

Brenda,

I tore my medial meniscus last fall; had to give up running at Thanksgiving; had knee surgery 12/30; completed rehab about 2 weeks ago; started running again. I will be building mileage up to July when I hope to begin training for another half marathon. When I get my endurance base built, I will begin using the Dynamic Energy again.

You know, I can't say for sure that the Joint Renewal has helped because I have no basis of comparison, which is probably not what you want to hear. However, that is the scientist in me speaking.

But in reality, it is bound to have helped. I had a remarkable recovery. I had NO pain following the surgery. Praise God!

My son has had surgery on both knees and had horrible pain. The doc injected an anesthetic in the knee before he closed and told me to start my pain meds that evening.

I took pain meds for 24 hours then quit because nothing was hurting. He gave me recovery exercises to do, which I did. When physical therapy started, my therapist was VERY IMPRESSED with my recovery. She said my progress was remarkable. I figure at my age, 59, to have the recovery I had, is likely due to my EXCELLENT supplements I get from you along with my fitness level, which is again, at least impart, due to the supplements.

After being a customer for close to 10 years, what can I say...? I LOVE YOUR PRODUCTS!

Linda Treadaway

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