

Fibromyalgia

Reliv Relieves Pain, Despair of Fibromyalgia

Spending 30 days with some of the best rheumatologists, physiotherapists, nutritionists, and psychologists in Canada taught **Rheal Poirier** of Wallaceberg, Ontario, how to cope with fibromyalgia. What he had wanted to learn was how to get relief.

Rheal's chronic pain had gotten so bad he had to quit his job, forcing his wife to go back to work and putting him in charge of his four young children.

"When I heard about Reliv, I was eager to learn more," he says.

"Hearing others' health stories, plus the fact that there was a money-back guarantee, convinced me to try Reliv."

Rheal says after a few days on the products he began sleeping all night — something he hadn't been able to do in years. Next, his energy level began to rise and daily naps vanished as well as his irritable bowel problems.

"After about four months on the products I was totally pain-free and beginning to launch my new career as a Reliv Distributor," Rheal says. "My family is regaining our health and a quality of life we had forgotten existed. I'm making up for lost time with my wife and children and am enjoying spreading Reliv throughout Canada."



The Poirier Family of Wallaceberg, Ontario.

Red No More

Fibromyalgia is a difficult condition to explain to anyone, especially one's own children. **Paula Gorra** of Glenwood Springs, Colorado, explained it to her two young sons like this:

"If you could put a red marker on all the places where I hurt, I'd be red all over," she told them. "My husband had to help me out of bed. I couldn't go down stairs or take a walk."

Paula was having a painful episode during a dinner party three years ago and had to sit down. Another guest, a Reliv Distributor, told her about the Reliv products.

Paula admits she wasn't ready to hear what the woman

had to say. But a few years later, when Paula was having a similar episode during a church service, the same woman approached her again about Reliv.

This time Paula was ready. She started taking the products in May 2003. Within three to four weeks, she started noticing changes.

"I'm a new person," Paula says "I have lost weight. I sleep deeply through the night, my hiatal hernia doesn't bother me and I can focus again. Most importantly, my pain is reduced and I'm a happy person to be with."



Arnoud & Kim Foster-Braat of Colbourne, Ontario, Canada.

Rebounding With Reliv

The pain started in her chest and eventually worked its way through her whole body. That's how **Kim Foster-Braat** describes her experience with a severe case of fibromyalgia.

"I didn't have a quality of life," she says. "My life revolved around pain medication and finding ways to get comfortable."

For Kim, of Colborne, Ontario, Canada, the symptoms of **fibromyalgia** started to surface after she underwent a hysterectomy. As the pain increased and fatigue took its toll, Kim was forced to leave work as a nurse. It was during her quest to find relief that she met a Reliv Distributor who introduced her to the products.

At first she was resistant, then decided to give Reliv a chance. "At that point, I knew I had nothing to lose, and everything to gain," Kim recalls.

One of the first things she did gain was some much-needed sleep and more energy. Within two to three months, Kim was feeling less and less burdened with her symptoms.

"It's an awesome story, but it's a true story," Kim says. "I feel so strongly about these products. People tell me I'm a walking testimony."

Alive and Kicking!

It used to be that **Bruce Bonnell** of Peterborough, Ontario, Canada, literally had to pull himself up the stairs with both hands on the rail. "Today, I can run up stairs — practically two at a time!" laughs Bruce, now a Reliv Master Affiliate.

Fifteen years ago, Bruce was involved in a truck accident that left him in **chronic pain**, unable to walk even a short distance or sleep more than an hour without waking. He was diagnosed with **fibromyalgia** a year later and diabetes several years after that. Then, in January of 2002, Bruce's wife of 43 years passed away suddenly.

"I hit rock bottom," Bruce recalls. "I moved in with my daughter and resigned myself to living the rest of my years in pain, bound to a wheelchair."

Thankfully, though, Bruce began taking Reliv Classic® and Reliv Herbal Harmony® nutritional supplements. "Within five days of taking the products, I noticed a difference in my pain levels," he says. "Three months into the products, I was sleeping through the night and waking up rested!"

"The tingling in my feet and spasms in my legs were greatly reduced," Bruce continues. "Plus, the acid reflux problem that I'd had all my adult life has now subsided."

"I'm living a normal life again," Bruce says. "To me, Reliv is a godsend!"



Bruce Bonnell of Peterborough, Ontario, Canada



Kay Goss with family, (Cody, Dustin, and Jim) of Piedmont, AL.

Reliv Doubles the Blessing

"The pain was so bad I cried every night," says Kay Goss of Piedmont, Alabama. Migraine headaches that began in childhood still plagued her as an adult. "I was also diagnosed with **fibromyalgia** and **lupus**, which affected my neurosystem. There was a great chance that I would go blind." In June 2002, she hit bottom and her doctor gravely told her she just wasn't going to get better.

