

RKF in action

helpful weight loss hints

designed to move

Lifestyle

2016 Australia/New Zealand



ReShape will not only assist with weight reduction but it is an effective meal replacement for busy people. Combined in a smoothie with fresh fruit and water, you will be amazed at the energy and power levels your body will produce.

—Carole Nestor via Facebook

I have ReShape just before my workout. I drink half a shake and the rest when I finish my workout. Love it!

—Suzanne Cartl via Facebook

At 56, I feel better than I did in my 20's or 30's!! Reliv is Awesome!

—Roger Broberg via Facebook

I have been taking Reliv for 25 years - FANTASTIC X!

—May Copland via Facebook

Life can begin at 60 when you are on Reliv products.

—Douglas Allen Johnson via Facebook

Join Reliv – Fun, health and wealth. Can't get any better!

—Steven Lucks via Facebook

Rejuvenated
Energized
Lifted
Incentivised
Vitalised
ME

—Karen Beckett via Reliv Blog

Thank you to Reliv. The products keep me going and they taste really good!

—NormaRae Arlidge via Facebook

My girls and I love Now for Kids.

—Kilisitina Finau via Facebook

Completely felt my energy levels change as soon as I started taking NOW and Innergize! in the morning. I have been mixing them with frozen berries and love it.

—Racheal Quigley via Facebook

So easy to get your daily nutrition with Reliv shakes!

—Andrew Morrison via Facebook

Thanks to Reliv Innergize! for keeping me hydrated through another training session.

—Jonathan Jackson via Twitter

I just love Reliv. It has transformed my life.

—Helena Farrelly via Twitter

My Reliv shakes give me all the good stuff my body needs to perform and recover at my best!

—Josh Maisey via Twitter

Visit our Facebook page, Reliv Australia and New Zealand. This will be the first place we'll be communicating special events, recognition, webinar invites, product updates and a whole lot more. Keep up to date with what's happening at Reliv ANZ by 'liking' our page and don't be shy, feel free to make a comment. **We want to hear from you!**

New Year, New Aspirations

We are now into a new year, with many of us implementing new goals, making the necessary changes and putting them into action. The first few months of the year is the time many of us look to make a decisive change, to accomplish something new. Many of us seek to improve aspects of our lives such as our lifestyle, health and financial situation—and look at various way to make this happen.

Reliv enhances your health and lifestyle; it's a way to improve your finances and to help your friends and family do the same. Everyone is looking for the answer of how to keep healthy and how to make more money. Reliv, with our Mission to "Nourish Our World" in Body, Mind and Spirit, could be just the answer you're looking for.

Our Reliv corporate team strives to make this mission achievable for anyone who has these similar goals in mind or wanting to explore a new business opportunity:

- Provides a home based business opportunity that fits around your priorities with an unlimited earning potential
- Providing a unique product line with the highest-quality ingredients to optimize health
- A proven compensation plan designed to earn residual income and recognition
- A charitable foundation that provides quality nutrition and new hope to thousands of people around the world

My team and I are committed to providing all the key tools necessary to support those of you who are ready to make a positive change in your life and to start or grow a unique business! We have an opportunity that can help you take control of your life, that you can believe in and be proud of, a business that is changing people's lives. Make your dreams happen in 2016 – we'll be with you every step of the way!

Reliv Offers what people seek - money and health. It's what we do



R. Scott Montgomery
President of Reliv Asia Pacific



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Designed to Move

By Certified Group Fitness Instructor, Personal Trainer and Sports Nutritionist
Angie Janes, M.Ed., M.A.

The National Physical Activity Guidelines for adults state that Australian adults should do at least 30 minutes of moderate-intensity, physical activity on most days. However, according to the Australian Institute of Health and Welfare only 43% of Australian adults actually met the “sufficiently active” threshold. How did we become so sedentary?


From a technological perspective, we have re-engineered our home, school, work and social environments to minimize movement and consequently encourage inactivity. Slowly, but surely, we have arrived at a daily routine that involves hardly ANY physical activity — intentional or non-intentional. The World Health Organization (WHO) asserts that physical inactivity constitutes the fourth leading cause of death globally. We are now reaping the consequences of not moving our bodies.

We are not plants! The human body NEEDS to move!

Activity is an essential part of ANY healthy lifestyle and weight management plan, but for more reasons than just burning extra calories. Improved mood, better sleep and disease prevention are all advantages of moving more. There are also additional hidden benefits of physical activity that occur at the cellular level such as improved hormone regulation, metabolic efficiency, epigenetic regulation and anti-oxidant response.

Just like diet, there is no specific exercise plan that works for everybody. We all need to incorporate more activity into our “daily” routines (e.g. take the stairs vs. the elevator or park farther away), as well as regularly participate in structured activities that include cardiovascular, strength and flexibility training to promote functional fitness.

