

ADD / PDD / ADHD



The King Family of Warwick, RI.

ADD Kid Is Now Advanced, Dedicated and Delightful

Having a 4-year-old diagnosed with attention deficit disorder (ADD) was tragic for **Debbie King** of Warwick, RI. "Since Ryan was our only son, we used to think his hyperactive behavior was normal for

boys," she recalls. "After he was diagnosed with ADD by a neurologist and we were advised to start him on medication, we felt hopeless."

The couple decided to give Ryan Reliv Now and Reliv Innergize when he developed scarlet fever as a result of the strep viruses he continually fought. "His immune system was shot, so I thought the products would give him a boost," Debbie recalls. "I had no idea how they would impact his ADD."

Four months after taking the products, Ryan's teacher said he no longer needed to be in special classes. Another wonder to Debbie, was the first night he read a bedtime story to her. "Ryan's in 6th grade now and has been a straight A student all through school," she says. "In the past two years he has placed in the top 90th percentile in national aptitude tests and he's never sick."

Debbie adds, "Everyone I know has a child or knows someone with ADD. We can help these kids — Ryan is proof."



Cindy, Michael, Taylor and Jordan Fisher of Tinley Park, Illinois.

From Taylor, With Love

"Dear Mom,

Thank you for putting Jordan and I on Reliv. I feel GREAT when I go to school. I can concentrate more and I have more energy at recess."

These are the words of Taylor Fisher, 8-year-old daughter of Cindy Fisher, a Master Affiliate in Tinley Park, Illinois. She wrote this letter to thank her mom for helping everyone in the family feel better.

Cindy's older daughter, Jordan, who suffers from **Pervasive Development Disorder**, has enjoyed some of the most profound results.

"She used to have two or three tantrums daily and get pulled out of class for being disruptive," Cindy says. "Within one week of being on Reliv Now for Kids, the tantrums were a thing of the past. Later, her teachers said they hadn't had to pull her from class in weeks."

In addition, Jordan is more social and interactive with Cindy and her husband, Michael. "She has even begun initiating play with Taylor and her peers. She is an absolute joy. I love life and I love Reliv!"

So does Taylor. She ended her letter, "I take the shakes because I love you very, very, very much. So many 'verys' that it would take up infinity pages. That's how much I love you."

You have to love a result like that.

3-Year Struggle Ends With Reliv

Caring for their son, Nathan, was a day-to-day struggle for **Lily and Eugene Kellett** of Dublin, Ireland.

"Unlike my two older boys, Nathan was consistently out of control," Lily recalls. "Since no one would mind him for me, I never got a break.

"I knew from the day he was born that there was something wrong with Nathan, but it wasn't until three years ago — at age 13 — that he was diagnosed with **Attention Deficit Hyperactivity Disorder**," she says.

"We tried everything — from herbal remedies to various medications — but nothing worked," Lily continues, adding that one of the medications even triggered suicidal tendencies in Nathan. "By the time

our church pastor told me about Reliv in September, I was at the end of my tether."

After three months on the basic nutrition, Nathan began showing significant results. "He stopped hitting people, his appetite stabilized, and he became less agitated and happier all around," she reports.

"It used to be that Nathan's negative behavior affected everyone around him," continues Lily who, along with Eugene and their four other children, are now achieving their own health results with Reliv. "The school was down on him, Eugene and I were down on him, and we were down on each other. But, thanks to Reliv, Nathan is fine now — and we're fine with him!"



The Weiss Family of Maryland Heights, Missouri, USA.

Boy Conquers ADD With Help From Reliv

"I'm not doing this to my kid any more," was the thought Debbie Weiss of Maryland Heights, MO, USA had when she took her 12-year-old son, Daniel, off medication for Attention Deficit Disorder (ADD).

Diagnosed in the first grade, Daniel did better in school for the few years that he took one medication, but he developed mood swings and severe headaches. While on another medication, he started feeling that his hands were always dirty and chewing his knuckles until they were raw and bloody.

Debbie couldn't stand to see him suffer with these symptoms and discontinued all drugs last year. Daniel's report card was full of C's and D's. Debbie, a Reliv Call Center supervisor, started giving Daniel Reliv Now® nutritional supplement at the beginning of this school year. The results were quick and dramatic. He brought home his best report card ever: five A's and three B's.

