

# BARRETS DISEASE

## Chronic Disease No Longer a Burden

*"Reliv has changed my life,"* says **Shirley Polack**, of Cheney, WA. Shirley can once again do the things she enjoys —gardening, horse-back riding, riding a motorcycle, and most importantly, playing with her grandchildren.

*"It was so cool the other day,"* she says. *"I was down on the floor playing with my grandson, and he asked me, 'Grandma, are you hurting?' I wasn't!"*

Shirley has Barrets disease, a condition of the esophagus that requires close observation for development into cancer. She experienced attacks that felt similar to heart attacks at least once a week, and left lingering pain in her breastbone. She also suffered from arthritis, tendonitis and depression.

Within two months of taking several Reliv products, including Reliv Classic® nutritional supplement, Reliv Fibrestore® fiber-rich antioxidant supplement and Reliv Innergize!® sports drink, Shirley's attacks lessened. She now has to try hard to remember to take her medication for Barrets disease and she's no longer on antidepressants.

*"I'm looking forward to going in for the checkup on my esophagus,"* Shirley says. *"I think the results are going to be great!"*

Shirley's confidence in Reliv products is contagious: She convinced her husband, Lyle, to try them and he's already lowered his cholesterol.

*"Thank you, God, for Reliv!"* she says.



*Shirley & Lyle Polack of Cheney, WA.*

## Walking Into the Future With Reliv

**Leah Gordon** of Kalispell, Montana, USA, was skeptical when she first heard about Reliv. But she desperately wanted to help **Jayden**, her 5-year-old son with **severe cerebral palsy**. His leg muscles were so tight he couldn't walk.

"After just a couple days on Reliv Now for Kids nutritional supplement, the nightly leg pains that kept him awake were substantially eased," Leah says. "His flexibility also greatly improved. As a result, our therapist is ordering a walker for him a year ahead of schedule. Jayden got fast results with Reliv and keeps progressing. I hope to someday see Jayden walk."

Jayden's twin brother, **Dayton**, who has mild cerebral palsy, also saw results with Reliv. After seeing her sons improve, Leah began taking Reliv Classic nutritional supplement and Reliv ProVantage™ soy-based performance enhancer for problems she had with **candida**. Within a week, she says the foginess and fatigue had decreased.

She also suffered from debilitating **migraines** four to five times a week. "Within a month, the migraines were significantly reduced," Leah says. "My husband also found relief with Reliv from pain he's had ever since he broke his hip and pelvis in a car accident years ago. Reliv is helping our family feel better every day."



The Gordon Family of Kalispell, Montana, USA.

Cerebral  
Palsy

Candida



# Coeliac Disease

## Reliv Restores Health After 40 Years of Damage

Reliv Distributor **Fred Hoskin** of Simcoe, Ontario, Canada, was diagnosed with celiac disease as a baby. The disease makes it impossible to digest gluten and is characterized by vomiting, diarrhea, muscle wasting and extreme fatigue.

Fifty years ago, it was thought children outgrew the disease. But when Fred started onto a regular diet at age 7, his health gradually weakened.

Five years ago, his condition nose-dived. He developed painful gallstones. His liver and kidneys were failing and he had lost 45 pounds. "I was a physical and emotional wreck," Fred says. "I was unemployable. My immune system was so low that every virus left me flat on my back."

He met a dietician who put him on a strict gluten-free diet — and he started taking Reliv Classic® dietary supplement.

"Within a couple weeks on the product, I noticed my energy level increased," Fred says. "In the past year, I've gained almost all my weight back and my immune system is stronger, too. My kids have all had colds and flu and I haven't gotten sick."

"A couple months ago, I lost my job to budget cuts so I temporarily stopped taking Reliv Classic," Fred continues. "Boy I suffered the consequences! My wife and I agreed we can sacrifice in some areas but not when it comes to Reliv. Reliv gives me the strength and energy I need."



*The Hoskin family of Simcoe, Ontario, Canada.*



*Helen Schneider of Langwarrin, Victoria, Australia, trekking Cradle Mountain.*

## Climbing to New Heights

Just two years ago, the thought of taking a three-day trek up Cradle Mountain in Tasmania would have been out of the question for **Helen Schneider** of Langwarrin, Victoria, Australia.

