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# lifestyle



growing a  
healthier future



# I am the reliv revolution.

I've only been in Reliv a short time, but I'm so excited about what lies around the corner. The flexibility of this business means I can attend college, compete in swim meets and build an income all at once. The best part is that I'm laying the groundwork now for a business that will pay off big time in the years to come!

**Jason Fleagle**

St. Marys, OH



## join the **revolution!**

**reliv.com**



## What I did on my Reliv summer vacation...



Steve had a nice pick-me-up from the long drive to St. Louis for the Reliv International Conference! 24K — any place, any time!

**Joyce Holthaus**  
Mundelein, IL



Just finished the 4-day 100-Mile March in Nijmegen, Netherlands! Thank you, Reliv!

**Susan Varnes-Newland**  
Redmond, WA



We took a little hike in the Rockies on our way back to Idaho from International Conference in St. Louis!

**Lou Slagle**  
New Plymouth, Idaho



Our family loves the water, beaches, fun and Shamu! Every day we all drank our Reliv shakes. Carlos and I enjoyed shots of 24K™ to keep up with our five-year-old, and after a long day, a cool smoothie of wonderful fruits. All you need to bring is a small bullet blender to your hotel room and they provide the ice.

**Corinne and Carlos Bustillos**  
Peoria, AZ



Ranee Murphy, Cheri Deering and I enjoyed an appointment at the marina with Saniye Greve. We love our awesome Reliv 'office'!

**Deb Riolo**  
Grand Rapids, MI

do you want  
to be first?

Share your comments on these social networks and you could be featured in the next *Lifestyle*:

reliv.com/blog  
facebook.com/reliv  
facebook.com/teamreliv  
facebook.com/relivkalogrisfoundation  
twitter.com/reliv  
Business Builders Blog

Read more about what Distributors did and view photos of their summer vacations on the Reliv Healthy Living Blog: [reliv.com/blog](http://reliv.com/blog)

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## on the cover

The future of nutrition science has arrived! Through a new partnership with the Missouri Plant Science Center, Reliv can now work directly with farmers, research scientists and ingredient manufacturers to develop cutting-edge nutritional innovations.

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President of Soy Labs LLC and Executive Director of the MPSC Ryan Schmidt, U.S. Senator (retired) Kit Bond, Reliv Vice Chairman and Chief Scientific Officer Dr. Carl Hastings and renowned research scientist Dr. Alfredo Galvez

## Reliv Success: Just Do It

*Excerpt taken from Robert L. Montgomery's keynote address at the 2011 Reliv Revolution International Conference*

You're a winner in this business if what you're here for is to help yourself and your family become healthier. You're a winner if all you want to do is add an extra \$100 or \$200 a month to your family income. And you're a winner if you want to make \$1 million with Reliv.

All these things are there for you. But you've got to go make it happen! And you can't ever, ever, ever quit. You've got to be persistent. When do we do it? When do we start? Well, we do it now!

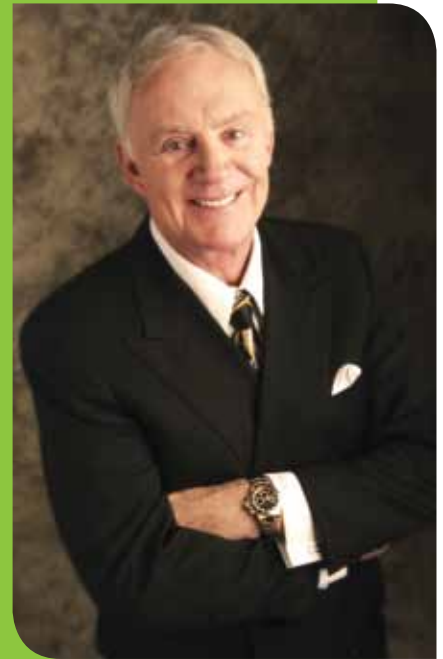
People come to me and say, "Bob, how do I learn to do this business?" The only way to learn how to do this business is to *go do this business!* That's the only way it happens! Winners just do it.

People will say:

- *Bob, I really want to do this business. What should I do?*  
I say you just do it.
- *I want to sponsor more people into this business, Bob. What should I do?* Good. Do it.
- *I want to be a Reliv Ambassador, Bob. What should I do?*  
Just go do it.
- *I'm committed to this business, Bob. Watch my smoke!*  
Okay. Go do it!

What you do is you do it. You do it and you do it and you do it, do it, do it.

I'll see you at the top, everybody!



**Robert L. Montgomery**  
Chairman, President & CEO



The statements contained in this material have not been evaluated by the Food and Drug Administration. The personal testimonials shared 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.

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To learn more about Reliv, contact the person who shared this magazine or visit [reliv.com](http://reliv.com).

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# my reliv

# revolution

## This is my shot!

by Matt Salvatore of Ida Grove, IA

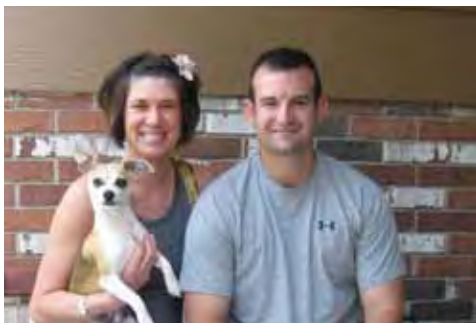
I learned about Reliv this past January. After hearing the success stories, studying the business plan and seeing the potential, I jumped in at the highest profit level without even trying the products. Sometimes you just know.

I started on the products too, of course. Reliv nutrition gave me added energy and more productive hours in the day. With ProVantage® I was able to recover more quickly from workouts and avoid cramping. I just felt better.

## In It to Win It

I love owning my own business. In April I earned \$1,800 and a Reliv iPad! So far, I've mostly reinvested my profits into my business. I'm in this for the long haul. When I think about residual income and multiplying my efforts through my own network of Distributors, I know this is my opportunity to get out of the corporate world and live the life I've always wanted.

**My Reliv Revolution has given me a new outlook on the future.** My wife and I are ready to start a family, and I want to be there for my kids every step of the way. We want to see the world, do what we want when we want and help others do the same.



## Mom's back!

by Kecia Holder of Enid, OK

When I first heard about Reliv, I found out it was a network marketing company and wasn't interested. But four years ago, my husband was laid off and we lost his benefits. I started our family on the products to help keep our medical bills down.

I have severe allergies — the kind that would often keep me confined to the house. With Reliv, my allergies improved — as well as sleep issues, a foot injury I had lived with for years and so much more. I had a new sense of well-being. And with motivation from Team Reliv, I'm now training for my first 5K!

