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Reader Service #71

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Reader Service #73

Exhibit D

portive measures such as bodywork and chiropractic adjustments.

Generally during the middle of the two-week intensive period (days 4-8), I recommend using one teaspoon of ground flaxseed with each drink of UltraClear. If the patient feels hungry, I advise adding steamed vegetables and/or nuts and seeds to the program.

In the middle of the intensive phase of her detoxification, Florrie remarked that "this is a process. It doesn't happen overnight. It is a gradual change in lifestyle." When it was over, she said: "I felt as if somebody had taken a vacuum cleaner through my insides and cleaned it all out. My taste buds suddenly felt alive again, for the first time in years. I started 'craving' foods that were good for me, such as broccoli and okra."

These events took place two years ago. Since that time, Florrie has gone through four more detoxification programs, spaced about six months apart. She has clearly developed a commitment to her health. She reports feeling better than she ever has; she has dropped 60 pounds and two dress sizes and has grown leaner in terms of body fat. Now that she is symptom-free, she feels more positive about her life.

Florrie continues with several of the program's key supplements, such as vitamin C. UltraClear Sustain, digestive enzymes, and Cal Apatite (a mineral supplement including calcium, phosphorus, vitamin D3, magnesium, zinc, copper, and manganese). Her food choices are primarily fresh vegetables, some fruits, fish, chicken, eggs, and a limited use of certain grains.

Reversing a lifetime of indolence, Florrie began a regular exercise program (which also helps eliminate toxins from the body) in the form of lunchtime walks with her co-workers. In fact, this year Florrie walked the 26-mile Los Angeles marathon, and next year she intends to run it.