The purpose of functional fitness is to build a body capable of doing real-life activities in real life positions and consequently promote successful aging. Exercise should be moderately challenging, but also needs to be enjoyable for YOU! Take a Zumba dance class, go hiking, skipping or bounce on a trampoline. Try kayaking, Pilates or swimming. If you don't enjoy it, you won't stick with it, but be sure to give yourself time to adjust to new workouts. You may not enjoy yoga the first time, but after a few sessions, you might change your mind. Consistency and variety are essential. Change up the intensity, frequency and duration of workouts to prevent boredom and training adaptations that limit results.



Intentional exercise programs that focus on functional fitness should incorporate strength, cardiovascular training and flexibility. Some workouts, like circuit training, may combine the elements (strength and cardio) while other exercises may be more specific (running is generally cardio). Pilates is an example of a workout that combines strength and flexibility.

Strength training (2-3 times per week) As we age we tend to lose lean muscle mass, which is a condition known as sarcopenia. Resistance training helps maintain and combat the loss of muscle mass by increasing muscular fitness. As strength training builds lean muscle mass, resting metabolic rate also increases, which allows you to burn more calories without even trying. This form of training can prevent osteoporosis by promoting bone density. Regular resistance training can also decrease the risk of heart disease by lowering body fat, decreasing blood pressure and improving cholesterol levels.

Resistance training can be accomplished with traditional free weights and dumbbells, weight machines, elastic tubing, medicine balls or even common household products like milk jugs filled with sand or soup cans.

Cardiovascular training (3-4 times per week)

Cardiovascular activity is any kind of activity that increases the work of the heart and lungs. Running, walking, dancing, swimming, elliptical, cross-training, biking, Stairmaster, and rowing are aerobic activities that burn calories, as well as promote health with the following benefits:

- **Lowers blood pressure**
- **Enhances immunity**
- **Improves cholesterol levels**
- **Boosts mood**
- **Strengthens heart**
- **Reduces risk of chronic disease**

Flexibility (1-2 times per week)

Stretching can help improve flexibility, and consequently, the range of motion in your joints. Better flexibility may improve your performance in physical activities and decrease your risk of injuries by helping your joints move through their full range of motion. Stretching also increases blood flow to the muscles and improves balance. Yoga and Pilates are two forms of flexibility training that also build muscular strength.

Starting a fitness program may be one of the best things you can do for your health. Don't be afraid to ask for help when getting started. Many resources are available in your community, including gyms, boot camps and yoga/pilates studios. These facilities have beginner programs, as well as personal trainers who can help you set goals and design a safe and realistic workout program specifically for you. Individual workouts and home workouts are time-saving alternatives, but you will need to educate yourself on how to get started. There are hundreds of online resources, fitness forums, videos and blogs, so heed advice cautiously.

Physical activity is an important step towards achieving optimal health, but nutrition is also a critical part of the equation. Your body needs quality fuel to support your energy demands, lean muscle development and recovery. Reliv's LunaRich X contains lunasin, which is a natural anti-inflammatory and anti-oxidant that can promote a quicker recovery after tough workouts.

It's time to
get started.
Put down the
magazine and
let's get moving!



According to the Australian Bureau of Statistics, 63% of the Australian adult population is overweight. That's 11.2 million people! A study by the University of Otago found that of the New Zealand adult population, 66% are overweight.

helpful weight loss hints

Sticking to a weight loss goal is never easy, and keeping the weight off once you've lost it can be an even bigger challenge. Living a healthy life means eating right, exercising and taking care of ourselves. It requires being healthy in body, mind and spirit. For results to be seen, changes must first be made:





focus on better choices

Set Tangible Goals. Start by setting a realistic goal. If you've never set a weight loss goal or if you have a lot of weight to lose, it's easiest to set a 3 month or a 12 week goal. That gives you ample time to turn your life around, by creating a lifestyle of eating better and moving more.

Something to Talk About. Tell someone about your goal. Unless you have someone to cheer you on or be accountable to, it might get tempting to abandon the thought of trying altogether. By joining Reliv's Shape Up with ReShape program, you'll have someone there to check in with you, send you healthy living tips and keep you accountable through your weight-loss journey.

Plan Your Day. If you fail to plan, you plan to fail. By planning your days in advance, it will help you create a routine that fits your lifestyle and supports your goals. Go shopping over the weekends and choose some healthy snack options for the week ahead. Setting aside time out of your day to move more will stop you from coming up with excuses not to.

Limit Temptation. Buy healthy foods and plan great tasting meals. Limit temptation by removing unhealthy foods and snacks from your home including soft drinks.

Move More Each Day. We understand life is busy, but you will need to start moving more. To lose weight, it's as simple as burning more calories than you take in. Choose activities that suit your lifestyle. Consider your budget, physical abilities and amount of free time. If you're a fan of group exercise, find a new class to take and make some new friends. Variety will keep you from getting bored and a workout buddy will keep you accountable! When you order your Shape Up pack, you'll receive a guidebook with even more exercise suggestions.

