

# R3 Saved My Life

## SHARON'S R3 SUCCESS STORY:

SHARON SLACK, DIRECTOR 8 FROM LIVINGSTON, WI

In 2020, I was working as a night-shift hospice nurse. It really took its toll on me. My dad was concerned about my own health and convinced me to take some health food store supplements to help support my immune system. After all, I was working on the front line. I started spending about \$250 a month on all kinds of supplements. But rather than help, I grew more and more exhausted. After a few weeks, I started to get a pain in my lower abdomen. One night, I went to bed with a flat stomach, and when I woke up the next day, I looked like I was six months pregnant!

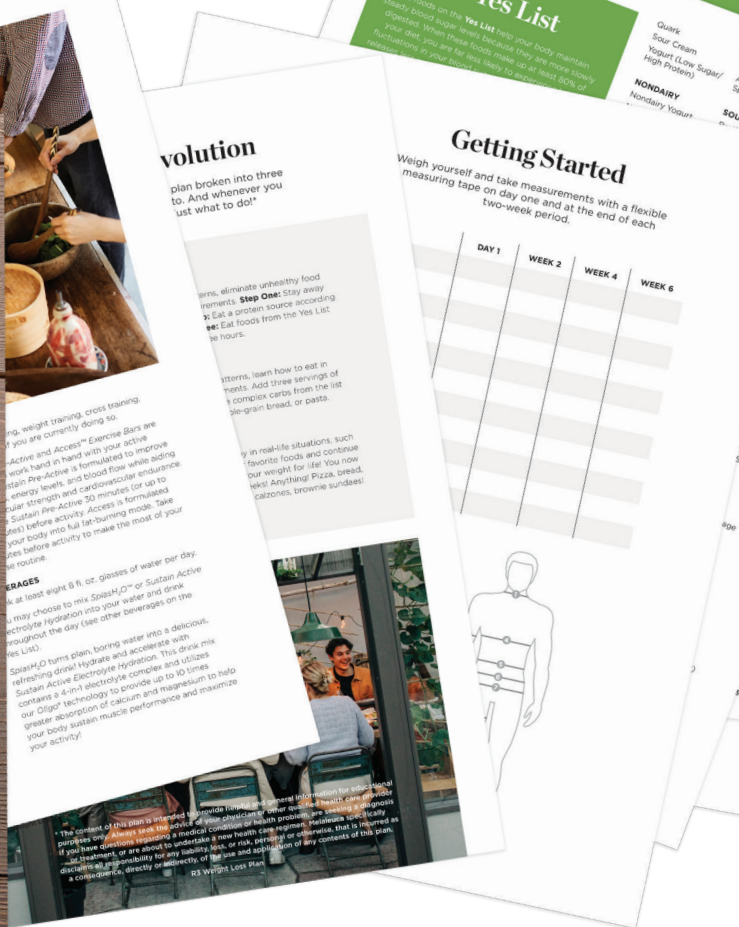
BEFORE R3

One night, I went to bed with a flat stomach, and when I woke up the next day, I looked like I was six months pregnant!


Scared, I was in and out of the hospital having lots of testing done. I didn't have fluid in my belly. It wasn't a tumor. It wasn't gas or anything like that. The diagnosis was simply that I had unexplained swelling and there was no room for my organs. As a nurse, I knew that was not good. The game plan now was to figure out how to reduce the swelling. I tried everything that the doctors recommended. I tried this pill, that pill, the FODMAP diet, and I was still taking the expensive supplements. My stomach looked like this every day for six months. Then the doctors and specialists said there wasn't much else they could do for me. It was a frightening time for our family. We even started talking about life insurance and funeral plans.

I was introduced to Melaleuca in February 2021, and I decided to start the R3 Weight Loss Program. Within two weeks, the size of my abdomen began going down! It wasn't long until I had a flat stomach again. I swapped those expensive supplements with the *Peak Performance Nutrition Pack* and *FiberWise*®. R3 is the real deal! I have lost 21 pounds following the R3 program.\* It has truly saved my life in more ways than one!

AFTER R3



Sharon's health situation is still a mystery to her doctors and even herself, but I'm not surprised that she dramatically improved her health by following the R3 program. When you follow the R3 Yes List, you drastically reduce the number of high-glycemic foods in your daily diet, which reduces the available sugar in your blood. This helps shift your body from fat-storing mode into fat-burning mode, making your entire metabolism work better. Simple sugars found in high-glycemic foods not only sabotage your metabolism, but they increase irritation throughout the body.

Melaleuca's mission is to *enhance the lives of those we touch by helping people reach their goals*<sup>SM</sup>. R3 provides a clear avenue to do just that. Try R3 for yourself and share it with others—you never know what impact you'll have. 

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