

THE COMMUNICATOR AWARDS
USANA Magazine
winner of three
Communicator Awards

USANA Magazine Volume 2 2011

USANA



**PROTECT
YOUR HEALTH;
PROTECT
THE FUTURE**

*Dr. Wentz shares
how you can help
protect your family*

Use
**THE
HEALTHY
HOME**

to Build Your Business

BONUS INSIDE:
USANA's Guide to Products
Featured in *The Healthy Home*



HOW HEALTHY IS YOUR HOME?

Get the **Inside Scoop** on *The Healthy Home*



Zheng Jie



Melanie Oudin



Sam Stosur



Aleksandra Wozniak



Liezel Huber

Kim Clijsters

“SINCE 2006, THE WOMEN’S TENNIS ASSOCIATION HAS RELIED ON THE RESEARCH AND INNOVATION OF **USANA** TO PROVIDE OUR WORLD-CLASS ATHLETES WITH OPTIMAL HEALTH.”

—STACEY ALLASTER, CHAIRMAN & CEO, WTA

SUPPLEMENT YOUR LIFE

Your *Simple Solution* for overall well-being.



Chapter 10 of *The Healthy Home* features product recommendations for a healthy body. Learn more on the exclusive USANA insert.





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Hear the buzz
surrounding
The Healthy Home



On the Cover
Dave Wentz and Dr. Myron Wentz,
co-authors of *The Healthy Home*

Dave Wentz is chief executive officer of USANA Health Sciences, a state-of-the-art manufacturer of nutritional supplements and health products. He received a bachelor's degree in bioengineering from the University of California, San Diego. In 2009 he was named one of the most powerful CEOs 40 and under on Forbes.com. Dave lives with his wife, Reneé, and children, Andrew and Sydney, in Salt Lake City, Utah.

Dr. Myron Wentz holds a Ph.D. in microbiology with a specialty in immunology from the University of Utah. He founded Gull Laboratories in 1974 and founded USANA Health Sciences and the Sanoviv Medical Institute in the 1990s. Honoured in June 2007 with the Albert Einstein Award for Outstanding Achievement in the Life Sciences, he is the author of *A Mouth Full of Poison* and *Invisible Miracles*.

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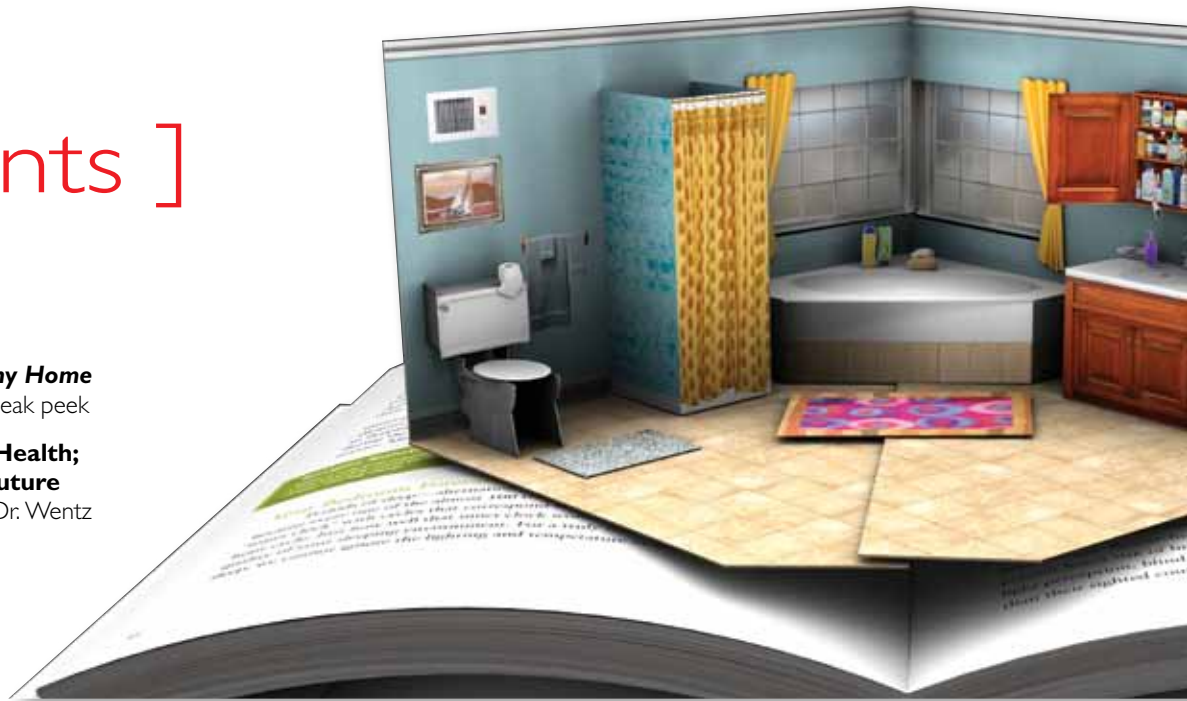
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An exclusive
first look inside
The Healthy Home

Awareness and Avoidance

My father has always given me very useful and insightful advice. From very early in my childhood, he taught me that tangible, personal actions are what make a real difference in the world. And if individual efforts weren't enough to bring about change, he would say, "Well, you could always write a book."

Writing a book was never a goal for me, but when I welcomed my son into the world, I had to come to terms with a new and sobering responsibility—to keep my family safe from harm. I had long been concerned about our unnecessary exposure to hidden environmental dangers— toxic chemicals, manmade electromagnetic fields, unforeseen side effects and more—but my concern quickly grew into a true passion as I thought about my child facing these dangers.

We live in a world where our governing agencies don't have the time or means to regulate every toxin that surrounds us; where medical professionals choose to ignore dangerous materials until they reveal their toxicity as degenerative disease; where regular people don't realize there are issues with the way they live until it's too late. So I decided to take my father's advice and write a book that would enable people to avoid these dangers, or, at the very least, be aware of their impact.

Together, Dr. Wentz and I wrote *The Healthy Home*, which is premised on two simple words—awareness and avoidance. By educating ourselves about the hidden dangers of everyday things that we



"It turns out I don't need estrogen therapy anymore. I just wash my clothes with detergents with phthalates and use lots of paraben-filled lotion."

consume or surround us, we can lessen our exposure to them. It is with this knowledge that all of us can improve our chances for long-term health and ensure the future well-being of our families.

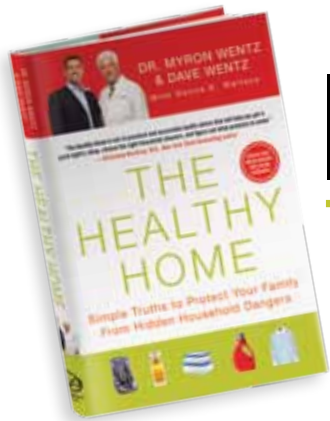
The most important message of *The Healthy Home* is how easily we can remove—or at least lessen—toxins in the home. We aim to offer hope that even small changes, when added up over many years, can make an incredible difference in the health of our families.

