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### Daily for Life

In my opinion, there is not one person on the planet that should not be taking the Daily for Life pack on a daily basis...

I used to come home after an entire day of teaching and head straight to bed for 2 or 3 hours because I was so wiped out. Since I began taking the Daily for Life pack, I have no problem going straight to 11/12 at night.

And here's another thing. Recently, I drove non-stop from New York to Chicago. That's a 15-hour drive. When I got home, I started graded tests for school. My wife said, "Mendel, you're out of your mind! Aren't you exhausted?" I wasn't! And I attribute that, in part, to the Daily for Life Pack.

10 Oct 2003 10:46:19 PM

Submitted by: Micki Streeter

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**Hospitalized because of Chron's Disease**

A few months after I joined Melaleuca, my husband was diagnosed with SEVERE Crohn's disease and was hospitalized. For those of you that do not know, Crohn's is passed on through genetics. My husband's brother has it too, but not severe. A Crohn's patient will in fact have this for the rest of his/her life - but how it will affect them depends if they can get it under control and keep it under control. When he first was put on the med's, they seemed to have things a bit under control. But after a few months, things started up again - the pain, the bleeding, the exhaustion. They did many scopings, and tried MANY different meds over the next months to follow. About four months ago, the doctors were at the point of looking at surgery and having that section of his intestine removed. My husband and I both sat down and talked, and realized NONE of the meds he was taking were doing anything; and actually, seemed to be making him worse! We both agreed we had nothing to lose, so we took him off the steroids, med's, etc. and put him on the Melaleuca Daily 4 Life! He was on approx. 2 months when we went in for the scoping. HE IS IN COMPLETE REMISSION!!! His intestines are healed over! NO ULCERATIONS! Melaleuca and the Daily 4 Life truly have given us our lives back! We are both on the Daily 4 Life now, and both will be for the rest of our lives! I am even ordering a bunch of Daily 4 Life packs and handing it out as presents for my family and his! What better present to give someone then better health!

20 Feb 2004 12:32:13 PM

Submitted by: Jon Adams

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**Daily for Life Can Control Blood Sugar**

My wife and I had helped only about a dozen folks see the benefits of Melaleuca when my Father-in-Law called us to tell us about an unexplainable effect of taking the Daily for Life pack.

A little about him: He is a retired Navy officer as well as a retired science teacher, and runs a small farm in Missouri. He is also a vitamin and supplement fool-- Taking a handful in the morning and a handful in the

evening plus several throughout the day. Needless to say, I was excited to share Melaleuca's Vitality For Life supplements that provide better results with fewer tablets.



I was not surprised when he called to tell me that he felt better when he switched. However, I was stunned to hear that he has dropped his blood sugar substantially since starting the Daily for Life supplements. He told me that he is sure that this is the only change in his daily routine. I have not found any explanation but he is thrilled.

10 Oct 2003 08:42:21 PM

Submitted by: Jon Adams

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**Vitamins that WORK**

In the past my doctors have recommended I take a multivitamin daily. It would take me about a month and I would quit. After all, I saw no difference. When I started Melaleuca and received my Career pack I thought, "Well, it came with vitamins... and they are supposed to be the best... we'll see!" I have now graduated to the DAILY FOR LIFE packs. After seeing my increase in energy and overall health - even my sceptical husband is taking them!

29 Nov 2004 07:31:08 PM

Submitted by: Donna Davis

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**Help during Chemotherapy**

My name is Donna Davis and I am 49. Before I was introduced to Melaleuca I was diagnosed with hairy cell leukaemia. In 1999 I underwent chemotherapy for leukaemia. As with most people, I had the usual symptoms going through chemo. Unfortunately, the treatment did not get all of the cancer. After my cancer diagnosis, I did a lot of research on chemicals and toxins and how they affect our health. I was introduced to



Melaleuca and joined immediately in July 2001. I am a strong believer in the Daily for Life and the entire Vitality for Life nutritional line. So when I knew I needed to undergo treatment again in January 2002, I added Activate to my Daily for Life for a month before and then continued these supplements during and after chemo. I was given a drug following chemo to help increase my blood count. After my initial chemo treatment, this drug really helped me; but after my second treatment in 2002 I broke out in a rash all over my body. My doctor said, "Apparently, your body doesn't need this (drug) this time." My husband and I knew exactly why...the Daily for Life and the Activate!

I remain cancer free and I thank God and Melaleuca for my health. EVERYONE needs these supplements whether it's to increase energy, provide extra nutrition, or to help our bodies fight off free radicals. So, if you're not already using these, order them today! Also, make sure your home is free from harmful chemicals and toxins by using the rest of the wonderful Melaleuca line.

09 Oct 2003 06:19:43 PM

Submitted by: Brian Caccianiga

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#### **Nutritionals Aid in Bronchitis Recovery:**

Prior to joining Melaleuca I had used various other Network Companies' Nutritional products for many years. When I started on the Daily 4 life pack I was not sure that I would notice any difference. In fact, I was concerned that if anything I would feel worse as the last range of nutritionals I'd been using were high potency. Much to my amazement, within a month of using the Daily 4 life pack my Bronchitis (which I have had since a child) cleared up. I knew my chest had cleared up, but this was verified by a Respiratory test I did 2 months after I had noticed. At the end of the respiratory test the nurse said, "I thought you said you had a Bronchitis history! There is no indication of you having Bronchitis in these test results." She also added, "Obviously you are not a smoker." (Note: I have smoked cigarettes for about 23 years.)

Thank you, Melaleuca, for such great nutritionals.

09 Oct 2003 05:51:06 PM

Submitted by: Anne

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#### **Stopped Chron's disease from progressing**

My name is Anne and I was diagnosed with Crohn's Disease in 1984. At that time I was 26 and now many painful years have gone by and I am 44. So for about 17 years I have had to deal with chronic pain, nausea, diarrhoea, three surgeries (resections), and a regimen of medications to cope with the disease. This past April 2001 my disease progressed and now I have Fistulas. If you don't know what they are, it's where my Crohn's tunnelled its way from my large intestine outside my body. The last medication I was on (until August 2001) was Ramacade (sp?) without much success. My doctor wanted me to have a Ileostomy (another surgery)!!

After a lot of praying I told my doctor that I was going to try something first - that something was Melaleuca's Daily 4



Life (and Mela Gel for my Fiarulous).

I can't tell you how this has changed my life!! It's given my family and myself back our lives. I started taking Daily 4 Life and using Mela gel on my fistulas in Aug 2001. I was in for a check-up with my Dr. at Rochester Mayo in Nov. 2001, and he was really impressed by my vast improvement: my Blood work; my scope (which only showed one small lesion). I have not felt so well since before I was diagnosed with Crohns 17 years ago. My doctor asked for all the info. from Melaleuca on what I was taking. Melaleuca has touched my life and I am now sharing with others.

17 Oct 2003 11:16:08 AM

Submitted by: Anne

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#### **Long years with Chrohn's Disease**

Hi, my name is Anne and I was diagnosed with Crohn's Disease in 1984. At that time I was 26 and now many painful

years have gone by and I am 44. For about 17 years I have had to deal with chronic pain, nausea, diarrhoea, three surgeries (resections), and a regimen of medications to cope with the disease. This past April 2001 my disease progressed and now I have fistulas. If you don't know what they are, it's where my Crohn's tunnelled its way from my large intestine outside my body. The last medication I was on (until August 2001) was Ramacade without much success. My doctor wanted me to have an Ileostomy (another surgery)!! After a lot of praying I told my doctor that I was going to try something first - that something was Melaleuca's Daily 4 Life (and Mela Gel for my Fiarulous). I can't tell you how this has changed my life!! It's given my family and I back our lives. I started taking Daily 4 Life and using Mela gel on my fistulas in Aug 2001.

I was in for a check-up with my Dr. at Rochester Mayo in Nov. 2001 and he was really impressed by my vast improvement: my Blood work; my scope (which only showed one small lesion). I have not felt so well since before I was diagnosed with Crohn's 17 years ago. My doctor asked for all the info from Melaleuca on what I was taking. Melaleuca has touched my life and I am now sharing with others. I can't tell you how much wellness is in our lives now. Thank you for letting me share.

20 Feb 2004 11:47:54 AM

Submitted by: P Smith

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Submitted by: Micki Streeter

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### **Melaleuca & Crohn's Disease**

I have been with Melaleuca now for a little over a year and a half. A few months after I joined, my husband was diagnosed with SEVERE Crohn's disease and was hospitalized.

For those of you that do not know, Crohns is passed on through genetics. My husbands brother has it also, but not severe. A crohns patient will in fact have this for the rest of their life.... but how it will effect them depends if they can get it under control or not and keep it under control. With Crohns, if your intestines stay ulcerated, it can lead to cancer, so many times they remove the section of intestine that is irritated. Crohns disease also causes a low immune system, irregular absorption of nutrients, and can lead to blindness to mention a few things.

When he first was put on the med's, they seemed to have things a bit under control. But after a few months, things started up again. The pain, the bleeding, the exhaustion. They did many scopings, and tried MANY different meds over the next months to follow.

About four months ago, the doctors were at the point he was looking at surgery and having that section of his intestine removed, they scheduled the scoping, for the first part of this month, this was about 3 months ago now.

My husband and I both sat down and talked, and realized NONE of the meds they had been putting him on were doing anything. And actually seemed to be making him worse!

We both agreed we had nothing to lose, so we took him off the steroids, med's, etc. and put him on the Melaleuca Daily4Life! He was on approx. 2 months when we went in for the scoping!

HE IS IN COMPLETE REMISSION!!! His intestines are healed over! NO ULCERATIONS!

Melaleuca and the Daily 4 Life truly has given us our lives back! We are both on the Daily 4 Life now, and both will be for the rest of our lives!

I am even ordering a bunch of Daily 4 Life and handing it out as Christmas presents for my family and his! What better present to give someone then better health!

If anyone ever doubts the powers of our Daily4Life line, feel free to call me or email me! I will put those doubts aside!

23 Aug 2004 05:58:34 PM

### **Graves disease**

I was diagnosed with hyper thyroidism - graves disease about 3 years ago. I was hospitalized for 5 days and was placed on medications that I would need to take for the rest of my life. I was told by my doctor I could have died if I had not been treated. I began using "the Daily for Life Pack" in January or 2004. Since then all my symptoms have disappeared. I am no longer taking two medication each day to regulate my heart, nor am I on medication for my thyroid.

14 May 2004 10:40:55 AM

Submitted by: Philip Rogers

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### **High Blood Pressure**

Before commencing Melaleucas' "Daily for Life Pack" vitamin supplements, early in June 2004, I met with my doctor to get a health check up. I discovered I had high blood pressure (178/108) and my cholesterol levels were also slightly on the high side (5.7 Total /HDL Chol Ratio). It was suggested I be prescribed medication to control the high blood pressure. I said I wanted to try this new vitamin supplement range first. About a week after first taking the "Vitality for Life Pack", I noticed I had more energy, required less sleep & still felt good. My skin complexion also improved. Since this whole exercise was an experiment to see how good the "Vitality for Life Pack" was, I kept my diet the same & made no changes to the amount I exercised (1/2 hr morning walks 3-4 times a week). Upon my third check up with the doctor 2 months after beginning the "Daily for Life Pack", he measured my blood pressure (140/88) and said I no longer required to be prescribed medication. The cholesterol level had also fallen (5.0 Total Chol Ratio). I expect both these results to improve even further as I continue to take these very effective vitamin supplements.



