

September 28, 2017

Brenda Swartz

Body Dynamics, Inc.

2740 Valwood Parkway

Dallas, TX, 75234-3562

Dear Brenda,

I attended a class that you had regarding your products at Omega Health Foods in Bethany, OK. I was having many, many health issues. I stayed for the class, learning much, and also visited with you after the class for personal assistance. It must be stated that you gave recommendations and shared some of your experiences, which enabled me to make educated choices of products to try.

For a year or two I have been struggling with what the doctors call IBS. The doctors were able to determine that I had no disease, yet the problems continued. When I would go back to the doctor I was given a new medication to take, either prescribed or over the counter and while these did help some, the problems were still there.

After being introduced to your products I began to try three different ones for this problem. They are: *Total Digestion Probiotic*, *Mega Wellness Cleanse* and *Mega Cleanse Extra*. I started with the suggested doses and over time, as my body was beginning to recover, was able to adjust them to a lower dose. I take the probiotic in the morning and evening and take a combination of the other two both morning and evening as well. The difference has been incredible! Also, I have not had to back to the doctor for this problem. I still have occasional setbacks, but often find that they are diet related and learn of new things to leave out of my diet.

I cannot thank you enough for producing the products, teaching about the products and for caring for every individual, as much as is possible, to assist in their personal health recovery!

Thank you so much, Brenda! Your products are life changing!

Sincerely grateful,



Margaret Hanson

Bethany, Ok