"For 30 years, I had suffered the effects of coeliac disease, which is caused by an intolerance to gluten and complicated by fats in the diet," Helen says. "Although I followed a gluten-free diet, I struggled continually with a poor immune system. Then, three years ago I was hospitalized for a lengthy stay with serious liver and bowel problems. For the next 12 months, I struggled just to survive, too weak to resume work."

Helen had been searching for a nutritional answer to her flagging health, so when a worried friend suggested she try Reliv Classic® nutritional supplement, she accepted eagerly.

"After three months I felt I had much more energy, then gradually the weakness left me and I was digesting food more easily," Helen says. "Now, after two years using Reliv Classic, the improved health stability I am experiencing has given me greater confidence to enjoy more physical challenges like playing tennis and trekking up mountains."

"Reliv Classic has made a real difference to my life," she adds. "And although I will always have coeliac disease, right now I'm enjoying my life to full capacity."



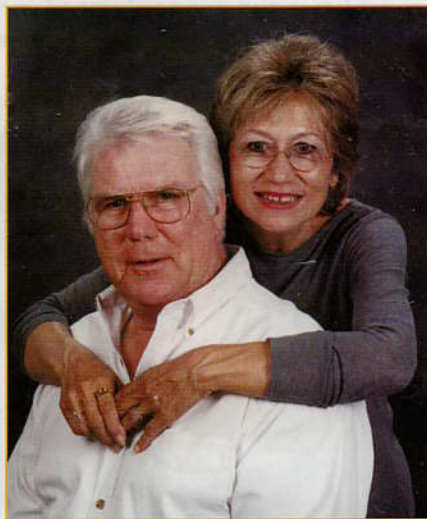
## Second Battle Won With Reliv

After aggressive treatment for colon cancer beginning in 1996, which included surgery, radiation and chemotherapy, **Doug Muir** of Delray Beach, FL, was looking forward to reclaiming his life from doctor's visits and hospitals. A year and a half later, the colon cancer returned. He had surgery and chemotherapy again, which rid him of the cancer a second time but left him with chronic leg pain.

"I tried to get back to my life, but the **pain** was ruthless," he explains. "A month later I was introduced to Reliv and within 30 minutes I became a Master Affiliate."

Doug says he had been searching for a balanced nutritional supplement even before the cancer, and was thrilled with Reliv. After a week on the products, his leg pain was significantly reduced. But it was a follow-up visit to the doctor four months later that made him a believer.

"A CAT scan in October 1999 showed swollen lymph nodes, blood cell counts out of whack and a depressed immune system — unbeknownst to me," he says. "After a normal second CAT scan, my doctor told me, in awe, that the warning signs of returning cancer six months earlier were now completely gone."



Doug & Pat Muir of Delray Beach, FL.

## AFTER CHEMO



Marian Musk of Eastbourne, UK with family.

## Rebounding With Reliv

**Marian Musk**, of Eastbourne, UK, wasn't prepared for the lifestyle she faced after undergoing extensive **chemotherapy treatments** in 1996. The treatment for acute myeloid leukemia left her free of cancer, but exhausted. When she was discharged from the hospital in July, she spent most of her time resting or sleeping.

"I had been warned that I may never have the **energy**, or the concentration that I once had, but I did want more than a sedentary life," she says. "I hadn't come through cancer to spend the rest of my life resting!"

She began using Reliv nutritional sup-

plements in August, and by November was feeling well enough to "buzz around full of energy and getting ready for Christmas." Soon, she added Reliv FibRestore® high fiber and antioxidant supplement to her regimen as well.

Like many people who undergo chemotherapy, Marian was extremely vulnerable to every virus and germ because her immune system had been wiped out. In leukemia patients, catching something can mean a relapse. That's not been a problem for Marian, who credits Reliv. "I didn't get anything for about a year," she says, "and have had only two mild colds since!"



## Reliv Nourishes His World

The word "nourishment" has particular significance to Dean Cox, of Seabeck, Washington. His 26-year battle with **Crohn's disease** left him dangerously malnourished and in a great deal of pain.

"With this disease, I was eating and drinking, but literally starving and dehydrating anyway," says Dean, an engineer and father of four.



Dean Cox of Seabeck, Washington.

