


## Brenda Swartz

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**From:** lindag321@aol.com  
**Sent:** Thursday, January 27, 2011 7:47 AM  
**To:** brenda@bodydynamics.com  
**Subject:** Back pain

Morning Brenda,

I just had to update you this morning. Two days on the Joint Renewal, Mega Cleansers( one Ex and one regular) and 6 Probiotics (2 each meal) and this lower body/hip pain has vanished. I even feel stronger in my legs and lower body. I worked out this morning and the exercises that involve my lower body were easier. I kinda felt like what was going on in my back was related to my gut. I am never CONSTIPATED...I do tend to have loose stools. I noticed my stools the past two days look more normal...usually they look like piles of cow poo. They are not floating yet but they are a lighter color (almost like I drank milk) Mine are always dark and I go 3 or 4 times a day....which I thought was normal.

Any way.....not sure if this was actually a gut problem and not a joint problem??? Thank you so much for sending me the cleansers!! Hope you don't mind me keeping you updated with my poo stories...but I thought it strange 

I also tried the Dynamic Energy pac. I just did two of each because my daughter said she could take them. She is really sensitive to anything that stimulates. I love "speed" but my stomach could not tolerate any natural things. These did not hurt my stomach at all!!!

Loving my peel, etc etc. I looked at my face this morning...gorgeous for an ole broad. Skin and feeling good makes all the difference.

Hugs