"He doesn't have mood swings anymore. He's a healthier, happier kid. He feels better about himself. He asks me to make shakes every morning," Debbie says. "When I heard those grades, I almost cried. Finally — with no medication and no side effects."

Daniel was recently seen making Reliv Now shakes for his friends.

The English Family Rediscovered Life

Master Affiliates Kevin and Dorey English of Spokane, WA, have rediscovered life with their family.

Once depressed, lethargic and 20 pounds underweight, Dorey did little more than sleep most days. She lacked the energy to give the proper time and attention to her children — including her son, Steven, who was diagnosed with Attention Deficit/Hyperactive Disorder (ADHD).



The English Family of Spokane, WA.



Prone to violent outbursts

and abusive behavior, Steven was shunned by relatives and labeled a troublemaker by his teachers. "He lacked the focus to write his first name," recalls Dorey, "His kindergarten teacher had pretty much given up on him."

Within days of starting both herself and Steven on Reliv products, Dorey's energy level "shot through the roof" and her veil of despair lifted. Almost two years later, she remains healthy and happy.

Steven will complete second grade at the top of his class. He enjoys the company of his family and friends — and vice versa. He joined the Cub Scouts, and both he and Dorey joined softball teams!

Kevin found relief from his back problems and freedom from the sinus problems that plagued him for 19 years. He's also more energetic and alert.

"We have our family back, and I'm the mother I always wanted to be!" exclaims Dorey.

36 THE SUN, Thursday, August 21, 2003

Terror tot is cured by drink

By MARTYN SHARPE

TEARAWAY tot Ben Carrick has been tamed — by a vanilla shake packed with nutrients.

Frantic mum Ella got a call from US food science firm Reliv after The Sun highlighted the four-year-old terror last month.

Hyperactive Ben had attacked Ella, damaged carpets and walls at home



Tamed... tearaway Ben

in Barton-upon-Humber, Lincs — and even drowned the family's cat in the loo.

Reliv blamed his diet and got Ella to feed him their soya-based shake.

Now he is tantrum-free and sleeps and eats normally for the first time.

Ella, 29, said yesterday: "I'm thrilled to bits. Ben has been transformed. His fits have stopped."

Parents needing advice can contact Reliv's helpline on 0845 3306560.



TERROR: Ben Carrick

Bad lad cured by shakes

by JERRY LAWTON

TINY terror Ben Carrick has gone from devil to angel in just four weeks thanks to... milkshake.

Ben's mum was at her wits end after the four-year-old attacked her, wrecked the home, set fire to a bedroom door and drowned a kitten in the loo.

But stressed Ella, 29, was approached by bosses at food science company Reliv after they heard about Ben's wild antics.

And within a month the youngster, who's been diagnosed with Attention Deficit Hyperactivity Disorder by doctors, was as good as gold because of the company's drink treat.

Ella, from Barton upon Humber, Lincs, said: "Ben is completely different. I'm thrilled to bits."

Experts reckon the drink provides nutrients for the brain that help settle Ben.

ALLERGIES

Allergies No Longer Problem for Mother and Son



The Ivie Family of Thornton, CO.

By January of 1998, Stacey Ivie of Thornton, Colorado, had tried just about everything — expensive surgeries, herbs, vitamins, even special diets — to remedy the serious health problems that plagued her and her young son, Kendall.

What she hadn't tried yet was Reliv.

"Reliv has been such a blessing to us," Stacey says as she describes the dramatic impact Reliv has made in her life.

After years of working in the printing industry, Stacey developed a debilitating sensitivity to chemicals. Newspapers, perfumes or even getting a haircut in a salon caused violent physical reactions. As that problem worsened, chronic fatigue, hair loss, sinus problems, as well as depression also took their toll.

"I noticed results the second day I was on the product," Stacey says, noting that all of her symptoms are now completely gone.

Stacey claims equally dramatic results for Kendall, whose chronic ear infections and food allergies had led to multiple surgeries and a constant stream of medications. Nothing seemed to work until Stacey and her husband, Steve, gave Reliv a try. Little more than a year later, Kendall's ear infections and allergies are history.

