

# lifestyle

april 2015 [reliv.com](http://reliv.com)



The Reliv Asia Pacific Mobile App:

A Smart Approach to  
Reliv Business-Building





# Business Experience to the Next Level

The new Reliv Asia Pacific Mobile App takes your business-building experience to the next level! Reliv Distributors can now order products, sign up prospects, and get access to powerful presentations and videos right from the palm of your hand. The **Reliv App** is now available from the **iTunes App Store** and **Google Play** and can be installed on any smartphone and tablet for **FREE!**

## The Reliv App is easy to use and allows you to build your business anywhere you go:

- Share short **product presentations** and health testimonial **podcasts** with people you meet on the bus, at the airport or while waiting for your doctor's appointment.
- Check the **product price list** and **place your order** while enjoying a day at the mall with your family. In fact, you can order products through the Reliv App anytime of the day – even after office hours.
- Present the brief but powerful **business opportunity videos** and slides over lunch or coffee with colleagues or friends.
- You may be out of town for a vacation but you can still be the first to know about the latest announcements and promotions and share it easier and faster with your **Facebook network**.
- You'll never know who you'll meet and talk to today and it's great that you can **sponsor** and sign up a new Preferred Customer or Distributor easily in just a few minutes using the Reliv App.

## DOWNLOAD the Reliv Mobile App today!

### For iPhone and iPad:

- Open > **App Store**
- Type > **Reliv Asia Pacific** in the search engine box
- Click > **+Get** to install for FREE!

### For Android phones and tablets:

- Open > **Play Store application**
- Type > **Reliv Asia Pacific** in the search engine box
- Click > **Install** for FREE download

The opportunity to grow your business using the Reliv App is **HUGE!**

### DID YOU KNOW?

- 44,200,540 Filipinos or about 41% of the country's population uses the Internet\* and about 30 million are Facebook subscribers. That's a big market you can tap into online through social media networks.
- An average Filipino spends about 174 minutes or almost three hours a day on their smartphones\*\*. The most used app is Facebook with an average smartphone owner consuming 37 minutes a day to check on their social media account. Your Facebook network is a captured market waiting to be tapped. You can use the Reliv App to connect with your network and easily share Reliv with them.
- The Philippines is the fastest growing market for smartphones in Southeast Asia\*\*\*. We do more than just calling and sending short messages using our phones. These palm sized gadgets are used to create networks, seek opportunities, entertain, educate, influence and more. Maximize the power of your smartphone (or tablet) to grow your Reliv business. The Reliv Mobile App is free and contains all the business tools you need to start and expand your organization (and your income!).

(Sources: \*June 2014 Data from www.internetworldstats.com; \*\*Report by Nielsen's Evolving Consumer Report, April 2014; \*\*\*2013 Data by GfK Asia)

Are you always on the go? Then the Reliv Mobile App is perfect for you! Here's how our business-builders grow their network of customers and Distributors using the Reliv App:

do you want to be first?

Share your comments and thoughts on our social networks. Link us up with your prospects and customers and let's get everyone excited about the Reliv opportunities:



Just click on **EVENTS!** We have customers, prospects and business-builders from different parts of the country and using the Reliv App to check on the special events information. This feature is very helpful to keeping the momentum in our group. I can easily check on the upcoming events wherever I go and then I can start calling and invite prospects to attend one near their area. I don't need to call the Reliv office or check my planner or log in the computer and search the events list on the website. The Reliv App saves me time and effort so I can talk to more people right away.

**Rose Blancaflor, Pasig City**



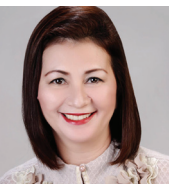
Just click on **WEBINARS!** For busy people like me who work in an office 5-6 days a week, finding time to attend regular Reliv trainings is a challenge. I love that the new Reliv App contains Reliv online trainings or webinars that I can watch during my free time so I can still keep myself up to date with regard to business presentations. It's also easy to share the webinar links with the members of our downline to help them know more about the company and also help them become more confident when they share Reliv.

**Robert Uy, Lapu Lapu City**



Just click on **VIDEOS!** When I meet a new person on the road, bump into an old friend or I'm excited to share Reliv but only have a few minutes to spare, I know that I have to make every second count. I'm glad that the new Reliv Mobile App has compiled the most useful business and product video presentations and it only takes a few taps on my smartphone to access them. And with the growing number of places offering free Wi-Fi, I can easily connect online and use the Reliv App to create excitement about my business. When they get excited about Reliv, then I make sure to do follow up and ask for referrals!

**Marilyn Arenas, Tagum City**



Just click on **JOIN!** It's so easy to sign up a new Distributor or even a Preferred Customer through the Reliv App. I don't need to print out the New Distributor Application form anymore, have it signed and look for a fax or scanner to submit it by email. I just ask my prospect to fill-in the online form and it only takes a few minutes to finish it. The excitement is sustained and my new downline is ready to order products or start his/her own business.

**Pia Mauleon, Quezon City**



Just click on **PODCAST!** With the Reliv App, my wife and I can share more health stories with our prospects and customers with just a simple click. We don't need to spend a lot of money to call other Distributors to share their stories. The audio recordings of real testimonials of people from all over the Asia Pacific region helps strengthen our wall of belief in the products and also help entice new people to try Reliv.

**Ted Seño, Parañaque City**



**Have you downloaded the Reliv App?**

Share with us how you are using it to build your business!

