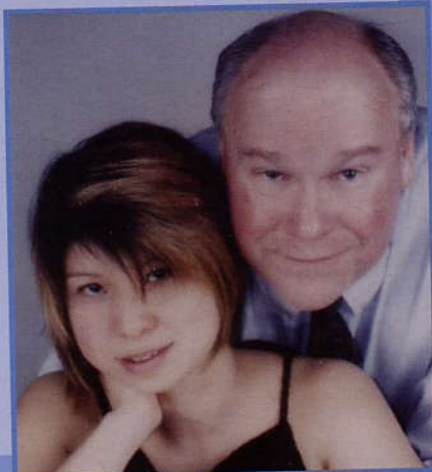


Taking Off Weight Without the Wait



Bob Goodall & Vivian of
San Jose, California.

Lose 75 pounds — at least! Those were the words Bob Goodall, a grocery store worker from San Jose, California, heard from his doctor in October 2003, when he went in to find out what was causing his chronic cough. "The doctor told me it was acid reflux and that my blood pressure was too high in spite of the medication I was taking for it," Bob says. "I had to lose a significant amount of weight."

In November of 2003, Bob started taking Reliv. Within 90 days, he's lost **63 pounds** and is quickly closing in on his 75-pound goal. "The acid reflux is gone and my **blood pressure** has dropped to the point where I'm in the normal range," Bob reports.

His girlfriend, Vivian, who calls him "the incredible shrinking man," is happy about the changes in Bob as well. "She used to ask me to go for walks, and I would tell her I would go for a walk — to the refrigerator! Now we walk 8-12 miles four times a week and I'm full of energy," Bob says.

"Reliv is my life as well as my living," he adds. "I'm starting over with unbelievable energy and incredible health like I've never experienced before!"

WEIGHT LOSS



Steven Schrater of Marblehead,
Massachusetts, before (top) and after.

Fit at 50

Steven Schrater, a financial planner from Marblehead, Massachusetts, is growing accustomed to comments about how healthy he looks. Although he just celebrated his 50th birthday, he's never looked or felt better.

"I really feel about 30 years old," says Steven, pointing out the dramatic changes he's experienced with Reliv's basic nutrition. Initially, he was skeptical and not interested in the products for himself, although he knew he was unhealthy at 282 pounds.

"I was tired a lot and relied on sodas and coffee to get me through the afternoons," he says. But in October 2001, he decided he'd like to lose ten pounds and started taking Reliv. Just a few weeks later, he had the energy to go back to the gym again and he wasn't craving sweets. He was excited to learn he'd dropped twenty pounds.

By the time he saw his cardiologist and family physician, Steven had **lost 40 pounds** and got results with his cholesterol and blood pressure.

"Just keep doing what you're doing," his doctors told him.

"I'm thrilled," he says. "I was such a skeptic, but these days I'm getting up before the alarm clock and I just came home with smaller pants — a size 38 waist!"

Living Life to the Fullest

At her son's wedding reception in June, Master Affiliate Joyce Hopkins of West Berlin, NJ, danced for the first time in 30 years. "I felt great the next morning!" Joyce says.

Joyce has come a long way since September of 1997, when she weighed well over 300 pounds and suffered from a multitude of health problems. Both her blood pressure and blood sugar levels were dangerously high. Severe pain and swelling in her extremities — caused by psoriatic and rheumatoid arthritis — kept her from performing the simplest tasks. "My husband squeezed the toothpaste tube for me," she recalls.

Joyce began taking Reliv and eating a sensible diet. Six months later, she added Reliv ProVantage® soy-based performance enhancer to her daily nutritional supplements.

"Taking Reliv Products revolutionized my whole well-being," Joyce says. "It alleviated the pain and swelling in my joints and allowed me to engage in physical activities I hadn't attempted in years!"

To date, Joyce has lost a total of 105 pounds. "My arthritis pain is gone and my blood sugar and blood pressure levels are normal," she raves.

