

# Read Our Mail

(These are a few of the more than 10,000++ testimonies about our products)

*As you read these testimonies, we are not claiming that any product is some super cure for anything. These are honest testimonies from people who have had personal experiences using these products. Basically what we are saying when we share these testimonies is that the body has the God given ability to take care of itself if we provide it with pure air, healthy drinking water, and the right nutrition that it requires daily. This is what our products will do for you. We are all different; therefore you may or may not experience the results that others have shared in their testimonies. Don't settle for Partial Health, strive for Uncompromising Health by making an intentional decision to breathe healthy air with **FreshAir**, drink alkaline water with **LivingWater**, wash your clothes in toxic detergent free water with **LaundryPure**, and make sure you and your family are getting the nutrition they need each and every day by taking Vollara's leading edge **Food Supplements**. Your health is your greatest wealth. Read and Enjoy!*

## Vollara Nutritional Food Supplements

**Essentials for Life, Re:Vive, Re:Sist, Re:Plenish, Re:Place, Re:Flex, Re:Build, Re:Sults,**

The thing that stands out to me about **Essentials for Life** is how good I feel and how much energy I have every day. And knowing that I am getting the daily recommended servings of fruits and vegetable is really the "icing on the cake", plus I know that I am doing something that will keep me healthy into my latter years. **Re:Vive** helps me stay clearly focused on my daily objectives with an extra boost of energy and creativity. Patsy Laufer

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I have been using **Essentials for Life** for about three years now. It seemed as if I would get one to two colds a year before using the Vollara products. Now, I never get a **cold**. I haven't been sick in at least two and half years.

My wife was not as enthusiastic as I was when it came to taking supplements. I gave her a book the other day that discussed the need for **supplementation** and how the Vollara products met most of our nutritional needs related to supplementation. Now, she's a believer and constantly reminds me when we need to order again.

I love to take **Re:Vive** in the afternoon. After lunch I sometimes feel a nap coming on and I lose focus on my work. That's when I pull out a packet of **Re:Vive** and I'm good to go with lots of energy and focus. I've actually started drinking **Re:Vive** with my lunch now. That seems to prevent the crash I was having without it.  
Merle & Carla Guyton

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Yea Vollara! I used to take Medicine every day for **ADD** to keep my grades up in High School. In January of this year I started taking **Re:Vive** and I was able to stop taking my Medicine and still keep my grades up. I found that I could consecrate just as good or better with **Re:Vive**. Thanks Vollara.  
Luke Sowell, Athens, AL

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I like to use **Re-vive** in my morning breakfast drink, **Re:Place**. I find I can use just half a tube and it gives me mental clarity and alertness for most of the day. I like the fact that I do not get a noticed rush nor a crash at the end of the day like the power drinks can gave me. Great pick me up for the day.

I like the convenience of **Essentials for Life**, six products in one. Knowing that I am getting more than just a vitamin or a mineral, but digestive enzymes, probiotics and much more to help all parts of my body. I have found I don't have to limit taking **Essentials for Life** just when I eat but I can take it during the day when I start to feel a little sluggish. It is a great pick-me-up by its self.  
Sandy Edson

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I understand my family and I need to eat more fruits and vegetables, but with our hectic life, it's hard to do. I am so thankful for **Essentials for Life** and **Re:Vive**. Now I know that my family is getting good nutrition.  
Elizabeth Kelly

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Three years ago I was in the hospital for **pancreatitis**. I tried to take different kinds of vitamins from health food stores, but they affected my stomach with pain or upset stomach. One year ago I started taking **Essentials for Life** and I was very surprised that they did not affect me in a negative way. I had no side effects. I believe **Essentials for Life** has helped my **stomach** and my **immune system**. I thank God for helping me find a company that sells great healthy products.  
Melinda Romero, Houston TX

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Just the other day I met someone for the first time. They got in on the end of the, I Feel Great (**Essentials for Life & Re:Vive**) presentation. His comment was that I was a good advertisement for it since I had a glow about me! That's when I realized several others had made the same observation!  
CC, Grand Rapids, MI

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I have had problems with my **energy** levels for a couple of years now. I am in my 50's and not able to exercise as much as I would like to. But **Re:Vive** has given me that **energy** boost I need. It works great and you don't have to wait a couple of days. It starts working almost instantly. It's a great healthy product.  
Tony Romero, Houston TX

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I'd like to thank Vollara for their great health products. I have struggled with a **sensitive stomach** most of my life, and my **digestion** has always been a problem. **Essentials for Life** has helped me so much, and I feel more energy and less discomfort in my stomach. The **Essentials for Life** has helped my husband also with his overall health. We are recovering from a terrible accident that left my husband severely injured with broken bones, a stint in his aorta, and we also found out he had diabetes. The **Essentials for Life** helped him tremendously from becoming constipated from all the pain medication. He takes it daily. We also take the **Re:Sist** to build our immune system, especially after all of the trauma our bodies sustained after our accident.

I truly believe the **Essentials for Life** and **Re:Sist** has helped us in our recovery, and I know myself and my husband have benefited greatly from your products. We look forward to trying all the great products Vollara has to offer.

Kristina Villarreal, Houston TX

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I use to drink about 2 or 3 energy drinks a day. They left me feeling jittery and I would end up crashing before my day was complete. When I started taking **Re:Vive** and **Essentials for Life**, I had ample amounts of energy and with no jitters. Plus I was able to stay focused on my tasks more completely. I highly recommend both of these products!

Jason Kelly, Birmingham, AL

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I remember being excited receiving my **Essentials for Life** for the very first time a year ago. It was a Friday morning. I had worked until 1 a.m. that morning and was up later at 6 a.m. to have a yard sell. My shipment arrived that very hot morning. I took 2 capsules and ate a bowl of cereal. 3 hours later we packed up the yard sell stuff and I went to work til 11 p.m. that night. I did not feel tired at all! I had more energy than I had had the day before. In addition to that, my digestive tract got really healthy - no more frequent constipation - my allergies cleared up - no more itchy, stuffy nose - and no more acid reflux! Praise God! We even give it to our little 2 1/2 year old boy. By God's grace he doesn't struggle with common colds and allergies like other children we know. He is very energetic and strong. **Essentials for Life** is truly an answered prayer for our family.

Paul Romero, Houston TX

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I drink **Re:Vive** every morning because of how much all day energy it gives am and how clear my thinking has become. It has now become my beverage of choice instead of Coffee.

Dr. Steve Beaty

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I was having to go to the doctor 3-4 times a year with colds/sinus. In 2010 I started taking **Essentials for Life** that contains 19 fruits and vegetables and **Re:Sist** that helps the immune system, and I have started going less to the doctor. This past winter I did not go to the doctor once for a sinus infection or bad cold.

I don't eat regularly. I eat one meal a day which is dinner/supper. **Essentials for Life** gives me my daily servings of fruits and vegetables my body needs since I don't eat regularly.

Taking **Re:Sist** has helped boost my immune system and has helped me stay healthy.

I am 49 years old and I work long hours (60+) every week. I am not a coffee drinker and started using **Re:Vive** every morning for the energy boost. **Re:Vive** does not make me jittery like coffee or other energy drinks would. It makes me feel energetic and more alert.

Ed Tomlin

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*I feel awesome and I have so much energy since I started the "I Feel Great" Challenge. WOW, what a difference **Essentials for Life** and **Re:Vive** have made in my life.*

*Amy Fiscus*

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**Essentials for Life** is used by players, coaches, trainers and professional sports teams including: Texas Rangers, Kansas City Royals, Pittsburgh Pirates, Colorado Rockies, and Washington Nationals just to name a few.

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**Essentials for Life** is the most complete supplement I have ever seen. I take it every day.

Ernie Ordonez, M.D.

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I started taking **Essentials for Life** about 8 years ago and I was excited they were made from all-natural whole foods. I have taken nutritional supplements most of my life, but I have never had the results like I have with **Essentials for Life**. Within 6 weeks of starting the supplements, I was noticeably able to work all week without being fatigued or needing a nap. I will never be without MY **Essentials for Life**!

I drink **Re:Vive** on days that I know I have a lot to accomplish. I can work in the garden and can vegetables into the night without feeling tired. And, I don't have the crash in energy after a few hours, like most other energy beverages cause. And I really like the wild berry flavor.

Martha Reich

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I will be 77 years old in December, 2012 and I have been taking **Essentials for Life** and **Re:Vive** for years, not sure how many but since the very beginning. I had not visited a physician, even for a check-up, in over 20 years until July of this year when I went in for a "shingles shot" - precautionary measure.

I thank God every day for the perfect health He has given me, in that I never even need an aspirin for a headache. The ONLY thing I EVER take is **Essentials for Life** and **Re:Vive**. I am as faithful in taking that as I am in brushing my teeth. Even my daughter realizes how important it is to me. If I am overly tired for any reason, she will say, "Mom, Did you take your **Re:Vive** today?"

In addition to **Essentials for Life** and **Re:Vive**, I try to eat plenty of other fresh fruits and vegetables and was even walking three miles a day for five days a week until it got too hot. No doubt about it, "I Feel Great"!

Dale Graffuis

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**Essentials for Life** is the perfect name for a product that is a natural fuel for my body. What a concept in naming! **Essentials for Life** gives me the energy to go all day without having that "slump" or tired feeling. It gives me the "FUEL" to do what needs to be done. Also feel it has kept me healthier, I have gotten 1 cold/allergy in the 3 years that I have been taking it! That's amazing.

I can definitely tell when I forget to take it. I have tried other so-called natural products and have not found one to be as complete and true to its description as "**Essentials for Life**".

Pattie Boyles

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Hi JK and Becky, I have been taking **Essentials for Life** for the last 10 years or more and have had just 1 cold during that time and never have been sick during that time. Thanks again for your help and say hi to Becky.

*Roger J. Mulder*

***Essentials for Life** has changed my life in just 90 days. I had been anemic all of my adult life, which caused me to always feel like I was low in energy and even lethargic at times. I would take "high end" supplements, which did help somewhat, but that was always short-term. I still experienced recurrent low energy.*

*To add to the challenge of keeping my energy up, I am a flight attendant. This job has many pluses, but it also comes with some minuses. My schedule gets pretty hectic, especially during bad weather delays. Constantly flying into different time zones, awake all night during red-eye flights when my body wants to sleep, and trying to sleep during the day in strange hotel rooms with all the hustle and bustle of traffic noise, makes working in a high stress-level industry a bigger than average challenge. What you end up with is a state of constant sleep deprivation and jet lag. Now, combine that with anemia and it is a miracle that you don't drop from exhaustion. This is where **Essentials for Life** came in. I saw the red-blood cell comparison test that was made on all types of people. This test was important to me because I thought that anemia and fatigue may be related to improper red-blood cell distribution. I saw light at the end of a very long tunnel.*

Needless to say, I was very excited to try **Essentials for Life**. I took it, as directed, for 90 days. I must say that I began to notice the difference, almost immediately. My energy began to pick up so fast that I wondered if it was my imagination. However, the real test was yet to be seen - a blood analysis.

After 90 days, I went to my doctor for my annual check-up. When I got the results of my blood work back from the doctor's office, for the first time since I have been an adult, my blood test came back "non-anemic."

After all the years of taking all kinds of the so-called "very best" high-end supplements to overcome this problem, nothing has made an effective change in my body like **Essentials for Life**.

I am very grateful for this product. It is what caused me to live a better-than-normal, energetic life. Thanks!

