

lifestyle



reliv athletic
FUELLED BY OUTSTANDING NUTRITION

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The past 20 years!

Dear Colleagues,

I've been asked to outline the past 20 years of being in Europe and how I have seen the journey unfold. While I'm more of a person who looks to the future, it is interesting to look back, reflect and remind yourself of what brought you success and where you can learn from your setbacks. I've had the pleasure of being the Managing Director of Reliv Europe for the past seven years and before that, three years as MD of the UK. The prior 10 years had a team of very dedicated Distributors who remained loyal to the products and company while lesser people would have faded away. That told me a lot when I took over in March 2005. People don't hang around for 10 years unless they believe, and these folks believed.

So we had the products, the marketing plan and the people who believed in Reliv. What we didn't have was a plan to grow the business, expand the network and create success. It was frustrating to see good quality people join the business but fade away because they didn't have a path to follow. We saw a rise in the sales, but I always felt nervous about how solid and sustainable the business was. Then in September 2007, everything changed in a weekend.

Four-time Platinum Ambassadors **Joe and Carol Felger** came over from the US, saw the huge potential here in Europe and the rest is history. They worked with people like Jason and Aneela Gregory, Caroline Labourier, Britta and Andreas Bullmann and Nadja and Andreas Reinold who all absorbed and acted on what they were being taught, "The System." More people from Europe joined in the fun as more US Presidential Ambassadors came and shared their knowledge and expertise in "System building." Reliv Europe is now the largest international market outside of the USA! It's been the best 10 years of my career within the industry and now I'm going to hand you over to your new MD, Jonathan Hale, who will outline his vision for the next 20 years.

Proud to be your Chairman,
Eric



Eric Vill
Chairman Reliv Europe

The next 20 years!

If there was one thing I wish for in the next 20 years of Reliv Europe, it's that they are as exciting as my first four months as the new Managing Director.

When I joined Reliv, I said that I wanted to make a difference and take Europe to the next level. At the start I was confident that this would happen and as the weeks have quickly passed, I have become even more confident about this. The main reason is all of the fantastic people I have met during my travels. It's not just that everyone has been so welcoming but also that the people within this business are so enthusiastic, positive and professional whilst still having fun! I can honestly say that Reliv really is a unique company.

Europe definitely has the people and potential to lead the way in a growing international market. I honestly believe that we can, and will, be as big as the US—and why not? There are 28 countries in the EU and we are open in six of them. The potential is massive and the opportunity is there for everyone. Grab your part of our success!

For those of you who could not attend the 2015 International Conference, I'm sure you would have been as proud as I was of Reliv Europe. It was fantastic to hear and see that the five new Presidential Directors from the past year all came from Europe, the largest attendance from outside the US came from Europe, the best workshop was from our very own French ladies, Britta Bullmann was part of a great Ambassador panel, Michelle Boronad spoke about her efforts for the Kalogris Foundation and all of our Distributors were recognised.

We have products that are proven to change lives, a generous compensation plan that gives you financial freedom, a 'System' that will grow your business, but most of all, Europe has the Distributors that will ensure our success in being the number 1 market in Reliv. I will make sure that everything is in place to support you in being the best you can be, to get what you want from the Reliv opportunity and to be a success... the rest will be up to YOU!

See you in Paris,
Jonathan



Jonathan Hale
Managing Director Reliv Europe

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To learn more about Reliv, contact the person who shared this magazine or visit reliv.co.uk

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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.

20

YEARS OF RELIV EUR

Reliv has officially been present in Europe for 20 years. Here is a small extract of what we have achieved and how we have grown.

1995
Opened Reliv United Kingdom
Established Reliv Kalogris Foundation



2000
Reliv® Now® for Kids was launched

2005
Opened Reliv Germany



2007
Simplicity® was launched
Reliv UK & Ireland merged with Reliv Germany to create Reliv Europe



2002
Opened Reliv Ireland

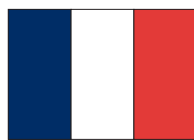


"We set out to build a model company — starting with a one-of-a-kind product, building a compensation plan that rewarded hard work, and finding the right people to bring it all together. After 20+ years in Reliv Europe, I think it's safe to say we succeeded."

