

Updates

Wellington & Nancy Watts

Testimonial # 157

Hi Herb,

Nancy's story is about progress. She has been on Immunocal twice a day for about a month. Tomorrow I'm ordering six boxes of Immunocal -- Nancy's going on three per day, and I'm going on two. The other is for a friend. Plus I'm ordering some XSHARP.

This is Nancy's story: (The Past) NANCY WATTS -- MEDICAL INFORMATION

AUTO IMMUNE DISEASES:

1. Fibromyalgia;
2. Interstitial Cystitis (Acute);
3. OsteoArthritis;
4. Pyelitis (Lining of kidneys infected);
5. Rheumatoid Arthritis;
6. Sjogren's Syndrome.

MEDICAL INFORMATION

1. Allegra -- 60mg. -- 1 tablet -- 2x / day
2. Ambien -- 10 mg -- 1 tablet at bedtime
3. Carafate -- 16mg / 10ml -- 2 tsp. -- 4x / day
4. Doxepin -- 100 mg -- 1 capsule every day @ bedtime
5. Menest -- 0.3mg -- 1 tablet per day (Discontinued)
6. Provera -- 5 mg -- (1-12 days of cycle) (Discontinued)
7. Neurontin -- 400 mg @ bedtime
8. Phazyme -- 200 mg. -- 4x / day
9. Plaquenil -- 200 mg -- 1 tablet 1 time a day
10. Plavix -- 75 mg -- 1 tablet daily
11. Ranitidine (Zantac) 150 mg -- 2x / day
12. Synthroid -- 0.05 mg -- 1 tablet daily
13. Vioxx -- 12.5 mg -- 1 tablet 2 times a day

AS NEEDED:

1. Doxycycline -- 100 mg -- 1 capsule 2 times per day
2. Levsin -- 0.125 mg. -- 1 tablet every 6 hours
3. Xylocaine -- 5% ointment -- use on feet at night
4. Clindamycin -- 150 mg -- 4 capsules 1 hour before dental procedures
5. Vancomycin -- IV

SUPPLEMENTS:

1. Calcium with minerals & Vit.D;
2. Ester C;
3. Vit E with B6, B12, & folic acid;
4. Multiple Vitamin;
5. Immunocal -- 2 packets / day (Glutathione enhancer)

ALLERGIES:

1. Adhesives;
2. Ceclor;
3. Cipro;
4. Codeine;
5. Erythromycin;
6. Iodine;
7. Lactose Intolerant;
8. Latex Intolerant;
9. Noroxin;
10. Penicillin;
11. Percase;t
12. Sulfur;
13. Tobramycin;
14. Dye used for x-rays

So when I wrote that she didn't have any pain in her kidneys for the first time in 15 years, it was a significant step forward. She isn't at a point of saying that she's better yet, but she is much less ill and moving toward being better. She has much greater strength and vitality.

On June 28 she was in the hospital on IV antibiotic therapy twice a day which continued at home for another two weeks. With B-strep and E-Coli in her body she was having a difficult time, but cultures have turned around with only one negative as of last week. She is definitely making progress. To be honest Immunocal was the last resort. We both said -- "Let's try it. There just isn't anything more that can be done." And we are so glad we did.

If I never sponsor one person, it has been worth it! (But the sponsoring is going to happen!)

By the way don't give up on people. It took us over a year to say yes to Immunocal Story.

Thanks Herb for not giving up!

Wellington & Nancy Watts

Sheri Cramer

****UPDATE** Sheri Cramer Testimonials # 158 ([on pg 107 - 107 & # 010](#)):**

November 6, 2005

From June to August, I sometimes thought that I could decrease to 3 HMS90.... I'm still feeling no pain, then maybe just 2... Well, within 4 days I was feeling the pain, pain again.... Immediately I would increase back to 4 packages...Ahhh no pain. So I decided that I would stay at 4 packages for 1 year, then we went camping September long weekend. I managed to make it to the trailer, get into bed, take my leg off, along with 1 nylon sock, 1 thick liner, 2 wool socks, another nylon sock. Ahhh I'm in bed. Then I remembered...I forgot my night time HMS90...I don't want to put all that back on my leg.... I did tell myself that I wouldn't forget the next night...Well I kept forgetting...

But after 5 days no pain... I thought, lets see how long I can go without pain at 2 packages a day, which I took first thing in the morning.

As of September 2, 2005 I decrease my intake of HMS90 to 2 packages a day and I still feel as good as I did when I was taking 4 packages a day.