Marsha Bell

Since taking **Essentials for Life** and **Re:Plenish** daily as directed, I have had a consistent and dramatic reduction in food cravings, especially sugar/carbs. I am more easily sated at meals and find myself desiring healthier foods as opposed to, say, a muffin, snack crackers, or worse. Taking these two products is the only change I have made in habits, drugs, supplements, etc., so I am certain this positive result is from **Essentials for Life** and **Re:Plenish**. Even if I do have cookies or ice cream in my apt, they now actually sit on the shelf for a few days whereas before, being available meant being eaten. Living in NY, I have seen my fair share of diets, fads, trends, food rituals, etc – mostly that seem to me to be rigid, unhealthy, or akin to snake oil, and I have viewed them mostly with disdain and much skepticism. I am thankful for a natural, realistic, livable choice that gives me what I need without cramping my style (ie, imposing absolutes). I am a fully embraced, committed, and satisfied customer.

Satisfied Customer

Gave **Re:Plenish** to my 90 year old mother, her **hands shook** a lot because of all the medication that she is on, had a **stroke** 5 years ago. After three days of drinking **Re:Plenish**, her hands no longer shake and she has more energy, now we cannot get her to go to bed at a normal time. I actually gave her **Re:Plenish** and **Essentials for Life** and she stays up watching TV or reading the paper or what ever she can get her hands on to read. She is now talking about going back to the park to attend her craft class that she did for decades, along with trips with the seniors. To ambitious I would now say! **GOOD THING!**

Katherine H.

Hey guys,

We have to let you know just what Vollara supplementation has done for us! My husband has suffered with chronic back pain for seven and a half long years. He has had 4 major surgeries, the last one being another fusion.... Since the surgery, he regressed, wearing a brace, using a cane, and enduring pain that was as bad, if not worse than before the surgery. The neurosurgeon talked about using a morphine pump or possibly more surgery. Rob started taking **Essentials for Life** and **Re:Flex** on July 7 according to the directions on the bottle. At the July Success Institute, someone mentioned that for chronic pain more **Re:Flex** should be taken, that it wouldn't hurt him, it was all natural, so my husband increased the amount. He started taking 4 capsules of **Re:Flex** 3 times a day. To our amazement he has steadily shown improvement! As of July 25 he no longer wears the brace or walks with the cane and the constant nerve pain in his leg is gone! I should mention that Rob was taking 8-10 Vicodin, and 8-10 Robaxin a day, and after seven and a half years of medication, since August 30 he has been drug free!! Rob's neurosurgeon was very impressed with his dramatic improvement. So impressed, that after talking with Dr. Allen, he ordered the product for his wife, who is also a back surgery patient, that has now found pain relief using **Re:Flex!**

We have prayed for relief for him for seven and a half years, and with each surgery our hope would diminish. We lost our hope and could not dream, but now we are able to dream again (PRAISE GOD!!!) We believe that God truly sent Vollara to us, for more than this awesome financial opportunity, but also an opportunity to live again!

Sincerely, Rob and Cindy Irwin

JK,

You and I both know I used other supplements for many years. I started Vollara the moment they became available and am very grateful that we now have this tremendous opportunity.

I noticed an increase in my energy level in the first week and it's been all good since then. I'll give you a bit of family history to let you know why I'm so thankful for Vollara. My older brother had his first minor heart attack when he was 35 and a series of small heart attacks until he was 38 and required a quadruple bypass. Two years ago (age 38) I failed my first stress test and changed my eating habits to try and lower my cholesterol. Six months later, I failed another stress test and went into a mild attack during the test. Nothing I was doing was changing the results of my blood tests and they assured me if the numbers didn't change, I would want to consider a pace maker.

The week of my 40th birthday (April 16th), I had another in a series of six month blood tests follow-ups and the doc called so excited that she couldn't contain herself. All my numbers were better than they had ever been. My Kidney, Liver, and Heart enzymes were at more than an acceptable level, they were great. The bad cholesterol was down and the good cholesterol (HDL) was up. It's only been about three months of **Essentials for Life** three times a day and all the numbers that were threatening the longevity of my life have improved. What a great birthday present! Now I don't have to worry about not being around long enough to share my love with my wonderful fiancée, Debbie, or having enough time to build a great Vollara business that will afford her the luxuries she so deserves. She's just happy that I'll be around a little longer and I'm blessed to able to share her laughter and smiles hopefully until I'll "real" old.

Thanks,  
Reggie Higgins

To whom it may concern,

I received a bottle of **Essentials for Life** and I started taking 2 caplets with each meal like it said on the directions right away. I had had **Parkinson's disease** for several years, like Michael J. Fox. I was a master baker of pastries and had my own bakery. My health became bad so I sold the business and worked in the bakery for HEB Grocers Store several years. I sold many of my recipes to the HEB Grocery Stores. I am on permanent disability now. I have **uncontrollable shaking** at times. I have a brand new wheel chair in my garage that I refuse to use because I do not want to become dependent on it. I love to work in the yard, in fact I earn money by working on the neighbors' yards and I wanted to help Bob Gebing with his yard work so that is how I became interested in what supplements his wife Donna Gebing has taken many years. She gave me **Essentials for Life**, the **Re:Flex** and some **Re:Build**.

I noticed in about two days that I had more energy and I had been working only for 2 or 3 hours a day on my neighbor's yards. After I started using the **Essentials for Life**, I could work 5 or 6 hours at a time. Also I had terrible **numbness in my hands and feet** at night and I wore socks to keep my feet warm. After using the **Essentials for Life** for a few days the numbness in my hands and feet was gone. I quit wearing socks to bed at night. I have much better clarity in thinking. I truly believe the **Essentials for Life** have given me so much better quality of life. I will start taking the **Re:Flex** and **Re:Build** now that I know the **Essentials for Life** has helped me so much.

Johannes Hoendervanger



Hello,

Do you know the side effects of Nexium or any prescriptions given for severe [acid reflux](#)? They are stomach pain, headaches, tired, nausea, diarrhea, constipation, shortness of breath, dry mouth, gas and much more. The first four were every day for me and the others off and on until I discovered the wonders of [Essentials for Life](#). The only thing I am going to miss about Nexium is to see which lawyer on TV will be advertising to represent the folks that are using or have used this Rx.

I have always had a “funny” [stomach](#), could not tolerate spicy foods, was [lactose intolerant](#), and could not take vitamins no matter the cost, not even Rx’s or prenatal ones. Unexpected, severe stomach pain could ruin a well planned family outing at anytime. I was gun shy about nonrefundable deposits, because of the surprise attacks that ruled my life.

I was introduced to Essentials for Life with doubts that it could make a difference, but realizing that everyone needs a multi vitamin to supplement the lack of in our over processed foods, I thought I would give it a shot. Not only did I notice a difference in my energy level, but I also found that it seemed to help me with my [stomach problems](#).

No one likes being dependent on Rx’s so I experimented by stopping my Nexium. After two weeks I was sold, no more Nexium, for over four years now WOW. Why WOW: for three years I had to undergo a procedure to dilate my [esophagus](#), it was scary because of the internal bleeding risks involved and the fact that once maybe twice was the limit on this procedure and I had already had it done three times with no other options. Public choking is embarrassing to experience, besides life threatening. So there is my WOW and one of the many reasons why I will never be without [Essentials for Life](#). I tell everyone that takes an [antacid](#), it is the best daily whole food supplement in the world! If it is good enough for the New York Yankees and several other pro teams, it is good enough for me; they buy theirs just like I do.

I have no interest in selling, but I will share my success stories with healthy products and hope that it helps others to make an informed decision regarding their health. After telling people about this product I found that I was in business. Helping others to avoid the discomfort and embarrassment I have experienced is my goal and when others ordered their product it paid for mine. No selling, just sharing and giving people the opportunity for an improved quality of life and if they tell others about their results they can be in business too! Just ask me how.

Linda Armstrong

I take [Essentials for Life](#) daily. I love the [energy](#) and [vitality](#) it gives me. The capsules are easy to digest and do not [irritate my stomach](#) like other supplements.

Kathleen L  
Boise, ID

Tim has taken [Essentials for Life](#) for 14 years! [Never a sick](#) day from work! [Energy](#) and [vitality](#) that coworkers notice and comment about. CC has taken [Essentials for Life](#) for 14 years. She has more energy and [flexibility](#) working with the children’s program of BSF than she did 30 years ago thanks to [Essentials for Life](#).

CC Currey Grand rapids, MI

Dear Carolyn,

Had an appointment with the cardiologist today and got the best medical report I’ve had in more than two years. My [cholesterol](#) went from 251 in February to 192 this week. There is no doubt in my mind how that came about. I started drinking [Re:Plenish](#) twice a day during the summer and since that is the only difference in my diet, it has to be the key to reducing the numbers as well as reducing the potential for a stroke. If I had been more diligent about it from the beginning, just imagine what I might have accomplished. A lesson learned is a good thing.

Love as always,

Linda

Mary Ann - I can only tell you my experience with Vollara products, and so far the results have been excellent. I began drinking **Re:Plenish** almost a year ago (I think), and I am now off **blood pressure** medication, and off cholesterol lowering drugs. I was telling my Doctor about it when she commented about my **blood pressure** being so much lower, and long story short, she has it sent to her brother in Georgia who has **cancer**. His blood studies are much improved since he began drinking it, and his Doctor said he is like a different patient.

I truly believe all of their products are top of the line...I became a Vollara Member, so I could get their products cheaper, and I get paid by them at the same time. It all works itself out. Talk more in depth to Dale and thinking about becoming a Member. I don't see how you can lose.

Love, Sandy

I have to tell you about this, Ed Brown works for me and his brother-in-law was just diagnosed with **cancer** in his chest, throat and tongue on 9/5/08. He is in unbearable pain and they have tried everything to stop the pain, even the medication from the hospital is not helping. What happened next is amazing. Steed I got my first case of heartland on 9/8/08 it landed on my front porch at 12:00 I immediately took a bottle to Ed. I left and was headed home, when I got a call about an hour later from Ed.

He said that is brother-in-law was amazed. He was so excited because just 2 oz of **Re:Plenish** and his tongue pain instantly left and in 30 minutes he was talking and walking around like nothing was wrong and said he as not felt this good in 4 months. Steed I about ran my car of the road. I talked to Ed today and the bottle I gave them was empty and his pain is starting to return, so they are trying to get the money together for a case. I wish I had the money to help but I am short on funds these days. I really did not expect **Re:Plenish** to help that much.

**Re:Plenish** Rocks

Doug

I gave **Re:Plenish** to my 90 year old mother, her **hands shook** a lot because of all the medication that she is on, had a **stroke** 5 years ago. After three days of drinking the juice, her hands no longer shake, and she has more energy, now we cannot get her to go to bed at a normal time. I actually gave her **Re:Plenish** and **Essentials for Life** and she stays up watching TV or reading the paper or whatever she can get her hands on to read. She is now talking about going back to the park to attend her craft class that she did for decades, along with trips with the seniors. To ambitious I would now say! GOOD THING!

Katherine H.

Good morning,

I know that you received my email explaining the dramatic improvement that I experienced with my **blood pressure** monitoring, since I have been enjoying **Re:Plenish**.

I now may have stumbled onto a new benefit. I have had somewhat **dark/semi-enlarged veins on my legs** for 30 years, maybe not technically a varicose vein issue...but I have recently noticed that the veins are quite a bit smaller, less noticeable, not as blue/purple as before & the BEST thing is no discomfort from them! I thought that you might want to have some of your family members or close friends who might have this issue to monitor how their **varicose veins** are changing as they enjoy **Re:Plenish**. If they experience the improvement in the appearance of their legs, this is a HUGE COSMETIC marketing sell. Don't get me wrong...I still have the vein issue, but it is not nearly as noticeable as before. Please let me know how others are faring with the results that they are experiencing with this issue.

Thanks & enjoy your day!