Founder, Chairman and CEO **Robert L. Montgomery**



OPE



2013

Reliv Europe moved to bigger premises in Redditch

Opened Reliv France

First European Conference to be held outside the UK

Reliv Athletic was established



2008

Launched Win Your Way Promotion
(which has since seen over 500 EU Distributors attend International Conference)

2012

Introduced LunaRich® soy powder

Launched EU Lifestyle magazine

2014

Introduced LunaRich C™, concentrated lunasin extract



2010

Europe had its first Presidential Director, Margaret Wasson



2015

Another new Ambassador joins the ranks



“Reliv’s approach to nutrition has always centred on innovation — from Reliv Classic to LunaRich C. And we have no plans to slow down. We’re on the cutting edge more than ever after 20 years in Reliv Europe. As nutrition science continues to discover new possibilities for human health, Reliv will be here to bring them to you.”

Chief Scientific Officer **Dr. Carl Hastings**

freedom with

Reliv has provided many people with more freedom in their lives. This could be financial freedom, the freedom of improved health or the freedom to spend more time doing what they love. Here are just some of the people that have found freedom through Reliv...



Martina Reilly
County Meath, Ireland

For me, freedom means I can work in my own time and around my family.

I still work part-time in my family business, but my goal is to carry out my Reliv business full-time. I joined Reliv for the business opportunity at first, as I thought the health issues that I had were just a result of getting older. But when I started to take the Reliv products, I felt relief from my lower back pain, muscular pain in my neck and shoulders and gained more energy.

Thanks to Reliv, I am more productive and I can do a lot more during the day. I can help people with Reliv which gives me the passion to carry on and it also definitely helps cover my monthly bills.

I love travelling and I have had the opportunity with Reliv to go to the International Conference in the US! I have even earned my way with accommodation three times. I would never have been able to go to St Louis or Orlando in the United States if it wasn't for Reliv.



Armelle Cacheux
Compiègne, France

For me, freedom means I am my own boss and can be flexible with my time.

Reliv offers me the possibility to work at my own pace. It also gives me the freedom to travel and I can now visit my family more often.

I love the flexibility that Reliv gives me. When my daughter had to spend six months in hospital, I was able to be there with her. I sometimes spend weeks without working and Reliv allows me to do that without being fired or having problems.

Reliv allows me to adapt to any problems that life throws at me and this is true freedom. I am able to organise my time as I want or need.



Juliette Durand
Vence, France

For me, freedom is being who I want to be.

I have never wanted to work in an office or have a boss; I have always wanted to work for myself. Reliv has allowed me this freedom. I can fit work around my family and be there for my children. What I like the most about this business is the flexibility it allows me, for example, I went to New York for five days before going to International Conference.

Building my Reliv business has also pushed me outside of my comfort zone. I have gained self-confidence whilst meeting different people from various backgrounds and I have learned to adapt to different situations and respect other people's decisions.

Reliv has also given me financial security. I can travel with my children, pay for their studies and save for my retirement.

reliv



Lesley & Brian Probart
Malton, UK

For us, freedom means having the choice to work when we want with whom we want.

With Reliv, we are able to time blend our business into our lifestyle. Brian walked away from his previous job to become his own boss years ago, and we just loved the freedom that network marketing gives you. We've been in the industry for 38 years and we discovered Reliv when we were ready to retire. It gave us the passion and excitement to continue; we weren't going to be tied down by getting older.

We are actually enjoying our later years in a way that we did when we were young. Reliv has rejuvenated us not only physically, but also mentally, we want to go out there and build a successful business. It also motivated us to help others to have the same freedom as us.



Anette Metz
Dorsten, Germany

For me, freedom means having the time to do what I enjoy most.

At a time when I was not feeling too well, it was an ordeal for me having to be at work at 8:00 in the morning. I now have the luxury of being able to do things in my own time. Reliv gives me the freedom to do what I enjoy most which is helping people to improve their quality of life, for health or financial reasons.

Having the opportunity to travel with your business partners, with whom I have some great friendships with, is something very special.

But even just to experience how Reliv can affect your own body is quite remarkable. For me, Reliv is an extraordinary and complete package!

ready to build? Get. People. To. MATS

DON'T MISS OUT ON MATS!