## Double Dreaming

I come from a successful business family and have earned my MBA. I had put my dream of running my own business aside to raise our two daughters. But once I started seeing my health results with Reliv, I knew it was my chance to live both dreams!

I've finished eighth in the nation twice, earned a steady income and achieved the rank of Senior Director — and that's just the start. **My Reliv Revolution was life-changing.** I feel better than ever and have a new sense of purpose in helping others through Reliv. Most importantly in our house, Mom's back!



## Life on Our Own Terms

by Mark and Beth Matthews of Westfield, IN

We had tried other nutritional supplements and a couple of other home-based businesses, but nothing came close to what we found in Reliv.

With 12 children, we are acutely aware of the importance of good health. Reliv helped Beth recover from her final pregnancy that left her weak physically and unfocused mentally. She also lost 40 pounds with Slimplicity®! Reliv nutrition helped Mark address a back problem that had already led to one surgery with more anticipated. The kids have also experienced amazing results.

## A Family Business

After three months on the products, we launched our Reliv business. We finished eighth in the nation our first month and first the following month. In our first full year in the business, we made as much as it took Mark 17 years and a Master's degree to earn as a teacher.

**Our Reliv Revolution brought us hope.** Before we started our business four years ago, it was a constant month-to-month struggle to make ends meet. Now we can pursue our missionary work as we please and help countless others just by sharing Reliv. We can also travel across the country anytime we want to visit our five grown children. After seeing the Reliv lifestyle firsthand, two of them have become Distributors themselves!



## Building Our Own Future

by Paul and Stephanie Collins of Atkinson, NH

We started on Reliv products 18 years ago and the whole family started feeling better right away. It really hit home when we took our three kids in for their annual check-up and the pediatrician noted that she hadn't seen them all year.

But it wasn't until five years ago that we really got serious about the business. For years Paul had been working 50-60 hours a week plus travel and making good money for a telecommunications company. Then like so many people these days, he was laid off.

## Unparalleled Opportunity

We decided to jump into Reliv full-time and make it the family business. We knew if we worked hard enough, we could achieve whatever we wanted, see the world and watch our kids grow up together. Just a year and a half later, we became Reliv Ambassadors and were well on our way to replacing Paul's former income.

This has been our best year yet for sponsoring new Distributors. **The Reliv Revolution is occurring at the perfect time for an evolving economy.** First there was corporate work, but now there are no jobs. Then it was franchising, but that became too expensive and risky. The future is in distribution, and no one has products and an opportunity to share quite like Reliv.



what is the  
reliv revolution?

- It's the knowledge that the right nutrition and lifestyle choices lead to optimal health and a better life.
- It's a belief that people can and should take control of their lives and their financial future.
- It's a mission to make a real difference in the world by changing lives for the better, one person at a time.

**Your Reliv Revolution can be whatever you want it to be. We invite you to launch your own — starting today!**

Visit [reliv.com](http://reliv.com) to learn how to get started.

# enjoying the many **rewards** of reliv

The Reliv Hall of Fame is filled with everyday people who chose to make their dreams a reality. Double Platinum Ambassadors and new Reliv Hall of Famers **Raul and Aurora Paredes** started living the lifestyle they always wanted in 1993.

## Getting Started

“When Reliv came into my life, I was just praying for better health. When I got excellent results, I realized Reliv had a meaningful opportunity that would help others as well,” Aurora says. “Reliv appealed to me right away because I could have a home-based business while remaining in my children’s lives. I never dreamed we would eventually be able to bring Raul into the business. I love working together with him — he is my best friend!”

It wasn’t always easy for the Paredes. Raul’s position in corporate America forced him to travel often for business. “I was earning a good living, so people probably looked at me and thought I was happy. But my heart ached to be with my family more,” Raul says. “I wanted to live life on my own terms. Being with my family was one of those terms.”

Raul had to adjust to the Reliv business model because it was different from what he had learned in his previous career. “When we introduce Reliv to people from the corporate world, we have to tell them to open their hearts and minds. Don’t compare Reliv to anything you have seen before. Reliv is very different in a positive way,” Aurora says.







## Reliv Values vs. Corporate World

The Paredes emphasize how important it is to have an open mind when exploring the Reliv business opportunity. They point out some key differences in the way they have approached their business compared to what Raul was accustomed to in his corporate career.

**Distributors First.** “You can’t compare Reliv to the corporate world. In this business, you put others first and lift each other up along the way,” Aurora says.

**Integrity.** “When I first met [Reliv Chairman, President and CEO] **Bob Montgomery**, I said to him, ‘My name is my legacy. If we get involved with this company, will we be embarrassed?’ Bob said to me, ‘If you join Reliv, you will never be embarrassed. I give you my word.’ I felt in my heart that I could trust him. I was so impressed with his integrity. Not only have we never been embarrassed, but we know we can trust this company completely,” Raul says.

**Giving Back.** “Someday you will ask yourself, ‘What have I done so far?’ Everyone wants to do something bigger than himself, even if he doesn’t say it aloud. We all think this way inside,” Raul says. “That’s why we show people the Reliv Kalogris Foundation. It means this business is not all about money, but also about helping people around the world. When you start by touching the soul, the rest of your business follows that light.”

**Changing Lives.** “In Reliv, you will only earn an income if you change people’s lives for the better,” Aurora says. “Unlike the corporate world, when you look at Reliv’s compensation plan, you can view it as more than an income stream. It is a sea of people you are helping.”

## Beyond Financial Freedom

“I was earning a very good income with my corporate job. But with Reliv, I was able to both make a good income and be at home with my family,” Raul says. The Paredes could also provide for their children financially in ways that were important to them. “We sent them to private schools. And they have been able to get involved in extra-curricular activities like music, dance and sports,” Aurora adds.

For the Paredes, Reliv’s benefits go beyond financial freedom. “We have benefitted from so much more than just Reliv’s five avenues of income. We’ve been a better mother and father — and better spouses to one another. We’ve formed lasting friendships. And we’ve been able to devote significant time to community work that is close to our hearts,” Aurora explains.

“Entering the Reliv Hall of Fame is very humbling for us,” she adds. “To build a Reliv business, you have to touch people’s lives. When you reach this level, you realize the magnitude of what you have in Reliv.”

This achievement means we have been able to help countless people along the way simply by sharing what we’ve found in Reliv.

## A Living Honor

Despite being the newest inductees to the Reliv Hall of Fame, Raul and Aurora have no intention of slowing down.