Now five, Kendall takes Reliv Now® nutritional supplement, Reliv Innergize!® sports drink and Reliv FibRestore® fiber-rich antioxidant supplement three times daily. And he can finally enjoy a special newfound favorite: pizza!

Coach Finds a Winner With Reliv

Carol Sue Hargett of San Antonio, TX, considered herself pretty healthy. The painful heel spurs she'd developed over 28 years of teaching physical education and coaching were just a hazard of the job, something she had to live with.

The allergies that kept her stuffy and with a headache for months at a time were part of life. And she'd learned to control her irritable bowel syndrome and lactose intolerance — most of the time — by avoiding certain foods and steering clear of restaurants.

Then, six years ago, while sitting at the kitchen table of her brother and sister-in-law, 10-Star Key Directors Michael and Janet Hargett, Carol Sue learned that there was an alternative to the aches, pains and inconveniences she'd long accepted as normal.

"I started on the products in February of '94 and made it through the season without my allergy medication for the first time in my adult life," Carol Sue says.

Within one month on the products, she realized she could eat whatever she wanted without discomfort. "I could finally enjoy going out to dinner with family and friends," she exclaims.

She added Reliv Arthaffect to her shake when it was introduced in 1996 and within just a few weeks, the pain in her feet was gone. "My energy level has increased and I've added several hours to my day," she says. "Reliv is wonderful! Now I know what it really means to be healthy!"



Carol Sue Hargett of San Antonio, TX.



Bill & Linda Alexander of Monroe, NC.

Living Again With Reliv

Linda Alexander has had severe allergies all her life, requiring her to take allergy shots year round.

In 1985, her condition got worse when she was diagnosed with Sarcoidosis, a disease that can affect any part of the body, but most often settles in the lungs, as it did with Linda. Eventually the disease spread to her arms and legs, causing skin lesions.

"It made me so short-winded that I couldn't climb the steps," Linda says. "My condition also caused upper respiratory infections four to five times a year that required antibiotics."

In August 1996, Linda got more bad news. She had an angioplasty and was told by her doctor that she'd need a heart bypass soon.

"I heard about Reliv nutrition in October of that year and started taking the products faithfully, twice a day, every day," Linda says. "In my fourth month, I took my last allergy shot. I haven't had an upper respiratory infection or required an antibiotic since, either."

Her cholesterol has improved, and though she still has Sarcoid lungs, the disease has disappeared from her skin. "I have more energy than I've had in 10-12 years," she says. "I don't ever want to feel the way I used to feel!"



Norman & Pat Jaspring of Syracuse, Nebraska.

Reliv Spells Relief

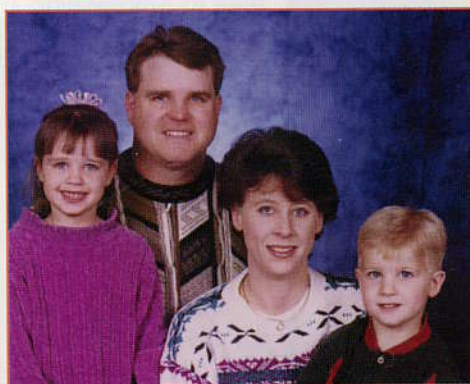
Norman and Pat Jaspring of Syracuse, Nebraska, feared Norman would have to quit farming — their livelihood — because of his allergies. He was taking 35 to 40 herbal pills and capsules daily attempting to control the effects of the allergies. As part of a rare group of allergy sufferers, his lips would swell three to four

times their normal size when experiencing an attack. Relief required a visit to the chiropractor for an acupuncture treatment.

Norman started on Reliv Classic® nutritional supplement, Reliv Innergize!® sports drink, and Reliv FibRestore® high fiber and antioxidant supplement during September of 2001 and was advised to discontinue his herbal remedies. "I was anxious about not taking any of my herbal pills," he says. "I feared the worst."

The real test came just one week after starting on the supplements. Pat recalls, "It was time to harvest, which was the worst time for his swelling episodes. He is allergic to so many things in the field. But he never swelled and hasn't had another episode since starting with Reliv. It's amazing!"

Pat has had great results as well. "My hot flashes and mood swings are reduced, and my sinuses are 90% better," she says. "Plus, I have lots more energy since I've lost 40 pounds, thanks to Reliv Ultrim-Plus® nutritional meal replacement!"