Email us at **relivasia@relivinc.com**



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Hats Off to Reliv’s 2015 Win Your Way Promo Qualifiers

Congratulations to over 30 Philippine Distributorships who successfully earned free international trips with Reliv via 2015 Win Your Way Travel Promotion! With the rest of Distributor qualifiers from Australia, New Zealand, Malaysia, Singapore and Indonesia, our very own Philippine Win Your Way winners will spend 3 days/2 nights in Phuket, Thailand for the Asia Pacific Regional Summit in May, while others will enjoy the Phuket trip **PLUS** another 5 days/ 4 nights in St. Louis, Missouri, USA for Reliv’s International Conference in August.

Want to know how our top achievers won their way to Thailand and USA? Read on and be inspired to grow your Reliv business and aim to be on the next exciting Reliv trip!



Marilyn Arenas,  
Tagum City

“With the support of my upline, I made consistent follow-ups with the members of my organization and encouraged them to advance to Key Affiliate status, purchase a Super Pack for their 6-month consumption or go all the way to the Master Affiliate level to start building their business. It was easy for me to convince them to invest in Reliv and level up because they experienced remarkable results with the products, especially with the Dynamic Duo.

As I looked for people to join me in Reliv business-building, I took advantage of the social media sites like Facebook and Viber. These sites are free to use and are perfect platforms to share a lot of stories and videos with prospects. Getting on board for these free trips has certainly inspired me to set higher goals and move my business to the next level of success!”



Marivi van Olphen,  
Cebu City

“Qualifying for a Reliv-sponsored trip is always attainable but requires focus and hard work. I talk to people about Reliv whenever there’s an opportunity. I offer the products and I make follow-ups.

My strategies are simple but often overlooked by most Distributors. Whenever Reliv offers a trip, immediately say to yourself, “This is for me!” Claim it! Create a strategy and stay focused on your goals. Ask others what works for them. If others can do it, so can you. Most of all, make Reliv business-building fun for you!”



Jerome Butaya,  
Ormoc City

“I am very happy about my inclusion in the list of early qualifiers for Reliv’s Win Your Way trips. Phuket and USA are two destinations which I have never been to. What’s more, this is my first Reliv trip and I am excited to meet other seasoned business-builders from other Asia Pacific countries!

With my marketing skills, I tried my best to convince my friends to try Reliv. It also helps that I personally use the products, so selling them isn’t a challenge. Another marketing strategy that I use is to persuade prospects to become Distributors for them to have a big income and to qualify for Reliv’s Win Your Way promo.

My decision to join Reliv and build my direct selling business are two of the best decisions I made in this lifetime. I am looking forward to continued success, thanks to Reliv!



Nenita and  
Rimel Dayap,  
Bacolod City

“With consistent efforts, my husband and I were able to hit our business targets and qualified for Win Your Way trip to Phuket, Thailand. This is our first international trip with Reliv and we have never been this excited, fired up and happy! Fulfilling dreams is not impossible with persistence, passion and hard work. We certainly look forward to working on higher goals and joining more incentive Reliv trips!”



2015 Win Your Way WINNERS!

2015 Reliv International Conference in St. Louis, Missouri, USA & Reliv Asia Pacific Leadership Summit in Phuket, Thailand

- Beverly & Vige Jaro – PH
- Dorothy & Sammy Tan – PH
- Evelyn & Robert Uy – PH
- Fely Gica – PH
- Generose & Willy Uy – PH
- Girlie Cabansag - PH
- Jerome Butaya - PH
- Joy & Hernan Villesenda – PH
- Lim Ying Ying -MLY
- Lolita Casanova & Michael Morton - ANZ
- Lorna & Edwin Antonio - ANZ
- Lynne Culph - ANZ
- Maria & David Lyons - PH
- Maria Van Olphen - PH
- Marilyn Arenas - PH
- Marvin Louis & Liesemiwati Widjaja – IDN
- Mary Jane & Dennis Garcia – PH
- Me-An & Arneil Chua – PH
- Nenita & Rimel Dayap – PH
- Nonito & Dolly Lilles – PH
- Noreen & Niel Barnuevo – PH
- Rita Caballero – PH
- Rose & Albert Blancaflor - PH
- Sherry Sjamsuri & Andy Prawiradirja - IDN
- Shirley & Jim Seabrook - ANZ
- Stephanie Semmens - ANZ
- Susan & Jun Baad – PH
- Suzette & Ting Jocson – PH
- Ted & Perla Seño – PH
- Vivian & Mario Lim - PH

More Qualifiers for RAP Leadership Summit in Phuket, Thailand:

- Angela & Fred Williamson - PH
- Clarissa & Philip Araneta - PH
- Connie Ngo Sy – PH
- Ita Kong & Rita Kong - MLY
- Judy & Ian King – ANZ
- Kristine Arenas - PH
- Lorna Gomia - PH
- Lourdlene & Godfrey Geroso - PH
- Ma. Luisa Sarrosa – PH
- Maricel & Jose Antiporda – PH
- Pia & Chito Mauleon - PH
- Ralph Jed Rivera – PH
- Rowena Waga – PH

CONGRATULATIONS to our BONUS Draw Winners:  
Donnabel & Jigs Cunanan - PH







**Bernie Birch**  
Reliv Asia Pacific Sales Manager

We are now into the second quarter of 2015. Are you clear on what it is that you want to achieve this year? Do you know exactly where you want to be and have you put everything in place to take the required steps to achieve this?

I read a quote somewhere recently that said, "Live your life as an exclamation not an explanation." I thought this was one of the best quotes I have ever read, it captured in a nutshell exactly what you should be doing to successfully build your Reliv business. Do you want to be one of those people that looks in the mirror every morning and gives excuses to the person you're looking at as to why you are not achieving what it was you set out to achieve, or do you want to be the person that high-fives that person you're looking at in the mirror and says let's get out there and achieve even more today?

