

# VIVIX – 133 reasons to take it!

Compiled by Gail Alston

From Dr. Stephen Chaney, Shaklee Master Coordinator, recently awarded the UNC School of Medicine Lifetime Achievement Award: What makes Vivix so special. Let me start with the top 2 ingredients in Vivix—the Resveratrol which is found in red wine and ellagic acid which comes from Muscadine grapes. These aren't the only beneficial ingredients in Vivix, but if I talked about all of the ingredients, this would be several pages long.

Resveratrol and ellagic acid are both members of a naturally occurring class of compounds call polyphenols--found in fruits, green tea, coffee, chocolate and many other foods. They are excellent anti-oxidants & have a number of potential health benefits. So it is perhaps no surprise that almost any food containing polyphenols has been turned into a supplement by someone. And most of these companies have a long list of supposed health benefits for their products. So what is the Vivix difference? What makes Vivix different from all of these other polyphenol products?

1. There are over 3000 published scientific studies on the top two ingredients in Vivix (1800 on Resveratrol & 1200 on ellagic acid) compared to a handful for the other products on the market.
2. Resveratrol is the only polyphenol that has been shown to delay the aging process and lead to a longer, healthier life span. This has been demonstrated in every organism tested, from yeast to worms to fruit flies to mice. The anti-aging benefits of Resveratrol have nothing to do with its anti-oxidant potential because it binds to a protein that turns on the body's anti-aging genes. That is why you shouldn't pay any attention to the hype about the anti-oxidant potential of the other polyphenol products on the market. There is no proven link between anti-oxidants and longevity! Of course, anti-oxidants do play many useful roles in the body, but Vivix has a higher ORAC score (the standard measure of anti-oxidant potential) than most of those other products anyway. So to the extent that anti-oxidant potential is important, Vivix trumps the other products.
3. The polyphenols in Shaklee's patent-pending polyphenol blend have all been shown to activate the same anti-aging genes as Resveratrol. That is not true of the polyphenols found in many of the other products on the market.
4. The polyphenols in Shaklee's polyphenol blend are ten times more effective than Resveratrol alone at preventing the formation of advanced glycation end (AGE) particles, a key mechanism of cellular aging. With most of the other products on the market you don't know whether they affect any of the key mechanisms of cellular aging because the companies simply haven't tested for them. Of course, all of the studies I have referred to so far were done in cell culture or with animals. Here is where the biggest Vivix difference comes in:
5. There are over 12 published clinical studies with Resveratrol alone. Of course, it will never be possible to do a clinical study on longevity—humans simply live too long. However, the clinical studies have shown exactly the same beneficial effects as the animal studies. This means that Resveratrol has the same effect in humans that it has in animals. For example, Resveratrol has been shown to turn on the same anti-aging genes, decrease the same markers of inflammation and oxidative stress, decrease cholesterol and triglyceride levels, improve insulin sensitivity, decrease platelet aggregation and increase the elasticity of the aorta in both humans and mice. This tells us that Resveratrol works in exactly the same way in humans that it does in animals. We simply don't know whether that is true for most of the other products in the marketplace.
6. Shaklee has done a clinical study proving that Vivix is effective. Shaklee released the preliminary results in August 2009 and the complete results will be available when the study is published. The study breaks new ground in that it shows how Vivix can reverse some of the detrimental effects of a bad diet. However, the bottom line is that this study showed that Vivix has the effect on anti-aging genes in the human body that would be expected from all of the previous animal and human studies on Resveratrol and ellagic acid. And, of course, the real significance of this finding is that it shows that the amount of Resveratrol and other polyphenols in Vivix is appropriate and that the polyphenols are bioavailable. That means they get into your bloodstream in sufficient quantities to have a beneficial effect on your health.

Hopefully, this will help you understand why Vivix is light years ahead of the competition.

**1▶ RAPID HEALING:** Gary's 67 and has taken Shaklee for 34 years. He started on Vivix August 6. On the 13th he had dental surgery to prepare for a tooth transplant. The 22nd he had a follow up visit and the dental surgeon called in some of his staff to show them that the **healing process looked like it had been 4 months instead of just a few days!** He said he'd never seen anything like this before and was calling his mother-in-law who's in Shaklee to get started on the products!

Phyllis & Gary Newman

**2▶ HIGH BLOOD PRESSURE:** I have high blood pressure that is controlled by a diuretic and beta blocker combination. Usually even with medication, my systolic ranges between 129-138 and my diastolic between 75-83 and my pulse would range anywhere from 80-91 (rarely dropping below 80).

**After five days on Vivix, my blood pressure was 111/69 and pulse 59. The only thing different that I have been doing prior to this low reading is Vivix.** The past few days my BP seems to be consistently around 122/73 and pulse 70.

That's pretty pleasing to me. I hope to eventually be able to come off all medications. I have not been on any other medications nor changed my diet any and my exercise level is still around 7500 steps a day, with some light resistance workouts with 5 lb. weights. Overall, I have **more energy** and am better able to **concentrate**. I recommend taking Vivix in the morning so you can get the benefit of more energy throughout the day. Genia Powell

**3► ENERGIZED, EXTREME CLARITY AND FOCUS:** After trying Vivix for two weeks, my husband and I feel so much more **energized**, with it comes extreme **clarity and focus**. We look forward to taking Vivix every morning.

Rose Croshier

**4► EXCESS ENERGY:** I am amazed at the **energy** I have gained in the 30-day Vivix program. Where I was complaining I was too tired to do this or that, I have jumped into some landscaping and mowing in the yard. I wonder if I will live long enough to see the "25 years younger at the cellular level" because I might work myself to my own end.

Colene

**5► ARTHRITIC KNEE:** On day 10 of taking Vivix, I noticed quite a **difference in the pain level** of my knee that is swollen on the side from arthritis. I would say it was about **60 percent less painful and stiff**. It's sore now because I had a marathon week of traveling and company, but the **swelling is definitely down** and I'm very excited. I used to wake up in the night and dread having to move my knee and when I got up, my knee was very painful for many steps. Sometimes I would have to walk around at night to get my knee to feel a little better. Now I have even been able to **walk better** when I first get up and start walking. **I don't move like I'm 95**. I'm very excited. Pam

**6► SINUS PROBLEMS:** I have been taking Shaklee supplements since 1985. One thing that has been a constant is sinus infections with taking antibiotics once yearly. After adding Vivix to my supplement regime, I can honestly say that the **sinus symptoms are gone**. I knew Vivix made a difference after spending the night at my sister's house. She has cats and I would normally be taking Claritin after the visit, but I had no symptoms at all. Vivix is certainly worth a try if you suffer from sinus problems like I had in the past! Karen Brown

**7► MORE ENDURANCE:** My husband, Toru, just finished his 2nd bottle of Vivix. He reports the following: "Normally when I run on the treadmill, it's at 6 incline, speed 7.5. Most people I notice run between 6-7 without an incline. I run 45 minutes, but with Vivix, for 20 of those minutes I am comfortably able to increase the speed to 8. I LOVE the taste!"

Vanessa Nishikubo

**8► DIABETIC A1C LEVELS DROPPED:** My husband, Ed, has been diabetic for many years and on insulin for a number of them. He has struggled for a long time to get his A1C levels below 7. These levels are measured every 6 months and are more important than the daily sugar levels in determining how well you are managing your disease. After 4 weeks on Vivix, his regular check-up indicated his **A1C levels had dropped from 7.2 to 6.6**. We're expecting even better results at the next check-up! Ann & Ed Mangelsen

**9► PAIN RELIEF, ENERGY, SLEEP, AGE SPOTS:** Although I've been on an excellent anti-inflammatory supplement and diet program for over ten years, I've still had some aches and pains that just haven't gone away. I've been using Vivix for about two weeks now and have had tremendous **relief of all the achy pains** that used to plague me! I'm especially relieved not to have pain around the **arthritic bone spurs** I have on the joints of my spine and hands. This is a blessing in and of itself. The other day, I got a phone call from a friend of mine who started taking Vivix when I did. She said her **age spots were going away**. "What!!!! Hold the phone!" I said. It looked like mine were lighter too!! Now several days later I can say for certain that some of my spots are gone and the rest are much, much lighter. I'll bet they'll all be gone within a week. I'm also noticing much **more energy** and I've been **sleeping better** and have less pain. **Better sleep, more energy, no pain and no spots!!! Hip Hip Hooray for Shaklee!** Dr. Sandy Bevacqua

**10► ARTHRITIS PAIN GONE:** My 84 year young mother has **extreme arthritis**. She takes 2 pain meds before going to bed and usually wakes up between 3 and 4 a.m. to take 2 more during the night to be able to sleep. She had been taking Vivix for about 3 weeks when she said she ran out of pain medicine and forgot to reorder it with her other medicine because she has not had the need to take any pain medicine in over a week. Rosa Hoback

**11► CLARITY, ENERGY, BETTER MEMORY, SWEET DREAMS:** I would just like to say how much Vivix has done for me. I have been taking Vivix for about 5 weeks now. After the first week, I felt a **feeling of clarity**. The second week I noticed how **much energy** I seemed to have-it is hard for me to sit down. But I do make myself rest sometime during the day. **I remember better** and **my dreams are back**. I just hope I don't talk in my sleep. Pretty vivid dreams.

Ruby

**12► NOT STIFF OR "OLD" LOOKING:** Phil Truelove shared an awesome story with us. He has had many injuries over the years and OmegaGuard, etc. have really helped the stiffness, pain, etc. that he has had to live with. BUT since Vivix, **he can get right up out of bed** without being bent over (fell off a ladder years ago), he can walk down stairs **without holding on to both side rails--he is not stiff or "old" looking as he walks**. Linda Dietz

**13► SLEEPING BETTER - NO NAPS:** Dr. Schmidt and Dr. Sinclair both agree that you may not notice a difference for 6 weeks as the product gets into the cells. My husband and I have been taking Vivix for 6 weeks. The difference I see with my husband is that he is **staying up later** (doesn't go to bed at 9:00 now) and he never gets up before me (that is amazing). I used to feel I had to take a nap mid afternoon and now I don't feel a need to. Other than that, I don't "feel" any difference. What I am eager to see is how little I age over the next few years (I'm 78 now). Shirley Davis

**14► HEART PROBLEM - EXERCISE INTENSITY:** I've been an avid exerciser since I was 20 years old – aerobics and weights. But I do have my limit with my heart and how hard I can push myself – and I do work out very hard. I work out on a machine called the gauntlet. It's like walking up an escalator that is going down. It's a very strenuous workout. I typically work out on it for about 35 minutes. It has taken me 3 or 4 years to get to the level of intensity that I work out on it now. If I push myself harder, my heart starts to flip, go fast & I get a weak feeling. I have to stop my workout and wait a couple of minutes to get my bearings back. To increase my workout to the next level would take me a good year without my heart going crazy and having to keep stopping. After 2 weeks of being on Vivix, I increased the intensity of my workout without my heart flipping and that weak feeling AND I worked out at that intensity for 60 minutes!!! **I'm so excited. This is HUGE for me!!!** I know what I can and can't handle and **this is a complete change in just 2 weeks!!**

Jodi Barnhart

**15► PAIN IN WRIST GONE:** I have a Mylar sheath problem and I thought I was going to have to have my wrist operated on because of the pain. I started taking Vivix 12 days ago. By the third day, I noticed my wrist and hand did not hurt as much. Now I have absolutely **no pain** at all. I cannot believe it. Thank you, Shaklee and thank you, Vivix.

