



Charlotte Donaldson

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Dear Brenda,

I met you at Central Market when you were here doing a work shop about your products.

I love the Total Digestion and have taken it now for 4 years. They really helped to jump start my metabolism. I can count on them to ensure a daily bowel movement. They also help my immune system to stay strong. I haven't been to a doctor for an illness since I've been taking them! I am so glad to have found your products..

I want to try the Mega Cleanse Extra next. I am sure it will help me even more..

Lately, I've been struggling with sciatica in my left leg. This is probably a result of the amount of working out that I do. I read your book from the workshop cover to cover and one letter from a man said that his lower back problems were solved by taking your joint renewal product. He was supposed to have surgery on his back but ended up cancelling surgery due to the benefits of joint renewal. I would like to try the joint renewal product and see if it helps my sciatica.

One more thing, when I read your book from the workshop, it said that cooking spray is full of propellants which are bad for you. I have been trying to curb my use of cooking spray after reading that. Do you have more information on what cooking sprays are better than others ?

thanks Brenda, I enjoyed meeting you and can't wait to hear from you,

Charlotte Donaldson