We all have choices in life and it's up to each of us to make a choice every day that will take us on the pathway to success. If we don't make a choice every day then that choice is made for us by external factors, we become an effect of, rather than being at cause over, our environment.

It is important for each of us to have dreams and a vision and to set goals to enable us to achieve our dreams. It's been spoken about and written about so many times but, are you actually doing it. If so, excellent, if not, then start now, write down your goals for this month, then next month and the following month until you have your goals set right through to the end of the year.

With Reliv Asia-Pacific we have put together sales tools that are designed to assist you in building your business through your sponsoring efforts and introducing new people consistently to both the Reliv products and opportunity. We have provided most of these tools online because this is the future. For example, the RAP Mobile App is designed to enable distributors to have all the things required, in the palm of their hand, to sponsor on a consistent daily basis.

Whether you choose to use these tools such as the mobile app is completely up to you, whether you take the steps necessary on a daily basis to speak with new people is up to you, whether you make the choices required for you to be successful with your Reliv business and create financial freedom, is up to you. Your future can be what you make it! Be at cause over your environment and not an effect of the external forces that happen on a daily basis to all people everywhere. Only you can create your future and only you can make the choices.

Remember, you have to follow your heart and never let anyone steal your dreams. Make positive choices every day and create your own success.

#### HEALTH & FINANCIAL DISCLAIMER:

The personal testimonials featured reflect individual experiences of Independent Reliv Distributors and are not necessarily typical of the results you may obtain. Reliv products are not intended to diagnose, treat, cure or prevent any disease.

As with any independent business, success as a Reliv Distributor requires a significant amount of hard work and dedication. The individuals featured in this material offer a glimpse into the lifestyle and economic benefits they are enjoying through the Reliv opportunity as a result of their own skills and personal effort. These stories are examples only and are not intended as averages or guarantees.



#### What does a Reliv shake mean to you?

*It can be a morning drink or a cup of refreshment. To some, it is a feel good shake or maybe a comfort drink. To many, a Reliv shake represents hope for better quality of life. Here are their stories...*



#### Nitz Lilles, Bacolod City

**Before Reliv:** I was diagnosed with irritable bowel syndrome. My stomach would get easily upset and I remember the stress and how I used to panic when looking for a comfort room in public places.

**My Daily Shake:** Reliv Now®, Innergize!®, FibRestore® and LunaRich X™

**Because of Reliv:** I can now eat anything I want and now worry-free! Reliv helps me enjoy healthy digestion and I can just focus on things that matter most to me which is my family. Ever since I started taking Reliv, I noticed that I am also enjoying better overall health and don't easily get tired even after a full day of work. This is the kind of healthy living that I have always dreamed of and am happy to enjoy it with Reliv.



#### Joy Villesenda, Ormoc City

**Before Reliv:** I would get home from work feeling very exhausted and often complained about body aches. After attending to household chores and helping my children with their homework, I would feel extremely tired but couldn't easily fall asleep at night. When I finally fall asleep, I would wake up in the middle of the night and find it difficult to sleep again. As a result, I had very low energy the next day and would sometimes even get mood swings.

**My Daily Shake:** Reliv Now®, Innergize!® and FibRestore® plus LunaRich X™

**Because of Reliv:** I started enjoying longer hours of sleep after taking Reliv for about a week. I regained energy and mental clarity which helped me perform better at work. I have been taking Reliv for five years now and feel healthier with a very positive attitude. I am also more confident to talk to people to share the products and the Reliv business opportunity.

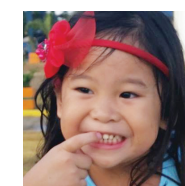


#### Jack Arenas, Tagum City

**Before Reliv:** My parents shared that I was born pre-mature and was in an incubator for a month. When I was growing up, I was always getting sick despite taking vitamins and supplements regularly. My family and friends used to say that I was so thin and I remember that I always suffered from stomach trouble and nose bleeds.

**My Daily Shake:** Reliv Now® for Kids and then Reliv Now®

**Because of Reliv:** Frequent visits to my doctor have decreased. I have developed a stronger immune system and I don't get sick as easily. Now, I am able to enjoy better health! I started taking Reliv Now for Kids ten years ago and stopped taking all other supplements. Reliv is my secret weapon in attaining a better quality of life and I will always be thank to my mother for providing me with Reliv nutrition.



#### Sofia Rianne Uy, Cebu

Meet four-year old Sofia! Sofia's proud parents say that she seldom gets sick even with the sudden change of weather or when some of her playmates catch colds. Compared with other toddlers her age, her pediatrician said Sofia displays advanced motor and social skills. Her family calls her a happy healthy Reliv baby!

#### What's your story?

We want to hear how Reliv has changed your or your loved ones life. Email us at [relivasia@relivinc.com](mailto:relivasia@relivinc.com)

Receive a surprise token when your story gets featured in the next Reliv Philippines Lifestyle magazine.



a smart  
approach  
to reliv  
business-  
building



The **Reliv Mobile App** offers a lot of great features, which you can take advantage anytime to help you build your business on the go. Keep reading this article to learn more about these useful features and start making them work for your growing Reliv business!

## Get to Know the RAP Mobile App:

### 1. **Contact**

Allows you to communicate with a representative of any of the Reliv corporate offices located in the Asia Pacific.

### 2. **Facebook**

Encourages you to follow Facebook pages of different Reliv Asia Pacific countries to help you stay connected and well-informed of the Reliv happenings in this side of the world.