Here's how you can qualify and guarantee your place at each MATS:

- Become a new Master Affiliate
- Personally sponsor five sign-ups
- Have a new frontline Master Affiliate
- Have one month volume of 5,000
- Have two consecutive months of 3,000 in volume
- Meet the 2,000 PGPV maintenance requirement for the three months preceding MATS

ACHIEVE YOUR GOALS

MATS is an important training event to learn the business skills you need to succeed with Reliv. But that's only half of it. MATS also offer a way to achieve your short-term, mid-term and long-term goals through achievable, 90-day targets. The more people you have qualified for MATS, the more momentum you have coming out of the event and the more your efforts multiply.

After every MATS, two numbers are important: how many people you brought and how many people you'll have next time. The more MAs you have in your downline, the more Overrides you will earn — it's that simple. Build from MATS to MATS and you'll see your earnings grow every 90 days.

Ready to go? Let the MATS

START THE MATNESS!

MATS are a fantastic way to build new leaders within Reliv. Taking place four times a year in each country open in Reliv Europe, MATS are essential for those who want to build a successful business.

Events feature a Friday night Reliv Business Opportunity Meeting open to everyone and an all-day training session on Saturday with some of Reliv Europe's top Distributors for Master Affiliates only. It's the perfect way to share all of the excitement and possibility the Reliv opportunity offers and then provide a plan to make it happen.

Jutta Preute

Germany

"MATS provides you with new motivation for the following three months to successfully grow your own business. The personal experiences of Ambassadors and the workshops are important elements for building the business. Through talking to other Distributors and experiencing recognition, we get to see what has been achieved and this can be turned into a new way of inspiration and motivation. You do not feel any pressure and everyone can work towards their own aims. It's definitely worthwhile to qualify for every MATS because we have so much fun!"

Claire Jeanneau

France

"Qualifying for MATS is a personal challenge and the result of consistent hard work. Just like every other element of the System, MATS teaches us new skills and helps us work more efficiently. Helping your downline qualify for MATS not only proves your leadership qualities but helps train everybody involved. You will hear more testimonials, widen your Distributor network and reinforce your 'wall of belief'. For all those who do not have easy access to regular training programmes, MATS help you build relationships and keep your motivation high."

Lesley Probart

UK

"Qualify for MATS every time! Mixing with other like-minded business builders is FUN and sharing stories and ideas keeps your business fresh. Add the wisdom of the Ambassadors leading the event and you come away invigorated, and if you're wise, hit the ground running on your way to qualifying for the next MATS. In 90 days you can rejuvenate your business and move it to a new level."

Sonja Brandstetter

Austria

"Every MATS has been an incentive for me to develop and continue with my business. I feel privileged to be able to learn from experienced Ambassadors. They share their knowledge which comes from their own experiences. Furthermore, I am able to establish contacts with other MAs who I can use for three-way calls. I am very grateful to Reliv for the opportunity to take part in these free training courses and I would not want to miss any in the future."

Olivia Augustin

Netherlands

"No matter what you're doing for a living, ongoing education and training will always be the key to success. MATS are so important because as Independent Distributors working a home-based business, we need real-life interaction with other entrepreneurs. We need to stay grounded and to remember that this is a people business. MATS are a quarterly call to action. They help you to reflect on the last three months, to evaluate success and failure and then to head into a new quarter fully motivated and armed with expert knowledge from successful Ambassadors."

Business begin!

THE POWER OF A RELIV INTERNAT



It was a fantastic International Conference because it really brought up what is important and how to build a successful business. There were so many highlights from this year's Conference, it's really difficult to choose just one. But what Robert Montgomery said stood out for me, "Be positive before you get your goals, otherwise nobody will follow you!" Positive people will follow other positive people, so let's be positive when we share Reliv! Conferences are always full of great energy because we meet positive people and make friends with Distributors from all over the Reliv world. I am looking forward to getting another boost from the EU Conference!

—Britta Bullmann, Germany



Despite my return journey taking 33 hours, an airport security alert and a 14-hour delay, I can still say that I am glad I attended the International Conference in St. Louis! Reliv unites people of all faiths, creeds and nationalities. Reliv's Founder, Chairman and CEO, Robert L. Montgomery, makes every single Distributor feel important regardless of their rank or stature. Photography is permitted throughout the Reliv Headquarters and factory visits as they have nothing to hide and everything to share! Reliv is the world leader in epigenetic nutrition, a company which offers the most advanced nutritional formulations on the market today. Reliv, you gotta love it—I do!