Phil Rogers Rotorua. New Zealand.  
08 Sep 2004 11:40:35 AM  
Submitted by: Jean Smith

Submitted by: Anita

#### **Diabetic- scared out of my wits!**

One of the things that caught my eye about Melaleuca this past January was the health and wellness ALL the products provided. I had just found out (November 2001) that I was diabetic. Talk about scared out of your wits! The doctor only gave me so long to get the diabetes under control without medication, and by simply trying exercise and weight loss. I was extremely overweight. When Anne contacted me and gave me product info, I decided I had to try the products. Anyway, I read all the information provided on the Daily for Life Pack and started on it immediately. Shortly after starting on the vitamins, I began to have all kinds of energy which I'd lacked for years, started losing the weight that the doctor honestly didn't think I could do (from past experience), and have avoided medication completely because my blood sugar count is ALWAYS within the normal range! I am proud to say that my weight loss is now at 65 lbs!!!!!! I've never felt healthier and believe I owe it all to the Daily for Life Pack! Hope this info helps you. It certainly helped me!!!!  
27 Oct 2004 05:43:03 PM

Submitted by: Sonja

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#### **Developed Adhesions in my abdomen**

Last November I had to have major surgery. I developed adhesions in my abdomen from an accident I had 10 years ago. These adhesions were cutting off the circulation to my major organs. As a result 42 adhesions were removed. In the course of this time, I had to consult with a Dietitian. I had to lose weight or the adhesions would come back and cause more problems for me. I went to the classes and told her that I would be using the Melaleuca products - Daily for Life and Proflex instead of the off the shelf products that she requested I use. After my dietician did research on the products, she agreed that I should try using them.

I began her diet which consisted of a low carbohydrate diet (published by the American Diabetes Society). Along with the diet, I took Daily for Life, Replenex (because I have arthritis in my knee and back from the accident), and two Proflex drinks a day. Also, I began an exercise routine of walking up to 2 miles a day. As a result, this past year I've lost 110 pounds and feel wonderful.

I'm still on the diet and plan to lose another 60 pounds this year. I couldn't have done it without the Melaleuca products. They are wonderful.  
24 Nov 2003 12:31:46 AM

Submitted by: Dana Franklin

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#### **Sjogren's Syndrome**

I have Sjogren's syndrome (an auto immune disease where I don't make tears or saliva). I have experienced phenomenal results with the Daily for Life Pack and improved my environment by converting my home over to safer products.

Since using our tooth paste (the mint paste), I have had no gum bleeding AND recently my dental hygienist found NO plaque except for a small amount on far back molars. This is huge since I have to go to the dentist about every three months for cleanings to stay on top of my dental problems that the Sjogren's has caused.

I love the dental gum - Sjogren's causes dry mouth, and I find great relief from the gum - which increases salivation.

Also, my husband (active duty in the United States Marine Corp), is so impressed with my increased energy, vim and vigor... that he now has started on the Daily for Life Pak!

Even though I am still very dry, I have found Melaleuca to be great products. Having an auto immune disease causes your immune system to be compromised, which usually results in catching everything that is going around. I have been exposed over the last couple of months to people with colds, bronchitis, pneumonia, and the flu and have not yet been sick. This is quite a miracle as I normally am the first one to get something.  
17 Oct 2003 11:41:15 AM

Submitted by: Ruth Brien

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#### **Reversal of Dementia and Vascular damage**

Five years ago my mother suffered a massive stroke -which she has slowly recovered from. However, she has had dementia due to vascular damage (which at times makes her very hard to live with). Two months ago her doctor advised me to give her some good multivitamins. Soon afterwards I was introduced to Melaleuca and decided to try the Daily for Life with my mother. The results were almost overnight. Firstly, we noticed she was a little more energetic, even sweeping up outside without being asked to. Then she seemed to be more "with it" ... holding a fairly normal conversation, which had never happened since the stroke. I still did not believe vitamins could be doing this, as everyone said she had brain damage which could not change.

Yesterday, I took her to the doctor for a check up after six weeks on the Daily for Life. He was quite impressed by her colour [she is not an ashen grey any more, but a healthy pink.] Also he noted she now blinks her eyes, where before she was staring. I showed him the vitamins, which he studied carefully and said they were a low dose vitamin. He said to give her double the dose (two a day). Then he said it was possible to reverse vascular damage by the use of

vitamins, minerals, antioxidant, and the pritikin diet (which I began doing with my mother). I couldn't believe what he was saying! He then wrote the diet out for me and asked to see her in one month instead of two months. Along with that, he halved the dose of her blood thinning drug. All this in six weeks! It's unbelievable.

21 Sep 2004 01:13:58 PM

Submitted by: Judy Vickrey-Ambrose

[For more information on Dementia](#)

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#### **PROOF IN WRITING**

My husband Andy was diagnosed with high blood pressure, high triglycerides and cholesterol in January. After taking the Daily For Life pack faithfully every day for three months, you can imagine our surprise and delight when we went to have his checkup and he had normal levels of cholesterol and triglycerides (for the first time that he could remember). The doctor checked his blood pressure 7 or 8 times that day, and it was also normal every single time. Andy was just a heartbeat away from taking drugs for all three of these problems. Thank you so much Melaleuca - I believe you might have saved his life. We will never be without these wonderful products again -and we don't miss a day...

18 Nov 2003 11:07:14 AM

#### **Fatigue with Multiple Sclerosis**

I have tried several supplements to fight fatigue. The Daily for Life Pack has been the best thing I've ever found. I think it is good for everyone, whether you have any health problems or not.

09 Oct 2003 06:34:21 PM

Submitted by: Micki Streeter

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#### **Daily4Life helps Chron's Disease!**

I had to share this with all of you!

I have been with Melaleuca now for a little over a year and a half. A few months after I joined, my husband was diagnosed with SEVERE Crohn's disease and was hospitalized.

For those of you that do not know, Crohn's is passed on through genetics. My husband's brother has it also, but not as severe. A Crohn's patient will have this for the rest of their life.... But how it will effect them depends on if they can get it under control and keep it that way or not.

With Crohn's, if your intestines stay ulcerated, it can lead to cancer. So, many times they remove the section of intestine that is irritated. Crohn's disease also causes a low immune system, irregular absorption of nutrients, and can lead to blindness; to mention a few things.

When he was first put on the med's, they seemed to have things a bit under control. But after a few months things started up again. The pain, the bleeding, the exhaustion...

The doctors did many scopings, and tried MANY different medications over the next few months.

About four months ago, the doctors were at the point of looking at surgery and having that section of his intestine removed. They scheduled the scoping for the first part of that month (this was about 3 months ago now).

My husband and I both sat down and talked, and realized that NONE of the meds they had been putting him on were doing anything. They actually seemed to be making him worse! We both agreed we had nothing to lose, so we took him off the steroids, med's, etc. and put him on the Melaleuca Daily4Life!

He was taking these supplements for approximately 2 months when we went in for the scoping... HE IS IN COMPLETE REMISSION!!! His intestines are healed over! NO ULCERATIONS! Melaleuca and the Daily 4 Life truly has given us our lives back!

We are both on the Daily 4 Life now, and will be for the rest of our lives! I am even ordering a bunch of Daily4Life and handing it out as Christmas presents for our families! What better present to give someone than better health!

14 Oct 2003 05:53:33 PM

Submitted by: Kathy Racine

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#### **4 months with right side of body paralyzed**

I was diagnosed with MS approximately four years ago. I spent 4 months with the right side of my body paralyzed. I am fortunate that I fully recovered from the paralysis; however, I had resigned myself to constant aching and fatigue. My neurologist had prescribed medicine, but it never really helped. I took half hour naps every two to three hours every day, sometimes more. The constant aching and fatigue kept me from living a normal life.

In all honesty, I bought the Provex CV, Cell-Wise, Mela-Cal and Mel-Vita (Daily 4 Life) simply because you are my neighbour. I had read others stories but was skeptical. I have been taking these for 30 days now. After just two weeks,

I noticed a remarkable improvement. My aching has pretty well stopped. The fatigue I experience now is minimal. I make lists of things I need to do each day and for the first time in years I am completing my lists. I have my life back.

I know that there are many, many skeptical people like me. I can only hope that for their sakes they give these products a try.

02 Mar 2004 11:24:14 AM

Submitted by: Christina Bergner

[More information on multiple sclerosis](#)

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#### Poor Circulation Relief

One of my elderly customers had bad circulation in her legs resulting in achy twitches and cold toes. She went to see a doctor who found nothing wrong with her, charged her \$200.00 for the visit, and sent her home. After I put her on the "Daily 4 Life" regime her symptoms disappeared within only a few weeks and she has no problem with cold toes either!

03 Oct 2003 08:39:04 PM

Submitted by: anonymous

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#### Help for Varicose Veins

I have had varicose veins in my legs for several years resulting in me feeling exhausted at the end of the day. I finally decided to wear support hose to help and I had to wear them every day. After taking Daily For Life which includes ProvexCV my varicose veins disappeared and I no longer need support hose.

09 Oct 2003 05:57:22 PM

Submitted by: Dorothy, Kingston

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#### Suffered with MS Symptoms

I want to thank Melaleuca for making such terrific supplements. For 6 years I have suffered intermittently with my MS symptoms. What I have regularly is weakness and fatigue. Since beginning on the Daily for life and converting my home, I almost forget that I have MS. I have more energy than my husband and rarely experience any muscle fatigue. I truly believe that I am investing in my long term health and doing the most valuable thing I can to keep my MS in remission. Thank you again.

02 Mar 2004 11:19:00 AM

Submitted by: Lisa Link

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#### diagnosed with MS

I was diagnosed with multiple sclerosis in September of 2002. After visiting the ER with my third major exacerbation Christmas Day of last year, which temporally paralyzed my right side, I was determined not to do that again. I had had enough of this MS stuff; and with my husbands' support, we made the choice to fight this instead of give in to it and accept it as our new life. Earlier that month, a friend from church called me and invited me to her home where I was introduced to products made by Melaleuca, Inc. She told me she believed that the supplements might help me and encouraged me to give them a try. I enrolled the end of December and started the Daily for Life Pack supplements on January 4th. We also changed our household cleaning and laundry products to theirs immediately because we had lots of caustic chemicals in our home and if we were going to do this we wanted to do it all the way and give it a chance to work. My recovery after the attack was going very slow. I was very tired, couldn't walk well, and the back of my legs hurt all the time. Within 3 weeks ALL my symptoms went away. Not one of the drugs I was on before ever did this. If they did make me feel better, it was traded off for a new side effect. Lot's of fun?

I can't express with words the positive effect this has had on our lives. I get to be a Mom again and take care of my family. I still have to be careful about not over doing because my body is still healing but I know this is working and I will continue to get better everyday. Along with the Daily four, I added 16oz. of Sustain each day. Wow! That really takes care of the fatigue. If I forget to have some, I will consequently need a nap by mid afternoon. I ran out once and I paid for it big time! With a small baby to care for, naps don't always happen, so I really NEED my Sustain to keep me going. My husband, Mark has also started on the Daily for Life Pack with Replenex and he has not had a migraine in about 3 weeks, which is amazing because he always got about 2 per week. Our two younger children are taking Vita Bears and they love them. We couldn't get them to eat the store brands kinds because they hated the taste and we always got complaints. Our two oldest are on the Vitality Pack. Our oldest daughter doesn't look so pale and tired after school anymore. I have noticed big changes in her. Her energy level has sky rocketed! Both are more alert and have lots more energy.