“In sports, being installed into the Hall of Fame means you are finished, but in Reliv it is very different,” Raul explains. “The Reliv Hall of Fame is a continuous, living honor — not a lifetime achievement award. Our work will never end as long as there are people who haven’t heard of Reliv!”

# cool new look, same great products

Reliv's product line just got a facelift. The same nutritional formulas you have always loved now have a new look. We'd like to take this opportunity to reintroduce you to the whole family!



## **24K™**

### **Energy + Focus**

24 active ingredients +  
0 caffeine + 0 sugar +  
only 5 calories per serving =  
a healthy energy shot for  
body, mind and spirit.

## **Slimplicity®**

### **Weight Loss**

Comprehensive system  
combining meal  
replacement shakes and  
accelerator capsules for real  
results the healthy way.

## **Reliv Now® for Kids**

### **Children's Health**

Essential nutrients to  
keep growing bodies  
healthy, plus advanced  
ingredients to boost  
energy and mental  
performance.

## **Reliv Classic® & Reliv Now®**

### **Essential Nutrition**

Complete, balanced array  
of soy protein, vitamins,  
minerals and super-  
powered antioxidants in  
just two shakes a day.

## **Design Your Own Program**

While each Reliv product provides its own benefits, the formulas also work together to maximize results. Innergize! adds an energy boost to our essential nutrition formulas, Reliv Classic and Reliv Now. GlucAffect powers up the weight loss potential of Slimplicity. 24K optimizes workout performance alongside ProVantage. And that's just the beginning. With Reliv you can tailor the program that's just right for you.

### **Arthafect®**

#### **Joint Health**

20+ powerful ingredients to ease joint discomfort and stiffness today and promote better performance tomorrow.

### **ReversAge®**

#### **Anti-Aging**

The most complete array of youth-promoting ingredients — at a fraction of the cost of alternative anti-aging treatments.

### **GlucAffect®**

#### **Blood Sugar Management**

Breakthrough formula clinically shown to help maintain healthy blood sugar levels and support weight loss.

### **ProVantage®**

#### **Performance Nutrition**

Soy protein-based formula to improve performance, endurance, recovery and repair.

### **FibRestore®**

#### **Digestive Health**

Patented blend of soluble and insoluble fiber, plus antioxidants, enzymes and 21 herbs for better overall health.

### **SoySentials®**

#### **Women's Health**

Soy protein, antioxidants, probiotics and herbs to ease symptoms of menopause and PMS and promote overall feminine health.

### **CardioSentials®**

#### **Heart Health**

Clinically shown to reduce total cholesterol, LDL (bad) cholesterol, triglycerides and blood glucose levels and increase HDL (good) cholesterol.

## **Nutrition by the Numbers**

**1988** launch year for Reliv's first product, Reliv Classic

**15** unique nutritional formulas available from Reliv

**8** Reliv products with U.S. patents or patents pending

**4** studies showing the effectiveness of Reliv products

**0** compromises on the quality, safety and potency of every Reliv product



### **Innergize!®**

#### **Performance Hydration**

Patented isotonic beverage for added energy, improved oxygen absorption and a stronger immune system.

**Products in Print:** A new product catalog, new individual product brochures and a new general product info brochure are now available for order. Just select "Sales Tools" on the online shopping cart.

*Please note: As we phase in the new cans, you may receive products in either the new or previous can designs, depending on warehouse availability.*



# designessentials

Reliv's essential nutrition formulas, Reliv Now® and Reliv Classic®, are the parent products of Reliv's entire line. So we created designs that stand out individually while also unifying the line as a whole.

## Setting the Standard

The updated Reliv logo in this prominent location serves as a unifying element on all product cans, making it unmistakable where these products come from.

## Shining a Light

Metallic silver highlights these as the foundation of the entire Reliv line.

## Working Together

When placed side by side, these two can designs form a circle. This circle, like the Reliv logo, symbolizes Reliv's mission to Nourish Our World.

## Moving Forward

Reliv's modern corporate blue and a more modern typeface reflect Reliv Now's cutting-edge formula. The circles radiating from the center of the 'o' symbolize bioavailability.



## Honoring Tradition

The original Reliv teal and typeface remain as a way to honor Reliv Classic's legacy.

## did you know?

- The new CardioSentials® can features an abstract heart, while on Arthafect® you'll find an abstract bone.
- The background graphic on the Innergize!® and ProVantage® cans represents athletics — a net, scoreboard or the “building blocks” of muscle and movement.
- The flower image on SoySentials® forms a + symbol, representing added benefits beyond soy.



At Reliv, it's what's inside the can that really matters — and that will never change. But these new designs do a great job reflecting the benefits of each product and the cutting-edge science behind each formula. Plus, they just look cool!

**Vice Chairman and Chief Scientific Officer Dr. Carl Hastings**

"I think it is a remarkable improvement. There is now a sense of branding as there is coherence and recognizable features between one product and another. My favorites are the Now and the Classic. It puts our basic nutrition into the 21st century."

**Angela Williamson**

"The new look is very attractive and eye-catching! Congrats to Reliv for being in the frontier of new things. Congrats to the Reliv Revolution!"

**Sandra Yu**

## New Look Is a Hit

Tell us what you think — visit [reliv.com/blog](http://reliv.com/blog).

"I'm so thankful that they redesigned the cans! This gives them an updated look. My favorites are Innergize! and ProVantage. Overall you guys get an A+ in my book!"

**Renee Sanders**

"FibRestore® made the biggest impact, then ProVantage... but WOW, they ALL look great! If I wasn't already taking it, I think I would HAVE to pick up a can!"

**Rhonda Martin**

## Even Better Together

Like the new can designs, Reliv products are designed to work together — just one more reason drinking the optimal nutrition in Reliv shakes beats swallowing individual vitamin pills. And the right combination of Reliv products can also taste great!

### Great Way to Start the Day Shake

4 strawberries  
1/2 banana  
1 scoop FibRestore  
1 scoop Reliv Now  
1 scoop Lemon Innergize!  
1 scoop frozen strawberry yogurt  
some almond milk  
Blend until smooth... almost heaven!

*Submitted by Cindy Carr of Myrtle Beach, SC*

### Banana Bread Shake

1 scoop ProVantage  
1/2 scoop Reliv Now  
1/2 scoop FibRestore  
1/2 scoop GlucAffect®  
1 ripe banana  
6 ice cubes  
8 oz. water

Blend and enjoy. I discovered this when I came into work one morning after working out.

What a way to begin the day!