Reinforce Yourself. If you're the kind of person who responds well to positive reinforcement, place a photo of yourself from when you looked your best in a prominent place as a reminder of your goal. If you're more encouraged by negative reinforcement, use a photo that reminds you of how far you've come or how far you have yet to go.

Stay Social but Do Your Homework. Before you go out to eat, check to see if the restaurant has a nutritional guide online. Many restaurants offer up the ingredients and nutritional content of their food. If your friends are kicking around ideas for where to eat, don't be afraid to offer up a healthy suggestion up front. You'll be less likely to get stuck eating somewhere that doesn't have many healthy options.

Shake it Up! Join the Shape Up program and add ReShape and LunaRichX to your daily regimen. ReShape is full of the protein, vitamins, minerals and antioxidants your body requires to be in great shape! LunaRichX accelerates the benefits. Just add water and shake to get a creamy drink that will replace any meal of your choice!



Shape up with

make the decision to do something
great for yourself and your health

reshape



Start your transformation today with the Reshape Weight Management Program

Reach your weight loss goals with ReShape combined with LunaRich X, a sensible balanced diet and exercise!

Carla lost 11.2kgs in 12 weeks:

I was binge eating like crazy and starting to lose hope of ever losing this excess weight and fitting into nice clothes. The Shape Up with ReShape program was exactly what I needed to get 'in the zone'. It came at the perfect time and because the shakes and LunaRichX gave me heaps of energy, I could exercise without finding excuses. Having someone monitor your weight loss and check on the results was the best part of it; it's what kept me motivated.



Georgie lost 8.6kgs in 12 weeks:

In the past, it's been a struggle to lose weight. I lacked the time to go and buy all the food and to prepare a separate meal to my family. The program has allowed me to save money because I'm not buying lunches and I'm not constantly thinking about what I'm going to eat next. People are starting to notice now and I have had to buy some new jeans in a smaller size. The text message support and Facebook reminders were really encouraging, and knowing there were other people doing the program was really helpful too.



Luis lost 14.4kgs in 12 weeks:

My experience on the program has been rewarding, encouraging and inspiring. Some of my work shirts and t-shirts look almost borrowed, and I can now fit into clothes I thought I would have to give away. I couldn't be happier with the results and the decision to participate in the program.



Nature and Nurture

Everyone has genetic predispositions, those things that “run in the family.” For many this is a list of conditions such as obesity, heart disease, diabetes and arthritis. Sound familiar? Epigenetics brings a positive perspective to the fear and uncertainty that comes from checking all those boxes on a health history form. We now know that healthy lifestyle choices have the power to influence and even override our faulty genetic codes.

Families pass on both DNA and lifestyle habits that serve as epigenetic signals to that DNA. Nutritional choices, exercise, stress management and environmental exposures all influence whether genes get turned on or remain silent. While epigenetic marks are reversible (e.g. activated genes can be deactivated), healthy habits that start early in life can prevent negative genes from ever being activated in the first place.

The Earlier, the Better

Child development experts and medical professionals agree that healthy lifestyle habits are learned behaviours most strongly influenced by the family. Researchers also concur that nutritional habits established in infancy and childhood set the stage for a lifetime of dietary patterns.

A recent CDC report, for example, highlights the importance of eating practices in the first year of life. When children drink sugar-sweetened beverages during the first 12 months, this doubles the odds they will drink those beverages at age six. And limited fruit and vegetable consumption in the first year leads to limited fruits and vegetables at age six.

Making Health a Family Priority

Dietary preferences aren't the only behaviours from home that carry over into adulthood with lingering epigenetic effects. Stress management, sleep patterns and exercise are all influenced by family culture.

Work, social activities, media and electronics compete for time that could be spent planning and preparing meals, engaging in physical activity or getting sufficient rest. Parents today work an average of three hours more per week than they did in the 1960s. That can mean the difference between home-cooked meals and visits to the drive-through

Statistics show that 27% of Australian children aged 5-17 are overweight or obese, while 33% of New Zealand children aged 2-14 years are overweight or obese. According to the NSW Ministry of Health, on average, only about a quarter of children aged between 5 and 15 years do at least 60 minutes of moderate to vigorous physical activity each day. Regular physical activity is an important part of getting healthy and staying healthy. Encouraging kids and teens to be active from a young age sets good habits early on and helps them develop the skills they need to stay active throughout their lives.



epigen all in the

Create a new family health history with



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

etics:
family

good habits to last a lifetime

Top 10 Family Health Tips

Raising healthy kids today can feel like climbing Mt. Everest. But it can be done! It all starts when you embrace health as a family.

