September 13, 2010

David Blair 212 Lexington Avenue Clute Texas, 77531

Body Dynamics Inc. 2034 Statler Drive Carrollton Texas 75007

Dear Brenda,

Per our conversation earlier today, I wanted to put in writing what I told you on the phone so others may benefit from my experience as it is very confusing when searching for products that will really work. I have spent a lot of time and lots of money on things that did not.

The Mega Cleanse is amazing because it does what it is suppose to do. It does!! My dosage is only one tablet per day. It arrests my appetite for a 24 hour period so I am not overeating and it supports my lung function by removing excess fluid. I have asthma and it prevents my weezing

I have tried other nutritional products for my asthma like Royal Jelly and allergy shots, I did quit eating meat and experienced an improvement in my asthmatic condition, but it is the Mega Cleanse that fully removed the wheezing sensation.

I am taking the Body Dynamics multi vitamin and it works the best. It says it will give you an energy boost and it does. The energy boost is sustained for six hours and the energy is not supplied by caffeine or a caffeine derivative. I have tried many multivitamins, but I did not get the energy from them

I also take the Joint Renewal and it works the best. I have taken other joint supplements at much higher dosages and they do not work as well. Your product permits me to participate in Salsa dancing and Yoga throughout the week.

I would highly recommend your products to anyone.

Best regards,

David Blair