*Submitted by Annie Haarmann, Reliv Marketing Communications Specialist*



# nutrition innovation

Reliv forges historic partnership with Missouri Plant Science Center

Thanks to an exciting new research and development partnership, Reliv is taking its longstanding commitment to scientific innovation to a whole new level.

Reliv International has been selected as the first company to partner with the Missouri Plant Science Center (MPSC) and its managing tenant Soy Labs LLC. Less than a two-hour drive from Reliv's Corporate Headquarters, the MPSC is a new shared-use facility where researchers work alongside business and industry experts to bring ingredient innovation from the laboratory to the consumer.

"This agreement is a great example of what was envisioned for the Missouri Plant Science Center," said U.S. Senator Roy Blunt of Missouri. "I believe this relationship between Missouri's biotech scientists, farmers, and Reliv — a successful private-sector job creator — will help strengthen our state's biotech industry and encourage further economic development."

## Partners With a Purpose

Soy Labs focuses on delivering high-quality soy ingredients to the leading health supplement formulators and manufacturers. The MPSC is a joint venture of the Missouri Technology Corp., the University of Missouri System and the city of Mexico, where Soy Labs is also based.

Reliv will now have access to top biotech researchers throughout the University of Missouri System. In addition, Soy Labs offers Reliv collaboration opportunities with other highly respected research institutions, including the University of Illinois at Urbana-Champaign, the University of Louisville and the University of California campuses in Berkeley and Davis.

While it may take some time for those relationships to result in new supplement ingredients, Soy Labs potentially offers Reliv more immediate possibilities.

"Soy Labs has already produced breakthroughs in soy ingredients that Reliv will consider for use in new products," said Reliv Chief Scientific Officer **Dr. Carl Hastings**.





## What This Means for Reliv

The MPSC is a truly novel concept. Through an unprecedented collaboration among universities, industry and government, the Center is designed to provide companies with a platform to encourage innovation and aggressive growth. As such, the MPSC rivals any facility of its kind in the world.

Through its partnership with the Center, Reliv will gain greater access to:

- the latest soy and plant biotechnology research
- government, university and corporate partner resources
- opportunities for Reliv clinical studies
- industry and mainstream media exposure
- exclusive ingredient innovations

“It’s hard to describe how excited we are about this new partnership with the MPSC and all that it could mean for Reliv,” Dr. Carl said. “This Center is revolutionary. Reliv will be working alongside some of the world’s top researchers using state-of-the-art instrumentation to develop cutting-edge nutritional solutions. I believe this approach is the future of the nutrition industry, and Reliv is leading the way. This is going to be big — very big.”

## Paving the Way to the Future

by Ryan Schmidt, President of Soy Labs LLC and Executive Director of the Missouri Plant Science Center

Soy Labs was seeking a company with a sterling reputation in the nutrition industry to become the inaugural partner for the Missouri Plant Science Center. Reliv’s strong commitment to the research and development of new ingredients, rigorous testing methods and proven products made them the ideal choice.

This partnership offers us a ready-made market for new ingredients we develop with Reliv and opens a new sales channel for our existing ingredients. This is a first step toward the MPSC’s goal to strengthen the state’s biotechnology industry, create jobs and improve Missouri’s global economic competitiveness.

### Why Reliv?

- Reputation for quality and innovation
- Soy-based formulas an ideal match for work now taking place at MPSC
- Successful track record bringing nutritional solutions to market
- Dr. Carl Hastings, a legend in the industry and a trusted associate of mine for many years

The possibilities for the future of this partnership are limitless. We will work immediately with Reliv to look for ways to incorporate Soy Labs’ patented ingredients into existing Reliv products, followed by the creation of new products inspired by research conducted at the MPSC. In the not too distant future, we see Reliv expanding their manufacturing capabilities by building an ingredient production plant in the Business and Technology Park adjacent to the MPSC and working directly with Missouri farmers in fields dedicated solely to Reliv products.

This has the potential to change the entire landscape of the nutrition industry. We look forward to making it happen with Reliv.

**See for Yourself:** View the partnership launch video and keep apprised of the latest happenings at [reliv.com/mpsc](https://reliv.com/mpsc).



back to

# Banff

Banff has the most beautiful scenery in the world. I'll never forget the color of those mountain lakes! We plan on bringing a whole group with us to share the experience this year.

**Presidential Bronze Ambassador Mark Metts**



# 2012 Reliv Leadership Celebration

Banff, Canada

September 13 – 16

Visit the online Distributor portal to learn how you can join us in Banff.

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In Banff, you can go from elegant accommodations and fine dining to outdoor adventure and untouched natural wonders in a matter of minutes. I can't wait to go back!

**Presidential Bronze Ambassador Don Blaser**

We've been on a lot of Reliv trips, but Banff still ranks as number one. The majesty of the surroundings, the castle accommodations and, as always, the great Reliv people there with us — you just have to experience it for yourself!

**Presidential Silver Ambassador Scott Prindle**



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Fall is a season of colors — from the leaves on the trees to flags on the tailgates at football games. Fall is also a great time to refocus on health and fitness.

A person is running away from the camera down a path in a forest. The ground is covered in a thick layer of fallen yellow and orange leaves. The trees on either side have light-colored bark and are also covered in autumn foliage. The scene is bathed in warm, golden light, suggesting late afternoon or early morning. The text "get fit this fall" is overlaid in the bottom right corner in a white, sans-serif font. "get fit this" is in a smaller font size than "fall", which is significantly larger and more prominent.

get fit this fall

# Cooler Exercise Routines

With the summer heat waning and invigorating crisp days of fall on their way, it's time to get up, get out and get going!

If the thought of getting active seems daunting, these fitness tips might be just the thing to help you get started — and make exercise a habit you can live with!

- Choose an activity you enjoy so you're more likely to stick with it.
- Despite cooler temperatures, dehydration is still an issue. Sip from a bottle of Innergize!® throughout your workout to replace electrolytes lost through sweat.
- Join the Team Reliv Fitness Club and log your exercise sessions so you can see your progress.
- Make a schedule you can stick with. Set aside a specific time of day for exercise so it becomes part of your daily routine.
- Find an “exercise buddy” for support and friendly competition to help you stay motivated.
- Drink a ProVantage® shake after cardio or weightlifting to help improve muscle recovery time.



## Fall for Good Nutrition

This autumn, add more color to your life with fruits and veggies. Here are some options that are sure to liven up your plate, and why they should be part of your diet.

