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- SERVICES
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Melaleuca Luminex St. John's Wort Mood Regulator Review Testimonial

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As an adult, I've always had some type of mood swings. I've experienced peaks and valleys throughout the day. Sometimes I was very happy and excited, and other times I was the complete opposite. I would get extreme highs and lows throughout the day, many times throughout the day. I found it very frustrating (so did my family). It wasn't depression (yes, I got checked out). It was just extreme ups and downs.

I first learned about St. John's Wart and **Melaleuca's Luminex** sometime in early 2004. I had just joined Melaleuca as a Marketing Executive and learned about the product at an [in home party](#) I went to (no, I am not with Melaleuca anymore).

Several people at the party were asked what their favorite Melaleuca product

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was. One lady in particular talked about Luminex. She mentioned how the product helped her overcome her depression and made it easier for her to get through each day. She discussed her mood swings before taking the Luminex and how they stopped once she started taking the product. I was very impressed with her testimonial, so I did some additional research online about the benefits of St. John's Wort and liked what I found. As a result, I ordered a bottle of Luminex with my next product order.

Upon receiving my shipment in the mail, I started taking my Luminex right away. It took about three weeks to start working. But after that, my moods plateaued. I still had some ups and downs, but they weren't as drastic. Instead of peaks and valleys, it was more like little bumps. I felt much better and the people around me (parents and friends) asked me what I was doing differently. Obviously, they could see some changes in my behavior and mental health.

I took the Luminex for almost eight full years before I switched to a different manufacturer (I still take my St. John's Wort every day). I'm very thankful for what it did for my mental health. If you are in a similar situation, you should check out Luminex, or a similar St. John's Wort product from the drug store. If nothing else, do some additional research and talk with your doctor to learn more.

Here are a few things you should know about St. John's Wort:

- It is a natural herb
- The flowers and leaves are used to make medicine
- It's been known to help treat mild to moderate depression
- It's been known to help treat anxiety
- It's been used for centuries to treat depression
- It's been used by more than 40 million people

Here are a few things you should know about Luminex:

Name:

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- Helps maintain a balanced mood
- Help's you effectively deal with life's up and downs
- Contains three different ingredients
- Retails for about \$25 to \$35 per bottle depending upon where you buy it

Final Thoughts

Luminex might not be the cheapest product out there, but it worked well for me. I think it is competitively priced and very high quality.

What are your thoughts? If you've ever tried the **Melaleuca Luminex St. John's Wort Mood Regulator**, I would love to hear from you. Please leave a comment to this post to share your thoughts.



[Visit the Melaleuca company website to learn more about Luminex.](#)

Disclaimer: Luminex and Melaleuca are a registered trademark owned by Melaleuca. These statements are not approved by the FDA. I am in no way affiliated with Melaleuca. Everything in this article is based off my own opinion and personal experience. I am not a doctor. Please consult with a doctor before taking any new medications.

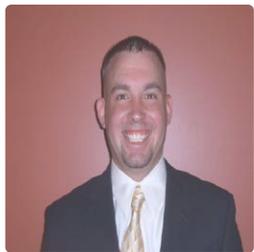
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About chuckholmes

Chuck is a Network Marketing Professional, author, Certified Small Business Coach and blogger. He's been in the industry since 2002. He enjoys reading, writing, exercising, BBQ, buying and selling antiques, and watching funny movies. He lives in Homosassa, Florida with his wife, Rachel.

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40 thoughts on “Melaleuca Luminex St. John’s Wort Mood Regulator Review Testimonial”



Britanica

May 14, 2015 at 6:06 pm

St. Johns Wart is amazing for so many things. It is one of the few natural remedies I have yet to try. I use maca root myself for mood swings. Have you ever heard of it? It is from a radish and it is amazing at regulating and lifting mood. It also helps hormones balance and increases energy. Not too expensive either. I get the power filled tablets myself.

[Reply](#) ↓



chuckholmes Post author

May 16, 2015 at 11:46 am

Never heard of the maca root before but it sounds good.

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Greg Boudonck

November 4, 2014 at 8:41 am

This is one product I believe very highly in. Whether it is Luminex or a St John's Wort from another company, it can help moodswings quite well. So many man made chemicals are used and people gain other problems from them. In many cases they attack kidneys or the liver, and some are even bad for a person's heart. St John's Wort is all natural and I believe Mother Nature has a cure for everything. I always tell people to put the Prozak and other mood swing meds in the cabinet and use St John's Wort.

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chuckholmes Post author

May 11, 2015 at 10:26 am

I like the idea of using natural herbs myself. It's a great product!

