

Fibromyalgia

Testimonial # 32: " **L. Christine Soldwisch** Monday, February 03, 2003 8:43 PM

I was diagnosed with **Fibromyalgia and chronic fatigue in 1998**. At first I was sick 3 or 4 days out of the month and very tired the rest of the month. Then it was sick 5-8 days out of the month and fatigued the rest. Then soon it was sick 2 weeks out of the month and **exhausted** the rest. Then over the years the pain became more intensified and all over the body. So I used to count the days in the month I was well, then it came down to days in the week, then day-to-day then minute to minute. There was almost never a time when I wasn't in pain somewhere, or sick with something, or dizzy and nauseous or all of the above. When I could do so, I would walk, but it was a battle just to do what a mom and wife would normally do everyday. I had to stop doing the laundry because we live in an apartment and I **couldn't walk** to the laundry room, (200 ft away). My husband took over that job. I of course, could not work, I had some days I literally couldn't get out of bed. Sheer exhaustion and feeling sick. Many days I couldn't get my little one to school because I was so sick feeling. I was put on pain meds and sleep meds and meds for digestive problems, and antidepressants. Meanwhile, **my brain became so foggy** that I literally couldn't always find my way home. My own street seemed unfamiliar to me, I would have to go to a place 5 or 6 times to remember how to get home. I forgot to pick up my child from school, make deposits, pay bills, call the doctors, etc. My personality underwent a huge change, my sister says I was snappy and **unhappy and impatient at times**. I remember being so depressed I felt hopeless. I became so sensitive to pain that the seams on my jeans hurt me, it burned. If there was a piece of lint or a crumb on my sheets I would wake up feeling like a rock was burning my leg. Headaches were a part of everyday life, and every night was a continuation of the nasty day because I woke up every hour or so. I was at the chiropractor once a week sometimes more, took antioxidants, vitamins, and chelation. Tried MSM, Sam-e, Chondroitin, and anything else that came along to try to get relief, every thing I tried had very limited success. Then my friend, who's son is dying of cancer, heard about a way to **boost your immune system**, so she tried it for her son. I asked her to tell me about it, because everything I had read about my illness, I felt it was an immune system disorder. So she brought me a box of Immunocal to try. **I started on 4 packets a day**. I felt that if I was going to get help I needed to be on a high dose. The first day after 4 packets I was standing a little longer and had more energy. That was nice, but it couldn't be the Immunocal already. The 2nd day I had less pain and found myself piddling around the house. Doing a little straightening and cleaning and I made dinner that night **with no help! The 3rd day** I got out of bed in one motion, I was stunned, I hadn't done that in years, I was starting to get excited! **The 4th day** I was up and around and **walking really well**, with about a **40% reduction in pain**. Everyday since then has gotten better. By the end of the first week, I was almost pain free! I was astounded. I signed up to be a distributor. My sister was on an out of town trip, called me to say she was home, and noticed the sound of my voice was very different. Came to see me and asked why **I was happy**, why was I standing without leaning on the counter or finding a chair quickly? I told her about my newfound health and Immunocal and she became a distributor. We are, needless to say, totally enthused about this product. She says "she got her sister back" and I say "I got my life back"

L. Christine Soldwisch

Fibromyalgia Testimonial #33:

Hello Leroy, I've been out of town for an extended time, due to the passing of my 98 yr. old Father-in-law. Thank you for the testimony of your friend. I'm going to print it and pass it on to my mother for a friend of hers at the retirement home where she lives. It is very timely. I'd like to add my praises of **Immunocal**. This past spring my chiropractor diagnosed me **with fibromyalgia**, after **several months of not responding** to treatment. As a massage therapist, I suspected it, but never mentioned it to anyone. You know, don't claim something you don't want. I also have been diagnosed with **sacroiliac joint dysfunction**, which caused **major low back** and groin pain. Now the **really good news**. After **2 days of taking 2 pouched of Immunocal daily, NO MORE PAIN**. I used to wake up and be aware of the pain without even moving. Very deep muscle pain in my arms, low back and hips. The second morning after my double dose of Immunocal, the first thing I noticed when I woke up was the **ABSENCE** of pain. I also no longer have I what I referred to as **"foggy brain"** syndrome in the afternoons and evenings. **Mental clarity** has returned! So very thankful. I'm now on an Immunocal crusade! **Shirley**