### 3. **Messages**

Also known as Push Notifications tab, this feature lets you receive messages from Reliv Asia Pacific offices and keeps you updated on the latest Reliv announcements, offerings and events.

### 4. **Share**

Enables you to share the Reliv Mobile App with your team members by email, Facebook, Twitter, Google+ and SMS.

### 5. **Events**

Be in the know about the latest Reliv events happening in different countries in Reliv Asia Pacific with just a click on this button.

### 6. **Activity**

This tab lets you keep track of the daily accomplishments of your team – from making appointments and follow-ups to conducting Reliv presentations and signing up new customers and Distributors. This feature also allows you to create an accountability system for your group that inspires members to be more productive each day.

### 7. **Videos**

Provides access to health and opportunity Reliv videos that can be easily shared with downlines and prospects through e-mail and popular networking sites.

### 8. **Webinars**

In just one click, you will be directed to a page filled with Reliv-exclusive webinars that can help you introduce Reliv's fantastic business opportunity to more prospects, as well as health and science-related presentations that help validate the safety and effectiveness of Reliv products.

### 9. **Podcast**

Tap this button to get you to this wonderful source of recorded health and business testimonials of successful Reliv business-builders in the Asia Pacific.

### 10. **Price List**

Click on this tab to view the updated Price List for each Reliv Asia Pacific country.

### 11. **Join**

This tab leads you to the online sign up form for different Reliv countries in the Asia Pacific and makes it easier for you to sponsor new Preferred Customer or Distributor into Reliv.

### 12. **Shop**

With this button, you can shop for your favorite Reliv products and sales tools anytime you want, anywhere you are! Just click on the relevant country and you can see a link to the Asia Pacific sites and will be able to purchase anything from the Reliv Shopping Cart.



## How to leverage from the Reliv Asia Pacific Mobile App to grow your business:

### 1. **DOWNLOAD >>>**

Ensure everyone in your organization has downloaded the app and enabled push notifications

### 2. **ATTEND >>>**

Attend all events in your city and get everyone in your team to attend as well (and most importantly bring guests!)

### 3. **LEARN >>>**

Grow your organization by growing your Reliv knowledge through the videos, webinars and podcasts

## RATINGS & REVIEWS:

“The Reliv Asia Pacific mobile app has very been useful and I have shared it with my group as well. I find this app very handy and a breeze to use anytime, anywhere! What I like most about this tool is that it gives the user a ready access to all the information needed in presenting the Reliv opportunity!”



**Malou Reyes,**  
Puerto Princesa

“This tool is very useful to on-the-go business-builders, busy moms, and Reliv leaders like me. In just one tap, I can easily access the information and materials that I need for my day-to-day transactions with customers, downlines and prospects. I am thankful to Reliv for giving us a cool app that makes Reliv business-building more fun and easy!”



**Maria Lyons,**  
Cebu City



# LUNARICH AND THE EVOLUTION OF NUTRITION

by Tina Van Horn, Director of Research and Business Development at SL Technology, Inc., a Reliv Company

## OUR FOOD IS LEAVING US EMPTY

Food is not what it used to be. Several studies have shown a significant reduction in the micronutrient content of many fruits and vegetables over the course of the 20th century. The average vegetable found in today's supermarket is anywhere from 5% to 40% lower in selected minerals than those harvested 50 years ago.

A combination of factors contributes to the decline, but it is most easily explained by changes in cultivated varieties. As farmers select higher yielding varieties, the carbohydrate content increases, but concentrations of micronutrients decrease, often referred to as the "dilution effect."

The agriculture industry has prioritized increased yields and improved resistance to pests and disease. This has led to innovations in mechanization and the development of new plant varieties through genetic engineering. Innovations focus on extending shelf life, as well as improving the taste and sensory experience of food. Convenience is now a driving force as consumers seek packaged foods that cut preparation time.

## GOOD NEWS, BAD NEWS

**The good news:** Advances have created a greater, more affordable food supply. Many deficiency and communicable diseases have essentially been eradicated and we have unprecedented access to a variety of foods, many of which are ready-to-eat, or require minimal preparation.

**The bad news:** Depletion of micro- and phytonutrients, increased incidences of over nutrition and epidemic rates of chronic disease. "Nutritional research has become much more important, since we can no longer assume that we can obtain all necessary nutrients from diet alone," notes Reliv Chief Scientific Officer **Dr. Carl Hastings**.

He adds: "As an example, the Food Science Department at the University of Illinois, my alma mater, has changed its name to the Department of Food Science and Human Nutrition, with more staff devoted specifically to nutrition research. Other universities have made similar changes in order to address the need for nutrition, not just food."

## Case Study: Lunasin

### Year: 1995

**Research:** Meta-analysis of clinical trials shows a 12.5% reduction of LDL cholesterol with the daily consumption of 25 grams of soy protein.

**Result:** FDA approves health claim in 1999: 25 grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.

### Year: 2006

**Research:** Meta-analysis of clinical trials conducted after the FDA approval shows that, on average, 50 grams soy protein per day reduces LDL cholesterol by just 3%.

**Result:** American Heart Association (AHA) petitions repeal the 1999 FDA health claim on soy protein.

*So what happened between 1995 and 2006 to soy protein's ability to lower cholesterol?* The demand for soy products skyrocketed with the FDA health claim, and producers developed more efficient manufacturing processes to meet that demand. Unfortunately, many of these processes, while increasing yield, removed the component in soy protein responsible for lowering cholesterol in the first place: lunasin.

