

## TESTIMONIALS

### Lupus

The letters within have been retyped from the originals to facilitate copying

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#### **Lupus (SLE)**

I have had Lupus (S.L.E.) since I was seventeen years old, although it was not diagnosed until I was twenty-one. My symptoms have included arthritis, hair loss, vision loss, migraines as well as liver, kidney, lung, digestive system, and heart problems. I was in the hospital numerous times, including several heart catheterizations. I had previously been prescribed Prednisone, which is a steroid with a multitude of negative side effects. The symptoms and the medications were frustrating and scary.

I have been taking OPC-3™ for a year and half now. The very day I started taking OPC-3™ (two doses per day for the first week), my arthritis went away. Since then, I haven't had any serious Lupus symptoms at all. The only time I have experienced any joint pain is when I ran out of OPC-3™. My migraines have decreased significantly as well. (I actually had a bottle of migraine medication expire before I could use it all!)

The only side effects of OPC-3™ for me have been: improved night vision, improved circulation (warm hands and feet!), elimination of hay fever, and increased immunities. (I don't get sick when everyone else around me does!) Those are the kind of side effects I like!

Prednisone is not something I could have taken every day for my whole life without serious complications. By taking just one dose of OPC-3™ every day, I not only eliminate my Lupus symptoms, I improve my overall health. I will take OPC-3™ for the rest of my life.

*Pam Limoge*

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#### **Systemic Lupus Erythematosus (SLE)**

In 1984, I was vomiting daily. I went from 220 pounds to 150 pounds. I was so weak I was unable to work or do much of anything. My body was literally falling apart. It wasn't until 1987 that I was finally diagnosed with an auto-immune disease, systemic lupus erythematosus. My body was in a state known as lupus flare. My joints in my arms, legs, and hands would become inflamed, and my skin was engulfed in rashes. I became weak easily. I had low-grade fevers on a constant basis. I had severe migraines that would last for several weeks to months at a time. I was seriously fatigued and my bed was my favorite place to be. Lupus fatigue is caused by factors such as anemia, your emotional state, and the prescribed medications, so I had very little control over my fatigue.

I started using OPC-3™ in December 1995. Within three days on a saturation dosage, my symptoms began to diminish. I still have bad days, but nothing like before OPC-3™. OPC-3™ has turned my life around, almost back to normal. I have found the ThermoChrome 5,000® and ThermoChrome™ 10,000 to be wonderful in giving me extra energy. Thank you the Health and Nutritional products. They are great, and I will be taking them for life!

*David Rosenholm ~ West Linn, OR*

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I was diagnosed with systemic lupus (SLE) approximately seven years ago after almost two years of misdiagnosis (which is common with this type of illness). I had central nervous system involvement (which was diagnosed as narcolepsy), joint swelling and pain (which was thought to be arthritis), lung involvement (diagnosed as asthma), as well as Raynaud's phenomena (circulatory problems), and hematuria (blood in the urine). In short, my health was a mess and deteriorating rapidly. I was in a lot of pain, extremely fatigued, and ran a fever daily.

My husband is a physician here in Charlotte, and we are acquainted with some of the finest doctor's in the area. During the course of my illness I had what I would consider the best medical care available; however, despite their best efforts, a team of doctors could not bring my lupus into remission. I simply did not respond well to the traditional medicines used to manage the symptoms, and as you are probably aware, there is no known cure for this debilitating disease.

When the traditional medical interventions failed, I began doing research on "Physicians On Line" and "Medline". Keep in mind that my husband and I were very "Mainstream medicine" oriented; therefore, you can imagine my surprise when I ran across articles in medical journals that discussed herbal interventions in reference to symptoms very similar to mine. Note that none of the articles dealt with Lupus specifically; however, since this disease is treated symptomatically, and since I was amazed to find anything on herbs in such periodicals as the New England Journal of Medicine, I became intrigued. I began looking for a high caliber herbal product that contained some of the herbs that seemed relevant for my symptoms. I also had read enough to know it was important that the product be caffeine free since caffeine can trigger inflammation.

In a way that I believe could only be described as divine intervention, I ran across the original formula of ThermoChrome 5,000<sup>®</sup>, now distributed as ThermoChrome<sup>™</sup> Select. It contained the ingredients I was looking for and had no caffeine. I purchased a bottle, then nervously spent the remainder of the day trying to figure out what I was going to say to my husband that would sound a little credible. After all telling him that I wanted to take an herbal product marketed for energy and weight loss (and looked like dirt in a capsule) for my lupus, after medical science had taken their best shot and failed, definitely did not sound credible!

