

“R3 Saved My Life!”

R3 is a powerful expression of Melaleuca’s mission “to enhance the lives of those we touch by helping people reach their goalsSM.” While those goals vary, most of us want to live healthy, happy lives. For Director Julianna Buongiorno, R3 gave her a new life—one she never imagined was possible.

Julianna’s Story

At the age of 51, Julianna had spent much of her life navigating physical, emotional, and mental challenges. She was diagnosed with juvenile myoclonic epilepsy as a child, which led to chemical imbalances and neurological issues. She also battled severe depression, poor self-image, and an eating disorder.

An abusive marriage made things worse. She would often binge eat in secret, consuming entire meals meant for the next day. She would end up sick with uncontrolled panic attacks. She felt tortured in her mind and body.

Julianna tried every way to lose weight: Weight Watchers, Thin Within, starvation, liquid only, low carb. Nothing worked. Then, a devastating car accident left her with limited mobility. Now she couldn’t even exercise. At her heaviest, Julianna weighed 260 pounds. She prayed daily for health freedom.

Our greatest weaknesses can become our greatest strengths, which is true for Julianna. She found her purpose by becoming a certified Integrative Nutritional Health Coach in 2016. She focused on dietary behavioral health and worked with parents of special-needs children. But in 2019, she developed a condition called syringomyelia; she had a fluid-filled cyst on her spinal cord, causing pain, weakness, and

nerve damage. More health issues—including type 2 diabetes, kidney stones, hyperparathyroidism, osteopenia, and more—forced her to step away from her coaching business.

Under a doctor’s supervision, Julianna started a prescription weight-loss plan in 2023. Though she lost over 70 pounds quickly, her overall health actually deteriorated. She developed severe anxiety, PTSD, stress-induced depression, and reactive hyperglycemia, along with increased eating disorder tendencies. All her organs were shutting down. She found herself in the emergency room with a heart condition called premature ventricular contractions. She stopped the weight-loss regimen and gained 50 pounds back within two months. Julianna and her family feared for her life.

Then Came R3

One day, while placing a Melaleuca order, Julianna noticed the R3 link. It was months before she had the courage to try one more weight loss plan, but she finally clicked that link and began the journey that changed everything.

Julianna weighed 230 pounds when she started R3. During her first Reset phase, she began losing weight and felt incredible. “I felt like a healthy human again!” Julianna says.

She started dealing with her eating disorder and understood why her body worked the way it did. She could take a deep breath for the first time because her body was losing weight naturally. As she followed the R3 principles and seven healthy habits, Julianna began healing her relationship with food and lost even more weight during the R3 Fit for Fall Challenge. Her doctor verified that not only was she losing weight but her heart and her body were getting healthier.

Today, Julianna is just eight pounds shy of a goal she’s had for years: getting under 200 pounds. She’s coaching again and growing her Melaleuca business. “I have health freedom, and life feels normal,” she says. “I prayed, and God answered me with R3. Thank you, R3. Thank you, Melaleuca. R3 saved my life!” 



BEFORE R3



AFTER R3

Note: Results will vary depending on a combination of the participant’s healthy eating and exercise habits. On average, participants lose two pounds per week.



SUSAN TORBORG
R3 DIRECTOR



You can lose weight and live a healthy lifestyle while still eating the foods you enjoy.



LEARN MORE ABOUT THE PROGRAM

Melaleuca's R3 Weight Loss Program is an easy-to-follow lifestyle that allows you to eat foods you already enjoy without counting calories, grams, or ounces or keeping a journal. This plan has 3 steps: Reset, Reintroduce, and Real Life. With this plan, you will be able to eat according to your hunger level and learn how to incorporate Melaleuca products that will increase your energy, support weight loss, and ensure you maintain total wellness for life! R3 teaches you how to transition your body out of fat-storing mode and into fat-burning mode.

Phase 1: Reset

In this phase you'll learn how to balance your body's blood sugar while discovering which foods are most beneficial for you. You'll change your hunger patterns, eliminate unhealthy food additions, and lose weight and inches by following the Yes & No Lists of foods.

Phase 2: Reintroduce

You'll learn how to properly balance carbs, proteins, and fats, maintain better hunger patterns, learn how to reintroduce foods from the No List in moderation, and continue to lose weight and inches.

Phase 3: Real Life

In this phase, you'll learn how to enjoy all your favorite foods while still losing weight in real-life situations, such as holidays, vacations, and parties, so that you never feel deprived!

[Get the Yes/No List](#)

[Get the Full Plan](#)