

European spring/summer 2019  
[reliv.co.uk](http://reliv.co.uk) [ie.reliv.com](http://ie.reliv.com)

# lifestyle



## ESCAPE TO *Sicily*



# hello.

What is the rest of 2019 going to be like for you? I don't know what goals and targets you have set for yourself and by the time you read this, hopefully you will be on track to achieving your goals. Some of you will have set out with the best intentions but "stuff" will have got in the way and old habits will have come back. Our targets will have faded into the background and we might find ourselves on course to have a year that will be the same as previous years! It makes me smile that most people set themselves "New Year Resolutions" at the beginning of each year and the majority of us have given up on those resolutions by mid-February.

Why don't we make "New Day Resolutions" instead? Wherever you are in accomplishing your goals for 2019, every day is a new day and a chance to work towards those dreams and aspirations. Reliv is an opportunity company. It serves an opportunity that offers hope, improved wellbeing, a better lifestyle and massive personal development which is priceless. But it is an opportunity that only manifests into reality if we work and do something every day. Some days we will make great strides while other days it will feel like we have made little or no progress whatsoever. That for me is the truth of Reliv. It's like life, we have good days and bad days but each day is a new start.

I love Reliv and I especially love the Distributors that I work with here in Reliv Europe. I have good and bad days just like you but I know and appreciate that each new day is a new start and I can work towards the goals I have set no matter what happened yesterday! Failure cannot live with the determination to succeed. I want to encourage each and every one of us to develop that determination to succeed to whatever level you want for yourself with Reliv.

The team at Reliv Europe Head Office is here to help you and I will always personally encourage you when things get tough. I will help you where I can and be the first to applaud you as you hit those goals. But the other important element of the Reliv opportunity is that your success is decided by you. Let's have a great 2019 and whatever happens each day, above all else, never give up on yourself and don't let anyone or anything steal your dreams.

Proud to work with you!

Eric.



Eric Vill



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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.

# ESCAPE TO *Sicily*

In August 2018, Reliv Europe took over the beautiful island of Sicily with our biggest ever trip! Over the first 6 months of the year, we ran a promotion where Distributors could earn a 3, 4 or 5 night stay at the incredible 4\* Four Points by Sheraton Catania Hotel.

Here are the experiences of some of the Distributors who earned their place on our Escape to Sicily trip!



As a reward for advancing to Senior Director and sponsoring new Distributors, we were lucky enough to earn the Sicily trip.

We spent 3 memorable days in a stunning location with Distributors from all over Europe. We shared this trip with Nadine & Christophe Aignel who are part of our team and we were also able to extend our visit and spend some time with our children and friends who live in Sicily.

It was one of the best holidays we've had and it'll stay in our hearts for a very long time.

**BÉATRICE & ALAIN LE FAUCHEUR** 

When the Escape to Sicily promotion was launched, the destination appealed to me straight away as I had been there on holiday with my family. My husband Christophe loves the island so of course I wanted to earn my place on this trip — it was a challenge not to be missed!

Once we landed in Sicily, we were driven to a magnificent hotel right on the seafront in glorious sunshine. We discovered this beautiful swimming pool merging with the skyline and an entrance to a private beach leading to the sea. We dined al fresco on the sea front, had an excursion in a 4x4 around Mount Etna before hiking up there and then to our delight, we saw the spectacular Ice Cave equipped with our helmets (although some of us still managed to bang our heads!)

On the last night of the trip we had an amazing BBQ just for Reliv with our own chef on the beach — it was an unforgettable night! Chatting with our Austrian and German friends allowed us to really get to know each other and laugh with people that we hadn't even known 3 days before.

We had such fun and continue to have fond memories of this trip!

**NADINE AIGNEL** 

Our first Reliv trip was 5 glorious days on the sunny, volcanic island of Sicily! Our adventure began when our chauffeur picked us up from the airport and took us to the hotel which provided an excellent starting point for 2 of the highlights of our trip: the cooking class and the excursion to Mount Etna.

On the second day, we started our cooking class with a trip to the local market. We then hand-picked vegetables and herbs for our menu in the hotel's own garden. In the kitchen, we were each given a task by our chef, Saverio Piaca, and after 3 hours of hard work, a table was laid out with a selection of 6 different dishes! It was pure bliss to eat these delicacies.

Our excursion to Mount Etna really made the trip special. When we arrived, we saw cooled lava, visited a cave and explored the area and panoramic views with a guide.

Sicily was an amazing journey with wonderful people, organised and financed by a company that really appreciates its Distributors.

**ANETA & WALDEMAR KWISDORF** 



I will always remember Sicily fondly. It was such a wonderful trip and organised with great attention to detail which is something that Reliv does very well.

Our first activity was a visit to the fish market in Catania. The hotel's 5-star chef, Saverio, introduced us to the market where we also enjoyed a lovely breakfast and Sicilian drink. We then visited Saverio's orchard which gave us a taste of paradise! We then went to the kitchen and had an exclusive cooking class with the master chef himself. As a reward, the previously prepared dishes were served splendidly. The trip to Mount Etna was also very impressive and the landscape was breathtaking! The excursion to the gorges of Alcantara was also very impressive.

