



BLESSING OTHERS! FOR BETTER LIFE!

It is so amazing to see the bright shining faces as a family, simply because one man analyzed several thousands of years of health studies and concluded, the health of our nation rested on the fact we were nutrient deficient. Even the CDC published that over 90% of illness is related to nutrient deficiency. After ten years of analyzing nutrient combinations and sources that would make up the slack He patented his formula as whole food.



This changed our mindset when we realized this product was food . After all God's plan gives life through the food we eat. Not one person alive grows or survives with out food. Good food equals good life, bad food and chemicals are detrimental.

Our biggest concern in helping others is giving them the vision of what is possible with this food we eat daily. It comes down to eating enough for your needs and being consistent. Also it is very necessary to be amiable to adjusting ones intake to match their need.

That's the info we provide. We have found that 100% of the people that listen, get the results they are looking for. It has changed our mindset, this is part of our food budget .

For us as a family we have positively impacted our finances by over \$1,000,000 in savings, no longer needing doctors, plus making an income helping others.

Prevention Pays! Patented Food Works!

**COMES WITH 100% MONEYBACK GUARANTEE!
Check Out Our Journey Inside!**

Our Journey is Why We Are Passionate!

Ruth and I both grew up in homes where many food choices were based on price and likes rather than, as we are today, scrutinizing our choices based on nutrients and choosing those food items that lack preservatives or are grown with chemicals. We now stay away from processed foods and found that stand alone vitamins and minerals are of little value. And this CTN we now take consists of scientifically selected and compatible whole food nutrients. We have reviewed many studies and find that the bulk of the vegetables that we have in the market place are not grown for nutritional value but for dollars. Fruits and vegetables only develop full nutrient value when vine ripened, yet a high percentage of these food items are picked green and ripened with chemicals and gases. So the vitamin and mineral content that your body needs is missing due to these practices that are detrimental to nutritional value. Also Ninety-nine Percent of all vitamin supplements and minerals are processed chemicals which will poison you and kill you beyond doing any good. Many vitamins have multiple sources, many of them are not live and have no real value other than the supplier may say there is a presence of same.

Some of our early journey included an introduction to one of the best of the best doctors and we took his prescribed nutrition for a number of years and saw nothing for results in any improvement of health.

Then a total stranger told us about a company whose products were the result of 50 years of one scientist whose focused access to thousands of nutritional studies led him to believe that most all people were suffering with health issues due to insufficient nutrient intake, and his studies led him to obtaining funding to carry out a 10 year study that would identify the nutrients and sources with the best efficacy and formulate a synergistic blend of the nutrients for the best healing. After 816 formulations the markers were right for his product he called Complete & Total Nutrition, CTN.

One of the markers doctor was looking for was Arsenic detox, as he was exposed as a child. He knew that based upon studies, that his inability to test and find arsenic in his system did not mean there was no presence, and sure enough he started to detect arsenic in his hair follicles, when taking his product. He also was able to get out his wheelchair that he had been in since WWII. This Doctor had a booth at a science symposium when a gentleman discovered him and agreed to use his product; he and his family had such great results that a couple years later a company was started to market this doctor's product. (For info www.CTN-road.com) This then was the product that found us and changed our lives.

Fast forward 20 years, these products we were introduced to changed our lives. It has become our main source of nutrition and everything else we eat is recreational, plus, we now eat one or two meals a day and have great energy. And based upon what we see happening for our family we'll not change. We do not make any claims but we are here to tell you what has happened for us.

The Best Food For Our Bodies!

Leonard's Journey!

As stated earlier we did not grow up eating properly; lots of processed foods with no nutrients and lots of chemicals and preservatives. As a result I had severe acid reflux for forty years, almost never a normal bowel movement due to IBS, Irritable Bowel Syndrome, I basically had a messed up digestive tract from end to end since childhood. Plus I developed kidney stones from the stuff I was taking for acid reflux. I also had severe sinus issues, every day of the week I would soak up a handkerchief and many days more than one. After six months on this product none of these issues were present. And now I can get up in the middle of the night and eat anything I want whereas before just a sip of water would give me regurgitation and pain. Also I do not have any of the pain in my bowels anymore, my stools are great and I don't have to run to the bathroom for fear of an accident. And for the last 20 years I have been able to breathe through my nose, something I was not able to do for the first 45 years, something I did not realize till sitting in a dentist chair and was told not to breathe through my mouth and as I was about to object, I noticed I CAN breathe through my nose. My first kidney stone was excruciatingly painful even though the Dr in ER said I probably wouldn't be able to see it when it passed. I was also shown pictures of my kidneys being almost solid with stone material. With some adjustment to my intake, pain levels when passing stones decreased, and my body was enabled to flush out the kidneys of which I have a stone the size of a small almond that was not nearly as painful as that first microscopic one. I never needed surgery!