Like USANA, this book is all about empowering people who want the best opportunity for a happy, healthier future. ■

Live well,

Dave Wentz
CEO
USANA Health Sciences

The most important message of *The Healthy Home* is how easily we can remove—or at least lessen—toxins in the home. We aim to offer hope that even small changes, when added up over many years, can make an incredible difference in the health of our families.



Inside THE HEALTHY HOME

Written by Teresa Elias

An insider's sneak peek at the book that could change everything about the way you live.

You know USANA® Nutritionals are the best you can buy. You know USANA® Foods are tasty and provide the nourishment your body needs. You know Sensé™ treats your skin and hair with luxurious botanicals that keep you looking and feeling fantastic.

But there is more to being healthy than just taking and using your USANA products every day. *The Healthy Home* is your guide to the other ways you can be healthier, starting with the place you spend most of your time—the home.

Dr. Wentz and Dave Wentz reveal the shocking health risks posed by the products and behaviours we take for granted every day, and provide simple solutions to help minimize your family's exposure to these dangers.

The following pages contain an exclusive first look at just a fraction of the information you'll find in *The Healthy Home*. How will you use this knowledge to keep you and your family healthy?

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Fact:

Until 2005, the synthetic foam used in mattresses was typically saturated in highly toxic fire-retardant chemicals called polybrominated diphenyl ethers (PBDEs). These global pollutants, still in many home electronics, build up in the blood and tissues of people and wildlife, affecting the brains and reproductive systems.

The Bedroom

A tour of the bedroom reveals the truth behind the clothes in your closet, the chemicals in your mattress, the electromagnetic fields (EMFs) coming from the gadgets on your nightstand, and much more.

Dangerous Truth:

Polyester is manufactured from petroleum products through a process that involves the use of a metal called antimony. Extended exposure to antimony can adversely affect the heart, digestive system, eyes, skin, and lungs.



Simple Solution:

Make certain your body is wrapped in safe, natural materials for at least a third of the day by purchasing pajamas and bedding made from organic cotton.

Fact:

A recent analysis performed at the University of Michigan School of Public Health demonstrated that using soap containing triclosan is not more effective in preventing infectious illness than washing with plain soap.

The Bathroom

Every morning, we venture into our bathroom to get ourselves ready for the day. But the chemicals and preservatives lurking in your personal care products can be damaging to your body.

Dangerous Truth:

An estimated 10,500 different chemicals are used in cosmetics, skin care treatments, and other personal products. Some of these chemicals are nitrosamines, lead, and other heavy metals, parabens, phthalates, hydroquinone, and 1,4-dioxane—all very bad stuff.

Simple Solution:

Avoid aerosol products that have nonspray alternatives. If you must use aerosols, open a window and run your bathroom fan.



Simple Solution:

Open your windows—often.



Living Areas

We like to think about our homes as our own personal havens—our protection from the outside world. *The Healthy Home* points out that your surroundings may not be as pristine as you imagine.

Dangerous Truth:

In modern homes, the low level of pollution from outside air is pumped inside and concentrated with the fumes from the hundreds of products we use inside. The air we're breathing while indoors is usually two to five times more polluted than outdoor air.

The Kitchen

Food is an integral part of keeping the body healthy. But are you getting the nutrients your body needs? The answer may surprise you.

Dangerous Truth:

When it comes to slicing and dicing produce, the greater the surface exposure you create, the more key minerals and antioxidants you will lose. Think about that sliced apple that browns when exposed to the air even before you can finish eating it.

Simple Solution:

Preserve the nutritional value of your fruits and veggies by cubing them or simply eating them whole.



...melatonin production can even affect a woman's risk of breast cancer. Melatonin also influences the immune system and to protect against infectious diseases. ...found that women who were totally blind had a 50% higher risk of breast cancer than sighted women. Due to their lack of light perception, blind women typically produce higher levels of melatonin than their sighted counterparts. Lower melatonin production may also be the

page
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Fact:

Baking soda is nature's most versatile cleaning product, a natural substance that has been used around the world for nearly 150 years to remove odors, soften water, dissolve dirt and grime, scrub soap scum, and even unclog drains.

page
147

Fact:

According to the Environmental Working Group (EWG), a nonstick pan at just 680°F on a regular electric stove released at least six toxic gases, including two carcinogens, two global pollutants, and a chemical that is known to be lethal to humans.

The Garage & Yard

They may be outside your living area, but your garage and yard can still be unhealthy and cause you harm. Taking a few extra, conscious steps to clean up the area around your home can help you keep your lawn looking great, your garage safe, and your family healthy.

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Fact:

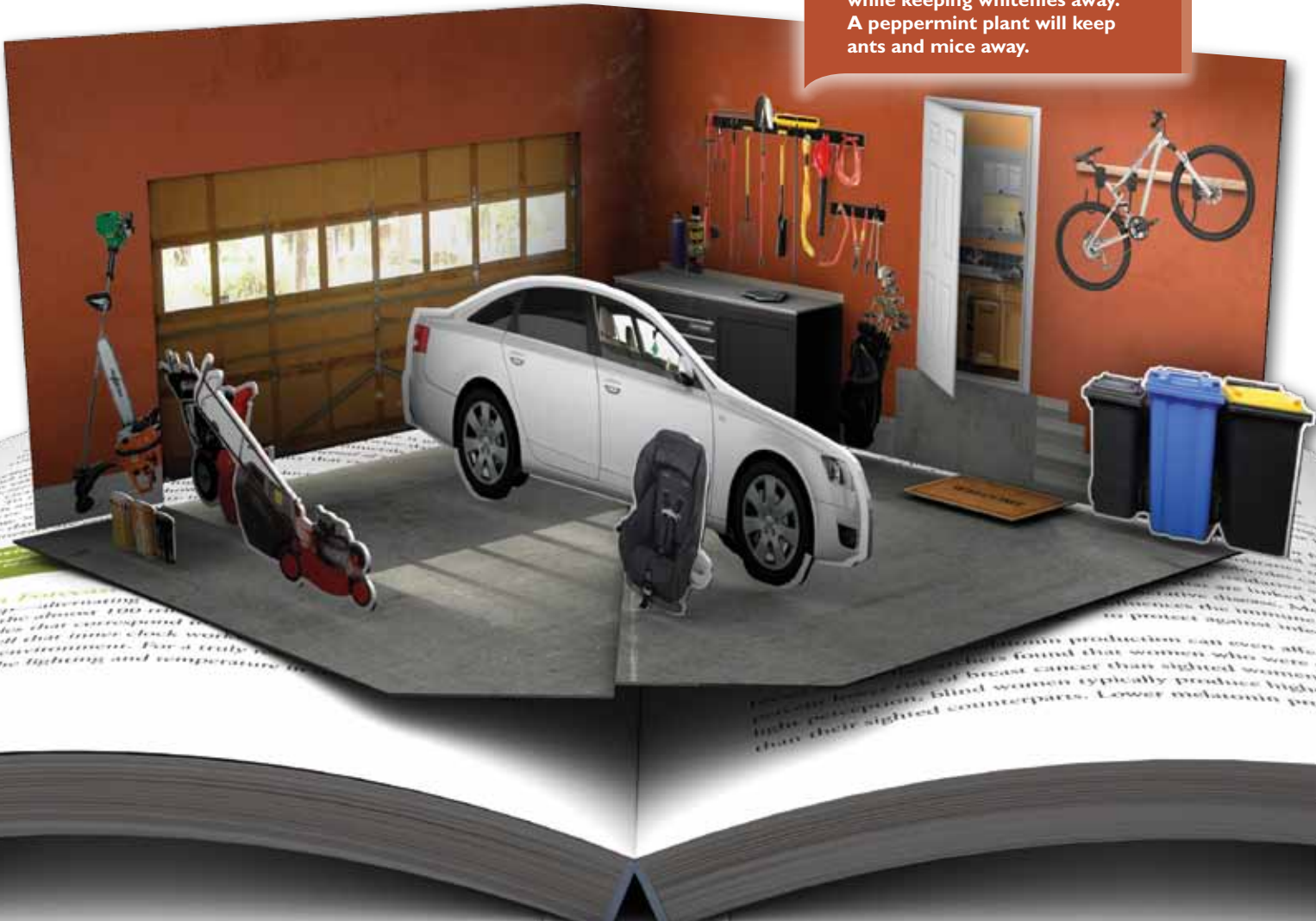
Numerous studies have found that homes with attached garages have higher levels of air pollutants—including benzene and carbon monoxide—than homes with no garage or a separate garage.

Dangerous Truth:

Each year, homeowners apply at least ninety million pounds of pesticides to their lawns and gardens. And much of this chemical poison doesn't stay outside where we put it. Pesticides applied on residential lawns migrate indoors.

Simple Solution:

Rather than poison your garden, lawn, or orchard with pesticides, why not try a simpler, healthier solution? Plant lemon basil with your tomato plants for example, and you get a combined benefit of better tasting tomatoes while keeping whiteflies away. A peppermint plant will keep ants and mice away.



Interested in learning more?

Find out how to keep your home and your body healthy by picking up your copy of *The Healthy Home* at Barnes & Noble, or ordering online at amazon.com. ■

PROTECTING YOUR HEALTH. PROTECTING THE FUTURE.

—BY DR. MYRON WENTZ

There is no doubt: our toxic world is taking a toll on our health and the health of our children.

As many of you already know, my major concern about the world today is the almost exponential rise of degenerative diseases we've seen in the last 50 years. And our younger generations are the most threatened. Contributing to these diseases affecting our world are our exposures to toxic influences—such as synthetic chemicals, toxic metals, and radiations—and the over-consumption of processed foods with little or no nutritional value and loads of unpronounceable chemicals and preservatives.

We must begin to reduce the burden of toxic substances in the cells of our bodies—especially in the bodies of our children. We must do what we can to inform the world about the steps they must take to ensure a healthy future.

And that is what Dave and I wanted to accomplish with *The Healthy Home*.

The Healthy Home's role is to show you that it is possible for you to remove or eliminate the toxins in your home—the place where you feel most comfortable and where you spend most of your time. With this book, you can seek safe alternatives to toxic household products. You can select products free of the compounds that can affect immunity or the nervous system, or play a role in cancer and other health problems. You can avoid toxins by selecting natural vs. synthetic, and remove toxins by filtering, diluting, or ventilating. In *The Healthy Home*, we have solutions you can adopt to protect yourself and your family.





Before you can practice avoidance though, you have to be aware of the threat.

This book is also a source of knowledge about all the ways toxins can enter the body. We need to become conscious of the potential of toxins being in almost everything we breathe, from perfumes to air fresheners; everything we eat and drink, from processed foods to tap water; and everything we expose our skin to, from cosmetics to tattoos. And we need to be especially vigilant about what our children are exposed to—even before they are conceived.

We can effectively reduce our toxic burden, but first we have to become knowledgeable. This book is that first, most important step.

The Healthy Home is not only a source of information for you about how to get the proper nutrition from the foods you eat so you can begin the process of creating a healthier body from the inside out, but also a guide to help you

work on making your home healthier at the same time...from the outside in.

“EACH SOLUTION YOU TAKE FROM *THE HEALTHY HOME* AND APPLY TO YOUR DAILY LIFE WILL HELP YOU PROTECT YOURSELF AND YOUR FAMILY FROM THE ENVIRONMENTAL HAZARDS THAT SURROUND US.”

What we are advocating in *The Healthy Home* are lifestyle changes. Some of them are easy fixes. Some are more difficult. But each solution you take from the book and apply to your daily life will help you protect yourself and

your family from the environmental hazards that surround us.

Reading this book is the best way for you to start protecting yourself with a greater sense of awareness about the dangerous substances that surround us all. It will provide you with a basic overall view of the world we live in today. It will give you a grasp of the scale of the problem and how you can get started finding remedies. It will help you take an active role in protecting your family from environmental hazards of all kinds. And once you accept responsibility for your health and begin to take action, there is no telling what positive effects you might have.

Remember, without good health, it can be difficult to enjoy life, no matter how well off you may be financially. Good health gives you freedom. Don't let the toxic world we live in today poison your life and the lives of future generations. This book is our gift to you. Read *The Healthy Home*, and may you live well. ■

HEALTH & HOPE:

From Bookshelves to Children

Written by Suzanne Houghton

Rural villages across the globe or just down the street—you never truly know where children are going without the basic necessities. But Children's Hunger Fund (CHF) works tirelessly to change that reality.

CHF was created by founder Dave Phillips in 1991, and the organization's mission has always been strong and resolute—provide proper nutritional support to children and others who might be lacking the ability to do so for themselves. Since then, CHF has evolved into an organization that touches every corner of the earth.

USANA Associates have always stepped up to the plate to help CHF. Whether it's participating in the annual Children's Hunger Run at USANA's International Convention, giving time at various CHF warehouses across the country, or donating through USANA's Autoship program, Associates are extremely dedicated to this cause. In fact, since forming a partnership with CHF in 2001, USANA, along with its generous Associates, have donated more than \$11 million in products and financial assistance.