On the last night, there was a farewell party where in addition to great music played by a DJ, Saverio cooked us a wonderful meal. We had so much fun and got to know each other better.

Thank you Reliv for this unforgettable journey. I am already looking forward to going on further trips with Reliv. Let's embrace this opportunity and tell the world about the wonderful and unique products Reliv has to offer. In return, you can enjoy once in a lifetime trips – Sicily was a dream come true!

**KIRSTIN ROSENZWEIG** 

I planned for 2018 to be about boosting my Reliv business and by working hard and consistently, I earned my place on the Escape to Sicily trip! I was so happy to go to this beautiful island. My husband and I earned 3 nights on this trip and were able to extend this to a week. I didn't have to organise anything – Reliv booked everything for us which I found amazing.

As soon as we landed in Sicily, a private chauffeur picked up my husband and I which was so enjoyable. The excursion to Mount Etna and the breathtaking Alcantara gorge was really interesting and fun! We took many beautiful memories away with us.

As an additional bonus to the trip, everyone received their own personal letter which included a group photo and souvenir. I have never experienced anything like this!

**HEDWIG LETTNER** 

I love to swim in the sea but unfortunately for financial reasons, we hadn't been able to afford a holiday by the sea for years. Thanks to Reliv, this big dream of mine became a reality and for my husband and I, this trip to Sicily was so special. A highlight for us was the jeep safari to Mount Etna where we discovered the beauties of the island. We were spoiled by all of the typical Sicilian delicacies and wine and on top of the time spent together with our friends, there was also time we could spend with just the two of us.

We were so grateful that everything was organised for us. It meant we could really enjoy every minute of our holiday. A big thank you to everyone who helped to make this trip an unforgettable experience. We are already looking forward to the next Reliv trip!

**SONJA BRANDSTETTER** 



See where you could be travelling to with Reliv Europe by visiting [reliv.co.uk/travel-with-reliv](http://reliv.co.uk/travel-with-reliv) or [ie.reliv.com/travel-with-reliv](http://ie.reliv.com/travel-with-reliv).



I can still recall the moment very clearly: I was in the office, checking my emails and opened one that said we had earned a Reliv trip to Sicily! It was amazing!

The trip was a dream come true. We explored the Italian coast in the sunshine and enjoyed the “dolce vita – sweet life”! The standout moment of our trip was when we travelled in a jeep to see Mount Etna. Another highlight was the beach party on the final day. It had been organised especially for us as a group and took place on a private beach. We had our own DJ, bar and a delicious BBQ — it was an amazing night. Thank you so much for this trip Reliv!

**ANGELA & KLAUS WIESNER** 

We were pleasantly surprised by the outstanding travel arrangements made for this trip as well as the stay itself. We spent 3 wonderful days at a prestigious oceanfront hotel in a pleasant setting accompanied by Reliv staff.

The highlight of our trip was the excursion to Mount Etna. We enjoyed exploring the beautiful, volcanic landscape with everyone. This tour definitely left us with a lasting impression. We also loved the delicious Sicilian cuisine and wine we experienced on the last night at the oceanfront party. This culinary delight under the open sky and sunset of Sicily ended this amazing experience in the most remarkable way.

We loved our first Reliv trip and we hope it is not our last!

**ANNA & JACEK FRYDRYZAK** 

We had an awesome time in Sicily and were immediately made to feel so comfortable. The highlights of this trip were the excursions that were very well organised and the culinary delights that we were able to experience. It did not feel like a company-organised trip — it was on a much friendlier level and we had so much fun!

What we thought was really special was the fact that you could extend the trip and the flights were arranged exactly how you wanted them to be by Reliv. We added 10 days onto our trip and saw so much more of the island.

A big thank you again to Eric Vill, Dominique Vill and Reliv Europe as a whole. It is definitely worth working for Reliv!