Fibromyalgia Testimonial #34:

Val from Colorado shared this for us:

LaVonne, **I'm feeling great again** and am telling people all the time about how great **Immunocal** is and how great the Immunotec Co is. So here goes. I was diagnosed with **Fibromyalgia about 15 years ago**. Sometimes I would be hurting and tired and other times I was sure I didn't even have that disease. In this past year I kept getting hit with it harder and more often. I had tried many natural remedies since I work at a nutrition center. My sister had been using Immunocal for different reasons for several months and she kept urging me to try it. One night I was at her place and I was so tired and in such "fibro fog" that I could hardly function. I told her I didn't think I was going to be able to keep my job because I was so tired and in so much pain that I just couldn't remember things or keep things straight. She told me I really need to try Immunocal and that she had heard some really great testimonies specifically about Fibromyalgia. When we got home, I had my husband write me a note so that I would remember to go get some Immunocal the next day. I got started on it right away and **3 days later**, I already noticed that I definitely felt better. Each day I continued to feel better. The "fog" lifted and my energy was surprising me. I used to come home from work at 3:30 in the afternoon and fall asleep on the sofa. After only 3 days on Immunocal I didn't need a nap anymore. I got so excited and so **full of energy** that after being on it for only 2 weeks I emailed LaVonne and said that I **needed to become a distributor**. I said that I keep running into people with **Fibromyalgia** and I can't tell them how good I feel and then not have it readily available for them. So now I am an excited distributor constantly telling people how good I feel and what a difference **Immunocal** has made in my life. I am very impressed with the company as well as all of their great products. **Val Koenig**

Fibromyalgia Testimonial 35:

From Carl and Sandy Walper 2/4/97

Dear Carl, My name is **Chris Rice**. I do Body Management Therapy, Touch for Health, Reflexology, and Hydrotherapy. I have had almost 20 years experience in the complimentary health field. For many years, I supervised people on diets and supplementation. About two months ago, I was introduced to a product called **HMS90/Immunocal** by Dr. Gustavo Bounous. I had **severe Fibromyalgia** for 3 1/2 years. I was not able to use my right arm because of pain. I was unable to work or be active in any way. With the help of **HSM90/Immunocal** I am now able to work & exercise **without pain**. My allergies have cleared up and I sleep better. I have been taking only

one package a day for 6 weeks and am really excited about what it is doing for me. **I am now pain-free.** Sincerely yours, **Chris Rice**

Fibromyalgia Testimonial 36:

From Randy Green's group, Linda Hanson shared: Linda if you remember, had **post polio syndrome, chronic fatigue and fibromyalgia** before she started **Immunocal**. She left those symptoms behind and never turned back! She has only been in Immunotec for several months but has made an impact on so many people's lives. She has also won the president's award

Fibromyalgia Testimonial # 37:

Got a lady on **2 packs a day** that had heard what it did for me and she was crying and was **very depressed**, as she had been suffering from **chronic fatigue** and **Fibromyalgia** also. I told her to get on 2 packs a day, that there was hope. About three weeks later there was a message on my answering machine from her saying "**Linda**, you're right, I feel soo good. Thank you, Thank you, Thank you. I can't believe I feel so good."