But in February 2003, Kay started on Reliv nutritional supplements and felt an almost immediate increase in energy. She felt so good in fact, that she put her son Cody on the products as well. "At 5'7" and 100 pounds, he was literally dying before our eyes," she recalls. "He'd been sick for three years with **lupus** and **arthritis** and was eventually unable to go to school." The doctors told Kay there was nothing they could do, so she tried Reliv. "Within a month he was back in school, and by the summer of 2003, he was able to handle a very physically demanding roofing job!"

Kay concludes, "Our whole family is on Reliv and it has given us back our lives. Good health is such a blessing — and Reliv has blessed us immeasurably."

Back in the Saddle



Dottie and Dean Cox of Seabeck, WA.

Dottie Cox of Seabeck, WA, is riding her horse again, and able to walk around her farm without being in pain. As she puts it, "I truly have a new life and my family has a new mom."

By the time Dottie decided to try Reliv, she had just stopped telling people about the number of health problems she was experiencing, which included

painful **fibromyalgia**, **irritable bowel syndrome** and **chronic fatigue**, to name just a few.

"My main focus was on survival, and keeping the basics of our family running, with very little energy for people outside my immediate family," she says. "I tended not to talk about my illness to others, so few knew what I was going through."

Dottie and her husband, Dean, are still amazed as they recall the dramatic results they experienced as they began their Reliv regimen. Dean's relief from Crohn's disease was happening at the same time Dottie noticed results of her own. Her fibromyalgia pain was significantly reduced. And the improvements continue.

"I am almost pain free," says Dottie, who continues to enjoy better and better health along with her whole family. "I still ponder anew the healing process my family has experienced. We thank God for giving us another chance at a healthy life!"

Fibromyalgia, CFS (M.E.)



Dennis & Jamie Clevenger of Detroit, MI.

Reliv Fuels Recovery

Jamie Clevenger of Detroit, MI, admits she was skeptical when she first heard about Reliv. After being diagnosed with **fibromyalgia**, she'd tried a variety of different medicines to relieve the aching muscles, extreme fatigue, loss of sleep and painful movement associated with the disease — but nothing worked.

"I couldn't rake leaves, do the laundry... sometimes I couldn't even make it up the stairs to go to bed so I would just stay on the couch," she says.

Within a few weeks of starting on Reliv, however, her fibromyalgia symptoms began to improve. *"When I slept through the night for the first time, I passed it off as coincidence,"* Jamie says. *"But when I kept sleeping better and got my energy back, then I knew it had to be because of Reliv."*

Now she walks every morning and stays active late into the night. *"I didn't realize how much the disease had affected my life until I tried Reliv,"* she says. *"The results are priceless."*

Even Jamie's doctor was amazed. *"Recently, I noticed an improvement in her pain symptoms and fatigue, as well as her physical signs,"* writes Michael Oostendorp, D.O. *"I am very pleased with the significant improvement Mrs. Clevenger has made on Reliv and I highly recommend the products to others."*

Blessed With Reliv

Julie Pfannenstiel, of Dodge City, Kansas, and her husband, Jack, both remember all too well what life was like before Julie started taking Reliv.

"Every cell in my body hurt," Julie says. *"When I started Reliv, it hurt to move my head. I needed help getting dressed."*

Julie suffered from **chronic pain** for 16 years. After ten years, the doctors at least had a name for her condition: it was **fibromyalgia**. Still, she was told she'd have to live with it.

"Many nights I would lie in bed and think about what a relief it would be if I just didn't wake up in the morning because I was so tired of the pain," Julie recalls.

But Jack and their six children gave her reason to get out of bed each day.



Julie & Jack Pfannenstiel of Dodge City, Kansas.

After three months of Reliv, Julie's pain was substantially reduced. And it wasn't long before symptoms associated with irritable bowel syndrome were also alleviated.

"I feel so blessed because I don't hurt," she says. *"Look out! Now my kids can't keep up with me!"*

It's Back to School for Marie

For years, just getting out of bed was a major project for Marie Jarvis of Brampton, Ontario, Canada. The pain in her back and hips was so severe that her husband, Roy, had to help her up each morning. She also had a lot of trouble sleeping at night because of the pain.

It all started about four years ago. Marie didn't know what was wrong at first, but she was finally diagnosed with **fibromyalgia**. Her health problems took the joy out of driving a school bus — work she has loved for more than 30 years.

Marie credits her remarkable turnaround to Reliv ProVantage™ soy-based performance enhancer and Reliv Classic® nutritional supplement. *"I'll tell you, what a difference! After eight days I saw a major difference. I noticed such a change in my hips,"* she says.