Diagnosed with the disease when he was 19, Dean had undergone several surgeries and hospitalizations with increasingly severe complications. When he reached the point where his body couldn't even absorb water, he and his wife, Dottie, began to think about final arrangements for Dean.

Dottie learned about Reliv from a church friend and started Dean on a 5-shake-a-day regimen.

"Within two to three days, I began to feel my energy returning," recalls Dean. "As the weeks progressed, I gained back some much-needed weight and watched my stamina return."

Dean says he can still remember the first day he didn't have to take a nap. Within two weeks, he was back at work full-time and able to function. As his health improved, he noticed that his cravings also changed.

"I'm craving healthy food," he says. "When I listen to my body more, I'm getting healthier messages."

# CROHN'S DISEASE

## RELIVING Together



Left to right Phyllis Bishoff, Rita Reis, Barb King, Mary Weis.

Reliv is truly a family affair for sisters and 3-Star Key Directors **Barb King** and **Phyllis Bishoff** of Omaha, NE, **Mary Weis** of Woodbine, IA, and their mother, **Rita Reis**.

Their Reliv odyssey began when Phyllis started on the products in 1996 for relief from

her symptoms of **Crohn's disease**, a disease of the digestive tract. "I noticed Phyllis was perkier and wasn't taking naps anymore," Barb recalls.

Phyllis became a Master Affiliate and introduced Barb and Mary to the products in early 1997. Rita started taking Reliv shortly thereafter. "Thanks to Reliv, my **migraine headaches** and the **fibroid cysts** in my breasts are gone, and Mary has achieved relief from **colitis attacks**," Barb says. "But our greatest joy has been to see the sparkle in mom's eye return because of Reliv. Her back pain has diminished, and her macular degeneration and blood pressure have stabilized!"

Barb says that she now is thankful for the elimination of her corporate job because it compelled her to join her sisters full-time with Reliv.

Rita and her daughters agree: "God truly has blessed our family with a gift in Reliv. And being able to work the business together and share it with others makes us twice as blessed!"



## Distributor Loses Pain



### and Pounds With Reliv

One day in July of 1999, two months after starting on Reliv Classic nutritional supplement and Reliv Innergize! sports drink, Master Affiliate Kevin Kramlich of Colfax, WA, had a revelation. "I suddenly realized that, since starting on Reliv, I hadn't had a single flare-up of Crohn's Disease (an inflammatory bowel disease)," Kevin recalls.

"All the medications I'd taken in the past had made me feel worse instead of better, so I hadn't even considered that Reliv could help me with my disease," Kevin explains. "But to

## A Newlywed's New Life



Heather and Luke Kesner of Midwest City, OK.

Heather Kesner of Midwest City, Oklahoma, had bowel problems since she was 18 years old. Just before her wedding at age 24, she was admitted to the hospital for her second hemorrhoidectomy. "Two months after the surgery, I was still so sick I had to go back in. They found internal bleeding and told me I had Crohn's disease. Two weeks later, they found an infection that required I leave the wound open to heal.

"I had spent my entire adult life with bleeding, fissures, constipation, and Crohn's," Heather reports. "Though my husband, who has a pharmaceutical background, was skeptical, I decided to try Reliv."

Within two months, Heather had good results with her constipation, diarrhea and fissures.

The dramatic results don't end there. Nine months after surgery, her open wound was not healing adequately, so another surgery was scheduled. "I took quite a bit more Reliv before and after the surgery," she says, "and ended up feeling better — faster!"

Reliv has allowed this newlywed to enjoy her married life, free from the torment of her formerly persistent health issues. "I love Reliv!"

*this day, I haven't had a single Crohn's flare-up."*

Inspired by his results, Kevin started on a weight-loss plan, adding Reliv Ultrim-Plus nutritional meal replacement and Reliv FibRestore to the basic nutrition. "I lost 25 pounds in two months," he says, "and I'm not through yet!"

Recently, a life-threatening automobile accident left Kevin with a whole new set of health problems. "All my bones and muscles had been jarred, and I was in a lot of pain," he recalls. "But after taking Reliv Arthraffect nutritional supplement, I was able to work the entire next day."

Spreading the word about Reliv throughout his community, Kevin has realized its business potential, as well. "Reliv is an opportunity for me to live debt-free and enjoy a comfortable retirement!"