W. Dunkley

**16► ENERGY- FEELING ALIVE AGAIN:** My friend Kathy began Vivix 8 days ago. She has many health problems and normally sleeps until at least noon. This week she has been getting up at 7 or 8 am and **has the energy to volunteer longer hours** at her church. She said, **"I feel alive again. We have a miracle product here"**. Nancy

**17► DIABETIC RESULTS:** I just started a friend on Vivix who weighs about 250-300 lbs. and is a diabetic. After 3 days she called me and wanted to know how she could do what I am doing. She has **energy to burn, clarity of mind, and her joints do not hurt** as they did before. Within the 1st week she went traveling with a friend and climbed the Appalachian Mountains. Now THAT is a testimony!!!!!! Theresa

**18► BETTER SLEEP & LOTS OF ENERGY:** I have fibromyalgia and have been taking Vivix since it came out. I have been on various detox programs for a couple of years. Recently I started a mercury detox about 2 weeks before starting Vivix. Detox programs make you tired and this one will take about 3 mths. I used to sleep 7-8 hours, but since I've been taking Vivix, I sleep 5-6 hours and have **lots of energy**. Nancy Diruscia, APNC

**19► ABILITY TO FOCUS:** I began taking Vivix Saturday morning and by Monday I noticed a marked improvement in my **ability to focus** on one task at a time. This has always been an issue for me--beginning one thing after another and having difficulty completing any. I'm absolutely amazed that I've been so **clear-headed, focused and energetic this week. Vive Vivix!!!** Susan Stephens

**20► NO MORE PAIN MEDS:** Tom and I have been on the Vivix for 1 week and 2 days. After about 5 days, Tom noticed his ankles no longer hurt. He had broken them both as a youth playing sports. Tom is 65 and **arthritis** hit his ankles this year. He had to get up & take pain meds so he could sleep. Now, he **no longer needs pain meds**.

Nancy Douglas

**21► CHOLESTEROL AND LDL DROPPED:** I started Vivix on August 8, 2008. One month later, my total cholesterol **dropped 24 points** and my **LDL dropped 10 points**. I continued to take the Vivix daily and in the next two months my total cholesterol dropped another 28 points or a total of 52 and my LDL dropped an additional 34 or a total of 44. The only difference I can pinpoint was the fact that I added Vivix every day. Norma Hull

**22► FEELING BETTER IN MY 70's:** The last 2 weeks on the Vivix first round, I started having super days one day and not so super the next. **On the 2nd round, I started feeling better more days in a row and haven't finished the 2nd round yet.** W. R. Potts

**23► FIBROMYALGIA - LESS TIREDNESS:** I have a friend who has suffered with Fibromyalgia for some time and gets tremendous waves of exhaustion to the point that she has to go to bed. Since taking Vivix for only a month, she has noticed a big difference--does not get tired to that extreme. I can't wait to hear how she is after a few months on Vivix! Keep taking Vivix! Donna Clark

**24► MORE ENERGY AT AGE 80:** When my wife came back from the Shaklee Conference, she gave me a bottle of Vivix and said, "Take 1 tsp. every day and let's see what happens". After 1 week, I did more work around the house in the next 3 wks. than I had done in the last 3 years! This stuff is wonderful! I have so much **more energy** now! Rudy Fisher

**25► TREMOR IS GONE:** My brother-in-law, who is 75 and recently had some physical problems, got a strong tremor of his right hand. He started Vivix, his only Shaklee product, and within a few days his **tremor was gone** and he is writing normally again! He is duly impressed and thankful. Linda Dietz

- 26► PSORIASIS IMPROVED:** I have **severe psoriasis** and the only thing that has worked at all has been Shaklee and light treatments. I started Vivix a week ago and the **itching has subsided, the plaques are diminishing**—so far so good. I have a few days when it gets a little worse then a little better, **but I can see definite improvement.** Kathy Norton
- 27► ADD and ADHD:** Incredible results with Vivix for people with ADD and ADHD on **focusing** and really benefiting from the product. Vivix is the #1 best selling product in the history of Shaklee. Marilyn Baer
- 28► SWOLLEN KNUCKLE:** My children gave me a ring that I have worn for many years on my left ring finger. For the past five years, my knuckle was swollen from arthritis & I hadn't been able to wear the ring. Since taking Vivix for 2 weeks, the knuckle has "shrunk" and I have been able to wear my special ring every day. I am thrilled! Betty Simpson
- 29► BLOOD PRESSURE LOWERED:** I wasn't sure what Vivix was doing for me until I went to my doctor and found that **my BP was down to 118/76 and it had been over 130.** During the period when Vivix was on backorder, my BP went up to 130/80. Then my order came in and after being back on Vivix the last time, I took my blood pressure at the drugstore and it was again 118/76. I am giving the credit to Vivix. Diane Plane
- 30► GUMS-BEST IN 5 YEARS:** I am 72 and have quite a few crowns on my teeth. My son is my dentist and diagnosed me a few years ago with Lichen Planus of the gums. I went for a dental appt. last week and I was told that **this is the best my gums have looked in about 5 years. It has to be Vivix** because this is the **only thing different I am doing.** Nana
- 31► REDUCED DIABETIC NEUROPATHY:** I am diabetic with all the problems that go along. One of my greatest fears is losing my legs as my grandfather lost his from diabetes. I suffered **severe neuropathy** in both my legs and feet. In addition to that, I had 3 stents put in my left leg last summer and was diagnosed with **PAD (peripheral artery disease).** I was experiencing severe leg cramps nightly. Hardly a night went by when I wasn't awakened by them and had to jump out of bed and walk around. This would happen several times a night. Since taking Vivix, I have **not been awakened a single evening with a leg cramp.** So wonderful! And I can **feel my toes again.** They no longer feel like wooden appendages down there. Bless Shaklee & Vivix! I now experience **full nights of restful sleep.** Cathi Lindall
- 32► IMPROVED SKIN, HAIR, AND ENERGY LEVEL:** I have noticed a difference in the overall health of my skin, hair, tongue and energy level. I'm not a morning person, but when I wake up in the morning, I'm very awake and I don't feel like I need to roll over and sleep another 30 minutes before I get up. Before Vivix, it was always a struggle to really wake up until after taking a long shower. I'm curious to see what other benefits will come to light as I continue to take this product over the coming weeks. Mark Walker
- 33► HIGHER METABOLISM:** Vivix seems to have **increased my metabolism!** I seem to be able to eat more like a regular person and still stay thin (in fact, I've lost about 3 pounds), instead of eating like a bird and working out all the time! One of the David Sinclair videos on You Tube shows him saying that the ingredients seemed to offset obesity in laboratory rats even on a high calorie diet! I'm definitely not on a high calorie diet, but I seem to be able to actually eat regular amounts now. **Love it!** Barbara Heller
- 34► ENERGY & NO JOINT PROBLEMS:** With just a tsp. of Vivix I was surprised to find it had given me a whopping **great deal of energy.** I was able to get more work done in the next 3 days and felt good as well, **without joint problems.** I also noticed that my **brown spots on my hands had faded.** Kathy
- 35► SKIN INJURY:** My husband has been taking Vivix faithfully. He practices Brazilian martial arts which is very acrobatic. Last week at gymnastics class, he messed up a back handspring and landed on his face on rough carpet. His entire forehead and the bridge of his nose had the most terrible rug burn I have ever seen. He continued with Vivix and cared for the skin injury very carefully over the following week. I thought he would have terrible scarring, but after seven days it is almost impossible to see where the large patches of skin had been scraped off. I cannot believe **how fast and how completely his skin healed itself.** And then I realized, "Oh my gosh, the Vivix helped repair his skin to this extent! I have no doubt that he would have had completely different results had he not been taking Vivix! Mary Baird
- 36► COMPETITIVE SWIMMER:** As an athlete from the age of 4 in the swimming arena, I truly know the necessity of the human body's needs for movement to stay not only in some sort of shape, but to function properly as well. With all that life can be or do to the body, it is nice to know that there is a remarkable product that works from the cellular level up. It is not mixed up with all the other inside things going on, but goes to the starting point on all levels. This beautiful formula has enhanced my life and now will indeed enhance others whom I come into contact with, for I live by this saying: "You have HEALTH, you have everything. That is IT!!!!" Mark Croshier III
- 37► NO EXTRA WEIGHT AND BLOATING:** I had been taking Vivix for almost a full month before my monthly cycle occurred. Normally, I know when my period is going to start because I usually gain 3-5 lbs. just before then. This month, for the first time ever, I **did not gain the extra weight and no bloating.** I have a scale that calculates the following with the results listed: Weight is down: 4.4 lbs; Body fat is down: 2%; BMI is down: 1%. This is really exciting news. I wanted to pass this on, because for women to have this type of result & not feel tight in their clothes due to our monthly experiences, is fantastic! Cassandra Lyon

**38► COMPETITIVE SWIMMER:** I'm a 67 year old competitive swimmer & Vivix makes me a better man with faster recovery after each competitive event. Mike Freshley

**39► DIABETICS REDUCE MEDS BY HALF:** I know diabetics on Vivix and they have been able to **reduce their medication in half & have much more energy.** Wally Koewich

**40► ENERGIZED:** I have loved Shaklee products for 32 years and the business opportunity came later--26 years ago. The products never disappoint me, but little did I know that Vivix was about to be launched. Once again Shaklee has come out with a breakthrough product. So far I am **energized** and yet **my sleep has been sweet.** I feel like my whole being is **recharged** and it has only been 15 days. **I am 60, but soon I will feel like 35. Yipeeeee!** Pat Baker

**41► SKIN CANCER GONE:** In October of 2007 I was diagnosed with a basal cell carcinoma (skin cancer) on my left shin. The Dermatologist cut and scraped it out and asked to see me again in 6 months. In July of 2008 the lesion had not healed and appeared to be even larger. We scheduled a surgical procedure to remove the entire lesion including going as deep as needed and excising healthy skin all the way around (about the size of a quarter). In August I began taking Vivix. Four weeks later, I went for the surgery and **the cancer was essentially gone!** I've been a dedicated Shaklee nutrition user for many years and Vivix was the only difference in my supplement program. Ann Mangelsen

**42► TORN ROTATOR CUFF AND THUMB LIGAMENT:** Tears come to my eyes as I write this. Shaklee has brought out a product that is unlike anything I have ever seen. Two years ago I fell and tore my left rotator cuff and ripped the ligament off the bone in my left thumb (I am left-handed). Three months later the doctor operated on the thumb and re-attached the ligament to the bone. Six months after that, my other doctor operated on my shoulder. When I woke, he told me that when he got in there he found "frozen shoulder" so he cleaned up the area a little, but wanted me to use the arm immediately or I would never get full range out of it again. Two years later I still have pain in my shoulder and it hurts to lift it totally straight to my ear. My thumb is always sore and the joint is swollen at the knuckle and also hurts in the joint above it. I have been on Vivix for a week now. I was driving down to see one of our daughters who is in college when I realized that my thumb did not hurt and that the joint was not swollen! I almost ran off the road I was so startled with this realization. This was two years of discomfort that I thought I would have to live with for the rest of my life. At 57 that was not something I looked forward to. I can't wait to see what else Vivix restores in me! Remember, it works at the cellular level. I have already noticed that my fingers don't feel so "tight" in the morning when I wake up. Praise God & thank you Shaklee!! Lynn S.

**43► SENIOR OLYMPIAN TAKES THE GOLD:** Being a serious senior swimming athlete, I recently captured the GOLD in the 200 Meter Butterfly (best time in the last 10 years) and the 50 Meter Breaststroke at the Huntsman World Senior Games in October 2008. I also took two SILVER medals and two BRONZE medals in the swimming competitions. When asked about my experience at the games, I commented, "Competing in the World Senior Games in the swim competitions was so exciting! Especially winning the 200 M Butterfly after taking 18 seconds off my best time in the last 5 years! This was a tremendous experience competing with many of the world's best and meeting new friends from around the world". I attribute much of my success to regular swim practice and the Shaklee Vivix, a Cellular Anti-aging Tonic, which I feel energized me to success! Jane Fisher

**44► AGE SPOTS, BONE SPUR AND BUNIONS GONE:** I can't believe that Vivix. I had a couple of light **age spots** that showed up on my face a few months ago and was considering seeing a dermatologist. **After just 10 days on Vivix, I noticed they were gone. Also the couple on my hands are fading fast.** But the absolute best testimony I have after three weeks on Vivix is the following: I developed a **spur** in my big toe four years ago after I stepped wrong and got a hairline crack on the side of my foot. I eventually couldn't move my toe even a fraction. The doctor called it a 'stiff toe' and said it was a spur. He said my only solution was surgery and wearing ugly shoes the rest of my life. The pain was horrific for months. I couldn't even stand a sheet on my toe. I developed a lump on the bone above my toe that continued to cause me some pain. Then Vivix came along. I had taken it for 2 1/2 weeks when I noticed the **lump was gone and no more soreness. I'm so excited. Viva Vivix!** I also have a friend in Shaklee who said her **bunions are gone** and her husband's dark shadows on his face are practically gone. I think Shaklee is going to be receiving some truly amazing testimonies as a result of this product. Mary McGaffic