So we are praising God a lot more around here and so happy to see good health in all of us. Sincerely,  
Lisa Link Nampa, ID

Submitted by: Monica Hildreth

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### Multiple Sclerosis

I was diagnosed with multiple sclerosis 17 years ago. About four years ago, my symptoms starting getting more severe - increased fatigue, loss of balance and motor skills, bladder and bowel dysfunction, severe leg cramps, some visual problems, etc. I usually spent at least two visits to the hospital each year with major kidney infections per year due to bladder infections and severe fatigue. Unfortunately, there are no medications currently on the market used to treat MS that work for me - my body just does not like the injections, cortisone or any other typical treatments. Therefore, I quit my job as a marketing executive almost two years ago when I began falling more and suffering from more and more symptoms.

I started using Melaleuca products in 2000 - and began using the Daily 4 Life products approximately eight months ago. Since that time, I have noticed a significant improvement in my overall health.

- 1) I do not get tired or fatigued nearly as much as I did before taking the Daily 4 Life.
- 2) My overall bladder and bowel functions have improved tremendously - I have not had a bladder infection in over a year.
- 3) My balance and coordination has improved so that I only use a cane when walking long distances - I don't have to 'wall surf' when I am at home - and the frequent trips and falls going up and down stairs has become almost a thing of the past.
- 4) My overall sense of well-being and energy has improved - I sleep more soundly as I am not hampered by nightly leg cramps. I wake up more alert and am ready to start the day without dragging around.
- 5) I seldom have to take naps during the day anymore.

14 Oct 2003 11:33:39 AM

Submitted by: Nancy Addison

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### Symptoms of Chronic Fatigue Syndrome

Before starting on the Melaleuca supplements, I had severe Fibromyalgia pain. Along with that I had symptoms related to colitis and Irritable Bowel Syndrome.

At any rate, I was in so much pain every night that John had to give me therapeutic massages before I went to bed. I refused to take prescription pain meds because of the side effects.

Well, along came my daughter Kelly, who introduced John and me to Melaleuca. I went ahead and tried it (not really believing it would do me any good). After a few months I began seeing improvements in my health. John and I enrolled in Nov. '01 and I would since the middle of 2002, I have been symptom-free of all my pain, uncontrollable bowels and fatigue symptoms.

I take the Daily for Life, Luminex, FiberWise drink (every morning as breakfast with Attain shake) and EstrAval. I also take RestEZ every night about an hour before bed. I am also taking Phytomega since it came out at convention last year. Melaleuca has changed my life in so many ways.

23 Feb 2004 08:54:44 PM

Submitted by: r l stiles

### Arthritis in Big Toe--Part II

Although I am a firm believer in our pain reliever "Pain-a-Trate," the real heroes in my life for relieving aches and pains have been a regular daily dose of Replenex with one or two tablets of our CounterAct Ibuprofen. This combination has enabled me to be truly mobile and more flexible, not only in walking with an arthritic big toe and aching knees, but (an added bonus) providing a greater range of motion in my right shoulder that was previously painfully restricted by bursitis.

10 Oct 2003 09:48:54 PM

Submitted by: Shelley DiDonato

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### Energizer Bunny!

I have been taking the Daily for life Pack for almost a month now, and I have not had this much energy for a long time! With my MS, fatigue is my most debilitating symptom. This past month I have been able to go like the Energizer bunny! I feel like I am back among the living!! I am glad I got the Value Pack to try a variety of the products! A few of my other favourites are the Denti Clean Whitening toothpaste, the chocolate-raspberry Attain bars, the No-Work shower spray and the Platinum bar! "These are (just) a few of my favourite things!!"

02 Mar 2004 11:17:02 AM

Submitted by: Denise

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### Relieves muscle pain from Fibromyalgia

I have Fibromyalgia and have had great success using the Daily 4 Life Pak along with Provex Plus. The Provex Plus is definitely key to retarding my muscle pain. For the first time in eight years, I have no muscle pain and no leg jumps. It

has been wonderful.

Losing all the muscle pain did expose joint pain that I did not know I had because I was just one big ball of pain. So, I have now started the Replenex. It's only been one week since starting the Replenex, so I'll let you know when that shows improvement.  
*08 Jan 2004 01:03:27 PM*

Submitted by: Judy Whitelock

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**Diabetes, Thyroid, Cholesterol**

Hey Anne, Just wanted you to know how my blood work turned out this week since I've been back on my vitamin program (Daily for Life) with the new Phytomega. Thyroid - .06 Blood sugar - 85 Cholesterol - HDL - 126; LDL - 58 Dr. Pic said these were perfect where we were having to keep an eye on everyone of these. I have diabetes and my thyroid and cholesterol were running a little high, too . . . enough so that he wanted to keep a close eye on it. But . . . now that I'm back on the vitamins, NO PROBLEM! You can bet your sweet bippy I won't ever stop taking those again!!!! Anita Hanifan West Virginia  
*28 May 2004 10:45:10 AM*

Submitted by: Brian Caccianiga

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**Daily 4 Life helps Bronchitis**

Hi there, Brian here from Melbourne, Australia. I had suffered from Bronchitis since I was a young lad. I'm now 49 yrs of age. I had previously been taking high quality nutritionals from another company but always had the Bronchitis. After enrolling with Melaleuca I started to take the Daily 4 Life Pack.

After about 4-6 weeks I noticed that my chest had cleared up. I couldn't believe it. This was further verified in January 2002 when, preparing for a major operation, I had to carry out some breathing exercises at the hospital. After the tests, the person that did the tests said, "I thought you said you had bronchitis? There is no evidence of you having or ever had Bronchitis." It is a great feeling to be able to carry out activities and not run out of breath. Thank you Melaleuca.  
*10 Oct 2003 10:17:33 PM*

Submitted by: Betty Forbes

**Stronger Vision**

I joined Melaleuca midway through 2002. I have always believed in taking supplements and after hearing how good Melaleuca was, I had no problem in switching.

However, over the past six months or so I have had great difficulty seeing. I tried to avoid reading...which is difficult because I am a teacher. I finally went to the optometrist this week. He said that my vision improved considerably and my glasses were too strong. My new strength of glasses has gone down two stages in one eye and three in the other one (the one that was really poor previously). I won't say how old I am ... suffice it to say that I got black 'over the hill' balloons for one of my birthdays some time ago. The optometrist had no explanation.

What have I done differently in the last few years...change my home to Melaleuca products and take the Melaleuca supplements. You might ask me what I am taking ... I am taking The Daily for Life as well as Phytomega, NutraView, Replenex and Estraval. You draw your own conclusions, but I'm looking forward to the time when I need to drop the strength of my glasses more steps.  
*17 Feb 2004 12:38:07 PM*

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Submitted by: Georgena Skwarezynski

**Became numb from my shoulders down...**

In July, 1994, I had a summer job baby-sitting in my home, for a little girl the same age as my 5 year old daughter, Nicole. I had just finished mopping the last floor as I stood up in my kitchen "with a feeling I'll never forget". It was as though the girls must have put a brick in my back pocket! My body became numb from my shoulders down; I had an excruciating pain in my neck. If I moved, it was as though I was plugged into a 220 amp. My mother called my husband at work as I lay on the floor afraid to move.

My husband rushed me to the hospital, where a series of tests were taken. With no diagnosis, I was sent home. After several weeks of blood tests, x-rays, brain MRI's etc. I was diagnosed by Dr. John R. Scott, Neurologist as having Multiple Sclerosis.

"I had no feeling from my shoulders down, for months. Everything was constantly asleep. I could not hold a glass, write my name or walk on my own without falling. My legs would just collapse sporadically. I knew when I had to use the restroom but I couldn't feel if I had or not. I couldn't feel my legs even when I lay down in bed at night. My husband carried me a lot. He was so wonderful and supportive; he is such a blessing. I couldn't even play with my daughter, and she couldn't understand. "Why can't Mommy chase me anymore?" But I wouldn't give up! Because in my heart I knew that this had happened to me for a reason. Yes, I was scared and I was bitter, but I knew that with the help of the Lord I could get through this trauma in my life, somehow.

In September, 1995, my sister-in-law, Janice Guilfoyle, suggested I try Melaleuca vitamins. So, I tried them! My dosage was: 1 Vitality Pack twice daily, 1 Cell Wise, and 2 Provex Plus daily. With that, I also continued to take Lecithin 19 grains - 2 daily, and 1000 mg time released Vitamin C. I started feeling SO much better! My husband could not believe the difference! By November, I was actually "boogie boarding" the surfs in Hawaii with my daughter! I've known my husband for 17 years, and for the first time, he wanted to take these vitamins, too. In March, 1996, I walked with my husband, sister, and her two boys in a ten mile walk-a-thon for the MS society.

Today, again THANK GOD, I can walk, run, and even dance! Yes, I realize that tomorrow I may not be able to get out of bed by myself but today, I DID, and I'm thankful for that!  
*02 Mar 2004 11:34:15 AM*

Submitted by: Pauline Murphy

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### Daily for Life

My sister-in-law (64 years at the time) has a genetic vascular problem on her left side; leg and buttocks have enlarged significantly with age, most noticeably in the past few years. This led to other physical problems: shortness of breath, major hypertension, a dragging of her leg, a general weakness and fatigue, restless leg syndrome, which leads to difficulty sleeping, much frustration, anxiety and depression. She exhausted all medical and specialist avenues. They could not determine the cause, and were only able to help in initiating management with her extremely high 240/130 Blood Pressure. When I learned about Melaleuca's Provex CV and the vitamins, I felt she had so many issues it sure could not hurt to try these products and she was willing to give them a trial following a sharing of information with her family Doctor. She purchased and took the Daily for Life Pak, taking Provex CV x 3, the vitamins and Cellwise consistently. Six weeks later she called me to tell me she had been out walking and shovelling snow, and was definitely feeling better. Within 3 months her restless leg syndrome was gone, she was sleeping better, her blood pressure had stabilized with medication reduction and she was able to take off on visiting vacations (driving 400 miles alone). She now realizes this: these products have given her a real life extension!

*12 Nov 2003 11:35:16 AM*

Submitted by: Veda Kerr

### Child with ADHD

I have two small children (one with "Sensory Integration/Defensiveness," which is related to ADD). A few years ago, I went to a seminar where Dr. Marcus Cobb ("A Medical Perspective" tape) and his colleague Joe Clementi spoke. They recommended taking Vita-Bears or Vitality Pak as directed (depending on body weight) and ProVex Plus. In addition, take Cell-Wise (1/day) and Sustain. There is something about the natural fructose in the Sustain that aids the neurotransmitters in the brain.

I then found some articles that support all this. These articles, along with other research, encouraged me to really give the above "concoction" a try (minus the Cell-Wise because I wanted to see if the rest would work first). Life has (thankfully) not been the same since. My daughter no longer overreacts to every spoken word or movement around her. Life is no longer a constant battle. Hope this helps.

*21 Nov 2003 11:55:11 AM*

Submitted by: Storm Weaver

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### Regained the mobility to my body

I was diagnosed with MS almost 6 years ago. For me, it started with the loss of the use of my legs, and I temporarily lost the use of my eyes and was unable to speak.

