

ready to go.

The little bit of excess weight is also disappearing nicely. (And just a little note for ladies, my nails are stronger and longer than they have ever been, and my skin is clearer and healthier in my 30s than it was in my 20's!)

There are days that I wake and there is a nagging discomfort or stiffness, or sometimes at the weekend I am kind to myself and have a 'little nap' in the afternoons if I am tired from a busy week. However any discomfort can usually be allotted to an activity, or a particularly hectic time. I still am scared that things could revert to how they were. However I know that Forever Freedom protects me from the worst that my condition can be, and if I forget to take it then I feel it. I also double up on F.F. if I am having a particularly active time or if the nagging sensation hangs about too long.

I cannot praise this product highly enough. It has allowed me to get on with my life instead of being limited and restrained as I was. I don't even care to think how things would have been if I hadn't talked to Tim that night. Life is active and busy and fun, as it used to be. And hopefully thanks to Forever Freedom that will continue...