Joyce is just as excited about the business opportunity before her. "The South Jersey organization will be among the leaders at Reliv," she says. "And so will I!"



Joyce Hopkins of West Berlin, NJ.

Losing Weight, Gaining Control

Reliv Distributor Kisa Kavermann of Auckland, New Zealand, had tried everything to lose weight, including some of the better known weight loss programs.

"I lost weight initially but then gained it right back," she says. "I can't stand the feeling of hunger and

I'm not good at counting points and calories."



Kisa Kavermann of Auckland, New Zealand.

Meanwhile, being overweight was compounding her other health problems including pregnancy-induced diabetes. Finally, in December 2002, she decided to try Reliv. In addition, she followed a sensible eating plan with regular exercise. During the next three months, Kisa trimmed down from 98 kg to 78 kg (215 lbs. to 171 lbs.). She also dropped from size 24–26 to a size 14–16. She now replaces just one meal a day with

Ultrim-Plus to maintain her weight.

"Nothing succeeded but Reliv," Kisa says. "I was never hungry and I felt so healthy taking the Reliv products. I used to lock myself in the house because I was so overweight. Words can't explain how Reliv has changed my life. It's wonderful."

Losing Weight...Feeling Great

Lesley Probart of the United Kingdom had spent 20 years taking off weight, just to put it right back on again. The yo-yo dieting was not working and her excess weight was creating other health issues. "I was still seriously overweight and now also had high blood pressure. I was feeling just awful and had hit the point of no return," she says.

That was three months ago. All that changed when Lesley began taking Reliv Ultrim-Plus[®] nutritional meal replacement. "In just three months," Lesley says, "I have lost two and a half stone (35 pounds) and gone down three sizes in trousers!"

Even the treats confronting her over the Christmas holidays didn't tempt her, which she says is a "first" in her life. "I didn't feel hungry and enjoyed my sensible meal without wanting to overeat. My weight is finally under control and I actually enjoy clothes shopping again."

Now she says she feels like a new woman. "Hot flashes and the discomforts of menopause are a thing of the past," Lesley reports. "My blood pressure is fine now, I have tons of energy and life is looking good. And it's all thanks to Reliv."



Lesley Probart of the UK.



Weight Loss

Less Is More for Jennifer

The family, friends and coworkers of Jennifer Barker are seeing much less of her these days — 78 pounds less! Before starting on Reliv, Jennifer of Brentwood, MO, weighed 206 pounds and wore up to a size 24 — the result of living a sedentary lifestyle and eating "one of everything" at the fast food restaurant where she works.

Two years ago, Jennifer began taking Reliv Ultrim-Plus[®] nutritional meal replacement, Reliv Cellebrate[®] and Reliv

Celleboost[®] dietary supplements twice daily. She also started walking.

Today, Jennifer wears a size six dress and regularly walks four miles in less than 50 minutes! She still works at the fast food restaurant, but no longer craves its greasy foods. (Jennifer also takes Reliv FibRestore[®] and Reliv Arthraffect[®] nutritional supplements for digestive and knee joint problems that are common to those with Downs Syndrome.)

Everyone agrees she's a new Jennifer — and it's more than her appearance that has changed. "Her positive attitude, increased self-confidence and disciplined behavior are a true testimonial — to Jennifer and Reliv," boasts her mother, Master Affiliate Peggy Barker. "It's been a joy to see our butterfly emerge from her cocoon of obesity."

Jennifer's manager noticed her improved performance and attitude at work and asked, as many people do, "What is Jennifer doing?" Jennifer's standard reply: "My mom sells Reliv — talk to her!"



Jennifer Barker of Brentwood, MO before and after her 78 pound weight loss.





Fit for Life

After two and a half years on Reliv products, Director **Claire McLaren** of Hawkes Bay, New Zealand, is a new person.

Before Reliv, Claire suffered with food allergies, hayfever, sinus problems, arthritis, and was overweight. She was going through a particularly stressful period in her life and didn't feel very good about herself. Then a neighbor introduced her to Reliv.