I regained the use of my eyes and speech after 2 VERY terrifying weeks. I could not see and could not communicate. Fortunately, my life-partner (at the time, my roommate) was extraordinary, and I would not have survived emotionally intact without the care and help that she provided me. I will always be grateful for her patience and the respect with which she treated me when I was unable to even express my basic needs, move or see.

Though my ability to walk returned with my vision and speech, that did not last, and I have dealt over the past six years with cyclic loss of motor capacity.

I have been on the nutritionals, and have developed a program that works for me through Melaleuca for the past 3 months. I have not had a single flare of the MS in that time, and have even resolved some of the ongoing pain (Yes...MS can come with pain) using Melaleuca's nutritional tools.

I use Replenex...I took loading doses of 6 caplets a day for 2 months, and am now taking a maintenance of 3 capsules a day. I also use the Daily for Life, and since adding the Provex CV (which I added in my 2nd month), I have had increased stamina--to the point where I have actually started being able to walk and to travel again--two things I dearly loved that I had become unable to do because of mobility and pain issues.

In addition, I use the Attain and Sustain shakes when I have trouble swallowing food (I also have many of the digestive side effects of MS), and use the Fiber Bars and FiberWise to help regulate intestinal function, which used to go from stagnant to hyperactive--sometimes in the same day.

I avoid Activate because of MS being an auto-immune disorder, but, being where I am in my life, I take a 1/2 dose of EstrAval to help my system cope with the changes of peri-menopause.

I use the NM Skincare and the bath products to help with the skin issues (cane-blisters--not so much of an issue since I haven't had to depend on my cane the past month). Thank you Melaleuca for all your products!

*02 Mar 2004 11:39:40 AM*

Submitted by: Dan Foster

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### **Melaleuca reduced symptoms for Chron's Disease**

Twenty years ago at the young age of 32, I developed severe abdominal cramps that were unlike anything I had experienced before. I went to my family doctor and he referred me to a Gastrointestinal Specialist.

After a series of tests including a colonoscopy, I was diagnosed with Crohn's disease. Crohn's disease is a chronic inflammatory bowel disease that causes scarring and thickening of the intestinal walls and frequently leads to obstruction. Surgical removal of the diseased bowel section occurs in about 50% of the cases. After researching the many paths that the disease could progress to, it was not an encouraging picture. The disease could be managed by diet, exercise, a positive mental outlook, and multiple medications. However, the disease could not be cured and there was no known cause.

For 20 years, I have had to deal with chronic nausea, diarrhoea, bloating, gas and a regiment of medications to cope with the disease. Whenever I travelled on business or pleasure trips, it was almost a certainty that most of the symptoms would accompany me.

In July of 2001, I agreed to enroll in Melaleuca after a few weeks of skepticism. I decided I had nothing to lose and maybe there were benefits. Suzanne Pummill and Bob Moore's passion for Melaleuca won me over. I am so thankful that they stayed with me as I now feel it was one of the best decisions of my life.

I began taking the Daily For Life Pack in July 2001 (but substituting Provex or Provex Plus for Provex CV). In Nov. 2001, I started on the Provex CV. By August, my symptoms had been greatly reduced. In the past 6 months, I have reduced my dependence on the medication by 95%. I have other Melaleuca product testimonials but this is the one I feel most thankful and blessed for.

*16 Oct 2003 03:19:07 PM*

Submitted by: Paulette Magaw

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### **Prenatal Vitamins and headaches**

Last summer on a camp-out, I was sharing with you my pre-menopausal problems. For eight month's, I had been experiencing daily headaches for the first two weeks of my cycle. I read several books, tried progesterone creams, plant estrogen, changed my diet, seen my chiropractor and doctor and was scheduling an appointment to have my hormone levels extensively tested.

I heard someone suggest Melaleuca prenatal vitamins, and switched on my next order. The very next cycle my headaches were gone and have been for the past three months. Yeah! Melaleuca! -- Peggy

*01 Oct 2003 08:42:11 PM*

Submitted by: Paul Levine

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### **Melaleuca Products help with High Cholesterol**

Having a long history of heart disease in my family I have made it my business, through the use of the Melaleuca products, to try to stay healthy the best I can. When my cholesterol started to go up into the high range I got a bit nervous. The doctors determined that I was at a high risk for a heart attack. I felt like I was on a speeding train that was going to crash at the end (me being the train and the crash being a major heart attack). The doctors wanted me to go on Lipitor-- which I did NOT want to do. I am aware of the risks associated with being on that drug and others that the doctors prescribe. So, I put myself on the Daily for Life Melaleuca nutritionals and I watched my cholesterol drop and my health improve. I had a complete physical recently and my cholesterol went from 230 to 155. I was able to pass the treadmill stress test with flying colors. In fact, my resting heart rate has been 44. The doctors determined that it is that slow because it does not need to beat any faster because I am so healthy. They told me that they wished that all their patients were as healthy as I am.

So, my speeding train has not only slowed down-- but has reversed itself. And I am not only physically healthy; but mentally I am greatly relieved.

I can thank the Melaleuca products for the opportunity to be more healthy and stay alive. I wish everyone would only believe what we tell them about our products and be as healthy as I am.

*09 Oct 2003 05:35:57 PM*

Submitted by: Paul Levine

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### **High Cholesterol and Heart Disease**

Having a long history of heart disease in my family I have made it my business, through the use of the Melaleuca products, to try and stay healthy the best I can. When my cholesterol started to go up into the High range, I got a bit nervous.

I was determined by the doctors to be a high risk candidate for a heart attack. I felt like I was on a speeding train that was going to crash at the end-- me being the train and the crash being a major heart attack. The doctors wanted me to go on Lipitor, which I did NOT want to do. I am aware of the risks associated with being on that drug and others that the doctors prescribe. So, I put myself on the "Daily for Life" Melaleuca Nutritionals. I watched my Cholesterol drop and my health improve. I had a complete physical recently and my cholesterol went from 230 to 155. And, I was able to pass the treadmill stress test with flying colors. In fact, my resting heart rate has been 44. The doctors determined that it is that slow because it does not need to beat any faster, I am so healthy. The doctors told me that they wished that all their patients were as healthy as I am.

So, my speeding train has not only slowed down, but has reversed itself. I am not only physically healthy, but mentally I am greatly relieved. I can thank the Melaleuca products for the opportunity to be more healthy and stay alive. I wish everyone would only believe what we tell them about our products and be as healthy as I am.

07 Oct 2003 05:51:21 PM

Submitted by: Tammy

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**Melaleuca Aids in Diabetes Health**

I wanted to write and tell you about the difference that Melaleuca supplements have made in my life. I am 32 and was diagnosed with diabetes during my last pregnancy (2 years ago). I was in denial for about 6 months (after our son was born) and did absolutely nothing for my diabetes. I didn't check my blood sugar, nor took insulin. Nothing.

When I finally accepted the diagnosis I decided to do something about it. I started taking my blood sugar just to get a good idea of where it was at. I was startled to find out that after only 6 months it was high-- averaging about 200. I then made an appointment with my doctor so she could help me decide on my insulin doses. She noticed my blood sugars were running around 200 depending upon what I had eaten and the amount of exercise I had done.

I started off with about 75 units of insulin a day. I couldn't take oral medications because I was breastfeeding my son. I had a HBA1C of 7.7. Normal is 0-6.5. She said it was a bit higher than the last one of 7.1 so she upped my dose of insulin to 80-100 units. I was feeling run down, and crabby, tired, unable to sleep, always edgy, and felt terrible in general.

A good friend introduced me to Melaleuca in August of this year, and I began taking the vitamins on September 1st. I was very skeptical and was SURE that Melaleuca would be giving me my money back in 90 days. I didn't have the money to take the full recommended dose of ProvexCV for my weight; but I did take 4 a day, and two of the Cell-Wise, Mel-Vita and Mela-Cal. I didn't notice any difference in the first two weeks, or even three weeks. But a few days after my 4th week started I sat down and took a good look at my blood sugar recording diary. I noticed that I had not been taking any more than 40 units of insulin a day (down from 80-100).

On occasion, I do have to use a bit more insulin in the morning, depending upon my nighttime snack and/or exercise. My fasting blood sugar is now much closer to acceptable: 115-140. My bedtime blood sugar has been running around 140-- down from 200 only one month before. I have noticed a huge increase in energy. I am able to get to sleep and sleep longer. I am much more relaxed and I generally feel much better. I can attribute a lot of this to the Daily for Life supplements that I have been taking faithfully every day since September 1st. I have also incorporated a short 30 minute walk into my morning routine. I am sure this has something to do with my blood sugar results also. Hopefully this will help someone you know.

09 Oct 2003 05:32:18 PM

Submitted by: Gerri Zarifis

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**Theres Nothing Worse Than Constant Pain!**

In 2002 I was involved in a car accident. As a result I have suffered lower back pain and whip lash to my neck ever since. The first year of my injuries I was treated with various Anti-Inflammatory medications, pain killers, physiotherapy and even several types of Anti-Depressants. They restricted my activities, because many of them stated "do not drive a vehicle while taking this medication!" Consequently, I stayed home and became very anti-social - only going out when necessary. I was getting more and more depressed by the life that I was living. Then in 2003 I was introduced to Melaleuca and to a product called Replenex(a natural supplement using Glucosamine), and found that this product not only could, but gave me the complete pain relief I had only been dreaming of for the past year. Within 2 weeks after first taking the Replenex I felt the difference. I also started looking at the other products Melaleuca had to offer. I began taking Vitality Pack for Life, Melaleuca Oil and MelaGel which was also very effective in relieving my neck and back pain. This has given me amazing energy. I feel like a completely different person! I am totally off all my previous medications, the ones with all those horrid warnings, side effects and was stopping me living my life for the past year.

05 Feb 2004 12:20:43 PM

Submitted by: Tammy Pearce

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**Diabetes during my last pregnancy**

I am 32, and was diagnosed with diabetes during my last pregnancy (2 years ago). I was in denial for about 6 months (after our son was born), and did absolutely nothing for my diabetes. I didn't check my blood sugar, nor take insulin. Nothing. I finally accepted the diagnosis and decided to do something about it. I started taking my blood sugar, and I was startled to find out that after only 6 months it was high, averaging about 200. I then made an appointment with my doctor so she could help me decide on my insulin doses. She noticed my blood sugars were running around 200, depending upon what I had eaten and the amount of exercise I had done. I started off with about 75 units of insulin a day. I couldn't take oral medications because I was breastfeeding my son. I had a HBA1C of 7.7. Normal is 0-6.5. She said it was a bit higher than the last one of 7.1, so she upped my dose of insulin to between 80 and 100 units. I was feeling run down, and crabby, tired, unable to sleep, always edgy, and felt terrible in general. A good friend introduced me to Melaleuca in August of this year, and I began taking the vitamins on September 1st. I was very skeptical, and was SURE that Melaleuca would be giving me my money back in 90 days. I didn't have the money to take the full recommended dose of ProvexCV for my weight, but I did take 4 a day, and two of the Cell-Wise, Mel-Vita and Mela-Cal. I didn't notice any difference in the first two weeks, or even three weeks. But a few days after my 4th week started, I sat down and took a good look at my blood sugar recording diary. I noticed that I had not been taking any more than 40 units of insulin a day, down from 80-100. On occasion, I do have to use a bit more insulin in the morning, once again

depending upon my nighttime snack, and/or exercise. My fasting blood sugar is now much closer to acceptable: 115-140, my bedtime blood sugar has been running around 140, down from 200 only one month before. I have noticed a huge increase in energy, I am able to get to sleep and sleep longer, I am much more relaxed, and I generally feel much better. I can attribute a lot of this to the Daily for Life that I have been taking faithfully every day since September 1st. I have also incorporated a short 30 minute walk into my morning routine. I am sure this has something to do with my blood sugar results also.