The Cavender Family of Carlsbad, NM.

Distributor Breaks for Shakes

The recent cold and flu season met its match in Master Affiliate Kim Cavender and family of Carlsbad, NM. "The coughs and sneezes of those around us serve as reminders to take our Reliv shake breaks," laughs Kim.

For many years, Kim was plagued by much more than the occasional virus. She suffered from severe allergies, wheezing, sinus headaches and PMS.

Previous sports injuries left her with lower back pain and leg cramps.

Kim was so impressed with the results she felt within a week of starting on Reliv, she signed on as a Master Affiliate that month. Her back pain and leg cramps are dramatically reduced and her allergies have disappeared. "I can mow my lawn without wearing a mask!" she exclaims. She also has more energy and sleeps better at night.

Today, Kim is focused on exposing more people to Reliv. She's backtracking to former contacts with the new sales tools and targeting women with Reliv SoySentials™ women's protective supplement, to which, she says, "There's no comparison out there."

"Thanks to Reliv and my upline, Mary Alvarado, to whom I owe a lot, I have the support I need to achieve my ultimate goal — to give both my husband and me the choice to come home!" says Kim.

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Her cholesterol has improved, and though she still has Sarcoid lungs, the disease has disappeared from her skin. "I have more energy than I've had in 10-12 years," she says. "I don't ever want to feel the way I used to feel!"



The Lott Family of Brethren, MI.

From Head to Toe, Family's Health Improves With Reliv

Diane Lott of Brethren, MI, suffered from allergies so severely that if she didn't take medicine regularly she would get a sinus headache and sneeze throughout the

day. "I was uncomfortable all of the time," she says. "Within two weeks of taking Reliv products my allergy symptoms began disappearing."

Reliv also gave Diane relief from carpal tunnel syndrome which had gotten so bad that it was difficult to drive, hold a fork or write. "Now I can do even the smallest tasks without having to stop because of the pain."

She adds that more restful sleep has added two hours to her day. "My whole family has benefited from taking Reliv products," she says, "but the most remarkable improvement is in my 10-year-old son who has Down's Syndrome."

Diane says her son suffered severe constipation all his life and was in the doctor's office monthly battling common colds and flu.

"He no longer has constipation and hasn't been to the doctor in the year and a half he's been on the products," she says. "His first six months on the products he grew 2 inches — compared to only a half inch the prior six months!"

Diane adds, "My family will not be without these products!"



Dorothy & Ross Prather of Sun City, AZ.

A New Lease on Life

Two years ago, **Dorothy and Ross Prather** of Sun City, AZ, moved out of what they believed to be their last home and into a retirement center.

"The arthritis in Dorothy's hands had become so painful that she no longer could fix meals or perform household chores," Ross recalls. "So, we believed that this move was our best option."

A year later, Ross and Dorothy, both 83, began taking Reliv Classic® nutritional supplement and Reliv Innergize!® sports drink. Shortly thereafter, they added Reliv Arthraffect® nutritional supplement and Reliv FibRestore® fiber-rich antioxidant supplement to the basic nutrition and, nine months ago, they started on Reliv ReversAge® dietary supplement.

"Since we've been taking Reliv, I've experienced much relief from my allergies, and the tendonitis in my shoulder no longer keeps me awake at night. Plus, as an added bonus from the Reliv ReversAge, my hair is growing in thicker and darker," Ross says. "People say I look 10 years younger, and I don't feel a day over 65! But the true strength of the Reliv products can be measured by Dorothy's results, alone," Ross continues. "The pain in her hands has almost disappeared!"

"Thanks to Reliv, we've moved into a condo, and are living independently again!" Ross says. "Today, we're enjoying our new role as Reliv Master Affiliates, and have sponsored our son and daughter into the Reliv business."

Reliv Nixes Neck Pain

Degenerative arthritis, a result of degenerative disk disease, forced **Linda Raleigh** of Hamburg, MI, to wear a collar to bed — which she had been doing for six years. For the last two of those years she also had to wear the collar to work.

She had been taking 26 vitamins a day in an effort to get her health under control. After learning about Reliv, she replaced the vitamin therapy with Reliv shakes.