Now, there's a new opportunity to give to children in need. Every time you purchase a copy of *The Healthy Home*, you are doing your part in helping USANA and CHF provide life's basic necessities to needy children around the globe, because Dave and Dr. Wentz are donating 100 per cent of the author proceeds from the sales of the book to CHF. So what are you waiting for? Pick up your copy of *The Healthy Home* today! ■

“Because of the generosity of Dave and Dr. Wentz, we will be able to provide food assistance, nutritional supplementation, and other much needed services to children around the globe. On behalf of all those children whom the Wentzes will never meet, I say ‘thank you’ for helping us reduce the pain and suffering of children around the world. You are a tremendous blessing to us!”

—Dave Phillips
CHF President & Founder



BENEFITING
**CHILDREN'S
HUNGER FUND®**



Ali Fedotowsky
The Bachelorette



Rachel Harris
The Hangover



Jennifer Love Hewitt
was interested in the
book and was adamant
about getting a second
copy for her brother.

THE HEALTHY HOME Takes Over Hollywood

Written by Emily Alaniz

GUESS WHAT BOOK IS ALL THE RAGE WITH HOLLYWOOD'S HOTTEST STARS?

No matter who you are, keeping your home safe should be a priority—that's why *The Healthy Home* is such a big hit with these celebs. All the big stars at Sundance and the Oscars were excited for a copy of their own. Check out these familiar faces, and maybe you'll have one more reason to recommend *The Healthy Home* to a friend. And *The Healthy Home* has been featured on more than a few high profile websites. It seems everyone is looking to the Wentzes for advice about how to keep their family safe! ■



Karina Smirnoff
Dancing with the Stars



Peter Gallagher loved the idea of the book and was very interested to read it and see what tips he could get.



The band, One Republic, at Sundance with Dave Wentz



Stephen Root & Romy Rosemont
Office Space, NewsRadio, Glee, An American Crime



"This book could save my family."
Terrence Howard
Crash, Iron Man, Hustle & Flow

SITES FEATURING THE HEALTHY HOME:

- READERSDIGEST.COM
- OKMAGAZINE.COM
- SHINE.YAHOO.COM
- POPSUGAR.COM
- ALLHEADLINENEWS.COM
- PUBCLUB.COM
- THETVREALIST.COM
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- PEOPLE.COM



You can find links to all of these press and online features on *The Healthy Home* page at USANAtoday.com.

SUPPLEMENT YOUR APPETITE

Your *Simple Solution* for on-the-go nutrition.



Chapter 7 of *The Healthy Home* features product recommendations for a healthy body. Learn more on the exclusive USANA insert.



More

For Information, Go To...
www.myhealthyhome.com

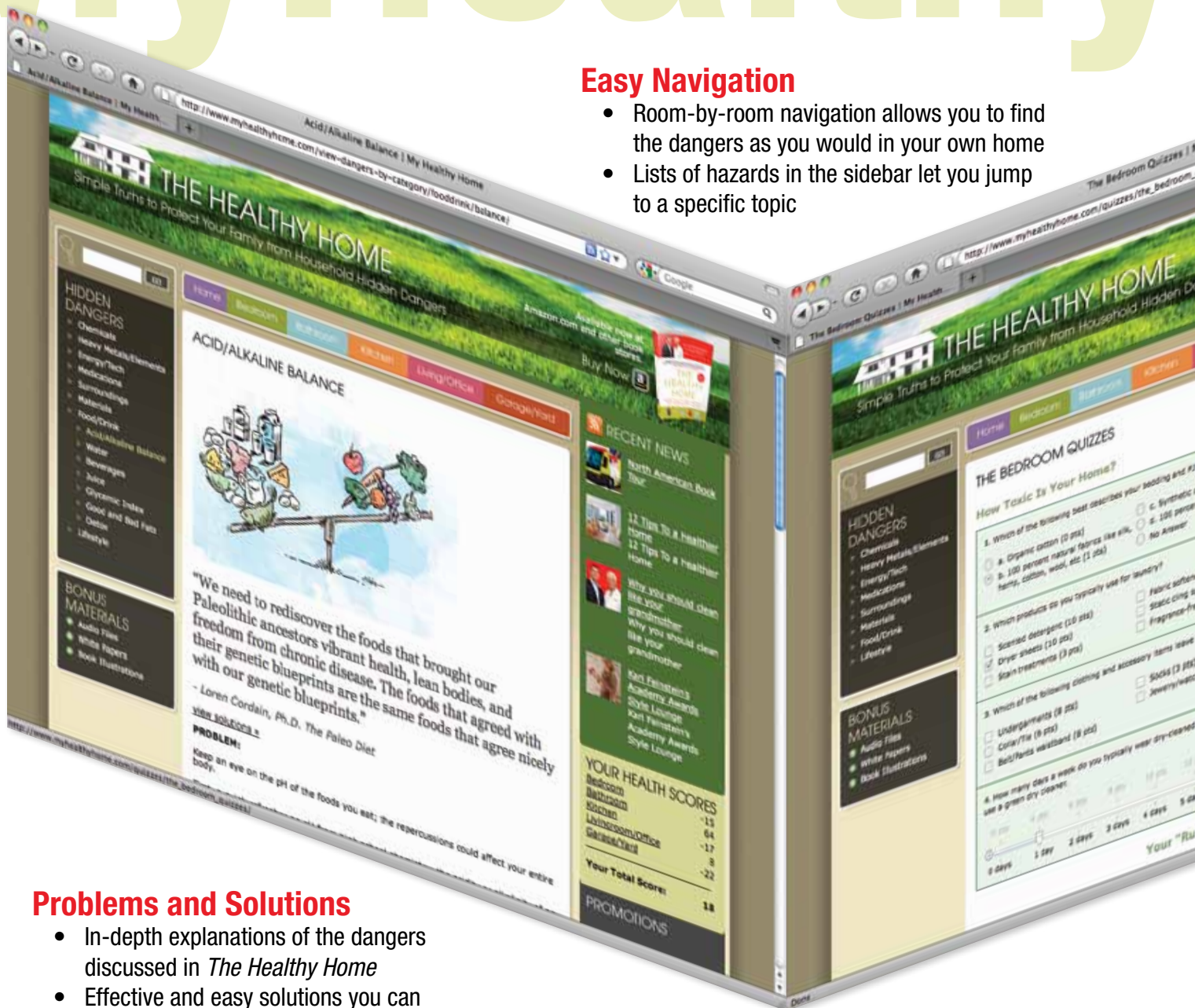
Written by Emily Alaniz

Logging on to *The Healthy Home's* companion website, **MyHealthyHome.com**, is the best way for you to get the most out of the book. You'll find quizzes that will help you evaluate the health of your household habits, news updates, and detailed problems and solutions for every room in the house.