[Reply](#) ↓



PENNY MEIER

February 11, 2014 at 7:15 pm

I have been taking luminex for awhile now and have noticed my mood has changed a lot I don't let the little things upset me anymore like I used too. After reading some reviews on here I'm going to have my daughter try it also, she has depression and the medicine from the doctors does not seem to help her.

[Reply](#) ↓



chuckholmes Post author

February 11, 2014 at 7:40 pm

The Luminex is good. I am not a doctor, Penny, but I just take a standard St. John's from Wal-mart. A one month's supply is less than \$10 and it works well for me. I've been taking it close to a decade now and I consider it a life changer.

[Reply ↓](#)



Christine payseno

August 17, 2013 at 12:33 pm

Luminex helps veterans with PTSD! My son had suffered terribly since returning from deployment in Iraq. After hearing about other vets who have taken Luminex with great success, I got some for him. He was reluctant to take it at first. The weeks after he started taking it, his nightmares subsided and he's sleeping much better. His hyper-alertness/awareness has calmed down too. He is now able to go out in crowds without the fear that comes with PTSD. I'm going to do my best to bring awareness to other's that are struggling with the horrific effects of PTSD. Thank you Melaleuca for giving my son his life back!

[Reply ↓](#)



chuckholmes Post author

August 17, 2013 at 8:13 pm

That is a very powerful testimonial Christine. Please tell your son thank you for his service.

[Reply ↓](#)

Alan

June 24, 2013 at 8:22 pm



This is really a quality product. For anyone suffering from moodswings or depression, this is probably a much better and much more affordable medicine than something prescribed by your doctor. And it has no side effects.

[Reply](#) ↓



chuckholmes Post author

February 11, 2014 at 7:44 pm

One of the things I like most about it is no side effects. Prescription drugs often cause more harm than good. For everything they treat, they create even more problems with something else.

[Reply](#) ↓



Helen

June 4, 2013 at 8:15 am

My son takes the Luminex and it really helps his moods a lot. He used to have ups and downs all day long, but now his moods are pretty stable.

[Reply](#) ↓



chuckholmes Post author

June 4, 2013 at 10:02 am

I'm glad the Melaleuca Luminex helps out your son, Helen. I take St. John's myself and it has really helped me out.

[Reply ↓](#)



Milton

June 3, 2013 at 11:12 am

The Luminex is a great product that has really helped me get my mood swings under control. For the little bit of money I spend for it each month, I can't go wrong. After all, how much is feeling good about yourself worth to you.

[Reply ↓](#)



chuckholmes Post author

June 17, 2013 at 9:45 am

I'm glad the Luminex has helped you out, Milton.

[Reply ↓](#)



Vinny

May 22, 2013 at 10:06 am

I've taken St. John's for years now and it has completely changed my life. I do not take the Luminex though. I simply buy the St. John's at Wal-mart for about \$10 per bottle. This is the best money I spend every month. It keeps my moods stable and makes life so much easier for me.

Vinny

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chuckholmes Post author

June 4, 2013 at 10:03 am

Good for you, Vinny. I'm glad the St. John's Wort helped you out too.
It has completely changed my life as well.

[Reply](#) ↓



Diane

May 20, 2013 at 11:07 am

I've been taking the Melaleuca Luminex for almost a year now. It has been a huge blessing in my life. My moods are now under control and I feel so much happier about my life. I never want to revert back to my life before taking Luminex.

[Reply](#) ↓



chuckholmes Post author

May 20, 2013 at 12:54 pm

Good for you Diane. Keep taking it, if it works for you.

Chuck

[Reply](#) ↓



Lou

May 20, 2013 at 7:51 am

I've been on Luminex for about 7 years now and it has completely changed my life for the better. My constant mood swings are gone and I am a much happier person.

[Reply](#) ↓



chuckholmes Post author

June 17, 2013 at 9:46 am

Lou,

I'm glad Luminex has given you your life back.

Chuck

[Reply](#) ↓



Celeste

May 18, 2013 at 8:19 am

Here are some of the potential side effects of St. John's Wort.

You should be alert for any of the following effects if you are taking St. John's wort:

Allergic reactions

Fatigue and restlessness with long-term use

Increased blood pressure

Increased sensitivity to the sun — especially if you are fair-skinned and taking large doses

Stomach upsets

If you experience any of the side effects, you might want to talk with your doctor.

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chuckholmes Post author

May 24, 2013 at 6:29 pm

Thanks for the update, Celeste.

[Reply](#) ↓



Annie

May 18, 2013 at 7:51 am

Here's some things I found out about St. John's Wort online.

"The St. John's wort plant has yellow flowers and is considered to be a weed throughout most of the United States. It has been used for medical purposes in other parts of the world for thousands of years. Today, St. John's wort is continually being studied to try to validate its alleged mood-improving benefits."