"In six weeks the neck pain had diminished," Linda reports. Recent x-rays show cartilage growing and normal amounts of fluid between the vertebrae. It's been 20 years since that has been the case."

Linda's chiropractor was so impressed with the products and her recovery that he has become a Reliv Distributor!

Linda's gynecologist had been treating her for hot flashes and night sweats, and she was nervous about what he might say about this new regimen. "He was amazed at my results," she says, "and actually congratulated me for finding the perfect natural replacement (Reliv Classic and Reliv SoySentials) for my hormone therapy treatments. He even asked me to talk to his wife about it!"



Linda & David Raleigh of Hamburg, MI.

Arthritis



Angie Wingert of Omaha, NE.

Caring Friend Gives Gift of New Life

A good friend relentlessly pursued **Angie Wingert** of Omaha, NE, to try Reliv's money-back guaranteed products. Angie had suffered from arthritis for 32 years and was in the midst of caring for her terminally ill husband. Her friend knew she needed Reliv's balanced nutrition more than most.

"Arthritis had crippled my fingers so that I couldn't wrap them around the steering wheel," she explains. "Within a few weeks on the products, I regained some flexibility and over time, the stiffness and pain in my joints began to taper off."

Angie says that despite dealing with a very painful family situation, her energy increased and she was better able to cope. Over the next two years, she consistently used Reliv Classic nutritional supplement, Reliv Innergize! sports drink, Reliv FibRestore fiber-rich antioxidant supplement and Reliv Arthraffect nutritional supplement.

"Looking back, I realize how much I compensated for not feeling good or being able to move well because of the arthritis," she says. "Reliv products have also given me relief from constipation and anemia — and my mental outlook is better than it has been in years."

Angie says a testament to feeling better is looking better. "People will say, 'You sure do look good.' I didn't get compliments two years ago."

Grandma's Back!

For the longest time, Rick and Melody Thompson, of Henderson, KY, didn't see much of Melody's mother, Anna Stanley. Although she lived nearby, the crippling effects of **rheumatoid arthritis** and **osteoarthritis** had gotten the best of her. Only 62, she couldn't even make a fist, suffered from chronic headaches, constant insomnia and digestive problems.



The Thompson Family of Henderson, KY.

Then she tried Reliv Now. Within four months, Anna had no more headaches, was able to sleep through the night and had her appetite back. And, she could make a fist.

"All of the sudden, she started showing up at my house again," says Melody. "I am certain that Reliv is the answer to a prayer. I have my mother back and our kids have a grandmother they can play with again."

Anna's results prompted the Thompsons to try the products themselves, and go into the business as Master Affiliates. Anna, who has added Reliv Classic, Reliv Arthraffect, Reliv Fibrestore and Reliv Innergize! to her daily intake, is experiencing increased mobility each day, something her family enjoys watching.

"Mom even rode my daughter's bicycle this summer!" Melody says. "We have been so blessed with what Reliv has done for our family in such a short period of time."



Linda Guernsey of Beavercreek, Ohio, USA, with her daughter, son, and grandson.

Reliv Replaces Chronic Pain

If you met **Linda Guernsey** of Beavercreek, Ohio, USA, you'd have a hard time guessing she was a 56-year-old grandmother — people tell her she looks 40. But more remarkable than her youthful face, is her health comeback with Reliv.

A 20-year bout with bulging discs in her spine, spurs in her shoulder blades, knee caps and heels, as well as osteoarthritis, bursitis, chronic bronchitis and stress-related hypertension, left Linda in chronic pain, depressed and nearly hopeless.

"I took Tylenol 3 every four hours just to function," she says. "Simply walking and bending would leave me with shooting pain and often put me right back in bed."

Within three days on Reliv Classic[®] nutritional supplement and Reliv Innergize! sports drink, Linda noticed her bronchitis began improving. She added Reliv Arthraffect[®] nutritional supplement immediately, and, after another five days, noticed the stiffness and pain from her arthritis decreasing. Over the past three years, her blood pressure has dropped dramatically and the osteoarthritis appears to have slowed.

"I'm taking less than half the medication I required before," she says. "I do water aerobics, have lunch with friends and play with my grandson."