MyHealthy

Easy Navigation

- Room-by-room navigation allows you to find the dangers as you would in your own home
- Lists of hazards in the sidebar let you jump to a specific topic



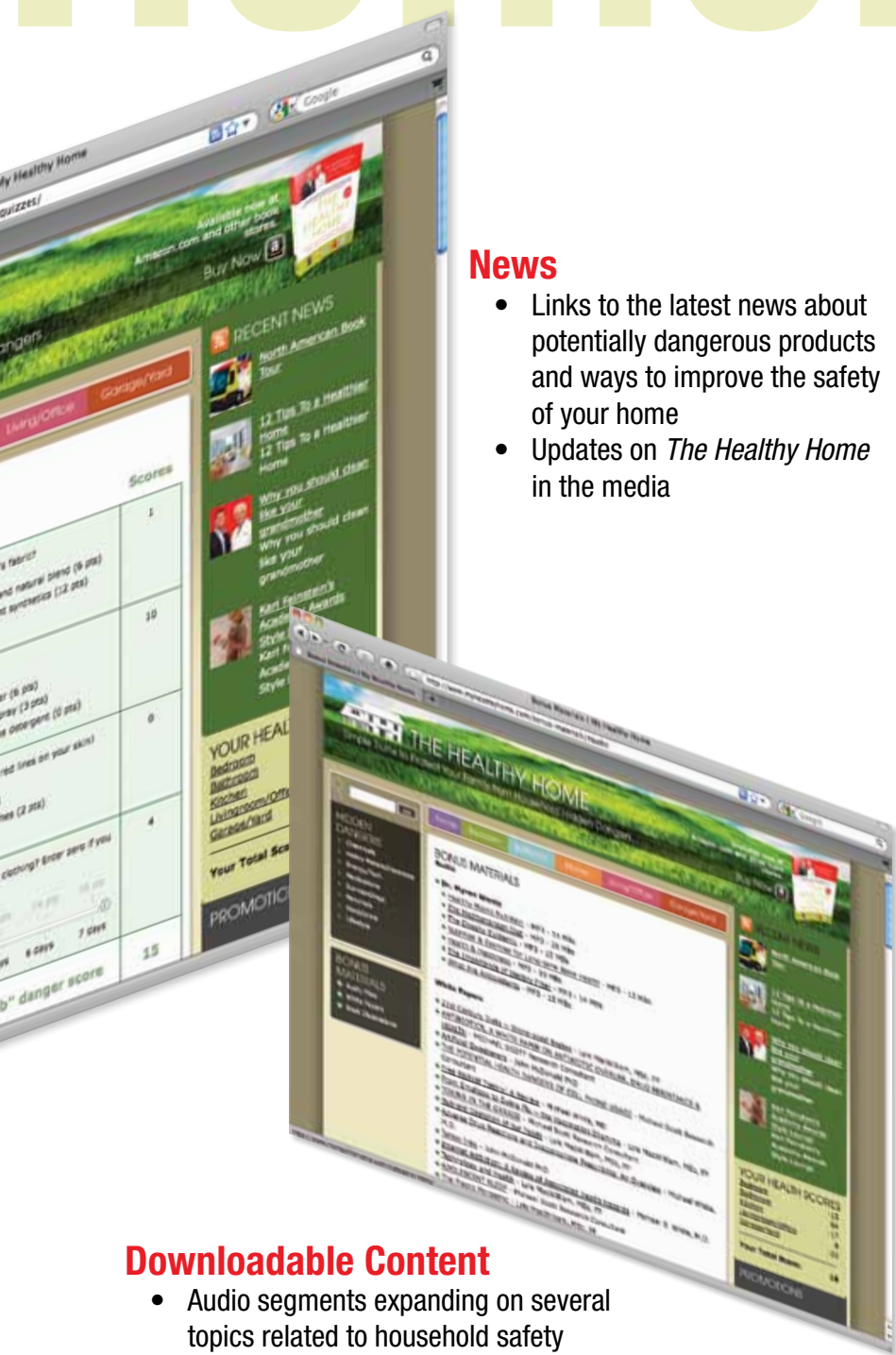
Problems and Solutions

- In-depth explanations of the dangers discussed in *The Healthy Home*
- Effective and easy solutions you can begin implementing immediately
- Extra information to supplement the book

Quizzes

- Interactive quizzes to evaluate your healthy habits
- A changing score to reflect improvements you make in your home

Home.com



News

- Links to the latest news about potentially dangerous products and ways to improve the safety of your home
- Updates on *The Healthy Home* in the media

Downloadable Content

- Audio segments expanding on several topics related to household safety

Book Codes FAQ

How do I get a book code?

Buy a copy of *The Healthy Home*—your own unique code will be inside.

Why should I register on MyHealthyHome.com with a book code?

Registering gives you full access to every aspect of the website, including solutions to household problems and interactive quizzes. Without registering, you'll only be able to use a small portion of the site.

Why should I register my book code on USANAtoday.com?

You'll be able to participate in various contests and promotions related to *The Healthy Home*.

How will the codes help me prospect?

When you buy copies of the book to give away to prospects, you can register the book codes on USANAtoday.com. Then, when your prospects register their codes on MyHealthyHome.com, that lead will go to you. Read *A Guide to the Prospecting Wilderness* on page 11 to learn more about how to prospect with *The Healthy Home*.

What else should I know about using the book codes?

For more information on how to use the codes, go to USANAtoday.com. ■

The key ingredients to some of USANA's most fascinating people

Dave Wentz

Over the past 18 years he has helped define true health and true wealth for people all over the world, and as USANA's current chief executive officer, he directs and maintains the vision and integrity of USANA as it continues to grow. Here Dave Wentz reflects on shyness, Robin Hood, and chewing gum with your mouth open.



What is your idea of perfect happiness?

Having fun every day with friends and family.

What are your greatest fears?

Boredom and embarrassment.

Which historical figure would you most like to meet?

Leonardo da Vinci.

What is one of your biggest pet peeves?

When people chew gum with their mouth open.

What is your greatest extravagance?

Travel.

What do you like most about your appearance?

Eyes.

Which talent would you most like to have?

Social networker.

What is your current state of mind?