My approach was simple, but effective. I told him that I knew he was going to think this was the dumbest idea he had ever heard, and he was probably right. I told him that I knew he was going to tell me this would not work, and he was probably right. I told him that we had exhausted our traditional medical options, but had to keep fighting... I couldn't just give up. Then I showed him the medical journal articles I found, and waited for a response. After reading the label with raised eyebrows, then skimming the journal articles with a bit of surprise, he said "Well honey, there is nothing in here that will hurt you. Don't misunderstand, I don't think it will help you either, but if you want to try it I will support you."

I started taking one capsule of the ThermoChrome<sup>™</sup> Select with breakfast and one capsule with lunch for three days, but noticed nothing. I increased the dosage to two capsules with breakfast and two with lunch, and though it was not a dramatic change, I did notice after a few days that I had a little more energy. When you are fighting a chronic illness anything that gives you a little more energy is worth its weight in gold. I decided to increase the dosage to three capsules with breakfast and three at lunch. After four days at this dosage my fever broke (I typically ran a fever of about 100.8 every day unless I was on Prednisone). I couldn't believe it!! After just three weeks at this dosage, not only was my fever gone, my joint swelling was markedly reduced, my energy was up, and I felt better than I had in many years. My condition continued to improve, and under the direction of my doctor, I was able to slowly eliminate my medications.

While I must emphasize that Market America makes no health claims on this, or other products, and skeptics might say my improvement was simply "coincidence" or "spontaneous remission", my husband and I know ThermoChrome<sup>™</sup> Select dramatically improved my health!!! I have been in remission now for four years, and I feel GREAT! Needless to say these last four years have been a time of re-education for both my husband and myself. We have learned so much about the effects of nutritional interventions, but we also realize that most physicians and other health care professionals have not been exposed to the research that is available (just as we were not).

In addition to my ThermoChrome<sup>™</sup> Select, I take all eight of your Isotonix<sup>®</sup> vitamins (with double doses of OPC-3<sup>™</sup> and vitamin C), and I take 2 oz. of Ultimate Aloe<sup>®</sup> at night. My husband and I celebrate each new day with our "Vitamin Totty" (yes he takes them too), and a prayer of Thanksgiving for my renewed health, and for Market America. In closing let me say that we have fallen in love with the company, as well as the products she represents. Market America is remarkable, and has a corporate team characterized by integrity and vision. I have every intention of being part of her very bright future as she sets the pace toward the next millennium.

*Cheree Culpepper  
Charlotte, N.C.*

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## Lupus

In January of 1998, my daughter had been dealing with a flare up of her Lupus for more than 3 months. In spite of various medications her rheumatologist had prescribed, she was out of remission. She had cut back her full time job's hours to be able to be a mother to her 5 and 6.5 year old daughters. Still, she ran a fever of 101 every pm. She experienced sun intolerance, decreased circulation in her hands and feet, was exhausted by 3 pm, looked like her eyes were sunken by that time and had an exacerbation of her arthritic symptoms. The Doctors decided she would have to go on steroids the same week we went to hear Cheree Culpepper's testimony in Harrisburg, PA.

She went home and cut out her caffeine and took three ThermoChrome™ Select capsules twice per day. In one week she was in remission and did not have to take steroids. Once she got the inflammation from the Lupus under control, she was able to go back to 2 capsules twice per day and increase it premenstrually and when her body is under other stress such as an illness.

I am sure there are other success stories out there and we are constantly asked for them. Other testimonies would be instrumental in our mission of helping other people with Lupus to find the nutritional supplements that would allow their bodies to be in remission.

Thank you and God Bless you for your help,

*Gayle Blocher, RN  
Shiremanstown, PA 17011  
Voice Mail 04723*

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## Lupus

The shining moment in my life is our OPC-3™ product. I'm sharing with you in hopes that many others will recognize and experience its incredible benefits.

In August of 1996 I was brought to my knees physically and emotionally with the pain and degenerative disease of LUPUS. Because it had invaded my heart and kidneys, the medical profession could offer only round-the-clock pain medication and steroids. Disabled, depressed, dreading the prospect of dialysis... let alone the side effects of more steroids, I was actively searching for alternative ways to address my condition.

A friend, a GOOD friend, brought me a bottle of OPC-3™. Within 4 days my pain began to diminish and within 10 days I was pain free for the first time in 8 years. After one week I added ThermoChrome for energy and weight that I had gained from the steroids. Four months later I am still pain-free and no longer using steroids or pain medication. My energy level has greatly increased, and the weight is slowly slipping away, and of even greater importance is the fact that the kidney damage is reversing itself. My health has truly been restored.