## Health Improves One Shake at a Time

Being sick had become a way of life for Shelley Vaughan of Hamilton, Ontario, Canada. The 53-year-old hadn't had a pain-free day since she was 18. Then Reliv came into her life.

Shelley suffers from an autoimmune disorder that has baffled many doctors. She has been diagnosed with hypothyroidism, Crohn's disease, ulcerative colitis, diverticulosis, lupoid hepatitis, primary biliary cirrhosis, and chronic active hepatitis, which was slowly destroying her liver.

"I've almost died twice," she says. "I was always tired and had chronic joint problems. Everything was so stiff. At age 45, I was told a liver transplant was likely before age 60 and

by my 50th birthday, my joints were so problematic I was afraid that I would also be in a wheelchair."

A year ago, Shelley started faithfully taking two shakes a day of Reliv's basic nutrition. "The longer I take Reliv, the more improvements I get," she says. "Reliv is excellent fuel for your body. My doctor said I may not need a liver transplant now because my liver is holding steady and not deteriorating further. I have a new sense of well-being and amazing joint flexibility. I can feel myself getting healthier and stronger. For the first time, I feel like I have control over my life. I even went skiing recently, which I haven't done since I was in my 20s."



Shelley Vaughan of Hamilton, Ontario, Canada.



# DEPRESSION

## A Different Kind of Insurance



Robert Radke of Bowenville, Queensland.

"I advise everyone I meet to use Reliv nutritional products because I feel it's the best insurance policy you can get," says Robert Radke of Bowenville, Queensland.

Today Robert is a happy man, with good health and purpose in his life once more. However, four years ago, at age 55, Robert was on an invalid pension and the brink of despair.

"I'd had a long recovery from two cancer operations and was sick with the flu. I was depressed, alone and unable to work. I was seriously weighing up if life was worth living," Robert says.

*"Using Reliv Now gave me the biggest single turn around in my life. Not only did it greatly assist me physically but it also improved my attitude and general well-being. Thanks to Reliv I've been able to work again,"* he states.

Robert now has a growing Reliv business and in May this year, he reached 8<sup>th</sup> position in the South Pacific Top 12. "My whole attitude to life has changed. My self esteem has risen and I feel as though I've been given back my life. I'm around caring people and I love being able to help others.

"At the Australian Conference, I danced without pain for the first time in a long while. It's given me pep in my step and I'm looking for a dancing partner!"



Marilyn & Mark Burr of Bolingbrook, IL.

## Better Late Than Never

We've all heard stories about Reliv skeptics. Mark Burr of Bolingbrook, IL, was a textbook example of one. Mark had been diagnosed as bipolar with attention deficit disorder and obsessive compulsive disorder. Between 1989 and 1997 he was in the hospital three to four times a year for four to twelve weeks each time.

"I've tried every antidepressant they make, and even resorted to shock therapy treatments," Mark says. "Nothing provided any real relief."

His wife Marilyn introduced him to Reliv, and against his better judgment, he tried it. Nine months later, he cut back on his medications. In fact, he felt so good, he thought he could give up Reliv, too.

Without the Reliv products, his health deteriorated and four years later he was back where he started. His wife kept insisting Reliv had helped, and finally he said he would take it again. "Sometimes you just do things to keep the peace. That's what I did," Mark says. He started with four shakes a day in September and by January he felt great.

"I had a lot of excuses as to what actually made me get better the first time," Mark says. "This time I know it's Reliv. I'll never be without it again."



# DIABETES



Chuck Nolan of Phoenix, AZ.

## Distributor Says Reliv Saved His Life

Three years ago, Chuck Nolan of Phoenix, AZ, faced a grim prognosis. "I was one step away from the glue factory," he remembers. "I knew it to be true, and so did my doctor."

Chuck suffered from a multitude of health problems, including diabetes and high blood pressure. He'd sustained five strokes within seven years. The nerves in his legs had deadened, rendering him completely numb from his knees to his feet. Severe arthritis crippled his hands. Under the daily care of a nurse, Chuck was undergoing kidney dialysis and taking over 40 pills per day. "I wanted to lie down and die," he recalls.

Then Chuck heard about Reliv. "I had nothing to lose," he says, "so I called the phone number."