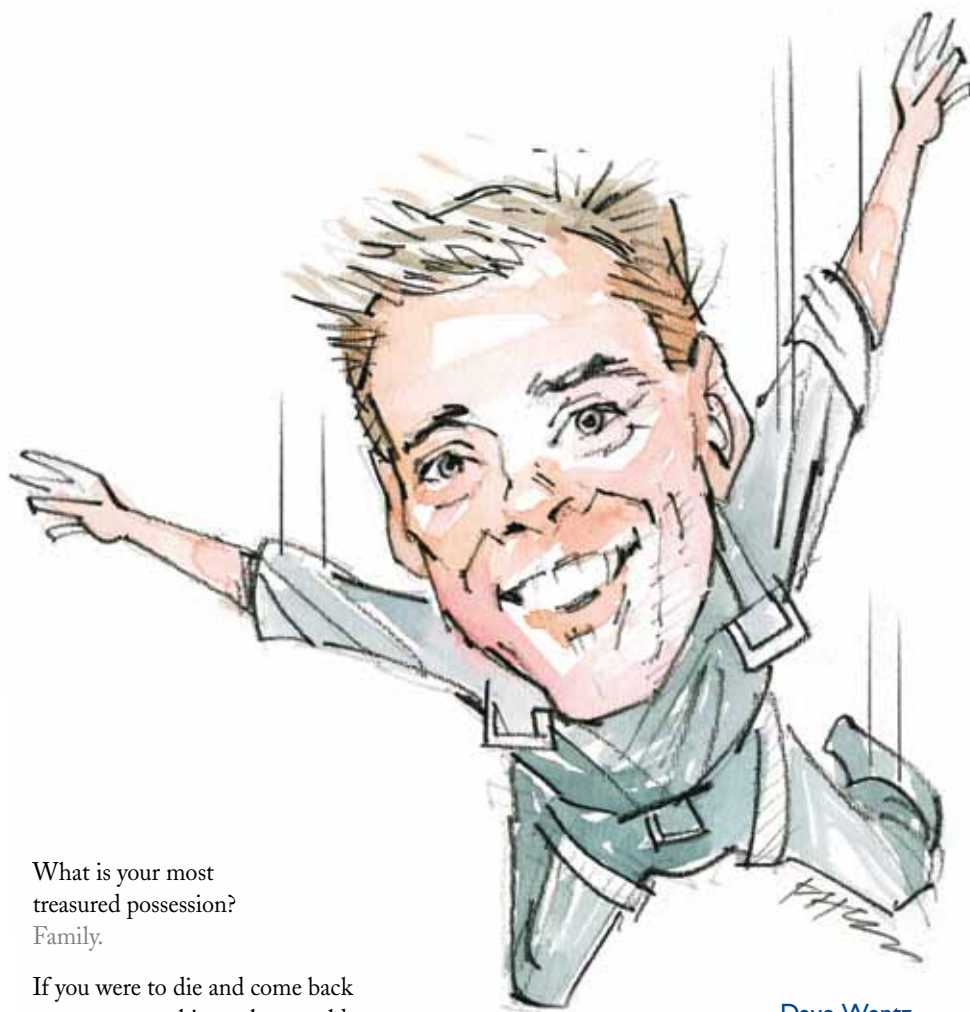
Fortunate.

If you could change one thing about yourself, what would it be?

Shyness.

What do you consider your greatest achievement?

USANA's success and my family.



Dave Wentz,
USANA Health Sciences CEO

What is your most treasured possession?

Family.

If you were to die and come back as a person or thing, what would you choose to come back as?

Acrobatic jet.

Where would you most like to live?

Near friends.

What is your most distinctive characteristic?

Analytical.

What do you most value in your friends?

Acceptance and support.

Who is your favourite hero of fiction?

Robin Hood.

Who are your heroes in real life?

Firemen, policemen, military personnel, search and rescue, etc.

What is it that you most dislike?

Superficiality.

What is your motto?

Have fun! ■



What is your favourite Book?

The Healthy Home.

THE
PURE ESSENCE
OF NATURE, COMBINED WITH THE
ART OF SCIENCE...



creates an astonishing range of skin care products from Sensé™ that will dramatically transform the look and feel of your skin.

Made from the purest **NATURAL BOTANICAL** extracts and developed by the best scientists, each product in the Sensé skin care line is formulated to **REVITALIZE** individual cells—where healthy skin begins—providing you with that vibrant, healthy glow you've been searching for. All without any added chemical preservatives.

WHEN NATURE AND
SCIENCE GET ALONG,
IT'S A BEAUTIFUL THING.



sensé
beautiful science®

The key ingredients to some of
USANA's most fascinating people

Dr. Myron Wentz

An internationally recognized microbiologist, immunologist, and pioneer in the development of human cell culture technology and infectious disease diagnoses, Dr. Myron Wentz founded USANA Health Sciences with the vision of a world free from pain and suffering. Here Dr. Wentz reflects on Hippocrates, fine automobiles, and people chewing with their mouth open.



What is your idea of perfect happiness?

Having good health and being thankful for it.

What are your greatest fears?

Running out of time before my work is done.

Which historical figure would you most like to meet?

Hippocrates, the father of Western medicine.

Which living person do you most admire?

Dr. Marc van Regenmortel, Emeritus Director of the French National Centre for Scientific Research at the Biotechnology School of the University of Strasbourg.

What is one of your biggest pet peeves?

People chewing with their mouth open.

What is your greatest extravagance?

Fine automobiles.

What do you like most about your appearance?

My gray hair.

Which words or phrases do you most overuse?

"Do you have a minute?"

Which talent would you most like to have?

To be a violin virtuoso.



Dr. Myron Wentz,
USANA Health Sciences Founder
and Chairman of the Board

What is your current state of mind?

Dissatisfied with the world we are leaving for our children.

If you could change one thing about yourself, what would it be?

To be more patient.

What is your most treasured possession?

My good health.

Where would you most like to live?

Where it's warm and sunny all year.

What is your most distinctive characteristic?

Persistence.

What do you most value in your friends?

Humor and sincerity.

What is your favourite book?

Dorland's Medical Dictionary.

Who are your heroes in real life?

The orphaned and underprivileged children I meet who still smile brightly despite their circumstances.

What is it that you most dislike?

People who think the world owes them a living.

What is your motto?

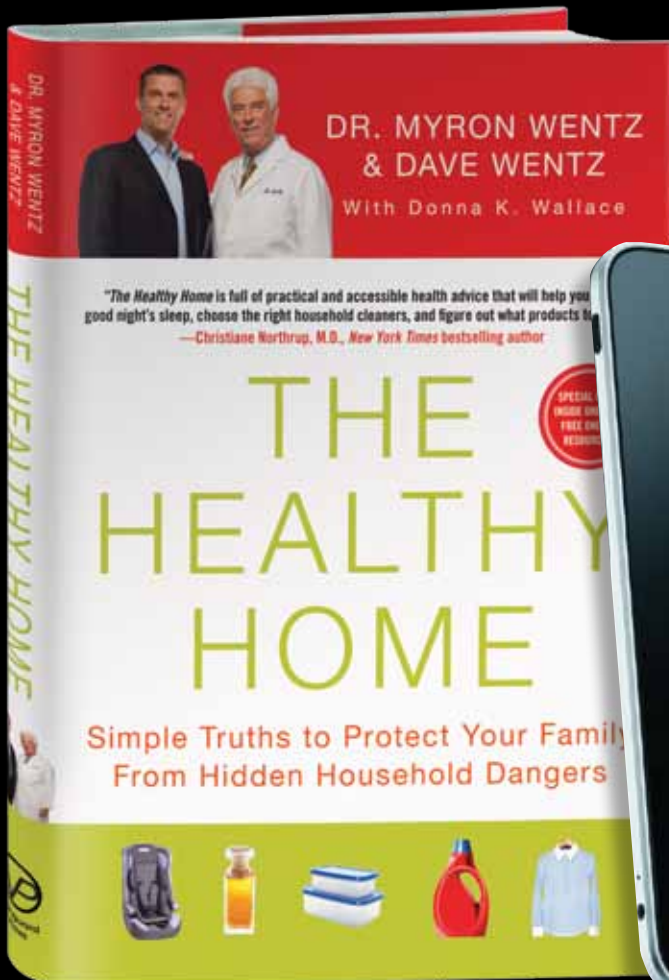
Love life and live it to its fullest in happiness and health. ■



What recognition do you value most?