She adds, *"I'm so grateful to Reliv. And after 34 years of nursing, I feel I can help even more people in a more powerful way as a Reliv Distributor."*

Back in Step

As Master Affiliates, **Gene and Kimi Fiore**, of Phoenix, AZ, believed in what Reliv could do. Naturally, when Gene's mother, **Lil Fiore**, was faced with difficult health challenges, they suggested that she give Reliv a try.

"We're so glad that we convinced her to try the products," says Kimi, who is still amazed at the results her mother-in-law

experienced after only a few months on Reliv.

Lil was having serious trouble with torn cartilage in her knee. And her **arthritis** wasn't helping matters. The pain was so intense that she couldn't walk and her husband had to push her around the room in a chair with wheels. She was told her alternatives were surgery or rehabilitation.

Lil chose neither. Instead, she started a daily regimen of Reliv Classic, Reliv Innergize!, Reliv Fibrestore and Reliv Arthraffect. *"It has been amazing to see the results," Kimi says. Lil started taking the products in October and by December, she could not only walk, she walked fast!*

"This has truly done wonders for her and for all of us," Kimi says. "We're definitely going to encourage her to keep taking these products."



Kimi, Lil, and Gene Fiore of Phoenix, AZ.



Memmi Stubbs of Decatur, GA.

From Side Effects to Super Effects

Memmi Stubbs of Decatur, GA, was in a real catch-22. Having suffered with **rheumatoid arthritis** for 22 years, she required a strong medication in order to function. "The medication reduced my pain, but the side effects were awful and my immune system was falling apart." Some of her symptoms included nausea, fatigue, insomnia, blood sugar swings, heart palpitations, anemia, digestive problems, and dry, itchy skin.

But just over 15 months ago, Memmi heard about Reliv and did some research. The career attorney decided to check out the company and was very comfortable with what she learned. Shortly thereafter she began taking the Reliv Classic® dietary supplement, Reliv Innergize!® sports drink, and FibRestore® fiber-rich antioxidant dietary supplement.

After just a few weeks, many of her symptoms subsided, including those caused by her medication. "And I was so excited when during my 10th week, I learned from my rheumatologist that my blood work was much improved." Now her feet are less tender and her hands are more flexible. And you can bet that with children ages 7, 10, and 14, she needs every bit of mobility she can muster!

"The amazing thing is that after a full year on Reliv, I am continuing to feel improvements in my health. It just keeps working!"

Arthritis

Dancing Again

Don Lammers of Kearney, Nebraska, is taking his wife, **Erma**, out dancing again. It was something the two just couldn't do before Don's eldest son introduced him to the Reliv products.

The couple had worked the family dairy farm for forty years, and, as Don will tell you, "that kind of work is hard on the body." Now 73, Don was relying on cortisone shots to get relief from the **arthritis** in his ankles and knees.

He started taking Reliv in July 2003 and underwent a shoulder replacement surgery in August. Don was told to expect at least three to five days of **recovery** in the hospital, but was doing so well, his doctor sent him home the second day! Later, he was delighted to learn he needed only four weeks of therapy instead of the standard six.

Don was feeling so good that he decided not to have his other shoulder replaced and even decided to forego a scheduled knee replacement!

"I feel like a new man!" Don exclaims.

He can walk three miles at a time these days, has lost weight and has the energy to enjoy his work and his family — eight grandchildren and four "greats."



Don & Erma Lammers of Kearney, Nebraska.



Monica Reynolds of Mississauga, Ontario.

Pain-free Life Is a Reliv Blessing

After returning from England in August 1998, Master Affiliate **Monica Reynolds**, of Mississauga, Ontario, caught **pneumonia**. For the next three months, her doctor prescribed one antibiotic after another. He finally set a date for her to be admitted to the hospital where she would receive antibiotics intravenously.

"Just about that time an old friend introduced me to Reliv," Monica remembers. "I was too ill to attend a meeting so she brought the products to me."

Three weeks later, Monica surprised her doctor by walking into his office unaided with her lungs clear of the pneumonia. "Reliv Herbal Harmony, Reliv Classic and Reliv A•ffect nutritional supplements literally put me back on my feet, giving me relief from a bad knee, **asthma**, **allergies**, **fibromyalgia**, **chronic back pain**, **high blood pressure** and **high cholesterol**," she says.

"Before Reliv, there were more parts of my body that ached than didn't," she laughs. "These products have given me back my life."