Now, Marie sleeps soundly and has no trouble springing out of bed and bounding up the school bus steps each day.

The products have also helped Marie get off of the antidepressants she took for nearly six years. She used to cry regularly, even with medication. *"Now I can handle all kinds of situations, no problem at all,"* Marie explains. *"Nothing bothers me anymore."*



Marie and Roy Jarvis of Brampton, Ontario, Canada.



Vicki & Dwayne Leslie of Fr. Worth, TX.

Sick and Tired of Being Sick and Tired

Vicki Leslie of Ft. Worth, TX, was very sick with **fibromyalgia** and other issues. She had been to 10 different doctors, endured three spinal taps, been to the emergency room six times, and spent a week in the hospital. "The fatigue was debilitating," Vicki says. "I would stay up for an hour, and then have to sleep for two hours to recover."

The overwhelming exhaustion forced her to quit her job, kept her away from church, and severely impacted her social life. "When we would go out to eat," she explains, "I had to eat quickly and then go sleep in the car while everyone else enjoyed their meal and visited."

In January 2001, Vicki heard about Reliv. She was skeptical, but thought she had nothing to lose and began taking Reliv Classic® nutritional supplement, Reliv Innergize!® sports drink, and Reliv FibRestore® fiber-rich antioxidant supplement.

"Within a month I was able to stay up for two or three hours, requiring just an hour of rest to rejuvenate," she says. "After three months, I was able to return to work part-time."

"I am so thankful that I have my life back, my husband has his wife back, and my kids have their mom again," Vicki says. "God used Reliv to help me get through to the other side and be healthy."



Patti Sandel of Rome, Georgia

A New Life

Throughout her life, Patti Sandel of Rome, Georgia, lived with severe muscle pain and chronic fatigue — symptoms of an autoimmune disease diagnosed at birth. Still, she managed to lead a relatively active life — working long hours as a financial planner and involving herself in church and club activities. But three years ago, Patti's condition took a drastic turn for the worse.

"My body completely shut down — the result of an escalating progression of autoimmune diseases," Patti recalls. "I was diagnosed with a whole list of illnesses, including progressive degenerative muscle disease, a degenerative spine disorder, acute anemia, **fibromyalgia and chronic fatigue syndrome**."

Patti was left unable to walk and required morphine for her pain — a powerful narcotic which, after two years, she was determined to live without. It was during her withdrawal from morphine that Patti was introduced to Reliv.

"Just five days after I began diligently taking Reliv Classic® nutritional supplement, Reliv Innergize!® sports drink and Reliv FibRestore® high fiber and antioxidant supplement, I woke up with much less pain for the first time in my life!" Patti says.

"My life before Reliv was, at best, a continuous test of mental fortitude," Patti continues. "Now, thanks to Reliv, I have true physical strength and energy. I've been given a brand new life!"



Dan Gorman of Manchester, NH, USA.

Climbing Mountains Again With Reliv

For the past nine years, desperation and depression hung over **Dan Gorman** of Manchester, NH, like a dark cloud. Years of battling **chronic fatigue** and **fibromyalgia**, combined with exasperation from doctor visits and medications that never seemed to help, put him on the verge of hopelessness.

"I used to play tennis and mountain climb," Dan recalls.

Late last spring Dan's wife, Debby, learned about Reliv. She encouraged Dan to attend a Reliv meeting where he heard others share their results on Reliv products. "It was one of the best decisions of my life and I left with real hope," he said.

After a month on the products, Dan grew discouraged when he wasn't getting results. "My sponsor, Gena, told me to double the amount of Reliv Classic® nutritional supplement I'd been taking," he says. "It worked — and two weeks later I threw away all my medications."

Three months later, Dan climbed to the top of Mt. Washington, the highest mountain in the Northeast, to physically and symbolically reclaim his life. "Thanks to Reliv I got a second chance at life. Today, I feel on top of the world!"

GENERAL HEALTH BENEFITS

Great Results Times Four

Jacinthe Chalifour of Ste-Foy, Québec, Canada, began taking Reliv Classic® nutritional supplement before her first pregnancy, and has been taking the product ever since. "I had two wonderful pregnancies and brought two handsome, healthy boys into the world. At first they were getting Reliv through me, as I breastfed. But now they drink their own shakes," she says. "There has never been a moment in their lives when they've been without Reliv."

Even with two small boys — which can be exhausting for anyone — Jacinthe credits Reliv with her having more **energy**, getting more restful sleep and even needing less sleep. "Not to mention that a life-long **constipation problem** has now vanished."