- 1} **Be a good role model.** You don't have to be perfect, but if kids see you trying to eat right and exercise, they will take notice.
- 2} **Get the family moving together.** Take walks, ride bikes, go swimming, garden or just play hide-and-seek outside. Everyone will benefit from the exercise and time together.
- 3} **Limit TV, video games and computer time.** These habits encourage a sedentary lifestyle and contribute to excessive snacking.
- 4} **Encourage physical activities that they enjoy.** Let your child experience different activities. Be creative and incorporate exercise into everyday situations.
- 5} **Pick truly rewarding rewards.** Resist the urge to reward kids with TV, video games, candy or snacks.
- 6} **Make dinnertime a family time.** Get your kids involved in cooking and planning meals. No TV or portable media devices during dinner (that includes YOUR phone).
- 7} **Make a game of reading food labels.** The whole family will become more conscious of what they eat — a habit that can change behaviour for a lifetime.
- 8} **Make healthy food choices easy.** Save countertops, front-of-fridge and lower shelves for fruits, vegetables and healthy snacks. Provide a variety of choices. You might be surprised at what they like!
- 9} **Limit sugary beverages.** Beware of sugar-laden drinks marketed as juice beverages. Check the ingredient labels and serving sizes.
- 10} **Stay involved.** Be an advocate for healthier children. Insist on good food choices at school and other social settings.

Healthy families don't happen overnight, so set realistic goals when adopting new behaviours. Pick one strategy and allow time for kids to adjust. Small steps and gradual changes can make a big difference in your health over time and in the health of your kids over their lifetime!

Give Your Kids a Healthy Head Start

Optimal nutrition promotes healthy growth, cognitive development and strong immunity during childhood — and reduces the risk of health problems later in life. Reliv Now® for Kids with LunaRich® is specially formulated to provide the vitamins, minerals and micronutrients growing bodies need to thrive, plus advanced ingredients for added benefits.



TOOLS *you can use to bu*



All-New Brochures

Reliv offers a Product Catalogue, Opportunity Brochure, ReShape Brochure and Getting Started Guide with fresh new looks. These are now available for purchase or download on the Reliv website. Get your copies today and share what Reliv's leading-edge nutrition and business opportunity can do for others. Just log in to the Distributor Portal on the Reliv website and click the "Business Tools" tab.



Stay "in-the-know" with the Reliv Training Page

The Reliv Training Page is updated each week with new content for you to access and share. View the latest webinars for tips on how to grow your business. Also, hear from extraordinary Reliv Leaders by downloading the Reliv Asia Pacific Leader's Podcast, available every third Friday of the month. There's also a library of health, business and personal development blogs to keep you informed. All these materials are for you to share and help you take your Reliv business to the Next Level!

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- 1 Download the file to your computer first (Download Video)
- 2 Connect your device to your computer
- 3 Transfer/save the file to your device

(iPhones and iPads must go through iTunes)



Build your business & enjoy travel rewards with Reliv

don't just live. **reliv.**

Stephanie Semmens | Hometown: Loxton, SA

After I started my Reliv business I noticed that everything was coming together. All I did was revisit people, talk to new people about Reliv and before I knew it I'd won Bali and in the next month I was the first person to qualify for Phuket and the trip to the United States topped it off!

May Copland | Hometown: Glenfield, Auckland

Reliv has made a huge difference in my life. When I first got involved, I had two children and a little house and I was wondering how to make ends meet as a solo mother. I now have 13 properties in Auckland and I make money from my Reliv business that I can put into my properties. I can tell you, my life is wonderful!

Lynne Culph | Hometown: Forest Hills, VIC

The cheques kept coming in and they were getting bigger and bigger. The bonuses were coming — \$2,000 here and \$3,000 there. It was when I received a \$10,000 bonus and a trip for two to London, with a side trip to Ireland, that was my defining moment. Thailand was my 57th country that I've visited within nine years. What Reliv has done for me is it's given me choices in my life that I didn't have before. The best thing though, aside from the income, is the thank you cards and the flowers I receive when people say, "Thank you Lynne. You've changed my life!"

Lorna Antonio | Hometown: Blair Athol, NSW

The Reliv business has made life more meaningful and richer, as more and more people experience the unique power of Reliv's patented nutritional products. Nothing can be more satisfying than becoming the necessary change this world desperately needs, and get rewarded for it.

Judy King | Hometown: Smithton, TAS

I joined Reliv because most of the time I was working hard, stressed and rundown with no energy. Since starting on Reliv, my energy levels have increased. I've earned an income every month and earned a reward trip to sunny Phuket!

Jim & Shirley Seabrook | Hometown: Leongatha, VIC

We joined Reliv 21 years ago. Our life was pretty miserable at the time; we were broke with six children and going nowhere financially. We had poor health so the first thing we did with Reliv was get our health back and now we've built an international business. Now in nine countries and earning trips to Phuket, Bali and the United States, it has helped us build our business even bigger. With the money that we've earned with Reliv, which has been well over \$1 million now, we've been able to take the trips of our lifetime!