After four months on Reliv, Chuck was able to throw away all his medication. Today, his symptoms and numbness are gone and his "numbers" are within the ideal range. No longer requiring dialysis treatments, he visits his doctor just once per year for his annual exam.

Now a Reliv Director, Chuck never tires of sharing his story. "Before Reliv, I would've given anything for just three healthy years of life," Chuck says. "Now I'm looking forward to the next 30!"

## Retiree Back in the Swing With Reliv



Jerry & Donna Gray of Omaha, NE.

When Jerry Gray, of Omaha, NE, retired in January of 1997, it wasn't with jubilation. In fact, his seriously declining health had forced the issue.

Jerry suffered from Type II diabetes, as well as neuropathy, a painful condition affecting the nerve endings in his legs and feet. The experimental medicines he was taking diminished his appetite to an alarming degree. "In three months, I had lost 45 pounds," he says. "I just wasn't hungry at all."

When Jerry's wife, Donna, heard about Reliv on the radio, she was intrigued. The notion of getting nutrition in the form of a shake was appealing, especially since she was taking 35 to 40 supplement pills a day for her own health problems. She went to a Tuesday night meeting and she and Jerry decided to try the products immediately.

After about eight weeks, they both noticed a change. Since then, Jerry has regained the weight and the neuropathy is much improved. He now takes advantage of a full array of Reliv products, including Reliv Classic, Reliv Innergize!, Reliv FibRestore and Reliv ProVantage and is able to hit the golf course regularly again.

"Reliv gave me back the nutrition I needed to gain my strength and the will to live," he says. "I will never be without Reliv nutrition."



Randy, Carol, Suzanne and Andrew Heller of Oak Lawn, Illinois.

## Reliv Aids Kidney Transplant

Randy Heller's two children knew to dial 911 when their father's blood sugar dropped so low that he'd lose consciousness. They did it all the time.

At 51, Randy of Oak Lawn, Illinois, had been living with diabetes for years, but admits he wasn't a compliant patient. As a result, he'd undergone multiple laser surgeries on his eyes, was forced to go on a draining dialysis regimen and finally received a kidney transplant.

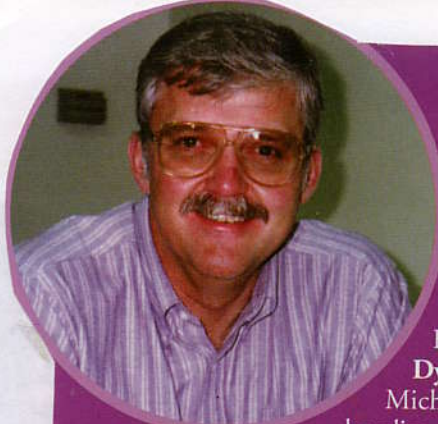
The transplant eliminated the need for dialysis, but left Randy feeling exhausted and constantly fighting infections. His doctors told him there was nothing they could do about that — it was just a side effect of the transplant. He spent most of his time resting.

Then a friend told him about Reliv. He started by taking three shakes a day for a month, with results that amazed Randy and his family.

"In less than two weeks, I was starting to feel like a human being again," Randy says. He's been able to stay awake longer, and has not only resumed his career as a financial advisor, but can do work around the house again.

"This is an extreme case, but I was an extreme mess," Randy adds. "With Reliv, my life has dramatically improved!"





Tom Dykema of Grand Rapids, Michigan, USA.

## Against All Odds

Reliv Presidential Bronze Ambassador **Tom Dykema**, of Grand Rapids, Michigan, USA, should not be alive today. In 1993, he was

diagnosed with **cardiomyopathy** and told he'd eventually need a heart transplant.

"As time wore on, I found myself doing less and less," Tom remembers. "My heart was failing me."

Five years after his diagnosis, Tom suffered a massive heart attack.

"The doctors said my heart was in such bad shape, they couldn't see how it had kept on beating as long as it had," he recalls. "Plus, they fully expected me to be dead by morning!"

"I know it was Reliv that had kept me alive," continues Tom, who was diagnosed with **Type 1 diabetes** in 1980 and started on Reliv nutritional supplements ten years later. "I'd achieved tremendous results — reducing my insulin intake by forty-percent and ridding myself of lower-back pain, along with the pain caused by neuropathy in my feet and ankles."