Linda McNeely

*I was having “[tension headaches](#)” and was taking-OTC pain pills- 2-3 times a week. Since drinking [Re:Plenish](#) (5 weeks now) when I get a headache...I drink my 2 oz...and my headache disappears! Lately I have been breaking it up — one ounce in morning as soon as I rise, and one ounce before I go to sleep. This has prevented some headaches from even surfacing!*

*Fonda M., Washington Twp., MI*

My grandson Benjamin Anderson is 10 years old. He's been sick since he was in kindergarten. He's [allergic to everything](#) on the planet including himself. He was taking several [allergy medicines, steroids](#), twice the recommended dosage of Zyrtec and Zantac for the side effects of his other medications. Besides his allergies his [immune system](#) was completely shot. He would get everything that he was exposed to at school and would be on [antibiotics](#) for several months at a time to try and get over stuff. He had to go to an immunologist to try and build up his immune system. He missed 70 days or more of school every year. Finally his mom and dad had to take him out of school and home school him because the school wouldn't work with him anymore. He had frequent outbreaks of [hives](#). He had frequent [bad headaches](#). He made frequent visits to the emergency room. He just laid around and had [no energy](#). His mom and dad have spent thousands of dollars on medical bills.

After hearing about [Re:Plenish](#) and what it could do at Convention, on Sunday evening when I got home I took him a bottle of [Re:Plenish](#) and a series of Vollara vitamins and supplements (wellness upgrade less the enzyme drinks). Now remember he's been sick for 5 years. In just a few short weeks he's off all his medications. He's not having any outbreaks of hives. He's not having any headaches. He's not going to the emergency room. He's not sick any more at all. He's full of life like a 10 year old should be. He was over Sunday—playing baseball, hitting the ball and running the bases. My wife was complimenting him on how good he was doing and he said, “I didn't know I could do that, grandma.” He's a completely different kid and we're so thankful to God for this product, [Re:Plenish](#) that has changed his life completely and is going to change millions of lives in the days, months and years to come.

Eternally grateful,

Mark & Sandy Ohmit

Three years ago, I was diagnosed with [diabetes](#). Since that time, I have maintained my blood sugar level by watching my diet and have not taken any medication. After only three days on the [Re:Plenish](#) functional beverage, my blood sugar level dropped from an average of 130 to 135 to an average of 80 to 85. I have also had [chronic back pain](#) and [inflammation](#) caused by a sports injury 60 years ago. After four or five days on [Re:Plenish](#), my constant back pain was gone.

*Frank Maple.*

Hi, I am Jim . I was introduced to a new health drink, [Re:Plenish](#), from a friend who said it may benefit my [back condition](#). I ordered a case and took the recommended amount (2 ozs.) In about two – three days I was 95% more mobile and in no more pain.

Jim Martin

**Re:Plenish, has allowed me to breathe again!!!!**

I just wanted to share my story about the miracle that happened to me as a result of drinking our antioxidant drink called [Re:Plenish](#).

First of all, let me start by saying that I have NEVER had the desire to partake in any of these "amazing super duper drinks" before. I was pushed into trying Mona Vie once for a week and that was a "less than exciting" experience. I never felt different and I had to hold my breath to drink it because of the taste.

When Vollara came out with **Re:Plenish**, I was reluctant to say the least. However, my **asthma** was a motivating factor. For 15 years...I have struggled with major problems with **asthma** and **allergies** and was on **allergy shots** for years. I could never be away from my inhaler for fear of an asthma attack brought on by various triggers in the air. We got a dog three years ago and that has made the need for my inhaler to go up. Since getting our dog I have used my inhaler EVERY day on the average of 2 times per day.

I started to drink the **Re:Plenish** on the evening of Sunday, June 22. The next morning, my typical routine is to reach over and use my inhaler. For some reason, that morning I did not feel the need to use it. My nose felt very clear and not stuffy. I still did not think much of it - just thought it was a fluke. Well, now two weeks later, I have still not needed to use my inhaler!

I can't tell you how amazing it is to actually breath with ease and how clear my nose and lungs feel!!!! I walk around everyday taking deep breaths just amazed that it is so clear and easy to breath. A couple of times when I have woken up and I feel congested I simply drink my 2 oz. and the congestion goes away within minutes!

Needless to say, I am COMPLETELY an advocate of this product and I HIGHLY recommend it to everyone - especially those people you know that struggle with **congestion**, **allergies** and **asthma**. I can't imagine what else this drink is doing for my body that I don't even know about or that I can't feel!!!! I only know that I can take deep breaths of air with ease that would never have happened in the past 15 years without putting a chemical into my body!

I could not comprehend how **Re:Plenish** could almost eliminate my asthma and allergy symptoms but then I read that it has a compound called "resveratrol" that has anti-inflammatory and anti-cancer potential which helped me understand how it could help my sinus and lung tissue!

So, spread the news, shout from the mountains, let people try **Re:Plenish** - especially if they have noticeable problems like mine!

Gina M., Romeo, MI

For the last two years I have been battling **impaired glucose resistance (pre-diabetes)**. I had blood work done on June 16 that was so bad that my doctor wanted to repeat it in 4 weeks. I got my results today after 5 weeks on the **Re:Plenish** juice. My fasting blood glucose was down 20 points and my cholesterol was down 34 points. My doctor told me to keep on doing whatever I was doing.

I have already sent these flyers out to friends who are fighting similar health challenges. Thanks!

Karen, KC

Thanks to **Re:Plenish** I am **sleeping**! God is using his natural food group in this bottle to heal my body, I Just can't say enough about it. I know that one day I will have the opportunity to tell my story in person to many people and WOW do I have a story to tell. I went to a fund raiser for our little school this evening. I played volley ball for the first time in over 20 years because I could. I thank My God and the **Re:Plenish** and the people who put this all together!

Rick L, OK

Dear Cadle,

In response to your request for Re:Plenish testimonies, I will share my husband's John testimony with you.

John has degenerated [Arthritis](#) in his left knee. This is very painful for John and he has a hard time walking. Every day he would complain about the pain, and asked me to get him a wheelchair or scooter because he didn't want to walk any more. He has taken many pain pills and nothing has really given him much relief or side effects where not good. In June he (we) started taking [Re:Plenish](#). After about two weeks I noticed he was walking more and not complaining about pain. He even walks now without his cane, or walker, before he realizes he is not using them. We have talked about this and he agreed that he is not in pain now as he was before he started taking this wonderful juice! John's own words about the taste of [Re:Plenish](#) are; "this juice has such a wet and fresh taste, I like It!! John is not an easy person to please.

I want you to know that a year ago someone in my family signed me up to take and sell Monavie. After taking Monavie for about one week John refused to take it. He said it tasted strange and he refused to take it anymore. I continued to take the two cases I bought but had no desire to sell it to anyone else. I have no comments about this product. It was not for us. But that is not all.

My husband John also has a [Bi-Polo](#) disorder. This disease affects the brain and causes the person to be very high or very low for weeks at a time. Since John has been taking [Re:Plenish](#) he has more balance days. He is not so [anger](#) at everything and now sleeping for hours each day. Since I take care of John and spend most of the day with him this has been a God sent for our home. John is showing a lot more happiness and contentment in his daily activities. John could not take medication for this disorder because of the side effects of the medications.

[Re:Plenish](#) has brought so much joy back into John's life while making his days pain free.

Cadle, I have been praying for years that God would send something into the world that would help those who are living in pain live a more joyful life. I feel God has answered my prayers. Not only is [Re:Plenish](#) making our bodies strong and healthy but, as we share it around the world we are able to take the money we make sharing to the bank.

Marilyn Ozanich

### **THANKS TO [RE:PLENISH](#) I AM [SLEEPING](#)!**

**God is using this natural food group in this bottle of [Re:Plenish](#) to heal my body, I Just can't say enough about it. I know that one day I will have the opportunity to tell my story in person to many people and WOW do I have a story to tell. I went to a fund raiser for our little school this evening. I played volley ball for the first time in over 20 years because I could. I thank My God and [Re:Plenish](#) and the people who put this all together!**

**Rick L.**

I just got off the phone with my Mom. As you know last year around November she was diagnosed with [leukemia](#). When they went to do more blood work and testing to determine her treatment path - they halted it because her platelet count had gone UP 7000 points. That was mid-December. The doctors told her they would have to do blood work every month to determine what was happening. She went today and her platelet count was up 19000 points! She is almost to the normal level. The only thing she has been doing differently is drinking the [Re:Plenish](#) juice. I am so thankful to God and to Amy's company and Amy and to my mom for trying the product when first diagnosed. The doctor said she does not have to come back for 6 months!!!

I am in tears writing this - so, I better go get a tissue before someone walks in my office!

A very grateful servant,

Lorri Black, Realtor

I look forward to sharing the **Re:Plenish** information with everyone! I love **Re:Plenish**! I told Becky that due to **knee problems** (the doctor has mentioned knee replacements), I have slept with a heating pad almost every night for the last ten years. I have been taking **Re:Plenish** for about 2 1/2 - 3 months (I was not faithful at first) and I just realized 2 weeks ago that I have not used the heating pads for my horrible knee pain in 2 months. That is amazing for me!

Donna, Birmingham, AL

P.S. I know I told you about how **Re:Plenish** helped my knees but I have to share what I experienced this weekend. I had a friend who came over Friday and Saturday to help me take down 20 year old wallpaper off of three bathroom walls. He worked by himself on Friday because I had to work and then he showed me what to do and I worked for about an hour and a half Friday night by myself. He came back over Saturday morning at 10:30 and we got at it again. We worked hard and around 4:00, my feet had taken all that they could take. I thought that they were going to burst open they hurt so bad. I laid in the floor with my feet on a love seat because I really thought I was going to pass out from the pain. Kevin left and I crawled in the bed and put my feet up on 3 pillows and stayed like that for about 3 hours. I finally got up and went downstairs to get some water and drink some more **Re:Plenish**. By 9:00 p.m., I realized that my feet weren't as bad as they really should have been. When I woke up Sunday, I had NO pain in my feet. I actually even hopped up and down! Anytime in the past when my feet have gotten where I have pushed myself to that type of pain, it would take me 3-4 days to be okay again. This is incredible for me! I almost can't believe it! Also, even though I did have the horrible pain in my feet, I still had no pain in my knees. I will say that when I am hurting I am drinking more than 2 ounces a day but it is worth it for me!!!!

(FYI- the reason I closed my Gift Basket Shop business that I had for 8 years (that I loved!!!) down in 1991 was my knees and feet. They hurt so bad every day and I was working 9-14 hours a day and I couldn't take the pain and have hurt ever since) Donna

David,

I wanted to say thank you and LaShae for the **Re:Plenish** that you guys gave me last night. I had to leave early because my back was hurting really bad and I needed to go home so that I could take a pain pill and lay down. By the time I was ready for bed the pain had subsided and I did not have to take the pain pill.

When I got up this morning, I did not have the usual pain that I normally have when I get out of bed each morning. I was a little stiff as normal. Before I left for work I drank another 2 oz of the **Re:Plenish** and by the time I got to work, I was getting to where I could move around better. Today was the first time in 2 months that I have been able to look over my shoulder to back out of my garage without having to turn my entire upper body. I have had NUMEROUS injections in my neck and back, and not to mention 3 caudal blocks. My Physitrist started last week procedures to do a Radioactive nerve block on my lower back. I have been receiving these injections since February and have only received temporary relief that may last from 1 1/2 months to 18 months. If my pain continues to get better using the **Re:Plenish**, don't think that I will not take that bottle to his office with me when I go for my next appointment on Tuesday, April 13. As I have already told you that he is all for the **LivingWater** filters. Every time I go to his office he wants to know if I have purchased a **LivingWater** yet.

I forgot to mention that I have been prescribed many different **anti-inflammatory medications**, muscle relaxers, Neuronton, and Lyrica, which neither worked. The only relief that I have been able to get is from Loratab 7.5. The past two weeks I have increased my dosage from 1 a day to 3 a day to get any relief.

I am interested in becoming a Member with Vollara.