Jacinthe's husband also has achieved great results. "He started on

Reliv and lost 35 pounds last year, which he has kept off. "The increased energy is great and long workdays no longer result in muscle aches and pains," Jacinthe reports.

The Reliv opportunity also allowed Jacinthe to quit her job and become a stay-at-home mom. "I love being able to help others as well as bring in more income. Reliv is one of the most beautiful things in my life. It is here to stay."



Jacinthe Chalifour with husband Eric and sons Antony and Alek of Ste-Foy, Québec, Canada.

The Ganem Family
of Glendale, AZ.



In addition to being a full-time mother of four children ranging in age from 6 to 16, she helps her husband, **Bob**, keep his tax preparation business on track, servicing nearly 800 clients each year.

"I'm active in my church," Kathy adds. "And keeping up with the kids and all of their activities is really a challenge." But Kathy believes that Reliv products have helped her and her husband have the stamina required to get things done.

Stamina, energy and general good health were something that Kathy admits she hasn't always had. In fact, despite her work and practice as an herbalist, she was still quite fatigued and suffered from PMS and hypoglycemia.

She started taking Reliv Classic nutritional supplement and by the third week, something had changed.

"I knew something was up when I was vacuuming at nine o'clock in the evening," she says. "I hadn't had that kind of stamina since I was twelve years old."

Kathy now takes Reliv Innergize! sports drink, Reliv Fibrestore fiber-rich antioxidant supplement and Reliv SoySentials® womens' daily protective supplement as well. She notes that once you start using Reliv, "you start finding out how much your body really needs these products."

Healthy for Life

Robert Ong of Singapore has always been conscious of his health. "I'm a vegetarian, and I practice meditation and donate blood on a regular basis," Robert says. "And I'm very aware of the benefits of preventative therapy in ensuring long-term health."

So it wasn't any particular medical concern, but rather the desire to **prevent problems** in the future, that prompted Robert to take Reliv's basic nutrition.

"Within a month of taking the products, I noticed a significant increase in my **energy level**," Robert says. "And this newfound energy has added to my enjoyment of the things I like to do — my golf game, in particular."

"Playing 18 holes, I'm much more comfortable and less tired," he continues. "Despite the extreme heat and humidity, I stay hydrated much longer than before — requiring one drink and sometimes none at all when, before, I'd take three or four rounds."

Robert also credits his recent weight loss of 5 kgs. for helping him feel more comfortable and energetic, overall.

"I was carrying around some unnecessary weight," Robert says. "But it was gone after just ten days on Reliv Ultrim Plus® nutritional meal replacement."

"I'll be on these products for the rest of my life," he adds. "Because everyone can benefit from Reliv, I'm sharing the products and opportunity with others, as well."



Doreen Goh & Robert Ong
of Singapore.

Busy Mom Counts on Reliv

Kathy Ganem of Glendale, AZ, has a busy life. In

Fit at Fifty

"Are you sick and tired of being sick and tired?" This introduction to a Reliv radio advertisement instantly grabbed the attention of **Kat Wratni**, now a Reliv Master Affiliate in Sandpoint, ID, USA.

"I'd been uttering those very same words for years," says Kat who, at the time, was lethargic and overweight, and suffered from a host of health ailments.

"I called the toll-free number, and my products arrived on Christmas Eve," Kat recalls. "I couldn't have asked for a better Christmas present. Within just a few days of starting on Reliv Classic® nutritional supplement and Reliv Innergize!® sports drink, I was sleeping better at night and maintaining stamina throughout my day!"

Excited by her newfound energy, Kat added Reliv FibRestore® fiber-rich antioxidant supplement to the basic nutrition, followed by Reliv SoySentials® women's daily protective supplement and, most recently, Reliv ReversAge® dietary supplement.

"Since starting on Reliv, I've been relieved of daily sinus headaches, chronic constipation and depression," Kat says. "And my former PMS and eczema are practically non-existent."

Yet, Kat's crowning achievement with Reliv was to shed her lifelong craving for junk food and chocolate. "I've lost 40 pounds without losing any muscle mass," she says, adding that, with the help of Reliv Ultrim-Plus® nutritional meal replacement and a scoop of Reliv Cellebrate® every day, she's maintained her new weight for over seven months. "Turning fifty has been great... thanks to Reliv!"



Kat Wratni (left) of Sandpoint, ID, USA, with her husband, Frank, before her weight loss and with her grandchildren, Dylan and Chelsea, after her weight loss (below).



Reliv Beats the Alarm Clock

"For the first time in my life, I was waking up ahead of the alarm clock," says **Nancy Anderson**, a registered nurse from Monee, IL. "People at work started noticing my good mood and asked me what I was on."