Fibromyalgia Testimonial # 38:

Eva Beames from Canada shared this: In 1993 I was diagnosed with having **Fibromyalgia**. My whole life had become a nightmare of pain, doctors, prescriptions, numerous painful tests, alternative treatment, prayer and despair. I tried every possible known pain killer, medical prescriptions, herbal remedies including evening primrose oil, gelatinin, melatonin, vitamins of every kind, Devil's Claw, Ginseng, Glucosamine with Chondroitin, even some bizarre things such as soaking flannel in hot castor oil (as described in Cayoe's "The Sleeping Prophet" in my sheer desperation for relief of pain), physiotherapy, acupuncture, massage, heat, cold, splints. I tried and bought numerous pillows, splints, special heating pads. I spent a fortune with minimal relief or temporary relief of an hour or two. I attended numerous specialists; (i.e. Rheumatologists, pain relief) seminars, group therapy sessions, chiropractors, naturopaths, iridologists, reflexology, reiki, meditation, tai chi, therapeutic swimming and still the pain persisted. I changed my diet substantially, i.e. no red meat, no sugars, no salt, limited wheat products, avoided anything that might contain caffeine. I avoided cooking as vegetables aggravated my hands. I changed my style of dress, i.e. sweat shirts (no buttons), pull on slacks (no zippers). Appearance became unimportant. I am normally a happy extrovert, having been a professional concert singer and then a legal secretary. I had a busy fulfilling life with a full-time job, a hobby of singing/performing and teaching voice. When this happened my life disintegrated. **Chronic fatigue** and **pain** I found difficult to describe like the muscles were being twisted and burned at the same time. Simple, taken-forgranted activities become a nightmare. Heavy doors were a battle. My son-in-law bought me a shiatsu massager for Christmas, which I couldn't use because I couldn't lift it to my shoulders. In his compassion he persisted in getting me to try other products. I must admit I was cynical and ignored his first suggestions to try **HMS90 (Immunocal** in the U.S.) However I finally did get my first shipment on August 18th 1997. Within four days I noticed a change in energy level and began to work in my garden. It was about ten days when I noticed I had no pain in my back, the back of my legs and ankles. I was able to walk up and down the stairs in my home with flexibility and ease. On August 31st I noticed that I was sitting in the lotus position watching TV. I was so happy I was running up and down the stairs in my home. As each day progressed, I noticed improvements. My immune system was so depleted two years ago I came down horribly sick, with shingles, which left me with permanent nerve damage, which disappeared in this two-week time frame. Then I noticed the most dramatic change. My right

shoulder had been frozen since January 1994, and became extremely painful and I thought perhaps I was losing ground somehow but a pattern emerged. The areas where I had the most intense pain, my shoulders the back of my head and arms became **intensely painful**, climaxed and then the healing process began. My right shoulder is unfrozen and **95% pain free**. My left shoulder is in the process and is in the healing phase. I continue to notice improvements each day. My digestive system ruined with over-medication (sometimes 20 Tylenol a day) was definitely improving. I had been on Naprosyn, Voltaren, Novasen, Amytriptillin, Norgesic and when the shingles hit me I was on Oxycet, a derivative of Perodan. Now I take my high blood pressure pills (I don't think I need them but continue just to be sure), my multivitamins and Calcium A, D and C. I only occasionally take Tylenol for the occasional headache. The overwhelming pain seems to be under control, mostly gone and hopefully will all be gone soon. My life is mine to enjoy once again thanks to **HMS90/Immunocal** and I thank God for Dr. Bounous and his research team. Sincerely, **Eva Beames, Toronto, Ont**

Fibromyalgia Testimonial # 39:

Gordon and Jean, Received this e-mail from Hal Gowing who is a retired Portland Detective and who was present at the "Over the Hill Gang" meeting two months ago. **Hal started taking Immunocal** and then checked with a Dr. That he knows... about the product and what it would do for him. Hal just received this attached e-mail from the Dr. Thought you would be interested.

PS: This Dr. is located in Gresham, Oregon, I believe.