Thanks,  
Cristal

Hey Cadle,

It's really a full circle that 2 years ago you were at the University of Georgia conducting a meeting for my group. I will share with you just how good **Re:Plenish** has been for me and my wife Connie.

Two weeks ago I bought my first two cases of **Re:Plenish**. Now I will tell you there is a big difference in the way I feel. I do a lot of traveling and when I get off a plane trip or get out of my vehicle after a long trip, I don't suffer from **locked up joint pain and back pain** anymore. Now I'm working on my "Goji Man".

Thanks again for your help,  
Stan Morse

**"I understand my family and I need to eat more fruits and vegetables, but with our **hectic life**, it's hard to do. I am so thankful for **Essentials For Life**. Now I know that my family is getting good nutrition every day."**

Elizabeth K. – Customer

**"Essentials For Life is the most complete supplement I have ever seen. Take it every day."**

Ernie O., M.D. – Customer

**"The thing that stands out to me about **Essentials For Life** is how good I feel and how much **energy** I have every day. Knowing that I am getting fruits and vegetables every day is really the icing on the cake, plus I know that I am doing something that will keep me healthy into my latter years."**

Patsy L. – Customer

**"I've lost 15 inches and 13 pounds...and I'm back at my goal **weight** thanks to **Re:Sults**."**

Melissa M. – Customer

**"Like many women, I've struggled with **losing weight** for many years and give up when I don't see it working. While at first I was skeptical of what **Re:Sults** could do, I really began to see that this product curbed my appetite and my desire for junk food. And yes, I lost a bunch of weight and inches."**

Jaclyn – Customer

**"You will feel great on this? And it has so much that will help you long term. **Essentials For Life** and **Re:Vive** together complement each other so well. The best thing that you can do is use it every day."**

Richard U., M.D. – Customer

**"I'm down 12 pounds in less than a month and my energy is through the roof!. **Re:Sults** is great."**

Miguel M. – Business Member

**"I feel awesome and I have so much **energy** since I started the "I Feel Great Challenge. WOW, what a difference **Essentials For Life** and **Re:Vive** have made in my life."**

Amy F. – Business Member

**"**Re:Sults** is great and easy to use. I've lost over 35 lbs. and my husband has lost over 45 lbs."**

Gloria & Bob G. – Business Members

**"I can't even begin to explain how I feel since I started taking **Re:Sults**! I have so much **energy**. After almost a month of taking **Re:Sults** I have lost 7 lbs. and 14 inches."**

Jennifer H. – Business Member

**"I'm a regular runner, and now I don't crash on the couch after a run since I started using Re:Sults."**

Carl C. – Customer

**"Since I started using Re:Sults, I've increased my average time for running. I feel zingy."**

Jennifer T. – Business Member

**"Essentials For Life, Re:Sist, LivingWater, and FreshAir Surround are used by players, coaches, trainers, Olympic gold medalists and professional sports teams, including: Texas Rangers, Kansas City Royals, Pittsburgh Pirates, Colorado Rockies, New York Yankees, New York Mets, Washington Nationals, Miami Marlins, Toronto Blue Jays, Cincinnati Reds, Detroit Tigers, St. Louis Cardinals, and many more."**

Non-paid endorsement letters from many MLB teams are on file and in your Vollara Back Office

**Re:Sults is great. We have both lost weight and our energy level has increased."**

Jane & Dennis G. – Business Members

**"I drink Re:Vive every morning because of how much all day energy it gives me and how clear my thinking has become. It has now become my beverage of choice instead of coffee."**

Dr. Steve B. – Business Member

**"Since I have been using Re:Vive I have mental clarity again and energy that I have not had in years...I absolutely love it and would not be without this product daily."**

Amy M. – Customer

**"Essentials for Life helps reduce my allergies significantly, plus very time I take it I know I'm getting my complete daily intake of fruits and vegetables. Nothing beats that."**

P. Romero, Houston, Texas

**"Whenever I feel sluggish, after I've taken Essentials for Life, I feel a big difference! My energy levels rises, and I just feel good. I also give it to our 4 and 2-year-old sons in their juice and they drink it up! We love Essentials for Life!"**

Y. Romero, Houston, Texas

After having a heart attack and 4 bypasses in 2008, my husband, M. Little, was having a hard time regaining his strength. He would come home from work and crash on the couch. I got him started on Essentials for Life and he begin to gain strength as a matter of fact when he would come home from work I would have to call him in for supper from working in his shop (he is a carpenter) !!!

C. Little

To whom it may concern:

I take the supplement Essentials for Life daily. I am happy with the energy and vitality it gives me.



I also find the capsules are easy to digest and do not irritate my [stomach](#) like other supplements that I have tried before.

Thank you for this amazing product.  
Sincerely, Kathleen L Boise, ID

James,

As you know I've been drinking [Re:Vive](#) for a little over 3 months now. You also know about my [quintuple bypass](#) in March. About a 2 months ago my cardiologist did an EKG. After checking it, he even questioned me 3 times if I was told that I had a heart attack. Three weeks ago I had him do another EKG which revealed no damage at all. I attribute it to the high amounts of L-Carnitine and CoQ10 in the [Re:Vive](#). I was drinking 1 a day, but now I have increased to 2 a day. As in your other testimonials, I feel like the Energizer Rabbit. I just keep going and going.

I have also signed at least 6 people up solely on the [Re:Vive](#) for auto-ship. Most had similar results. About 20 minutes after drinking the [Re:Vive](#), they felt a noticeable difference. I gave a sample of [Re:Vive](#) to a lady and the next morning we got a phone call from her asking if we had sold any [Re:Vive](#) to [diabetics](#). I figured uh-oh what happened? She went on to say that she only drank the 1 tube of [Re:Vive](#) and that morning she checked her blood sugar, as she always does, and said it was the first time she could remember not having to take an insulin shot. She immediately called her doctor. She then went to see him and he re-checked her sugar. It was fine. She showed him the ingredients on the [Re:Vive](#) box. He told her "If this stuff is doing this for you, keep drinking it. There isn't anything in it that's going to hurt you." Later that day, she came to the store and we signed her up and put her on auto-ship.

George

## [KetoneZone](#)

[KetoneZone](#) may be the most significant nutritional product I've ever used...no exaggeration...and that covers 26 years spanning Shaklee and Alpine-Vollara. From the first day Carlene and I tried it, we have not missed a day of it. We not only get lots more energy than with any other product I've tried, but it's the [MENTAL CLARITY](#) that is (for me) incredible! I'm 69 years old and in really good physical condition...the issue for me is that at my age balancing several "mental" balls in the air all at once is (and has been) very challenging for me. Switching gears from one thing to another wasn't as easy as a few years ago. BUT KETONEZONE HAS CHANGED EVERYTHING! For example, my real estate day was from 8:00 - 6:00 today (and real estate can be exhausting and frustrating)...but came home and mowed my lawn and looked forward to coming into my office to work on Vollara. Lord willing, it's time to see what's possible again.....

Ed Hutchins

[KetoneZone](#) is working well. It's giving me more [energy](#) throughout the day and making me not as hungry. I drink it every morning.

Hudson Baker, Atlanta, GA - 23 year old college student

When I volunteer at church on Sunday, it's a long (yet rewarding!) day, lasting about 7 hours, most of which is spent outside walking our first-time guests from their cars to the auditorium doors. Throughout the day, I'd drink between 2-4 cups of coffee to stay energetic and would then take a long nap (1-2 hours) after returning home to simply recuperate from the absolutely packed day. I've been on the team since 2014 so, needless to say, that adds up to copious amounts of coffee consumed within the last 4 years.

Last weekend volunteering, I decided to test out the **KetoneZone** and go all day volunteering without having a single cup of coffee. It was AMAZING! I was walking outside in 90-degree weather for almost 7 hours and was completely energized. There was no **brain fog**, **sleepiness**, or **thoughts** on how long my nap would last after getting home. Actually, by the time I got home, I wasn't remotely tired, so no nap was needed.

Will definitely be using **KetoneZone**, it's epic!

-Kaitlin, Charlotte, N.C.

I have been wanting to do restrictive feeding within a 4 to 6 hour window because my daughter-in-law did it last winter, worked out at the gym in a fasting state and got in fantastic shape, but I had been having a little trouble with getting **hungry**, **feeling grouchy**, as she had said I would the first week or two and not feeling like getting out for my walks.

Three days ago, I made a decision to just go for it with **KetoneZone** and see what would happen. I drink about 2 sixteen-ounce glasses of 9.5 Living Water first thing in the morning. Then I have a full serving of **KetoneZone** in another tall glass of water. I've been able to do my 5-mile walks, go shopping, do my chores, help with my grandchildren all before my first meal at about 2 in the afternoon.

I have had great **energy** with **KetoneZone**! My body FEELS like it Wants to MOVE! I kind of crave exercise and kick it up a little bit. And I've been doing some stretching and weights. I'm loving the way I feel! It is helping me with my cravings and helping me feel satiated. It basically allows me to skip breakfast easily.

Marta Sisco,  
St. George, Maine

*This stuff, **KZ**, kills cravings/appetite! And the **energy** is great!*

H. Jamerson, Powhatan, VA

I usually **crash** around 2:30 everyday and I don't **sleep** well at night. When I drink **KZ** I am definitely more energized in the afternoon and I am getting at least 5 solid hours of sleep at night which is great!

M. Gentry

Alright, well day one is over and oh my gosh I have had so much **energy** all day long! I have felt great, have eaten great (suppressed appetite), and even worked out! I really think **KetoneZone** helped a ton and can't wait to drink it tomorrow.

Hahaha yea it was great, and I've felt great today too!!! I'm pumped to drink a full pack of **KZ** tomorrow for my first day of school:)

**KZ** day 3 was great!!! I love my new breakfast of **KZ** in the morning and want to get more!!!

Emma Baker, 21-year-old college student

**KetoneZone** is amazing! My **energy** and **focus** levels are much higher than they've been with any other keto products I've tried. I take it first thing in the morning right after I have a big ol' glass of Living Water and I don't get hungry until well past lunch time. In fact, I've got so much energy that when I find I've finished my tasks I have to make up more things to do before I feel like eating!

**KetoneZone** is a fantastic product and everybody should be taking it!

Jeffrey M. Queen, Northport, AL

*I like to run. So, I took my boys to cross country practice at 8:00 in the morning. Instead of coffee, I drank **KZ**. I was going to run all around the school grounds while they practiced. I had SO MUCH **energy**, I could have run 5 miles that day, but instead decided to up my work out and run up the 3 sets of 14 concrete steps in the football stadium. I did it 5x AFTER running 2 miles. I did NOT miss my coffee. I LOVE the **energy boost** for my work out!*

Jennifer Tester, Powhatan VA

*Wow!!! **KetoneZone** is AWESOME! Today I was full of energy! I didn't even need my usual nap. This morning at the gym, I did Body Pump for 1 hour AND RIGHT AFTER BODY PUMP I did 45 minutes of Zumba!*

K. Little, Farmville, Va

Al, thank you for the sample. I love **KZ**. How do I go about ordering more packets?

Connie

I tried **KetoneZone** today and loved the effects. I had great **energy and focus** in the morning and helped keep me full without **cravings**! I have just started to change to a full keto lifestyle and would love to use your product to help me. I texted Brittney to tell her how much I enjoyed it today too. How can I get signed up to get **KZ** every month?

Danielle

I am going to try and forward what my step-daughter has to say about **KetoneZone**...starting below. This first message was sent to me several days ago. The rest was today.

I've got something for you to try 😊 ok. Infused water with cucumber, mint, lemon and lime then add that new stuff **KetoneZone** it! OMG it is the BEST water ever. I've been drinking it ALL day. It's sooooooo good! I do about 5-6 mint leaves then half of a cucumber and a whole lemon and a whole lime

This is where I got it from and kinda did my own thing but it's amazing. I drink over 64 oz of water a day now.