### Sweet Potatoes (Yams)

Sweet potatoes contain twice the daily recommended amount of vitamin A for improved vision, fiber for digestive health and four times the daily recommended amount of beta-carotene to give your immune system a boost. And since sweet potatoes are complex carbohydrates, they digest slowly to leave you feeling fuller longer — for only about 145 calories. Add sweet potatoes to your everyday meals by replacing French fries with baked sweet potato fries or mashed sweet potatoes with dinner.

**Try this!** Sprinkle some GlucAffect® on a baked sweet potato instead of cinnamon and sugar. It will add a tasty cinnamon flavor and help manage your blood sugar.

### Butternut Squash

The most popular winter squash contains vitamin E to protect against free radical

damage, B6 to aid in brain function and potassium to help regulate muscle function. It is also naturally low in saturated fat, cholesterol, sodium and calories — only 45 calories per serving. Add butternut squash to your diet by chopping one up for a pasta or stir-fry, slow cooking it in your next roast recipe or making butternut squash soup to warm up on those cool autumn nights.

**Try this!** Many recipes with butternut squash call for sugar. Try using Relivables® All-Natural Sweetener instead, and get the sweet without the calories.

### Cranberries

Cranberries are filled with vitamin K and manganese for bone health, and vitamin C for your immune system. A cup of this power fruit is only 45 calories. Add cranberries to a salad, mix them into your bread recipe or into Reliv smoothies. Cranberry juice is a delicious option, but make sure to check the label so you aren't buying a juice cocktail, which is typically filled with added sugar and water — diluting the nutrients.


**Try this!** Add cranberries to your favorite Reliv smoothie recipe for a tart and tangy treat you'll love!

## It's Team Reliv Event Season!

Fall is a great time to find a local run or walk in your area to submit for Team Reliv sponsorship. You might find several event opportunities through Thanksgiving and beyond. Sponsoring a Team Reliv event is a great way to create awareness and to share Reliv with your local community. For details on our sponsorship program, select Team Reliv under the “Events” tab on the Distributor portal.







# because of reliv



I can follow my dreams as an **artist**

## Mindy McNaugher

Photographer  
Pittsburgh, PA

**Life in Art:** Started taking pictures in second grade and earned a degree in Photography from Carnegie Mellon University. Traveled the world as staff photographer at Carnegie Museum of Natural History for 25 years. Work ranges from events and portraits to studio work and landscapes. View portfolio at: [pbase.com/mindymcn](http://pbase.com/mindymcn)

**Because of Reliv...** "I had something to fall back on when the museum laid off our entire department. In regaining my health with Reliv, I have the energy to tackle 12-hour wedding shoots! I am blessed to have two careers that I am so passionate about — Reliv and photography."



## Becca Kelly

Sculptor, painter  
Evansville, IN

**Life in Art:** Experienced sculptor and now a painter, mostly abstract acrylic on canvas. Work has appeared in several juried shows. She has also sold commissioned pieces and has work hanging in public places. *Painting Irises pictured left.*

**Because of Reliv...** "I have discovered the creativity inside of me. Before Reliv I spent most of my time battling headaches and other physical challenges. Reliv got me back on my feet and I started sculpting! Then when 24K™ came out in February this year, I started painting! You might say Reliv is my nutritional muse. And that's not to mention the time freedom my Reliv business has given me to make art such a big part of my life."



## Elisa Petree

Muralist, art teacher  
Arden, NC

**Life in Art:** Earned degree in Art and has worked as a muralist in residential and commercial settings for the past 19 years. Art teacher at a private K-12 Classical Academy.

**Because of Reliv...** "I can continue to create art and teach young people how to unleash their own creativity. Four years ago, joint stiffness in my hand and wrist made it difficult to hold a pencil or paintbrush without pain. Then I found Reliv's Arthaffect®. Now I can pursue my art as I please. Part of my 'why' for my Reliv business is to build my own studio someday where I can teach art on my own schedule — in between Reliv appointments, of course!"



## Robert and Kim Patteri

Performance Artists  
Huntington Beach, CA

**Life in Art:** Accomplished actors whose work has been featured on TV, film and the Broadway stage. Kim now teaches ballet at a dance studio, winning national and international competitions. Robert is now a pastor starting the Creator's Church, where the story of the Gospel will be told through the creative arts.

**Because of Reliv...** "We were given the health and financial freedom to pursue our passion for performing. Now Kim can teach an unheard of 22 hours of ballet a week at age 46 and I can devote my energies to building the church. Our next goal is a school for the performing arts connected to the church where we can work together."

## Marco Riolo

Sculptor, muralist, illustrator, digital artist  
Grand Rapids, MI

**Life in Art:** A true renaissance man pursuing art alongside his other passion: playing rugby. Work has appeared in multiple international juried shows and in public places throughout Grand Rapids. Created snow sculptures as big as 110' x 60'. Ice sculpting skills featured on Food Network's "Ice Brigade." *Pictured right with his mural, Angels vs. Evil.*

**Because of Reliv...** "I have the nutritional fuel to follow my dreams as an artist and an athlete. My Reliv business gives me the flexibility and freedom to do what I want, how I want, when I want. My office is my phone, and I can pack more into a day than most people think is even possible!"



# Hope for Haiti

The Reliv Kalogris Foundation responded to Haiti's 2010 earthquake quickly — sending nutritional products and other supplies in the weeks that followed. But Distributors wanted to make an even more lasting impact, so the RKF began a special appeal to help the most vulnerable Haitians affected.

Before the earthquake, thousands of orphans already lived in poverty in Port-Au-Prince. The quake left many more children parentless, homeless and hopeless.

Thanks to the RKF, 60 children orphaned by the earthquake have a new home. In response to a special appeal by the RKF, Distributors provided funds to build the children's home in the Petite-Anse neighborhood near Cap Haitien in northern Haiti.

The children's home has dormitory-style living space, a fully furnished kitchen and dining halls that multitask as study rooms and recreation areas. The goals of the orphanage are to provide children a homelike atmosphere, an education and daily Reliv nutritional support.

The RKF partnered with the Cathedral of Cap Haitien and a social welfare committee called "Nous et les Autres" (meaning "We and the Others"). The group has cared for indigent and impoverished children in the Cap Haitien area for 34 years. Prior to the earthquake, the group served 20 children who are also moving into the new building.

In addition to the children's home, the Reliv Kalogris Foundation currently feeds more than 10,000 children in 45 schools, orphanages and clinics throughout Haiti.

"The extraordinary generosity of Reliv Distributors and employees makes it possible for the foundation to continue helping malnourished individuals in Haiti and 270 other feeding programs worldwide," said Reliv Kalogris Foundation Chairman **R. Scott Montgomery**. "Together we *can* Nourish Our World."