Hopefully this will help someone you know.

26 Oct 2004 02:52:51 PM

Submitted by: Linda Robillard

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### **Hayfever & allergies: NO MORE**

Buying Melaleuca vitamins has literally changed my entire summer. I have had serious hay fever since I was a little girl. Over the years it has changed from a miserable August when the ragweed came out, to a miserable May and June, when other plants were growing. I needed daily chlortripilon, benylin or other medicine to function. Well, back in June I started on the 90 day Melaleuca vitamin challenge and at some point I realized that I had no more hay fever symptoms AT ALL! Camping was particularly difficult previously and for once I didn't need to bring my allergy medicines. August and ragweed season came and went with not one bit of stuffy nose, itchy eyes and throat or sneezes. My husband and sons are so impressed with the incredible changes that they have all asked me to buy Melaleuca vitamins for them too. And I also use their cleaning products and know that we have a healthier home. Sincerely, Linda Robillard

dlrobillard@hotmail.com

20 Oct 2004 06:21:43 PM

Submitted by: Jodie Albaugh

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### **Vitality Pack Helps Increase Energy**

I have a 17 month old daughter that I was having a hard time keeping up with. I was taking naps during the day with her and still have difficulty until I started on the Vitality For Life pack. Now, not only do I feel better, I enjoy playing with her more than ever and I can get things accomplished when she takes her naps! Thank You Melaleuca!!!!

03 Oct 2003 08:36:54 PM

Submitted by: Bob Moore

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### **Off of Lipitor - on to Provex CV**

I went back for a 2-week checkup and they could not count my pulse at first because it was so high -- 185 beats a minute! They then performed heart ablation to regulate my heart beat. The atrial flutter caused the blood, which was not circulating properly, to pool in my left ankle (the foot from which they took the veins for the heart graft). The inside part of the ankle turned black and stayed that way until March of 2001, when I started applying tea tree oil directly to the skin. It took the tea tree oil about 5 - 6 weeks (daily applications) to bring the skin tone back to near normal condition.

I have also used tea tree oil to treat pre-cancer growths that frequently appear on my arms from being exposed to too much sunlight. After applying just one drop each of the oil on the spots, they crusted over and fell off as if they had been frozen by the dermatologist.

I started on the Vitality Pak (multivitamin and calcium) soon after enrolling in Melaleuca. However, I was hesitant to start on the Provex CV until I had approval from my cardiologist. I purchased the Provex CV doctor's packet, took it to my doctor, left it with her and she dragged her feet on providing an opinion for several weeks. Finally, she did call and said it would be okay to try it. It may help, and would not hurt me. I immediately began taking Provex CV (only one or two a day), up until I returned to my regular GP for some periodic blood work. When I returned to the doctor's office a week later for the results, he looked and said, "You obviously haven't lost weight like I advised you, Bob; but what have you done differently? I've been treating you for over 20 years and your overall cholesterol has never been under 200. Now your bloodwork is showing your overall cholesterol at 165, and the good cholesterol at 85 -- that's is very unusual especially for a man!" When I told him all I had done differently is begin to take Provex CV, he indicated that he had heard of Melaleuca but had not heard of Provex CV. He decided to put Provex CV to the test. He suggested that I go off of lipitor, up the dosage of Provex CV and return in three weeks for more bloodwork. From that point, I have discontinued the lipitor and have been taking six Provex CV per day (two, three times daily). I returned to the doctor yesterday for results from my latest bloodwork -- more GOOD NEWS! My cholesterol has gone down four more points to 161. The doctors has asked me to return in six weeks for further bloodwork, to see if I can stay off of lipitor and continue on the Provex CV as a safe alternative. Knowing the frightening side effects of lipitor, this has been a great relief. I'll be happy to provide a further report after my next blood work has been completed.

14 Oct 2003 11:59:49 AM

Submitted by: Dick Flegenheimer

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### **Cholesterol significantly decreased**

In 1998 I had a triple by-pass operation.

Following that experience, I was able to reduce my cholesterol level to below 150 with supplementation and nearly a meatless diet.

I was also placed on medication, namely Lipitor. As time progressed following the operation, I returned to eating meat and my cholesterol became elevated above the 150 level, but remained below 200 with exercise, Lipitor, and watchful eating, and supplements from another nutritional company.

I started taking Phytomega at a convention, after receiving the results of my blood screening. I hoped that I would see some positive results after a month on the product, but what I found far exceeded my expectations. I had my blood drawn and checked by my own Doctor on September 9th, about one month after starting the Phytomega. Here are the results: 8/07/03 9/09/03 Total cholesterol: 184 141 Triglycerides: 179 104 LDL cholesterol: 104 77 I was impressed with the results as I really changed nothing in my daily routine or diet. If anything, I exercised less due to a busy schedule.

18 Nov 2003 11:44:57 AM

Submitted by: Bert Wylen

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**Daily For Life and Atrial Fibrillation**

In October 2001, I was operated on for atrial fibrillation, an arrhythmia of the heart caused by an electrical system gone haywire. Prior to the surgery I had major "events" just about every day (for three to four hours each time) that left me exhausted and sometimes unable to hold my head up. I often felt I was going to faint. The surgery was successful, although it didn't leave me "like new." I still have small "events" that remind me that I'll never be completely healthy again.

In August 2002 I enrolled in Melaleuca and started using the Dialy For Life Pack, which includes Mela-Vita, Mela-Cal, Cell Wise, and ProvexCV. I was hoping that the ProvexCV would help my heart problem. Within four days of taking the recommended dosage, my atrial fibrillation disappeared! I wasn't quite sure that it was the ProvexCV, or maybe one of the other supplements. But two months later I forgot to place my Melaleuca order in time and I ran out of the ProvexCV about one week before the new batch arrived. Sure enough, my atrial fibrillation came back. Within three days of taking the newly arrived ProvexCV my heart was back to normal. This is beyond my wildest dreams! I feel as though I have my life back. I'm working out, and I'm not afraid to go anywhere my heart desires anymore.

09 Oct 2003 05:39:01 PM

Submitted by: Steve Birk

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**I can breathe again and sing again.**

In 1995 I went to see an internal medicine physician because I was having trouble breathing and had a chronic cough that had persisted for months. I was 47 years old at the time. I couldn't sing in church anymore because taking a deep breath would cause me to cough uncontrollably. It continued to get worse to the point that I couldn't get through a sentence in a conversation without wheezing and coughing. My job required interaction with customers and I spent much of my time on the phone. It got so embarrassing trying to talk to someone that my job performance was suffering as a result.

My doctor performed a number of tests and determined that our two indoor cats were probably causing an allergic reaction. We had no other alternative but to remove our cats from the house. That was heart-breaking enough, but for months my condition continued. My doctor put me on various inhalers and medications. Nothing was working.

Then, chest pain started accompanying my other symptoms. One day I drove myself to emergency at the local hospital with shortness of breath and chest pains-- classic symptoms of a heart attack. After emergency physicians checked me over they determined that the problem was still respiratory and not cardiac related. They had me undergo extensive tests to determine lung capacity, how much oxygen was getting into my blood, and other checks to determine what was triggering the problem. More inhalers and more medications followed but the symptoms persisted. The only thing that had been determined for sure was that my symptoms were aggravated by colds and upper respiratory infections. I just continued to struggle along with bad days and better days.

One day, in October of 1998, I received a call from a lawyer friend who wanted me to meet him for a cup of coffee and look at a business he was excited about. I met with him and one of the questions he asked during his presentation was if I had any present health concerns. He suggested that I seek the advice of a doctor friend who had been talking to his patients about Melaleuca products for years. The advice I received was remarkable and quite different than that of the other doctors. He said that God gave our body an amazing ability to heal itself if we give it what it needs and remove what it doesn't need. He talked about inside, outside, and all around wellness. (1) Give the body proper nutrition, diet and exercise. I started feeling better almost immediately with the Daily 4 Life Pack (2) Our skin is our largest organ and the first line of defense. It's the immune system barrier but provides immediate access to the blood stream to things that are easily absorbed. Only put on the skin and next to the skin those things that are good. None of Melaleuca's skincare or Nicole Miller cosmetics contain any harmful ingredients. (3) Rid your home and environment of products that contain toxic chemicals and other harmful ingredients. Long-term exposure to out-gassing of store brand household cleaning products can have devastating health effects. Use only things that promote wellness.

Melaleuca has changed my life. My symptoms seemed to improve almost immediately after starting the nutritional program and totally cleaning our house from top to bottom with safe, non-toxic, chemical free, Melaleuca products. We got rid of the Windex, Tilex, Lime-A-Way, Cascade, Pledge, Tide, Downy, Clorox, Lysol and dozens of other products that cost too much and contain harmful ingredients. After about two months I was singing in church again. Now I am

singing the praises of Melaleuca. We converted to a Melaleuca wellness lifestyle and are constantly advising others to do the same.

10 Oct 2003 11:09:40 PM

Submitted by: Mac Sockwell

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### Mild Manic Depression

In Nov.1982, I was diagnosed with mild manic depression. My doctor recommended that I take Lithium and I was told I would probably have to take it for the rest of my life. Since Lithium is a drug, I had to see a doctor and have blood work done every 3 months or so to make sure the drug was not damaging my liver.

My gut feeling at that time and still is, is that a mineral deficiency was the main contributing factor for my depression. (Recently, I read an article that backs up my belief.)

Prior to my diagnosis, blood work and a Mineralysis determined that my body was deficient of some minerals. Consequently, I was told to take nutritional supplements in addition to the Lithium. I took the specific vitamins and minerals that were recommended. After several months, I stopped taking the vitamins and minerals because I felt and saw very little difference. However, I did continue taking the Lithium even though I experienced some side effects. The side effects did concern me and made me more determined to find a safer alternative.

Even though I didn't have much success with the initial nutritional supplements I took, I continued searching. Over the next several years, I tried various multi-vitamins which only over promised and under produced. I did not feel or see a real difference. That was until... someone (who I am very grateful to) introduced me to Melaleuca: The Wellness Company in March of 1993 and I enrolled as a Melaleuca preferred customer.

In reading over Melaleuca's product pages in the "portfolio", it stated that The Vitality Pak (Mel-Vita & Mela-Cal consisting of 55 different vitamins and minerals), was formulated with an exclusive PATENTED Fructose Compounding mineral delivery system-a proprietary process which pre-binds minerals to a fructose molecule for easier absorption by the body. (This process helps to ensure that your body effectively absorbs more of each and every mineral into the cell it needs to go into). After 10 years of hoping and praying for a safer alternative I thought, "Could this be THE multi-vitamin that I had been searching for"? Well, the manufacturing company (Melaleuca, Inc.) gave me a 90-day money back guarantee that stated that if I didn't feel a difference, if I didn't see a difference, if I didn't have an overall sense of improved well-being, they would refund my money.