I am now a distributor with MARKET AMERICA. My market and yours is as wide as there are people who want to restore and preserve their health. Our message to them is the good news that there TRULY is a safe, natural, and effective answer to a vast majority of American health problems.

Update: October 1997

After 13 months on OPC-3™ I continue without pain. I take no medication, no steroids, no dialysis. Full remission was achieved after 6-7 months. Now, B-12, MultiTech, Mineral Blast®, and Isochrome are part of my daily regime. My annual physical took place in August 1997. My primary care physician requested an additional two EKG's. He could not believe that the LUPUS was NO LONGER in my heart. Although that physician had not whole-heartedly endorsed my nutritional supplements, after the results of the EKG he told me NEVER to stop taking them.

We truly have an effective alternative to a great many health problems without the complications that prescription drugs often create.

*Brenda Epps*

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## Lupus

I overheard a young girl I worked with requesting time off because she had to take her father to Greenville for tests the next day. We were new UnFranchise<sup>®</sup> owners at the time and I reluctantly asked her what was wrong with her father. She said he had Lupus and would be unable to drive himself. She further told me that his Lupus was at a point that he stayed in bed a lot - he's a self-employed log truck driver and if he wakes up in the morning and feels good enough, he'll go in to work. Most mornings he stayed in bed, though. He was spending \$600 to \$800 a month on medication that was doing nothing for him except emptying his checkbook.

I told her that I had some information I wanted to share with her and gave her the *Quest for Health* video and the old OPC pamphlet to take home for the weekend. On Monday morning she came and said they hadn't had time to watch the video but could I get her some of the "stuff" and she would have her dad try it. I refused to give her any product until I knew they had watched the video and looked over the information. That night they watched the video and at lunch the next day I got her a bottle of OPC and gave her specific directions "first thing in the morning on an empty stomach."

Her father took his first loading dose at 10 pm that night and his second dose the next morning. Four days later he called to say that he was starting to feel some results. He still had pain but the swelling was starting to go down. Three weeks later (yep, he took it like we told him to) his daughter said to bring in another bottle. A month after that, another bottle.

After four months we were finally able to meet him face-to-face. He was back to work six days a week. Out in the garage working on his daughters car. He noticed that he doesn't get poison ivy from hauling logs like he used to.

Now, the great news. Prior to Lupus taking hold of him, he used to drive a drag car. He got on OPC in August of 1998. In July of 1999 we went out to his home to drop off a family size bottle of OPC and he said "Come out to my garage, I want to show you something." Out in his garage was his newly built Camaro. The following week he was driving his race car (and he came in 4th!) All he takes is a maintenance dose of OPC and two aspirin's a day.

His daughter is planning her wedding for next summer and she thanks me on a regular basis for "giving me back my daddy." She was afraid he wouldn't be able to walk her down the aisle.

We only wish we could slow him down enough to get him to a second look!

*Brian & Janet Craig  
Goldsboro, NC 27533*

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## Lupus

A lady in my group has been talking with her ex-husband's wife who has Lupus. She repeatedly mentioned how ThermoChrome<sup>™</sup> Select could help her. She gave her Cheree Culpepper's testimonial letter and even the recorded version. However, there was no apparent effort to DO anything.

Finally, our UnFranchise<sup>®</sup> Owner sat down with the ailing wife of her ex-husband and said: "Look, you need to get serious about this and here is what you need to do." And the ailing wife of ex said "OK."

She is still in her first month of taking the ThermoChrome<sup>™</sup> Select and OPC-3<sup>™</sup> and the results are VERY noticeable according to all. Her husband and family are truly amazed. She has more energy, she has color in her face again, and she has lost 15 pounds, which was mostly fluids. And now she has asked for the Ultimate Aloe<sup>®</sup> as well, which will be delivered today, because that's what Cheree recommends.

I guess the message is that sometimes to make a difference we have to sit down and tell people what they need to do. I know that everyone will not listen to us, but it may be worth a try on others. Sometimes people who are suffering are tired of having to make decisions so they need someone else to make the decisions for them.

*Georgene Huggett  
Poquoson, VA*

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## Discoid Lupus (DLE)

3/18/97

My name is Louise Worswick. I was diagnosed with DLE which is discoid lupus. Four years ago I woke up one morning with what I thought was a rash on my face. I called my doctor. She said, "Come into the office and let me look at it." She ordered blood work. She called the rash a butterfly showing, which is one of the signs of lupus.