## 2011 Rally for the Mission

Nineteen teams of Reliv Distributors performed dances, songs and skits to entertain a crowd of over 1,500 in support of the Reliv Kalogris Foundation. More than \$30,000 was raised to support programs that feed 42,000+ people every day in impoverished regions throughout the world.

While the real winners are the children receiving daily nutrition thanks to the generosity of Reliv Distributors, the top three teams at the Rally were also recognized with awards.



### 1<sup>st</sup> Place:

Double Back to the Future, Baby with Reliv Mid-Missouri



### 2<sup>nd</sup> Place:

Outta this World Team Michigan



### 3<sup>rd</sup> Place:

The Chicago Reliv Shakers

*The Rally also featured an appearance by the Shakin' Ladies of Reliv HQ. Watch the video at [youtube.com/relivinternational](http://youtube.com/relivinternational).*

## Thank You, Reliv!

### A Special Message from Dr. Manno

What the Reliv Kalogris Foundation is doing in Haiti is nothing short of a miracle.

Nearly every person in Haiti would benefit from taking Reliv products. Currently, we are able to feed about 10,000 people in Haiti every month — most of them children. We locate the neighborhoods where children are at greatest risk from malnutrition.

It is truly incredible what a product like Reliv Now® for Kids can do for children in Haiti. Improved nutrition helps fortify immune systems so that medications can be more effective, helps strengthen pregnant women so babies have healthier birth weights and brings children back from malnutrition.

When the earthquake happened, I wanted to help in some significant way. Evidently, Reliv did too. The generous giving

immediately after Distributors heard of our tragedy was overwhelming. The devastation and the need were so great. We searched for months to discover the best way to make a lasting impact with what the Reliv Kalogris Foundation gave. We focused our efforts on Haiti's most vulnerable: the children orphaned by the earthquake.

At the dedication of the children's home on June 30, I told the people gathered there, "The Kalogris Foundation is a group of generous people who sacrifice part of their profit to serve others less fortunate and to help them have access to a better life."

On behalf of the Foundation's beneficiaries in Haiti, I want to extend their gratitude to all Independent Reliv Distributors.

*Area Coordinator Dr. Emmanuel Mareus (aka "Dr. Manno") oversees the RKF feeding programs in Haiti. Dr. Manno shared what the RKF is doing in Haiti at the 2011 Reliv International Conference in August.*



# how to make a GOOD home office

# GREAT

by Jeff Wuorio

As the number of people starting home-based businesses has increased, more business owners are putting effort into making their home office a more functional place to work. It doesn't take much to make a home office today. Just clear some space, hook up a computer and phone, and — presto — you have your home office. That may make for a decent home office — even a perfectly good one. But it won't make a great office, one that's as comfortable and productive as you can make it.

## iPads for Home-Based Business Success

by Ambassador Lori Doerneman

As home-based business owners, we rely on technology that is easy to use and provides value for our business. The Reliv iPad 2 we earned in a recent Reliv promotion helps us stay on the cutting edge and makes it easy to take our business on the go!

**Business Presentations.** We use our iPad for business presentations anywhere — even if there is no Wi-Fi available.

**Less Clutter.** Because the iPad is so portable, you can carry one book-sized item instead of a bulky laptop, several heavy files and order booklets.

**Staying Connected.** We place business orders on the iPad. It is a timesaver and reduces the risk of a piece of paper getting misplaced. Even if we're on the go, we can stay connected to our business platforms. We always know where our business stands.

*To download Reliv content for your iPad, select "Additional Content" in the Content Library under "My Business" on the Distributor portal.*

Here are six ideas to help you make your home office great:

**1 Invest in your office.** As mentioned before, it's no great chore to piece together a workable home office. But to make it a place where you can excel, you need to put thought into it. For example:

- Invest in a chair that's ergonomically correct and comfortable and a desk that's big enough but not oversized.
- Give thought to the best physical arrangement possible.

**Tip:** Kathleen Alessandro, president of Energized Solutions, a Michigan company that specializes in office arrangement, suggests a "U" shaped setup to promote efficient flow: Keep material coming into the office on the left of the office, keep ongoing work in the middle, and keep items headed out the door on the right.

**2 Leverage technology to the max.** Use various kinds of technology to make work more efficient and productive. Some suggestions:

- **Go wireless.** When possible, maintain wireless connections with all computers, printers, and other gear to afford as much flexibility as possible. "Wireless un-tethers the home officer. I really do work from bed, the kitchen table, the patio, even the hammock," says Florida writer and speaker Jeff Zbar.
- **Consider digital storage.** One of the great challenges of a home office is adequate space to store records, notes and other material. Consider digital storage. This allows off-site storage in a separate location that can be accessed via the Internet. It's not only convenient, but also is an added measure of safety if your home office or computer is damaged.

**3 Keep things light.** People with home offices consistently emphasize the importance of abundant, focused lighting that keeps your office bright and functional. For many, that means more than just a desktop lamp. Notes Stacey Udell, a New York public relations consultant: "I work from home and could not survive without an abundance of natural daylight."

**4 Make it an inspirational space.** Anyone who works from home can occasionally become discouraged by the natural ups and downs of business. Combat frustration by decorating your office with reminders of why you're there in the first place — awards, certificates of achievement and other upbeat mementos.

**5 Got dead space? Use it!** Home offices should make use of every square inch to be as productive as possible. Yanik Silver of SurefireMarketing.com in Maryland installed a large whiteboard on one wall of his office. "I can brainstorm and plan my projects where I can see them right in front of me."

**6 Use great work habits.** Making a home office exceptional isn't simply a matter of a great layout and all the latest technical gizmos. Also think about how you work within that space. Along those lines:

- **Be ruthless with paper.** Even the best laid out office can malfunction if you don't maintain efficient paperwork procedures. Try to think carefully about how to handle paperwork in an orderly and, if necessary, cutthroat fashion, says Utah-based Christi Youd, author of *Organize Your Office for Success*. "As you handle each piece of paper," ask yourself: Can I discard this yet? Can I delegate this? Can I handle this in 60 seconds or less? What heading do I want this filed under in my files?"
- **Set rules for others.** Your beautiful, clean, up-to-date office, arranged in the most optimal fashion, is likely not the place for a Schnauzer gnawing on computer paper or your five-year-old screaming about Dora the Explorer. So, one final element to a truly great office is a firm set of guidelines that delineate when you're available and when access is verboten.

Draft those guidelines and share them with family members and others. This lets you enjoy the best of both worlds: a productive workspace and a proximity to your loved ones — but on your terms.