Making YOUR Reliv Business STRONGER

By Reliv Asia Pacific Sales Manager **Bernie Birch**

THERE IS ONE SURE-FIRE WAY TO MAKE YOUR RELIV BUSINESS STRONGER — SPONSORING. IT'S THE LIFEblood OF ANY NETWORK MARKETING BUSINESS AND THERE ARE SIMPLE STEPS TO HELP YOU BECOME SUCCESSFUL AT THIS CRITICALLY IMPORTANT BUSINESS BUILDING ACTIVITY. I'VE BORROWED SOME IDEAS FROM OTHERS AND ADDED THEM TO WHAT I'VE LEARNED THROUGHOUT MY CAREER AND MY LIFE.

1 >>> KNOW YOUR WHY

This is one of the most powerful things you can do to assist in making your Reliv business a success. Take the time to really understand why you are doing the business. This is something that I truly believe and have trained on many times and I know that if you do this properly it will change the way you commit to your business.

Many top income producers in network marketing companies say knowing your WHY is very important because there is often a story behind the glory.

By undertaking this exercise you will give yourself every chance of increasing your sponsoring results:

- Always hand write every reason you are doing Reliv on a sheet of paper.
- Take your top three most important reasons and DIG even deeper.
- Ask yourself WHY this is very important to you.
- Then ask, "Why is that important?"
- Then ask, "Why is that important?"
- Find your CORE EMOTIONAL REASON WHY failure is not an option.

You'll know when you've hit the true core emotional reason because you'll actually feel the emotion. The first answer you give yourself is from your head. The deeper you delve by keep on asking why gets you closer and closer until you feel it in your heart. Then you know this is it!

- Write it down on a card and keep that card with you so you can read it over and over again — every day!

Always write any intentions you have by hand because it is simply more powerful. Research has shown that when you write by hand, you trigger thousands more neuron path ways in your brain than by just simply typing it on a computer. This is why writing things down is so much more powerful and by reading it regularly you benefit because whatever you focus on most of the time is what you get in life.

Always remember the reason why you are willing to pay any price to build your business.



2>>> USE PROVEN TOOLS

Check with your upline leaders to find the best, most effective tools you can use to present your business opportunity. Reliv offers great sponsoring tools such as the Mobile App, video presentations, the Presentation Booklet and online sign-up.

All of these are effective, but follow what your top earner upline is doing because for them to have that much success, they are doing something right.

In addition, make sure before you do your presentation, you have everything set up properly and review it a number of times as if you were the prospect. Understand all the options for getting started and how to sign someone up (sponsoring) after they view the presentation.

When you do ask your prospects questions, ask them the right questions. If you have no idea what to say, speak to your sponsor or upline Master Affiliate. The F.O.R.M. method works well. Everyone wants to talk about or has issues in one or more of these areas — Family, Occupation, Recreation, Money.

3>>> ASK FOR THEIR BUSINESS ALWAYS!

This is very important, always ask for them to join your business or, if they are not interested, for their business (buying products).

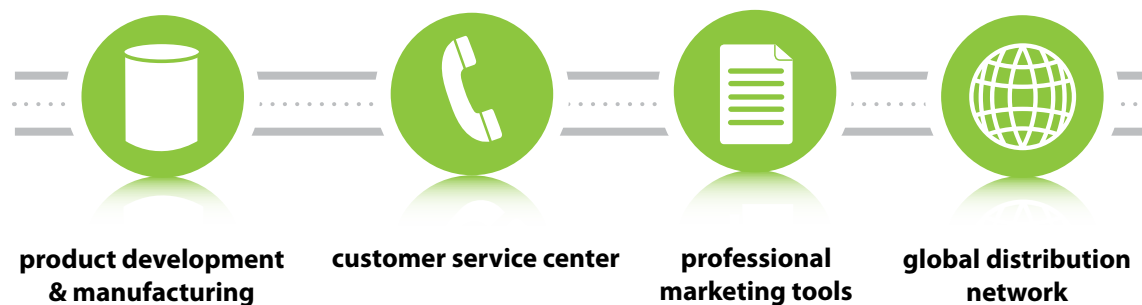
If they tell you “I want to think about it”. That’s okay, just schedule a time to get back with them or schedule a 3-way call with your upline leader to help answer any questions they might have - always leverage and edify your upline leaders!

The real challenge is you may doubt the process or doubt yourself. Reliv has a number of webinars on our training website that discusses how to overcome self-doubt. No matter how you look at it or even try to mix the puzzle pieces, building a network marketing business that is profitable is all about connecting with as many people as possible, guiding them into your simple business presentation and following up to collect a decision.

As Henry Ford said, “Whether you think you can, or you think you can’t, you’re right.”