**45► SWELLING IN KNEES REDUCED:** I have heard of people with arthritis having miraculous results with Vivix. The other night I attended a meeting where a Distributor was relating a testimonial from someone who had the swelling in her knees **reduced by three inches!** John Woodman

**46► MORE ENERGY, BLOOD PRESSURE & BLOOD SUGAR DOWN:** I noticed more energy from the very first day. I take many supplements and I think/know **Vivix is the most important one I take.** It is truly amazing. It sooo goes with the work I do (energy healing). The two go hand in hand! Another thing I noticed is that **little things I was procrastinating getting done are now being done immediately.** My blood pressure was quite high before I started Vivix. After two months taking Vivix, I had an appt. with my doctor and she was shocked-my BP was 116/65. Hooray! And my blood sugar had come down almost 200 points. AND, I've lost 20 pounds!!! Thank you Vivix! Thank you Shaklee! Elaine

**47► LOOKING YOUNGER:** I can testify that Vivix is great for the skin. The tops of my thighs had a lot of sun damage with dry and bumpy feeling. Along came Vivix! After the third dose that skin was as smooth and soft as the rest of my skin that was also becoming smoother and softer. It's been about a month now and my skin continues to improve, appearing more hydrated. Vivix is taking care of some of the aging on my face--from the inside! I find myself just rubbing my arm or leg in disbelief at how soft and smooth my skin feels. However, I believe my face is detoxifying, it has some bumps and small breakouts, but in general, **facial skin is smoother, shiny and more hydrated.** I estimate that my skin is at least 10 years and maybe 15 years younger now than when I started Vivix 6 weeks ago. I love everything about this stuff!! I can hardly wait to see what else Vivix will do for me! If I didn't experience this happening in such a short time, I wouldn't have believed it myself. My DNA is being repaired! By the way, **I'm 62 years young and getting younger with Vivix!**

Kandy Kremnetz

**48► FREE FROM INFLAMMATION, MORE ENERGY, SLEEPING BETTER:** I have fought the battle of inflammation in my body for several years since being diagnosed with **rheumatoid arthritis** 39 years ago. Since starting Vivix, I seem to be **free from much of the inflammation,** and **my stamina has doubled** since being on Vivix. For a 73 year old lady, I am working harder than I've worked in years, **feeling truly energized and getting a good night's sleep and waking totally refreshed.** By the way, I am on no medications!! **Viva Vivix!!** Billie Lane

**49► STROKE RECOVERY:** A massive stroke 3 1/2 years ago (doctors attribute to my irregular heartbeat--I believe it was stress) attacked my right brain (and basal ganglia) leaving my left side totally unavailable and the right brain majorly stressed, reactive, and depressed. Never totally giving up, taking handfuls of Shaklee supplements, exercising, listening to motivational cd's, getting Brain Gym balances, regular chiropractic care, etc., my progress was evident to those who knew me, including my doctors. But what they didn't see was the exhaustion and struggle it took.

Then along came Vivix, August 15, less than 6 weeks ago. First I thought it was probably the placebo effect, but today I can tell you a few of the things I KNOW have changed: **BALANCE**--so bad in the past that one of the many falls landed me under my rolling car, crushing my right leg, though not the bone. My balance has improved so much I now climb stairs, carrying something in EACH hand, and not even holding on to the rail. **ENERGY**--so different now I can do 30 minutes on the treadmill, noting my improved heart rate & instead of having to take a nap, I take off to do errands and attend a Spanish Class in which I am much more focused. **FOCUS**-- Always ADD and hypoglycemic, worse since numerous car wrecks in the 80's and the more recent stroke. I am experiencing now more **blood sugar balance and longer attention spans**--just finished reading a whole book in a couple of days and, most assuredly, I am making an A in the Spanish class (where my classmates & teacher are 1/3 my age). So I would say **my mental acuity and memory are enhanced as well!** **ATTITUDE**--OH MY GOSH! I woke up this morning, like most others since starting on this magical stuff, **full of vitality & optimism, and HAPPY. LIFE IS GOOD! Thank you, God! Thank you, Shaklee! I have my life back, better than ever!** Sylvia Sue Greene

**50► MORE ENERGY, FOCUS & BETTER SLEEP:** Two weeks and 2 days later, I am really **feeling the energy.** I work out 2 or 3 days at the Natatorium and usually swim 1/4 mi. & walk in the water channel for 20 minutes. This week I was able to increase to 1/2 mi. & walk the water channel. Normally, I would come home & sleep for 2 hrs. after a workout. This week I came home and NO nap. Usually my brain shuts down after I eat and I can't focus, but this week I worked in my office until 9 or 10 at night. I have sleep apnea, but now I am sleeping better and no naps. Nancy

**51► ARTHRITIC PAIN & SWELLING GONE:** I had been taking Vivix for a little over two weeks when I ran out of alfalfa before my next order came in. Usually when I have not taken alfalfa for a couple of days, the first joint in each of my two pinky fingers will swell up and hurt from **arthritis.** But this time the pain and swelling did not occur. The Vivix is really great. I was not aware that Vivix was going to be effective on arthritis. Newlene Laib

**52► NOT NEARLY AS SORE:** Can you send me 3 Vivix instead of 2? I need one for a friend. **This stuff sells itself.** Today I got a massage and the therapist could tell there was something different. I wasn't nearly as sore as I am usually and I went a week longer in between massages. Don't know if the Vivix had anything to do with it, but it's the only thing I'm doing differently. Thanks a million. Sharon

**53► PAIN, LUMP, AGE SPOT GONE:** Since using Vivix for 2 months, I have noticed the **pain in my hip and knees are gone.** Also, I had a **lump** on my right hand from arthritis, which had been there for over 10 yrs. and has now disappeared. My left hand had a black age spot on it for a couple of years. That is also gone. Roger Graham

**54► ENERGY: I really love Vivix.** That is the first thing I experience every day. I actually jump out of bed and head for the fridge. What a great way to start the day. I often get asked if I feel the difference. I have to be honest with you. I felt so good already when I started on the Vivix, it is hard to tell the difference. I take Vivix more for what I know that it is doing on a cellular level than for the way that I feel. I already feel half my age. On the other hand I am getting reports from some of my new members that they are feeling a lot better including **not having back pains** they were having before. One girl reported that she has **healthier skin** and that she **sees the difference in her fingernails.** Ken Wolf

**55► WEIGHT DROPPED, WAIST TRIMMED:** Before starting on Vivix, I was rowing 10 miles a day on a Concept 2 indoor rowing machine. My weekly regimen consisted of 3 days of very hard efforts. My weight goal during those 10 weeks was to get below 240 pounds. My weight at the end of the 10 weeks was 243.5 pounds. After 8 days on Vivix with the same training routine, my weight had dropped to 236.2 pounds! There could have been a slight variation in weight due to hydration levels, but the key was a **reduction in my waist of almost one inch!** Skip Donnelly

**56► CELIAC DISEASE SYMPTOMS REDUCED:** I had a business builder with celiac disease who attended the Shaklee Conference and purchased Vivix. She took it the whole time and cheated on her diet a lot with no bad effects. A first! She's psyched! Mary Butler

**57► BREAST CANCER SCAR TISSUE HEALED:** After breast cancer surgery 9 years ago, I had very painful scar tissue. I had tightness at the site of the node removal that was numb and lumpy. Every area where I had a scar felt tight, numb, lumpy and corded. Manual therapy did little to help tissue flexibility or numbness. The Shaklee Pain products helped relieve the pain and itching, but I accepted that I would not have complete healing. I did not expect that Vivix would heal this particular ailment. I am ecstatic as it is rather incredulous that I have **soft tissue and no more pain after 9 years!** This happened at the start of the 4th week on Vivix. I thank God for this healing! My tissue is soft and smooth. I share this information in hopes that it will help others. In addition, the first week of taking Vivix I noticed my **dry eyes felt moist** and I even forgot to use the artificial tear drops a couple of times. I also have more **skin moisture**. A brown spot seems to be fading. I have **more energy and focus**—this seems to be a consensus with most people on Vivix.

**58► ESSENTIAL TREMORS REDUCED:** I am 72 years old and have had essential tremors since my early 30's. The shaking and tremors became so bad that I had to quit my job as a lab technician in 1989. When in high school, I could type 60 words a minute. For the past 15 years in order to type, I had to hold my right index finger with my left hand and type one key at a time. At times, the tremors were so pronounced that I had difficulty eating and drinking, but I made a really good "tossed salad". After a week and a half on Vivix, I noticed the tremors/shaking had lessened. Now, at **THREE WEEKS** of Vivix, **my tremors are minimal!** I have to learn to use my hands again and learn to type again with all my fingers! I was hoping a change would occur in two to three months on Vivix, but **NEVER** expected these results in three weeks. Anne Campbell

**59► FIBROMYALGIA, MORE ENERGY, BETTER SLEEP:** I have Fibromyalgia.....**doing wonderfully on VIVIX...more energy and better sleep** which is huge as I am usually extremely sleep deprived!! BJ Geyer, LPN

**60► BACK PAIN AND SCIATIC PAIN GONE:** I am so excited to share with you what has happened to me since I started on Vivix. I need to give you some history to understand my story. Thirty-five years ago I cracked my tailbone when I fell off a snow tube and have had trouble off & on ever since. Two years ago I started on a weight loss program & cracked my tailbone again while exercising. This time it affected my sciatic nerve. I was in terrible pain. It hurt from my waist clear down to my toes. The chiropractor also told me that my lower disk was deteriorating. I have never experienced pain that intense! I had a lot of trouble sleeping at night. When I sat, I had a shooting pain down my leg and would feel numbness if I sat too long. During this time I lost 40 lbs. with Cinch and I know that helped. I tried to stay as active as possible & used a lot of Shaklee food supplements. Over time it got a little better, but I still had trouble sleeping at night. In April I changed health clubs and tried a new exercise machine. I immediately felt a terrible pain in my lower back and my sciatic nerve was "hot" again. Nights were the worst. My lower back felt like it was going to break in two. It was very hard to get out of bed. When I finally got out, I was very stiff & it took a couple steps to get moving. I looked like an old lady. I started taking Advil to help relieve the pain so I could get some sleep at night. Then in June I was pulling in the boat anchor & hurt my shoulders. It hurt really deep in my shoulder muscles. I only got a couple hours of sleep a night due to the pain, so the Advil increased. I was very discouraged because I didn't know how much longer I could deal with the pain & lack of sleep. This happened daily until I was introduced to Vivix. I started on Vivix. About 2 weeks later I noticed that the weights at the health club didn't seem as heavy and I wasn't as tired after my workouts. Then, a month later, I noticed I slept a little better. It continued each night & my pain got a little less. Two months after starting Vivix, I could hardly believe it. The back breaking pain is gone! My sciatic nerve pain is gone! My shoulder pain is almost gone and I am sleeping again at night! I would never have believed that this could have happened just by adding Vivix! Thank you, Shaklee!!! My husband & I both have Vivix on autoship because we don't want to run out. This is an incredible product! Jim has noticed **more energy & clarity of thought** since he's been on Vivix. Suzanne Flemming

**61► PARKINSON'S-THOUGHT PROCESS IMPROVING:** I started my Dad on Vivix about 3 weeks ago. He has some pretty severe symptoms with his Parkinson's. So far he feels that his **thought processes** aren't quite as sluggish as before. I am **VERY** hopeful! Jennifer

**62► CHRONIC FATIGUE - MULTIPLE POSITIVE RESULTS:** I have had chronic fatigue since the early 90's. Since taking Vivix, I have noticed that the **white coating on my tongue has been clearing up** (there are only a few small bumps now way in the back). I had sun-damaged skin that was clearing up very noticeably (the dark brown splotches are

going away) and I am also **sleeping much better now** (amazing about the vivid dreams) and not only do I have **more energy** than ever, but also a **calmness I didn't have before**. One thing my best friend noticed, though, before I did, was that **my hands were not visibly shaking any more**. I have had **essential tremors** in both hands since I was 16 and I have one son who already has it. I am 52 now, so it has been pretty bad at times. I can't say it is totally gone, but my right hand especially is markedly improved. My handwriting had gotten extremely sloppy over the years, but now I can actually write slow again without the writing being all wobbly! **My fingernails are the healthiest** they've been in many years (they had been thin & 'peeled' easy, which kept them broken and short). They are hard as a rock and no chipping or peeling now! Formerly, I also did not absorb nutrients well. Now that I am taking Vivix, I think it is doing what Dr. Brouse explained on his teleconference call - how the Vivix sort of causes the body to "recycle" the nutrients to get more out of less. Anyway, I think that part of what is happening for me is from the direct result of what Vivix does for our cells - and the other is the Vivix making what I am already taking work better. **What matters most are the results everyone is getting. Thank you to Shaklee once again for improving our lives so dramatically!** Shari