### Year: 2008

**Research:** Clinical study identifies the lunasin peptide in soy protein as the active ingredient responsible for lowering LDL cholesterol.

**Result:** The American Heart Association invites **Dr. Alfredo Galvez**, the leader of the study and discoverer of lunasin, to present at its national convention and publishes the study abstract in its journal *Circulation* in 2012. The very organization seeking to repeal soy protein's FDA health claim acknowledged lunasin's ability to support cardiovascular health.

## LUNARICH RAISES THE BAR

DR. GALVEZ, CHIEF SCIENTIFIC OFFICER AT SL TECHNOLOGY, A RELIV COMPANY, FIRST DISCOVERED LUNASIN AT UC BERKLEY IN 1996 WHILE WORKING TO IMPROVE THE NUTRITIONAL PROFILE OF SOY PROTEIN. HE NOTES: "AT THIS TIME, MOST PLANT BREEDING RESEARCH PROGRAMS WERE EMPHASIZING YIELD, DISEASE, PEST AND ENVIRONMENTAL STRESS RESISTANCE, INSTEAD OF NUTRITIONAL CONTENT."

MORE THAN 80 PUBLISHED STUDIES ON LUNASIN AT MORE THAN 30 RESEARCH INSTITUTIONS FOLLOWED. AND TODAY LUNASIN IS AVAILABLE IN A HIGHLY BIOACTIVE FORM IN LUNARICH® FROM RELIV. LUNARICH IS THE CULMINATION OF YEARS OF TRIAL AND ERROR IN AGRICULTURE PRODUCTION AND FOOD PROCESSING RESEARCH THAT SETS THE BAR FOR THE FUTURE OF NUTRITION SCIENCE.

AS POLICIES AND PRIORITIES EMPHASIZE IDENTIFICATION OF DIETARY FACTORS CONTRIBUTING TO OBESITY AND CHRONIC DISEASE, INNOVATIONS WILL EMERGE THAT IMPROVE THE NUTRITIONAL PROFILE OF FOODS, RATHER THAN JUST MAKE THEM MORE CONVENIENT, ACCESSIBLE AND AFFORDABLE. LUNARICH IS LEADING THE WAY.



# shake surprise!

*Turn your daily Reliv shake into extraordinary drinks no one can resist. And with these easy-to-make recipes you can prepare at home or at work, it's easy to become a shake connoisseur!*

**Do you have a special Reliv shake recipe to share?**

Email us at [relivasia@relivinc.com](mailto:relivasia@relivinc.com) or post in on your Facebook and Twitter account with the hashtag #RelivShake and if your recipe is chosen and featured in our Reliv Philippines FB page, you will get a surprise treat from us!

## wake&shake



Perfect Reliv shake to help you start the day. It's the morning drink you need to nourish your body, stay mentally alert, give you energy and feel great!

Blend together:  
1 scoop Reliv Now®  
1 scoop Lemon Innergize!®  
1/2 scoop FibRestore®  
1/2 scoop Vanilla Now for Kids®  
6 oz. yogurt (plain or flavored)  
Cold water and 3-4 ice cubes

## chocoberrysmoothie



Prepare something extra special for your kids on weekend mornings and we're sure they'll look forward to this delicious Reliv shake every week!

Blend together:  
1 scoop Chocolate Now for Kids®  
1/2 cup fresh or frozen strawberries or blueberries  
1/2 cup sliced bananas  
1/2 cup fresh milk  
Cold water and 4-6 ice cubes

## citrusblast



A little twist to the refreshing Innergize! drink will keep you refreshed on a hot day, replenish your body with vitamins and nutrients to boost immune system and help you stay active and alert.

You can stir together or use a shaker cup to mix:  
1 1/2 scoops Orange or Lemon Innergize!®  
Fresh calamansi, dalandan or lemon juice  
Cold water and ice cubes

## sweetdreamsicedtea



This isn't a secret potion but just a wonderful shake recipe to help alleviate symptoms of aging so you can have a good night sleep.

Mix together:  
1 scoop ReversAge® dissolved in 1/2 cup cold water  
1 cup freshly brewed green tea  
1/2 teaspoon honey  
4-6 ice cubes





**You see a variety of people doing the Reliv business.**  
*This just goes to prove that the Reliv opportunity is for everyone... and anyone can succeed regardless of age, gender, experience, background or interest in building the business. Here are some of their stories...*



**Maricel Antiporda, Bacolod City**

I am doing the Reliv business part-time and my monthly income is between P8,000 to P10,000 which is a big help for me and my husband to provide for our family's needs. My business rewarded me with a free trip to Baguio to enjoy and spend time with amazing Reliv leaders who opened my eyes to the unending opportunities in Reliv. I am now more motivated and determined to grow my business and start saving up for our retirement.



**Rose Blancaflor, Pasig City**

We have found in Reliv a rewarding income opportunity that most corporate executives only strive and work to achieve for decades. Since we started building our Reliv business 15 years ago, we have earned more than enough to afford a comfortable retirement and enjoyed free trips and cruises abroad. That is the Reliv lifestyle that we love and are sharing with others.



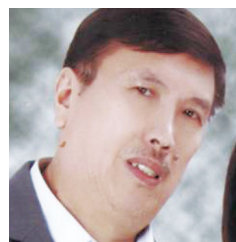
**Willy Uy, Calbayog City**

Reliv is a business with a heart. We have realized that you can only succeed in this business if you are ready to help and mentor others. We have engaged in other types of businesses in other industries but it is only in Reliv that we experienced that we are making a difference in other people's lives.