Lupus is an auto-immune disease. I also experienced severe joint pain in my hands, knees and feet. It got so bad, I couldn't work. I had to take 220 mg. of pain killers five times a day to get relief from the pain. I gained 50 pounds in four years of being sedentary. I also have asthma and allergies. My medication cost me over three hundred dollars a month. Until one day I was dropping my granddaughter off at her Brownie meeting and Linda Harris was coming out of Mary's house. She had lost a lot of weight. I asked her what she was doing. She said, "I'm taking ThermoChrome 5,000<sup>®</sup>". I asked where I could get it. She said I have some, wait a minute and I'll get it for you. She went back in Mary's house and came out with the ThermoChrome. I paid her a check and asked directions on how to use it. A few days later, Mary Jenkins came over and suggested I try the OPC-3<sup>™</sup> for my asthma and lupus.

Since I started taking the ThermoChrome, I have lost 42 pounds and have not needed to fill my many prescriptions for asthma and allergies nor take pain killers for my lupus. I'm very grateful to Market America for making these products available. OPC-3<sup>™</sup> controls my symptoms and allows me to do the things I should be doing at fifty-eight like roller skating, bike riding, sky diving and bringing up my seven and eight year old grandchildren. What a wonderful life!

*Louise M. Worswick ~ Scituate, MA 02066*

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## Lupus

Dear Dennis, Per our conversation at the convention and your letter requesting a "Biography/Summary", the following is a brief written testimony about my experience with ThermoChrome 5000. Truly ThermoChrome and Market America have been blessings in my life and I look forward to sharing that with others in whatever way you may deem appropriate. I was diagnosed with lupus several years ago after years of misdiagnosis. I have had central nervous system involvement (which was diagnosed as narcolepsy), joint swelling and pain (which was diagnosed arthritis), lung involvement (diagnosed as asthma), as well as Raynaud's phenomenon (circulatory problems), and hematuria (blood in my urine). In short, my health was a mess and deteriorating rapidly. I was in pain, extremely fatigued, and ran a fever daily.

Since my husband is a physician, I also had the best medical care available; however, despite their best efforts, a team of four fine doctors could not bring my lupus into remission. Only when all else had failed did I become open to researching alternatives to traditional medical interventions. I began to explore Indian and oriental medicines, nutritional supplements, etc. In my search I ran across a product called ThermoChrome 5000, a chromium and herbal blend marketed for energy and weight loss by a company named Market America.

This product contains many herbs that for centuries have been thought to promote good health. I also noted that it contained no caffeine or caffeine derivatives, and this was important to me since much of what I read in the course of my research warned against any type of caffeine with kidney or joint involvement. I began taking ThermoChrome despite great skepticism on both my and my husband's part. After all, I had nothing to lose.

Three weeks after beginning ThermoChrome 5000, my fever was gone, the joint swelling was markedly reduced, my energy was up, and I generally felt much better. I have been on ThermoChrome now for 1 year and am continuing to do extremely well. While I must emphasize that Market America does not make ANY medical claims on this product, and many people might say my improvement was a "spontaneous remission" that had nothing to do with this product, both my husband and I are convinced the ThermoChrome contributed to a dramatic improvement in my health. At this point I am pleased to report that under the direction of my doctors, I have been able to discontinue all medications and take only ThermoChrome j5000 on a regular basis. My lupus is in full remission and I feel GREAT!!" Hope this testimonial helps! God Bless

*Suzanne Ryan  
Manchester, NH*

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## **Lupus**

I have Lupus SLE and have fought anemia and small blood cells seriously for the last for years. At one point I took 450mg of Niferex Forte(a iron pill with Folic acid) with Vitamin C for over a year. the highest my hemoglobin got during that time was 11.2 which is barely on the low side of normal, but my cells were still too small. I was seeing a hematologist because of the problems and also had to have a bone marrow biopsy. All to no avail. I got tired of taking the iron and I finally quit. It was just after that I started the OPC-3 and ThermoChrome. After 4 or 5 weeks on the OPC I had to see my rheumatologist who took routine blood work including hemoglobin. After getting the results back she called me at home, which was at 6:45pm, 15 minutes before my product preview was suppose to start at my house. I was a new distributor. I told my husband to take a message, but he said it was my doctor. My only experiences with Dr's calling my home in the evening has always been bad news so I was afraid to take the call. I answered and she told me she was calling about my hemoglobin and I immediately burst into tears. And, I quickly admitted that I had stopped taking the Niferex over a month ago because it bothered me and I didn't think it was helping. She promptly cut me off and said Barb your hemoglobin is at 13.4. I was honestly convinced that the lab had made a mistake because I have never been above the low 11's in my life. Another test proved it was true. I cried a long time since the anemia had been a long battle for me. I was able to fire one of my specialists, the hematologist. He took it well.