Her answer was Reliv Classic® dietary supplement and Innergize!® sports drink, and she'd only been taking the products for two weeks. It took some convincing from a friend

to start the products because Nancy had had a bad experience with a different network marketing company.

But after starting Reliv, Nancy was pleased to discover that she could decrease the amount of **pain** medications she'd been taking for a hip injury a few years before. After she had been on the products for awhile, she took another fall on the ice, and found her pain and recovery time minimal.

She's been able to resume aerobic walking, and has even taken up something new: country line, Salsa and Latin dancing.

Nancy uses other Reliv products as well, including Reliv Ultrim-Plus® nutritional meal replacement, Cellebrate® dietary supplement, FibRestore® fiber-rich antioxidant dietary supplement and Soysentials® women's daily protective dietary supplement. She's lost 30 pounds and found relief from PMS and heartburn.

"I feel like a whole new person," she adds. "I will be on these products for the rest of my life."



Nancy Anderson of Monee, IL.



Bill Billeaud of Plano, TX.

Never Too Young for Prevention

As a young athlete in tip-top shape, Reliv customer, **Bill Billeaud** of Plano, Texas, never worried much about his future health. He regularly watched his diet and worked out on a regular basis while attending a Division I college as a soccer player. The emphasis was on performance today with little thought of prevention for the future.

Today, as a businessman in his late thirties, Bill is still in excellent shape. But his attitudes regarding prevention now dominate his routine. "As a young athlete, not only did we not have near the information on the future benefits of supplementation known today, it just didn't seem important", Bill states. "When you're that age and having fun, you just don't think you'll ever have to worry about health problems. Now, the evidence is overwhelming that supplements can provide preventative opportunities that I don't get from just a normal diet. I believe in seizing opportunities; and this is one that I now consider priceless."

Bill discovered the Reliv products through a friend's recommendation when he recently found his cholesterol creeping up. He'd regularly taken a simple multivitamin pill, as well as some specialized athletic supplements. Within a month of trying Reliv products, he realized that he'd found something special. "It was pretty obvious that my body was responding to some powerful nutrition. I began feeling like I did in my playing days. Knowing I'm never going to get younger, I want to ensure that I do everything I can to stay at peak health. I've found a special partner in Reliv that's going to provide me real peace of mind with that goal."

Good Health Is My Responsibility!

Good health is a must for **Loretta Chinn** of Indianapolis, IN. The long-time Reliv customer starts her day at 4:00 a.m. with a Reliv power shake. Within the next couple of hours, she'll complete an invigorating power walk, an extended swim, or an impressive work-out at her local gym — all before most people's alarms go off!

"I'm not the type of person who can sit around and be idle," Loretta says. "I've seen too many people around me reach middle age and become sick half the time, or gain way too much weight. The problems just keep mounting and they don't seem to do much about it. I'm not going to let that happen."

For years, Loretta realized that nutrition was important, but she couldn't really tell if the vitamin pills she took were working. Then came Reliv. "I discovered the products through family members and nutrition took on a whole new significance in my life," she says. "The difference in energy, stamina, restful nights and the ability of my body to fight off sickness is incredible."

"I realize that it's my responsibility to make sure my body is in optimal condition, not my doctor's," Loretta adds. "Being ill simply doesn't work for me. That's why I'll never be without Reliv."



Loretta Chinn of Indianapolis, IN.

GENERAL HEALTH

A Healthy Outlook With Reliv

John Daizovi, a postal worker and Reliv Senior Director in Dania Beach, FL, tells of an alarming trend among the men in his family.

"My grandfather, father and two uncles all have died from disease before age sixty," John says. "And all except one uncle passed away suddenly from massive coronaries. I don't want this to happen to me. That's why I take Reliv."

John started on Reliv Classic® nutritional supplement and Reliv Innergize!® sports drink three years ago with one goal in mind: to prove to his wife that the products wouldn't work. "I told her to be sure to save the cans so we could get our money back," he recalls.

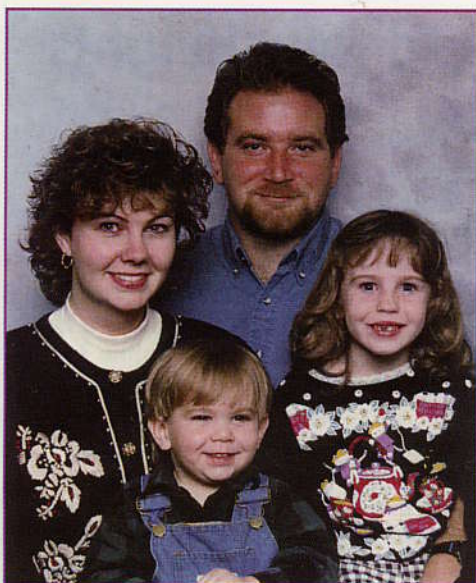
Yet, it wasn't long before John noticed a major change in his evening routine. "Within nine days of taking Reliv, I was coming home from my postal route with all this newfound energy — tackling the 'honey-do' list and playing racquetball and paddle ball on a regular basis," John says. "Before I knew it, I'd lost 10 pounds from the added exercise!"

