



a 'Losing' Combination

What happens when you take two leading-edge nutritional supplements — one that supports healthy weight loss and another that helps manage elevated blood sugar — and use them in combination? People who have been taking Simplicity® and have added the powerful ingredients of GlucAffect™ to their diet tell us the results are fast and noticeable.

At 6', 2", **Pete Vreeland** of Woodruff, South Carolina, had been told throughout his adult life that he carried a little extra weight. "The problem is," he explains, "if you carry the extra weight, you also carry the burden that extra weight adds on your body — high blood pressure and cholesterol and a predisposition for diabetes and heart disease."

Especially when under stress, Pete felt the impact of high blood pressure through shortness of breath, dizziness and feeling lightheaded. "After a month on Simplicity, I lost 10 pounds and the month I added GlucAffect, I lost 10 more," he says. "I haven't experienced symptoms of high blood pressure since starting to use these products."

Halfway toward his weight loss goal, Pete is down two notches in his belt, feels fuller longer and has energy to exercise. "People are noticing the differences in me and it's making it easy to share the business opportunity."

He adds, "So many people struggle with metabolic syndrome and its contributing factors and now Reliv offers them an alternative to help keep these conditions from progressing any further."

The Weight Loss-Balanced Blood Sugar Link

Based on 2007 data from the Centers for Disease Control, 24 million Americans have diabetes today. Another 57 million have metabolic syndrome, a group of symptoms that include high blood pressure and triglycerides, abnormal cholesterol levels, high blood sugar and abdominal obesity.

"Poor diets and sedentary lifestyles have jeopardized the lives of millions, causing obesity and a whole range of symptoms that put people at great health risk," explains Reliv Chief Scientific Officer and Vice Chairman **Dr. Carl W. Hastings**.

"Because the key to weight loss is balanced blood sugar levels, when GlucAffect and Simplicity are used together, targeting blood sugar levels and curbing hunger, the benefits of both are maximized," he continues.

The GlucAffect clinical trial proved that the product significantly reduced blood sugar levels and aided in weight loss. However, the speed at which people have seen results has been eye-opening.

"Individuals who haven't been able to manage their blood sugar in the past are seeing levels improve within the first few days on the product," Dr. Carl says. "And, once weight is under control and blood sugar is balanced, other health risks are reduced and additional benefits can occur."

GlucAffect Gives Confidence

Wearing clothes from the back of the closet is one of the benefits that has Bronze Ambassador **Beverly Bentley** of Gilbert, Arizona, excited about using GlucAffect. However, she realizes that fitting into “skinnier” clothes is really just a great side benefit of the new product.

“My energy level is up, I don’t crave food the way I used to and I’m making healthier food choices because I’m not as hungry when I eat,” Beverly explains. “Since combining GlucAffect with Slimplicity, it feels as though the benefits are amplified.”

Beverly’s goal is to lose 30-40 pounds more. She says, “I want to feel better, look better and be healthier. GlucAffect has given me the edge I need to achieve a healthier lifestyle.”

Carb Cravings Curbed

Lindsey Hostetler of Wichita, Kansas, says that this past Thanksgiving was really different for her. For starters, she was 11 pounds lighter thanks to a month on GlucAffect and Slimplicity.

“Besides feeling and looking better, when I went back for seconds at Thanksgiving, my servings were all healthier choices,” Lindsey says. “I simply don’t crave carbs any more. I can tell that my blood sugars are more balanced because I sleep better, have more energy and I don’t have major mood swings.”

Lindsey says she’s excited about what this powerful combination is doing for her and for her business. “People are asking me, ‘What’s different?’ I’m sharing this secret with everyone I can.”

Wearing Leather at 65

Reliv Ambassador **Norma Frechette** of Pelham, New Hampshire, had gained weight over the summer from eating out too much. “I was having a hard time losing weight and seemed to be hungry all of the time,” she says.

After two weeks on GlucAffect and Slimplicity, Norma says that she lost 7½ pounds, reduced her body mass index by two points and felt smaller around her stomach. “I had a new pair of leather pants less than a week that I had to have taken in,” she explains. “My tailor commented on how good I looked and is now interested in the products!”

Norma jokes that while most people her age are wearing polyester, she’s wearing leather. “I had someone tell me that my skin and hair are glowing recently and that’s how I feel today — like I’m glowing on the inside and out.”

Getting Early Results

Dr. Ivy Fisher Weiner of Hillsborough, California, lost five pounds and two inches off her waist after only two weeks on the two products. Even more exciting given her blood sugar issues, she also decreased her fasting glucose.

“GlucAffect has stabilized my blood sugar and helped reduce food cravings,” Dr. Fisher Weiner says. “I’m really excited by what I’ve experienced so far.”

As a result of diabetes, Dr. Fisher Weiner has neuropathy in her feet and constant numbness and pain due to failed podiatry surgery. “Being unable to exercise makes it difficult to lose weight, but the combination of GlucAffect and Slimplicity has given me a jump start.”

A Year of Renewal

GlucAffect and Slimplicity address symptoms of some of the most serious and costly health issues facing the world today. They also give Distributors a tool for helping ordinary people achieve extraordinary results — in their personal health and their financial future.

“We all know people around us struggling with symptoms of metabolic syndrome and excess weight,” Dr. Carl says. “Now you have tested and proven nutritional products that can help you be a part of the solution.”