**63► CANCER STORY:** Let me relate a story I heard today about a woman who had cancer 10 years ago. She refused chemo and decided to go the natural route using Shaklee and other alternative approaches. She has done extremely well for many years. When Vivix came out, her friend told her about it. She sent the information to her

**63► CANCER STORY:** Let me relate a story I heard today about a woman who had cancer 10 years ago. She refused chemo and decided to go the natural route using Shaklee and other alternative approaches. She has done extremely well for many years. When Vivix came out, her friend told her about it. She sent the information to her doctors and normally they would send her an email response but not this time! **They called her and told her to "not walk, but RUN to get this product and start taking it immediately!"** Lorri

**64► EYE HEALTH:** In June 2007, I went to see if I needed bi-focals, as the readers I was using were not strong enough. I seemed to have a problem seeing clearly with my left eye, so I thought I just needed a prescription distance and reading glasses. After examining me, the doctor said that I should see a specialist as he thought there was something going on in the left eye. I went to a specialist, Dr. Hessburg at Henry Ford Eye Care Specialist in Grosse Pointe and the diagnosis was Epiretinal Membrane Macula Traction, left eye. The vision was 20/200. I did not have Macular Degeneration or Cataracts or Glaucoma. The way it was explained was, as we age the vitreous gel on the eye pulls away and we get floaters, etc. Some of the cells create a thin film and in my case landed on the center vision of the macula. It is sometimes called a macular pucker. He said it would not get worse OR better. He did say they could do a surgical procedure to peel off the tissue, but it is a delicate and not always successful surgery. Since I am not a fan of surgery, I chose to carry on with limited vision in that eye. The only problem I had was a blurred section, but I could still see. In Aug '07, I added the Vitalizer supplements and also increased my OmegaGuard to 6 daily. Got another checkup with the specialist on 1-08 and there was a slight improvement-20/100. I saw him again on 5-20-08 and my left eye was 20/70. Started Vivix on 8-08-08. I had a recheck on 10-02-08 and to the Doctor's amazement, it was 20/25. I was so curious and amazed that he examined me several times to recheck to see if there was an error in the figures. I am thrilled and he has asked me to send him info on Vivix. I told him he needs to let his patients know about Vivix!!! Judy Sheehy

**65► PEELING PROBLEM ON TONGUE:** H. Hopkins called me and said she had been reading all the testimonies I sent out and that she had been dealing with a peeling problem of the tongue for a long time. It had gotten to the point of awakening with bloody sputum (mixed in saliva). She is a nurse and had tried different things to no avail. She decided she might as well try the Vivix. After just 3 days on Vivix, her problem was gone. She was ecstatic and last I heard, she was calling everyone she knew about Vivix! Fredda Shuquist

**66► RAPID HEALING FROM PUNCTURE WOUND:** Shaklee finally has a product that has my husband REALLY talking to people about! He started taking Vivix about a month ago even though he is pretty healthy. He did get off BP meds through Cinch (lost 30 lbs. right off his gut!), but this time he is amazed. Two days ago, he was working on an extension he is building on our house & he stepped off the ladder into a screw about 3" long. It went through his boot and right into his foot-about half the screw length was in his foot. He cleaned & bandaged it up. Two days later, he went to take care of it and had noticed it wasn't even sore to walk on. When he took off the bandage, there was NO visible sign that he even hurt himself! The screw was a thick one, not a skinny thing. This is simply amazing! I keep thinking that if these 'outward' or visible results are so amazing, I can only begin to imagine what is going on inside our bodies! Even for those who haven't seen any 'outward' results yet, it HAS to be doing amazing things inside of us! Shari

**67► BETTER EYESIGHT, LOOKING YOUNGER, BETTER HEARTBEAT:** My Dad was VERY unhealthy in his sixties before Shaklee. When Shaklee came along, my mother made sure he took generous servings daily for years. Dad is 90 years old now and still runs his lumberyard, sees his lady friend daily and is very sharp mentally. So when Vivix came along, Dad did not think he needed it. I gave him the "talk" about the need for it and gave him the "talk" again several months in a row to convince him he needed it daily. Now he is absolutely convinced and takes it every day without fail. These are his results: Dad takes no medications at all, his health kit is Shaklee nutrition which he eats daily. His eyesight is



better, his skin looks younger (many people think he's in his 60's), his heart is stronger and is beating stronger. He had some irregularity in his heartbeat at his last checkup, but has a more regular beat now. The one that Dad is really thrilled about is the lack of pain in his stomach. He lifted something quite heavy about five years ago and felt something tear. He had blood in his urine so visited the doctor, had several tests and nothing could be found. But since that time, he has had an uncomfortable feeling and he cannot lift anything very heavy (sometimes he thinks he's 20 again). He was so excited the pain is gone and he healed from whatever the problem was. He can lift again with no pain. Some people seem to think that past a certain age, improvement is impossible. Not so, as Dad has proved that. Sondra

**68► FOCUS & CONCENTRATION INCREASED, EYESIGHT IMPROVED:** I love Vivix. I've been taking it for 2 months and have noticed that "little" things add up to a lot!! For example, since starting Vivix I have noticed my **focus and concentration have greatly increased** (I feel like I did in college!); **my eyesight is back to normal**. Despite always having had excellent eyesight, I've found myself squinting to see the clock across the room the last few years. Since Vivix, **no more squinting!!** And **I'm no longer bruising**. I have always bruised so easily. Sometimes I'd have awful bruises and not even know where they came from! Stacy

**69► DRY SKIN GONE:** My skin has been very dry and getting worse for the past several years. My husband said my forearms looked like tanned leather. The skin was thick, dull, and very dry, in spite of moisturizers. If I scratched my arm even slightly, there would be a white mark and skin would flake off. I had assumed it was just a sign of age & I'd have to accept it. Since taking Vivix, **no more dry skin**. The texture is greatly improved and no more scratch marks or flaky skin. My hands and forearms are soft and always look like I've just applied moisturizer. Actually, I just realized today that I haven't applied moisturizers since I started using Vivix. Not even once. I'm typically in the pool 5 times a week for water aerobics and I have the softest and most hydrated skin of anyone there. Cool! I didn't expect this benefit but I am enjoying it. I have to wonder what Vivix is doing on the inside to the cells I can't see. Mona Jones

**70► SORE THROAT:** I developed the flu and a very severe swollen sore throat. Plus I had been unable to work due to my brain feeling hazy & unable to string two sentences together. I took my first dose of Vivix. Within 10 minutes, that hazy dopey feeling was completely gone and within 20 min., I was up and moving around. Before this, I was feeling too yucky to get off the couch. **My headache stopped** and the **swelling in my throat was gone** by the afternoon. Two days later, I was completely well. Now some of you might be thinking, "well the flu will just go away on its own". Yes, this is true for people who don't already have problems; however, I am prone to pneumonia, and have some auto-immune issues which make getting well a month long event for me. **I'm so grateful for Vivix and what it can do.** LB

**71► BALANCE & SKIN IMPROVED, NO BACK ACHES:** I am now an official senior citizen. Prior to September, I knew that my balance was way off, guess it's an age thing. Couldn't carry anything downstairs without grasping the railing, went down a path in early Sept. and scared my friend when I almost fell over! Getting out of the recliner trying to get my slippers on without tipping over-- it was not a pretty sight. Since taking Vivix, my **balance is 100% improved**, my **skin is soft**, **blemishes on my nose have gone**, my **age spot on my face is disappearing**, **scar on my forehead is fading**, my **back doesn't ache** when I turn over in bed! And I love the taste of Vivix. Alice Brown

**72► NO PAIN:** Before the conference, we hiked up 5 flights of deck stairs at the beach in Holland, MI and then down the other side and back up and down again. I was sore for a week, even with my Alfalfa and Joint Health and Physique. Last week (after taking Vivix for 3 weeks), we hiked a mountain in North Carolina (1.3 miles) and back. **NO PAIN. NO KNEES BOTHERING US. NO NOTHING.** I have also noticed the **skin on my legs was firmer**. I didn't want to think it was Vivix, but when I noticed some varicose veins disappearing, I knew. I like the 25 years younger bit. Ruth Bell

**73► RACEWALKING FASTER, MEMORY IMPROVED:** I am 60 and I don't have any sense of feeling any different either, as far as sensing anything within myself. But I work out and race-walk. I've become a seasonal walker and no longer walk during the winter months like I used to. After taking Vivix for 2 1/2 weeks, my time for a 5K (3.15 mi.) walk was about 6 minutes faster than prior walks I had done 12 years ago. Vivix works at the cellular level and just as a nineteen year old is aging at the cellular level, he doesn't feel the aging taking place. In the same way, since the slowing of the aging process is at the cellular level, you won't "FEEL" it working unless you have some test such as an aerobic workout, or something for your body to repair like some of the other people are noticing. I also have ADD and I've noticed that I am **remembering some things more often** than before taking it. My mental acuity has moved up a notch or two. Andy Gulick

**74► RUDDY SKIN, INCREASED ENTHUSIASM, IMPROVED SINUS CONGESTION:** Since I've been taking Vivix, my skin is no longer ruddy. Nothing has ever taken the redness away. My mother, 73, has noticed an increase in her **enthusiasm**, after just 3 days on Vivix. I have been having Andy, 16, take it to help him heal better after jaw surgery, scheduled for next month, and he has noticed an improvement in his **sinus congestion**. He stopped taking Vivix for a couple of days & the sinus congestion came back, so it does help. This is the worst time of year for him, so it's probably the molds. Luanne

**75► EYESIGHT:** My sister, a wildlife artist, has been taking Vivix & told me yesterday she didn't need her reading glasses as much when she's painting up close in detail! Barb

**76► MOLE, LUMPS, & BLADDER INFECTION GONE:** Here's what one of my members experienced when he started on Vivix. He has had a fairly large, flat mole on his hairy abdomen for years, but because it was covered with hair, it wasn't very noticeable and apparently had become somewhat "lumpy" without him knowing it. Several weeks after starting Vivix, it became itchy. When he looked at it, it had become red and inflamed for about 1/3 of an inch around it, with a clear, red, linear margin between the inflamed skin and the normal skin. The mole had several lumpy spots on it that he hadn't noticed before, probably because of the hair covering it. When he showed it to me, my first impression was that the mole was perhaps developing cancer and Vivix was causing his body to attack it, thus the inflamed, clearly defined ring around it, since cancer often extends out into the surrounding area. Itching is a common symptom of things healing, so that was another indication that something good was probably happening. He thought about having it biopsied, but decided not to. He wanted to see what Vivix would do on its own to heal it and realized that they would probably take the entire spot off for the biopsy. He would always wonder if Vivix would have helped his body take care of it by itself. Now, about 6 weeks after starting on Vivix, it appears that the Vivix has done just that! The spot has flattened out and is looking kind of dried and shriveled in the center where the lumps were. The inflammation had gone away after about a week and the itching is gone, too. It looks to me like it will eventually peel off. While I'm at it, I'd like to mention that I had a couple of small lumps of sun-damaged spots on the back of my hands; one lump was larger than the other and had been there for several years before the other one developed. I had wondered if it might be turning into cancer, so I had been keeping an eye on it. It only grew slightly larger over 2-3 years, but another spot next to it also started to become raised, but because it was a couple of years after the first one, it wasn't as pronounced. Two weeks after starting on Vivix, the primary lump sloughed off, left a small scab and then healed completely flat. The lump is totally GONE! The second spot, which was barely lumpy at all, took about 5 weeks to just kind of peel off, with no scab. There is still an ever-so-slight dry covering at the spot, but I'm confident that it will totally go away, too. My point in all of this is that I truly believe these two situations were at least precancerous, if not early stage cancers. I think Vivix is going to stimulate the body to cure at least some kinds of cancers, if one doesn't do things to weaken the immune system - such as chemo. **Vivix does great things for the immune system.** I know, because I had a bladder infection when I started on the Vivix. I had been working with supplements to address it, but had only been successful in keeping it from becoming full-blown. When I took Vivix, the infection would calm down for a while, but come back again by the next morning. This went on for 3 days, but after that, the bladder infection was gone. And the only difference was Vivix. It only took 3 days to boost my immune system to where it knocked out the infection. I'm well aware of the benefit it has on the immune system and this will be one way it cures cancer; repairing DNA will probably be another. Here's to your health! Have a blessed day!