**Dorothy Tan, Quezon City**

Our Reliv business has allowed me to work from home alongside my husband and provide for our family while watching our children grow. This is a doable and very rewarding business that we are proud to build and flourish. Since we joined Reliv in 2001, we have never missed a milestone in our children's lives and have afforded to give them the best education, and enjoy the best vacations together, here and abroad.



**Robert Uy, Lapu Lapu City**

Whether you build the business full-time or part-time, Reliv offers the most generous compensation package. Our Reliv income is the reason why we were able to send our nieces and nephews to school. If it were not for our Reliv business, I wouldn't have been able to afford to travel with my wife to great places like Palawan, Banaue, Boracay, Vietnam, Thailand, Taiwan and Korea. These are the reasons why we will continue to build our Reliv business.



#### What's your story?

Share with us why you love to build your Reliv business! Email us at [relivasia@relivinc.com](mailto:relivasia@relivinc.com) and if your story is featured in the next Reliv Philippines Lifestyle magazine, you will receive a special, exclusive token.

# inspiring tales of leadership



**NEW BRONZE AMBASSADORS**

**Maria & David Lyons**  
*Cebu City*

#### First Things First

Multiple business owners Maria and David Lyons were among those affected by the global economic crisis that crippled the USA in 2008. But like true leaders, they were able to rise to the challenge and decided to pursue new rewarding investments. Maria decided to relocate to her hometown Cebu City in 2010 and started building their Reliv business, along with other entrepreneurial endeavors.

"Proper time management has been our key to success in juggling our Reliv business, family obligations, and other Philippine-based enterprises. Being the owner of several businesses for years now, I have learned how to prioritize my to-do list effectively. This skill has helped me ensure that I always complete the most important tasks for each day. Social media sites, Reliv's mobile app and online tools have also been very useful. Facebook is a dynamic online hub to do Reliv prospecting, while Viber, FaceTime, Skype and SMS blasts are great ways to communicate with my salon, eatery and laundry shop employees anytime. With these online platforms, I am able to conduct my businesses throughout the day without sacrificing precious time for my loved ones," shares Maria.

#### Take the Risk

Reliv Philippines' recently recognized Ambassadors believe that great leaders are made, not born. If they see a potential candidate for Reliv leadership, they spend time with and offer the person the opportunity to join them in business-building.

"I ask the potential Distributor how far he or she is willing to go to make this business work and thrive for a long time. This way, I can assess how much effort we have to put in to help him or her reach their goals. Being Reliv Ambassadors is a huge honor for us and makes us feel more responsible for every prospective leader we sign up in Reliv. We take big risks every time we invest in a potential business-builder, but we choose to do it because that's the only way for us to find the right people who will work with us towards Reliv success. And if you're working with true leaders, you are certainly most inspired to hit the goals you set and keep advancing to the next level," concludes Maria.

#### Family First

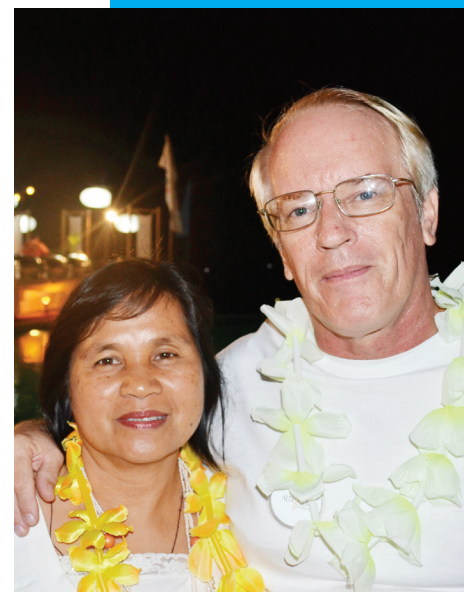
New Reliv Ambassadors Dory and Steve Hey were two of the most active Reliv business-builders in the Visayas region but they had to leave for Arizona, USA due to family matters. They are currently working their Reliv business around their current jobs and time with their children.

"It's challenging to balance Reliv, our jobs and quality time with our kids but it is doable. We use the phones, specifically the Reliv mobile app and social media sites on the Internet to stay in touch with our Reliv partners in the Philippines. We keep sharing Reliv with new people at every opportunity that we get. If there is a Reliv event in the Philippines we always encourage our downlines to attend so they gain more knowledge on the products and the business. And that's one of the great advantages of this business – it can be done in 16 countries and the opportunities for everyone are endless," Steve shares..

#### Positive Outlook

This hard-working couple plans to retire in the Philippines in 2018 and return to doing their Reliv business full-time! Steve said that they can't see themselves having any other business than Reliv because it provides them not only a steady source of income, but also the chance to share life-changing opportunities with others.

"We are very proud of being Reliv Ambassadors. It is a great motivation for us not just to work harder for our business, but also to be role models for the members of our organization. They look up to us and constantly seek guidance and inspiration from us. That's why this 2015, we plan to work closely with our group members on new approaches to business-building. We will also remind each other on the importance of dedication and consistent, hard work. That way, we will stay on track of our goals and get closer to our dreams."



**NEW AMBASSADORS**

**Dory & Steve Hey**  
*Cebu City*





**Vigee & Beverly Jaro**  
Bacolod City

- Reliv Bronze Ambassadors
- 2014 DSAP Entrepreneur of the Year Awardees
- 2014 DSAP Hall of Fame Awardees



**Faith Sue Lim**  
Mandaluyong City

- Reliv Ambassador
- 2014 DSAP Sales Achiever Awardee

Job Lim, Faith's brother, accepted the Sales Achiever Award on her behalf

## 2014 DSAP Industry Awardees

These dedicated and hard-working Reliv Distributors were among the 47 well-deserving recipients of the 2014 Direct Selling Association of the Philippines (DSAP)'s Industry Awards.

