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# More Lupus Testimonials

<https://livehealthynova.wordpress.com/2014/08/20/can-plexus-help-your-symptoms-caused-by-lupus/>

If you only stop to read ONE testimony that I post, please take the time to read this one. I've known David & Kalina for years (from church) so I want to share her with y'all, she has finally found relief from the auto immune issues she's had for over 20 years!

"I have Lupus, Hypothyroid, Raynauds, and Multiple Connective Tissue Disease

I really do not even know where to begin. My struggle with autoimmune issues started at the age of 9. I was diagnosed with hypothyroid and have taken Synthroid for 23 years. I went through most of my adolescence with no issues really and was monitored for my thyroid. There were things that I see now but could have never put two and two together then. Fast forward to college and I now have issues with my gallbladder, ulcers in my stomach, and migraines. Fast forward past my pregnancies (which were not without issues as well, Preeclampsia with both of them) now I am having issues sleeping, my hands are going numb, I feel horrible, pain all over, and fatigue. Add a few more years and many more things are coming up and I guess I was in denial because I put off going to the doctor about it for 4 years. Finally, one day I had had enough and made an appointment with my family doctor. She did a few tests and she sent me to a rheumatologist because she was fairly certain I had RA or Lupus. I now have Lupus. I do not like medications and refused any at this time. My pinky fingers started to look deformed and I was hospitalized with a Lupus flare in 2009 and was given the option of the Plaquenil or she was going to fire me. So, I started the Plaquenil. It helped with the pain in my hands but none of the other symptoms ever went away, and the more time that passed the more symptoms kept creeping up. But, I am young, a mother to 4 beautiful children and I don't have time for this to slow me down. We made an international move to Costa Rica to do mission work and it seemed like everything spiraled downward from there. That was three years ago.

During the past three years, there is everything that I was struggling with...

chronic low white blood cell count, low iron stores, non detectable B12 labs, enlarged and painful lymph nodes in my neck, IBS (diarrhea, constipation, indigestion, bloating and gas, abdominal pain when I ate anything), chronic ringing in my ears (and I have low blood pressure, so that was not the cause), ear infections, dry eyes, dry mouth, chronic fatigue, hairloss, migraines, hypoglycemia, hypothyroid, irritability, inability to concentrate, mouth sores, numbness and tingling in my hands and feet (with severe swelling at night, so bad that my morning I could not pick up a glass without cupping it with two hands because my hands were so swollen, I could not make a fist) and this along with severe back pain made it impossible to sleep more than 3-4 hours a night and that was with the aid of 2-3 sleeping meds, muscle cramps, severe back pain and neck pain, chronic kidney stones and kidney pain, pleurisy, pneumonia, Malar butterfly rash on face and sun rashes. All of these symptoms accompany my diagnoses of Raynauds, Hypothyroid, Lupus, and Multiple Connective Tissue Disease.

As a nurse, I knew there had to be an answer, something that could make me feel a little better. I know too much to take all of the meds that they want to treat you with when you have these diagnoses, and I know too many people who have gone that route and never felt better, only got worse. So, I scoured medical journals, clinical research, Holistic medicine, and so much more looking for anything about gut health. I finally decided to try Plexus. I researched about Plexus for 3 months before I finally decided that I would buy it and try. At this point, I had nothing to lose, I had already spent a ton on conventional Western medicine treatments.

God truly answered my prayers. He had sent people into my life a year ago telling me about these products and I would not look at it because it was a Multi Level Marketing Company and I wanted no part of that. But, then I also knew that these friends who were telling me to try this were not the kind of people to try and get me to spend money on something that didn't truly work. So, I ordered. And I ordered 4 months worth at once for my mom to bring to me when she came to visit me in Costa Rica.

MY ONLY REGRET is that I didn't start this a year ago. A year ago I could have been feeling like I do right now instead of how I did feel.

IN 2 MONTHS THIS IS WHAT HAS HAPPENED

no more enlarged lymph nodes

B-12 is over 500 now

no more ringing in my ears  
dry eyes are better, not 100% but not using eye drops anymore  
no more dry mouth  
no more fatigue  
no more migraines  
no more brain fog  
no more hypoglycemic spells  
irritability is less....now I still have 4 children running around with me 24/7 : )  
can concentrate and focus  
have not had one single mouth sore since Week 2  
no more numbness and tingling in my hands  
swelling in my hands has decreased so much that I can get my wedding ring off in the am and can make a fist in the mornings as well as pick up a glass  
no more muscle cramps and the chronic muscle knots have decreased significantly  
so far, no kidney stones (I was having them every 3-4 months, so we will see), but no more right kidney pain that I had been suffering with  
malar butterfly rash GONE  
no sun rashes  
no indigestion  
no nausea  
no bloating (gas better but still experiencing die off symptoms)  
no abdominal pain after eating  
the deviation in my septum from the chronic inflammation from the sinus infection GONE  
no more sinus and allergy issues  
so with all of those things gone, I am no longer taking my Plaquenil, down to 1/2 of a sleeping pill instead of 2, no allergy meds or nasal sprays, no eye drops, no Advil, no Tylenol, no migraine meds, no Zofran, and my Synthroid had to be decreased because my labs indicated in that 7 weeks that I was overmedicated (I had them checked the day before I started Plexus and then 7 weeks later!).  
So, that is my story and that is why I will take Plexus forever. It is not costing me anything more than what I was paying for my prescription drugs. I was able to get rid of those and take something that is natural and is supposed to be in my body instead of man made chemicals that only treat the symptoms and not the root that is causing all of the issues."

Michele Aurand

January 21 · Edited

Alright guys, here's my story.

Plexus was laid in my lap in April 2014. I have struggled with my weight my entire adult life. I have also suffered from migraines since the age of 9, lupus since I was 23, and insomnia since I sobered up in 2011. Due to all this, I was always tired. In April 2014 my dear friend Lacey Thomas Dollarhide posted on Facebook about Plexus. I trust Lacey and if she believes in something, I have no problem trying it. I was a complete skeptic when I did try it for my first month. About 10 days into it, I WAS SOLD!!! I had energy daily, I was sleeping, and I didn't have my normal constant pain from my lupus. In May I decided to become an ambassador, never thinking it would help me financially, but I wanted my products at the cheapest price i could get them. Also in May, I met with my neuorologist about my migraines and my meds. I was taken off all meds on a trial basis, and to date haven't been put back on, and won't be put back on meds. I was medication dependant for 7 years. Taking 4 Topamax a day for migraines/seizures. I was never on Lupus meds as most of them are narcotics, and well as a recovering addict I cannot have them. I am however pain free from my lupus. So in just 3 short months I was off meds and feeling great. My family is like most, we USED to live paycheck to paycheck. Today, Plexus has provided me with my own income. An income that has been so helpful. An income I earn by sharing an amazing product that has done so much for my family and I. An income that has grown every month!!! My life is amazing today, no more meds, no more fatigue, no more sleepless nights and no more size 18 jeans!!!! Today my size 14's are falling off, my jewelry fits looser, I WORE A SWIMSUIT IN FLORIDA LAST AUGUST, and i feel amazing. I'm sure I'm missing some stuff, I'm just over the moon happy.

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