**ANETTE & DIETER METZ** 



# Running a Reliv business? There's an **app** for that.

By Director of Marketing **Erin Koch**

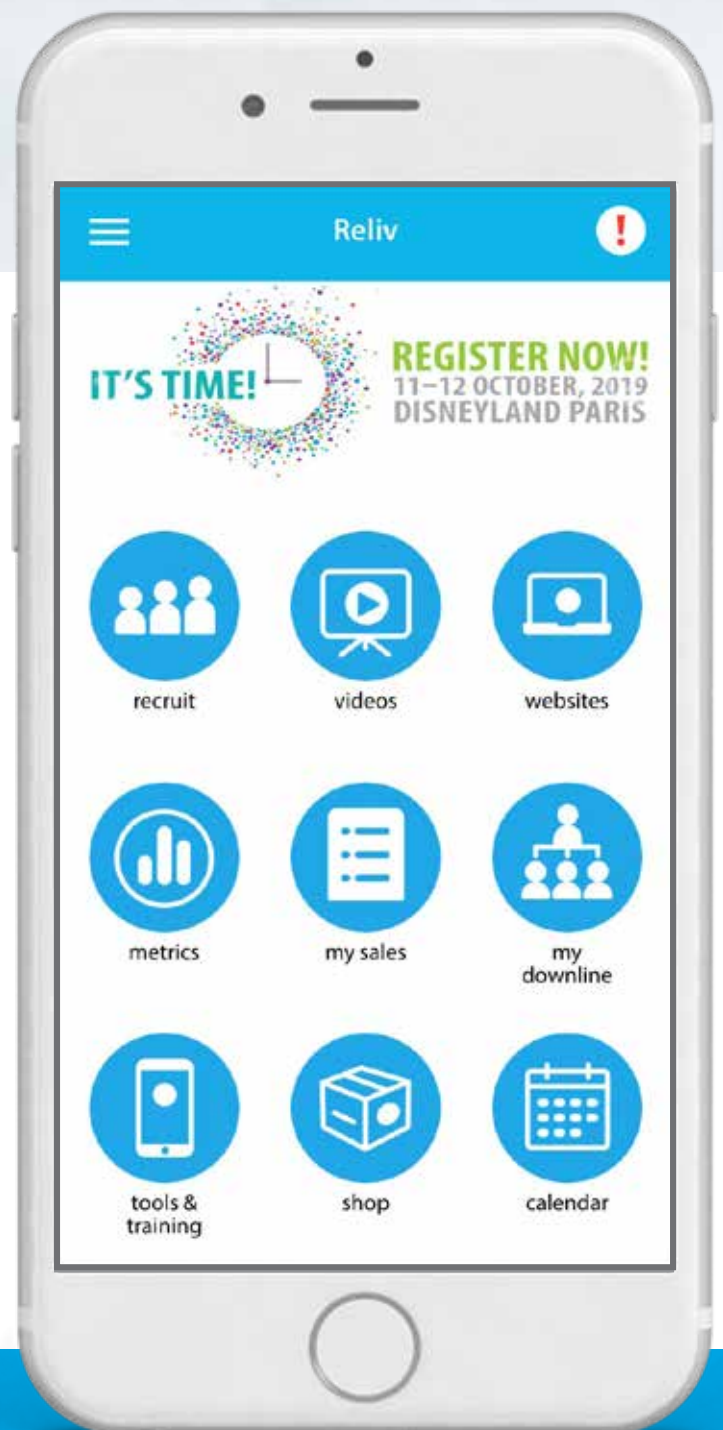
Never — and we mean never — in the history of Reliv has there been a better time to start your own business as an independent Distributor. Why? Because now running your Reliv empire is as easy as pushing a button on your smart phone.

“Partnering with Reliv to build your own business means that you must stay engaged with Reliv and all of the support, information, tools, notifications and updates provided to run your business effectively. We live in an information age and now with the mobile app, everything for your Reliv business will be at your fingertips. This is the most important and comprehensive tool ever created by Reliv to help Distributors build their business.”

**President, Ryan Montgomery**

“The app will help to facilitate the business so much. When people build an additional income with Reliv as a second job, they need fast and efficient tools to work on the go. It is the ultimate tool for a nomad business like Reliv.”

**Presidential Bronze Ambassador, Caroline Labourier**







## LET'S TAKE A TOUR!

On the home screen, you'll see everything you need to recruit new Distributors and customers, get the latest training and tools you need and have instant access to reports that will help you grow your cheque (and the cheques of your downline!) by leaps and bounds.



### Recruit

Now all of your recruits are conveniently stored in the app. Here you can view their activity, share a video or share a website. You can even filter leads based on their activities. This makes it so easy to follow up with them!



### Videos

Share, download or play a Reliv video with the push of a button! No internet connection is needed to download videos!



### Websites

Now you can easily visit all of your important Reliv websites from one place!



### Metrics

View your latest activity including requalification details, plus the amount of your last cheque. You can even track two months of sales data, including personal group volume, signups, rank advancements and more!



### My Sales

Here you can view your personal group sales orders. You can go back and forth between the current month and the previous month and even sort by order date.



### My Downline

Ever wished you had your downlines' information at the touch of a button? Now you can view your personal group and breakaway stats and see member details. You'll also be able to send a text, call or email them without leaving this screen. So convenient!



### Tools & Training

From the latest training videos and podcasts to important tools like the order calculator and price list, you'll find everything you need to help a new Distributor right here.



### Shop

Whether you're working with a customer, a new Distributor or want to place your own order, it's easy to shop for Reliv products!



### Calendar

Never miss another Reliv corporate event again!

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**Interested in trying out the Reliv mobile app?** New Distributors can try it out for free for the first 30 days after signup! After that, it's just £4.00 per month and you can cancel at any time. Visit [reliv.co.uk/join](http://reliv.co.uk/join) to signup as a Distributor and get started today.

**Already a Distributor?** Get the app now at [reliv.co.uk/p/app](http://reliv.co.uk/p/app). You can also get the mobile app when you purchase the Reliv Web Bundle! For only £10 a month you receive the Distributor Dashboard to track, manage and grow your business, plus a personal website and the new mobile app. Visit [reliv.co.uk/p/web-bundle](http://reliv.co.uk/p/web-bundle) to get it now!