—Michelle Boronad, France

The 2015 Reliv International Conference took place at the home of Reliv in St. Louis, Missouri, USA. Many Distributors and guests from Reliv Europe travelled to experience what was truly a fantastic Conference. Here are some of their highlights!

IONAL CONFERENCE



International Conference really justifies so many “Whys” that committed Distributors have for building their Reliv businesses. Having attended several conferences, it is evident that the company’s commitment to integrity and ethics makes it truly distinguishable in all aspects. I heard more remarkable health and financial stories that prove we have a viable business that anyone can develop. Plus, the stories connected to the Reliv Kalogris Foundation celebrating 20 years of contributions moved me to pledge more than I have done before. What a privilege we have to be a hero to someone less fortunate through the channel of this Foundation.

—Pedro Pereira, United Kingdom



Our first International Conference in 2011 gave me and my husband a totally new vision of what Reliv can be in our lives. This year’s conference was another milestone and absolutely inspiring. The outstanding quality of people we meet at Reliv conferences makes us sure we are working for the right company. This year I saw a lady in a wheelchair handing out business cards wearing a t-shirt that said, “I love my biz.” I met another lady that has worked at Reliv Headquarters for 24 years and you can still see her passion. I talked to a literal Reliv millionaire who was helping others build their businesses. It’s a pleasure to work with these people!

—Nadja Reinold, Austria

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-thru.

Children and adolescents being inactive and unhealthy is an issue that needs to be resolved in order to prevent health problems in later life. According to the European World Health Organisation, childhood obesity is strongly associated with health concerns such as cardiovascular disease, type 2 diabetes, orthopaedic problems, underachievement in school and lower self-esteem.



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

epigenetics all in the

**Create a new family health history
with 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, sweets or snacks.
- 6} **Make dinner time 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!

etics:
family



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.
reliv.co.uk/p/reliv-now-for-kids

reliv athletic



Since its launch in October 2013, Reliv Athletic has supported outstanding professional athletes with the best nutrition available in the Reliv products. This nutritional support has seen them continue to progress and succeed in their sporting careers. Let us introduce you to the newest additions of Reliv Athletic and update you on the successes of all of the team's members!

Introducing...

Name: **Jeanne Dantès** Home: **France** Sport: **Olympic Windsurfing**

"I took LunaRich C and Reliv Now during a recent competition to maintain my energy and aid my recovery. I used to have so many difficulties keeping fit and energised on the final days of competition, but this time I felt less tired and woke up every day with energy. I also drank Innergize! with lots of water throughout the competition and it was such a boost to my energy and also reduced my muscle cramps. I am convinced that the Reliv products helped me to recover quicker and more efficiently!"



Name: **Laura Gläsner** Home: **Germany** Sport: **400m Hurdles**

"Since I have been taking Innergize!, I feel that I recover quicker from activity, especially after difficult training sessions. Reliv Classic and FibRestore make me feel energised each day. My overall wellbeing has improved as a result of taking the products and I manage to maintain my training performance throughout tough sessions. I recently achieved a new personal best time at the U20 German Championships which I wouldn't have been able to achieve without the products."



Name: **Jérémie Mion** Home: **France** Sport: **Sailing**

"I have been using the Reliv products since the beginning of 2015. I'm a sailor preparing for the 2016 Olympic Games and Reliv is helping me a lot in my work to get an Olympic medal. Since I have been using the products, I sleep better, I have less injuries and I can train for longer periods of time. Innergize! is now my power during training and competitions. I stay more focused, have more power and feel less tired. I'm lucky to have Reliv in my diet now. Let's see how it goes in Rio 2016!"



photo by Christophe Launay

Name: **Emmanuel Lassalle** Home: **France**

Sport: **Race walking specialising in ultra-long-distance of 24+ hours**

"I am very proud to have joined the Reliv Athletic team this year. I discovered the Reliv products thanks to one of my followers who is vegan like me. Reliv Now has enabled me to keep up my rhythm of training (up to 200km a week) without worrying that I am deficient in vitamins or minerals, something that is very common in long-distance walking. Innergize! is my energy drink that I take before and during long sessions. The other Reliv products have improved my general wellbeing and, I'm sure, helped me to recover from the last World Championships."



