

## Testimonial from Drew Ryder

### Fibromyalgia

I was diagnosed with fibromyalgia about 8 – 9 years ago. Unfortunately the only recourse using the traditional allopathic route was painkillers and sleeping tablets. One of the problems connected with fibromyalgia is the inability to go into a deep sleep (stage 4). The constant aches and pains of muscles and joints can be quite debilitating at times and the lack of energy unbearable. Needless to say the accompanying depression doesn't help! Having struggled on for years which included having to rest the body when the mind wanted to do other things (!), my life improved dramatically upon discovering the delights of Forever Living Products drinking gels and health products!

I have found that by starting the day with a combination of the Forever Freedom and Aloe Vera Gel (2oz of each mixed together) the aches and pains in my muscles and joints have improved considerably. (I certainly know when I haven't had my juice!). As well as these I also take Arctic-Sea to help with creaky joints. My energy levels have improved also, as a result of taking Bee Pollen – 3 tablets every 3 - 4 hours. However, due to the problems with sleep, or rather the lack of good sleep, I avoid taking these after 6 p.m., unless I will need lots of energy for the evening!

When I first discovered Forever Living Products I also took Gin-Chia to help with the depression. Another factor associated with fibromyalgia is forgetfulness or even memory loss - Forever Ginkgo Plus can help here.

Since taking these products my health and lifestyle have improved enormously. As a Complementary Therapist believing in taking natural products, FLP's products certainly compliment my lifestyle and my business!