Receiving the Albert Einstein Award for Lifetime Achievement in the Life Sciences.

@home with social media



Written by David Baker

No matter when you're reading this—no matter what hour of the day, no matter what day of the week—people are talking on social media.

Isn't it time you started using it to talk about **The Healthy Home?**

 Find us on
Facebook



@home with social media

In this digital age we're largely connected through social media outlets like Twitter, Facebook, Blogger, and others. This new social connectivity allows us to have fun, converse, and engage with people all over the world. As USANA Associates, these become powerful tools to build and maintain relationships. And with the release of *The Healthy Home*, you have another reason to hop on social media and start talking to people around the globe.

Jumping into the online conversation about the book might allow you to connect with people you had trouble reaching in the past. Adding exciting, fun, and informative *Healthy Home* related content to the social media landscape also helps build buzz for the book, which benefits book sales and, ultimately, your business down the road. This is also a great opportunity to take an active role in the strategy for making *The Healthy Home* a huge success.

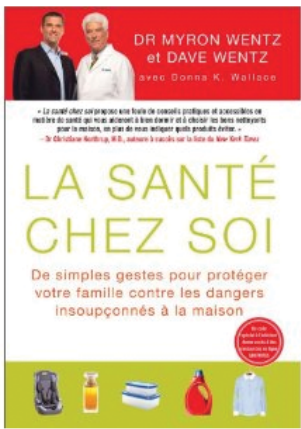
Most of all, social media is a powerful force for affecting change. So share *The Healthy Home* with all of your friends, followers, or readers so they can start making positive changes in their lives. ■



1

SOCIAL MEDIA TO-DO LIST

TWEET SURPRISING FACTS, SIMPLE SOLUTIONS, AND SHARE LINKS TO PRESS MENTIONS



3

Snap a picture with your smart phone and go to The Healthy Home page on Amazon.ca.

Les détails du produit

Hardcover: 288 pages
Éditeur: Vanguard Press; French Canadian Edition
Langue: French
ISBN-10: 1593156952
ISBN-13: 978-1593156954

4

YouTube The healthyHomeBook

Hidden Household Dangers: How Healthy is Your Home?

HealthyHomeBook · 1 videos · Subscribe

0:08 / 2:12

2,853

HealthyHomeBook · January 26, 2011 · 13 likes, 0 dislikes

We are bombarded with toxins and dangerous chemicals every day. And our own h...

All Comments (5)

Scan and watch the How Healthy is Your Home? video.

btlaton6 3 days ago

This book will be released in the end of March. So looking forward to receiving it and recommending everyone read it and take action!

2

FACEBOOK ABOUT MY FAVOURITE CHAPTERS OF THE BOOK, OR POST PICS OF IMPROVEMENTS I'VE MADE.

• BLOG ABOUT THE EXPERIENCE OF MAKING MY HOUSE A HEALTHY HOME.

3

GO TO DIFFERENT ONLINE BOOKSELLERS—BARNES & NOBLE, AMAZON, ETC.—AND RATE THE HEALTHY HOME AND LEAVE COMMENTS OR POSITIVE REVIEWS.

4

SHARE THE INFORMATIVE AND FUN "HOW HEALTHY IS YOUR HOME?" VIDEO WITH MY ONLINE FRIENDS.

SUPPLEMENT YOUR SUN

Your *Simple Solution* for a sunnier disposition.



Chapter 13 of *The Healthy Home* features product recommendations for a healthy body. Learn more on the exclusive USANA insert.



SUPPLEMENT YOUR SLEEP

Your *Simple Solution* for a good night's rest.



Chapter 3 of *The Healthy Home* features product recommendations for a healthy body. Learn more on the exclusive USANA insert.





UPCOMING 2011 EVENTS

April

15 Qualification ends

to attend the Summer Gold Retreat*

25-June 6

The Healthy Home Book Club

go to USANAtoday.com for details.

Remember informative conference calls are held each Wednesday at 7:00 p.m. MDT.

Check USANAtoday.com for details.