Monica takes only five pills a day compared to the 18 she needed before Reliv. Two of the five she hopes to get rid of soon by adding Reliv SoSense soy supplement to her diet.

She adds, "I will never go without these products."

ASTHMA

Reliv Provides Energy Boost... and More

Stephanie Mason, of Sylvan Lake, Alberta, Canada, is the mother of three young children who needs all the energy she can muster — and Reliv provides it for her.

As a sufferer of exercise-induced **asthma**, it was habit to keep her inhaler handy, since even carrying her two-year-old up the steps could induce an attack. "But after just a few months of using the Reliv Classic® nutritional supplement and Reliv Optain!® sports drink, I didn't need my inhaler as much and my energy improved, too."

Her husband, Blaine, adds Reliv Herbal Harmony® high fiber antioxidant supplement to his shake, and has noticed a dramatic improvement in his blood pressure, which had been inching much too high. "Even my frequent bouts with heartburn have diminished," Blaine notes.

In addition, both Stephanie and Blaine report improved sleep patterns. Stephanie, who suffered from difficulty getting to sleep and slept fitfully, now falls asleep quickly and sleeps soundly. Blaine requires less sleep, so he has added productive hours to his workday.

Stephanie also says she has healthier skin and nails and has prevented the common cold from getting a grip on her. "It's hard to believe these changes if you haven't taken Reliv, but we're living proof that it works."

Reliv Succeeds Where Pills Fail

Regina Walters of Atlanta, GA, had always been interested in nutrition, but admits she probably made things more complicated than necessary. She was shocked when she went for a bone density test, only to find out that the multiple supplement tablets she'd been taking each day were just sitting in her stomach.



Regina Walters of Atlanta, GA, with her daughter.

"The doctor warned me that if I wasn't careful, I ran the risk of ulcerating my stomach," says Regina, adding that she had been buying supplements from a health food store and was taking 19 tablets a day to remedy a variety of problems, including **asthma** and hormonal imbalances.

Regina heeded her doctor's advice, and decided to look for a more balanced solution. She found it with Reliv products. The first thing she noticed with Reliv Classic nutritional supplement and Reliv Innergize! sports drink was a decrease in her asthma symptoms.

When she added Reliv ReversAge dietary supplement, she also found that she no longer needed to rely on her hormone replacements.

"Overall, I'm feeling that I have better mental clarity and a sense of well-being that wasn't there before. And my complexion has softened," adds Regina. *"The longer you use this product, the better you feel."*

Airwaves Bring a Breath of Hope

When Tom Coffman heard Silver Ambassador Jimmy Rodgers on the radio in South Carolina talking about Reliv, he knew he had to go to a Reliv meeting — despite the fact he was hundreds of miles from his Arkansas home on a construction job.

At the meeting, Tom bought Reliv products and immediately shipped them to his wife, **Rose**, who suffered from severe **asthma**. That special delivery in March 1998 changed her life.

"I was diagnosed with severe asthma more than 20 years ago," Rose says. *"I used to wake up every two hours at night to use my nebulizer to breathe. Then it took at least three hours to get dressed in the morning because I had to stop and catch my breath so often."*

Over the years, Rose had tried everything from traditional to alternative medicines to help her with no relief — so she was skeptical about Reliv. But soon after starting on Reliv Classic® nutritional supplement, her skepticism turned to amazement.

"After one week, I slept straight through until 4 a.m. and thought I'd died and gone to heaven," Rose says. *"Then I got ready for church without stopping to rest and didn't need any medication until late afternoon. I've now cut my asthma medication in half. Thanks to Reliv, I've gotten my life back."*



Rose Coffman of Arkansas.

ASTHMA

Life Is Normal, Thanks to Reliv

Before discovering Reliv, **Georgina Rivera** — now a Reliv Silver Ambassador in Guadalajara, Jalisco, Mexico — wanted nothing more for her family than to have a “normal” life.

“My children, Gina and Bruno, both were diagnosed as **asthmatics** at a very early age,” Georgina explains. “Because of their delicate condition, such ‘ordinary’ things as playing outdoors, breathing household dust, or simply touching a pet could put them in the hospital.

“It caused great conflict for me to know that my children could not play in the rain or eat ice cream — and my family could not go to the beach or on a Christmas outing together — when all I wanted was for my children to live like

other kids and my family to have a normal family life,” she says.