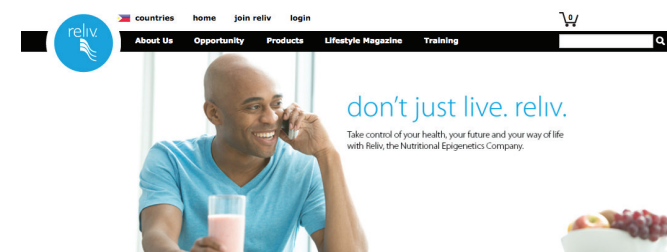
Bronze Ambassadors **Beverly and Vigee Jaro** of Bacolod City, received their Entrepreneur of the Year Award for the third time last year for their outstanding group leadership, which also led them to the highly prestigious DSAP's Hall of Fame. **Faith Sue Lim** of Mandaluyong City, who was represented by her brother Job Lim during the recognition rites, clinched last year's highly coveted DSAP Sales Achiever Award for exceptional sales performance.

The 19th Annual DSAP Industry Awards was held last November 19, 2014 at the Marco Polo Hotel in Ortigas, Pasig City with a theme "Master Builders of Change."



### ReversAge is now available in BIGGER cans!

As part of the company's product development efforts, Reliv Philippines has recently made its premium anti-aging product, ReversAge® available in new bigger cans! It contains the same powerful blend of cutting-edge ingredients but with additional 10 servings per can! That's 50% MORE product with a minimal price adjustment, translating to a lower cost per serving! Share this BIG news with your group, as well as your loyal customers!



### Say Hello to Reliv Philippines' New Distributor Portal

Reliv Philippines has rolled out its newly redesigned Distributor portal featuring a fresher new look, streamlined content and easy-to-navigate web format. The newly revamped online hub for Reliv business-builders is designed to make it easier and faster to access tools, resources and online materials needed to build business. Have yet to check out the new portal? Just go to: [relivasiapacific.com.ph/my-portal](http://relivasiapacific.com.ph/my-portal), click around to familiarize yourself with the new design and start exploring this great new online tool to make it work for your business!



### "You to Super You" Exclusive Items

Spark interest about Reliv and its exclusive powerhouse ingredient LunaRich® by wearing Reliv's limited edition "You to Super You" items! Whether you choose Super You foldable fan, umbrella, blue-collared shirt or eco-bag, you get to expose and share more about the Reliv brand with prospects. Call the Reliv office at (+632) 812-6889 or go to the business tools tab of the Reliv website to order your favorite items. Wear Reliv and level up your look from You to Super You!

### Download Your Favorite Reliv Videos

Now you can download every Reliv video on <https://reliv.com/videodownloads> to play on your device anytime, anywhere! Just look for the download link above each video.



You to SuperYou: Direct Your DNA Naturally Through Nutritional Epigenetics



How to Create an Income-Producing Asset



Your Simple Solution to Today's Health Crisis

To add a video to your smartphone or tablet, try this:

1. Download the file to your computer first (see link above)
2. Connect your device to your computer
3. Transfer/save the file to your device (iPhones and iPads must go through iTunes)





## 2014 Leadership Camp

November 21-23, 2014  
Baguio Country Club, Baguio City

Top Reliv business-builders from various areas convened late last year in Baguio City for a weekend of incisive trainings, fun team-building activities and refreshing sightseeing tour. Their leadership camp experiences proved to be more memorable with the presence of special guest speakers from USA and Australia such as Double Platinum Ambassadors **Linda & Richard Vance**, Reliv Asia Pacific Sales Manager **Bernie Birch** and SL Technology Chief Scientific Officer **Dr. Alfredo Galvez**.

### Top Notch Trainings

The three-day leadership retreat became a great venue for both long-time and emerging Reliv leaders to acquire new skills to grow their direct selling business, exclusive insight to new information about LunaRich™ from Dr. Galvez, and tips on how to guide their team to advance to the NEXT LEVEL of Reliv success.

### Catching Up with Old Friends and Meeting New Ones

In between training sessions, Distributors enjoy scrumptious meals and bonding moments with the fellow leadership camp participants, as well as the members of the corporate team.

### Chilly Baguio Adventures

To cap the Reliv weekend getaway, participants were also treated to an informative city tour, plus lots of opportunities to experience Baguio's invigorating breeze and picturesque spots.



# How to Achieve Your Goals in 2015

1. 

## Restart your journey

Nothing begins without a plan. You are the architect of your success and you need to design the blueprint. Try writing your thoughts in a journal to help organize them.

3. 

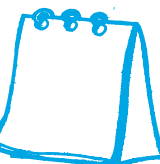
## Determine your goals

Work your business with purpose. Written goals help you avoid distractions, so write your goals down. Example: I will become a Senior Director by... Make a copy of the Director level page ([reliv.com/advancement](http://reliv.com/advancement)) and put it in your notebook.

2. 

## Refresh your "why" for 2015

What do you want that is so important to you and your family that you are willing and excited enough to make the investment of your time and energy to pursue it? Do you have a compelling enough answer?

4. 

## Commit

What are you willing to commit to this year to obtain your desired outcome? Set target dates for your goals and share them with your Reliv support system.

By Presidential Double Platinum Ambassador  
**Debbi Baker** of Murrells Inlet, SC

5. 

