

## Brenda Swartz

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**From:** iluvjesus79@aol.com  
**Sent:** Thursday, June 09, 2005 2:34 PM  
**To:** brenda@bodydynamics.com  
**Subject:** weight loss

Brenda,

I just wanted to share with you the awesome results that I have received from using your products. When I started using you Mega Cleanse I was at 250 lbs, and very depressed. With the combination of Mega Cleanse, diet and exercise I have lost 47lbs and still counting. I also went from a size 20 to 14, in less than 7 mos. After giving birth via c-section, I started to suffer from IBS and was regularly at doctors offices from the pain in my abdomen. I had tried everything from over the counter medications to prescribed medications, and although some did work..the results were temporary. Now I feel great and with another 40 lbs to loose I know its going to be easy using the Mega Cleanse. By the way, I love your Intensive Renewal Cleanser, toner, and moisturising cream, my skin is glowing and blemish free.

Gratefully Yours,  
Ana M. Hernandez