*Jeff Wuorio is a writer, author and speaker based in southern Maine. He writes about small business management, marketing and technology issues. You can find Jeff's business and finance tips by following him on Twitter @jeffwuorio.*

## Couple Finds New Future in Reliv

**Bob & Nona Edmonds**  
**New Presidential Bronze Ambassadors**  
Woodstock, GA

For Presidential Bronze Ambassadors Bob and Nona Edmonds, Reliv has provided a new vision for the future.

"Reliv has sent us on many vacations all over the world — to places we only dreamed about! As we have built our business, we have made friends all around the globe from many different cultures," Nona says. "Reliv is helping us bring our dreams into reality. Since we are now free of time pressure, financial pressure and the constraints of a conventional business, we can pursue our hearts' desires."

### Purposeful, Productive and Rewarding

The couple has found that the rewards of owning a Reliv business run deeper than the obvious financial benefits and time freedom. Bob explains, "We're helping to make a difference in so many people's lives. What we do is purposeful, productive and very rewarding."

In addition to improving the lives of others, the Edmonds say they have also grown as individuals. "One of the strengths of the Reliv business is that it is such a tremendous vehicle for personal growth and the development of leadership skills," Bob says. "We are thankful for the Reliv opportunity, all the support we have been given and the chance to help others succeed in their own businesses."

He adds, "With Reliv, the lifestyle changes are amazing! Life is fabulous and we are so grateful!"

### Also achieving Presidential Director:

**Albert & Barbara Shrock**  
**New Presidential Ambassadors**  
Oak Hill, OH



## Experience Paradise on Reliv!

Achieve Presidential Director status this year, and we'll take you on an unforgettable Hawaiian adventure! Learn more under the promotions tab on the online Distributor portal.





## Record Growth in Europe!

Reliv International is taking Europe by storm! In just this past year, Europe has added seven new Ambassadors and a Presidential Director. In addition, the EU has broken its own monthly sales record six times so far in 2011. "All over Europe, Reliv is growing and I don't think we have even started to see what is possible," says Managing Director Reliv Europe **Eric Vill**.

According to Executive Vice President of International Sales **Ryan Montgomery**, now is the time to take advantage of Reliv's truly international business opportunity. "Direct selling is widely successful around the world. In fact, if you look at the industry as a whole, roughly 80 percent of direct selling occurs outside of the U.S.," Ryan says. "Who do you know in Europe? Australia? Mexico? Any Reliv Distributor can take advantage of international growth."



### **Susan Evans**

Presidential Bronze Ambassador  
Manchester, England

"Teamwork has been absolutely key as we have brought Reliv to this city. I love what I am doing because I really enjoy meeting new people. This business is about more than just filling out a form — it is about developing relationships."

### **Jason and Aneela Gregory**

Presidential Bronze Ambassadors  
Waltham Abbey, England

"Reliv allows me to help nourish people on multiple levels — with their health, their finances and their time. Every dollar or pound I make reflects a life impacted for the positive. I cannot see a better way to develop an income."

### **Myriam Bouvattier**

Bronze Ambassador  
Ville D'Avray, France

"With Reliv, my whole attitude has changed, and I now have hope! The business fit my lifestyle perfectly. I'm in charge of my situation. I'm not an employee. I don't have a manager, but I have a very good team of friends and friends of friends."

### **Anne Favrot**

Bronze Ambassador  
Meudon, France

"At first, I only wanted to earn enough money to pay for my own products, but then my business just took off very quickly. Achieving this level proves that the Reliv Success System really works!"

### **Caroline Labourier**

Bronze Ambassador  
Ville D'Avray, France

"The longer I am with this company, the more I am impressed by the ethics and integrity. People need to have dreams again. They need to know that you can achieve these dreams if you focus on them as much as possible!"

### **Wanda Garraway**

Ambassador  
Luton, England

"My dream now is to continue to build this exciting business by making a difference in people's lives. This dream drives my success with Reliv!"

### **Francoise Poulizac**

Ambassador  
Rueil-Malmaison, France

"I see myself as more than just a seller of cans. This company, its ethics and its integrity are more than that. As big as the wellness industry is, these products are different. In France, we are steadily growing. I am so glad I get to be a part of it!"

**Name:** Catelyn Walker

**Hometown:** Durango, Colorado

**Gigs:** Reliv, stay-at-home mom

**My Passion:** "Music is my passion. I love to sing, and I've played clarinet, guitar and piano since middle school."

**Shaking Things Up:** "I'm adventurous with my shake recipes. My recent favorite is black cherry frozen yogurt, bananas, orange juice, milk, Orange Innergize!® and Reliv Now® — delicious and healthy!"

**Hectic Life:** "I have two toddlers, and my husband works long hours. We have a very fast-paced life. Before Reliv, it was hard to find the energy to keep up!"

**Reliv Early Bird:** "I never used to be an early riser, but with Reliv I wake up at 6:30 a.m.! By the time my kids get up, I'm dressed and my house is completely clean."

**Supermom:** "Reliv allows me to work, care for my kids and have a social life — so I can be the best mom I can be!"

**Name:** Joyce Yee

**Hometown:** San Ramon, CA

**Gigs:** Reliv, stay-at-home mom

**Difficult Times:** "My son Kenny was diagnosed with a rare blood cancer and had 13 months of chemotherapy as an infant. It was a really scary time. Afterward, he had a weak immune system and often had ear infections and colds."

**On the Mend:** "Doctors told me nutrition could improve Kenny's well-being, but nothing I tried worked. With Reliv, I saw health results in Kenny right away!"

**Life After Reliv:** "With Reliv Now® for Kids, Kenny doesn't get sick as often. His teachers have seen improvements in his classroom focus and performance. Reliv gives him the nutrition he needs to be a healthy, energetic 11-year-old!"

**Giving Back:** "I don't have to work 40 hours a week in an office. I have time to be a mom and give back to my community through charities, walkathons and sharing Reliv!"

**Name:** Anne Lafayette

**Hometown:** Bartlett, IL

**Gigs:** Reliv, service business development director

**Biggest Passion:** "Next to my family, my biggest passion is living a healthy lifestyle. If you don't have health, you don't have anything."

**Feeling Young:** "I lost 45 pounds with Slimplicity®, and I've kept it off for over a year. I've become very active, working out six days a week. I just turned 50, and I feel better now than I did in my 20s. I get compliments all the time!"