# Personal ID

I believe that each person knows that they were created for something more. As Reliv Distributors, we can unleash this greatness through personal development. But firstly I would like to say what personal development is not. It is not a programme, theory or guru with a new method to help you feel good about yourself. It is not an amount of money in your bank account or your rank within Reliv. Personal development starts with knowing what you want to do, realising you will need help to do it, reaching out for that help and doing the work to see it happen.

I will use myself as an example. I am an American living in France and French is not my mother tongue, although I can speak it quite well. When I started Reliv, I realised that I needed to develop my skills in several areas, one of which was speaking in French on the telephone. I needed to learn how to tell my Reliv story in a minute and how to conduct 3-way calls. My upline is all American so I had to reach out to Reliv colleagues in France for help on phrasing certain ideas. I even found a business coach to help me with my French telephone etiquette. I knew I needed to master the phone to build my business. I reached out to several sources for help to get the elements I



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# Development in Reliv

By Senior Director, Shelby Hill

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needed to feel confident calling people. But the confidence only came when I picked up the phone and called people over and over again. Sometimes if I haven't called someone new for a while, that confidence will wane and I will need to do the work of calling again and again for it to come back. It's not glamorous but it is personal development.

Here's another example: the 1 minute story. For the talkative among us, the 60 second testimony is a real challenge and for the introverts among us, 1 minute can be excruciatingly long! But you know what you need to do: you must practise your story until it feels completely natural sharing it with people. You then need to reach out for help. My upline team helped me immensely with "being the authentic you" and my French colleagues helped me with "phrasing it to be effective in French." Reaching out for help demands humility which puts us in a position of learning. Am I too proud to ask for help? No, otherwise I can't expect the development I need to build my business. Am I too undisciplined to do the hidden work needed to create an income? There is a lot of work that never gets seen but it is essential in growing a stable business.

Do the Reliv maths:

**knowing what you want +  
getting the help you need x  
doing the work over and over again =**

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## Personal Development

So how can you begin your own development? Sit down with a member of your upline, tell them what you want to do and set a deadline. Maybe you are just starting and want to set appointments? Your team will help you to create your list and invite your friends to attend a Reliv meeting. How about reaching out to new people at meetings or through social media? Your team will give you the tools to touch others' lives. Set a number of new people to meet or call each week and you'll see new momentum grow. Put your actions in the same direction as your desire and you'll see results!




## RELIV EUROPEAN CONFERENCE RECAP

In 2018 we celebrated 30 amazing years of Reliv at Disneyland Paris for our annual conference. We had inspiring testimonials, motivational workshops and so much fun, especially at our 80s themed party!

Take a look at some of our favourite photos from the weekend and don't forget to contact Head Office now to get your tickets for the Reliv Europe 2019 Conference!







Sponsoring is an integral part of building your Reliv business and sharing the fantastic opportunity to others who could benefit from the Reliv lifestyle. But how do you get started in making sponsoring a priority in your business? Read why Reliv Europe Chairman, Eric Vill, feels that sponsoring is so important and how you can get started!

THE IMPORTANCE OF

Sponsoring

By Reliv Europe Chairman, Eric Vill



Over the past few months I have talked to a lot of people about making a decision and deciding exactly what you want to achieve with your Reliv business. A lot of people come into the business and drift along, enjoying the products, loving being around Reliv people and going to the meetings but they never really make the decision of what they want from the business and what they are going to have to learn and do to get there. If you don't know where you are going, you will never get there! Making that decision is the first step towards realising your "greatness" and whatever that decision, it's a good one.

It took me six months to make my decision when I was a Distributor in the industry but when I did, I suddenly had clarity of what I had to focus on. Up until then, I did "stuff," anything that made me feel like I was busy. With the help of my upline, I realised how important it was to not only sponsor new people into my business but to teach and encourage those people to sponsor and to teach and encourage their new people to do the same.

Once I made the decision, I realised that sponsoring was in fact the "life blood" of any networking business. It was my life blood because it gave me the fantastic opportunity to learn and grow as a person and it was through the life blood of sponsorship that the business grew. Think about it – by sponsoring others, you open yourself up to so many more opportunities of personal growth, personal income, business growth and making a difference in the lives of others. By coaching and encouraging others to sponsor, you open them up to the same opportunities and you help them to achieve their goals in life.

Sponsoring is the "elixir" of building a successful network marketing business. It is the essential ingredient. Sponsoring creates excitement, momentum and growth. Sponsoring creates challenges that, if you allow them to, will expand your knowledge and skills. By making the decision to start sponsoring, you have decided to go on a journey that I found exhilarating and I am sure you will too.

