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To: Brenda Swartz  
Body Dynamics

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Dear Brenda,

I am writing to update you on my status with continued use of "Joint Renewal". It is a **terrific** product, and I plan to take it the rest of my life! Since most of my spine is surgically fused, I am very interested in keeping the remaining (4) discs that I still have healthy and intact. I believe that your product is helping to do just that! I have noticed that I can move my neck without the "noises" that I used to have. By this I mean the cracking, popping, crunching sounds that **used to** accompany every turn. I can also look upwards more smoothly, and I feel like I have some increased range of movement. The cartilage must be healthier, or I would still have the same "noises", mobility, and probably more deterioration of my neck discs. My surgeon compared x-rays of my neck from last year, and they are essentially unchanged. According to my surgeon, (an orthopedic specialist who takes complex cases like mine) the discs next to the fused ones will deteriorate much more rapidly. I believe that "Joint Renewal" has helped prevent further deterioration of the other discs. I also gave a bottle to my mother-in-law to see if it would help her severe arthritis. After 2 days, she told me that she had less pain, even though she had been more active than usual!

I also plan to continue to take "Mega-Cleanse" for the rest of my life! Since I started taking it, I have been regular for the first time in my life! I feel better, have lost weight, and people have commented that I look better! The hemorrhoid that I **used to have** is gone! What a blessing! I think that these products, especially when used together, are awesome! I have also started taking the "Mega Nutritional" vitamins, and have noticed that I have more energy when I take them. My husband also takes the Mega-Cleanse, and started on the vitamins as well. He takes them regularly, so I know they are helping him, since he does not like to take pills. He has also started taking extra vitamin C. He has noted improvement in his allergy symptoms since starting the Mega-Cleanse and vitamins. In fact, he was hardly bothered with allergies **at all** this year, and he has had allergy problems in all the previous 16 years of our marriage! Thank you for developing these products, and please keep making them available!

Sincerely,

*Cathy Plaman*