Pat McNeal, Dip.C.N., CNHP, Wellness Consultant

**77► DIVERTICULITIS:** I am a medical transcriptionist and have diverticulitis which had become burdensome to say the least. I've been using Shaklee products & I know they are good. A week ago I started taking one teaspoon of Vivix. During the past week, I have not had one episode of explosive symptoms, no left-sided pain or cramps. I do believe it is safe to say that Vivix is helping. Mary Ann Tregnago

**78► MORE STAMINA:** I am in good health and feel good most of the time. The main thing I have noticed after taking Vivix for about 2 months is that I seem to have more stamina. For example, I am 63 and for the last couple of years I have not been able to spend as much time working in my yard/garden as I once could. I would get tired and my back would ache after only a short time. This week I decided to do some fall clean up in my garden and twice, after 3 or more hours of work, I became aware that I was really enjoying it, **I wasn't tired and my back didn't hurt.** Keep taking Vivix. It's working even if you can't feel it right now. You may begin to notice something subtle like sleeping fewer hours and still feeling alert during the day. Donna Clark

**79► PLANTAR FASCIITIS:** For the last 6 months I have been suffering from chronic severe pain in my left foot that has been diagnosed as a plantar fasciitis. This is an inflammation of a ligament that runs from the heel towards the large toe. The pain has been so intense that for the last 3 months I have been using a cane to walk. I had to buy new shoes and put my foot in a cast every night while sleeping. I can't take anti-inflammatory or pain meds, so I just had to suffer. After reading the information about Vivix, I began taking one teaspoon a day. I couldn't believe it but after 2 days, I put down my cane as I could now walk without severe pain. Now, after one week, **I am pain free.** Unbelievable! For any skeptics out there, all I can say is it worked for me and if you have chronic pain, you should try this. Rick Navarro, Ph.D.

**80► DIABETES & DROP IN GLUCOSE:** Dr. Sandra Bevacqua, who has her Ph.D. in molecular and cellular biology, has done 12 years of blood chemistry work, over 20 years of cancer research, and has been a Shaklee distributor for over 10 years. After consulting with her, she recommended that I get my blood sugar levels back in the normal range immediately so I wouldn't get pre-diabetes. By using certain Shaklee supplements for 3 months, I dropped my glucose from 114 to 88, and **my hemoglobin A1C dropped from 6.0 to 5.6!** I had only used Vivix for about 6 weeks during this process! So **Vivix is fast acting!** As diabetes is a very serious disease that is affecting millions of Americans today, I

highly recommend that you get started today if you are overweight, obese, or have high triglycerides to stop this potential problem from affecting your life in the future! Dr. Sandy recommends that people use Shaklee products because she sees the fastest changes (RESULTS) in people's blood chemistry if they are using Shaklee's products! Plus, she recommends Vivix for anyone fighting cancer. Judy D.

**81► BETTER SKIN:** My daughter has been taking Vivix for almost 2 weeks and noticed yesterday that the little **red bumps** that she has had on the back of her arms for 15 years are **almost completely gone**. This is the first time the bumps have gone away. She has also noticed that her **endurance has gone up** for her Pilates classes. She also finds that her face looks more rested. Can't wait to find out what else will happen! Chris

**82► SARCOIDOSIS, INFLAMMATION:** I wanted to put into words what Shaklee has done for me. Please share this with others who may be struggling with autoimmune diseases, especially Sarcoidosis.

This past spring I found myself dealing with a flare up of Sarcoidosis. This is an auto-immune disease that, in my case, caused long **bone** (not joint) **pain** and most troubling, breathing difficulties. The disease caused calcium deposits to stiffen my lungs, so constricted airways was not the trouble, it was inflamed lung tissue that did not want to expand as it should, resulting in shortness of breath as well as coughing. **NO JOKING HERE...within about one week after taking Vivix, my lungs started to feel better**. I experimented by taking the Asmanex only in the morning and cut out the PM dose. I had done this before, but immediately had to go back on the evening dose due to breathing difficulties. Now, I went four days without my PM dose. Then I had a follow up appointment with my pulmonologist on Sept 16. I told him how I was feeling and that I thought things were looking up. He agreed with me. He said that based on the normal levels of inflammation in my blood work and the **improved functioning** of my lungs, the Sarcoidosis was in remission again. I was so elated and thankful! I no longer take any steroid medication. Yeah!!! I truly believe that a strong faith, loving family and friends (surrounding myself with good energy), along with the important component of supporting my immune system with the Shaklee supplements and the amazing Vivix, that I was able to win my battle against Sarcoidosis. Thank you, Shaklee for making an amazing and healthy difference in my life. I plan to continue with my Shaklee regimen that includes Vivix for sure. My prayer is that I will now be able to prevent another flare up of Sarcoidosis. What a blessing that would be! I hope that others suffering from this type of affliction can find hope in my story. Who knows, would I have gone in remission sooner if I had taken Vivix earlier? You can never lose by trying something that is healthy and natural - it just may be the missing puzzle piece your immune system needs! Jeannie Burgess

**83► A JOLT OF ENERGY:** The jolt of energy is amazing. I do feel it – all day long. I feel like a kid again. My hubby usually has coffee in the morning and he only had ½ cup before his Vivix. Meridith DiMaria

**84► SO FULL OF ENERGY:** I'm a 45 year old woman and sometimes I have to be careful about staying up late--like going to 2 back-to-back karate classes on just 4 hours of sleep is really asking for trouble. I did that a few times over the last few years with disastrous results. I would feel queasy, faint, and when I'd see myself in the mirror my face would look exhausted. That was downright embarrassing because the teacher would always get mad at me for looking like such a blob. Well, after taking Vivix for a week, I stayed up until 5:15 a.m. watching old movies and catching up on office stuff. I got up today at 10:30 a.m. and felt fine. I got together my karate gear and the kid's gear and we scooted over to karate. When I walked in, I noticed it right away. I felt really LIGHT. Not light-headed, but I felt at ease, and GOOD! I changed and joined the class and I felt so **full of energy**, so ready to go! We were stretching on the floor and I saw myself in the mirror and I looked like a person who'd gotten plenty of sleep. I'm not saying this is going to become my habit of getting very little sleep, but I was amazed at how I felt. As the endurance class that I've taken for 2 years progresses, usually I get more and more tired and hit a plateau when I feel I can't go on. Instead, today I never really hit that plateau. At one point I looked around at the class and noticed people were covered in sweat, red-faced and looked exhausted and I didn't even feel tired. I wasn't sweating and my heart wasn't pumping like crazy as usual. It didn't feel like a really intense workout. I felt as though this workout wasn't challenging me and this was unusual. I began at one point doing knee kicks on my own just to up the cardio and the students looked at me like, "There goes energizing bunny!" Interesting experience with Vivix thus far. Vanessa Nishikubo

**85► ENERGY LEVEL, EYELASHES, AGE BUMPS:** I was anxious for results. I am 74, always feel good, take the other supplements and added Vivix. My husband soon felt a difference, so I was disappointed when I didn't until week 6, then it seemed suddenly I said, "I feel gooder"! I can tell my usually high **energy level is higher** - I enjoy making the bed with the many pillows I could ignore for months. Almost three months on Vivix and my **eyelashes are back** and my **age bumps are diminishing**. Folks say I look younger and I know it must be "doing something" at the cellular level. What more could I want? Julie C

**86► MENTAL CLARITY, FOCUS, IMPROVED MEMORY:** I have a multitude of problems that I am waiting for notice of improvement. I first noticed **better mental clarity** and **focus**. I used to be just overwhelmed at all the things I had to do, but **now I can actually pick a task and work on it. Memory seems to be a touch better, too....**thank goodness.

I thought I would feel more right from the get-go, but I've been on Vivix for 3 months now. I've not had anything jump out at me as being better, but some are really subtle--like **less aches/pains** in some places, and more ambition. Just remember, we don't feel these things going bad, so we may not feel them getting better. It's worth the wait!! Marsha Reiner

**87► BLOOD PRESSURE LOWERED:** I've been treated for high blood pressure as high as 240/110 during 2006 and 2007, with many changes of medications that always had some reaction for me or just didn't bring it down. Since 1972, I have been taking Shaklee supplements & I feel that is the reason I have survived even with hypertension and having a kidney removed at age 17. That was 60 plus years ago, but the HBP took its toll-I had a mild heart attack last New Year's Eve. No permanent damage ensued even though I had the scars & rhythm problems associated with rheumatic fever, from age 6-11. Just before I started Vivix, my doctors felt I was doing well and the BP was holding 130 to 160 over 85 to 95. Two weeks after starting Vivix, I found my BP to be 112/70! It has remained in that range, never going over 125/75. Wherever I go, people say I look **healthier & younger** than ever, even though I am now 78 years old. I travel a lot to see my family & my goal is to be off meds at age 80. My doctor thinks I will accomplish that as I exercise in a swimming class or workout 3 to 4 times a week. I am so thankful and relieved, and I truly believe God brings these things, like Shaklee products and opportunity, into our lives. It is His Plan to leave us here to help others. Thanks to all of you who asked me to write this down! Again, thank you, Vivix! Verlys Knebel

**88► PLEVA:** I have an extremely rare autoimmune disease called PLEVA—Pityriasis Lichenoides et Varioliformis Acuta. There is no known cause and sadly no cure. It causes sores from the bottom of my feet to the top of my neck. It began 5 years ago with over 2,000 sores on my back and stomach and has continued without subsiding until the present. At any one time, I have between 200-300 active sores on my body because they usually come in groups of 20 or more. I have tried just about every treatment the doctor prescribed including 5½ months of continuous antibiotics. Nothing helped. Finally, I just gave up. Then after the diagnosis of my second autoimmune disease, I decided it was time that I TAKE CHARGE of my health. Two of my good friends had bragged on Shaklee vitamins, so I looked up Trudy Bledsoe. I purchased Vita Lea with Iron. I instantly felt the positive effects of what my body had been starving for. Trudy told me about Vivix. I was very reluctant to try it because I had tried so many things that only disappointed me. I decided that if I tried Vivix, it would be the last thing I would try for Pleva. If it didn't work, I would completely give up. I started Vivix on September 15, 2009. Trudy explained that I would probably go through a detox that would get all the junk out of my system. That's exactly what happened. The first week, I had an absolute explosion of sores. But I knew what was happening and was actually excited about the surge in breakout! My body was dumping all the junk inside me. I knew that if I drank lots of water and kept flushing out my system that I would feel better soon. It is now October 6, 2009. I have only had about 10 new sores in the last 2 weeks. And as of this morning, I am 100 percent clear. I actually love my skin again! Thank you, Shaklee for Vivix and thank you, Trudy for sharing Vivix with me. It has already CHANGED my life!  
Becky Jackson

**89► EPILEPSY:** I was a typical ten-year-old without a care in the world. I was running, tripped, and hit my head on a rock. The rock won. Over the last 30 years, I have taken seven different drugs to manage my Epilepsy. Every drug either had horrible side effects or stopped working. Several years ago I had a Grand Mal seizure on the freeway. I lost my license. Last year I developed Juvenile Myoclonic Epilepsy. I was having seizures every day, despite taking 19 pills/day. Traditional anti-Epilepsy drugs obviously weren't a long-term solution. Enter Vivix. I told my doctor that I wanted to try something different—Shaklee's "Rx for a Healthier Life." His exact words were, "I've never heard of it and I can't prescribe it, but I see no red flags." My seizures went away within a week of beginning the Rx program, and I've had NO seizures or side effects since then. I've been able to wean off one drug entirely (9 pills/day). I have also lowered my blood pressure dramatically and my doctor took me off BP medication entirely. I'm now taking the fewest prescription meds I've taken in years. Thank you, Shaklee.