I know the OPC-3 is what got me there. I don't know what the ThermoChrome might benefit that way, but I just started someone else with severe anemia on the product and am looking forward to her results.

For some reason I was unable to absorb the iron I was taking. And I still take no iron to this day , but the OPC allows me to absorb the iron I get through my diet etc which I could not before.

Hope this helps.

*Barb Roy*

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## **Lupus**

In the last little while there has been requests for information about lupus. I think it is important to explain that lupus is a complex disease that affects every single person differently. It is called the Disease of 1000 Faces for a Reason! It affects every individual differently. There are also different types of lupus. The most common being systemic (can affect any organ in the body) or discoid (skin affliction). There are others.

I personally suffer from systemic lupus so this is a subject near and dear to my heart! I am fortunate in that I do not have extensive organ problems but I know many women who do. The most presenting problems for lupus patients is fatigue and arthritis. There is a universal acceptance that we need to avoid the sun. I can only talk about myself personally. I have found OPC-3 to be so helpful to me. When I first started taking it I hoped for miracle cures like I had read in some testimonials. I didn't notice any monumental changes in my first 6 months. There were times I wondered why I continued with the product because of the cost.

I came to appreciate the product when I ran out! After 3 days I was sick. The first time I thought it was a coincidence but after the second time I started to wonder! And then I started to realize that I relied less and less on my anti-inflammatory medication (for arthritis) since I started taking OPC-3. I could discuss further benefits from OPC-3 like less noticable bruising, mouth cold sores etc.

I am a firm believer in OPC-3 in terms of strengthening my immune system. I have family members and customers who know my story and understand the difference in me because of my usage of the product. They too are customers. I am not implying that OPC-3 is a cure. But I can tell my fellow team members that it has helped me tremendously in terms of reducing the severity of the symptoms that compromised my day to day life. I am very much better off because of my usage of the product. I hope this note is helpful.

*Anne-Marie Munn  
Oakville Ontario Canada*

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## Lupus

I have always been a very active person all of my life - on the go all the time. I loved to do things for others. My life was very full. I attended Christian meetings three times a week as well as other Christian activities. I loved to go shopping and believe it or not, cleaning my home was very enjoyable to me.

In 1986, I was out one day visiting persons in their homes and I started to go upstairs. I had to stop in the middle of the stairway and couldn't go any further. I had to sit before I could go back down. My legs felt like Jell-O and I was completely out of breath. My heart was pounding so bad I didn't know what was going on with me, so we had to go home. From that time on I couldn't go up stairs, hills, even driveways. I got very discouraged because I couldn't do anything anymore, I spent all my time in bed. My bed became my favorite place to be. My energy level was completely drained out of me. I would get up to get some breakfast just to go back to bed without eating. My husband would go to work in the morning and when he returned home at night he found me in the same place - in bed. I started to have major problems with my breathing - so bad that sometimes I would say, "That's it. I won't make it." There wasn't any place on my body that my husband could touch me without hurting, even hugs hurt. I didn't sleep day or night. I couldn't stay in one position very long. I couldn't stand very long either because of the pain in my feet and all over my body. I became very depressed. At night my husband would say, "Good night," I would say, "Goodbye." It got to the point where I couldn't think anymore - I would start a sentence and someone else would finish it for me.

We decided to go to Mexico for chelating. It helped for a while but soon it didn't anymore. I don't have to tell you how discouraged I was as my condition got worse and worse. I went to so many doctors and spent so much money, all for them to say different things, some even said I should go see a head doctor. I knew I was not crazy, just really sick and getting worse all the time. I would get headaches so bad that I would vomit. My dear husband would come home from work so tired and had to fix our meals. If he didn't, no one would eat. Then he would bring my meal to me in bed.

