

December 2011

I want to start my testimonial with praise to Body Basics and their staff Francis, Norma and especially Lisa Marie. Without their knowledge, encouragement and continued support, I would have not succeeded with great results. Wanting to change and actually changing yourself and your health takes a lot of discipline and support which they provided.

Prior to the 21 day cleanse, colonics and nutritional counseling with Lisa Marie, I was experiencing chronic fatigue, headaches ,dry skin,, neck and back pain, increased weight, cravings for sweets and subjection to chronic colds. I am an insulin dependent diabetic and was recently diagnosed with an enlarged liver associated with fatty liver. I am still insulin dependent but have reduced my intake and removed two medications. I have also improved my liver and my tests are no longer high. As my Dr stated" Great news. Your liver tests are now normal. Whatever you are doing please keep doing it."

On May 5<sup>th</sup> 2011 I met with Lisa Marie at Body Basics for a Nutritional exam. Some of the findings were:

- Impaired digestion – I wasn't producing enough gastric acid and digestive enzymes
- Serious liver/gallbladder issues – My liver was greatly enlarged & very tender to touch, and I had biliary congestion
- Some severe sugar handling issues – I had symptoms of hypoglycemia
- Adrenal Fatigue
- I had a Severe Zinc Mineral deficiency

I signed on for a series of nutritional counseling sessions with Lisa Marie. She recommended a series of specific whole food concentrates to provide me with nutritional support and put me a diet plan. At each counseling session, Lisa Marie tested to see if the nutritional supplements she had recommended were working and provided me with dietary guidance & education. Being bond and determined I followed Lisa Marie's advice to the T. Pretty quickly I began to feel better and my symptoms started to subside!

Working with Body Basics has enabled me to develop good, healthy eating habits. I feel healthy and energetic, and am a couple of sizes smaller and have lost 20 lbs. Most all of the symptoms and complaints I had have disappeared. As a result of working with Lisa Marie I've been able to dramatically improve my health and well being!

Thank you!!! Audrey