**GO ON, I DARE YOU! MAKE THAT DECISION TO BUILD YOURSELF AND HELP OTHERS TO BUILD A SUCCESSFUL RELIV BUSINESS. IT STARTS WITH THE DECISION, FOLLOWED BY STEP 2 WHICH IS TO GO INTO SPONSOR MODE AND STEP 3 WHICH IS HOLD ON TIGHT, IT'S GOING TO BE AN EXCITING JOURNEY!**

*See you all at the top!*



Here at Reliv we appreciate the importance of first impressions. Reliv business card holders bring instant credibility to any meeting, especially our Premium card holders available in some great colours: pink, green and black. You can also keep your tablet safe and promote the Reliv brand and your business with the Reliv iPad sleeve available in black, pink, green or blue.



When you're on the go, keep all of those important things for your next meeting together in the eco-friendly Reliv jute bag available in blue and green. For a touch of extra style, try the fashionable yet practical Reliv "Bling Bag" and sparkle!



# Image is Everything.

Promote your Reliv business and the Reliv brand in style! We have a range of clothing and accessories specifically designed with you in mind.







Have you seen our highly popular, super-cool Twist n' Lock Blender Bottle? It's beautifully ergonomic and comes with a BlenderBall® wire whisk for easy blending and Blenderbottle ProStak containers to store your favourite shakes so you can mix and enjoy anytime...everyone will want one!



We have stylish branded clothing with something for everyone! The men's and women's "Get Fit" t-shirts available in blue and pink and the Reliv women's "Get Fit" black vest will look perfect at the gym. You can also promote Reliv with a touch of glamour and get your hands on our exclusive Bling tops in a variety of eye-catching colours.



For a slightly more formal look, we have men's and women's shirts complete with the embroidered Reliv logo. If your look is more casual and comfortable, complete your ensemble with the Reliv unisex hoodie available in "go-with-everything" grey.

# Be the **Brand.**

Wherever or whatever your meeting, do it in style with the Reliv Accessories! Check out all of Reliv Europe's branded accessories by visiting [reliv.co.uk/reliv-gear](http://reliv.co.uk/reliv-gear) or [ie.reliv.com/reliv-gear](http://ie.reliv.com/reliv-gear).



# RELIV ATHLETIC

2019 IS PROVING TO BE AN  
EXCITING YEAR FOR THE RELIV ATHLETIC  
TEAM, WITH 3 NEW MEMBERS, LOTS OF  
FANTASTIC ACHIEVEMENTS ALREADY  
BEING FULFILLED AND  
MANY MORE GOALS STILL TO LOOK  
FORWARD TO!

LET US INTRODUCE YOU TO THE  
NEWEST MEMBERS OF OUR TEAM AND  
ALSO HEAR FROM SOME OF OUR EXISTING  
MEMBERS ABOUT WHY THEY LOVE BEING  
A PART OF RELIV ATHLETIC!



Lou Brouleau

**Country:** France

**Sport:** Tennis

**Reliv Regimen:** Reliv Now, Lunarich C, Innergize!, FibRestore

**How does it feel to be a part of Reliv Athletic?**

I'm proud to be a member of the Reliv Athletic team. Every day the Reliv products support me both as a tennis player and on a personal level. I love the responsiveness and simplicity of the Reliv Athletic programme. I'm happy that I can help to boost the profile of the team and in return, Reliv helps me with my work.

**What events do you have coming up over the next year?**

I'm hoping to play in as many tournaments as I can. I am also hoping that I can fit in a visit to the European Conference in October too but this depends on my tennis commitments!

**What is your main goal for the future?**

I want to really enjoy my sporting life, train constantly, progress comfortably through the rankings and simply play my best tennis. To play in the grand slams again would be my ultimate goal!

## Reliv Athletic's Newest Members...



Paul Piedelievre

**Country:** France

**Sport:** Golf

**Reliv Regimen:** Reliv Now, LunaRich C, Innergize!

**How does it feel to be a part of Reliv Athletic?**

I love being a part of Reliv Athletic! It's great to follow my dreams alongside other athletes who have the same kind of goals but in different sports. It's really interesting discussing the products with others in the team who are also trying to reach the top of their game.

**What events do you have coming up over the next year?**

I am moving up from the third division to the second division and will be participating in 4 European tournaments in France as part of the Challenge Tour.

**What is your main goal for the future?**

My aim is to play in the European first division as soon as possible, hopefully within the next 3 years.



Thomas Niflore

**Country:** France

**Sport:** Basketball

**Reliv Regimen:** Reliv Now, Innergize!, LunaRich C

**How does it feel to be a part of Reliv Athletic?**

I feel really good about being a part of Reliv Athletic! I'm very excited to be involved with this project and look forward to meeting the rest of the team. The experience I've had so far with the people I've been in contact with has been enjoyable and rewarding. I'm also really happy with the products.

**What events do you have coming up over the next year?**

I don't know all of the events that I will be taking part in yet this year, however I will definitely be participating in the France University Championship.

**What is your main goal for the future?**

My main objective is to improve my sporting performance, to make further progress and to take advantage of the Reliv products. I want to continue to increase my workload and improve my physical attributes.