Dear Hal...As you read this, pay diligent attention to the facts, because I am about to reference a material which will improve health, increase resistance to disease and slow the aging process. There is documented experimental evidence in the medical literature to show this. I have spent much time in recent days going through literature in the National Library of Medicine (part of the National Institutes of Health), with much amazement. Most doctors seem to be ignorant of the information provided, as I comprehend from patients I talk too. My interest in the substance is intensified by the fact that I have undergraduate and graduate degrees in nutrition, which I received from MIT prior to attending medical school. I just recently have become aware of these benefits because of being introduced to a product which increases levels of this naturally-occurring material in the body. The importance of antioxidants is becoming known to more of the lay population in recent times. Many people now are aware of vitamins E, C and A, in addition to selenium, all of which fit into this category (selenium, in fact, is a structural component of, and co-factor in, the normal metabolic cycles of the vital compound I will discuss). However, the MASTER antioxidant, present in every cell of your body, is **GLUTATHIONE**. It is made up of three amino acids, the units from which protein is made. Antioxidants are vital in the neutralization of so-called "free radicals" formed in the body during varying degrees of both normal and diseased metabolism. These free radicals, dangerous agents that suppress the immune (disease-fighting) system, promote deposition of lipids in arteries, result in formation of carcinogens and result in premature cell death. Glutathione is essential to the optimum health of white blood cells, which are the prime agents in the fight against infection and disease, in addition to subduing premature aging of ALL cells. In other words, we therefore have an increase in auto-immunity and resistance to degenerative diseases. Glutathione also controls the available activity of major antioxidant vitamins E and C in body function. A deficiency of glutathione can cause **destruction of red blood cells**, leading to anemia. It also is the most powerful detoxifying agent in the body, to deal with foreign unwanted substances. It is important to know that the concentration of glutathione in human cells decreases with age. It is recommended that individuals at ANY age take the supplement (this particular one is thought to be one of

the best), which I just started taking as will my wife. I did not mention that it also increases your **ENERGY level**. The most amazing testimonial I received in the past few days was from a lady in Arkansas who had **Fibromyalgia** diagnosed in the early '90's, and who was suffering chronic pain. She would wake up two to three times each night with pain. Many therapies had been tried, some with a slight effect, numerous with no effect. After only three days of taking the product, she was able to sleep through the night without pain, and after ten days, she was able to get off ALL pain medication! As she said, "it has changed my life completely". Another gentleman has had no more headaches after ten years of having them DAILY (never diagnosed after numerous tests). This is completely awesome. So how does the supplement work? Two of the components of glutathione are plentiful in the average North American diet, but the third (cysteine) is NOT. This latter is provided by the supplement, such that glutathione then is produced within the body. **Glutathione** itself is not absorbed in the intestine, so cannot be given orally in that form for any effect. In short, we have a substance which will prolong life AND combat or prevent many diseases, research showing that it is beneficial in diabetes, cardiovascular disease, asthma, allergies, cancer, muscular disorders, neurodegenerative diseases and many more. It is unfortunate that this information is not more widely known or circulated. I realize that this dialogue is rather lengthy, so you might want to print a copy and study it at your leisure. I cannot overly stress the benefits of this supplement in improving health and prolonging longevity. Please give me a call or leave a message. (By the way, this is NOT to make money for me---it is to help anyone improve their quality of life and prolong it---anyone who has the sincere desire to DO so!) Positively, **Don Burress, MD**

Fibromyalgia Testimonial # 40:

April 2003 newsletter: Valarie Erekson from Atlanta, GA shared this:

