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When I first received The Melaleuca Wellness Guide in the mail, I immediately read through it. I was having a lot of stress in my life so the first thing I read about was stress. I ordered exactly what the guide suggested ...Melaleuca Herbal Tea, Luminex, and Vitality 6 pack. After about 2 weeks of taking the Luminex, I no longer felt stressed. Not only did my stress go away, but so did my insomnia, immediately! Thank you Melaleuca!!

~ Cindy

I use the Prenatal Pack from Melaleuca. It gives me a lot more energy. I work 12 hour shifts as an RN on a busy surgical floor. I usually had to drink several cups of coffee per day to get me going and keep me alert. Since I have been on the Melaleuca vitamins I don't have that three in the afternoon "draggy" feeling anymore. I also have stopped drinking coffee, and now drink the Melaleuca Herbal Tea instead.

I use The Melaleuca Wellness Guide for a lot of different things. I look up things for friends and family, or people in my Melaleuca community, and give them ideas. For instance, I use the bug spray mix inside of my home. I also use the Insect Repellant spray out of the Guide on myself, and my family. They work amazingly! I am so thankful to be able to use a bug spray without deet that I do not have to wash off before going to bed. The Melaleuca mix also smells amazing-my husband enjoys the fresh scent of it! It's so much cheaper than buying bug sprays from the store, since I can mix it up myself. Even my dogs don't have any ticks or fleas since I began using the bug spray mixture on them, along with the Melaleuca tea tree oil, and the ProCare Pet Shampoo.

Thanks so much for this wonderful publication! I love The Melaleuca Wellness Guide!

~ Anna

My favorite supplement - that's a tough decision. I eat nutritious food most of the time, but sometimes I do indulge, or don't take the time to balance my meals, so I used to take a Vitamin-Mineral supplement for many years. When I joined Melaleuca I started with the basic Vitality Pack and noticed a difference in about a month, waking up refreshed instead of tired, and being able to drive for a few hours to visit my daughter without a nap-stop. Then I added ProVex, switched to ProvexCV, and tried NutraView. My Doctor did not disapprove, just did not make any comment when I showed her my supplements, but my Optometrist was positive about taking the Lutein supplement; I only have very slight cloudiness in one eye at age 75. When the Coldwater-Omega3 came out, I tried it, too; and now, my very unpleasant Psoriasis rash has improved over the last several months.

I supplement occasionally with Florify, when I don't have yogurt in the house to enjoy, with a banana or berries and a bit of ground flaxseed, or chopped walnuts. Last year I had a very sore swollen lower leg. I iced it, elevated it and took a double dose of ProvexCV. It felt better the next day, was much improved the second day, and back to normal on the third day. It happened again a few months ago, when I did not get enough walking and too much standing and sitting. I tried the same procedure and it worked again. It's a very tough decision, but I think I'll vote for ProvexCV.

~ Emilie

My 2 favorite supplements are the Florify Probiotic and the CranBarrier Urinary Tract Support; the Florify because I don't have a gallbladder, and because I have stomach erosion. The CranBarrier works great for kidney

infections; I just cannot get down cranberry juice with my stomach in the shape it's in. I have tried prescription probiotics which cost a fortune. Florify works much better and costs a lot less. And I don't need a prescription to get it. Since I have taken the cranberry supplement, I haven't had another bladder infection, pretty amazing. They need to put the CranBarrier in smaller portion sizes. They work so well, one doesn't need to take many.

~ Pamela

I have used Melaleuca supplements/products for 1 1/2 yrs. I am so thankful for the Replenex Extra Strength, which allows me to have flexible joints, even though I have arthritis which used to be very painful and limited my activities. I used to have to take anti-inflammatories for the pain, but it was never nearly as effective as the Replenex, plus now I have no unpleasant or harmful side effects.

The Melaleuca Wellness Guide is always on my desk to refer to whenever I have a problem, or hear someone else looking for a solution to their health problem. I like the fact that it has been updated so many times and new solutions are being discovered all the time.

~ Heather

It's hard to pick one single supplement that would be the best! My family's overall health has improved a lot since we started with Melaleuca. I, myself, have not been sick in over 2.5 years, my daughter has been absent one day from school in two years due to a stomach bug (which came on when we ran out of her vitamins and was waiting for the new order to arrive). But I want to share my husband's and my own story. My husband has a rare eye condition called angioids streaks, which is bleeding of the retina. There is nothing the doctors can do about it, but my husband goes in to a retina specialist every other month and gets a shot in the eye (left eye one month, right eye the next time). He is only 46 years old and was diagnosed with this condition about 6 years ago. The first four years of visiting the retina specialist he had bleeding in his retina all the time, and his vision was bad every time due to blood and liquids there. Two years ago I found out that ProVex Plus strengthens blood vessels, so we decided to try it. Ever since he started taking them he has NEVER had ANY bleeding at all!!! Amazing!!

My own story would be that I started having heart palpitations last fall, and they got worse and worse. They never hurt, but were very bothersome. I decided to try ProvexCV and immediately the heart palpitations went away!

The Melaleuca Wellness Guide is such a great book in times of needing an answer on what to do. Last year we started getting little ants coming into our house from behind the mirror in the bathroom. We live in an old house, but have never had that problem before. I went to The Melaleuca Wellness Guide and found out that if you spray with Tough & Tender, they will go away. I did that twice and the ants were gone!!! What would we do without Melaleuca?!?!

~ Birgitta

My favorite Melaleuca supplement has to be the Vitality 4 pack. I was unable to conceive, and 2 full months after being on Oligo, my body started acting normal again. My quality of sleep was much better, along with my overall energy levels. After month 3, I found out I was pregnant! I've been so happy with how I feel overall, but the value of nutrients is beyond measure for me... it added to our family!

~ K'lyn

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