Source: <http://www.webmd.com/depression/guide/st-johns-wort>

[Reply](#) ↓



chuckholmes Post author

May 24, 2013 at 6:30 pm

Thanks, Annie.

[Reply](#) ↓



Shawna

May 18, 2013 at 5:41 am

I have mild depression and the St. John's Wort has completely changed my life. I feel happier every day and have very few mood swings.

[Reply](#) ↓

chuckholmes Post author



February 11, 2014 at 7:43 pm

I'm glad you have fewer mood swings, Shawna! And I'm glad you feel happier. We all deserve to be happy!

[Reply](#) ↓



Candy

May 18, 2013 at 4:27 am

Amazing product. That's really all I can say. The Melaleuca St. John's Wort has really made me a better person. No more mood swings are anxiety attacks.

[Reply](#) ↓



chuckholmes Post author

February 11, 2014 at 7:42 pm

I'm glad it helped you out, Candy!

[Reply](#) ↓



Catherine

May 18, 2013 at 3:06 am

Thank you Melaleuca! The Luminex has really helped me live a normal life again.

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chuckholmes Post author

February 11, 2014 at 7:42 pm

I'm glad it helped you out, Catherine!

[Reply](#) ↓



Amy Skalicky

May 18, 2013 at 12:21 am

There is a very solid research base supporting the use of St. John's Wort to regulate mood. This conversation has been very interesting to me personally because I have ADHD and take Adderall, which increases anxiety levels. My doctor put me on an antidepressant at one point to counter it, which did not work AT ALL. Chuck's post that lists treating anxiety led me to do some additional research, and, sure enough, St. John's Wort has been proven to help with anxiety as well. In addition, there is no drug interaction between Adderall and St. John's Wort, so I'm going to give it a test run for a couple of months. That does bring up a point I wanted to share, and that is to check first for possible interactions if you are on other medications. WebMD lists all of the known drug interactions, and there are quite a few, so proceed with caution. I also would recommend not running to Walmart to purchase the cheapest bottle you can find, because the active ingredients break down if not extracted and packaged properly. Buy from a reputable source, Melaleuca being an excellent one (Disclaimer: I am not affiliated with Melaleuca in any way. I am, however, quite familiar with them and they provide quality products). As Chuck said, it may cost a bit more, but it would be worth it in something like this.

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chuckholmes Post author

May 18, 2013 at 8:48 am

Thanks for the comment, Amy.

[Reply](#) ↓



Dominik

May 17, 2013 at 8:11 pm

My best friend recommended I try out the Luminex. He told me he's been taking it for almost a year and it has helped him with his moods. After reading these testimonials, I think I'm going to try it out. I've been struggling with mood swings and minor depression for a while and I'm ready to be my old self again.

[Reply](#) ↓



chuckholmes Post author

May 17, 2013 at 8:50 pm

It's worked for me, Dominik. What have you got to lose? Worst case scenario it doesn't work for you and you have to try something else. Good luck.

Chuck

[Reply](#) ↓



Fred A.

May 17, 2013 at 8:56 am

My wife has been taking Luminex for almost nine years now. Before she took it she was like an emotional roller coaster. I really consider this a wonder drug because it has totally stabilized my wife's ups and downs. Sure, she still has speed bumps from time to time, but no peaks and valleys like she did before.

Fred A.

[Reply](#) ↓



chuckholmes Post author

May 17, 2013 at 8:50 pm

I'm glad the Luminex helps her out Fred.

Thanks for the comment.

Chuck

[Reply](#) ↓



Diamond Grant

May 13, 2013 at 12:18 am

I love this product. I suffered from depression about 8 weeks after giving birth. I did not want to resort to some of those harsh drugs prescribed by my doctor if I did not have to. By the recommendation of someone else I tried the Melaleuca Luminex and was very impressed. I went from not wanting to do anything to being excited about motherhood again and wanting to be out in the world. I do not use it as frequently as I used to because I don't have the need, but it worked wonders for me and I don't think I would have made it without this product.

[Reply](#) ↓



chuckholmes Post author

May 13, 2013 at 11:45 am

Taking the Melaleuca Luminex really changed my life Diamond. I still take a St. John's, but from a different manufacturer. I took the Luminex for many years and it helped me go from being an emotional roller coaster to a much more stable and pleasant person.

Chuck

[Reply](#) ↓



Ryan

May 8, 2013 at 11:01 pm

The Melaleuca Luminex is a great product. It's really helped with my depression and made life so much better for me.

Ryan

[Reply](#) ↓



chuckholmes Post author

May 21, 2013 at 4:09 pm

Good for you, Ryan. I'm glad it's helped you out.

Chuck

[Reply](#) ↓

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