Although, after many hours of research, I also incorporated a few other items;

8 months of 4 packages a day of HMS90, 1000 mcg of Calcium & 1 Multi Vitamin/Mineral, decreased to 2 packages of HMS90 along with the below items, for 1 1/2 months and I still feel as good as if I was on 4 packages a day.

This clearly tells me that my body healed what needed to be healed and now I will continue my regime for good health.

(Building blocks to manufacture Glutathione)

2 HMS90	=\$4.00 also recycles Vitamin C & E)
1 Selenium (200 mcg) Gel Caps	=\$0.12 (Helps to recycle Glutathione)
1 Vitamin C "Ester" (500 mg)	=\$0.20 (Helps to replenish Vitamin E)
1 Vitamin E (400 iu) Gel Caps	=\$0.05 (Helps to replenish Vitamin C)
4 Naturally Sourced Calcium (1000 mcg)	=\$0.92 (Promotes strong bones & muscle)
1 Vitamin D3 (1000 mcg)	=\$0.04 (Helps absorb Calcium & Anti-Cancer)
Flax Seed (2 tbsp freshly ground)	=\$0.27 (Raises my Omega 3 levels naturally)
1 Multi Vitamin/Mineral	=\$0.12 (Folic acid, Vitamin B1, B2, B6 and B12)

My Daily Cost to staying HEALTHY \$5.72

What does QUALITY of LIFE mean to me? What ever it takes, I will find \$5.72 a day.

Living life and enjoying every moment without drugs and pain FREE!

LIVE life to the FULLEST, we only have Life ONCE!!

I recommend this routine for anyone whom is suffering from any illness. If you are healthy and want to stay healthy, start with my continued routine!

If you require further information please call me: 403-387-0003. I will let you know how I learned to take control of my own health!

Wishing everyone Quality of life,

Sheri

Carl Schenholm

Update: 8/22/05 Testimonial # 159

MY BENEFITS FROM 8 MONTHS ON IMMUNOCAL – CARL SCHENHOLM 8/22/05

1. MACULAR DEGENERATION- VISION IN LEFT EYE 15% BETTER & BACK TO 180 DEGREES. RIGHT EYE – 5% BETTER & 90 DEGREES.
2. NO MUSCLE PAIN AFTER EXTREME WORKOUTS & 6 DAYS OF SNOW SKIING.
3. RECOVERY TIME AFTER EXERCISE IS CUT IN HALF.
4. GASTROINTESTINAL FUNCTION BACK TO NORMAL WITHOUT USUAL MEDS.
5. INCREASED ENERGY LEVEL & MORE ENTHUSIASM.
6. SKIN CANCER GONE FROM BOTH ELBOWS.
7. SEVERE SINUSITIS & ALLERGIES 75% SUPPRESSED AFTER 55 YEARS & A HISTORY OF 5 SURGERIES FOR NASAL POLYPS.
8. IMPROVED RESTFUL SLEEP.
9. PAIN GONE IN BONE-ON-BONE SHOULDER JOINTS.
10. MY CHOLESTEROL WENT FROM 266 TO 204 & MY GLUTATHIONE LEVEL IS MID- RANGE AT 123.
11. NO RECURRENCE OF BONE CANCER IN PELVIS & SPINE.
12. BASED ON 4 TESTS ALL ARTERIES ARE CLEAR AND HEART FUNCTIONS ARE NORMAL

Mabel Brucknak

Updated: # 160

July 14, 2003

Dear Dr. Rencus,

I was very happy with the report you gave me on July 11, 2003 concerning my recent bone density test. As you know, I visited with you in your office last June 25, 2002 about not taking Fosamax because of the side effects it produced in me. You agreed that I should not take it for that reason. I proposed that rather than taking Fosamax, I would prefer taking Immunocal (a specially formulated whey protein isolate) and Pure Milk Calcium, both produced by Immunotec Research Ltd.

On my first visit last year, May 24, 2003, I presented you with a packet of information about Immunocal and its positive effects on the immune system. It is the only non-drug item entered in the PDR, which also tells about its properties and its effect on the body.

After experiencing "the amazing positive results of my test" (your words to me) within less than a year's time, would you consider prescribing this to your patients that have or may experience side effects from prescription drugs that you prescribe? My personal feeling, from a humanitarian stand point, is that people should have that option.