About six years ago I was diagnosed with **Fibromyalgia** and **Chronic Fatigue** by an M.D. who prided himself on being an alternative medicine doctor. Fortunately, we were introduced to Immunocal at about that same time and made it our business to learn as much about it as possible. When we mentioned Immunocal to my doctor, he had heard about it, but obviously did not fully understand what it could do nor was he interested. He gave me a prescription for Guaifinisen and sent me on my way to learn about my disease (that now had a name) and about this guaifinisen stuff that was going to help me get better. I didn't like the idea of taking any kind of drug for the rest of my life, so on my own, I abandoned the "Guaif" and just took Immunocal, then PNT 200 when it came along, and now the Xtra Sharp to manage my symptoms. Most people I know with my condition, who are not taking **Immunotec's products**, take a wide assortment of medications to control their pain and other annoying symptoms. They are not happy campers. I am drug free and proud of it. As far as I can tell, all systems are functioning normally and for the most part, I feel pretty good. Actually, I thought I was doing really well until I started taking Xtra Sharp. WOW! I didn't know how much better pretty good could get. Because of my age (late 50's), weight, and sedentary lifestyle (due to my kind of work), I am not running marathons yet, but I do seem to be equal to any task I decide to take on including a recent major yard cleanup and deep house cleaning & de junking. I tripped over my own big feet a few days ago and took what could have been a very nasty fall down some stairs and bumped my head hard enough to put a dent in the wall. I can't explain it, but I do not have the first bruise, bump, or sore spot anywhere from that fall. Either an angel cushioned my fall or these Immunotec products are much more than we realize. To give an idea of my typical day: When I get up, I usually hit the floor running. I work out of my home and between my businesses and all the domestic stuff; I easily put in 12 to 14 hours. I take one tablespoon of Xtra Sharp mid-morning and I'm good to go for the rest of the day. I find the Xtra Sharp not only jump-starts my day, but it also

keeps me focused on my work. (No more brain fog.) If I do decide to take a breather, I have no problem catching 40 winks before pushing on. As for the other products: I take three packets of Immunocal every morning along with two PNT 200 capsules, 4 Pure Milk Calcium tablets, and one Co-Factor Multi Vitamin and Mineral Supplement. At night just before going to bed, I take two more PNTs. If there is an evening social event planned, I take just a little more Xtra Sharp in the afternoon. I also use the skin perfecting cream and the toothpaste. You might say I am a true believer in these products. Just as Dr. Iwama suggests, I eat a healthy diet of fresh fruits, vegetables & whole grains, drink plenty of purified water, stay away from addictive substances, refined sugars & grains, soda pops and processed foods, and I get a good night's sleep. As I mentioned before, I don't get the exercise I should, but I'm working on that. For some reason, when taking Xtra Sharp, I find I have no problem talking with people, listening, making new friends and learning how I can help them. Before Xtra Sharp, I'd mostly stay to myself and not reach out to strangers. Now I find it easy to follow Jim Britt's counsel. I have been hearing a lot lately about women being kidnapped in mall parking lots, etc. Women just can't take the risk of going around in a fog looking like victims these days. I find Xtra Sharp makes me more aware of my surroundings and helps me walk an act like I am alert and in control. For security purposes, I recommend we women take Xtra Sharp to give us the edge we need for our protection when out in public. My husband, Paul, and I feel blessed to be associated with Immunotec Research. Immunotec products continually amaze us by what they do for us personally, and what they do for the health and wealth of others as well. All the products are great, but Xtra Sharp is my favorite despite the taste

Fibromyalgia Testimonial # 41:

Hi my name is **Kim Watros**. I recently signed up as an independent rep. under David Standeford. I started taking Immunocal, 3 packs daily, as of February 22, 2003. I was diagnosed 3 years ago with **Fibromyalgia**, and within those 3 years have tried everything known to help the pain, with no success. I started on Immunocal, and within 2-3 days began to see results. I went to see my physician on March 7th. I had not taken my muscle relaxants for almost 2 days. I got the most wonderful news while there. My **blood pressure** went from 128/78 to 100/70, and I lost 5 lbs. When doctor saw that I was doing well, he asked what I was doing different. I informed him that I was on Immunocal. He instructed me to start weaning myself off of Neurontin, Skelaxin, Oxycontin, Celebrex, and sleep medications. He noticed that in the past 3 years I had tried many therapies: water aerobics, chiropractic, stimulation, whirlpool and massage, with no relief. This was the first time in years that I had not spent at least 4 days in bed, and he knew I had not been able to walk without a cane because of the pain. But when I saw him I was cane-free! I know within the next few months my condition will continue to improve, along with my life. Also, my doctor is reading about Immunocal on my personal website. I just want to thank my new love, David, for introducing me to **Immunocal**, because it has made such a change in my life.