Axel Kempf



Corentin Angot



Corné De Koning

**Country:** France

**Sport:** Kayaking

**Reliv Regimen:** Reliv Now, FibRestore, Innergize!

Working with Reliv Athletic has given me the chance to share my experiences with other athletes taking part in different sports but who share the same goals to progress and achieve at the highest level!

The nutrition that I get from the Reliv products has supported me in my performance and recovery.

This year my objective is to be selected for the Ocean Kayak World Championships (surf ski) which takes place in Quiberon, Brittany at the beginning of September.

**Country:** France

**Sport:** Archery

**Reliv Regimen:** Reliv Now, FibRestore, Innergize!, LunaRich C

I really love being a member of the Reliv Athletic team, it's such a huge support! It helps me with all elements of my sporting preparation; during my training sessions, competitions and in my daily life.

A few months ago, I had an accident which affected my neck and right shoulder which meant that I couldn't practise my sport for a while. Reliv supported me throughout my rehabilitation both with the products and personally.

Today I am able to train with total peace of mind. I am preparing for this season's competitions and the national championships. Further down the line, I hope to be a part of the national team!

**Country:** The Netherlands

**Sport:** Para-Rowing

**Reliv Regimen:** Reliv Now, FibRestore, Innergize!

For 5 years I have been part of the Reliv Athletic team. During this time I've had a lot of experience in racing and have competed at World Cups, World Championships and the 2016 Paralympic Games in Rio de Janeiro. I am currently multiple World Champion, part of the Dutch National Rowing Team and training to earn a place at the 2020 Paralympic Games in Tokyo.

I feel honoured to be a part of Reliv Athletic and to be supplied with the Reliv Products. The team is full of athletes that work hard to get to the top of their game. It feels great to be a part of this and I am thankful for the opportunity.

To find out more about all of the members of Reliv Athletic, visit [reliv.co.uk/reliv-athletic](http://reliv.co.uk/reliv-athletic) or [ie.reliv.com/reliv-athletic](http://ie.reliv.com/reliv-athletic).



Delfina Gaspari



Freddy Foray



Laura Gläsner

**Country:** France

**Sport:** Hockey

**Reliv Regimen:** Reliv Now, Innergize!

It is a great honour and opportunity to be a part of the Reliv Athletic team. I feel that Reliv really takes care of its athletes and listens to our thoughts and suggestions about what we need.

Last year, Reliv supported me in my recovery from an ankle injury. This year, Reliv will continue to support me with a strong physical programme given by the national team. The staff want us to focus on cardio and strength training, so we spend a lot of time running outside or working at the gym.

I'm glad that Reliv can help me to achieve my hockey goals for another year!

**Country:** France

**Sport:** Motorcycling

**Reliv Regimen:** Reliv Now, Innergize!, LunaRich C, FibRestore

Being a part of Reliv Athletic is like being part of a big family. What's even better is how much I enjoy taking the products. Since I've been involved with Reliv, I feel that that my sporting life and performance have improved and things have become easier.

My objectives this year are of course to be World Champion again and to win as many races as possible. I'm currently looking forward to the "24 Hours of Le Mans" competition!

**Country:** Germany

**Sport:** Athletics

**Reliv Regimen:** Reliv Now for Kids, Reliv Now, Innergize!

I have been an active member of the Reliv Athletic team for 5 years. During this time I have experienced many highs and lows in my sporting career, but Reliv has never doubted me.

Attending the Reliv Europe conferences have been great for connecting with others and sharing experiences, it's like a big family reunion.

This year, especially after a lengthy injury, I want to regain my old strength and compete again and I know that Reliv will be by my side!



# 4.4 million Shakes Strong

NOURISHMENT IN  
THE HEARTS AND HANDS  
OF THE MALNOURISHED

As Reliv customers and Distributors, we enjoy drinking our nutritional shakes and we understand first-hand that our products can be amazing and life changing.

But did you know that donations towards the Reliv Kalogris Foundation are supporting malnourished children around the world? Parents and teachers alike have expressed gratitude for this extra support for needy children. Reliv Now® for Kids contains essential ingredients such as Calcium, Vitamin D, Iron and Omega 3.

This year, 4.4 million Reliv Now for Kids shakes will be served to malnourished little ones around the globe! How is it possible to reach so many children?

Donors like you gift the Foundation with money which is then used to produce Reliv Now for Kids. The cases of product are shipped on pallets to our various international programmes. On the other end are volunteers who number in the hundreds: teachers, pastors, social service workers, parents — all of whom volunteer their time to mix and distribute shakes to anxiously waiting children. If the kids don't receive their morning shakes, they are disappointed, to say the least!

With your generous donations, these children will have hope for a better future!

Hundreds of individuals are served each year in the United States, Canada, Europe and Australia. Your donations and requests make this possible.

## 3 easy ways to Donate

1

Select the "Now We Can" Donation Pack next time you order product. It's a £45/€51 donation that earns you points and can go towards your PVQ.



Hundreds of individuals served each year in the United States, Canada, Europe & Australia. Your donations and requests make this possible.