**Making A Splash With 24K™:** "As a competitive swimmer, I'm always looking for an edge to improve my times. 24K gives me endurance and focus at swim meets. With my healthy energy shot, my times in the most critical events have improved by four to five seconds over my fastest times in the last 10 years — this is huge! Even my coach did a double take!"

**Name:** Stephanie Mazankowski

**Hometown:** Giltner, NE

**Gig:** Reliv, former occupational therapist

**Career Goals:** "As an occupational therapist, I could help specific symptoms but I couldn't improve health and wellness as a whole. I wanted to really change lives!"

**Helping Others:** "My passion is helping people make healthy lifestyle choices. It's rewarding to see people's energy and vitality increase as they become healthier with Reliv."

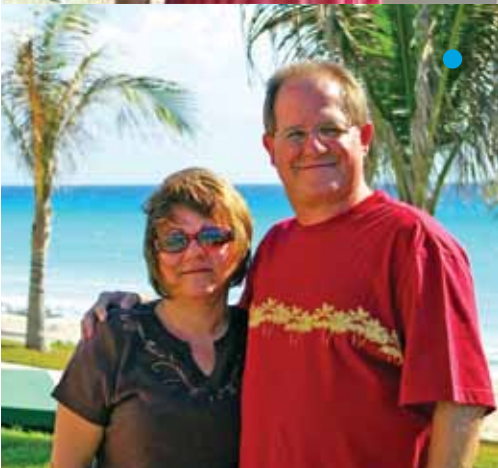
**Reliv Relationships:** "By sharing Reliv, I talk to so many people, and I've developed such strong friendships. I'm building relationships all over country!"

**My Reliv Lifestyle:** "I build my Reliv business around my life. I have time to enjoy hobbies like photography, snow skiing and ATV-ing with my nieces and nephews. I don't have to ask a boss for time off. I coach my niece's volleyball team — something I would never would have time to do with a nine to five job!"





before



**Name:** Maxine Scott

**Hometown:** Wichita, Kansas

**Gigs:** Reliv, childcare provider

**Slimplicity® Success:** "I've lost 50 pounds and counting. Weight loss felt impossible before I discovered Reliv. Now, I can lose weight and keep it off."

**Healthy Indulgence:** "I put my Chocolate Slimplicity shake in the freezer — it tastes just like ice cream but without all the guilt!"

**Getting Social:** "My Reliv business is part-time for now, but social media has really helped me reach out. It's a fun and easy way to share my Reliv weight loss experience with others. I show YouTube videos and refer people to my Facebook page, which helps me build my Reliv clientele."

**Weight Loss Motivation:** "I want my customers to know I'm with them every step of the way. It's okay to fall off — just jump right back in. It's a wonderful lifestyle change!"

**Name:** Linda Kraudel

**Hometown:** Troy, IL

**Gig:** Reliv

**Career Leap:** "When my employer of 22 years started talking about reorganization, I wanted a change. After a year and a half of working Reliv part-time, I took a leap of faith and quit my corporate job. Since then, I've been able to replace my previous income — and I'm making a visible difference in others' lives."

**Family First:** "My time freedom with Reliv means I've never missed my kids' sports games. And I love that I can leave this willable residual income to my children someday."

**Financial Freedom:** "Unlike my previous job, Reliv rewards me for working harder. I've earned bonuses and even a Cancun vacation!"

**An Alternative:** "We see so much 'doom and gloom' in economic news these days. But Reliv is totally different from other companies out there — like a breath of fresh air!"

**Name:** Joyce and Steve Holthaus

**Hometown:** Mundelein, IL

**Gigs:** Reliv

**Rough Times:** "After a failed business, we were nearly bankrupt. I was scared, tired and angry. I felt like a failure," Steve says.

**A Way Out:** "I had never seen anyone succeed in network marketing, but we trusted the friend who introduced us to Reliv," Steve says. "We began earning an income, paying our debt and never declared bankruptcy. We started living without the constant threat of bills hanging over our heads," Joyce adds.

**Family Freedom:** "The time freedom of Reliv meant more time with our children — and now with our grandchildren!" Joyce says.

**Choices:** "Some people are caught in a rut thinking they have to work for someone else. You have choices," Steve says. "With Reliv, you can build an unbelievable lifestyle by helping others. Beyond financial freedom, this business gives you a sense of purpose."

**Name:** David and Louise Weber

**Hometown:** Glenwood, Iowa

**Gigs:** David – dental field, Louise – Reliv

**Activities:** fishing, camping, horseback riding, mountain biking

**Reliv Mission:** "Without Reliv, we wouldn't have been able to do the missionary work we do. With our financial freedom, we are also able to sponsor a child in Nepal," David says.

**Making a difference:** "In the dental field, I might see a patient once a year. But with Reliv, I'm able to watch lives transform," David says. "This is a relationship-building business. I make amazing friends," Louise adds.

**Reliv Lifestyle:** "After growing our business over the last 11 years, we're able to take vacations and spend more time with our family and friends while earning a residual income," Louise says. "We recently bought a new camper. It was a dream come true for us!" David adds.



# what a site!

We've added more style, more content and more to love on the all-new reliv.com!



## New Look

- Design: clean, clear layout reflects new brand image.
- Navigation: tabs simplified and additional navigation added on the left side of individual pages.
- Social Media: social media links, newsletter sign-ups and recent news highlighted on right side of every page.

## New Content

- Corporate Social Responsibility: Reliv's Core Values explained, including our mission to Nourish Our World through the Reliv Kalogris Foundation.
- The Science of Reliv: closer look at Reliv's nutritional philosophy, Reliv product studies and the benefits of soy supplements.

## More Product Info

- All Access: individual product pages enhanced with tabs showing benefits, studies, reviews, videos and more.
- Reviews Page: Health testimonials now called Product Reviews — with an eye-catching new format!

## New Reliv Healthy Living Blog

Live better — learn how. Access fresh, engaging information from every page of the new site or visit [reliv.com/blog](http://reliv.com/blog).

- Reliv health and business stories
- scientific studies
- nutrition, fitness and weight loss articles
- *Science & Health Today* newsletters
- *Healthy Living Tips*
- Reliv Recipes

Use the search function to find and share posts on any subject — a product, a person, an ingredient, etc.



I am the reliv revolution.

Today I was sitting on the porch swing reading to my kids while most people my age were at their jobs working thanklessly for someone else. When it was time for me to work, our two little girls got to watch me and even be a part of it. Reliv has given our family the freedom to enjoy a better way of life.

**Hanna Pence**  
Enid, OK

join the  
**revolution!**

**reliv.com**



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To learn more about Reliv, contact the person who shared this magazine or visit [reliv.com](http://reliv.com).