Claire started taking Reliv Now® nutritional supplement, and when the South Pacific Reliv Ultrim-Plus Challenge was introduced, Claire joined in just for fun.

"I lost over 6kgs (13lbs) during the twelve week Challenge. But it was only after continuing the Reliv Ultrim-Plus program that I realized I was feeling better and the weight kept coming off. Encouraged, I added Reliv FibRestore® to my lunchtime shake, ate more fruit and drank a lot more water," Claire says. "Although I'd always been a pear shape, I am almost down to a size 12 all over and have maintained my current weight. Not bad from dress size 18 when I began!"

"Best of all, I'm fit with lots of energy, I have a financially rewarding business which allows me to travel and work anywhere, and for the first time in years I feel free to enjoy life again."



Claire McLaren of Hawkes Bay, New Zealand, before and after her weight loss.

Changing Direction

In the past 18 months, new Director **Kevin Caldwell** has come a long way with both his health and finances. "My life has taken a real turnaround. I used to weigh 125 kilos, and became diabetic. I had cash problems — at one stage I had so little money that \$1 worth of chips and a loaf of bread was all I had to last me four days," said Kevin. "I never want to go back to that."

With fantastic results using the Reliv weight loss program, Kevin's attitude changed dramatically as his confidence soared. "Over three months, using Reliv Now and then Reliv Ultrim-Plus I lost a total of 30 kilos. I was able to go off all medication for my diabetes and was feeling fitter than I had for years. What's even better is that I've kept the weight off for the past 12 months."

With nothing to hold him in Western Australia, last September, Kevin ('Wombat' to his friends) packed his bags and headed for Yankalilla, South Australia, to join his long-time friend and sponsor in Reliv.

"I felt very strongly that I needed to make major changes if I was to get anywhere in my life and Reliv was providing the opportunity. US Reliv Ambassador **Tom Pinnock** advised that sometimes you have to sacrifice something to get ahead in life. Right then I knew I was heading in the right direction," said Kevin.

In February Kevin attained Director level and attended the Pinnacle Valley Leadership Conference. "Already my financial position is on the rise, my personal life is more settled and I'm having fun while I'm working this positive business. I'm happier than I've been for a long time."



Kevin Caldwell of Yankalilla, South Australia.

Weight Loss and Then Some

"There are a lot of things in this world I can do without," says **Rich Worthington**, of Edmonton, Alberta, Canada, "but this product isn't one of them!"

Rich learned about Reliv five years ago when a physical trainer recommended the products for his son. Soon after, Rich decided to try Reliv Ultrim-Plus nutritional meal replacement for himself, with the intention of losing some weight. He never even considered that the products would help him in other ways.

At the time, he suffered from **ulcers** and **arthritis**, as well as pain from a previous back injury. "I was living life from medicine to medicine," he says. "I'd seen a number of specialists, and was told the same thing: Learn to manage the pain."

Rich did lose weight, and after six months, saw results with his other symptoms.

At 54, he still works as an industrial mechanic, and hits the course three or four times a week during golf season. "These products also have given me a sense of well-being," Rich notes. "I will never stop taking them."



Rich and Barb Worthington of Edmonton, Alberta, Canada.

Weight Loss

GoodSense With Reliv SoySense

"My Reliv story started two years ago, when I was breastfeeding, suffering from postnatal depression and very much overweight," said **Jenny Faull** of Williamstown, South Australia.

"When Reliv nutrition was recommended, I commenced taking Reliv Now. In a short time my sugar cravings stopped, I felt more energetic and I began exercising again. After 12 weeks I felt fantastic and I'd dropped an incredible **15kgs**," said Jenny.

"I continued with Reliv Now* nutritional supplement, adding Reliv FibRestore® fiber-rich antioxidant supplement to my Reliv Ultrim-Plus shake, replacing one meal a day. Over the next six months I had great success with this program, keeping up my exercise and losing another 10kgs!