Sincerely, **Kimberly A. Watros**

Fibromyalgia Testimonial: # 42

Hi Karen! To answer your question, my mother has **Fibromyalgia** ... she's had it for 8 years and literally gave up until she met Lee Lewis in a medical forum online. She used to sleep 17 hours or more a day, wake up to take 2 Percocets and go back to sleep. She had given up on life. After just 3 days on Immunocal she was given her life back. It is truly amazing! She has been on only one packet a day since November of '03, and I'll be introducing her to the other products slowly since she has such a sensitive system. **I was diagnosed with Multiple Sclerosis** (it will be 2 years in June). I have the **speech slurring and the fatigue**. Also, since a tumor is located behind the optic

nerve in my left eye, I suffer from **Migraines and eye pulsations**. My left eye will close at times, like blinking, yet my right eye blinks normally. I am clinically blind in my left eye. I have to tell you I was in total denial of my disease. I have 2 wonderful children and I would have rather died than have them suffer with a mother in a wheelchair. (I had 5 car accidents also, and was put on high risk that was a very hard thing to handle since I thought I was in total control of my car and in reality I should never have been driving ... 2 of those times I was hospitalized, and once I totaled my Jeep Liberty.) My success on **Immunocal** was not as fast as my mother's, however my family and friends noticed the difference in me first. Now I can see a more than just shadows and I don't have the double vision. I began taking just 1 packet a day in mid-December. Now I'm on 2 packets a day, and **I feel GREAT!!!!!!!!!!!!** I am totally convinced about this product, which is why **I decided to become a Distributor**. My friends want to know just why I lack fatigue now and why am I so bubbly again? When I tell them that Immunocal is an all natural substance and about all the ailments it has been shown to help, they are amazed. My doctor even supports this treatment, and I am not taking the MS shots he's allowing me use Immunocal as a treatment for now with the stipulation that if I go back to having symptoms, I will be back on the medication shots. I told him "I'm definitely NOT going back to a life with no future I have to much to live for now!" My mother and dad have been away on a trip for the last 2 weeks, which is something she wasn't able to do before Immunocal. My father said to her one day, "Do you need to rest or lie down a bit?" Her classic response was, "No, do you?????" Gone are the days of sleeping for 17 hours! I truly believe the most positive point about this company is that there is such a great support system. And my sponsor Lee always has time to answer my questions. He is such a asset to the company. **I am so grateful for regaining a life** I thought I had lost! (Smiling) Take care Karen, **Mickee Breslin**

Fibromyalgia Testimonial # 43

I have felt so much better on **Immunocal**. My friend gave me some. I have **severe fibromyalgia** I mean severe. I **hurt all over** and **vomit in my sleep** and have bad indigestion. **My hands go numb and then they burn**. I have all the trigger points of fibro. I hurt so bad it is sometimes hard to walk. Now with Immunocal I have decorated my house for Christmas. I even went grocery shopping, and bagged the grocery shopping which would be unheard of before. Before, I could barely shop for 10 items. I could not clean my house. I could not fix dinner. Immunocal has given back my life. Unfortunately, I cant afford to buy it. My best friend and other friend who gave it to me are buying me each a case for Christmas, but after that it will be back to severe ! pain when that runs out. I have told 10 of my fibro friends about your **amazing product**. What is the smallest quantity I can purchase? I will be a guinea pig also for testing so I could get some. I could be one of your case studies. Well, let me know. Thanks so much, Sincerely, **Pam Grissom Wed, 6 Dec 2000**

Fibromyalgia Testimonial # 44:

July 4, 2003 Independence Day, This is also descriptive of that day in May, 2003 when I received my first shipment of Immunocal! Don't tell me miracles don't happen. One occurred right here in my home on that day! I have suffered greatly from the debilitating pain caused by **Fibromyalgia** for many years. I am being seen by a specialist in the field of treatment for patients with Fibromyalgia. I was being treated with high doses of narcotics and muscle relaxers to treat the pain. At the end of my rope, I decided, just once, to give good ol' "snake oil" a try. That was when the miracle happened. I heard of Immunocal from a friend, and after praying about whether or not to try it, I felt a very strong impression to do so. When the product arrived in my home, my husband and I once again prayed that this would be the thing that would give me relief from my pain. I used three envelopes of the product a day, **mixed**

in Cranberry Juice and in two dayscount them-2 days!- my body was free from pain. All those years of searching and in two days a miracle occurred, right here in my own home! I took a dosage amount of three envelopes of the product a day for a total of 2 months. I have been able to drop down to a maintenance dosage of two envelopes per day. I still take some medication for pain, but am slowly getting away from it. I have had one slight flair, just in the past week.....something about painting the exterior of my house with my husband, and getting less than my needed rest. So, I just increased my amount of Immunocal to 3 a day again and am already feeling well enough to again drop back down to **2 envelopes a day**. I am forever thankful for those people who led me to the Immunocal and for the answer to my many, many prayers. God has been very good to me. A Miracle happened!

Karen Metzger

Fibromyalgia Testimonial # 45:

Phyllis Story: I just wanted to write a note to thank all my friends and family for all their prayers and support during the last ten years of my declining health. As you know, because of **Fibromyalgia** I became disabled and was **unable to work**, qualify for health insurance, or do anything around the house. I rarely went to church or did anything with my friends or family. I slept most of the time and it was often difficult to even read or watch TV. In February a friend of ours dropped by with some literature and samples of a product called **Immunocal** that was supposed to provide the building blocks so my immune system could rebuild and strengthen itself. I was very very skeptical. Besides doing a lot of internet research myself and not finding much, I had heard from countless people who had "heard" of a "cure" which was 99% bizarre! Since He was our friend I promised to read the literature to see if it made sense to me. I assumed that it was another far out thing but I was wrong. I was impressed with all the case studies and doctor's support plus there **is no side effects**. I have been taking Immunocal for almost three months and can hardly believe the improvement in my health! **My pain and fatigue are gone** and my mind can **focus again!** I'm not saying I'm cured but I haven't felt this good in ten years. I'm doing things I never thought I would ever be able to do again! I was even able to discontinue all of my prescriptions. So thank you again from the bottom of my heart!! Your prayers were indeed answered :)

Phyllis Hooper Friday, June 13, 2003 3:12 PM

Fibromyalgia Testimonial #46

"Hello my name is **Margo Evans** and I would like to share with you my experience with Immunocal. Initially my search began on-line..for anything that might relieve the symptoms of **fibromyalgia** for a family member. She has experienced pain for over 12 years. After several weeks of research, I kept coming across Immunocal. With the research and patents, I felt she had to try it. Within about 3 weeks of starting to take Immunocal she saw results ... she started with 1 pouch a day and quickly went to 3 per day...everyday. She experiences less pain overall, less fatigue in general ... and sleeps much better than she has in years! This was really exciting...and such a huge relief Now, I have my 3 year old son on the HMS90 (Immunocal) powder also, to help with infection (he was getting **ear infections** regularly-causing the need for antibiotics - (which started a series of yeast infections!) Although he has had the odd cough this winter...he is very healthy!! He did not need antibiotics once this winter-no ear infections, not one!! Another family member uses inhalers for his **asthma**, he has cut back to about 1 puffer every 3 months, rather than 1 a month. Several other family members believe in the product also...and take it daily, including myself. As a preventative! Sincerely, **Margo Evans 06/03/2001**