It was in the spring, after Georgina began taking Reliv and achieving her own results with the products, that she started her children on Reliv Now® nutritional supplement, Reliv Innergize!® sports drink and Reliv FibRestore® fiber-rich antioxidant supplement.

“By the following winter, both my children’s asthma was completely under control,” Georgina states. “Today, Bruno plays football and my daughter plays with our pet dog, with no consequences.

“Our family is free to travel without worries about food, weather, or anything else,” she continues. “Thanks to Reliv, my kids — and my family — are enjoying a wonderfully normal life!”



Georgina Adelina Rivera Aldana & Alejandro González of Guadalajara, Jalisco, Mexico.

Reliv Improves Asthma for Infant Son



The Hesselink children of McBain, MI.

Natalie and Daryl Hesselink of McBain, Michigan, were near exhaustion when their sister, Dawn VanAmberg, introduced them to Reliv.

“She told us we were going to try it,” Natalie says. “We are so lucky we did.”

The Hesselinks’ infant son, **Cameron**, had been diagnosed with a severe form of **asthma** that required treatment with a nebulizer machine every two hours around the clock.

“We were setting our alarm so we could get up in the middle of the night to give him the treatments,” Natalie says.

Little Cameron had been hospitalized four times before his second birthday. To make matters worse, the family lives in a farming community, surrounded by hayfields.

Before they started taking Reliv in the summer of 1996, the family was forced to close up the house and leave when the hay was being cut.

Cameron started taking Reliv Classic® nutritional supplement two to three times daily. They noticed results within the week. By the following summer, Cameron could play outside in the yard during hay season and the number of nebulizer treatments he needed was dramatically reduced.

“Today, Cameron is a healthy, rambunctious little boy,” Natalie says. “It is such a blessing to have Reliv in our lives.”



The Dayton Family of Groveland Township, MI.

Reliv Gives Asthmatic Breathing Room

Eli Dayton, 11, of Groveland Township, Michigan, USA, is proud that his hockey team, the *Iceland Ice Dogs*, placed first in their division this year. For Eli the prize is extra special, considering he thought he'd never play sports of any kind because of acute **asthma**.

Cheering from the sidelines, his mother, **Tracy**, is happy and relieved that through Reliv, Eli has finally found some relief. "Eli is doing marvelous," says Tracy, remembering the trials the family faced as they coped with Eli's illness, which was diagnosed when he was only two. When Tracy learned about Reliv, she decided to give it a try. Anything had to be better than continuing the twice-daily nebulizer treatments and the prospect of steroids for a fourth time in four months.

Tracy gave her son Reliv Now nutritional supplement at first, and noticed that his nose cleared up. Then she tried Reliv Classic and soon noticed he wasn't having asthma attacks. He uses his inhaler less frequently, often opting for a shake instead. No longer on a restricted diet, Eli is also gaining weight.

"We are so blessed to have this," Tracy says. "Reliv hasn't cured Eli's asthma, but he's living a more normal life."

Eli, planning another season on the ice, couldn't agree more.

Asthma Sufferer Finally Breathes Free

Ten-Star Director Sue Lippens of Atkinson, NH, suffered for 12 years with **asthma** and was dependent on inhalers, medication and steroids. Her asthma was so bad that she was hospitalized several times and her condition was getting progressively worse.

Sue had the scare of her life when a serious asthma attack landed her in the hospital for five days before she was stabilized. "That is when I decided I had better take my health into my own hands," Sue says.

Fortunately, someone introduced her to Reliv and she began taking Reliv Now® nutritional supplement. Sue saw results immediately and within five weeks was able to put away her inhaler. Now she is living free of asthma symptoms. Sue says, "I have done nothing different in my life other than add this total balanced nutrition to my body and I feel terrific."

Besides eliminating her medicines, Sue also developed a better sleep pattern. Consequently, she's been able to return to her active lifestyle, including being a mom to two busy girls.

Sue's Reliv business allows her to be home for and work around her daughters' hectic schedules. Sue sums it up this way, "These products have given me a quality of life that I didn't think I could enjoy again, and they will always be a part of my life."



Sue Lippens of Atkinson, NH, with her children.