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Arlene Dufurrena Misner

June 22 at 8:11 pm



DnAs Healthways

June 3 ·

I am Leary of any so called health product that promotes taking a pill or product WITHOUT changing your lifestyle. I will not even read any further when I see words like that, or a picture of pizza and beer that says "EAT THIS AND STILL LOSE WEIGHT"

IN REALITY your body is a picture of your past decisions. I say this after a gain of 20 lbs during hormone changes. It wasn't just the hormones fluctuating that added the fat. It was my poor choices that partnered with those crazy hormones that made the fat. You see when we go through any life crisis our human nature will resort to how we used to do things or cope before... You know the habits we created with making choices over and over.

After making that clear I now want to add that GOOD products can help in muscle repair, reducing fatigue ,and giving your body what it needs to repair itself and feed it self. I do not have a degree in science nor a certificate in nutrition, however I have studied nutrition for over 20 years. I have witnessed food making a difference in my child's' behaviors and watched as a supplement worked miracles in my family. We have tried MANY supplements when my daughter was diagnosed with autism and saw some significant changes with some BUT for the most part NOT. I am telling the truth when I tell you that these products are amazing and have helped my family! I buy our products before our groceries now. I still shop healthy and am now on a mission to take off this 20 plus the 10 to 15 I had left. I believe with the knowledge I have acquired with the supplements I take- ALONG with Gods grace to help me to do all I need to do..... I will reach my goals! I CAN DO all things through Him who gives me strength, and yes that means drop the junk and move the body.

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