My husband and I are distributors of these products in this area. We would be very happy to meet with you at your earliest convenience and discuss the possibility of working with you as a vendor of these products, in order to help people who otherwise might suffer the side effects of prescription drugs. Please call us at (413) 000-0000 to set up an appointment.

Yours Truly, **Mabel Brucknak**

Penny

Updated on # 161

Lymes Disease

Hi Neil,

I would be very happy to help you in any way. I'll give you a bit of background on my Lyme so that you can compare it to your mother-in-law (ei - how long, severity, etc.). I contracted Lyme 12 years ago but it took until about 4 yrs ago before I knew what the matter with me was. A long story so I won't go into it here - suffice it to say that we don't exactly have Lyme savvy doctors out here! Once I knew what it was, I did a ton of research on Lyme and how it can be treated. There were varying degrees of antibiotic therapy that were extensive in time (I met people online who had been taking one or more antibiotics, different doses, different antibiotics for upwards of 2 and 3 years with no real signs of improvement). This was not a route that I was prepared to go as, although I am not a doctor, I knew darn well that long term use of antibiotics has a very detrimental affect on one's liver and kidneys. I figured I didn't really need those complications as my kidney function was already affected.

Three years later, with no alternatives in sight and my health deteriorating until I had severe neurological and physical problems, I decided to take the plunge and do something - anything! I had an appointment with a doctor to start antibiotic treatment three weeks before I heard about HMS-90. After researching HMS-90, I decided that I didn't have anything to lose so ordered some with no real expectation of anything dramatic happening. I started on 2 packs a day and then, a couple of weeks later (at the recommendation of Dr. Code) I switched to 3 packs a day and continued with that for approximately 8 months. I am now down to 2 a day unless I am particularly stressed out, tired or fighting some other infection and then I bump it up again for awhile. My results with HMS-90 were so dramatic and incredible! Within one week, I noticed an increase in my energy level (chronic fatigue was a huge problem for me). I felt like I had energy back that I hadn't had for years! Within a month, most of the other symptoms had disappeared (joint pain, eye pain, neurological symptoms, bladder control, muscular tremors) with the exception of some joint pain still in a couple of the worst joints. But that had diminished dramatically and now it is mostly gone. I'm not sure if my results were faster because I had no antibiotic residue in my system as I know of several other people with Lyme who are taking it and, while their condition has improved dramatically, it wasn't quite as fast as mine was. They have all been on antibiotic treatments, however, and one of them for many years now. Neil, I cannot recommend highly enough that your mother-in-law give this serious consideration. I don't know how severe her condition is, now long she has had it or if she has been taking any antibiotic treatment for it. She will need to be absolutely committed to taking HMS-90 for a long time at the 2 - 3 pack a day level. This is a very insidious bacteria and it isn't easily removed. Even yet, if for some reason, I miss too many days (ei - a two week camping trip last year), my symptoms will start to reappear - although not in to the same extent as I was living with beforehand. Also, she can expect to go through an occassional 'herx' reaction. When on antibiotics, this is a very common occurrence. It is a result of the fact that, when the bacteria is found and killed, it throws off a real nasty toxin that makes a person feel even worse than they normally do. This only lasts for a few days, however, but it is nothing to be alarmed about - in fact, it is a GOOD sign as it means that there has been a die-off of bacteria. As this bacteria is only in the blood stream about once a month, you can reasonably expect some crappy days every month or two. I didn't get my first full herx until I had been on HMS-90 for about 3 months. It scared the daylights out of me because I didn't realize what was going on at the time but it only lasted about 5 days and then was gone as quickly as it came. Since then, I have had several smaller 'herxs'. I believe that HMS-90 is working on this bacteria because glutathione is a cellular molecule and this bacteria

resides, for the most part, in the cell. Most antibiotics can only reach the bacteria during that brief period every month when it reproduces and leaves the cells to find new 'homes'. This is, however, only my personal opinion and certainly not based in any factual evidence. In closing, here are my personal thoughts about HMS-90 and Lyme Disease. You know, Neil, if I have to take 2 packs a day for the rest of my life to keep feeling the way I do now, it is worth every penny. I never want to go back to where I was before HMS-90! I truly believe that the day will come when 1 pack a day will be sufficient to maintain my health and I intend to do that anyway for the preventive measures on diseases of aging. Life with Lyme is a terrible thing to live with. HMS-90 has given me back my life! If there is anything else I can do or send that would help, please let me know. I have attached my testimony as well.

Regards Penny Repstock