## Philippines

**2.1 million** ice cold shakes will be put into the hands of little ones. Volunteers go the extra mile to bring large chunks of ice to add to their shakes to help alleviate the heat.



## Haiti

There are **1.7 million** shakes going into cups this year and the kids love to make sure they get every last bit of yummy shake from their cup.



## Malaysia Sri Lanka Cambodia

Here the children like their shakes frothy, so volunteers will take extra time to pour and pour again to get a frothy effect before handing out nearly **600,000** shakes a year.



Consider this tomorrow morning when you make your Reliv shake: more than 30,000 children from around the world are consuming the same high-quality nutrition that you are! If you have a moment of gratitude, maybe you'll want to pass it on and make it possible for the Reliv Kalogris Foundation to reach even more kids with Reliv nutrition by making a donation.

Did you know a child can receive a month's worth of Reliv Now for Kids for about £4.00/€4.50? It's a great feeling to know that you are getting quality nutrition into the bodies of little ones who need it the most. And even though they won't know your name, they'll know about you and your generosity and they will say, "Thank You!"

2

Donate in the shopping cart. There is a "Kalogris Donation" option for you to add a donation.

3

Find us on [facebook.com/relivkalogrisfoundation](https://www.facebook.com/relivkalogrisfoundation) and donate on our page as well as set up a fundraiser. It is safe and secure and available to anyone on Facebook.



# Treat Yourself With Reliv!

Add even more excitement to your Reliv shakes by trying our Reliv recipes below! Share your favourite recipes with us and be sure to use the hashtag #relivrecipe



## Go Green Smoothie

- 1 scoop Reliv Classic® or Reliv Now®
- 1 cup unsweetened almond milk
- 1 cup spinach
- 1/2 cup pear slices
- 1/2 cup frozen grapes
- 1/2 frozen banana



## Strawberry Kiwi Smoothie

- 1 scoop Innergize!® or Reliv Now®
- 1 cup coconut milk
- 1 frozen banana
- 1 kiwi
- 1 cup strawberries



## Blueberry Burst Shake

- 1 scoop Reliv Now® or Reliv Now® for Kids
- 1/2 scoop Lemon Innergize!®
- 3/4 cup blueberries (fresh or frozen)
- 1/2 cup cottage cheese
- 227ml milk
- 2 tablespoons ground flaxseed
- Ice



# ADVANCEMENTS

## **Nadine & Christophe Aignel // Key Directors**

To have advanced to this level and see how far we've come in 18 months is really encouraging and motivating! By following this path, I can achieve my goals and fulfil my dreams of independence through decision making, my schedule and financially. I've now discovered a great family/work balance.

My sponsor is there for everything and I'm supported on a daily basis, like a child learning to walk. I always listen, learn, put this into practice and then do it all over again! The Reliv System plays a key role in my business activity and I use all of the tools that are available. I try to make contact with any new people that I meet. Perseverance and action have helped me to progress and continue the journey.

I've found a real family with Reliv. There is unbelievable support between all of the Distributors who are encouraging and caring. At the moment, I dream of financial independence, helping more people and building my business.

My advice to those who want to advance is don't work alone, Reliv is a "people" experience. Persevere, don't give up and never lose sight of what's on the horizon!



## **Patricia Le Carré // Master Director**

My journey with Reliv started 20 years ago. Each step and each level reached have been a real joy and prove that the System works! Persistence and perseverance are the key words. The advice that Marge and Jim Rodgers have repeated over and over again is: "One day at a time, one person at a time." Each day is a new day!

Next step: help my team to achieve their goals because that's how we advance at Reliv!



# my story

## Jean-Yves & Françoise Picard

**Home:** Vannes in Morbihan, Brittany

**Currently:** Jean-Yves was previously a Management Consultant and is now a full-time Independent Reliv Distributor. Françoise is a part-time administrative assistant at the Town Hall and part-time Independent Reliv Distributor.

**Reliv Regimen:** LunaRich C, Reliv Classic, FibRestore, Innergize!

**Bouncing Back:** Reliv has been a great help to me (Jean-Yves) in supporting my wellbeing. It has also enabled me to bounce back in a professional capacity. I really enjoy working at my own pace and still being around for my family. My wife Françoise is also passionate and persistent about the business. We love the sense of community spirit and goodwill of this company.

**No Pressure:** It's been a new adventure for us to work together and it's been fun, even if we don't always agree! We really appreciate working in a team and the experience that the Ambassadors have. We are building our business but without pressure which is great.

**Developing a Team:** Our hope is that Françoise can join me and Reliv on a full-time basis. We want to continue to financially support our 3 children with their education and also develop a team in Vannes.

## Lynne Lea

**Home:** Glossop in Derbyshire, United Kingdom

**Currently:** Independent Reliv Distributor

**Reliv Regimen:** Reliv Now, Innergize!, FibRestore, LunaRich C

**Sharing the Products:** I enjoy taking the Reliv products and they have been great for my general wellbeing. I have shared the products with my family, friends and any new people that I come into contact with as the basis for growing my business.