"Now, my body is getting the nourishment it needs in order to function at peak level," John adds. "I see Reliv as a very realistic mode for reversing the health pattern of my family and living a long and healthy life!"



Laurie & John Daizovi of Dania Beach, FL.

Heartburn. Acid Reflux



The Merkey Family of Cheney, WA.

Prescription: Surgery or Reliv?

Eight months ago, 30-year-old John Merkey of Cheney, WA, developed severe stomach pain. After two trips to the emergency room, a CAT scan and visits with several specialists, the doctors couldn't find anything wrong with him.

"We had incurred over \$2,000 in medical bills and I was still feeling awful. Every time I ate or drank, I experienced acid indigestion and heartburn," John explains. "The doctors began discussing exploratory surgery as a logical next step."

Then, five months ago, his wife, Sheri, learned about Reliv. One month after starting Reliv Classic® and Reliv Innergize!® nutritional supplements, "My pain went away completely," John says. "I never pursued the surgery and I only have problems now when I miss a shake."

Sheri has also experienced relief from her asthma, thanks to Reliv, and no longer uses her inhalers.

Inspired by their own results, John & Sheri Merkey became Master Affiliates, and are now working to build Reliv into a full-time family business.

Health Goes From Zero to Good

Some people are anxious about going to bed at night because of the "to do" lists spinning through their minds. Ed de la Rea of Vancouver, BC, Canada, was afraid he wouldn't wake up in the morning.

"I had heartburn and acid reflux so severely," Ed says, "I ended up in the emergency room last July thinking I was having a heart attack."

In the past seven years, he recalls many nights not even being able to fall asleep until very early in the morning. "I took everything and tried everything," he says. "Nothing worked."

The information systems manager says on top of the poor sleep due to the heartburn and reflux, he suffered from stress headaches nearly every day.

"A friend introduced my wife and me to Reliv last October," he says, "Within a few weeks on Reliv Classic nutritional supplement and Reliv Optain! sports drink, I began feeling better and today am nearly symptom-free."

Ed says that adding Reliv A•ffect® nutritional supplement eased the degenerative arthritis in his knees and ankles — pain that had caused him to walk down the stairs sideways. Today, he is able to walk down the stairs carrying his granddaughter.

"Reliv has turned my life around from zero to good," he says. "I'm thankful to feel so healthy."



The de la Rea Family of Vancouver, BC, Canada.

Heartburn Is Relieved — Health Prevention Is Here

Brian LePard of Sallbrook, California, had suffered from heartburn for 15 years. He recalls waking at night doubled over and sometimes lying on the floor, writhing in pain.

"I was miserable all the time," he says. "After being diagnosed with gastroesophageal reflux disease, I was told that the cumulative effect of acid exposure had caused Barrett's Esophagus, putting me at risk for esophageal cancer."

For the past seven years, Brian took medication daily to control his stomach acid. After he lost his job, that meant \$160 a month in medication bills.

When Brian overheard a Reliv Distributor discussing the business opportunity, he was intrigued and became a Distributor and customer on the same day. He says his health improved within the first week on Reliv Classic® nutritional supplement, Reliv Innergize! sports drink, and Reliv FibRestore® high fiber and antioxidant formula.

Brian adds, "In addition to relief from heartburn, I have increased energy."



Brian, Paty and Kiral LePard of Sallbrook, California.

Injuries Healing Thanks to Reliv

Thirty-five-year-old **Denise Want** of Walton, NE, and her husband were hit by a semi-truck in December 1995. The accident left her with brain, neck and back injuries, **irritable bowel syndrome**, severe dizziness and depression, and a list of other disabilities that left her in **chronic pain**.

"I couldn't function nor make decisions and cried all the time," the 3-Star Director recalls. "I had gone to a number of doctors and tried many medications and therapy and was told there was nothing else that could be done for me."

A friend introduced Denise to Reliv in May 2000. Two days after starting the products, she noticed an improvement in her energy and three days later had her first normal bowel movement in four and a half years.

"Every week on the products I notice some change in my body," she says. "The results are gradual but my health is improving, something I never thought would happen."