I asked myself, "What did I have to lose"? I called the company's 800# and ordered The Vitality Pak. After taking Mel-Vita & Mela-Cal twice a day, I felt a real difference within a few days. I have continued taking the Vitality Pak since that time. When I became a Melaleuca customer, I bought a Value Pack and then a Career Pack within my 1st three months so that I could convert my home over to the Melaleuca product line. I wanted to eliminate the TOXIC products from my home and replace them with SAFER and ENVIRONMENTALLY FRIENDLY products instead. It just made a lot of sense to me to switch to the Melaleuca brand especially since a lot of cleaning products and personal care products that are sold on the shelves of the grocery stores and department stores contain neurotoxins, which can cause central nervous system damage such as depression.

I have continued to use the Melaleuca products since that time. I'm HAPPY to say that after taking the VITALITY PAK (I now take the Daily for Life Pack), drinking at least 10 glasses of WATER a day, and ELIMINATING TOXIC PRODUCTS from my home, I weaned myself off the Lithium after about 2 months. I have not had to take Lithium nor have I had to see a doctor in almost 9 years. In addition, I've personally SAVED thousands of dollars in doctor visits, in medication, and in blood work not to mention the thousands of dollars I've SAVED my health insurance company. And best of all, I have no side effects nor possible liver damage since I no longer take the Lithium.

I am a much happier and healthier person THANKS to Melaleuca: The Wellness Company and the person who told me about the exceptional health and wellness Melaleuca products!

23 Nov 2004 12:55:42 PM

Submitted by: Sharon Abraham

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### Joint Health Improvement with Replenex

When we moved in March of 2003 I was quite crippled with the arthritis in my knees and hips and had further damaged my joints in that move. I was currently taking Replenex, but never bothered (!) to read the label to find out the dosage, so I was only taking one tablet a day. Sometimes I was forced to go up or down the stairs in the house in Altoona on my rear because of the pain from my knees or my hips. The house had a basement, 1st & 2nd floors, and the converted 3rd floor attic was our bedroom! The bathrooms were in the basement and on the 2nd floor, so most of the time I had to climb or descend a flight of stairs in order to use the bathroom!

About a month after moving there, I FINALLY read the Replenex bottle as I was wondering why it didn't seem to be working for me. The bottle label said I should be taking 3 tablets a day -- so I started taking 3 a day.

About 6 weeks later, one day as I was climbing the stairs to the 2nd floor, I realized that I no longer had to hold onto the stairs themselves (there was no railing in the house) and could actually climb the stairs upright and without pain. At that time I knew that the Replenex was really working.

Around October or November of 2003, I started taking the Vitality Pack and that seemed to help my knees in a different way; I had previously had problems with a tendon in my right knee (it would get easily inflamed & then I could only walk short distances). It rarely bothers me now since I've been taking the Vitality Pack. Also I could not straighten that knee totally (if I laid on my back, I had to have a pillow under the one knee), and after taking the Vitality Pack I've been able to do so.

Fast forward to this summer, 2004: Around the end of June, we knew we'd be moving AGAIN at the end of August to a home in Tyrone. I was also planning on attending the Melaleuca Convention in August in Salt Lake City, and knew that



would entail a great deal of walking. About the 3rd week of June, I added 2 more Replenex to my daily supplements (3 in the AM, 2 at dinner) and started walking to help lose weight and build my endurance for both of these events. This time I could not believe the difference in myself. I had very few problems with getting around the Convention at Salt Lake City, had enough energy that I wasn't totally exhausted the whole time, and enjoyed myself tremendously!

When I returned home, I was doing most of the packing which involves a lot of walking and standing. During the move itself, I had to stand for long periods of time-- But again, between the Replenex and the Vitality Pack (still on 5 Replenex a day) I was able to recover more quickly from one day to the next. My knee has a tendency to swell when I've been on it too long and in the past (before taking the proper dose of Replenex), it sometimes took 2-3 weeks for the swelling to go down. During the move and immediately after there were only 3 nights when my knees bothered me enough to keep me awake for a while (Paintrate was a great help at that time).

We moved on Friday, and by Monday a lot of the swelling was down. Within another day or two it was gone. Also, we had friends who came through the area and visited our church on Sunday (two days after we moved). On Monday we took them all to a local amusement park! Even though I did a lot of sitting, I still was able to walk around and enjoy myself. I could NEVER have done that much that quickly after the other move! I've been out walking the dog, and although I'm not back into my walking routine yet I'm still able to do far more than I would have dreamed.

That's not the end of the story, though, as last weekend I started "tissue-loading" with Provex Plus for my asthma. I have noticed even more improvement in my arthritis since then! My daughter and I went to an outdoor craft fair at another local amusement park this past Saturday, and again I had no trouble walking around. I did even more walking this time than I had the previous Monday. Two major outdoor events in less than a week ... There is no way I could have done any of this prior to taking the Replenex (particularly), and the Vitality Pack as well! Add to that unpacking, grocery shopping, and normal care of a home, and you can understand why I am so thrilled at all of this!

I'm planning on continuing the increased Replenex and my walking, since I've lost 16 pounds since the beginning of July. However, I believe the Replenex has made the greatest difference in everything this summer. I honestly believe that I would be scarcely able to do the things that I've done were it not for the Replenex. I would not have been able to attend the Convention, and would have needed professional help to move in order to not completely cripple myself.

You can use this at any time, and if anyone ever has questions about this they can contact me. I know what it's done in my life. As far as quality of life is concerned, I can climb stairs and shop and do far more than I did two years ago.  
21 Sep 2004 07:19:02 PM

Submitted by: Anon

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### **Bipolar Disorder: Depression**

I was diagnosed with bipolar disorder a few years ago. Before the diagnosis my life was out of control. Initially, the depression part was diagnosed and I was placed on a few SSRI meds to deal with that. Because the manic part was not being recognized, the SSRI meds caused me to become suicidal. I made two very serious attempts - one has left me with permanent liver and kidney damage. I was hospitalized involuntarily for a short period of time.

After being properly assessed and diagnosed with bipolar I was placed on lithium. Lithium is no picnic. It is metabolized in the kidneys and depletes the body of electrolytes. It causes dehydration. It also does not address the depressive phase of bipolar.

When I joined Mela I decided to do two things with medical supervision - one was to detoxify my body and the other was to get rid of the neurotoxins that surrounded me (bipolar is a neuro disorder). I completely converted my home and my lifestyle to Mela products. I followed the detox recommended in RM Barry's book. I also started to take Vitality for Life, Provex CV Plus and Luminex. One of the problems with bipolar is sleep patterns so I gave Rest EZ a try. It works.

It has now been over a year and I have not had any of the debilitating symptoms I used to have - even when I was on other meds. I know I have a chronic illness but I feel in control of it and I don't have the med induced illnesses I had before.

23 Nov 2004 01:07:06 PM

Submitted by: Becci Carlson

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### **Considerable Change in Health**

I am going into my fifth year of having ulcerative colitis and possibly Crohn's disease. The reason I say possibly is because my rheumatologist feels this is the disease I have based all my symptoms on, yet I don't test positive for it right now.

Since I started taking the Vitality Pack, Cell-Wise, Replenex, Provex Plus and FiberWise, I have seen my arthritic problems and energy level change drastically. I do not have to take naps in the afternoon, I am not fatigued, I am able to blow dry my hair without problems, I don't have severe abdominal cramps and I am able to walk up and down stairs. Plus, my mouth ulcers have not reappeared!

I visited my rheumatologist today for the first time since I started with Melaleuca. He was very happy to hear how great I was feeling. After I told him I was not taking Asacol or anti-inflammatory anymore, I explained to him what I was doing differently. He was very pleased with the Glucosamine, calcium and grape seed and grape skin extract in the vitamins.

He was VERY impressed! He suggested continuing my daily regimen and wished he had more patients who felt as good as I do.

I can honestly say that without Melaleuca's vitamins and other great products, I know I would not be feeling this great!  
23 Feb 2004 08:43:55 PM



Submitted by: Teri Batts

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### **Relief from Chronic Fatigue Syndrome**

Excitement does not begin to describe the feelings I have after only one week of taking the recommended dosage of Mela-Cal and Mel-Vita (the Vitality Pack)! As I have never found anything that assisted me with the many symptoms of Chronic Fatigue (including loss of appetite, sleep disorder and of course fatigue), there is no other way to say "Thank You" than this note! I have slept all night for two nights in a row and felt my stomach growl for the first time in seven years! Instead of yet another tremendous let-down I am impatiently awaiting my order of Cell-Wise to build my immune system. Thanks for the hope that comes with the products and the support of your team! Life is Looking Good!

07 Oct 2003 07:39:15 PM

Submitted by: Debra J. Vitale

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### **Multiple Sclerosis with severe fatigue**

I was diagnosed with Multiple Sclerosis in July of 1988. With my Doctor's urging, I began to research MS and alternative treatments which might help me without interfering with the treatment being provided by my medical team.

My husband and I became customers of Melaleuca in September of 1992, initially to help reduce some of my daughter's night time asthma symptoms. After switching home hygiene products and finding that our daughter no longer needed breathing treatments...needless to say, we had become customers for life.

I started taking the Vitality Pack which helped relieve the horrendous fatigue I had been experiencing for 4 years!

In January of last year, we finally moved into our new home in Colorado. It had been a very stressful 6 months of moving, building a home, living out of motels, etc. Stress can be the worst thing for a person with MS, and I was feeling the effects. My health had actually slipped and I was forced to use a cane in order to walk even short distances. I had seen my neurologist the previous November, and she was quite concerned at the downhill slide the disease was taking. In February, I decided to triple my Provex Plus in preparation for allergy season (up to 6/day). Within approximately 3 weeks I noticed a lessening of my symptoms. It started with the return of warmth to my feet and hands (something I hadn't had for 4 years) and within the next two months I had regained my balance, stopped having "tremors" in my hands and legs, increased my mental function and short term memory retention, increased my stamina and reduced the "anxiety" feelings I had been experiencing for so long. In shortened terms, I was given my "life" back!

12 Nov 2003 11:13:47 AM

Submitted by: John Hilleman

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### **Lowered my insulin intake**

I am a 52-year-old, Type I Diabetic. I became a diabetic when I was 42 years old as my pancreas stopped producing insulin due to an immune system breakdown. I have been using the Melaleuca products for three years, and these products have changed my life. I want to share the different ways that these products have helped me, so possibly they can help you. I started taking the MEL-VITA and MELACAL and Cell-Wise. In that first month on the program I started having insulin reactions and my blood sugars ran lower than they used to. I am on an insulin pump so it was easy for me to adjust my insulin intake, as I tested my blood sugars four times a day. During this first month I was able to lower my need for insulin about 10%. Provex then came out in June. I decided to try it also as I thought that I had nothing to lose. I started by taking 6 capsules a day for tissue saturation. This is when you take one Provex for each 25 pounds of body weight. I weigh 160 pounds so I took enough for 150 pounds. I started taking 6 capsules per day on Thursday and I had 3 insulin reactions on Saturday and 3 insulin reactions on Sunday. I reduced my insulin intake by another 10% and then I had good control again. I am now taking 8 units of insulin for breakfast instead of 10 units. Because of what happened to me, I would not encourage diabetics to take more than 2 Provex a day to start off with. I would then work up gradually to the saturation dose and adjust your insulin. I have since switched to Provex Plus. I cannot believe that I have cut my insulin intake by 20%. I need less sleep and I overall feel better. Some of the other Melaleuca products that have really helped me are the Antibacterial Liquid Soap that I use to clean my site area for my insulin pump and I have never had an infection. I also use the soap to clean my hands before I test my blood four times a day. My fingers do not get dry because I don't use the alcohol swabs I also use the Sustain or Attain for a snack and they take 2.5 units of insulin. These products taste great and they do not send my blood sugars sky high. These products have really enhanced my life. Before I got on the vitamins, I didn't heal that well. I used to have to put pressure on my finger for up to a minute to stop the bleeding when I tested my blood. Today I just wipe it off. I have recently started taking the Replenex every day and my insulin need has dropped another 5%.