"Just recently I added Reliv SoySense™ dietary supplement to my Ultrim-Plus shake and within just a few days I felt like a different person," said Jenny. "Not only did I find it easier to handle the day-to-day stresses of raising three active sons, but the tension I had felt in my neck disappeared leaving me calm and in control. My flatter tummy was an unexpected but pleasant surprise."

"I've come a long way in almost two years using Reliv nutrition. My new trim shape has given me confidence and I'm more energetic and happy. I've kept my weight off and I'm well on my way to my goal weight, thanks very much to Reliv."



Jenny Faull of Williamstown, South Australia, before and after her weight loss.



Meeting the Challenge

"As a mother of two intellectually disabled sons in their early 30s, my life has always been a challenge," said **Pam Ervin** of Ballarat, Victoria. "Coping with two grown 'boys' has kept me on the go, but over the years this has become increasingly more difficult with my steadily increasing size."

"About 10 years ago I joined a well-known weight loss program which didn't give me the results I was looking for and ended up costing me a lot of money. So I was a little sceptical when I was advised to take Reliv Classic® nutritional supplement. However, this feeling dispelled within a couple of weeks as I began to feel more energetic. I kept on with Reliv Classic and replaced two meals a day with Reliv Ultrim-Plus® nutritional meal replacement shakes."

"After 14 weeks, I had **lost almost 13kgs**. I've found I don't feel hungry at dinnertime, and I've been able to eat more sensibly. I don't buy the rubbish I used to at the supermarket, so I'm also saving money."

"Thrilled with my results, I added in Reliv A•ffect® nutritional supplement to my Reliv Ultrim-Plus shake and I've felt even more benefits," said Pam. "Before I couldn't get up off the floor, but now I'm feeling much more agile — younger all the time. I'm still losing weight and feel so good, I just want to tell everyone!"

Pam Ervin of Ballarat, Victoria,
before (top) and after her weight-loss.



On the Move Again

"With Reliv Ultrim-Plus® nutritional meal replacement, I lost two kilos in the first week, and continued to lose a total of **21 kilos (46 lbs)** over the next five months," says **Susan Bunn**, of Wanganui, New Zealand. "I've also regained a great deal of mobility I thought I'd never have again."

"I had tried weight loss clubs, and just about every diet I could, however all they did was deprive me of food, starving my body of what it really needed," Susan says. "Years of dieting gave me an ever increasing weight problem."

Susan learned about Reliv from a friend at a time when she had also decided to search for a part-time business to bolster the family farm's income.

"My friend was looking so much healthier, I had to remark on it," Susan says. "What Reliv offered was more than I hoped for. Here was the income opportunity I'd been looking for, and the Reliv products were what I needed to improve my own health, as well."

"In addition to my weight loss, I've lost my food cravings, and I no longer feel hungry all the time," Susan explains. "Instead of puffing my way up the road, I now power walk. And I feel so good, I've got to tell people about Reliv."



Susan Bunn of Wanganui,
New Zealand.

Weight Loss

No Pain, All Gain

It's hard to be a welder when your knees give out. But **Jim Kelly** of Milton, Massachusetts, wanted to get a few more years of work in, so he was open to giving Reliv a try when his tax accountant told him about it four years ago.

"I feel almost as good at 48 as I did when I was in the Marine Corps," Jim says.

Jim saw immediate results with his knees. He'd endured eight knee surgeries, and described his joints as "bone to bone." Still, he considers himself fortunate to be able to postpone knee replacement indefinitely. His **pain and swelling** were greatly reduced and he was able to continue welding for two additional years before retiring.

In addition to help with his knees, Jim reports good results with his **cholesterol and blood pressure**. He started taking Reliv Ultrim Plus® nutritional meal replacement in November 2002 and has dropped **82 pounds** and 16 inches without losing muscle mass. What amazed Jim most is that he was able to do this with weightlifting as his only exercise.

"I feel incredible," Jim adds. "I have the best thing in nutrition."



Jim Kelly of Milton, Massachusetts.