**Growth in Confidence:** Learning to utilise modern methods of social media, joining international networking groups and public speaking have all had a refreshing and stimulating effect on my confidence. By doing these things, I have continued to develop both personally and within my Reliv business.

## Nicole Heihlsler

**Home:** Bad Ischl, Austria

**Currently:** Homemaker

**Reliv Regimen:** Reliv Classic, Innergize!, FibRestore and my children take Reliv Now for Kids.

**Teaching My Children:** Reliv enables us to home-school our children, have lunch together and be there for each other. I can give them a different perspective in life because they can see that if you help others to achieve their goals, you can also achieve your own goals.

**Flexible:** Reliv gives me the opportunity to work anytime and anywhere: I just talk about it, whether it's in the playground or when I'm having coffee with friends. It gives me a lot of flexibility and I am thankful that in addition to spending time with my children, I can do something meaningful.

**People Business:** My circle of friends is growing steadily because of my new Reliv contacts. It's lovely because Reliv is about people and working with my colleagues is like having a big family! Networking with different people and helping them to see what I am able to do through my work is a great achievement!

## Petra Kühne

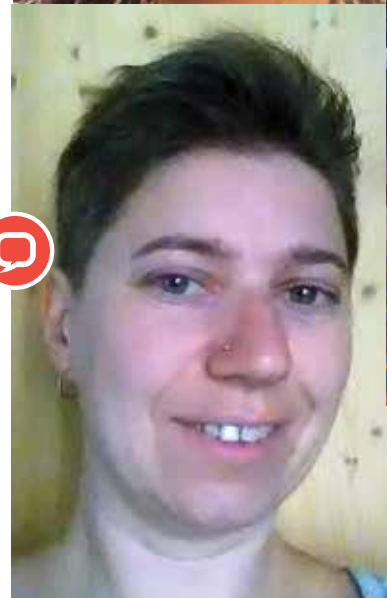
**Home:** Neu Dessau, Germany

**Currently:** Office Management Clerk Apprentice

**Reliv Regimen:** Reliv Classic, Innergize!, FibRestore

**Happy:** I am finally enjoying life again which seemed impossible before Reliv. I'm so much happier now, more energetic, braver and generally more active. I also volunteer in my community again which gives me so much joy and satisfaction.

**Feeling Free:** It gives me a lot of pleasure to help other people whilst creating some financial freedom for myself. I am also able to do much more with the family, such as travelling and riding my motorbike with my husband which I never thought would be possible again!





**Sonia Maillot**

**Home:** Grisolles, Toulouse  
**Currently:** Freelance health insurance agent and Independent Reliv Distributor  
**Reliv Regimen:** Reliv Now, Innergize!, FibRestore  
**Zest for Life:** Before Reliv, I had no motivation to do anything but I now have a new zest for life! I've even started exercising again and have been training for a half marathon! I shared the Reliv products with my family and friends and within a few months, my customers had started to thank me for changing their lives. I had always wanted to have a job with a sense of purpose where I could connect with people.  
**Family Life:** I love the flexibility of working my schedule around my family (I've got 4 children). Our family life has changed considerably and my kids have got their mother back. My 7 year old daughter told her class at school that when she grows up, she wants to do Reliv like her mum!  
**Watch this Space:** I want to carry on building my business so that I can help more people. I've discovered that I have skills that I didn't realise I had, I have confidence in myself and I'm sure that there's more to come!

**Wanda Ostwald**

**Home:** North Rhine-Westphalia, Germany  
**Currently:** Dressmaker and Independent Reliv Distributor  
**Reliv Regimen:** Reliv Classic, Innergize!, FibRestore  
**Positive Changes:** My life has changed positively through Reliv – it's fantastic! I can finally travel, work and spend time with my family and friends again. I have become financially independent by introducing the Reliv products to others and I was even able to give up my stressful job.  
**Optimistic:** Being balanced and happy has a positive effect on family life. Many of my relatives have said the same and they are really happy with products. This motivates us to continue to talk to even more people about Reliv and the products. I am in good hands with my products and very optimistic about the future!

**William McClelland**

**Home:** Northern Ireland  
**Currently:** Retired after 40 years in sales and management  
**Reliv Regimen:** Reliv Classic, Innergize!, FibRestore, LunaRich C  
**Transforming Lives:** Since being introduced to Reliv, I have a great sense of well-being and life is good! It has been a real joy to watch and listen to folks whose lives have been transformed thanks to Reliv.  
**The Reliv Family:** After many years in business, Reliv is the only company that I know where you are made to feel part of a very large family. The help and support that I have personally received from my upline right up to the Chairman of Reliv Europe, Eric Vill, is amazing.  
**Icing on the Cake:** My wife and I see the business as a great opportunity to build for the future and something that we can pass onto the family. Who else rewards you for helping others? And the monthly cheques are the icing on the cake!

what's your story?

**We want to hear it!**  
 Send us your Reliv success story and if you are featured in our next Lifestyle magazine, you will receive a free Blender Bottle!

Submit your story today:  
[fwebb@relivinc.com](mailto:fwebb@relivinc.com)

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Details coming soon...



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