Last Christmas, she picked up her young niece for the first time without pain. By Easter, she was able to spin her around without getting dizzy.

"Although my neck, head and back pain are not completely gone, the pain no longer controls me," she says. "And best of all, my husband Duane got his wife back!"



Denise Want of Walton, NE, with her husband, Duane, and her dogs Kayla, Buck, and Chelsey.



Terri Handyside of Hervey Bay, Queensland, Australia

Restored by Reliv

"Sorry, can I use your bathroom?" This was how **Terri Handyside**, of Hervey Bay, Queensland, Australia, greeted new customers as she arrived with her mobile hairdressing and beauty business.

"I was very embarrassed but had no control over my urgent need to find a toilet," Terri says. "I had suffered from **Irritable Bowel Syndrome (IBS)** with chronic diarrhea for five years and in the last year, I was so sick, I had to give up working."

"I was exhausted, very irritable, always feeling sick, and generally not a nice person to

be around," Terri recalls. "It seemed my poor body was starved of any goodness from the food I was eating. I'd tried lots of medication and natural alternatives with no success. Finally, I was feeling so low and desperate, I rang a friend to take up the offer to try Reliv nutrition."

That one call changed her life. "After three days using Reliv FibRestore nutritional supplement, I got great results," Terri reports. "I presently use Reliv Now nutritional supplement along with FibRestore each day, and my quality of life has improved dramatically. I am a happier, healthier person. Reliv has given me my life back."

I.B.S.

Moving Forward Again



Dulcie Cheesman of Drouin, Victoria.

The heavy work involved in running a dairy farm for more than 30 years, such as lifting milk cans, moving cattle and delivering calves, had taken its toll on **Dulcie Cheesman** from the small country town of Drouin, Victoria.

"I suffered with bowel problems including irritable bowel and stomach ulcers. Although medication seemed to address these problems, I ended up with chronic thrush, and I felt like a wreck," said Dulcie. "When a friend told me I looked terrible (as only a true and caring friend can), I knew it was time to try something different."

"After only two weeks taking Reliv Now I had a real turnaround. I just seemed to have more energy and from then on, I could enjoy more physical activities again."

"Since the benefits I felt from those first two cans, I haven't stopped using Reliv Now," said Dulcie. "In fact I've added Reliv FibRestore and Reliv A•ffect and I am no longer troubled by my shoulders, which ached so much that the pain kept me awake at night."

"Reliv nutrition has made a huge difference to me — it's put a smile back on my face and has helped me achieve a much better quality of life."



Amanda Brown of Richmond, Missouri, with son Payden.

Reliv Provides Energy to Spare

Amanda Brown of Richmond, Missouri, started taking Reliv in September of 2003. "I suffered severely from irritable bowel syndrome (IBS), Epstein-Barr virus, and TMJ," she says. "My son was 10 months old at the time and my energy was so low, I could barely keep my eyes open while I was caring for him."

She saw results in record-breaking time. "My mom said I shouldn't tell this story because everyone will think it's a miracle! But I took my first shake at night — which may not have been the best thing to do — and within an hour my IBS stomach pain was gone and I had relief from my TMJ pain." Talk about instant gratification!

Amanda's energy level is at an all-time high and her IBS has not come back. The TMJ pain recurred once, but only for a short time.

"I have had my son, Payden, on the products since he was 10 months old. He's no longer experiencing ear infections and allergies that had plagued him as a baby — and doctor visits are few and far between," Amanda reports.

"It's wonderful," she adds. "I can actually play with my boy all day. I will never quit taking these products. Thank you Reliv!"

Irritable No More

Master Affiliate Darryl Buckman had suffered with Irritable Bowel Syndrome since he was a teenager. Nothing he'd tried had done any good and he had resigned himself to the idea that this was a hereditary problem he'd simply have to tolerate. But then the Australian from Willow Grove, Victoria, discovered Reliv.



Darryl Buckman of Willow Grove, Victoria, Australia

"After using Reliv for less than two weeks, I had to change my extremely skeptical and negative views," Darryl states.

"Over the years I had tried in vain to control the symptoms with a variety of medicinal, herbal and natural preparations," he explains. "But thankfully, my wife Rosalind believed in the worth of Reliv nutrition and urged me to give it a go."

Darryl says before Reliv he'd spent much of his time either in the bathroom or looking for one, something he'd considered a normal part of his routine. "I now have more time in my day and I'm feeling more energetic than I have in a long time," he reports.

"But the benefits have not stopped there," Darryl adds. "I feel with my system in better balance and working more efficiently, it has contributed to improvements in other areas as well. This has more than convinced me that Reliv nutrition can provide many worthwhile benefits."



Mark & Anita Davis of Bellevue, NE.