15 Oct 2003 11:30:22 AM

Submitted by: Mark

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### **Manic Depressant: Off of Lithium**

I have an identical twin brother. He was diagnosed as a mild manic depressant in 1988 and his doctor prescribed lithium. He told him he would be on it for the rest of his life. In 1993, he read an article about how important water was for your well being. Also, at the same time, we became Melaleuca customers. He started drinking at least 8 8-oz glasses of water a day, and started using the Melaleuca Vitality Pak and Cell Wise.

Within a month, he was able to stop taking the lithium and has never had to take it again. He's doing great and it's been 8 years since he stopped using lithium. Incidentally, when Provex became available he added that to his regimen and has now switched from Provex to Provex CV. Thanks Melaleuca!  
*23 Nov 2004 01:09:17 PM*

Submitted by: Agnes K. Szoke

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**Help for a 73 yr. old woman with complicated medical history**

I am a 73 year old woman with a very complicated medical history and many operations, including removal of a large portion of both large and small intestines. Also, I was diagnosed with having arteriosclerosis and arthritis. I had a very hard time getting around. Then, in the fall of 1998, I stepped into a nest of "ticks" and had 15 or more bites on my legs. I was swollen, feverish, itching and hurting badly. My doctor gave me a prescription for "Westcord" and a handful of pills to take. The pills made me sleep all day and night. I wanted off of them but was already addicted after taking them for about a month.

In the meantime, a dear friend knew about Melaleuca Oil from her mother. She had used it herself and asked her mother to send me a bottle of T36-C5. In just a few days my legs were healing nicely. I requested more information and very promptly received a call and literature from an Executive Director with the company. Now I have been taking the wonderful Provex CV and Replenex for two months. I have a 350 ft. driveway that I walk down daily to retrieve the mail. But walking back up was extremely difficult. I had to stop 4-5 times and rest because I was out of breath and my legs were hurting intensely. The walking cane helped but not enough. After about 3 weeks of taking CV faithfully, I started noticing a big difference. Now I can walk up the long driveway without a problem, and I also can stand up from a chair and start walking... Something I haven't been able to do for a very long time. Also, I am using the "Body Satin" Body Lotion on my legs every day and have had no tick bites or chiggers. The Triple Antibiotic cream is also wonderful and heals faster than any antibiotic cream I have ever used. These Melaleuca products are so wonderful. And most of all, they are made of natural leaves and tree derivatives. We don't have to stuff ourselves full of chemicals to be healed or to feel better. And that means a lot!  
*20 Nov 2003 04:34:01 PM*

Submitted by: Wendy Holzenthal

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**Been on allergy shots for years**

I started using Melaleuca this past November and began taking Provex-CV in December -- truthfully, only because it came in my value pak (and heart disease does run in my family). After a few months I realized something really interesting. Most of my adult life, I have had chronic sinusitis -- I have been on allergy shots for years, trying to cut down on the number of sinus infections I get (roughly every 4-6 weeks during seasonal weather changes & winter). My nose has been so terribly stuffed up, I'd have to sleep sometimes sitting up. But now, at the end of April I have yet to get a sinus infection or suffer from the fully blocked nose. After doing some research I found that the combination of the grape seed and quercetin have been responsible for my health. While grape seed is known for it's effectiveness against allergies, the quercetin also acts as a histamine blocker.

Thank you Melaleuca!  
*30 Apr 2004 12:29:45 PM*

Submitted by: Danette Tucker

**Dramatic Relief of Fibromyalsia, ADD and more!**

My husband, Brent, has very fragile health. He has a medically-diagnosed learning disability similar to ADD, a circulatory weakness, medically-diagnosed hyperglycemia, a VERY fast metabolism, and undiagnosed fibromyalsia. During the years he sought medical help for what we now believe is fibromyalsia. There was no such thing recognized by the medical community, and he was always told it was all in his head. But he experienced debilitating fatigue, depression (diagnosed manic-depressive), and profound all-over body pain every day. By the time the term "fibromyalsia" came into existence he had gotten his symptoms under control through nutrition.

When we became involved with Melaleuca we loved the household products but were skeptical that anything could really work as well for his physical issues. Needless to say, we were delighted to find that he actually gets BETTER results with Melaleuca -- for a fraction of the cost! He takes the Vitality Pak, Provex Plus and 2 Proflex 30 shakes per day. He feels better and is healthier than ever before in his life!  
*09 Feb 2004 02:28:22 PM*

Submitted by: Jaimee Long

**Stiffness in joins**

When I was pregnant with my youngest, I started getting a lot of stiffness in my joints. It got worse and worse and by the time I was given these vitamins, I could not even hold a pencil for more than a few minutes. I'd been to the doctor, who wanted to send me to a rheumatologist, but I decided to wait until I was finished nursing my youngest to go. I knew there would be no medication that would be safe for my baby. But then a close friend of mine told me that she wanted to share some nontoxic cleaning products with me. I mentioned that I needed to buy vitamins before I left on a trip, and she gave me some to take. I had no idea they were Melaleuca vitamins. I thought Melaleuca was just a cleaning products store or something. I'm so glad I was wrong. I took the vitamins and five days later I was absolutely thrilled with the results. I was full of energy and with no pain!

Since that time, we have completely converted our household to Melaleuca products. I could talk your ear off about so many of them, but I won't. I hope you will experience these great products for yourself. They will truly better your life.

12 Jan 2004 12:38:18 PM

Submitted by: Jan Coon

### **Living with Diabetes**

I have had diabetes for over 36 years. Through the years I have developed a few of the complications with this condition. I have severe diabetic retinopathy in my eyes. When I was advised to go to the Mayo Clinic I was told they were not sure if they could save my sight. I had many laser treatments over a 2 year period of time and one vetrectomy surgery a few years later. Other things started happening, such as a high cholesterol level, my blood glucose levels were harder to control, plus the Doctor said I was showing signs of kidney damage. My friend Patti asked if she could show me some products she heard helped other diabetics. I hesitantly agreed to meet with her thinking it was going to be "one of those." Patti and her friend Vicki came and showed me about a company called Melaleuca, the vitamins they offered, and all the wonderful properties of the Melaleuca oil. I first tried the oil and a few of the cleaning products. Using the oil in just a few different situations, I found it to heal various problems like athlete's foot, a boil, burns, cuts, etc., in just a short amount of time. I decided to try the vitamins to see if they were as good as they made them sound, as they had a 90 day guarantee so I could return them if they didn't work for me. Within a month I really could feel the increased amount of energy, others could also tell that I felt better. From there I started to take the Provex, starting with the saturation dose of 6 a day for the first week and then to the 2 a day. As I read more about the Provex products I switched to the Provex Plus then changed to Provex CV when that was introduced, as it was highly recommended for diabetics. After the first year of taking the Vitality Pack & ProvexCV my cholesterol was back to the normal range, my vision and my blood pressure improved, I did not have any bladder infection problems which had been a constant battle and I just felt better all around. I have been using an insulin pump for 3 years now and use the liquid soap for cleaning the infusion injection site and the Renew Bath Oil when I remove the infusion to change the site and have had no problems with infections or healing. I use the Access bar before doing any strenuous exercise, which helps maintain my blood sugar and the Attain drinks and bars when I need a quick meal. We use many of the Melaleuca products through out our home now and would not be without them! I thank God daily for the healing that has taken place in my body and for my wonderful family and friends for their prayers and their concern that have brought me this far.

20 Oct 2004 06:17:46 PM

Submitted by: Pat Brigman

### **Diagnosed with Meniere's Disease**

I was diagnosed with Meniere's Disease in August 1994. I was told "there is no cure for Meniere's Disease and more than likely, it will continue to get worse as you age". My symptoms were not severe, but they were pretty bad at that time. I completely went off all caffeine and salt. By doing so some of the symptoms dissipated; however, the worst symptoms remained: tinnitus and vertigo. In November 1994 I began taking 6 Provex Plus per day.

Literally, within three days I realized that I no longer had tinnitus or the vertigo episodes. For the first time in my life (that I could remember) I was not hearing noises in my head. I am here to tell you that I do not have it as long as I am on my Provex Plus. People with Meniere's Disease are not supposed to drive. I felt really guilty when I went to get my new license for Virginia as the clerk asked me if I had any medical problems such as: dizziness, black-outs, vertigo, etc... I told her that I had Meniere's and she told me that I should not be driving. I told her that I was on medication and that I had not had any episodes since 1994. She was shocked. Don't let this one go without saying; it really works!!

12 Nov 2003 10:40:05 AM

Submitted by: Robbie

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### **Asthma**

My son had chronic asthma as a child. Fortunately a very good friend introduced me to Melaleuca. After removing all the household cleaning products and changing to Melapower, (laundry detergent is one of the greatest offenders) my son stopped needing to use his inhaler or puff machine. (He was on a puffing machine 4 times a day during the winter when he was the worst.)

When Provex was introduced and he started taking it.... the improvement was even greater. He is 23 now living a normal life and has no signs of asthma. People have said that he grew out of it, but as a child and early teen, sitting in the emergency rooms of hospitals, the doctors told us he would never grow out of it.

When he would be okay at home and then have an attack at a friend's sleep over, it was confirmed over and over again that we were dealing with environmental issues that were irritating and bringing on the attacks. We spend a lot of time with our laundry detergent, it takes many rinsing to get it out of our clothes. We sleep with our faces directly on the chemical based product..... this is an instance where "low level long term" really has meaning. Tyson will not let any of his room mates use anything but the Melaleuca products in his home, he knows what happens by experience.

14 Oct 2003 11:27:12 AM

Submitted by: Mary Ries

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### **A Reason To Smile Again**

I had facial eczema when I first became a Melaleuca customer. I wanted to hide! A dermatologist had told me that I would have eczema forever. He said that in order to keep it under control, I could never use cosmetics again, must never use hot water on my face, and I could only use two very particular products for washing and moisturizing. The first product was very drying, the second was greasy, and I still had flaky, itchy patches. I was sure I would never use any Melaleuca products on my face.

I started taking the Vitality For Life pack and began using the other Melaleuca products in the bath and for cleaning my laundry and home. I felt like I had more energy and I noticed that the patches on my face didn't seem so irritated.

With the confidence gained by my success in using the products elsewhere, I tentatively began using some of them to wash and moisturize my face. Within a week my skin felt so much better. No more burning and itching. Four weeks later it was no longer obvious that I had ever had eczema. I was so grateful!

When Nicole Miller's products came out I was nervous about making the switch, but now my skin is even healthier. I use Freshen Balancing Toner, her amazing product Timeless Age-Defying Serum, and Eyewear Refirming Creme, followed by a moisturizer every day and night. I can even wear the liquid foundation, face powder and blush with no problems.