Visit our website to find out more about Reliv Athletic
reliv.co.uk/reliv-athletic



Updates...

Name: **Annika Drazek** Home: **Germany** Sport: **Bobsleigh**

"I have been taking Reliv Now, Reliv Now for Kids and Innergize!® for a while and my immune system has become stronger! I had hardly any colds this year, which as a winter sports enthusiast is really great. It meant healthy starts at the World Cups and World Championships and I was always able to train well. Innergize! was especially useful as a hot drink during the cold track training and it kept me warm in the evenings. Thank you Reliv! Your support may have been why I won a silver medal this year!"

Name: **Guillaume Piron** Home: **Belgium** Sport: **Rugby**

"Last season finished with a lot of competitive games and my teammates suffered with a lot of injuries. Fortunately, I avoided these injuries which I believe was thanks to the Reliv products. The Reliv products also enabled me to manage the other demanding aspect of my year; my engineering course exams. April and May were two very important months during which I had a lot of work to prepare for my final tests. I kept my focus for all of that time and graduated with great results!"

Name: **Pierre Pérès** Home: **France** Sport: **Rugby**

"This year, Reliv has been an essential partner in my life. I had to come back at my best level on the pitch after having surgery on my adductor and abs. I had also had a big challenge at University with a very tough and important year to complete. Taking two shakes daily along with LunaRich C helped me to recover better from training sessions and optimised my sleeping hours. Currently, I am completing an internship as a construction site engineer in Bath as well as playing sevens rugby with the famous British team, Samurai."

Name: **Esther van der Loos** Home: **Netherlands** Sport: **Rowing**

"I started 2015 by winning two gold medals at a Nordic Ski competition in Norway. I also came 1st at a "Skiffhead" competition in Amsterdam. Together with Corné, we came 1st at a 7.5km race in Amsterdam, won two silver medals at the International Para Rowing and Masters Regatta and also came 5th at the Para Rowing World Cup with a new Personal Best! Reliv makes me stronger and helps me recover faster. I feel healthier and the products help me train hard!"

Name: **Corné de Koning** Home: **Netherlands** Sport: **Rowing**

"Training for the World Rowing Championships is normally the hardest part of the season for me as I have to train 10-12 times a week whilst continuing to work in my full-time job. This means I need lots of energy, but Reliv fuels me with high quality nutrition. My recovery is quick so I'm able to rock at training sessions! There is a lot to work for, but everything is possible. It's good to know that my body is fuelled with high-quality supplements!"

RELIV KALOGRIS FOUNDATION TURNS 20

DECEMBER 2004

Sri Lanka was hit by a tsunami, one of the worst disasters in that nation's history. Tens of thousands died and countless were left homeless. Within 24 hours, Reliv Distributors Ian and Margaret Richardson of the Sarah John Foundation set up feeding centres distributing Reliv products.



AUGUST 2007

The first Walk for the Mission raised over \$180,000, enabling the RKF to complete our first feeding centre/school for impoverished children in Cavite City, Philippines.



Dear Distributors:

I can best express my feelings about the last 20 years of the Reliv Kalogris Foundation in just two words: **"THANK YOU!"** The RKF's 20th Anniversary this year is a celebration of the life-changing work made possible by your generosity.

I take great pride in what you've allowed us to accomplish over the past two decades:

- \$42+ million in product to individuals and organisations in need
- 250+ feeding programmes
- 9 countries of operation
- Now feeding 40,000+ people — mostly children — every day

The world needs the optimal nutrition Reliv provides. We appreciate all you do to help us meet that need.

Together, we will Nourish Our World.

R. Scott Montgomery
Chairman, Reliv Kalogris Foundation

AUGUST 2005



Hurricane Katrina hit, one of the five deadliest hurricanes and the costliest natural disaster in U.S. history. Reliv Distributors and employees banded together with the company to raise \$125,000 for the American Red Cross.

DECEMBER 2007



The RKF reached \$1 million in annual Distributor donations for the first time, providing funds to increase the number of children fed by 38%.

MAY 2008

First building project completed in Liberale, Haiti



MARCH 2009



The RKF partnered with Convoy of Hope to provide water filters for all feeding programmes in Haiti, home to the worst water in the world according to the World Health Organisation.