My dad and his dad passed with blood pressure issues and I had elevated BP 165/120 that would not allow me to get a health certificate for more than a year for my CDL and now my BP is normal.

There is a whole lot more! I lost 45 lbs, 35 lbs in 5 weeks, adjusting my intake. After many years of construction I was dealing with joint pain in my ankles knees and lower back and could not stretch out without getting massive cramps all over my body. About 18 months before starting on the product I fell almost 11 feet and landed on my back. The fall did

not break anything, praise the Lord, but it left me unable to work, I could not raise my hands above my head. I was unable to sleep in my own bed and I started to get migraines 4-8 times a month, and I gave up my contractor's license. My first month on this product, I got my license back, and was able to do all the work without subs. There are many little things like plaque buildup diminished and gingivitis disappeared, and I now enjoy deep REM sleep, and my eyesight improved dramatically.

The last fifteen years of my life has been sitting at a desk. Since childhood I've always had issues with restricted range of motion with my hips but now developed bone on bone in my left hip joint, very painful. I knew from stories I heard that we had a product that would help so I made the commitment to adding this product and the slow recovery of that hip has been amazing. Also December of 2021 after having left the Gym since earlier Covid restrictions, I decided to start exercising again but I made a bad choice of not stretching before hand and during a squat I blew out my back and was paralyzed, again I knew the stories and changed my shakes regimen and went to six shakes a day, in four days my pain was mostly gone, in six days I was off my crutches! I will never give up this good food!

Ruth's Journey!

Ruth maintained her weight most of her life by starving herself which put her into an unhealthy spot. Ruth also had multiple issues from having been exposed as a fetus to a very, in our mind, evil drug called DES, that messed up her genitalia to the point Doctors told her she probably would never be able to have children. This drug caused lots of health issues for her, including the loss of our twin girls.

Before introduction to this food we had an insight into nutrition that was an eye-opener. As a direct result of DES and after the loss of our twins, Ruth was menstruating 24-7; the medical doctors said the only answer was a hysterectomy. We said no thanks; we really would like to have at least one child, so we made our first trip ever to a naturopath. This ND did a thorough blood analysis and found that Ruth's cholesterol was 110, way too low for a woman; you need to be above 200 as a woman's hormones travel throughout the body on cholesterol. He put Ruth on a high cholesterol diet and in a few days the bleeding stopped and just a couple months latter we were pregnant and now have a son.

Everything came crashing down for her when we were rear ended, and she was paralyzed in the vehicle, a few hours later in ER she was able to walk again, but she suffered pain and numbness down the left side of her body and her head was tilted to one side. The MRI showed that Vertebrae C-5, 6, 7 had bulging disks which were putting pressure on her spinal cord, the surgeon we met in reviewing the MRI told us that surgery was not an option. Thus began our journey, we talked to well over 100 health professionals spent thousands of dollars over and above very good insurance we had at the time and found no real answers.

We were referred to a Naturopathic – MD, who was one of the founders of the School of Naturopathic Medicine at Bastyr University. He prescribed nutritional supplements for us for 5 years and we saw nothing for results and Ruth remained mostly bedridden for those five years.

X-rays of Ruth's spine also showed that every vertebrae had an arthritic spur and most had more than one. Ruth's pain levels were high. After four years on our product we saw another x-ray that showed all of her arthritic spurs on her spine, but one, had dissolved, her body with the right nutrition took care of them.

However the other thing that this blood work did was to reveal to us, the incredible number of over 140+ things that can be tested in the blood and Ruth's blood was at the extreme edge of each item. After moving to Montana, which was then almost 7 years on this nutritional regimen, we found a naturopathic doctor who did that same blood analysis, done 12 years before. Every item was now dead on, down the middle perfect, her new doctor made the comment, "I have never had a patient with perfect blood before.

Ruth had chronic cystic acne with multiple skin tags and had to use makeup to hide spots daily and now she uses next to no makeup. Ruth had very painful varicose veins and had the injections done which did not help, but on our product the pain disappeared along with the varicose veins. Ruth suffered with cysts on her ovaries and in her breast tissue, none since on our product. Ruth's breast tissue was like sacks of marbles and now on our product normal soft tissue.

