

## Testimonials – Advanced Probiotics

An amazing story!

I am 48 years old and until a few years ago I was very fit and healthy.

Approx 3½ years ago I was diagnosed with Meniere's disease. I was lucky and the attacks were not frequent and not too severe.

About 2 years ago I started developing a rash, mainly on my feet and legs, after ruling out the usual suspects of washing powders, toiletries etc. I was eventually forced to go to the doctor. They tried anti-histamines and steroids before referring me to a dermatologist. By the time I attended the hospital I had worked out that dairy products were causing the rash, the dermatologist did some tests which did not agree with my findings but he told me to keep away from dairy if I thought it helped. Over the next few months several other foods, sugars, fruit etc. started aggravating of my rash.

Several months after my rash started I noticed that I seemed to be suffering from more frequent and longer lasting Meniere's attacks. This problem continued to worsen over the next few months in that the attacks became more frequent and I realised that if I tried to do more than one thing a day I would end up being unable to do anything for a few days. I then realised that the problems I was having were not Meniere's attacks but something else with similar symptoms.

I went to the doctor and was referred to various clinics where I was subjected to numerous tests, they all confirmed that there was nothing seriously wrong with me but failed to identify what was wrong. During this period my own G.P. suggested that I may be suffering from M.E., I read up on this and realised that most of the symptoms I was experiencing were indeed symptoms of M.E.. I decided then that as long as there was nothing seriously wrong I was not going back to the doctor as they were talking about performing more invasive tests and I was not prepared to subject my body to this.

Then last December Larry sent me 2 C.D.'s and asked me to listen to them, this I did and decided what was said about the pro-biotic made perfect sense. I immediately started taking them. I started with 1 a day, increasing the dose until I was on 8 a day. I very quickly felt an improvement in my health.

During the fifth month of 8 a day my back broke out in a solid weald, it stretched the full length of my back and sides covering at least 2/3rds of the area with some also on my front, the skin on top became very dry and itchy and started to flake off, you would have had to have seen it to believe how bad it was. I was convinced it was the pro-biotic getting rid of the toxins in my body, but even so I was a bit concerned that maybe I should go to the doctor, I resisted the temptation however. It took a couple of weeks for the rash to go and after it did I felt much better. The rash returned twice but on both occasions it was not as severe as the previous time.

Then one morning I awoke and knew I was feeling better, it had not happened overnight, but the realisation happened that way.

After 6 months of 8 capsules a day I started reducing them, when I got to 4 some slight symptoms returned and I increased to 6, after a few weeks I again started to reduce the number of capsules and I am not having any recurrence of my symptoms.

I am still having a reaction to dairy, but very mild and it is improving slowly. Some people may say it was just coincidence and that my health would have improved even if I had not been taking the pro-biotic, I cannot prove it was the pro-biotic that cured me but I know that I have no doubts that they were responsible.

Fiona , Scotland