In 1990, one doctor did a test for the Epstein-Barr virus (chronic fatigue) and the test came back positive. It also showed that I had Mononucleosis. Then I went to more doctors because I was having more problems; they made more tests and found out that I now had Fibromyalgia. They said there was more too, but could not say what it was. In the meantime I started to have trouble with my heart, tests showed Angina, then bladder tests showed Interstitial Cystitis (Chronic bladder problems). I would say to my husband, "This is no way to live. I wish I could go to sleep and not wake up." I was so useless to everyone around me. I wasn't going anywhere anymore. I saved my energy for Christian meetings but could not go very often. I had to get a wheel chair to go to the zoo or shopping, the rest of the time I always walked with a cane. I never went anywhere without it for five years. I didn't feel like I should be walking with a cane because I was only 54 years old. I wouldn't fix myself up any more - you see, I was one who enjoyed wearing hats and suits, getting dressed up all the time, but when I was so sick I just didn't care anymore. I got to the point where nothing really mattered. I didn't want to be around anyone anymore. We never made plans with people because of my problems. We couldn't keep our appointments. I could be feeling good and one hour later I would be in my bed. I love to eat out but that also became too much sometimes.

Then something else came up, "OH NO! WHAT NOW?" I said. My face started breaking out and getting all red, and so was my chest. Well, another doctor to go see. More tests were done, but they still didn't know anything or what to do for me. Finally in 1995, a test came back positive for Lupus, so now I had been diagnosed with Chronic Fatigue, Fibromyalgia, Angina of the heart, and now Lupus. I could tell you a lot more but I know how busy you are, and it would take too long. I didn't know what to do now, although knowing what I had made it easier to deal with. I knew I was not dying of cancer or something like that. The doctors put me on the drug Prednisone. I hated that junk because when I got off of it I would go into a deeper depression, crying over nothing all the time. A lot of our friends wouldn't understand because you see, I still looked good on the outside and then they just stopped inviting us over. Some friends though, knew what I was going through.

One day I saw our friends, Wanda and Bud, at a convention when I was in a wheel chair. Then one day Wanda called me from Oregon. She said that they were coming to San Diego and asked if they could come to see us. I said, "Of course, but you have to do for yourself because I can't do anything, so you'll have to make yourself at home." They said that would be just fine with them. When they got here, I was having a good day. A good day for me was getting up at 11:00 A.M. going back to bed at 2 or 3 P.M. until the next morning.. Wanda and Bud wanted

me to try something they believed would make me feel better. I told them I had tried everything there was to try, and I was tired of trying everything there is on the market. "But this will help you," Wanda said. I asked her what it was. She said, "OPC-3" and described it. I replied, "I have a full bottle of that stuff in the cabinet and those pills do not work at all. I've been taking them for almost four months now." (I was taking a tablet form of Pycnogenol). So, I looked at my husband and asked him, "What do you think?" You see my husband is the most skeptical person in the whole world, but he said, "Whatever you want to do." "Okay," I said. "I'll try it." So I took three bottles and started the next morning. I took a double dose for two months and in the meantime I had a lot of stressful things happening in my life. After 3-1/2 months I became very discouraged because it wasn't helping me that much. Another 1/2 month went by.

Then one morning I got up and didn't go back to bed all day - I could not believe what was taking place here. So when my husband came home I told him about my day and all he said was, "Oh Yeah?" But the next day and the next and the next were all the same. I was picking up my house and washing the dishes! You see washing dishes a few days before that was overwhelming to me, sometimes I couldn't even take a shower for two or three days.

Well, now I ask to eat out and I'm doing for myself. I have lots of energy now. My digestion is good and I stopped taking my pills for depression. I now feel so calm inside, not anxious anymore. My breathing got much better, and the pain is starting to go away. I can walk and sit without any problems. I can write with my right hand - the arthritis is gone. Also, I can wear my watch on my left wrist - the arthritis is gone there too, and also in my feet. I don't get up all night to go to the bathroom two or three times, so now I sleep better. I'm on the go all the time. I make my bed every day - it had been nine years that my bed was never made during the day, only once a week my bed would get made when the house keeper would come. I get up now at 8:00 in the mornings and stay up all day. Every morning I wake up feeling good, I say thanks and tell my husband "Can you believe this? - I can't!" I can concentrate a lot better now. I also don't get sick to my stomach - I used to be sick to my stomach all day long every day. I don't have the super big headaches like I use to. Oh yes, my skin is even getting better - softer, not feeling like it's going to break off. I get up in the morning singing. My husband says, "You've gone mad." I say, "That's O.K." It has even helped with my back. I have arthritis in my back and deterioration of nine of my discs; my hips were the worst, but now they are not giving me that many problems. I walk now and don't use my wheel chair or my cane.

*Lisette Laffoon*  
*Imperial Beach, CA 91932*

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