## Develop a plan of action

What do you have to do each month, week and day for your goals to become reality? Design your blueprint using a planner! This tool will be your playbook for success:

- **Motivator:** "If there's nothing in your planner, there will be nothing in your paycheck!" New business generates income and growth in your network. How many new customers and Distributors are you adding to your business daily? How does that line up with your goals?
- **Accountability tool:** Use your planner to analyze your daily effort. What are you are spending your time on, action-oriented or administrative tasks? Measure your progress at the end of each day and week to stay on track. Any worthwhile goal requires sustained effort.
- **Personal assistant:** Put your whole life in your planner. Dentist appointments, soccer games, etc. Your Reliv business shouldn't be separate because it's all part of your life. Seeing your objectives and tasks in one place will help you treat Reliv like a business (because it is!).



6. 

## Be consistent

Take action every day. Doing something for a day or two isn't hard; stringing those days, weeks and months together to create momentum is the challenge. That's why every day matters, especially the hard ones.

7. 

## Use your support system

Upline, meetings, trainings, Master Affiliate Training School (MATS), conferences — it's all about putting one foot in front of the other. Use each event as a momentum builder. They are an opportunity, not an obligation!

8. 

## Direct your thinking

Do you believe you can accomplish your goal? Don't let procrastination, fear or excuses become a stumbling block. Reinforce your mind each day with positive thinking. Success is not an accident; it is a choice.

9. 

## Get started today

This year you can make meaningful changes in your life — you just have to have the courage to get started. Let's turn our dreams into reality in 2015!

## Reliv Book Club by Master Affiliate Melanie Lewis of Ashland, MA

**Book:** *The Energy Bus: 10 Rules to Fuel Your Life, Work and Team with Positive Energy*

**Author:** Jon Gordon

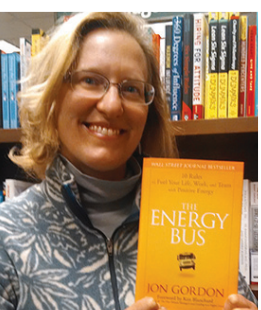
**How did you hear about this book?** I went to a conference where Jon Gordon was the headline speaker. Not knowing anything about him, I thought it would be a good idea to read his work to get to know his ideas. I picked up *The Energy Bus* at the library and read it on my flight.

**What is the main lesson you learned from this book?** I realized how often I led the life of the passengers on the "bus" who felt "down and out." After hearing Jon's speech, I understood that it was possible to instead live the way pointed out by the bus driver.

By going with that line of thinking, I would be much better off in every way: my business, my personal life, my friendships — they would all benefit.

**One practical piece of advice from this book:** Everything happens for a reason, so you should learn to make the most of it. People who need the most help are often the least open to receiving it. You're the driver of your own bus, and you're responsible for fueling it with positive energy, inviting the right people along for the ride and driving with purpose!

**This book is an ideal pick for:** Anyone looking for quick inspiration. It's an easy read with bite-sized advice that can be finished in a two-hour sitting. It's great for everyone from teenagers to adults.





# business-builders with a heart

Reliv is more than just a company with opportunities for better health and financial freedom. Reliv is a company with a big heart and through the Reliv Kalogris Foundation (RKF), we are able to reach out to impoverished areas to provide nutritional support to individuals and organizations. Since its inception in 1995, the RKF has distributed more than US\$42 million in nutritional support in over 270 feeding programs worldwide.

This year, RKF will celebrate its 20th Anniversary and we, as Reliv business-builders, are part of this success – of affecting change in other people's lives. By consistently building your Reliv business and sponsoring more people, the bigger the number of Distributors there are to support the RKF. Let us be a part of this grand celebration of love and hope. You can help support the Foundation's programs by building your Reliv business and making a one-time or monthly donation (email [RKF@relivinc.com](mailto:RKF@relivinc.com) for details).

Through your Reliv business and the Reliv Kalogris Foundation, let us continue to Nourish Our World!

## RKF Feeding Programs

The Foundation supports over 270 feeding programs serving over 42,000 individuals everyday in the US, Peru, Haiti, Cambodia, Malaysia, Myanmar, Sri Lanka, and the Philippines.



## RKF Executives' Philippine Visit

RKF Chairman and Reliv Asia Pacific President **Scott Montgomery** last year visited the various RKF feeding areas in the Philippines. He met with the area coordinators as well as local program assistants. Scott also personally interacted with the children beneficiaries of the program. Other RKF Board of Directors who visited the Philippines to personally convey the Foundation's commitment to the ongoing programs were **Steve Albright** and **Brett Hastings**.



## Manila Leaders Give Back

Reliv Distributors and leaders from Metro Manila organized a special Thanksgiving and Christmas Outreach last December 2014 at Welfareville, Mandaluyong in one of the RKF feeding programs. The Distributors shared food and gifts and most especially, their time and the message of hope and love. The RKF kids in return offered their special Christmas carol to their loving visitors. It was a simple but truly memorable experience to all.







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Direct Selling Association of the Philippines

**connect with us!**



**Reliv Philippines**

# be part of the

## Reliv Philippines delegation in St. Louis, Missouri!

Over 40 Win Your Way Trip to USA promo qualifiers are excited to represent Team Reliv Philippines in the much-awaited Reliv global event of the year!

### **Reliv International Conference**

**August 6-8, 2015**

**St. Louis, Missouri**

Three days of business-building excitement capped off by a Saturday Night Celebration at the Reliv International Headquarters. Ready to achieve Reliv success? Join our company's most dedicated and inspiring group of sales performers and top achievers in this highly charged event! This is the weekend you've been waiting for!

**Register today:** [relivinternationalconference.com](http://relivinternationalconference.com)