After seven months in the hospital following his heart attack, Tom received a new heart. "I never stopped taking Reliv," Tom says. "The pharmacist there was absolutely amazed by my consistently high nutritional levels. And, in the five years since my transplant, I've had just two moderate bouts of rejection — which is virtually unheard of."

Reliv

...her energy level rose and her vertigo and dizziness no longer bothered her. ...the flare-ups that gave ...entirely vanished!" Terry says. ...Around the time he began taking ...his leg and broke his leg while ...bed. "The swelling in his leg was ...his doctor was amazed at the amount ...back in just a few weeks." ...the Reliv pioneers in her area. "It's ...and great."

## Commitment to Business Will Seal Success

Six-Star Directors Joe and Joanne ...of Spokane, WA, are realizing ...dreams on a 100-acre horse ranch ...the middle of paradise. They credit ...with helping them secure their ...and providing an opportunity in ...them of a 50-60 hour work week.

"We owned a custom home building ...ness in which we spent much of our ...trying to cover the \$20,000 a month ...head, including the salaries of our ...owners," Joe says. "We didn't have a ...the business had us."

Joanne says an article in *Success* ...gained caught their attention in ...ch 1992. Despite fantastic health ...its, including relief from a chronic ...back problem, allergies and shoulder ...to explore the business opportunity.

...ple do," Joe says. "Business was good ...though we were killing ourselves ...for and passing out our construction ...States and away with the Breakaway ...at fits our lifestyle — it gets outdoors."

"Reliv system full/filly," Joanne says ...als."

me



Greg (left)

in. Greg says, "It was purely a busi- ...our customers — and ourselves — ...been committed to Reliv ever since ...he could never quit."

...o want to build a business is key- ...conferences. "They truly are life- ...aders go to conferences and it's true, ...a watch and learn from others."

...one freedom Reliv has given them ...y is that we now have more time to ...ys. "And working together with my ...we don't develop as a leader in her own ...rough Reliv."

## Payoff is Even Than Paycheck

Like many others, I ...bought Master ...Larry and Carol Aiken ...to Reliv. Fabulous ...just under three weeks ...them to sign on as Master ...in April of this year.

Larry's initial man- ...that he thought he was ...the products rather than ...them. Neither of them ...any new distributors.

...changed along their first Master ...Affiliate Training (MAT) School, ...says Larry. "We learned to plug ...into the Reliv Success System, and ...in June we did 33,000 in volume ...which translated to \$8,500 in all ...forms of income for that month!"

Attending the International ...Conference in St. Louis also ...brought great rewards. "We took ...our son-in-law and a close friend to ...the conference with us, and now ...they have signed on five Master ...Affiliates. Being at conference with ...everyone truly brings home the ...understanding that this is a sharing ...opportunity — not a sales process."

Carol says that the real payoff ...is knowing they have a purpose. ..."The big paycheck is seeing people ...getting better. That is more impor- ...tant than money."

Larry agrees. "Reliv is a ...blessing in our lives."





Chas Simpson of  
Noosa Heads, Queensland.

## Reliv ProVantage Power

*"When I saw the ingredient list of Reliv ProVantage\*, I was impressed," says Chas Simpson of Noosa Heads, Queensland. "After only 10 days on Reliv ProVantage, I was cycling up hills which usually had me in my smallest gear and weaving at the top. My recovery was excellent — my heart rate dropped by 101 beats in 5 minutes during recovery, and I felt fantastic."*

Chas, a 'four injection a day' diabetic, took up cycling to help him cope with his diabetes, arthritis and asthma. In 1996 Chas participated in the 14,500 kms Round Australia Bike Ride record.

*"In training, I began using Reliv Now and Reliv Innergize! I'd never before experienced such improvement with my performance and recovery. As a diabetic, the Reliv Now appeared to keep me beautifully stable and I used the Reliv Innergize! while I was riding," Chas says.*

The 12-man amateur team, which included two men over 60, a female rider and a 14-year-old boy, surprisingly recorded their best times towards the end of the race. They broke three world records including the Guinness Book's record for the World's

Longest Continuous Relay Of Any Kind.