**90► PSA SCORES LOWERED:** On September 12, I started taking Shaklee Vivix, NutriFeron, Saw Palmetto, and Immunity Formula I and continued the Vitalizer and Soy Protein I was already taking. On September 18, my PSA score was high at 9. I scheduled a follow-up visit 6 weeks later, where my doctor wanted to do 12 biopsies. Three days before my follow-up appointment to do the biopsies, I wanted one last blood test. Those tests showed a **drop in my PSA** levels to 6.9 which the nurse said was highly unusual. So now I continue to take Vivix and the above mentioned Shaklee supplements, exercise, and lose some weight by eating lots of vegetables, fish, soy protein, and low-fat meals, and I scheduled a follow-up appointment the end of October. It showed a **PSA score of 3.4**, just 6 weeks after taking Vivix! Plus, my free PSA scores of 28.8% are the highest I have ever received since I started having prostate problems in 2005. My doctor was amazed at these rapid changes in my PSA scores. He said that "something was going on," and I educated him on what changes I had made and the benefits of Shaklee's supplements and Vivix! Now he doesn't want to see me for another 6 months! Plus, he said that the chance of this being cancer is under 5% whereas a month ago he said that it was around 20%. In addition to the changes in my PSA scores, I am noticing **an improvement in my vision**. Plus, I do a lot of

climbing on ladders for my work, and **the pain in my knees has lessened as well**. So, once again, Shaklee has risen to the occasion and made a huge difference in my health! I would also like to personally thank Dr. Sandy Bevacqua for the suggestions she gave my sister on which Shaklee supplements I should be taking. Now I understand why Dr. Sandy recommends Shaklee's products over all the other brands of supplements. Her findings are that people who use Shaklee products get the fastest changes (RESULTS) in their blood chemistry levels. I can definitely concur with her findings in my case. To my doctor and me, six weeks is a short amount of time to get these types of amazing results! So thank you, Shaklee for creating Vivix and all your other great health-improving products! I am a true believer in Shaklee. John G.

**91► COLITIS SYMPTOMS GONE:** I suffered for many years from ulcerated colitis - an inflammatory condition of the large colon which produces burning, itching and diarrhea. I watched my diet very carefully and added the Shaklee supplements that are important for healthy digestion along with the Vitalizer. My condition improved, but as soon as I would eat sugar or any gluten, I would again suffer a great deal of pain and diarrhea. I began taking Vivix and noticed that day by day the **inflammation was less and less**. All the symptoms associated with the disease were gone in 8 days. Vivix has also given me a **great deal of energy**, my **brain works better** and I **feel younger**. Vivix has changed my life, as I suffered for many years. Thank God for Shaklee. Don Mathias

**92► ATRIAL FIBRILLATION:** I was diagnosed with Atrial Fibrillation four or five years ago. At one point it was so bad that my heart almost never was in normal rhythm and I hardly had energy to do anything! I was actually considering going into the hospital so the doctor could load 4 "bad" drugs in hopes that they would control it. I decided instead to put myself into God's hands instead of the doctors' hands and He healed my heart! I give HIM all the credit and glory because overnight my heart changed from almost always beating wrong to almost always beating right. It's the "almost" part that I want to address because even though there was no doubt that God had done a work in healing my heart, I still occasionally had episodes that were scary. I was concerned that perhaps Vivix might trigger an irregular heartbeat and asked one of our Shaklee scientists whether that was a possibility. The response was that I possibly could experience a great improvement in heart function. And that is exactly what has happened! Since I started taking Vivix, I have not had a single episode of A-fib! Not once has my heart been out of perfect rhythm! Praise God and Vivix! Jenny Williams

**93► INCREASED ENERGY, BETTER SLEEP:** I have been taking Vivix since Saturday, the last day of the convention. I think I am beginning to see an **increase in energy** now. But there is one thing that I experienced the first night and that was a **very good night's sleep**. Yes, I was tired after getting back from New Orleans, but it wasn't just that night. I have slept really well every night since. Roy Hancock

**94► NODULE ALMOST GONE:** I took one round of Vivix and was feeling like it wasn't doing anything, but today I noticed this nodule I had on my ring finger is almost gone. Nana

**95► ATHLETIC IMPROVEMENT:** I am 53 years old and in excellent health. I'm also very active physically, playing tennis at least 2 times a week for 2 or more hours and riding a bike at least once a week for 25 to 35 miles at an 18 mph average. What I noticed with Vivix right away was I **slept better** at night and **woke up rested**. I also noticed my **energy level was steady** the entire day. I had a pretty good energy level before, but this was a different feeling, just a good, **strong feeling type of energy**. After a couple of weeks on Vivix, I not only was staying with the front group, I was also keeping my place in line going up hills. Even when I was in top form I could never stay with the guys on hills. The next little thing I noticed is the **little spider veins on my legs have almost disappeared** and the few that are left have turned from a dark purple to a brighter red. I believe my **skin is tighter** and **firmer** as well, but it is hard to tell as I look young for my age already. You may not have noticed any big changes to your body, but things are happening at the cellular level. Look for the little things that give you hints of the good stuff that's going on inside. How you feel in a few months when your body has a chance to replace old cells with newer, younger ones should show results. Ruth Narveson

**96► ARTHRITIS - PAIN FREE:** I have used Shaklee vitamins to improve all elements of my health profile since 1985. I am now 72 and have been experiencing an elevated amount of joint, muscle and back pain. It has grown and grown over the past several years to aggravating proportions effecting sleep and most movement. Then in early August, Shaklee Corporation introduced Vivix, a fabulous new longevity tonic with Resveratrol and super-grape extracts. It is now September 15 and **I'm pain free!** I take NO Pain Relief Complex. I use the Prescription for Health products recommended by Dr. Jamie McManus in addition to Vivix. It's great to be able to move again without pain anywhere. Martha Maxwell

**97► SINUS DRIP & CHRONIC COUGH GONE:** I have suffered with sinus drip and a chronic cough for years. I had nasal surgery & that didn't help. I try to avoid dairy and I've been taking Shaklee products for years, but the good news is I have not taken my Advair inhaler since I started taking Vivix!! Mady

**98► ENERGY TESTIMONY:** One year ago I was feeling generally worn down and tired all the time, feeling the need to take frequent naps. My energy level was at an all-time low. In my workweek, Tuesdays were especially difficult. The day started with a 6 a.m. wake up and at work by 7:30 a.m. which from then on was relentless: meetings, worship, more meetings, choir practice, quick lunch, teaching all afternoon, a quick break for a bite of supper, and then a three-hour once/week meeting of another course I was teaching. When I reached my apartment at 9:30 p.m., I was beyond tired. Every

fiber of my being was exhausted and I had all I could do just to get ready to fall into bed. The crowning blow was not sleeping very well and only for four or so hours. This year is different. Tuesdays are absolutely the same schedule. And, although I reach the end of the day tired, I am **not exhausted** beyond belief. I am able to walk home with a lively step rather than feeling that my feet are lead weights. I am **sleeping better and longer** and I awake ready to face the new day with **renewed energy. What has made the difference?** I have been taking my spoonful of Shaklee's new product, Vivix, every day and it has obviously affected me the way that is claimed by the brochures and the introductions to it that we heard at the Shaklee Convention. Thanks. Bill Peterson

**99► MIGRAINE RELIEF:** I just wanted to share with you that I've taken Vivix for about 2 weeks and noticed that **I haven't had to take my migraine medicine.** I have been suffering with almost daily **migraines** for the past 6 years. I would even wake up around 3:00 a.m. and start throwing up. Often, I had to call my parents to care for my children as I was so sick with pain and nausea, even with the medications. I haven't had to take medicine in at least a week. I have tried numerous medicines for migraines and even have tried herbal remedies without any luck. Vivix is amazing. Hopefully it will greatly improve my fibromyalgia also. I am going to order some for a friend who suffers from cluster headaches. Kristen (Wilt) Puhalski

**100► AGE SPOTS & SWOLLEN KNUCKLES:** I am a massage therapist and I pay a lot of attention to my hands since they're my working tools. Over the years, I've developed numerous age spots on both hands. I also have sun damage on both cheeks on my face. I noticed something different with my hands on day 3 of Vivix. They were looser. My always **swollen knuckles** were looking almost normal. But there was something else going on and I couldn't pinpoint it. This morning (day 6 of Vivix), I looked at my hands and screamed for my husband. He came running, thinking he was going to have to save me from something terrible. Instead, I shoved my hands in his face. My right hand only had a few age spots on it. My left hand had **NO age spots!** I have looked at these spots for years and thought that it was just something I was going to have to live with. Then, I looked at my face in the mirror. The sun damage on my right cheek was a mere shadow. On my left cheek, there was only a little spot. I can't wait to wake up in the morning. I knew this product was amazing when they introduced it to us, but **I never would have dreamed that it would work this fast or have these affects.** I hope I have many more Vivix stories to tell! April Simmons

**101► NEUROPATHY:** First let me start by saying I have been a **Type 1 Diabetic** since I was 17. I am now 52, so that's 35 years being insulin dependent. I have had some diabetic complications, but the worst is neuropathy. It's where your nerve endings don't seem to "talk" to each other in the correct way. It makes you feel like your foot or hand has fallen asleep, but the pain gets to feel like someone is sticking thousands of pins in your hand or foot. The easiest way to explain the pain is when your hands are real cold and you run them under hot water, but the pain lasts 24/7. I was put on a drug called Neurontin which has some very negative side effects. Dan talked to me about Vivix & said our mother was taking it. I never gave it a second thought as I never believed "natural" medicines could outperform prescription medications. While visiting my mother recently, I discussed Vivix & she gave me a bottle to try. Keep in mind that with Neurontin I still had peripheral pain, but with Vivix, within 6 DAYS the pain was almost gone. I slowly weaned myself off the Neurontin & have been virtually **pain free.** I have other diabetic complications that my body is responding positively to Vivix. Paul

**102► ATRIAL FIBRILLATION AND COUMADIN:** Five years ago I had a mitral valve replaced and also experienced atrial fibrillation and was put on Coumadin "for life" to prevent a stroke. Needless to say, I have not been happy about this. I started Vivix August 16 and have taken it without interruption ever since. As people on Coumadin know, you have to have your blood checked on a regular basis - for me it was usually every 5-6 weeks. After 7 weeks on Vivix, my blood tested too thin. I needed to be between 2.5 and 3.5. I tested at 4.1 (too thin). I was told to go home, have a salad (greens thicken your blood), and come back in two weeks to be checked. In two weeks my blood again tested too thin. I really didn't think too much about it until I went back two weeks later and again tested too thin. This time my Coumadin was reduced and I was thrilled. The only thing I was doing differently was the Vivix. I told this to the Coumadin nurse and said I would bring her information on Vivix on my next visit. I went back in two weeks and my blood was still too thin and my Coumadin was reduced again. I gave the nurse my Vivix information and she said she couldn't understand how the Vivix was thinning my blood but "do not stop taking the Vivix." I am due to go in again Nov. 19 and hope for another reduction in my Coumadin. Also, I faithfully take the Shaklee Sustained Release Vita C and I do not bruise like a lot of people who are on Coumadin. Kathleen Johnson

**103► SLEEP BETTER, STAMINA & ENERGY, PAIN FREE, LOOKING RADIANT:** I am 64 and I started taking Vivix four months ago. Here are some amazing things I have noticed: I had a lumpectomy 6 years ago. The large lump of scar tissue was always sensitive and my bra was uncomfortable. Since taking Vivix, the sensitivity in the scar tissue has gone and it actually feels a bit smaller. I **sleep better**, not waking up at 4:00 a.m. worrying and fretting about things. Also, I feel a very noticeable **increase in stamina and energy.** I had a pain in my hip for several months that chiropractic

adjustments helped only temporarily. While I still wake up with some stiffness in my hip, a bit of stretching takes care of that & I **don't feel pain** for the rest of the day. People comment on how "**radiant**" I look. Never had that happen before.

Donna Clark

**104► CHRON'S DISEASE:** My friend has Chron's Disease and has been taking Vivix. He feels great and doesn't need to be around the bathroom a lot. Also, he can eat normally now. Thank you, Shaklee!

**105► CATARACTS GONE:** For the past 4 years I have had the start of cataracts. The center of my lens on both eyes has been white. The optometrist has been keeping an eye on them. Two years ago I got back into taking Shaklee supplements. The cataracts didn't get any worse, but they didn't get any better. In mid August, I began taking Vivix regularly and just got back from the eye doctor November 7. He was shocked to see that my **cataracts are GONE!!** Also, my vision could only be corrected to 10/40 in 2005, 2006. After joining Shaklee, it was correctable to 20/30. Since Vivix, it is now correctable to 20/25. And for the first time in 40 years, I did not need new glasses and my night vision is improving as well. I feel as if my eyes are getting "younger"! The eye doctor then asked me if I was still selling that herbal stuff.