JANUARY 2010

A deadly earthquake in Haiti affected as many as 3.5 million Haitians with an estimated 230,000 deaths, 23% of schools destroyed and countless displaced people who had already been living in extreme poverty. A relief drive raised \$80,000 to build the RKF Children's Home in Petite-Anse.



JANUARY 2011

The RKF completed a nationwide registration programme, opening up donations to people and organisations outside our Distributor force.

MAY 2012

The Foundation received the Communitas Award for the work of the RKF Children's Home in Haiti.



NOVEMBER 2013

Super Typhoon Haiyan, one of the biggest storms in history, hit central Philippines. The RKF sent \$576,000 in nutritional products and \$25,000 raised by Reliv Distributors, which provided funds for rebuilding damaged homes of Philippine Distributors personally affected as well as community buildings associated with RKF feeding programmes.

JANUARY 2014

The "Be the Change" Challenge raised more than \$50,000 in support of the Foundation.



This timeline includes some of the most noteworthy achievements of the Reliv Kalogris Foundation, but it is what the RKF provides every day through feeding programmes around the world that is our biggest accomplishment.



Nasra Malin & Halimo Ali
Presidential Bronze
Ambassadors, UK

It is very exciting to become Presidential Directors and Bronze Ambassadors! We lead our business internationally and are very dedicated. We can also stay up late for our Distributors in the US or in Australia. We want our downline to succeed and take the road to leadership! When you work with your downline, upline and crossline, you will be able to grow and go further!



Samira Ibrahim
Bronze Ambassador, UK

When I was told that I had become a Bronze Ambassador, I really couldn't believe it! I was crying tears of joy when I called my downline to tell them. I work very closely with my group and help them by making myself available. There is no limit to growing your group. You can travel and reach people from other countries as well. Be dedicated, give your time to your business and you will get there, step by step.



Armelle & Henri Cacheux
Senior Directors, France

Becoming Senior Director proved to me that consistency and perseverance pays off. I had progressed at my own rhythm using the tools of the System, which I consider absolutely necessary in order to succeed. I love this work, especially the relationship side. The important thing is not to become discouraged when business is quiet. Use the strength of your team, communicate well and move forward.



Anne Soubrier
Key Director, France

What a privilege to be a Key Director! I became Master Affiliate not long after I started working with Reliv and the following month I received a bonus of 750 euros. The System really does work. I won a trip to the International Conference in the United States having used the System and this has given my business a big boost. It is important to work with your upline, learn to delegate and train your downline. Target people who are really interested in the business and work together as a team.

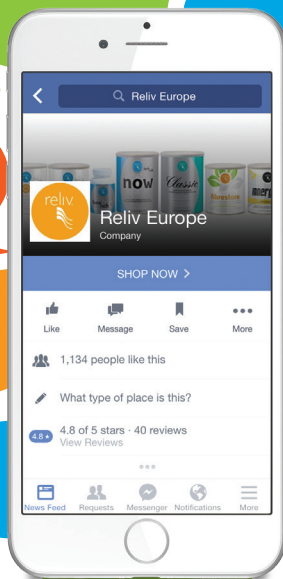


Marielle Paul
Key Director, France

I am an artist, which is my passion, but unfortunately it is solitary work. Working for Reliv enables me to get out and meet people and, above all, help them. It's wonderful! I recently went to the International Conference in St. Louis, Missouri, USA, where I met the founding members of Reliv. They are all visionaries whose main focus is to help people be in the best health possible. All of the Distributors I met in the US have amazing stories to tell about both their businesses and improvements in their health. The Reliv System encourages its Distributors to progress stage-by-stage and one day I hope to become Senior Director.

STAY SOCIAL WITH RELIV EUROPE

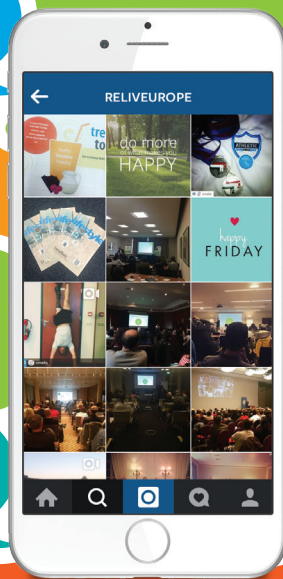
The quickest and easiest way to get the latest updates from Reliv Europe is by following our social media accounts. You can share our latest photos and information with your contacts and connect with Distributors on an international scale. We also have a selection of Facebook Adverts tailored for you to share online and further boost your business. Find out on this page how you can connect and stay social with Reliv Europe!