With your new stuff (**KetoneZone**) it really sets it off. The **taste is amazing** and very refreshing and within 30 minutes I feel better EVERY morning. I talk about it all day. I love it.

I just slice, the cucumber, lemon and lime. I leave skin on. I let it sit at least 30 min before drinking to let the water infuse.

I dump a whole pack of the **KetoneZone** in it and drink all day. Lately I've been refilling the bottle too and drinking it again. I really-really like this stuff. It doesn't upset my **stomach** like

the other (if I drank too much). This is amazing stuff. I really cannot say enough good things!! I'm doing before and after pics too that I'll post in another 2 weeks, keeping in mind I'm also working out about an hour every morning 5-6 times a week  
I'm also joining a running group. They run every Monday at night. I start next week, and I'll be able to tell all them about this!!

Text messages between James Clendenin and his Step Daughter, Ariel.

## Green Technology Products

### FreshAir Surround/Everest (air purifier)

To whom it may concern,

My name is Jennifer Franklin and I have been a teacher at [Covenant Classical School](#) for four years. I personally suffer from [allergic rhinitis](#), and other [allergies](#) and sicknesses throughout the year. Our school recently purchased a FreshAir Surround, and I was fairly skeptical of its ability to truly sterilize the air and objects in the room. It was quickly proven to me that these machines do as they are promised to do. For about a week I came and went from work not really thinking about the new air purifier in my classroom, until I noticed that many of the children who had perpetual runny noses had cleared up. I then realized that my own stuffiness had disappeared. I went home so happy that my sinus pressure and runny nose had gone away. I could finally breathe! I went to bed that night and by the next morning my allergies had returned. I came in to work feeling miserable, but after an hour or so had passed my symptoms were magically gone again. I know that the [FreshAir Surround](#) is the reason I can breathe effortlessly at work. I am now considering buying one for my home. I believe that [FreshAir](#) is a great investment for anyone. Not to mention in our specific situation, we have much happier parents due to the fact that their children are not constantly sick anymore. These [Vollara FreshAir purifiers](#) are worth every penny spent!

Sincerely,

Jennifer Franklin

To whom it may concern:

I recently placed an **FreshAir Surround** air purifier in my **5<sup>th</sup> grade classroom**. During the **H1N1 outbreak** at our school, my classroom had the lowest amount of sickness in our school. There was a 2-3 week period where classes were missing anywhere from 4-18 students. The most students I had absent during that time period was 1-3. There were a few days where my classroom was the only one in the whole school that had no one absent. The combination of constant hand washing, sanitizing of germ-filled surfaces, and the cleaning of the air from the **FreshAir** purifier caused my class to be least effected by the **H1N1** and a few other contagious viruses that have spread throughout our school this year. I'm happy with my air purifier placement in my classroom.

Sincerely, Rebecca Schpero

JK,

Wanted to share a great **FreshAir Surround** story with you-

Vollara's **FreshAir** comes to the rescue . . . .

Want to share a great story about our **FreshAir Surround**. Last Thursday, June 28<sup>th</sup> a very swift moving fire broke out in the foothills south of Pocatello, Idaho where many people live. Vollara friends were one of the families forced to evacuate within an hour of the fire starting. They were given 2 minutes to 'get out of here and head for safety'. For the first 2 days they did not know for sure the status of their home. The fire destroyed 66 homes – and with a lot of prayer support their home was left standing! On the 3<sup>rd</sup> and 4<sup>th</sup> days they were allowed short trips to their home under sheriff escorts. One of the first things they did was to turn up their **FreshAir Surround** units – one on each floor of their 2 story home – to the highest setting. The fire had burned within 10 feet of their back door and took out a work shop adjacent to their garage. The air outside was so bad, but inside all they could smell was ozone! They were back home and breathing safe air!  
Pat Ferguson

**"I know that the FreshAir Surround is the reason I can breathe effortlessly for the first time in a long time. FreshAir Surround is a great investment for anyone. Not to mention in our specific situation, we are happier parents since our children are not constantly sick anymore. These purifiers are worth every penny spent!"**

Jennifer F. – Customer

**"Essentials For Life, Re:Sist, LivingWater, and FreshAir Surround are used by players, coaches, trainers, Olympic gold medalists and professional sports teams, including: Texas Rangers, Kansas City Royals, Pittsburgh Pirates, Colorado Rockies, New York Yankees, New York Mets, Washington Nationals, Miami Marlins, Toronto Blue Jays, Cincinnati Reds, Detroit Tigers, St. Louis Cardinals, and many more."**

Non-paid endorsement letters from many MLB teams are on file – Customers

To Whom It may concern:

I own an HVAC company. We have used the **Vollara air purification** products for all types of odors, musty basements, smelly ducting, etc. for over 8 years.

We recommend portable FreshAir systems having installed hundreds of these to date.

As any HVAC owner would, I could choose ANY air or duct or UV system on the market--and in

all price ranges; but we use these products exclusively.

We also have sold a few **LaundryPure** units and water systems that are not heating or air conditioning related. These people are not just customers, they are friends. If I like a product, I have no problem recommending it, and they don't hesitate to buy it.

Sonny Brown  
Quality Heat & Air  
Kingsport, Tennessee

## LaundryPure

Papaw, just wanted to give you my thoughts on **LaundryPure** so far. I REALLY love it. No doubt:

1. Clothes are MUCH softer – particularly notice this in the boy's jeans.
2. Towels are fluffier – have difficulty fitting all the towels in cabinet where they formerly fit just fine.
3. Definitely saving on detergent!! I'll calculate savings this month for you. It is exciting to know that I will never have to buy laundry detergent or fabric softener ever again.
4. I DO have to pre-treat stains, (Blaire's bibs, boy's football pants, etc.). BUT I just spray on a pre-treater. Haven't needed to "scrub" items. For example, I just sprayed mud/dirt stains, let set for 10 minutes and threw football pants in. They came out looking great. Last game, before LaundryPure, IT TOOK ME 3 TRIES, spraying, scrubbing and using hot water with detergent and a bit of bleach to get the same results.
5. With white towels, I did include a little bleach (much, much less than normal!!), probably out of habit more than anything. I am happy with the brightness, cleanliness and fluffiness of towels.
6. Clothes seem less wrinkled due to softness and jeans are definitely less wrinkled.

I AM THRILLED WITH THE RESULTS!! I am washing all sheets in the house now so I will be able to



Give an opinion about different type of sheets and thread counts.

THANK YOU SO MUCH for our [LaundryPure](#)!! I'm loving it. Love, Bethany

**“[LaundryPure](#) is an amazing product. We don't have to use laundry detergent or hot water and our clothes come out extremely clean and soft (especially the towels) and smelling great. My husband has suffered with skin breakouts because of detergents, but no longer with [LaundryPure](#). [LaundryPure](#) will end up paying for itself by the end of the year because of the money we are saving on electricity and not having to use laundry detergent or fabric softener. After that, our [LaundryPure](#) is like an ATM machine because we save money every time we wash a load of clothes. With our baby on the way we no longer worry about washing his clothes in harsh chemicals or him having any potential allergic reaction. For me, knowing I am doing something healthy for myself and my family has given me peace of mind. I am extremely pleased.”**

Alisha C. – Customer

**Bill,**

**HOME RUN!!!! This is the best thing. Got my new [LaundryPure](#) in yesterday...couldn't wait for my husband to come home and mount it...It only took a few minutes...Had an old shirt that I used to love to wear..But it had a stain on it that I could not get out , so I only wore it around the house...Last night while I was washing I decided to pre spray the stain on the shirt (I always pre sprayed the stain before, but it never worked) and dropped it in the washer...STAIN GONE...WOW..I am so impressed ...Once again...HOME RUN...Thanks again...VOLLARA.**

**Amy**

My husband and I purchased the [LaundryPure](#) and [LivingWater](#) system about two months ago. The [LivingWater](#) has already shown many positive health benefits including total [hydration](#) and [increased bowel movements](#). I am currently 8 months [pregnant](#) and the water system has been a Godsend in combating numerous unwanted pregnancy symptoms.

[LaundryPure](#) is also an amazing system. [No detergent or hot water](#) and our clothes come out extremely soft (especially the towels) and smell great. My husband had suffered with breakouts on his chest and back for years. The breakouts worsen during the summer due to the heat; however, I've noticed since using both the [LivingWater](#) and [LaundryPure](#) he is no longer having redness or consistent breakouts. This is a considerable change as we live in the Southern California desert where temperatures can reach triple digits.

Both systems are amazing. The [LaundryPure](#) will end up paying for itself by the end of the year in the money we will be saving in electricity and detergent. With the baby on the way we no longer have to worry about washing his clothes in harsh chemicals or any potential allergic reaction.

For me, knowing I am doing something healthy for myself and my family has given me peace of mind. I am extremely pleased.

Alisha Ceja; Indio, CA

I discovered something this week about our [LaundryPure](#). I ran a load of towels and put them in to dry. At the same time, I put on another load of clothes. The towels were dry before my load of clothes finished washing. Somewhere in the materials it said that drying time would be cut by about 30%. I was amazed at what happened.

Melba

With a household full of 3 young kids, we certainly have our share of dirty clothes! And with 2 of those kids being a 5 year old and a 2 year old boy, it is amazing how dirty our clothes get. Not long after our youngest was born we decided to install a **LaundryPure** device on our washing machine. I knew the ultimate test would be Nate's dirty cloth diapers! Well, they came out as clean, if not cleaner than with detergent, and I felt so good knowing that his delicate skin was not exposed to the chemicals used in detergents.

One of my favorite things about the **LaundryPure** is that I can use my washing machine as a clothes hamper and when it gets full, I just run all the dirty clothes together. No sorting or separating. It all gets washed in cold water!

One day last summer, my husband and I were riding bikes and his back started itching severely. We realized that the shirt had been in storage, so it had been washed with detergent and was irritating his skin. He had to change his shirt it was irritating his skin so much. I'd say that the **LaundryPure** is definitely the way to wash clothes, especially if you want to protect your family against exposure to unnecessary chemicals! The money saved from not buying detergent or using hot water in your washer is a bonus!!

Samantha B, Fulton, M

J.K.,

Since we have the **LaundryPure**, I have experienced a new smell in our bedroom. I take the clothes upstairs and put them on the bed to hang or fold. Yesterday, I did the sheets and 3 other loads. I didn't realize it at first but I wondered where the fresh smell was coming from. Late last night, I realized it was my laundry. I can still smell the fresh smell today.

This one lady tonight said she was excited about getting the **LaundryPure**. It took her 3 weeks to go out on a limb and mix her clothes. She was so relieved when she found her whites - white and her colored a bright color. Now she throws everything in together.

Another lady was skeptical on the **LaundryPure**. Her nephew plays football and his uniform is covered in mud and grass stains. She ask his mom if she could wash his uniform and she was shocked when it came out clean and even smelled good.

Melba McWhirter

Vollara,

*I went swimming last week and rolled my bathing suit inside my towel, was in a rush to go to lunch with friends when I got home and just through my bag in the garage. Needless to say I forgot about it for about a week. When I found it of course it was dry...But no smell amazing. No smell. yea*

**LaundryPure.**

*Also my old shirt that was 3 years old and had lots of old stains I could not get out. Not only are the stains gone, but the shirt is looking almost like new again...gets newer looking every time I wash it...Once again Yea **LaundryPure.***

Amy Fiscus

Vollara,

We are so thrilled with our new **LaundryPure**! I love how well it cleans all of our laundry. It was hard for me to believe I'd really be able to eliminate detergent and bleach and still have the laundry come out as clean, but it actually is BETTER than with those detergents. The colors are brighter and everything smells cleaner. I still use a pre-spotter on the really bad stains, but not any more than when I was using detergents. I LOVE that all I have to do is drop the clothes in the washing machine and push start. I also LOVE how fresh and wonderful everything smells...even my house whenever the washer is running. But I think my favorite bonus is I no longer have to battle "static cling" when I take the clothes out of the dryer. **LaundryPure** eliminates that too!

