

## **Arthritis – April 23rd, 2010**

A couple years ago my body started getting a bit achy. In my head I knew what was happening...I kind of ignored it, and yes that was not the smart thing to do. Then I went to Bolivia last May for Ashley's Wedding. The flight home did a number on my body. When I got off the plane in Calgary, I had lost total use of my left hand, I was swollen from my knees down, felt like I was walking on marbles and my ankles looked like they had lemons under the skin. I had no one there to help me with my luggage...it was a horrible struggle to get the luggage and then drive home. I could not even flick the turn signal lever with my left hand. I was a mess!!

Being who I am I never went to the doctor, I went on to try and solve this myself. Had a live blood analysis done. My body showed Uric Acid...no clue even what that meant. All I heard was Gout and freaked out thinking WHAT that is a drinking persons problem. Apparently not. I had a form of Arthritis :(

Googled Uric Acid and the first thing I read is Tart Cherries are the best for Uric Acid. Since Sept 1, 2009 I have been taking Immunocal, Cherry Juice, Xtra Sharp, Vitamin D-3, ProBiotics, Omega 3, Fiber, Calcium and Minerals. FITT Shake first thing in the morning.

Had another Live Blood Test in January 2010...Uric Acid is gone!!! ALL the pain is gone. NO achy feeling at all. It took until about Feb 2010 for ankles to go normal, BUT as I sit here typing they are normal ankles :)

The BONUS out of all of this is my Endometriosis...I have no cramping at all. I totally feel empty inside. Over the past 20 years I was able to keep the Endometriosis at a really good place with some supplements. Still had a bit of cramping over the years and felt kinda full is the only way I can explain it. The first 3 months on my NEW routine with these supplements, things felt a bit strange and uncomfortable. I think it was a repair period. It has just been the past couple months I have really noticed the difference. I feel nothing... very strange to feel nothing! I like it!

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