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Follow us on Twitter

The Reliv Europe Twitter page is a great way to get quick pieces of information that link to our latest web pages and videos. We also share photos from Distributors and gain followers from across the world, making greater global connections. Follow us now and be part of the #Reliv trend!

Name: Agnes Steinkamp

Home: Dorsten, Germany

Currently: Working part-time at a primary school, Independent Reliv Distributor

Reliv Regimen: Reliv Classic, Innergize!, FibRestore

Enjoying Life Again: After many years of suffering from back pain and a slipped disc, Reliv changed my life! I used to be in a lot of pain every time I wanted to do something. Since I started taking Reliv in 2012, I am much more alert, have more energy and I can sleep through the night again. For me that is pure wellness! In addition to my back pain, I also have a gene defect that affects my arms with scaly patches. Reliv has given me great results with this condition which I did not expect.

Family Life: After my positive results, my husband and daughter also started taking Reliv. They too had great health results and that is how Reliv became a part of our lives.

Fun Business: I try to find as much time as I can for my Reliv business. It's fun to get in touch with other people and to talk about their successes. For me there is no day without the products and I try to inspire other people with my experiences.

Name: Angélique Pellegrin

Home: Saulges, France

Currently: Biology teacher, Independent Reliv Distributor

Reliv Regimen: Reliv Now, Innergize!, FibRestore, LunaRich C, Reliv Now for Kids

Revelation: Having studied cellular biology, I had an "electroshock" when I heard the Reliv product presentation in 2013. Only two days before the EU Conference started, I bought a ticket to go to Disney and discover this incredible company!

Back on our Feet: A few months ago, we made lifestyle choices that caused my husband to lose a big part of his wages. That's when Reliv came into our lives. I was on the edge of burn-out and with Reliv my mood and physical condition slowly lifted up.

Building a Better Future: I am building my earnings continuously. Perseverance and determination are key to my progression. Recently, a few new Distributors joined my business, which enabled me to earn a trip to the United States. For me, this is something that will help move my business forward and my trust in Reliv and the products is growing stronger and stronger each day.

Name: Françoise Joly

Home: Toulouse, France

Currently: Independent Reliv Distributor, Home-maker

Reliv Regimen: Reliv Now, Innergize!, Reliv Now for Kids, Lunarich C

Health Problems: I was a bundle of nerves, completely exhausted and stressed. I was suffering from depression, I couldn't sleep at night and I had developed arthritis and osteoarthritis.

Improvements: Thanks to Reliv's nutrition, my health improved beyond expectations in only six months. This has allowed me to work for Reliv which is something that I love doing. I can only say positive things! Both the products and the business opportunity enable us to lead better lives. Reliv really has changed my life!

Thriving Business: I qualified as a Master Affiliate and Director after my first month of starting the business. Four months later, I have two Master Affiliates in my downline and I have reached the Top 5 PGPV! I feel that I'm part of an adventure, a game where we will always be winners!

Name: Helga Hemetsberger

Home: Oberalm, Austria

Currently: Home-maker, Independent Reliv Distributor

Reliv Regimen: Reliv Classic, Innergize!, FibRestore, Reliv Now for Kids

Feeling Great: With increasing age, you expect more health problems and less energy. But Reliv has given me the opposite effect. I used to suffer from severe pain in the morning, but thanks to the Reliv products, this pain has been reduced to a minimum and I have much more energy. Also, my digestive system that has caused me so many problems throughout my life has really improved.

Travel and Happiness: Now that my children have almost grown up, I have found a great way to contribute to the family budget with something that gives me so much joy. We are joining the Reliv trip to New York City in December and as we have never been to the United States before, it is definitely going to be a special highlight for us.

Future Goals: I always make sure that I set realistic goals for the future. I want to spend more time on my Reliv business and add more Distributors to my downline – I want a strong Reliv Team!