Dollar\$ Make Sense With

How much would it take for you to be in a personal financial crisis? Almost half (46 per cent) of Australians say they are living 'pay-cheque to pay-cheque'. They have no emergency savings for things like a \$500 car repair bill. But you don't have to be a statistic; a plan that includes a Reliv income can set you on the path to financial security.



Create Cash Flow, Not Debt

Entrepreneurial success comes when you stop trading time for money, even just a little. Whether you're looking for part-time income to help make ends meet or ready to work your way out of a traditional job, starting your own business is a powerful step toward financial freedom. As your business grows, you gain independence — from unpaid bills, from limited resources and eventually from working for someone else.

The best part is that it's your business. You set your own schedule, you decide your business strategy and you decide how hard you want to work. Regardless of your personal goals for your business, one thing is certain: **you earn what you're worth, and there is no limit to how far you go.** No need to wait around for a boss to give you a raise — take action and make it happen!

But starting a business can be easier said than done. Traditionally it means finding a product, creating a business plan and developing the manufacturing, marketing tools and other operations. Of course, don't forget taking out big loans to make it all happen. Startup costs can bankrupt a new business before it even launches.

Reliv offers an alternative. From the moment you sign-up as a Reliv Distributor, you have the product, business plan, manufacturing, marketing and more already in place. With a minimal investment and something as simple as a spiral notebook, you're in business!

a Reliv Business



Give Yourself a Tax Break

There are many government incentives given to small businesses, and many of these tax benefits are meant for the business, not the employees. Starting a Reliv business can help you remove the yoke of losing up to 40% of your earned income to taxes. **You'll be able to take advantage of tax breaks that only apply to business owners.**

Because tax law allows for the deduction of business expenses, there are financial benefits of direct selling that you may not have considered. Anything you use to build your business, such as Internet access fees, printing costs and other home office needs, may be deductible. That includes mileage on your car and travel costs on business-related trips, like attending Reliv International Conference.

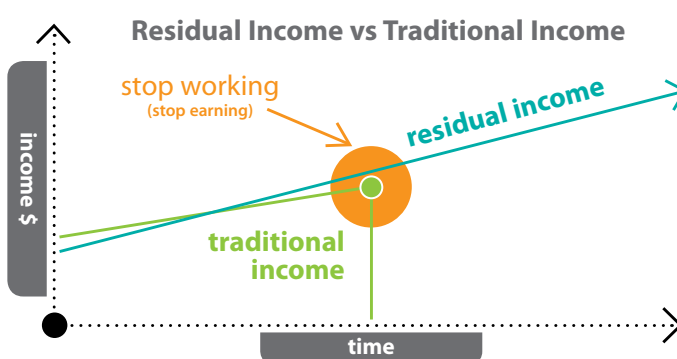
Talk to a tax expert to take full advantage of tax benefits associated with your business.

Ready for Steady Growth

In a traditional career, your pay is determined by your educational background, experience and the whims of your managers. You could spend years waiting for advancement because a position is currently occupied or your company structure isn't set up for promotion. These years of lost income can mean pushing off retirement until your finances are more secure.

With network marketing, on the other hand, you are not limited by circumstances beyond your control. Unlike a traditional job where your salary is your salary no matter how hard you work each day, a network marketing business pays you based entirely on your personal performance. **You work, you succeed, you get paid — in that order.**

Reliv takes it to a whole new level. Our advanced nutritional products are guaranteed, in demand and consumable. People who use Reliv products order them month after month, and you get paid with every purchase. So the work you do now can literally pay you for the rest of your life, and earnings accelerate as your business grows. That's called residual income, and it's the key to long-term financial security with Reliv.



In Business for Yourself, Not by Yourself

Starting a business can be scary. Reliv makes it easy: proven products, proven tools and a proven plan for success based on 27+ years of experience. Best of all, you'll have the support of your fellow Reliv Distributors — mentors who can share advice, contacts and business approaches that have worked for them. And we're always here at Reliv when you need us; just dial AU: 1800 066 186 NZ: 0800 908 882 to speak with a member of our friendly staff.

So what are you waiting for? Start earning what you're worth with Reliv.

When you think of the Reliv Kalogris Foundation, you might think of thousands of children fed through hundreds of feeding centers in nine countries around the world. While we are very proud of those numbers, we are proudest of the difference the RKF is making to the lives of each individual child, every one with a story uniquely his or her own.

Hailey is 5. She just graduated at the top of her kindergarten class at the RKF House in Cavite, Philippines, under the direction of **Sister Beth Perez** from Jesus King of Kings Lord of Lords Christian Feeding Ministry. Hailey used to live in the garbage dump in Cavite, where folks scratch through the garbage hoping to find recyclable goods to exchange for enough money to buy food for the day. When Hailey moved in with her grandmother, she was within walking distance of Sister Beth's school, where she now attends five days a week and drinks her Reliv Now® for Kids shake every morning.