With the 40 day record almost halved to 21 days, Chas was so impressed he signed on as a Reliv Distributor.

*"When Reliv Classic was introduced, I felt sure it would be good for my diabetes and within seven days I had cut out my midday injection. After 17 years on four injections a day, I had successfully reduced my level of insulin by around 45%."*

# DIABETES



Sherry & Mike Ring of Garden City, Missouri.

## Reliving Forever

Age is merely a number for Mike and Sherry Ring of Garden City, Missouri.

"I'm 50, but I feel like 35 — I have that much energy," insists Mike, who recently added ReversAge® dietary supplement to the basic nutrition he and Sherry have been taking since March.

"I've added two-to-three hours to my day," continues Mike, who's worked as a dry-wall contractor for 35 years. "And I've had amazing results with my joint pain."

"As a Type-2 diabetic, I've had good results with my blood sugar levels — meaning no more mood swings," he continues. "And my blood pressure has improved as well."

For Sherry, who suffered

from the crippling pain of carpal tunnel syndrome, relief came within mere days of taking Reliv.

"Where I once couldn't even use a can opener, I now can open anything — cans, jars, medicine bottles — without pain," Sherry says. "Plus the leg aches that kept me up at night have gone away, and I'm sleeping through the night."

"I taught 72 children this year and never caught the flu," continues Sherry, a preschool teacher. "And neither Mike nor I have had any allergy problems."

"We'll be on these products for the rest of our lives," adds Mike. "And we look forward to seeing everyone at the next Reliv International Conference!"



## Getting Great Results!

Her eyeglass prescription has been reduced twice in the past two years, and that's not the half of it. Presidential Silver Ambassador **Jeanne Blevins**, of Marietta, Georgia, USA, is in remarkable health despite her 35-year battle with Type 1 (insulin dependent) diabetes.

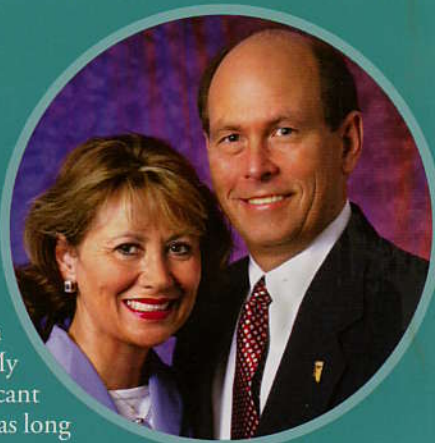
Before she started taking Reliv products, Jeanne needed eight shots of insulin each day. Now she has an insulin pump, a device that is programmed to regulate the flow of insulin as needed.

Since Jeanne began her Reliv regime, she has seen great results with other conditions, including

neuropathy in her legs and feet. The stinging sensation is often a precursor to the need for amputation.

She adds, "All of my recent blood work came back within normal ranges on all counts. My doctor says this is really significant for someone who's been diabetic as long as I have."

"Reliv has just changed my life. If someone had told me six years ago that this would be my lot in life, I would never have believed it. I have a totally different lifestyle now."



*Jeanne & George Blevins of Marietta, Georgia, USA.*

## Enjoying Life Again With Reliv

On Saturday nights, **Dean Applegarth** and his wife, **Margaret**, like to cut a rug, dancing the night away. And that's just what they do these days, when they're not enjoying their grandchildren and great-grandchildren.

"It's so great to feel young and healthy and to enjoy life," says Dean, who can't believe how his life has changed since he started taking Reliv products a year ago.

The railroad engineer from Chadron, Nebraska, thought he was controlling his diabetes well enough with medication, but when he went into a coma while driving a train and survived to tell the tale, he knew something had to change.

Dean was overweight, his blood sugar levels were out of control and he began suffering from sleep apnea. He also developed allergies and painful, scarring blisters that baffled his doctors. Dean's feet were black and losing feeling, an alarming sign for a diabetic.

After 30 days on Reliv, his blisters began to subside. His allergies were substantially decreased and he went from 283 pounds to 222 and counting.

"I feel like a million bucks!" Dean says. "I exercise a lot and sleep like a baby. Reliv has turned life around for us."



*Left: Dean before Reliv.*

*Above: Dean and Margaret Applegarth of Chadron, Nebraska today.*