Ed loves our **LaundryPure** too (even though he no longer has any excuses for not doing laundry!) He especially loves all the money we are saving by not having to heat the water and not having to purchase detergents and bleach (sorry Tide), and he's still bragging how he installed our **LaundryPure** in less than ten minutes. And he loves how "cool" it looks (the blue light) whenever the washing machine is running.

Thank you Vollara for this unbelievable product!

Carlene and Ed Hutchins

Vollara,

Currently I am living with my parents, so I bought the **LaundryPure** for all of us. We definitely loved how the clothes smelled after washing them with the **LaundryPure** and noticed a difference in brighter colors. However, one of the most obvious things that happened was when my mom had to wash the head of a mop. It's a mop she uses for our hardwood floors and when she bought it, it was bright yellow. After a while using it, even washing the mop head with regular detergent (before LaundryPure) it still had kind of a dirty tinge to it -- you could tell it had been used. After using it one day and getting it completely black, she tossed it in the washer after we had the **LaundryPure** installed. When it came out that mop head was BRIGHT yellow; it looked brand new. No detergent, no pre-soaking -- it was bright yellow, soft and looked great. That was true confirmation for my family that the **LaundryPure** REALLY does clean and get dirt and contaminants out! I am also a 'health nut' and am pretty particular about what I put in my body as far as eating and drinking. I don't even wear perfume because of the chemicals, so I love the fact that my clothes no longer have a chemical residue on them from laundry detergent. To me, that is worth its weight in gold.

Jennifer Musser

Vollara,

I was very skeptical about washing with no soap in cold water, but I believed in the company. I thought I would try it out. If I got sold on it, then I would be able to encourage others to try it. I really wanted it to work and the idea sounded great. At first, it seemed way too simple. Just put the clothes in, start the machine. I didn't really see much of a difference in the clothes; they seemed to come out as clean as before, until I washed a mildewed bed sheet that had been left outside. It took most of the mildew right out.

The other big "wow" was when we had to leave for a week and left my teenage boys in the

house. I came back and was starting to do the wash. I lifted the lid to the washer and found wet clothes inside. When I asked my son how long they'd been in there, he had no idea. He'd forgotten about them. We figured it was at least 3 or 4 days. Normally, I would've had to rewash them several times. But these clothes smelled fresh, so I just hung them out on the line and they were great. No mildew, no sour smell, just fresh, clean clothes. That was amazing. I was sold. I love my **LaundryPure!!!!!!!**

Colleen Simpson

Vollara,

It's a pleasure to have the **LaundryPure** in our home. Doing laundry has been a chore that required a number of steps -- detergents, bleach and fabric softener -- not to mention water temperature and whatever else went into the process! Now, my wife has a new helper (me), who after one load is an expert! This is a great product.

Thanks Vollara!

Jim McGarvey

JK, I've got 3 awesome **LaundryPure** testimonies.

The other day I was talking with my brother-in-law who got his **LaundryPure** in December. We were not talking about the **LaundryPure** we were talking about the **Re:Place** and he just got excited all of a sudden and said, "I have got to tell you this!" He said that he was at one of the Police Departments and was going to write down something and juggled his "green" pen and ended up with a big spot on his shirt. He said he went to a larger town that had a Wal-Mart and got a Tide pen which only made it a bigger spot on his shirt....so he drove to another store and got a Resolve pen and still didn't get it out. He had another meeting, so he changed shirts and it was a couple days before he got home to wash his shirt. While we were talking, he took it out of the washer and he got all excited because he said the spot was gone without a trace.

I do a lot of crafting...so Christmas I was keeping my little granddaughter and working on Christmas gifts. I had just painted a plaque with dimensional paint and laid it to the side. My granddaughter was in her bouncy seat on the table watching. She has a cute little pink elephant that she dearly loves and was playing with it. She dropped it over the side and of course I said, "Uh Oh" and kept on working. She started fussing and I grabbed up the elephant to hand back to her and noticed the black paint all over the ear of her pink elephant. I panicked and began trying to clean it off with a wet cloth which only smeared it all over the ear. I was ready to go buy a new one. I thought well what the heck if it is already ruined the washer can't hurt it anymore so I sprayed Resolve spot remover on it and threw it in the washer. I didn't even look at it before putting in the dryer and when I pulled it from the dryer it looked like new...no more paint!!!! I don't think just any wash would have saved my babies elephant.... **LaundryPure** did the trick!!!!

I carried a cooker full of cooking oil to work one day to make fried dill pickles for the girls at work. When I started into the house with it that afternoon I poured about half the cooking oil down my uniform. I figured it was ruined and I would have to purchase another uniform. I spot treated the oil spots which was the whole front top and pants with Goop, Resolve and Dawn dish wash detergent and threw in the washer needless to say I didn't have to buy a new uniform. You can't even tell the oil has been on it. I again believe it was the LaundryPure that saved the day. I love my LaundryPure!!!! When my sister got her LaundryPure she sent me a text message that said, "O my goodness I Love it". I didn't know what she was talking about and said what are you talking about.... she said my LaundryPure!!! That is the first time that has ever happened to me and I have sold a lot of products!!!!

Charlotte Little

## SteadyPower

Here is my testimony on installing our **SteadyPower** in our home.

We had an exciting day last Friday when our **SteadyPower** was finally installed. One of my distributors is an electrician and has sold and installed 7 or 8 **SteadyPower** with great success and happy customers. My husband and I watched him install it and it was very simple. It installs right beside the breaker box. He had us turn on everything in the house and recorded the present amp usage and then connected the **SteadyPower**. One side on breaker box was 65 amps and went down to 58 amps (11% decrease) and the other side was 73 amps and went down to 62 amps (16% decrease). WOW!

I understand from our installer that he has found that people here in CA with a pool, air conditioning and lots of electronics are the ones that have the biggest savings on their electric bill. We don't live an area with many storms and power-outages so most likely won't have to use the \$25,000, 10-year warranty Vollara gives. We are happy just to know that our electronics will now run smoother and cooler since the electricity is harmonized in our entire house and I'm sure we will realize some savings on our electric bill.

Debbie & Jim Atkinson, Costa Mesa, CA

**Dear Mr. Howse,**

My name is Glen Williams and I have been an Electrical/HVAC contractor for over 34 years. Recently I was contracted by the city of Fultondale Gas Board concerning problems with power servicing approximately 10 CPU units that are used for billing their 8000 customers. The Office Manager had called the computer repair company numerous times because many of the CPU's were shutting down. Every time the technician from the computer repair company would diagnose the problem as a low voltage situation that would shut every CPU

down for safety. I was called to check out the problem. Using a digital meter I quickly saw the low voltage situation that would occur several times throughout the day. That is when I contacted you about the **SteadyPower** that your company sells. I really like the way the system operates to maintain a constant voltage and cycles situation in addition to the surge protection we have as well. It has been one year and 4 months since I installed The **SteadyPower** and I have not had one service call from Fultondale Gas Board about a CPU shutting down. The **SteadyPower** solved all the problems we had in addition to all the motors and light transformers operating in their building powered out of the same panel the **SteadyPower** was installed on.

I would like to talk to you about another system for a 100 amp panel located in the City of Fultondale computer mainframe and telephone dialing system room for the City Hall. Thanks so much for your help with solving our electrical problems by supplying the **Steady Power**.

Sincerely, Glen A. Williams, Al. State Cert. #

### **Dear other Vollara I Feel Great members,**

We live in an 8,000 square foot house with two separate breaker boxes. We installed a **SteadyPower** for each breaker box and then started to monitor our electric bill over the next 5 years. The savings were phenomenal. As the cost per kilowatt hour of electricity continued to rise and all our neighbors complaining of increased electrical bills, our electrical bill did not increase over the 5 year span. I would recommend every home owner install a **SteadyPower** if you want to save money on your electrical bill.

J.K. & Becky Baker

## **LivingWater**

My husband has a great testimony that is based on drinking 8.5 - 9.5 pH **LivingWater** for one month. He is a Type 2 diabetic (since 1985), 61 years old, and takes 6 injections a day. In his words,

"I've taken over 30 units of Lantus for a year, and now I'm down to 25 units after 3 weeks of drinking LWE. Since Feb 2007 I've also taken 4 injections of Novalog 4 times a day (before meals and at bedtime). Now I only take 3 injections and roughly about 1/2 the number of units per injection. I started leaving off the bedtime injection and my morning sugars have been in the normal range. I definitely went through adjustments as I went from 8.5 pH to 9.0 pH to 9.5 pH ... and they were all good adjustments."

He gets blood work done every 6 months. From his last blood work until 1/20/10 his A1-C (normal is 4.0 - 6.0) went from 7.2 to 6.8. Total cholesterol went from 177 to 147. BUN was 21 (normal is 7-22), and it went to 14.

I've also been drinking **LivingWater** for one month and the main thing I notice is that my dry, hard, tearing cuticles are now hydrated and very nice. They are 100% different. Also my digestion and overall "inside feeling" is much better. We both now drink the 9.5 pH daily and use it with our cooking as well.

Debbie Johnson Atkinson, California

**"Vollara's Alkaline LivingWater unit has helped my mom lower her blood pressure and her diabetes counts have dropped to where she is taking half the medication. She, along with everyone in my family love Vollara's products.**

Allison M. - Customer



**“Essentials For Life, Re:Sist, LivingWater, and FreshAir Surround** are used by players, coaches, trainers, Olympic gold medalists and professional sports teams, including: Texas Rangers, Kansas City Royals, Pittsburgh Pirates, Colorado Rockies, New York Yankees, New York Mets, Washington Nationals, Miami Marlins, Toronto Blue Jays, Cincinnati Reds, Detroit Tigers, St. Louis Cardinals, and many more.”

Non-paid endorsement letters from many MLB teams are on file – Customers

Hi Jim,

Here is my story:

I have had **Carpel Tunnel Syndrome, Tendinitis, and cysts** for about 10 years. I have tried to stay away from major pain medicine, but I have slowly been increasing my dosages of Tylenol and Ibuprofen to max dosages, then I began taking prescription strength levels of these medications still with little to no relief. I learned to live without wearing jewelry or watches because my wrists would swell so badly that I wouldn't be able to keep them on for even an hour. As my wrists progressively got worse I had to make the decision to begin taking dangerous levels of over-the-counter products or talk to my doctor about using stronger meds. I was already facing the strong possibility of destroying my stomach lining and increasing my dosages any further would definitely damage my liver and possibly destroy it. My doctor put me on Tramadol and Naproxen which masked the pain, but it didn't relieve the swelling and when it wore off my hands hurt worse than ever. Not to mention with these drugs I would not be able to get pregnant and ran a high risk of dependence or developing **Serotonin syndrome**, a condition in which the body stops producing its own pain relievers and the patient experiences extremely painful withdrawal symptoms. When I first heard about Vollara I was skeptical, but I was so ready to try ANYTHING that wasn't narcotic that I agreed to try it any way. I had decided I was not going to use medications anymore and I was living with a massive amount of pain. I really need to take a minute and tell you about that pain. After ten years of progressive pain in my hands and wrists I lived quite a bit differently than most people. Here are some things that people take for granted. I want you to stop and think about these things and hopefully it will make you appreciate them more...

Most people wake up in the morning and do simple things like brushing their own hair, getting dressed without help, maybe grabbing a laundry basket and putting clothes away; or they do other things like hold hands with someone they love, pick up their children, tickle them, wash dishes, vacuum, carry groceries into the house and put them away. I couldn't do any of those things any more. My hands throbbed. I dropped anything I tried to hold. Luckily for me this is no longer the case.