Sister Beth is committed to serving kids just like Hailey, giving them a chance for an education, socialization and the dignity that each child deserves. Hailey is a star pupil and as ready for her next venture as any child in the Philippines. Thanks, Sister Beth! And congratulations, Hailey, on a job well done!

RKF IN ACTION: FROM THE DUMP TO THE HEAD OF THE CLASS



Carline

Cap Haitien, Haiti



Imagine you are one of 12 kids. Then imagine that all of your siblings, as well as your parents, are no longer alive. An earthquake, disease, hunger... all of them gone but you. You are alone. Where do you look for family?

That's the situation with the oldest "kid" in the Reliv Kalogris Foundation Children's Home in Cap Haitien, Haiti. Carline's story is one of despair, deprivation and displacement.

Her mother thought she was saving her daughter when she gave her to a friend who was going to take Carline to a family where she'd be safe and cared for. But as it turned out, she became the house slave for six years, before she ran away to the streets.

Eventually she ended up on the streets of Cap Haitien with a younger sister, and was discovered by a member of the committee from the Cathedral of Cap Haitien. This committee cares for street kids, feeding them a couple times a week and trying to get them into school and even a foster home if possible.

When the Children's Home was completed in 2011, Carline was one of the first to be brought into the home by the committee. In the Children's Home, she has food, a place to sleep, and a new family of brothers and sisters who love her and whom she loves as well. Now she attends school, but also attends to the needs of her younger "siblings." On any given day, she can be found cooking, cleaning, dressing smaller children, and just being the older sister/mum that she no longer had for herself. What she has lost in her own life, she provides for the other kids in the Home.

Carline is also quite the musician. On a recent Reliv-sponsored Papa Noel trip, a saxophone was delivered which will bring hours of delight to Carline and entertain the rest of the residents. Because of the compassion of Reliv Distributors who continue to support the Foundation, Carline and the others have the opportunity for a good life filled with caring people.



Brix

Philippines

Brix was a severely malnourished child who has recovered after six weeks of receiving Reliv Now for Kids under the supervision of Beth Perez in Cavite City, Philippines.

Brix is just one and a half years old. There are eight in the family and Brix is the youngest, with his mother expecting their ninth child. His father is a farmer, planting bananas and pineapples and his mother is a scavenger. Pictured above is his mother carrying Brix's brother who is also severely malnourished.

Both parents are very cooperative and have followed Beth's instructions regarding how Reliv products should be taken by Brix to experience the best results. His skin and eyes are bright and the weight gained is truly amazing. He now runs when before he could barely stand.



Name: Gwen McNaught

Hometown: Perth, WA

Reliv Regimen: Reliv Now, A-affect, FibRestore, ReShape, ReversAge and Innergize!

Something Missing: When a friend introduced me to Reliv 23 years ago, I thought I was fit and healthy. However, once I started enjoying the Reliv products, it was so noticeable that I had more energy and no longer had sugar cravings for cakes and chocolates. People around me wanted Reliv too.

Being Well and Living Well: Every day I enjoy the goodness of a Reliv Now, A-Affect, FibRestore, ReversAge and Innergize shake, which helps maintain my good health and gives me ongoing energy throughout the day. I also replace an occasional meal with ReShape or have it in the afternoon instead of snacking.

Travel: I love to travel and Reliv has given me the mobility, energy and income opportunities to do so whenever I choose. Flying over Cape York Peninsula in a helicopter while on an air tour around outback Queensland was the highlight from my most recent trip!

Name: Moses Gonzales

Hometown: NSW

Reliv Regimen: Reliv Now

Unsatisfied: I have lived with sinus, breathing issues, and struggled with my weight for years. My life was far from healthy and satisfying. I did not know what I was missing, or what I had to look forward to until Reliv was introduced to me.

Taking Control: Through consistent consumption of Reliv nutrition and participating in regular exercise, I've been able to take full control over my health. I have noticeably more energy, am sleeping through the night and my overall wellbeing and outlook on life has improved.

Gift of Good Health: Because a good friend cared enough about my health to share Reliv with me, I know this is also what I want to do as a business. I share my story with new people wherever I go in order to inspire others to take control of their own health.

Name: Howard Trenorden

Hometown: Ridgehaven, SA

Reliv Regimen: Reliv Now, Innergize!

A Reliv meeting: I was first introduced to Reliv while on holiday in Victoria, in 1997. The person who told me about Reliv invited my wife Barbara and I to try the products and attend a Reliv meeting. We were impressed by the meeting, particularly the testimonies about the products and business opportunity that it created. So we decided to sign up as Distributors.

Maintained Health: To this day, I have 2 scoops of Reliv Now, and 2 scoops of Innergize! daily. My health is great and many people I meet can't believe that I am 75, going on 76.