Thank you Melaleuca and Nicole Miller for giving me back my smile!  
12 Nov 2003 11:17:34 AM

Submitted by: Pamela Twombly

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### **Overwhelming Fatigue**

I have a very busy life with 5 kids (3 still at home). Katie is a level 8 gymnast and the 2 younger boys are playing football. I have 4 dogs, 2 cats, a full time job as a dental hygienist, and a growing Melaleuca business.

I also have MS. Over the years, many people have approached me with different vitamins, lotions, potions, exercise, etc which I tried with no change. The worst part is the overwhelming fatigue that forces me to rest, which is NOT something that I do willingly. I have been taking the Vitality Pack for several months now, but it took a call to a potential customer that made me stop and look.

After I had told him about Melaleuca and how it effects my family and how much I love the business, he told me that he was interested in anything that would give him a little of my energy. He would take anything that would give him the energy that I have. After I hung up, I started thinking about what he said and it dawned on me that I didn't have to rest even a little bit as much as normal. I have been doing things that I thought were gone for good. I have almost normal amounts of energy and I am losing weight after fighting it for the past 7 years. I feel better than I have in years and the only change is the Vitality Pack. WOW!!! Not too long ago I was taking medicine to keep me awake long enough to work and not fall asleep at stoplights. Thanks to Melaleuca, I can now do all the things that I love and have the energy to build my business too.

02 Mar 2004 11:26:42 AM

Submitted by: Penny Pruitt

### **Lupus/Weak Immune System**

After much testing and hospital visits, I was told I had lupus - a chronic inflammatory disease where the immune system loses its ability to tell the difference between foreign substances and its own cells and tissues. The immune system then makes antibodies directed against itself.

There is currently no cure for lupus. So the doctors told me to take steroids. To that directive I said, "no" and refused the doctors advice.

It was at this time I switched jobs and went from an office in finance to the factory floor at Chrysler. It was there I met Yvette Byrd, another sufferer of lupus. Yvette had also lost her hair, but showed me how it was growing back. That's where I was introduced to Melaleuca and my life began to change.

After going to a Melaleuca presentation, talking with an executive director indepth about Melaleuca products, and receiving positive counsel from my doctor, I decided to give it a try.

After using the products for two weeks, I noticed that my energy levels were improving, and the doctors told me that my blood count was looking much better. By three months, my husband and I were no longer doing hospital runs, and by seven months I felt almost back to normal. I had been suffering for so long with lupus because of the prolonged use of chemicals in household products, which created an imbalance in my body.

I thank God and thank Melaleuca that my health has turned around.  
30 Jan 2004 10:54:37 AM

Submitted by: Anthony Aiden Sherrill

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### **Little Tony: Cystic Fibrosis**

Tony was diagnosed with Cystic Fibrosis at 13 days based on a PKU. He did not show any indication of CF for nearly the first year of his life, adding to my disbelief in his diagnosis. At 8 months a small rash appeared on his groin, so I treated it as diaper rash with OTC ointment. It slowly began to spread across his bottom and thighs. As it progressed, it darkened in color, its texture took on the resemblance of a second degree burn (mom is an EMT). His overall condition began to digress as well. He slowly became more and more lethargic, he stopped growing altogether. As the rash progressed up his tummy and across his legs other changes manifested. He began to vomit after eating, his eyes sealed shut with a heavy layer of mucous that prevented him from opening his eyes in the morning. The rash began to crack and bleed - he could not sleep, he appeared to hallucinate and spent his day in my arms or curled in a fetal position. Tony's face began to swell as did his tummy. At nearly one year old, he weighed just twelve pounds. During all of these changes, I had been taking Tony to Hershey Medical Center. He had already been diagnosed but due to the rash, had been sent down the hall to the dermatologist. Her opinion was that the symptoms were in no way related to CF, it was simply eczema.

After many treatments and a continued decline in my son's health, 8 different diagnosis, and 3 doctor switches, our family doctor told us he didn't know what else to do. His own office had diagnosed Tony with everything from impetigo to an "eco virus". He told us to start driving to a place called "John Hopkin's".

At Johns Hopkins it was verified that Tony's problem was mal absorption related to the CF. He needed a digestive enzyme called Creon, re-hydration and to replenish his vitamins; particularly the fatty solubles A, D, E, and K. He was fed via a tube in his nose and I was not permitted to nurse him anymore. I was told that my breast feeding him had in all probability kept him alive but took little consolation when I looked at his deteriorated condition. My husband and I actually had to talk with DHS on two occasions due to the mal nourishment my son suffered.

We got him to just under 15 pounds in the first week at Johns Hopkins and he was allowed to go home with a ton of equipment. Tony did improve somewhat, but I was told that I should not expect him to make it to his next birthday.

I knew there had to be more. My husband and I began to work with him in defiance of what we were told and what we were told to do. I refused to let them surgically place a feeding tube in him. I went on line to do research. I don't suggest looking at ANYTHING provided on CF. It's all hopeless and stresses the importance of "coming to terms with the inevitable."

I found Melaleuca's nutritional products and filled out a survey. I got a call from a woman with a warm and patient voice. She was sympathetic in spite of my open hostility and mistrust. I stood her up for 4 presentation calls, left early on 2 others. She called me back. Months later I asked her why she stuck with me, she told me it was because she's a mom too; she heard the fear and pain in my voice and believed she could help. Her name was Barb Reed.

I opened my account with the intention of being nothing more than a customer. 6 months later I wanted to spread the word. Tony is now nearly 4 1/2 years old. He is brilliant, articulate, mischievous and totally unaware that he isn't supposed to be here. He is the reason the sun comes up in the morning and the best part of my day (big brother Nick too). He now weighs a little over 33 pounds and takes no medications- no treatments of any kind. He has been ill 6 times in his life. 1 hospital stay, 2 bouts with the flu and 3 colds. Most CF children are hospitalized that many times a year.

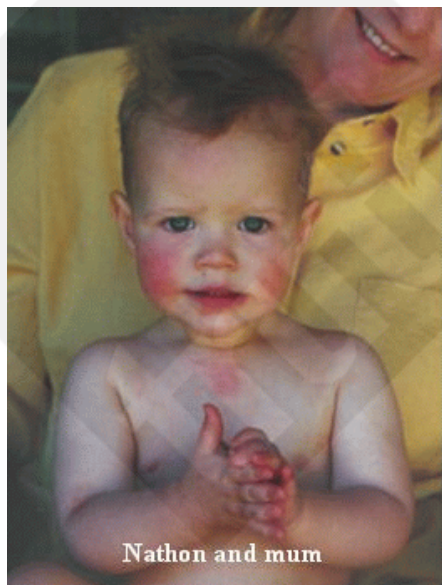
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Submitted by: Jon Haar

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***We would like to thank our good friend Wayne Hawkins now from New Zealand for sharing the reason why he decided to try Melaleuca. It's product experiences that motivate customers to tell their friends. Pictures are better than a thousand words.***

### ***Charles & Nancye Mc Donald***



**Nathon had eczema from a few months after he was born to 11 months. (Which was when this photo was taken 2001). We had tried various different "natural alternative products" over the months, which saw the eczema go but return a short time later, so they never really worked... and we DIDN'T get our money back! In our frustration we went to the doctor who suggested we try a cortisone based crème. Although we were told by the doctor it could damage his skin, we decided to try it as a way to ease his condition. Fortunately Melaleuca launched and we had the chance to use their range of products.**

**Using the Melaleuca Renew product we applied this crème to his face 3 times a day, we also bathed Nathon in water which had Renew bath Oil...**

**The results? 4 weeks and his skin was perfectly clear! But that was the external only; know that to treat this condition you need to get to the internal! That is to get rid of all those chemical/caustic based cleaners out of the house! What we did was converted our home over using the Career Pak, 60 products! Hey although costing \$679.00 in NZ we knew that if they did not work we would just send them back for a full refund, that's right! Get our money back!**



**The products did work; Once we got rid of those awful caustic based products, and used the Renew and Melaleuca's natural cleaning range, from floor cleaners to laundry liquids, Nathon's eczema never returned and remains clear to this day (2005). I have since realised that you can not use Melaleuca products half heartedly when you have someone in your family suffering from eczema; you have to go the full distance and convert your home over to the "wellness" range... I then decided to share my story with others and within 5 months reach Senior Director and in 2 years, reached Executive Director Wayne Hawkins – Executive Director NZ/Aus 7 Feb 2005**

#### **PROVEX CV (tm) NEWS**

In October 1998, Dr. John Folts gave a presentation to the American Dietetic Association on flavonoids and heart disease. In it Dr. Folts explained, in detail, the research he is conducting on ProVex CV (tm). This presentation caught the attention of the Associated Press and appeared in over 100 newspapers and TV news programs, including ABC News. Here is one of the news stories I've found online. At one time we had links to about eight online articles on this, but all but this one have expired:

KANSAS CITY, Mo. -- New research suggests that swallowing a supplement packed with artery-protecting nutrients may be just as effective in preventing heart disease as sipping a good Cabernet.

The nutrients are flavonoids, vitamin-like compounds that naturally occur in tea and in fruits and vegetables. They make blood cells called platelets less prone to clotting and act as antioxidants, countering the artery-damaging potential of highly reactive free radical chemicals.

The study, funded by supplement manufacturer Melaleuca Inc. of Idaho Falls, Idaho, tested 14 people who took the supplement ProVex CV over seven days. Larger studies are being planned.

The findings, presented Tuesday at the annual meeting of the American Dietetic Association, indicate that pregnant women and others who should avoid alcohol can reap the benefits of red wine without drinking it.

Red wine's role in warding off heart trouble was made famous by research showing that the French, with red wine as a staple, have lower rates of heart disease despite their penchant for high-fat food.

John Folts, a University of Wisconsin researcher, said the tests showed "significant and encouraging" reductions in platelet activity.

ProVex CV was one of four flavonoid supplements examined by Folts but was the only one he said showed significant benefits. It contains extracts made of grape seeds, grape skins, Ginkgo biloba, bilberries and a specific flavonoid called quercetin.

"The problem with red wine, which I enjoy, is that there's many people who cannot and should not drink alcoholic beverages," said Folts, whose 1973 research led to therapy using aspirin to prevent heart attacks. "We know alcohol is not the critical requirement. We're looking at the other things to provide the necessary anti-platelet, antioxidant properties that you get with red wine."

Those other things might include onions, garlic, broccoli, celery, grapes and lemons -- all rich in flavonoids but often low on the list of diners' preferences.

Because many consumers don't eat enough fruits and vegetables, they'll likely miss the benefits of flavonoids without outside help, such as red wine.

"People should consume five to seven servings of fruits and vegetables every day," Folts said. "For those who cannot and will not do this, a flavonoid supplement ... may be useful."


Researchers say green and black teas are also a good source of flavonoids. Although there are no known guidelines for flavonoid consumption, researchers say daily intakes of between 500 milligrams and 800 milligrams -- equivalent to two or three cups of tea -- have shown marked platelet reductions and antioxidant qualities.


Still, doctors say nothing beats fruits and vegetables for health benefits.

"The U.S. is not doing what it should to get fruits and vegetables in its diet," said Dr. J. Michael Gaziano, a heart researcher at Harvard Medical School. "Mom was right when she told you to eat your vegetables."



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