

Arthritis

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!

Margaret Mackay, Cochrane, AB, Independent Distributor

Arthritis Testimonial # 25:

Ok I will pass my little testimonial on to you and you can pass it on if you so choose.

My name is Judy Murphy I am a professional dog groomer in Whitby Ontario. I have been grooming now for 7 years and at the **age of 42** I am going to be grooming for at least another 10 years thanks to **hms 90**. I was **diagnosed with arthritis at the age of 35** and was having a lot of problems with my **hands seizing** up and causing a lot of **pain and discomfort**. With pet grooming there is a lot of strain on the **hands and joints** along with the **back and hips**. I use scissors and am in water constantly along with a lot of lifting and bending. If it were not for the hms I would have had to retire 5 years ago. Because of HMS90 the career that I love and depend on was not sacrificed, I will be taking this product for the rest of my life and I am so very thankful for it. Anyone with arthritis should be directed to this stuff. It is an amazing product and the results speak for themselves. Thank you Immunotec **Judy Murphy**

Arthritis Testimonial # 26:

Arthritis and Athletics Marion Devitt July/2004 (update)

I am a (100 lb) **85 year old masters swimmer**. I have also been struggling with **arthritis for the past 20 years**. I have to wear a **brace on my wrist** as a bone is missing in my thumb. I was first introduced to **HMS 90** by Paul Rothe in the hot tub at our local rec centre. I have been **taking two packs a day** every morning for almost a year. Since taking HMS 90, I have experienced **more energy** and **less pain** from my arthritis. I work out and swim almost every day, and I have just returned from the **Canadian Masters Swimming Championships (May, 2004)**. In the **85-89 age category**, I set a **Canadian record** for the 100 metre breaststroke (3:01:49) and knocked a second off

the 200 metre backstroke (6:56:00), which is one full minute better than my personal best last fall! I am already working toward getting down to the 5-minute record for the **World Masters Championships in Edmonton for 2005**.

The following are my awards for 2004 – so far:

Duncan	January 200m Backstroke 7:30.92 Canadian Masters Record
	January 100m Backstroke 3:08.91 Canadian Masters Record
Victoria	March 200m Backstroke 7:25.30 Canadian Masters Record
	March 50m Breaststroke 1:19.90 Canadian Masters Record
Edmonton	May 200m Backstroke 6:35.92 Canadian Masters Record
	May 100m Breaststroke 3:01.25 Canadian Masters Record

Ed. Note: The times for each category above are progressively faster. Paul has just given me some of the **new 5-Fruit Xtra Sharp** to zip up my workouts. It seems to **increase the time** I have been able to swim in the pool, and certainly makes me feel during workouts! Paul also says I am **looking better** all the time, too—thanks to HMS 90. [Editor's comment: Like many users of HMS 90 experience, Marion's personality seems to have acquired a new sparkle since taking HMS 90. Coincidence?.... ALL the BEST to "YOU"]

From Jim Hawley, Immunotec Independent Distributor