Staying Busy: At our age, Barbara and I still manage to go dancing a couple of times a month. I am a member of a charity singing group which keeps me busy on average twice a week and the money we raise goes to our local Modbury Hospital. I also deliver meals for Meals on Wheels once a week, which I love doing. I have no plans to slow down so I will be enjoying Reliv daily, for the rest of my life.

Name: Jan Wright

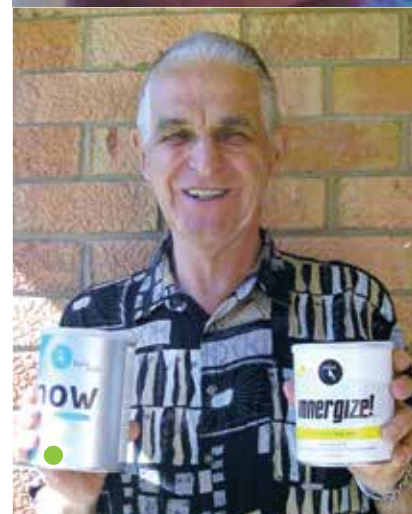
Hometown: Bracken Ridge, QLD

Reliv Regimen: Reliv Now, LunaRich X Capsules, ReShape, A-affect, Innergize!

Constant Headaches: I have been a headache sufferer since I was 7 years old, so for nearly 37 years. When they started, it was only once every 4 – 6 weeks and then progressed to several per week. I also had joint health issues. My joints were swelling and I experienced a lot of discomfort. My health rapidly declined as the headaches took over. I found that there was more and more of my life that I couldn't live because of them, but I was determined to do something about it.

Introduced to Reliv: In early 2013, I heard about Reliv and started consuming Reliv nutrition. The results were amazing. I started sleeping better and experienced improvement in my general wellbeing.

Living Life Again: Today I feel great. My doctor is very pleased with my proactive lifestyle as am I. I will continue to take Reliv nutrition every day, as I now have my active life back.





Name: Peter Couttie

Hometown: Portland, VIC

Reliv Regimen: Reliv Now, FibRestore, Innergize!

Bike Accident: In 2000, at age 70, I was training for the world Triathlon Championships when a car knocked me off my racing bike. He hit me at a speed of about 100 K/H. The surgeon said I should have been worse off, but my body was strong enough to repair itself. I was in intensive care for three weeks and out of hospital in another three weeks.

Recovery: The accident damaged my last three lumbar vertebrae and tilted the pelvis so that gradually, I had to stop running. Prior to my accident, I had been consuming Reliv nutrition for 5 years and was in great shape. Although I couldn't run, I continued to compete in cycling and swimming, and found the Reliv products helped with my recovery after training.

Winning Gold: I have been overseas many times, first with the Australian Masters Track and Field team, then with the triathlon team. In August 2015, I travelled to Kazan, in Eastern Russia, to compete in the World Championships where I won 3 gold medals, 1 silver, and one 4th place. Reliv has been part of my wellness regimen for over 20 years and I wouldn't be without it.

Name: Jonathan Jackson

Hometown: Auckland, New Zealand

Regimen: Reliv Now, Innergize!

Confidence in my Health:

Competing in track and field, middle distance running, with distances from 1500m to 10kms, consistent training is important. It's meant a lot to me to have confidence in my health, knowing I'm giving my body all it needs with the best nourishment possible. I've used other supplements before, however Reliv nutrition is simple and effective.

Boston Marathon: Recently qualifying for the 2016 Boston Marathon is a very exciting step to take in my marathon career, which will enable me to progress my time and performance on an international stage. One of my biggest dreams is to tick off all six of the Majors, so Boston is the first rung on that ladder.

Powered by Reliv: Innergize! and Reliv Now give me the fuel and nutrition I need to recover and restore my body from the beating that an elite marathon training regime entails.

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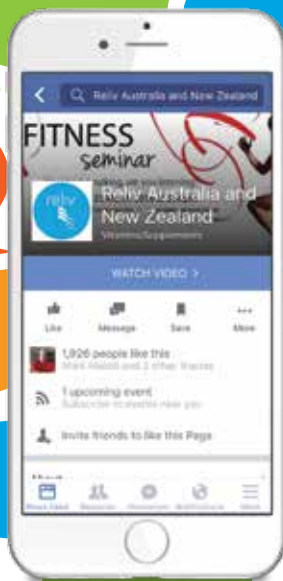
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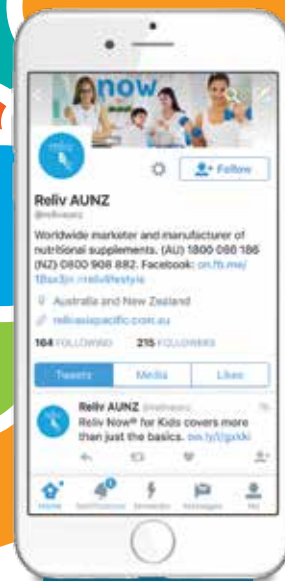
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