June

9-12

Summer Gold Retreat

at The Canyons, Utah



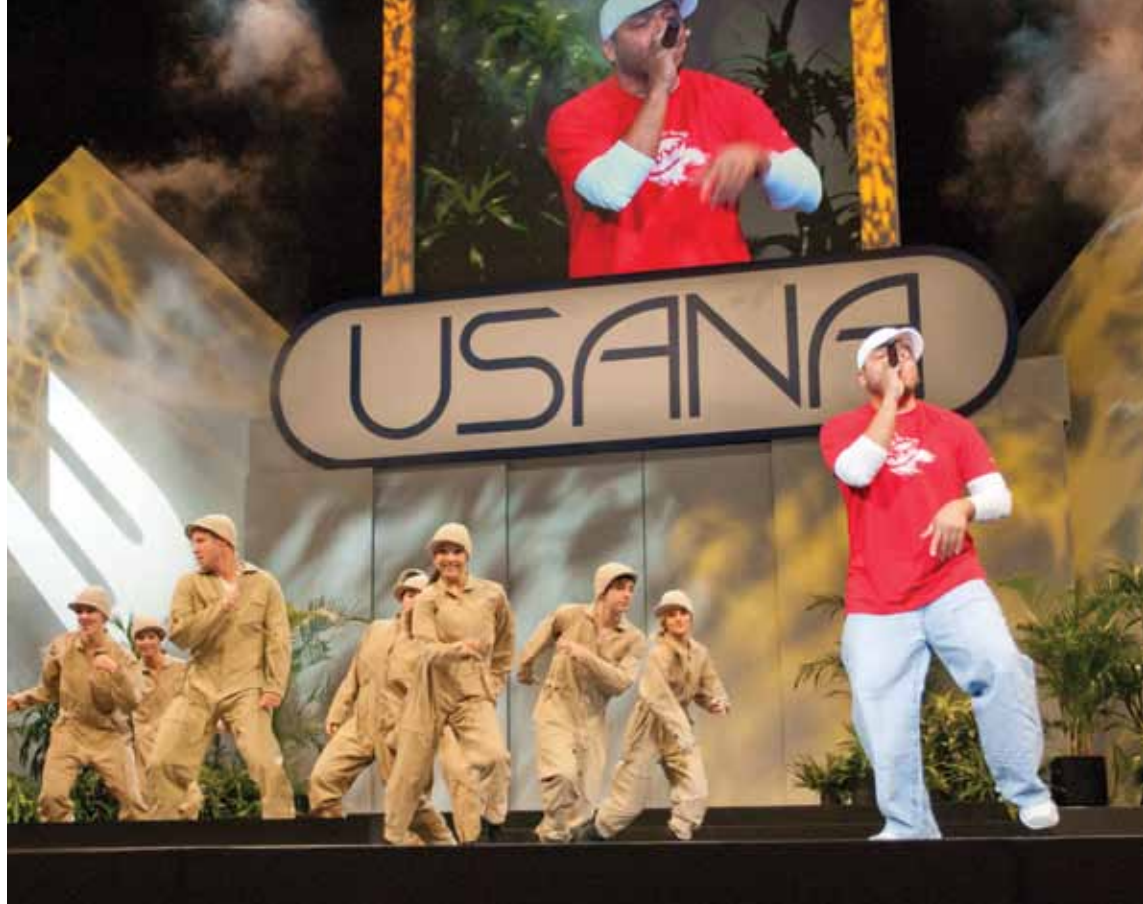
The Healthy Home Book Tour

August

24-27

2011 International Convention

Salt Lake City, Utah



September

2

Qualification ends

to attend the
Fall Gold Retreat*

October

6-10

Growth 25

Riviera Maya, México
Barcelo Maya Palace
Deluxe



20-23

Fall Gold Retreat

at The Canyons, Utah

November

6-11

Fortune 25

Bora Bora
Four Seasons Resort
Bora Bora

Qualify as a member of the Fortune 25 and earn a trip to beautiful Bora Bora Four Seasons Resort. Your fortune never looked this good!



*Based on new qualification criteria.
Dates are subject to change without notice. Visit USANAtoday.com for more information.

Living Their Legacy

By definition, the word “legacy” means a bequeath, something material that is passed on to those in another generation by a benefactor, as in an estate. I have always wondered why individuals and family dynasties use their wills to pass on their “legacies.” Why not get the inner, soul-deep fulfillment in knowing, while you are still alive, that the harvests of your experiences and efforts are being replanted as seeds that will grow, flourish, and endure in the future to benefit those who follow?

I firmly believe Dr. Myron Wentz and his son Dave Wentz are “living their legacy,” not simply leaving it. I have heard them in private moments express more concern about continuing to plant the seeds of greatness in others than in amassing and protecting the Wentz family fortune. True to his vision of “a world free from the pain and suffering of degenerative disease,” Dr. Wentz has dedicated himself to the life sciences, the USANA family, the leading-edge research and healing practices at the Sanoviv Medical Institute, and his health clinics and charitable contributions for families and children in under-developed regions of the world.

He knew the benefits of antioxidants decades before the term became fashionable. He knew the dangers of mercury, pesticides, and fluoridation well before they became mainstream. He knows how to grow healthy human cells and how to nutrient them. He knows what to avoid and what to embrace in this toxic cradle in which we live and raise our children.

He knows more about “the healthy home” than a panel of experts, including architects, builders, interior designers, landscapers, and environmentalists. He walks his talk and so does his entrepreneurial son, Dave.



Young Andrew and Sydney Wentz, Dr. Wentz’ grandchildren, are the beneficiaries of their parents’ and grandparents’ continuing dedication to quality of life.

The Healthy Home book project, by Dr. Wentz and Dave Wentz, is an enormously important credibility testimonial for USANA Associates. It will bring more public awareness of the Wentz vision and contribution to society than any clever Super Bowl ad campaign. It is one thing to lavish praise upon oneself, and another thing entirely to have the general public discover you because of the truth, relevancy, and wisdom of your knowledge and actions on their behalf.

I urge you to seize this milestone in the Wentz legacy and introduce everyone in your sphere of influence to the science-based, simple truths revealed in *The Healthy Home*. It is a fact book, not a fad book, and is a banquet of dos and don’ts to make your home as safe and welcoming as possible.

Make the launching of *The Healthy Home* your moment of simple truth. You, like Dr. Wentz and Dave Wentz, will be creating and living your own legacy of health and freedom.

Live a legacy, don’t just leave it in your estate.

Simple Suggestions:

- **Read and internalize the information in each chapter, and share it with family and friends**
- **Have your relatives, team members, and friends visit their local bookstores and order copies of the book if they are not in stock.**
- **Give copies of the book to your prospects to review and then set up a follow-up date to discuss their reactions.**

SUPPLEMENT YOUR SMILE

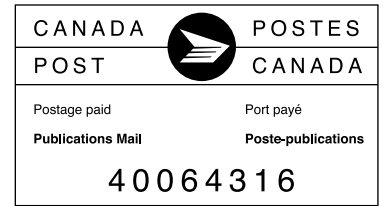
Your *Simple Solution* for strong and healthy teeth and gums.



Chapter 5 of *The Healthy Home* features product recommendations for a healthy body. Learn more on the exclusive USANA insert.

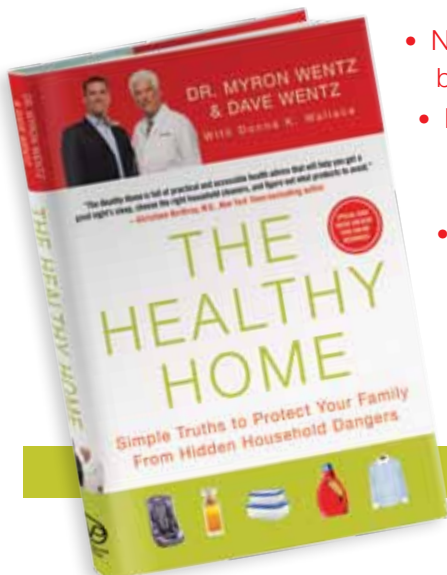


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Woodbridge, ON L4H 0T2



THE HEALTHY HOME Book Club

April 25–June 6



- New specials every week! Access the specials by **registering your book code on USANAtoday.com**.
- Follow along with other Associates to learn about the hidden dangers in every room of your house and the **simple steps you can take to create a healthier home environment**.
- Listen to conference calls on Monday nights to review the chapter from the previous week.
- Conference calls will feature **special guest speakers** to talk about various topics from *The Healthy Home*.
- Use the book club to **share the experience of *The Healthy Home!***

Check USANAtoday.com for more information.