Before this food Ruth's body was so acidic she had constant bouts of severe Candida and dr's said she was the perfect set up for cancer. Ruth's hair was so rough that it caused me pain when it touched my skin, even though we

used the best shampoos and conditioners that cost hundreds of dollars, now her hair is soft and beautiful and we use relatively inexpensive bar soap shampoo. Ruth's nails were always breaking and she now has beautiful healthy nails. And that is just the small stuff, she was diagnosed with TMJ, now diminished symptoms, she has a neurological condition called Cervical Dystonia (Parkinson's) that put her grandmother in bed for her whole life, but Ruth has gotten her life back. So as a result of taking this product Ruth has thick healthy skin and a firmer tighter body. And even though she does have Parkinson's she does not have any of the symptoms most of the time and is able to function.

William's Journey!

Our son William at 3 weeks old developed an ear infection and for the first six years of his life we went to the doctor almost every month with him. At age four we had him tested for allergies and he was allergic to all 48 things, both environmental and food. William could not have pets (we tried) he could not play outside cause of those allergies. At sixteen months was given a Vaccine cocktail and within 48 hours William would rage violently many times slamming his head on the floor and Ruth would have to lie down on top of him to smother the raging. William could not sit still and focus; as a result of his ADD we were asked to leave two different preschools. William was diagnosed with Apraxia and Dyspraxia, both almost never happen in the same person. As a result William had no control over his palette or his tongue or his eyes, so he really did not talk till six and even then you could not understand him. His dyspraxia left him unable to connect the dots in hearing and recitation. William could remember 5-6 letters of the alphabet 90% of the time and we would make progress it seemed up to 19-20 letters and then he would be back to 5-6 letters. We were told by his pediatrician that William probably would never read and would only be able to be a toaster repairman or something that would not require reading, yet he tested very high in IQ.

With his taste issues it took some work to get William started on our product but when he liked the taste, progress was made. After many tries Ruth finally got a combination of fruits and juices to go along with his shakes so that he would drink them. The first thing we noticed was his dark circles around his eye disappeared (Allergies) and the ear infections went away and he has had none since, 4 months on the products his eczema that he had had all his life to this point was gone, ending the bloody escapades. In 30 days we saw a major change in his ADD and in 90 days we introduced him to other clinicians who basically said he never could have been ADD.

About a year on the products we were still dealing with the focus and attention issues and knew from the stories we needed to add a product. That fall we saw that William still needed help with his learning of the alphabet and reading so we introduced him to public school where we saw no changes in him for the first half of the year.

We realized that by this time William was not drinking all his shakes each day and we were finding his cups half to $\frac{3}{4}$ full all over the house. So at Christmas break I sat down with William and told him from that point forward we were going to charge him a quarter for every time he left a shake unfinished. That got his attention and from that point he never missed a shake. Six weeks later, in the middle of February I got a call from his teacher, she was overjoyed with tears that William had read through his very first book all the way without any stops and was able to retain 94%, two things he had never accomplished before, he always had stops and he never scored anything on retention.

Till William was consistent on his shakes he was always small for his age, with consistency came growth spurts and today he is six foot tall.

I cannot imagine where William would be had Reliv not come into our life. Nor can I imagine where each of us would be today if our bodies had never received this awesome nutrition.

Carol's Journey!

My Sister Carol fell down the stairs landing on her head on concrete at a little over a year old, as a result had seizures the first 45 years of her life, sometimes multiples in a day. With basic product her seizures reduced and with adjustments to her regimen she became totally seizure free and medication free! Also when these products came into her life she was starting menopause and on starting, her symptoms went away. Just before starting the product she had suffered a fall that shattered her tibia, and after months of not healing the doc prescribed a \$900 splint, her first month on the product that tibia started to heal and she did not need the splint.

Mom's Journey!

Mom developed Atrial fibrillation and she had a procedure done to kill off the cells that were causing the radical heart rate. Three weeks after the procedure her racing heart rate came back. We got her started on the products and before she could get in to see the doctor her heart went back to normal. Also as can be very common, the procedure mom had for her heart sped up the Parkinson's development. She developed tremoring all over her body, could no longer walk. When adjusting her product her tremoring went away and her Parkinson's shuffle disappeared. Her neurologist was blown away!