Name: Lie Lie Eringaard-Woei

Home: Rotterdam, Netherlands

Currently: Wellness company owner, Independent Reliv Distributor

Reliv Regimen: Reliv Classic, Innergize!, FibRestore, Reliv Now for Kids, LunaRich C

Clear Mind: I used to take a lot of vitamin and mineral supplements until I found Reliv! After my first day of taking the products, I had more energy. My sleep has improved and I now wake up with a clear mind. With Reliv, I can handle stressful situations better. It is amazing!

Healthy Family: I love to see how Reliv benefits my husband. His hay fever, which took a lot of energy from him, improved after one month of taking the products. Now I see an energetic, healthy, and alert entrepreneur who can stay focused on all of his clients and projects.

Unstoppable: Since I started taking the Reliv products, I'm unstoppable! I have more energy and want to keep going. My eyes were opened when I earned a Reliv trip to Quebec. I realised then how many benefits would come with a steady Reliv business. There are so many people I must talk to about these wonderful products.

Name: Matt Probart

Home: Derby, UK

Currently: Gardener, Independent Reliv Distributor

Reliv Regimen: Reliv Now, Innergize!

New Possibilities: Thanks to the products and business opportunity, I am able to work as a gardener and be a Reliv Distributor at the same time. Because of the health results I achieved, which were mainly sports-related tendonitis and shin splints, I take the Reliv products every day.

Feeling Better: I also noticed a few other developments in my health thanks to the products. I now experience a much better night's sleep and wake feeling refreshed and ready to start the day. My hay fever has also improved, making my summers much more enjoyable!

Part of our Lives: Joining the Reliv business is one of the best decisions I have made. We work the business part-time around our busy home life and current, although not permanent, day jobs. Our plans over the coming years include quitting our day jobs, spending time together as a family and helping as many other people as possible realise their dreams. Reliv is part of our lives and it will always continue to be so.



Name: Waltraud Gitzl

Home: South Tyrol, Austria

Currently: Seamstress, Independent Reliv Distributor

Reliv Regimen: Reliv Classic, FibRestore, Reliv Now for Kids, Innergize!, occasionally Slimplicity

Changing Health: For a long time, I have had digestion problems, a lack of energy, hot flushes, mood swings and general exhaustion! Thanks to Reliv a lot has changed for me. These health issues have improved greatly for me and at the age of 55, I feel better than I felt when I was 40!

Embracing Life: I have become much more resilient and more courageous thanks to Reliv, however the best thing is that I have got my zest for life back! Since I am very interested in the welfare of others, this is a nice way for me to do some good by introducing other people to Reliv. It is very inspiring to witness how acquaintances and friends have improved in terms of their health.

Reliv Family: All these amazing results are why I want to introduce as many people as possible to Reliv and its wonderful products. I feel like I am part of the lovely Reliv family, where everyone is willing to work together. Reliv has brought me back to life again!

what's your story?

We want to hear it!

Send us your Reliv health or business success story and you could potentially be featured in our next *Lifestyle* magazine! Submit your story today: fwebb@relivinc.com

treat yourself to good

Got a yummy Reliv smoothie recipe to share?

reliv.co.uk/p/reliv-now-for-kids

**1 scoop of Chocolate
Reliv Now® for Kids**
6 to 8 oz. milk
fresh raspberries
(or any type of berries)
ice

Healthy Chocolate Smoothie



1 scoop of FibRestore
1 banana
8 oz. apple juice
1 shot cherry juice concentrate

reliv.co.uk/p/reliv-fibrestore

1 scoop Reliv Now
1 banana, frozen
1 Tbsp ground flaxseeds
2 handfuls fresh spinach
8 oz. water

Nutritious Now® Smoothie



reliv.co.uk/p/reliv-now

yourself health

Send it to fwebb@relivinc.com.



- 1 scoop of Slimplicity
- 1 handful of spinach
- 1 banana
- ½ an apple
- Frozen pineapple chunks
- 8 oz. of water

reliv.co.uk/p/reliv-slimplicity



- 1 scoop Reliv Classic®
- ½ scoop Orange Innergize!®
- 1 banana
- 6 oz. milk
- dates (optional)
- almonds (optional)

reliv.co.uk/p/reliv-classic

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Reliv 2016 Leadership Celebration
Atlantis Resort, Paradise Island, Bahamas
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