

I have a family history of diabetes - **my mother, father and brother are all diabetics**. I have always felt good, kept my health in check and got annual checkups with my family physician. It wasn't until August 2007 that I was diagnosed with this disease. I had not been feeling good - mostly just tired all the time, sleepy all the time and I could never get enough water! When I was diagnosed, my blood sugar was over 700 and my A1C was 12. Even my doctor could not believe these numbers!

I immediately started taking a number of medications- insulin, metformin, a diuretic, etc. to try and get my sugars under control. Even with a significant change in my diet (I had an enormous sweet tooth before and ate a lot of red meat), I could not get my daily sugars under 180-200. The "normal" range is anything less than 150 - with numbers closer to 100 being ideal. Worse than this, I felt horrible. I felt more tired than before and depression became a part of my life. I was taking 7 medications daily because after taking many of the diabetes meds, my cholesterol was out of whack too. I was desperate and really looking for anything to help me.

In January 2009, my wife convinced me, begrudgingly, to attend a Shaklee meeting with her. My wife is a 2nd generation Shaklee kid as her family has used Shaklee products for more than 25 years. She had always tried to get me to take my health more seriously - but I was a naysayer and skeptic (which is an understatement) and would never even take a vitamin. We have always used the Shaklee products in our home during our 9 year marriage- but I never thought I needed any supplements or vitamins.

However, it was during this meeting that I was introduced to Vivix. I learned about the mechanism of action and how it was supposed to work at a cellular level in the body. I also had the opportunity to hear from Jim Burke, Presidential Master Coordinator, about Vivix and about Shaklee's science behind the product. Finally, I heard from a 70+ year old lady that was also a diabetic. She had been a diabetic for as long as she could remember and had been on medications for most of her life. She reported that she had been taking Vivix and had seen a dramatic decrease in her blood sugar levels - now to the point that she was actually no longer on ANY medications. My only thought at that point was...if I could just cut my medications and 3 daily injections in half, I would consider it a success.

So - on the ride home that Saturday, I agreed to try Vivix. I was skeptical but desperate. I began taking the product in late January. While taking the product, I began to research resveratrol. I couldn't believe the research and science that had been done on this one ingredient!

I also started listening to more information from Shaklee. I had the opportunity to hear Dr. Jamie McManus here in Phoenix in March 2009. She talked about the state of health today in the US - and diabetes was definitely a topic. Dr. Jamie recommended a high quality protein for diabetics (like Cinch) and also Vitalizer for a healthy balance of nutrients. I decided to add these products to my daily regimen.

I was very dedicated to monitoring my blood sugar daily and noticed, after about 60 days, that my levels were, in fact coming down. I was consistently below 170 and nearing the 150 mark. I could not believe what I was seeing - or how I was feeling! More energy, better quality of sleep, and better overall health.

I continued on this regimen and after about 4 months, I started to decrease my injections because my sugars were getting too low! When I went in to see my endocrinologist, my A1C had lowered to a 7 and my sugars were definitely within range. Even better, my cholesterol was not just within normal ranges - I was on the low end of the range for LDL and triglycerides. So I continued to wean myself off my meds until my blood sugar levels were consistently normal - with my doctor's help

I now take NO medications at all - and continue to take my Shaklee vitamins and protein. I added extra B Complex and OmegaGuard as well. After I began telling others my story, it became clear that we needed to start our own business.

Shaklee has given me my life back and I feel better today at 51 than I have felt in many years. Turns out, there really is something to this nutrition stuff!

That's my story. I hope it is helpful. Leddy Vanderpool 480-473-9080