P.J. Myers

**106► BULGING DISCS & BACK PROBLEMS:** I have had bulging discs and back problems on and off for a good many years. But with chiropractic, massage, and a successful regimen of supplementation, I have been fortunate enough to stay off all meds and keep the pain at bay for the most part, although it always seemed to return to some degree of severity. I had to be careful not to lift anything heavy, twist in the wrong way, or sit too long or the chronic problem would return. In January of this year, I did something really stupid! I started to jump rope in an effort to get some additional exercise. Not a good choice with two compressed discs. Walking and swimming is great, but no impact exercise! On the fourth day, I ended up with three herniated discs & in so much pain that all I could do was crawl around on the floor for about 10 days. I had an emergency visit to the orthopedic surgeon, who put me on bed rest, anti-inflammatory (which I took for about 2 weeks) and ice packs. He then recommended I return to my chiropractor for long-term treatment with the caution that as long as I responded well and behaved myself, I'd not need surgery. After about 3 months of frequent treatments and model behavior, I had recovered well enough to take a trip to England. I continued to improve over the next few months except for a chronic ache in my right hip and groin that often flared up for no apparent reason and refused to go away. It would temporarily improve with a chiropractic adjustment or therapeutic massage, but always returned after a few days. I figured I'd just have to put up with it since there seemed no permanent solution. After two weeks of taking Vivix, the **chronic ache** in my groin and hip disappeared entirely and despite my expectation that it would come back as usual, it has not! Not even a twinge and the only thing different was adding Vivix. Amazing product! Today I visited my chiropractor & I was able to check the box that said "no pain". He examined me thoroughly & I waited for my usual adjustments, but to my amazement, he told me that I was in complete alignment & he could see no reason to adjust me as I was doing so well. I was thrilled! I've NEVER had that happen. Naturally I gave him literature on Vivix. I have also noticed **increased energy** and **endurance** both physically and mentally and I am so much **more focused**. I truly **feel younger and healthier**. Thank you, Shaklee for another winning product that has improved my quality of life. Anthea Tripp

**107► LYME DISEASE:** I have spent the past 4 ½ years very sick. I had unknowingly contracted Lyme Disease from a tick bite while I was hiking in Lake Tahoe, Nevada. A few weeks later I began to feel tired, had flu-like symptoms & my neck was extremely tense. Lyme Disease never crossed my mind since those types of ticks aren't supposed to live in the area. At the time, I was practicing Traditional Chinese Medicine and thought I was just overdoing it. I had just sold my practice in Arizona and had moved to Lake Tahoe with my husband and was starting a new practice. I had been rock climbing for 11 years and had always been active, but when I announced that I was selling my practice, my patient load doubled. "I'm just tired", I thought. I made an appointment with a woman practicing Homeopathic Medicine to see if she could help me. To make a very long story short, she did not. Turned out she didn't have a license and had never been to school, she was ordering homeopathic equipment through her husband's chiropractic practice. She ended up injuring me to the point of a near death experience. That was January 2004 and I was 29 years old at the time. It's difficult to describe the state I was in, but to give you an idea, things we take for granted, like speaking and breathing, were exhausting to me. A few too many minutes on the phone and I would pass out. Needless to say, I closed my practice. I had been to 16 doctors, 8 western & 8 holistic. I was finally diagnosed with 3rd stage Lyme Disease & Adrenal Fatigue by my 16th doctor, years later. She believed that my mitochondria had been damaged by the "homeopath", but didn't have a good answer on how to fix it. The Lyme Disease had gone into my brain and nervous system and I could not walk or speak. I had become confused and was unable to do simple things like turn on a light switch, shower or cook. My parents had to come help us. After being treated for both the Adrenal Fatigue and Lyme Disease over a period of 1 year and 8 months, I was well. I still had trouble with my memory and re-learning was difficult for me. I only remembered tiny bits about Chinese Medicine and any time I would try to read or re-learn something, it would be gone in a matter of days. I believe that switching to Shaklee products helped me recover as fast as I did. Most people with 3rd stage Lyme Disease take years to recover or they don't recover at all. Going green and switching to Shaklee Vitalizer made a huge impact on my life. However, I was still tired quite often

and only had about 4 or 5 hours of energy in me a day. Then Shaklee launched Vivix!!! This was my turning point. My first day taking it I was on the go during the Shaklee Conference from 6:45 a.m. til 12:30 a.m., dancing the night away! As my day got longer, I seemed to have more and more energy. By the 3<sup>rd</sup> day of Vivix, I had my most clear conversation in years. Someone asked me about Chinese Medicine and some health problems they were having. Usually I would have to tell that person that I don't remember much about Chinese Medicine. But not That Day! The next thing I knew I was doing an impromptu assessment and diagnosing her. It was all clear to me! On my 5<sup>th</sup> day of taking Vivix, I happened to have an appointment with one of my holistic doctors and he said that Vivix is "bringing me back to life" and "making drastic changes in my body". How Exciting!!! I feel AMAZING! The best way to describe how I feel is to say I feel the way I did before all of this happened to me. I could not have written this even a month ago. I'm Back! I am grateful to Shaklee and am excited to feel alive again! My husband and I have our lives back! Not everyone who takes Vivix will be as sick as I was, but imagine the possibilities and the impact it will have on those who really are just overdoing it. G. Mariko Frederick

**108► RAPID BURN HEALING:** I burned my hand on the oven shelf and those kinds of burns usually burn for hours afterwards. I told my daughter it never burned and it scabbed over the next day and **never ever hurt or even bothered me**. Four days later, I had a very small scab and the rest of the burn that was about 4 inches long is gone. Nana

**109► THINKING BETTER, IMPROVED SKIN TONE:** WOW! This was just sooooo excellent to see...I thought these changes were just me! After just 4 weeks, I seem to be **thinking better**. Other changes have occurred like **improved skin tone, clearer whites of eyes, and energy levels. Thank you, Vivix and Shaklee!** Doralyn Bigelow

**110► POSITIVE CHANGES IN HEALTH:** My Dad, 70, is the ultimate skeptic so this is pretty huge. Since he told me about the **changes in his health**, my Mom has ordered and I have now shared Vivix info with one of Dad's friends. I feel like I just got a few more years with him! GO VIVIX! Colleen

**111► HAMSTRING, TORN ROTATOR, CHEST PAIN:** I have had problems with my hamstring for about two years and a torn rotator for more years than I can remember. The rotator injury was like someone putting a screwdriver in the back of my shoulder and relentlessly prying. If you want to understand what it feels like, try this. Have someone pinch your skin very hard and instruct them to not let go regardless of your reaction. The pain will increase very quickly and intensify the more you think about it, and you will start to feel like you're going to panic. The difference is that you can pull the hand away causing the pain. I had secondary **pain in my chest** causing anxiety-like symptoms and palpitations which I saw two doctors about. The tests were negative for cardiovascular problems. I would always feel tightness in my chest. I was easily irritable when my shoulder would inflame. I knew the pain in my chest, and the pain in my mind, was to do with my shoulder. It was the thorn in my side that kept me company and preoccupied me while trying to go about my life. Let me tell you about the **hamstring tendinitis**. It is inflammation of the hamstring tendon as it attaches to the butt bone, or pain and tenderness at the ischial tuberosity. Examples of symptoms are: pain when stretching the hamstring; pain when flexing the knee against resistance; and a gradual onset of pain following a sprinting session. You may have experienced a groin pull, and if you have, the feeling is similar. These things have been problematic and extremely annoying. In spite of doing physical therapy and countless chiropractic visits, the problems persisted and really only worsened. Even with having a background in exercise physiology and the training and discipline to provide self-therapy, I only aggravated them. At times, I felt frustrated and hopeless. I despaired about living with this for the rest of my life. I started Vivix about two weeks ago and what is happening to me is remarkable! After about three days of taking Vivix, I noticed the **tension in my chest eased**, and at the same time the muscles in my shoulder and leg started tingling. I then started noticing stiffness in those muscles, like I worked those muscles out the day before and I thought to myself, that's strange, I didn't work those muscles. Then I realized that I have not felt this kind of soreness in years in those muscles, and this is the good news. The reason I have not had this feeling in years is because my muscles could not heal. You see, when muscle tissue is in chronic inflammation, it's not healing. If you stress inflamed muscle, it just stays inflamed and painful. Normally, for example, after you work out, your muscles go through a process of inflammation and then you get the soreness. That soreness has a name that is called Delayed Onset Muscle Soreness (DOMS). DOMS can actually feel good to avid exercisers. This soreness is a very normal response of healthy muscle tissue that occurs one to two days following exercise. My DOMS just took years! And now, every day I feel this nice tingling and the **pain lessening**. I am just starting to notice **improvements in strength and range of motion** as well. It's like I can feel the Resveratrol actually working.

**Vivix is truly powerful nutrition.** Ben Anderson, Clinical Arrhythmia Diagnostic Specialist, Exercise physiologist

**112► ROTATOR CUFF, NO PAIN:** For several months I had done massage therapy on a woman with **rotator cuff problems**. She was also doing physical therapy along with it. While she had improved over the months, her range of motion was still limited and she still had some pain. Shortly after the Shaklee convention, I quit my massage therapy job and went full time into Shaklee. This woman hasn't had any therapy since then. But she has used Vivix since August. I saw her today and she showed me her range of motion. Everything is within normal limits. She also reported having **no more shoulder pain**. She's convinced that Vivix accomplished what therapy could not. I am too. April Simmons



**113► ARTERIES – NO BLOCKAGE:** About 1½ years ago, a 74 year old woman's legs started turning purple. Her doctor had done extensive testing on her and reported she had a lot of **blockage in arteries** in both legs, and as age progressed, she may face later amputation! The exam on her Carotid arteries in her neck revealed a 40% blockage. She added Vivix to her regime of Vitalizer, Soy Protein and NutriFeron about 3 months ago. Last week, it was time for her to return to her doctor for more tests to see how much progression there had been in the blockages. The Doctor was absolutely amazed and shocked to find he could find **absolutely no blockages anymore in the legs or her Carotid artery**. Yeah!!! She believes it was adding Vivix to her regime. WR Potts

**114► CARPAL TUNNEL, SLEEP, HOT FLASHES:** I have been taking Vivix for about 3 weeks now. I took Gentle Sleep Complex each night as I have Carpal Tunnel in both my wrists from past years of waitressing. I had to wear wrist braces to sleep and I still would wake up thru the night with pain in my wrists, and also had hot flashes. So I increased my Gentle Sleep Complex to 5 tablets a night, then I slept well and no longer had hot flashes, as long as I took 5 each night. Gentle Sleep Complex was put on back order for months, and thank goodness that Vivix arrived!!! From the first teaspoon of Vivix, I **slept all night** and **no hot flashes**. After just a couple days of taking Vivix, I noticed that **my wrists weren't hurting** at all anymore, so I decided to stop wearing my braces at night, and now they no longer sit on the table by my bed, they are permanently in the closet. Thanks to Vivix, **I don't have hot flashes, I don't have to wear my wrist braces, and my wrists don't hurt anymore**. I also have noticed that **I don't have the aches and pains** all over my body like I used to have. I have **fewer headaches and just feel good all over**. A little over 6 years ago I suffered a stroke. I was very fortunate on my recovery despite my problems that I have. I feel my **balance is a little better**, and I'm sure there are more things that are at work in my body with the wonderful Vivix! It's like a miracle syrup, just a spoonful a day keeps aches and pains away!!! After hearing me brag about Vivix, my husband decided to give it a try! He knew that I no longer wore wrist braces to bed, took less medicine for body aches, pains and headaches, and was sleeping well. Just after one week, he is hooked, and it's hard to convince him on any product. He is a steel worker, so has lots of aches and pains, and has never slept well, waking up every night every hour, or at the least every other hour. After only one week, he is **sleeping all thru the night** now for the first time and says that already his **joints and body don't ache like they used to**. His saying is, "**I don't know how it does it, but that stuff works**". I can't wait for more time to go by to see how we are feeling and looking after taking it longer. Joanne & Aaron

