

September 28, 2017

Brenda Swartz

Body Dynamics, Inc.

2740 Valwood Parkway

Dallas, TX 75234-3562

Dear Brenda,

I first heard of your products at a free class that you gave at Omega Health Foods in Bethany, OK. You gave out booklets filled with information and gave so much information, both scientifically and from personal experience that it solidified with me that you knew what you were doing. Also, there was a woman in the back of the class who commented about how she had learned that *Dynamic Energy* helped someone she knew personally to overcome depression. Then you took a few moments after the class to speak with me to assist on a personal level. This gave me added knowledge and wisdom to make educated choices.

That night I quit taking a prescribed antidepressant that I had been trying to get off of for eight months. I was not able to get off of it and it was not relieving symptoms. I began taking *Dynamic Energy and Raw Guarana* each and every day. I was able to completely remove the prescribed medication and have not taken that one or any other one since. Your two products have been able to keep me stable and well! Most friends have made note of a change in me and I share my story with them.

I cannot thank you enough for your products, your teaching about your products and your personal concern for every individual's health recovery and maintained good health. I rely on your products along with a good diet and exercise to live a healthy life. Thank you so very much!!

With gratitude,



Margaret Hanson