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Dear Friend,

I've written this letter to explain how you can attract prosperity, health, and happiness beyond your expectations. As you read on, you'll learn what I did to better understand my finances and improve my health. You'll also learn why I created Team Northrup with my sister, Penny Kirk, and her husband, Phil Kirk, and decided to make this opportunity with USANA Health Sciences available to you and others.

Prosperity is available to all of us. Here's a bit about my personal journey to this truth.

Happy at Midlife

Here I am, several years past menopause. And feeling happier, healthier, and more prosperous than ever before. At an age when so many other women feel as though their best years are behind them, I feel as though I've just hit my stride.

It wasn't always like this. Not even close. Several years ago, when I was smack dab in the middle of the perimenopausal transition, I also found myself in the middle of a painful divorce (after 24 years of a pretty good marriage). Not only was this emotionally devastating, I immediately realized that I knew next to nothing about money and finances. Like so many women, I had left that part of life to my husband—feeling sure that he was better at it than I. And more than that, I also admit that I found it too boring to bother with.

Yes, I was a doctor with a good practice. And I had also had written a bestselling book. But I quickly found that a book only sells when you're on the road constantly or have the good fortune to land a national TV appearance. In other words, book royalties are not what you'd call sustainable income! During those rocky post-divorce months, I wasn't even sure I'd be able to keep the house my children had grown up in, let alone pay their college tuition and other expenses that I suddenly found myself faced with.

Prosperity and Health

I put on 20 pounds of excess weight from the stress of all this. I also suffered from problems in my right hip. That's understandable. There's a seamless link between one's financial and physical health. I've experienced this up close and personal and have also seen it repeatedly in my patients.

Here's the truth: Money is simply a reflection of your life energy and how well you've got it balanced. Financial guru Suze Orman once told me that people's health problems show up in their money first because accounting is transparent—problems have no where to hide. So if financial imbalances aren't corrected, they'll show up as physical health problems sooner or later. Examples include low back pain and all manner of gynecologic problems. This explains the big fibroid tumor I had removed from my uterus a year prior to my divorce. It sure didn't come out of nowhere. It was a sign of imbalances that needed to be addressed!

Prosperity Thinking

During the months and early years following my divorce, I, like many women, hoped and prayed that some rich prince charming would come along and save me. But there wasn't a white charger in sight! I had to save myself and my children. I was scared enough to take action. And that meant updating my thoughts around prosperity consciousness.

It's a funny thing. For many years, I had professed to believe in the law of attraction and the laws of prosperity. I knew that these laws were intimately associated with physical health—as in “we create our own reality.” I knew that my beliefs were being tested now. I felt as though I were in a crucible, in which all the impurities of my life were being burned away. I had created my crummy midlife situation with my thoughts and beliefs. And I could change my situation for the better by changing those same thoughts, beliefs, and behaviors—specifically my programming about money and finances.

I got to work. I immediately read *Think and Grow Rich*, the classic work on manifesting financial abundance by Napoleon Hill. And I also read all of Suze Orman's books in order to get my financial house in order and become financially literate. I devoured Catherine Ponder's *Dynamic Laws of Prosperity* to help me create an abundance mentality. But the book that changed my entire outlook—and behavior about money most profoundly—was Robert Kiyosaki's *Rich Dad, Poor Dad*. Kiyosaki points out that rich people don't think differently from the poor and the middle class, they think the opposite! I bought Kiyosaki's board game Cash Flow and played it often, finding that it eerily recreated my relationship with money, while also teaching me how to get out of the rat race (living from pay check to pay check).

The Turning Point

A whole new world was opening up to me. And as I read, I began to realize that I really *did* have what it takes to be financially free as well as optimally healthy. Here's the turning point: In addition to learning about investing and real estate, Kiyosaki also suggested that those who really wanted to learn about business should consider working with a good network marketing company for at least five years to learn about leverage (how to earn more money doing less work) and residual income (income that comes in regularly even when you're not working). This is the kind of income that wealthy people have.

I already knew a good network marketing company called USANA Health Sciences! I had been using their products for years, and also recommending them to my patients with great results. Besides, I had visited the company several times and had met with all the scientists. They were first

rate. I knew that USANA was a rock solid company with amazing products...and that's when my thinking did a 180 degree turnaround.

Team Northrup

Once I saw USANA Health Sciences as a practical laboratory where women and men could learn the connection between financial health and physical health, I strategized with my sister, Penny Kirk, and her husband, Phil, who already had a thriving business with USANA for nine years, to find the best way to bring this knowledge to others. Team Northrup was born!

Team Northrup and the USANA Opportunity has helped me create enough residual income to retire on (should I ever decide to do so, which I seriously doubt) and, concurrently, helped my daughters become financially literate. Now, no matter what happens to them in the future, they already know how money “works.” Barbara Stanny, an expert on women’s financial health puts it like this: “A husband is *not* a financial plan.” It took me nearly 50 years to figure this out. My daughters are the beneficiaries of this hard-won knowledge. And besides, they’ll be able to stay home with their children should they decide on this path in the future. (As an ob/gyn I’ve always hated to see women have to go back to work only six weeks postpartum).

USANA has also provided my 81-year-old mother with more income than she's ever had in her life. So at a time when so many others her age are living on "fixed incomes," my mother continues to build her business and have fun doing so. (Oh—one more thing. My mom doesn’t take a single prescription drug. And she's still climbing mountains and driving her RV around the country by herself. She’ll be the first to tell you what a difference USANA has made in her life.) Remarkable.

But Team Northrup isn't just about me and my family. We are an international community of like-minded, positive, fun, upbeat women and men who are changing the world by applying the law of attraction to their financial and physical health—and then teaching others to do the same. I look back in wonder at who we used to be compared to who we are now. It’s beyond gratifying to see the changes in both myself and others.

Team Northrup is living, breathing proof that healing, prosperity, and transformation are possible for anyone who is willing to change their habitual thoughts and behaviors. Of course Team Northrup is not for everyone. But if you want to reinvent yourself and find better health and more freedom than you ever dreamed possible, this opportunity just might be for you!

Yours in joy, freedom, and prosperity,

Christiane Northrup, M.D.