**115► CANCER GONE:** I look back and see many blessings despite hospital stays and doctor visits from April through September. On April 4, my husband Ron had a small tumor removed from his rectum that came back positive for cancer. More tests were ordered, and during those tests, an abdominal aneurysm was found. On June 18 he had the surgery to repair the aneurysm prior to having the rectal surgery. In mid-August we met with the colorectal surgeon who indicated that the pathology report showed the tumor had invaded the rectal muscle and the margins were questionable. Their recommendation was to have a colonoscopy to be sure the cancer was completely removed; however, we had the option of first having a biopsy of the area where the tumor had been removed. On September 16<sup>th</sup> the doctor called telling Ron that there were **no cancer cells in the biopsy**. Ron had not been using any Shaklee supplements. With the first pathology report in April, I set NutriFeron on the kitchen table and explained the product, telling Ron he should start taking six a day. I also gave him Optiflora, Carotomax, and Vita Lea Gold with his prescription medications. In August we started using Vivix daily. At the time of the biopsy in September, Ron had been taking the supplements since April and on Vivix for six weeks. Where did the cancer go?? The surgeons cannot explain it. It was there, but it is gone. **I think back to Dr. Shaklee saying "Give the body what it needs and it will heal itself."** This has been my prayer since last April. Ron questions "Was it the Vivix?" but continues to ask for the Vivix every morning and he faithfully takes the NutriFeron and the other supplements. **I thank God and Shaklee that the cancer is gone**. I am also thankful for the surgeons who were willing to do more tests before doing more surgery. Jan Cruise

**116► PERIMENOPAUSE - PAIN FREE:** I have been taking Vivix for almost 4 months. I'm 50 years old and experiencing **perimenopause**. Not exactly a lot of fun. However, I noticed that when that time of the month comes around, I don't have any of my usual pain and severe cramping that I had been experiencing for the past 4-5 years. Doctors have diagnosed **fibroids** in my body and have suggested a hysterectomy over the past few years. I do not want to have surgery. The only thing I changed is that I take the Shaklee Vitalizer + Iron and the Vivix. Sonia Powell

**117► ARTHRITIS – SWELLING GONE, LESS PAIN:** Vivix is truly an amazing product doing wonderful things for many people. One of those people is my Mom. I can honestly say that the path that led me to Shaklee has been well worth it if for no other reason than having been able to help my mom, who I love so dearly. It doesn't get better than that! Here are a few words straight from Mom: "For many years the base of my thumb(s) has been swollen from **arthritis**. Each year it has worsened. When Vivix came out I was skeptical, but I had so much pain in my thumb that I was willing to try anything. After on Vivix only three days, I was absolutely amazed. I live with my daughter and I couldn't wait to show her my thumbs. We stared together, in absolute awe, as the **swelling was gone – and the pain was substantially less!** I also had **hip pain**. That didn't go away quite as quickly. The pain was so terrible that walking more than 20 steps at a time was

prohibitive. Yet within two weeks of being on Vivix, it began to improve. And now, after about six weeks, I have **very little hip pain**. I can do something I haven't been able to do for a long time – take my dog for a walk all the way around the block. This would be enough to keep me on my Vivix, but I have noticed another wonderful thing has happened. I have **Raynaud's Syndrome**. This is a condition in which the smallest arteries that bring blood to the fingers or toes constrict (go into spasm). One of the triggers that affects me is the cold. Even entering a cold grocery store can cause my fingers to go white or even turn blue. It is very uncomfortable and often I have to wear gloves when other people wouldn't. Wintertime is always a concern for me. Not so this year! Not only have I needed gloves incredibly less often than usual, but I have had no episodes of my fingers turning white. I can only attribute it to Vivix, and it is wonderful!"

Patty and Mom

**118► POST SHINGLES PAIN GONE:** We have a man who had the post **shingles pain** for several years. When he went to the VA for his regular checkup after being on Vivix for about 6 weeks, the Dr. was going through previous problems and when he got to the post shingles pain, Lyle said "Oh, I guess I haven't had that for a while!" Kathleen Todd

**119► PARKINSON'S:** Chuck began taking Vivix mid-August and has been faithful with it every day! He promised me he would do that for 6 months before making any decision on whether to continue it or not. Keep in mind, my darling husband is my very best skeptic! My report to you is that little things are happening. And it's often the little things in life that mean the most! He's back to laughing, participating in conversations at family gatherings, and whistling around the house. He **stands straighter** when he hugs me and does his cute little two-step when he's being funny. Is Vivix making a difference in Chuck's health and in our hope for him? You bet it is! And is he going to keep taking it after his promised 6 months? He better! Paula Pursley

**120► DIABETES, OVERWEIGHT:** My mom is 72, very **overweight, has mild diabetes, is a heavy smoker**, and is caregiver to my dad, who is disabled from many strokes. So she suffers from some **depression** related to the significant life change for her after my dad's stroke. She has always been a napper, but the last few years, she takes 2, sometimes 3 naps a day then is often up half the night. She moves really slow and accomplishes only minimal tasks. She has been taking Vivix for maybe 2 months now. I talk to her almost daily and quite often she is in her pajamas a good part of the day, procrastinates to even go to the grocery store until there is nothing for them to eat! However, in the past few weeks, I've seen a transformation. She goes out almost every day, IN THE MORNINGS quite often. I put "mornings" in caps because this is significant. Getting moving that fast for her in the past has been unheard of. She is having lunches with friends, running errands, and doing more than I've seen her doing in years. And she feels good. And miraculously, she said she is **losing her desire to nap**. This is amazing and something I never thought possible! I've wanted to say, "Mom, I think the Vivix is working for you", but I've waited. Finally this morning she said that she thinks the Vivix is taking hold and told me the changes she has been feeling (what I've written above). Incredible stuff! Just thought I would share! Danielle

**121► CARDIO WORKOUT:** I am very healthy and work in the health field and workout on a cardio machine. I always set my goal to hit 600 calories and it usually takes me 40 min. if I am pushing it and 41 min. if I am sluggish for the day. After being on Vivix for only 6 days, I burned 667 calories in 40 min. on that machine. My swims for the last week and a half have been awesome and I am nowhere near as tired as I usually am after a swim. Sarah Czepa

**122► SCIATICA RELIEF:** My sister has a friend who suffered from Sciatica. She was described as walking all bent over like an old lady. I sent her information on Vivix and a testimony where Vivix had helped someone who also suffered with Sciatica. She agreed to try it and within 3 weeks was able to walk upright. She said there was still some pain, but that it was very livable. How wonderful to help someone. Marge Thies

**123► VARICOSE VEINS SHRINKING:** A 64 year old man with a family history of engorged **varicose veins** began taking a Shaklee regime prior to Vivix. The veins in his legs had become so engorged, he was ashamed to wear Bermuda shorts in the summer in public. After 1 month of Vivix, the **veins are shrinking** in size and not looking so ugly and engorged. He is so excited, he is wondering if a few more months on Vivix might not diminish them altogether. Vivian

**124► ELEVATED LIVER ENZYMES:** One of my Associate Directors has a member who is about 70 years old. A few months ago, blood work at the Doctor showed **very elevated liver enzymes**. She was fatigued and felt horrible. She has taken Vivix 2 months. She **loves the energy** & has felt like doing yard work! She returned for a follow-up from her Doctor and extensive blood work. The nurse immediately asked her what she was doing differently! When she saw the Doctor, he also asked and she told him she had added Vivix. The Doctor told her that her blood work was perfect and that they would keep watching and monitoring her. He said, "If this continues, I will personally write a letter myself to Shaklee Corporation about this amazing product!" W R Potts

**125► CANKER SORES:** Debbie Loveless is prone to canker sores in the mouth when she is overly stressed. The other supplements helped, but when she tried sloshing Vivix around in her mouth the way Dr. Bevacqua said, the next day the canker sore was gone! Linda Dietz

**126► TOENAIL FUNGUS:** My 78 yr. old mom has had toenail fungus for years and nothing would get rid of it...until Vivix! It's 100% gone now. Karen Roach

**127► DEMENTIA:** I was diagnosed with early onset **dementia** 6 years ago at the age of 57. With the Shaklee products I take, the doctor said I was doing great. However, even though I was "doing great", I had poor sleep, was a grizzly bear in the morning, not much energy during the day and didn't look forward to doing things! However, after Vivix, I have a **new clarity** that had been missing for a long time. I also have much **more energy** and **sleep better** and now get up in the morning – eager to get busy! **This is a TREMENDOUS difference for someone with memory problems.** Linda Berton

**128► DIABETIC:** This is my story and my progress. Early 2006, I was diagnosed as a Type 2 Diabetic. In January 2008, I had progressed to a moderate diet & exercise program, but my Metformin intake was now at 1500 mg per day and average blood sugar levels of 150 to 160 mg at fasting. After 30 days, I was getting almost no substantial results, so I switched to ZERO Metformin and replaced this with 2 Cinch Shakes and 2 Shaklee Glucose Regulation Complex per day. Almost within a 4-day period, my blood sugar levels went to 125 mg per day at fasting and have stayed that way for 7 months. At the New Orleans conference, it was said that Vivix has beneficial properties of helping glucose move quickly into the cells. A Type 2 Diabetic's problem is that glucose does not enter the cells either fast enough or in the proper amount to give them enough energy to do their work. Ah Ha! Vivix can help the glucose move more efficiently into the cells which should help my diabetes. After being on Vivix 2 weeks and still taking the Glucose Regulation Complex, my **blood sugar levels went down** to 85 to 115 respectively with normal variation. I can't tell you what this means as a Type 2 Diabetic. I **have energy**, but more importantly a better outlook to my future. John Lafferty

**129► CHILD WITH BRAIN CANCER:** I spoke with Megan's dad yesterday and he told me that it was one year ago to the day, November 19, 2007, that they received the news that Megan, age 7, had brain cancer and her prognosis wasn't good. So the journey began--the poking, prodding, chemotherapy, bedside vigils, etc. They were introduced to Shaklee and they started little Megan on NutriFeron and the Children's Vita Lea. She began to show some improvement. However, Todd told me that the real tipping point came in August with the introduction of Vivix; they began the daily Vivix, 1 tsp. per day. **Megan has shown remarkable progress ever since.**

The neurosurgeons at the Mayo clinic told her parents that the type of tumor that Megan has does NOT shrink, not with chemo treatment. They were in disbelief when Megan's tumor was almost undetectable. Todd totally attributes her amazing progress to prayers, which are so powerful, but also to Shaklee's Vivix along with the NutriFeron and vitamins. The hope that he & his family have again is beyond words. I still find it very difficult to put what I heard in his voice into words. Todd touched me to the very depth of my being. This is why we do what we do. We are able to give people hope when they have none. God Bless. Jeannie Foster

**130► ARTHRITIS–FEELING BETTER:** My hubby has arthritis badly in his back & neck, but since he started Vivix, he feels a lot better. He is able to do the things he couldn't before & he is 61. I have arthritis in my hands so I will soon start Vivix as well. Dana

**131► ARTHRITIC COMPLAINTS GOING AWAY:** I know all my members are pleased with how well their **arthritic complaints are going away** or getting better with Vivix. Who knows what long term use will bring them---they don't want to quit. I am sure extreme cases may not respond for a while, but then, Rome wasn't built in a day. Everyone I know with arthritic pain has noticed an improved state of their pain level. W.R. Potts

**132► WALKING WITHOUT A CANE:** My father-in-law used to use a cane to walk because of an injury to his Achilles tendon. He has been taking Vivix for two months now and does not have to use his cane any longer and he claims it all to Vivix. Also he no longer needs afternoon naps and has a ton of energy. He is 76 years old. Rose Croshier

**133► MS SUCCESS:** I've had MS since the mid 80's. I've been taking most of the supplements. I quit taking the MS shot against the advice of the docs. I was sick of the side effects, they were a constant reminder of the MS and were taking away my normal life--more so by the side effects of the medication than the MS itself. My physical strength is much better with the Vitalizer and other supplements that are advised for MS. I could walk fair to OK most days. Since Vivix came out, I started that right away. A few months went by and I felt that I was walking better. So much so I tried to run. Or jog as it were, and I was able to WITHOUT tripping and crashing. For me, it has been beyond exciting. Maybe I'll be able to play a little tennis this summer. KevinPage

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DISCLAIMER: The testimonials herein do not represent Shaklee's position on their products. They are entirely the comments coming from the experiences of satisfied consumers. 5/14/12