I remember the first day I took **Re:Flex**. I woke up in the morning and took three **Re:Flex** with a large glass of Vollara's **LivingWater** then went about my normal routine. I was driving to work about 2 hours later. I had just dropped my daughter off at preschool and was about to get into the turn lane to get to work when I realized my hands weren't throbbing. It was incredible. I could feel my hands like I hadn't in so long! Yes, incredible! I was able to use my hands like I hadn't in years. I worked without pain, came home and did laundry and dishes, my whole house was spotless! Honestly cleaner than it had been in a long time. I only take **Re:Flex** in the morning instead of twice a day although I am thinking of starting to take them twice. All the things I haven't been able to do without pain are mostly within my reach again. I

can brush my own hair, use deodorant without pain, open jars, hold my daughter's hand, and even tickle her again.

I don't want people to think I am cured. That would be a misrepresentation of the product. I have a lot of nerve damage and my hands are still a little numb. But the difference is that I can use them. That is what is amazing. I don't have negative side effects, I could have another child without having to stop taking them, and I can live my life again. That is the best part of all, I can live like I haven't in a very long time.

Geneva C.

Yuba City, CA

I drank diet coke and unsweet tea ONLY for 30+ years. I never drank water - didn't like it. When we got our LivingWater unit I made a commitment to drink LivingWater and nothing else. I started out drinking about one gallon a day for the first six months. I had had hot flashes for about 12 years. I was having LOTS of them as well as night sweats. After drinking LivingWater the hot flashes have completely gone. I may have one slight one a month. Also, my blood pressure had gone up. I had never had blood pressure problems before, and it has gone down. I continue to drink about 100 ounces a day. I love it and I'm so thankful for the LivingWater from Vollara.

Becky Baker

My name is Bob Giddens. I am 68 and I started drinking LivingWater 2 months before writing this report. I have enjoyed excellent health all my life, but I did a diligent trial for 30 days to see what would happen with respect to one special problem. I drank lots of LivingWater and almost nothing else...hardly a drop of milk, tea, juice or any other beverage. Just water, water, more water. We cooked with LivingWater, too. The concepts of improving my hydration, reducing my body's acidity, and eliminating bad beverages made sense, and I wanted to see how effective the ionized water concept could be.

Something amazing happened, but not in those first 30 days.

**Without a doubt, I slept better, and my wife had a miraculous benefit when her menstrual cycle migraines disappeared; however, I was looking for something else.**

For years I have had leg discomfort when sitting in a meeting, in a car or airplane, on the sofa to watch a movie, or when I lay in bed to sleep. My solution was aspirin, which gave wonderful relief. The relief lasted for 4 hours, almost to the minute. To sleep longer, I had to take another aspirin. I had zero problems when I was active; the low-grade pain only started when I sat or lay in one place. When this problem did not clear up during my 30-day trial I was a little disappointed. I thought I could sense an improvement, but not what I wanted.

Three days before writing the first draft of this testimonial I went to bed without taking aspirin. My legs had been fine as I watched a football game and I just didn't think about it. I slept through the night, well beyond my usual 4-hour shift. I knew this was noteworthy when it happened 2 days in a row. Had I tried to go to bed without an aspirin 3 months ago it would have been impossible. I

would have been up to get aspirin in 1 minute; then I'd count down 20 minutes as the aspirin worked its way into my system. If I were out of aspirin, I'd have to get in the car and buy some or skip a night's sleep. It was that much of a problem.

Yesterday morning I got distracted (early errands) and my routine broke down. For 2 months I have been starting each day with 6 big glasses of **LivingWater** in the first 4 or 5 hours of the day. That's a lot, but it was a routine I could handle. I didn't want to have to focus on drinking or bathroom stops. This concentration of water in the morning allowed me to drink normally through the rest of the day. I got home from my errands and realized I had skipped my routine. In a moment of curiosity, I decided to skip drinking **LivingWater** for that day. Wow, what a difference. At 8:00 PM I sat on the sofa to watch a movie. The low-grade pain was there within 10 minutes...like a smoldering fire in my legs—not hot but just a smoldering discomfort everywhere throughout the legs and feet. I rubbed my legs, got up and walked around, and finally took an aspirin. I needed another aspirin just after midnight when I was getting ready for bed.

A week has passed since I wrote the above paragraph. **It's amazing how well this works. This morning I've drunk my 6 glasses (96 ounces), and I know the leg problems won't be there this evening.** It's sad that the public—even health professionals—do not know about this. The technology to make alkaline drinking water (discharging the acidic part) has been known for 4 decades, and the impact on the body is wonderful. Acidosis is a medical condition having to do with the pH of the blood. I am not talking about acidosis. I'm talking about having acid wastes build up throughout the body (in tissues and fat). Almost everyone has this problem and it becomes worse with age. Every old person has problems and pains. Stored acid wastes come from bad food choices, from aging, even from metabolism (breaking down food and converting it to energy). My guess is that the acidity of my body was the cause of my discomfort. Gradually, over 7 weeks of using **LivingWater**, I broke down and eliminated a lot of that acid. Now I don't have to suffer that slow burning feeling. **So simple. So healthful.**

I'm worried about what I will do when I go on a trip. I can take water for the first few days, but what if I go for a week or two? I'll tell you the answer. I'll take my aspirin bottle.

I had heard about alkaline water and clustered water for years but never wanted to listen to the details. I thought it was kooky. Not anymore! If it was a valid thing, I thought, everyone would know about it. I hope my layman story convinces other people to at least check this out.

My wife Mila is 34. For more than 10 years she had 3 to 4 days of terrible migraine headaches associated with her **menstruation**. Do the math: more than 130 consecutive periods. Usually she could not work and just had to suffer. **Two weeks after starting on LivingWater she had her period. Zero headaches. Not even a trace. One cycle later she had a minor headache on one day. One cycle later, no headaches. Is this wonderful, or what?**

We wonder how many benefits are possible. It's basically the same idea as eating a better diet, exercising more, or getting enough rest: another good lifestyle change that can, potentially, make a world of difference.

Bob Giddens

## Was Vollara LivingWater worth buying?

### My Life in 2009

	Vehicle expense	Cost after insurance	
1. Left side clavicle surgery.		\$180	
8 trips	\$192		
2. Personal extended Care/Dr. visits.		120	
4 trips	96		
3. Lortab/oxycodone - \$20 every 10 days		740	
38 trips	912		
4. Spinal tap –		226	
2 trips	48		
5. Physical therapy – 2 visits weekly		3,120	
104 trips	2,496		
6. Misc. Dr. visits – 3 visits		<u>90</u>	
3 trips	<u>72</u>		
	\$3,816	\$4,476	<b>TOTAL \$8,292</b>

PLUS: Immobilizing pain, numbed senses, sleepless nights, depression, living in a fog, unknown kidney and liver damage.

### YES IT WAS!!! My life in 2010

I purchased my LivingWater in April of 2010. Prior to LivingWater I drank about a gallon or more of tap and bottled water every day for the last 25 years. I started drinking 8.5 LivingWater, about 160 oz. per day in April, 2010. I started telling a difference within 3 days (that's what blew my mind – thinking this was probably snake oil). After 10 days I stopped taking Lortab/oxycodone. Moved to 9.0 LivingWater, then moved to 9.5 LivingWater within 2 weeks. I now drink 176 oz. per day which is about 90% of my weight (194 lbs) in ounces of LivingWater. Here are the results:

1. I don't take Lortab/oxycodone anymore.

2. No more physical therapy.
3. No more Spinal taps.
4. Walk, run, sleep and live without pain.
5. Get up once a night to go to the bathroom versus 7 or 8 times before LivingWater.
6. Lost 12 pounds by drinking 176 oz. of [LivingWater](#) daily.
7. I can now run up a flight of stairs.
8. Mow my own yard.
9. Use my left hand and arm without using my right arm to help move it.
10. Eat hot peppers again. I missed them so bad.
11. I don't have dry eyes anymore, no more liquid tears.
12. Have a steady heartbeat, no more arrhythmia.
13. I can now hold my wife and granddaughter (priceless).
14. Canceled left shoulder replacement.
15. My brother saw me walking with a cane in Dec. 2009. Then he saw me again in May 2010, thinking I would be in a wheelchair, and was blown away to see me running and playing with my 3 year old granddaughter.
16. My physical therapist is now drinking [LivingWater](#).

Mike Wiygul, Birmingham, AL

My husband and I purchased the [LaundryPure](#) and [LivingWater](#) system about two months ago. The [LivingWater](#) has already shown many positive health benefits including total hydration and increased bowel movements. I am currently 8 months pregnant and the water system has been a Godsend in combating numerous unwanted pregnancy symptoms.

[LaundryPure](#) is also an amazing system. No detergent or hot water and our clothes come out extremely soft (especially the towels) and smell great. My husband had suffered with breakouts on his chest and back for years. The breakouts worsen during the summer due to the heat; however, I've noticed since using both the [LivingWater](#) and [LaundryPure](#) he is no longer having redness or consistent breakouts. This is a considerable change as we live in the Southern California desert where temperatures can reach triple digits.

Both systems are amazing. The [LaundryPure](#) will end up paying for itself by the end of the year in the money we will be saving in electricity and detergent. With the baby on the way we no longer have to worry about washing his clothes in harsh chemicals or any potential allergic reaction.

For me, knowing I am doing something healthy for myself and my family has given me peace of mind. I am extremely pleased.

Alisha Ceja; Indio, CA

## **J.K. here is my story:**

I became such an advocate of "LivingWater" since the first week I was on it and discovering the huge difference it made in the way I felt. For over 25 years I suffered with [fibromyalgia](#). Only those that suffer with the fibromyalgia can truly relate to what I experienced. It's like having the flu 24/7 and having excruciating pain not to mention the over whelming exhaustion. I spent weekends reading 4-5 novels resting on my couch to rest up for the work week. I was at the doctors every month, sometimes twice a month, and there was absolutely nothing they could do that would help. All the pain medication, cortisone and prednisone did nothing. I went through a weird detox my first 2 days on the "LivingWater" and after that it was like OMG! I believe now that with [fibromyalgia](#) you are so full of toxins that there is not a drug that can "cure" this malady. I saw a huge difference in just a matter of days (not weeks). I have one lady that also has fibromyalgia that is on the water and actually had hers FedEx'd to New York to a yearly convention she attends and for the first time was able to do what everyone else was doing (shopping, theater, etc.).

I also had developed terrible [arthritis](#) in my knees and hands. Add to the list: [high cholesterol](#), [high blood pressure](#), [irregular heartbeat](#), [IBS](#), [dry skin](#) and [acid reflux](#) But I can happily say today that drinking the "LivingWater" has eliminated **ALL** of these issues to the point that I no longer have any pain, I'm off all medication and I have more energy in my 60's than I did in my 30's! I even started playing racquetball and that is a miracle.....I **never** get tired either!

***Kathleen Swann***  
***Memphis, TN***

J.K.  
I have a testimony for the [LivingWater](#), concerning my [dog \(Captain\)](#). I got really excited when I listened to the water call last week and there were several testimonies about peoples' pets and the Living Water, similar to what I have also experienced. I am definitely a believer in this alkaline water unit.

My testimony is below. Sorry if it is long, but I felt you needed to know all of it. Our pets are like our children and I know with Captain being as old as he is, eventually his time is going to run out, but if I can do something to keep him around a little bit longer, then it is definitely worth it. If it works this well for our pets, in a matter of weeks, just think what it could do for us humans, if we continue to be persistent. Maybe my testimony will help someone else that is experiencing problems with their older pets. Thanks for the opportunity to tell you about it. The vet told me that hot spots occur a lot in old pets.