Mom is a stubborn woman and a frugal one, with many times not showing good judgment. Most every year of her adult married life mom got bladder or Urinary tract infections UTI. During the period of her taking CTN faithfully she had no UTIs, several months after she tapered off on her CTN intake she came down with a UTI and tried to self treat. The over the counter items that she was attempting to use did not work and she got extremely sick with septicemia. We almost lost her. But as a result of the septicemia she needed to be in the nursing home. Also as a result of the sepsis she had unstable, with low sodium and was off her rocker with hallucinations and crazy talk, unable to recognize situations and people. The doctors recommended reducing her water intake to change the ratios in the blood, which meant that they did not want her to resume her shakes; she was in the worst section of the nursing home unable to do anything for a period from September 2007 until January of 2009. In February 2009 at a care conference we were told that the doctors were giving up on her treatment. Ruth broke down in tears and said then can we start her back on her nutritional product. We loaded up her shakes with product, in one month she was again lucid and doing so well they moved her from the ward for the more terminal high care, to the wing for the more ambulatory residents, and by April of 2009 we brought her home. After mom came home I continued to make her shakes for a while and then Dad and mom reasoned that they were spending too much and cut back on her shakes to where the amount she was taking was insignificant. As a result her health was failing and she was becoming frail. Mom was of the mindset that her Parkinson's was the cause and refused to take any shake. Even economics of her having spent over \$150,000.00+ on the nursing home as opposed to two hundred a month on our product did not cut through the frugal mindset, and other family talked her out of taking our nutritional product. She ended up so weakened that she fell and broke her hip and ended up in the nursing home. It broke our hearts.

While in the nursing home her husband passed away and options were not great for her so we brought her home to live with us, got her back on her product and off all of her meds. Six months later we moved to a larger house to accommodate her. And she did not do well with the move so we introduced her back to the nursing home. After several months she became very feisty and disruptive with the staff. We looked at other options for her and decided to bring her home to live with us and this time we got her off all thirteen meds.

Dad's Journey!

At the time when we introduced mom, dad was 82 and he approached us saying that he just was not able to continue and he was thinking he needed to be in a nursing home. He was struggling with pains that were not allowing him to get his chores done, lawn etc. and also had leukemia.

About his first month on the product he looked at us and said I don't believe it, my pain is gone and I can get things done. He lived till 92 and never needed a nursing home.

We got started because of the 100% money back guarantee!

Which we hold out to all who want to start on these products. And we have been offered a way to help others and in the process help pay for our products and more.

We have seen thousands of people have their lives changed with our products when they make a commitment and listen and get help adjusting their intake.

We cannot imagine where our lives would be had this food product not come into our life. Nor can I imagine where each of us would be today if our bodies had never received this awesome nutrition.

Literally thousands of people have had changes happen when their bodies have been fed this nutrition.

We do not make any claims, our products are just the best nutrition you can ingest and our bodies are the miracles able to do amazing things.

Part of our Journey is the Vision of What We Found.

Not only have we seen amazing results in our lives and in the lives of those in our family that listened, but we have seen and heard amazing results from people all over the world.

We do not make Claims of cures and healing, we just share what our bodies can do when fed good nutrition.

The Blessings Keep Rolling In!

In our journey looking for better health, we were shown the truth about food and health. Thousands of years of health studies were canceled by the promotion of fake science centered around making money where it doesn't matter if a small percentage of death happens. This is why word of mouth was chosen as a method of doing business in order to get the information out to help others.

Having been exposed to many similar business plans, it seemed obvious to us that there was no way to make a living. After our initial results, friends asked us what we were doing and we shared some of the truth about what was happening for people, and in our first six weeks made over \$1,500 dollars. And for the last 20 years we have a paycheck every month, with the high of over \$4,000 in one month, earning an all expense paid trip.

Besides our scientists being highly ranked and recognized, and our quality control being second to none, we are impacting lives with our foundation that feeds 42,000 a month, giving occupants of third world countries a better quality of life.

Another blessing we received with our company is we buy fewer groceries, our food product is part of our food budget, and the business write offs and the medical prescriptions are also an option.

What we are talking about is a win-win situation that you and yours need to hear about!

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Hearing is Believing & Changing Lives!

One thing that is clear to us, if you think of this as a supplement and do not elevate this in your mind to Food, the success ratio goes down

Good Food Equals Good Health!

**The only reason you are receiving this
Is the 100% Guarantee!**