Reliv Gives Former Nurse New Life, New Direction

For Key Director Anita Davis of Bellevue, NE, Reliv arrived in her life with a thunder and a clap, literally.

"My husband was listening to the radio when lightening struck," says Anita. "He switched to another station, and there was an advertisement for Reliv. It couldn't have happened at a better time."

When she started on Reliv products three years ago, Anita thought she couldn't afford them, but given her physical condition, she couldn't afford not to give them a try. Bedridden and suffering from three autoimmune diseases — **rheumatoid arthritis, fibromyalgia and lupus** — Anita simply couldn't be left alone.

For nine months, she endured severe joint and muscle pains, and a compromised heart and circulation.

"My heart was so enlarged that I couldn't even lie on my side," she says.

Within 22 hours of starting on Reliv, Anita noticed more energy and decreased pain. After three months on the products, her blood work showed her to be in remission and the doctors gradually took her off all medications. Anita credits her recovery in part to the nutrition she received from Reliv.

She still takes Reliv Classic® nutritional supplement, Reliv Innergize!® sports drink and Reliv Celebrate® nutritional food supplement daily. *"I am still pain-free and I have my life back," says Anita, a former nurse turned Reliv Distributor. "I can help people this way and I enjoy that. Reliv has been such a blessing."*

Lupus



Rita & Oriel Mango of San Juan, Metro Manila, Philippines.

From Sick and Tired to Alive and Well

When Bronze Ambassadors **Rita Magno** of San Juan, Metro Manila, Philippines, discovered Reliv back in 2001, she'd been suffering with two forms of the autoimmune disease, **Lupus** — affecting both her skin and central nervous system — for more than 12 years.

"I was on steroid medications for two years," Rita recalls. "But their side effects, along with the symptoms of the disease, left me virtually incapacitated."

"I was depressed and so lethargic, I could barely move," she says. "Unsightly dark spots covered my face and body. So, the rare times that I did venture out of the house, people would stare and talk behind my back."

Turning to alternative therapy, Rita began supplementing with minerals and, later, bee pollen.

"For years, I just got by — until I began taking the Reliv basic nutrition," says Rita, who's also added ReversAge® dietary supplement to her regimen.

"I have so much energy now," continues Rita, whose physician became a Reliv Distributor as a result of witnessing Rita's results. "I'm the exact opposite of what I used to be. And I have God — and Reliv — to thank!"

Lyme Disease



Gloria & Dennis Anderson of St. George, Utah.

Back On His Feet

After 13 years, Dennis Anderson of St. George, Utah, is getting his life back. A diagnosis of **Lyme disease** in 1990 explained his exhaustion, changing eyesight, ringing in his ears and state of constant confusion. However, the antibiotic treatment left him with post-Lyme disease symptoms that were just as bad.

"My life was horrible," explains the father of five. "I suffered from **chronic fatigue**,

memory loss, dizziness and eventually lost my job as an engineer. I struggled to support my five children, but by 1995, developed a sensation of burning in my feet and legs that made even manual labor impossible."

When Dennis was on his feet for more than three hours, he would have to take pain-killers and sleeping pills to mask the pain and rest.

In July 2002, Dennis' wife, Gloria, introduced him to Reliv products and, for the first time in more than a decade, he dared to hope.

"Within three weeks on the products the pain in my legs and feet had subsided substantially. My results to-date are too numerous to list but among them are relief from dizziness, foot numbness, nausea, muscle spasms, and 'brain fog,'" Dennis says.

"For months before taking Reliv, I did not care whether I lived or not," he says. "Reliv products have been a miracle in my life."

Clean Bill of Health

For the first time since 1986, Patti Kent-Friedman, of Cape Cod, Massachusetts, went to her doctor for just a regular old check-up. The wife of a doctor herself, Patti was delighted with the report. Patti had lived with **Lyme disease** that went undetected and untreated for eight years, but is now feeling better due to Reliv.

"My husband and four children saw me deteriorate over time," Patti says. "It affected all of us. Finally, I was reduced to narcotics to deal with all the pain I was having."

Patti's good friend and Reliv Distributor Janet Gross convinced her to try Reliv products. With her husband's support, Patti did just that. Only six months later, her pain has significantly decreased.

Her internist, Dr. Enrico Versace, was so amazed by her results that he tried the products as well and joined Patti in the business.

"Reliv is safe, it works and as a result, the company is skyrocketing," Patti says. "This product has changed my life. These days I'm up at 6 a.m. and don't go to bed until 11 or 12 at night. I'm on top of the world!"



Patti Kent-Friedman of Cape Cod, Massachusetts, and her internist Dr. Enrico Versace.