We came back from a weeklong trip and our 17 year old, Great Perinese (Captain), seemed very depressed. We had someone staying at the house taking care of the pets, but Captain went downhill within a couple of days of our returning home. Captain is so large, he was having a horrible time getting up from lying down or sitting position and he could not even walk across our kitchen floor, because it was slick and his back legs could not hold him. He would fall down and then could not get up until someone helped pick up his hind legs and help him walk out to the carpeted area. I even had to leave the back door open to our sun room, because he could not get through the dog door, due to his instability. He also had developed a huge hot spot on his belly and leg that he had been messing with so much, he had licked his leg to the bone and the one on his belly had been licked and bit at so much, he created a hole in it about the size of a dime. We were spraying a bidder spray and anti itch spray on the wounds and putting Cortizone cream all over it, but he would not leave them alone and they were all becoming infected and nasty looking. The vet said we were doing everything right, but nothing was working, he continually bit at them and licked them. I even bought one of those shields that go around their head and he was so disoriented by it, he walked into walls and furniture and seemed to be very humiliated by wearing it.

About 3 weeks ago Captain became very lethargic and would not eat or drink anything. I tried to feed him some broth and put food in front of him and he just lay there and would not touch it. I was so upset and we were sure he was not going to make it through the night. I set up a cot right next to him and I slept outside with him all night because I was afraid with him being outside, the coyotes

would come into the yard and get him. I had just received my [LivingWater](#), so in a desperate attempt, I filled his water bowl with 8.5 alkaline water and set it right in front of his face and then I took a cloth and soaked it in acidic water and laid it on his hot spots, hoping to alleviate some of his discomfort. The next morning, I woke up to him licking me in the face. The alkaline water in his dish was completely empty. I immediately started filling the pets' water dishes with alkaline water, not knowing for sure if it was the water that had helped and I continued to soak Captain's hot spots with the acidic water. After just two weeks of drinking the alkaline water, Captain is like a new dog and so is our other dog (Thor, who is 12 years old) and our two cats, who are about 11 & 15 years old. The cats have both become very active and playful (like kittens) and they look very healthy. Captain now goes outside, through the dog door, and runs around without any problems. He can easily get up from lying down or sitting and he is able to walk through the kitchen, and even eat his supper in the kitchen, without falling down. As for the hot spots, they are starting to heal up nicely and he does not bother them. I am continuing to soak them nightly with the acidic water. We have not done anything different, other than changing their water and soaking his hot spots with acidic water. I was going to change their food, but it does not look like that needs to happen now. I LOVE THIS WATER!!

*P.S. [LivingWater](#) has also helped my mom with lowering her [blood pressure](#) and her [diabetes](#) counts have dropped to where she is taking half the medication she was taking. She is a believer in our products and drinks the alkaline water faithfully, drinks the juice twice a day and takes our nutritional supplements regularly. Her doctor is skeptical about our products, but we will make a believer out of him yet.*

Allison Marshall

My husband has a great testimony that is based on drinking 8.5 - 9.5 pH water for one month. He is a [Type 2 diabetic](#) (since 1985), 61 years old, and takes 6 injections a day. In his words,

"I've taken over 30 units of Lantus for a year, and now I'm down to 25 units after 3 weeks of drinking [LivingWater](#). Since Feb 2007 I've also taken 4 injections of Novalog 4 times a day (before meals and at bedtime). Now I only take 3 injections and roughly about 1/2 the number of units per injection. I started leaving off the bedtime injection and my morning sugars have been in the normal range. I definitely went through adjustments as I went from 8.5 pH to 9.0 pH to 9.5 pH ... and they were all good adjustments." He gets blood work done every 6 months. From his last blood work until 1/20/10 his A1-C (normal is 4.0 - 6.0) went from 7.2 to 6.8. Total cholesterol went from 177 to 147. BUN was 21 (normal is 7-22), and it went to 14.

I've also been drinking [LivingWater](#) for one month and the main thing I notice is that my dry, hard, tearing cuticles are now hydrated and very nice. They are 100% different. Also my digestion and overall "inside feeling" is much better. We both now drink the 9.5 pH daily and use it with our cooking as well.

Debbie Johnson Atkinson

## Autism

Dear Joan,

**We have 3 beautiful children Melody(8), Matthew(4), Micah(2.5). The boys are [both autistic](#) and have many developmental/ physical delays. They both have texture eating disorders that make them very picky eaters. Along with the picky eating follows a very poor diet high in carbohydrates and sugars.**

**These things all have caused significant gastrointestinal problems for the both of them. Both the boys had moderate to severe constipation due to their diet sometimes going a week in between bowel movements. This caused extreme pain and discomfort along with many emergency room visits and many different medications. On top of that both of us have not gotten a good night's sleep for years due to these issues causing them to**



scream uncontrollably through the night. Once we started them on **LivingWater** within 24 hours they had cleaned themselves out and have been regular since.

Not only did we experience relieved children, we are now having quiet nights. If that wasn't enough within a week our youngest son Micah started making developmental gains in leaps and bounds. Matthew has also seen significant improvement. To the amazement of many professional special needs teachers and therapists, we literally have different children now. We are excited for our children and thanks to **LivingWater** our family is doing great.

Matt & Brittney Talicuran; San Diego, CA

## Back Pain

Thank You Vollara,

Because of your new **LivingWater** alkaline/ionized water technology, I am getting relief from back pain I have had since a back surgery over 10 years ago! I am so grateful for this technology. I can't begin to put in to words what it is like to be able to ride in a car for more than 2 hours without severe pain, or how it feels to get up in the morning and not have to work out the stiffness. I am telling everyone I can that has a history of back, muscle, or joint pain: You have to start drinking **LivingWater** from Vollara! Your new **LivingWater** unit is absolutely a breakthrough in healthy living technology so let me again say thank you for a better quality of life and health!

Paul Hancock, Deatsville, AL

## Crohn's Disease

Kara is 38 yrs. old and developed her illness at age 2. Early diagnosis was **ulcerative colitis, then colon cancer**. In her early thirties, Mayo clinic called it **Crohn's Disease** and removed all but 8 inches of her colon. Stools were pretty much blood and water.....of which 30 a day was average. "It didn't matter if I ate soup or baby food for a meal. I never knew if it would be a good day or a bad day." The day after she began drinking **LivingWater**, she called very excited to report that she had a formed stool....which she had never experienced in her memory.

Fever, bleeding gums and tongue were common with many hospital visits over the years. Every orifice of the body along with any area of the body with a mucous lining would become inflamed and as Kara described it, "would feel like you scraped your knee and poured alcohol on it." Within a few days of consuming **LivingWater**, all this disappeared.

For 15 years Kara had been going to her chiropractor twice a week to help manage her disease. In fact, he'd been treating her regularly with acupuncture for pain that originated in one finger of a hand and radiated up the arm and to her chest. Yet the pain and swelling remained in spite of the treatments. Within a few days, the pain was relieved, the swelling went down and the hand healed.

Frequently, large ulcerated sores developed on the inside of the intestines as well as on the outside of her body. Externally, they were always in the same places.....the most uncomfortable areas you could imagine. An emergency room Dr. would lance them and pack them to allow them to heal from the inside out. These appeared so many times over the years, significant scarring remains. Upon hearing this, her distributor, Maury Wilhoite, suggested she make compresses with the *acid water* to treat these sores. (*Alkaline water* on the inside, *acid water* on the outside.) Much to Kara's amazement, within 36 hrs. of using the compresses and consuming large amounts of *alkaline water*, the sores opened up and started draining which led to healing!

Kara had been drinking the alkaline/ionized water with much success. Then her distributor that was providing her with the water went on vacation for a month. All the symptoms returned. Out of desperation she tried bottled alkaline water from the health food store along with drops that are intended to alkalize the water.....with no results.

As soon as Kara was able to get back on the alkaline/ionized water, the symptoms started to subside greatly within 24 hrs. Today Kara has her own **LivingWater** unit in her home for not only herself, but for her husband and daughter to enjoy. Kara says "it's wonderful to me not to have the pain. The water has made a magnificent difference."

An added note.....Kara's chiropractor is extremely impressed!

## Degenerative Disk Disease

**7-minute clip** from a Houston TV channel. Dr. James Lee talks about degenerative disk

disease and the use of **alkaline water**. Not tied to a particular brand of ionizer. Click on or go to link below.

[http://www.khou.com/great-day/gdh\\_090910\\_seg4-102538904.html](http://www.khou.com/great-day/gdh_090910_seg4-102538904.html)

## Quote from the book, "Clean Plates NYC" by Jared Koch & Alex Van Buren.

Statement is on page 34, last paragraph: *"In addition, these do-it-all veggies possess a characteristic that many people don't know to look for but that's important for good health: They're alkalizing. In contrast, most foods in the standard American diet - especially meats, sugar and white flour - are acid-forming. Without getting into the nitty-gritty science of it, I'd like to point out that most disease states within the body occur in an acidic environment. Foods that create alkalinity are healthier."*

\*Vollara nor anybody sharing their health testimony are claiming everyone will get these results. It is basic scientific knowledge that if you provide your body with the nutrition it needs, a lot of health issues subside.

## LaundryPure, LivingWater Helps Gout and Diabetes

<http://www.secrets-to-lifetime-income.info/linked%20files/nutrition021911.mp3>

## Mayo Clinic

The Mayo Clinic website reports **alkaline water** neutralizes acid in blood, boosts energy levels and metabolism and helps the body absorb nutrients more effectively.

## Bone Health

Alkaline water in combination with adequate **calcium** intake showed reduced bone resorption in women. Bone resorption is a natural process the body undergoes as it ages. This process tends to reduce bone density as bone replacement becomes slower. Reduced bone resorption means greater bone density and lower risk of osteoporosis. This was the conclusion of a 2009 study published in the journal, "Bone." The study compared alkaline water to calcium-rich acidic water. The decreased bone resorption that results from drinking the alkaline water increased bone density and bone strength.

## Gastroesophageal Reflux Disease (GERD)

Alkaline water neutralizes the effects of a highly acidic **diet** and reduces the symptoms associated with acid reflux. Medical News Today states that new products like bottled alkaline water, higher in pH, can help reduce discomfort in those who suffer from acid reflux by neutralizing stomach acid.

## Hydration

In the September 2010 issue of "The Journal of the International Society of **Sports** Medicine," an American study by DP Heil out of Montana State University showed an improved acid-base balance and hydration status of individuals who drank alkaline water as compared to regular tap water. The article concluded that habitual alkaline water consumption may be a valuable nutritional vector for influencing both acid-base balance and hydration status in healthy adults.

# Financial

Joining Vollara's Wholesale **Membership Club** has been one of the best things we have ever done. We can tell a dramatic difference in our family's health and the money we save using Vollara's Green home appliance products pays for all our nutritional products and literally we are putting money in our pockets every month just by using the products – crazy but true." Our financial future is exciting because of the Business Membership."

Jeff & Gail Q. – Business Members

"Because of the opportunity with Vollara's **Business Membership** we earn enough money each month to make our car payment and our mortgage payment. It's so simple!"

Jackie T. – Business Member

"In my first year, part time as a **Business Member**, I was able to match my corporate salary and I paid off \$18,000 in debt and I don't have to go out and sell products, I share information on the Membership Club."

Amy M. – Business Member

"Because of Vollara's **Business Membership**, I live a free life. I'm able to volunteer helping inner city kids and I can do it because I make the same amount of money working 20 hours per week from home and with a lot less hassle."

Brian E. – Business Member

"I'm over 70 and because of Vollara's **Business Membership** I have a steady stream of income coming in every month."

Pat F. – Business Member

"Some months I get a check from Vollara that is over half of what I make at my regular job, and I only worked my Vollara business a few hours each week. I love Vollara's **Business Membership**."

Amy B. – Business Member