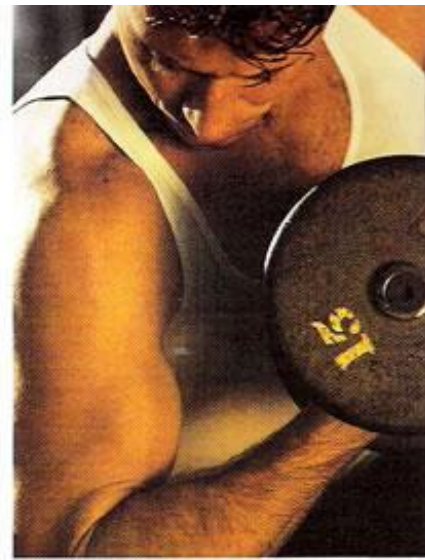


Sport, Fitness & Freedom

by Distributor & Fitness Instructor David Stubley



Another sporting testimonial on **Forever Freedom** - proving how successful it can be for sporting injuries, it might be able to help you or someone you know...

Peter was a successful businessman who believed in living life to the full. From his teens he had been a successful weightlifter competing or training every day. This was not his only sport as he was also a keen water skier and when he was 42 he decided to take up sail boarding. There is a consistent feature of these sports, that is the stress that they place upon the joints and the spine. So it was hardly surprising that Peter started to have problems with his hip joints and the discs in his spine. His doctor prescribed a range of drugs and painkillers and he was advised to give up his sports. Peter is not a man to give in, so he took up golf, but gradually his eighteen holes had reduced down to a slow and painful three holes and he was getting very frustrated.



At this point enter FLP with their new, **Forever Freedom**. I had known Peter for several years and immediately thought it would be marvellous if it could help him. He started his first Freedom but due to a misunderstanding was taking only a very small amount per day so any benefit was going to take a long time to appear. When he needed another Freedom I was wary about asking him if there was any improvement but he immediately told me that there was a definite, if small improvement in mobility and a reduction in the pain he suffered. He then confessed that this was in spite of him constructing a sauna in his garden in the middle of winter - not exactly helpful. He has now increased the daily amount and takes it at night as he finds this the most effective

method. His condition is still improving and we are cautiously optimistic that eighteen holes may not be too far off and he keeps eyeing his sailboard.

With my involvement in fitness clubs I see a lot of people like Peter who have damaged themselves through sport (myself included) and can no longer exercise as they would wish. Forever Freedom is a tremendous benefit to anyone in this state as not only does it help their condition but also the improvement in quality of life and general well being is immeasurable. As we all become more fitness conscious and exercise more it is very important to remember that taking Forever Freedom may also help to avoid some of the damage which can be caused by exercise ■

For more information contact: Brian Wallace
Tel: 02380 986819 - Mob: 07779 127954
e-mail: brian@the-tdgroup.com

