.

The Schlusselement to their success is that they have their

Customers really listens. It calls each new customers once per week, takes care of them so the first few months, finds out just as they cope and what progress they make. "I am not a sales girl," she says. "My job is to highlight the value and impact of these wonderful products to share my experiences and to respond to the needs of my customers."

Francoise now has 4 Master Affiliates and their number is

. Rise Your goal is to become Ambassador, and if you look at their passion and their training, this is undoubtedly something that they will reach sooner rather than later.

### Success around the world



Key Director Mary Ann Morales, who lives in Zoetermeer, Holland, is creating the life they have would, by means of an international business Reliv

build. In August 2006, Mary Ann, who traveled before as a singer in a band around the world, visiting family in the Philippines, as a family friend she was introduced to Reliv. "I was looking for anything," says Mary Ann.

"I took lots of vitamins and supplements, but they told me I would not need more of it when I took Reliv. And she was right. I take the products for two years now and I feel absolutely great! "

In October 2006, Mary Ann Master Affiliate, one of the first in Holland. There she now has four Master Affiliates and started operations in the Philippines and the United States. She closed the German-Austro-Dutch PGPV competition from a third in November and the first of June. She reached the Key Director status in October.

"It's so exciting to be part of Reliv family, but you have to learn to be docile to write down goals and focus on them and to follow the recipe that Reliv provides." Says Mary Ann. "Only then can Reliv fulfill your heart's desires. In my case, it is financial freedom, good health and more time with my daughter. "

## Life Made Rich

### Goal-Setting Makes the Difference

Helena Farrelly, a 3-Star Master Director from Cavan in County Cavan, Ireland, continues to dream and set goals for herself, even after 16 years in the business. And she encourages others to do the same.

"I wanted to be up on that stage when I came to the International Conference in St. Louis this summer, and I made it," she says. "The key is to focus on the smaller promotions as you head step-by-step toward the bigger Reliv picture."

Helena never lost her heart for the business or the products, and decided to start working her business in earnest in the spring of 2005.

She recently won the Sponsor 20 for 20 Promotion and earned another £750 for selling the Top Volume in the UK and Ireland. She credits her achievements to using Success from Home Magazine as a follow-up tool.

"I follow up every call with a copy of the magazine," she says. "Once they take a look at it, they will naturally have questions about Reliv. They want to know more."

Helena has set her sights on two more goals: to win the upcoming trip to Lapland and to make Presidential Director by the next International Conference in St. Louis.

"There's a world of opportunity here in the UK and Ireland," Helena says. "We have wonderful support here in Europe and people are starting to see the picture of what Reliv has to offer."



# Life Made Rich

## Starting the Business Right Pays Off

Getting off to the right start using the Reliv Success System is speeding Master Director **Margaret Too** of Kota Kinabalu toward her dream of bringing his husband Danny home.

"I've built my organization through sponsoring more Distributors, helping them grow their business by doing the basics in Reliv," says this housewife from Sabah, East Malaysia.

Relying in the proven system of Reliv paid off for Margaret who just started her business in June 2004. In July, Margaret earned RM19,000 in all forms of income! She achieved Key Director, Senior Director and Master Director, all in one month!

Back then, Margaret says she was totally dependent on her husband's income which was barely sufficient.

"We are able to save now and need not worry about the future, says Margaret. She shares that her children are so excited and proud with what she has accomplished. "The whole family anticipates more exciting things to come! I felt like Reliv is a blessing that I have to pass on so I share Reliv with everyone I encounter."

"I believe that it is possible for my husband to get out of the rat race," says Margaret. "The override bonuses can actually replace my husband's present income. He believes in hard work and being a great provider to our family. I know that he wishes to do Reliv full-time very soon. We'll do the business together and travel with Reliv! I just can't wait!"

