

12/14/2006

Hello,

Do you know the side effects of Nexium or any prescriptions given for severe acid reflux? They are stomach pain, headaches, tired, nausea, diarrhea, constipation, shortness of breath, dry mouth, gas and much more. The first four were everyday for me and the others off and on until I discovered the wonders of Essentials for Life (Re:Fuel). The only thing I am going to miss about Nexium is to see which lawyer on TV will be advertising to represent the folks that are using or have used this Rx.

I have always had a "funny" stomach, could not tolerate spicy foods, was lactose intolerant, and could not take vitamins no matter the cost, not even Rx's or prenatal ones. Unexpected, severe stomach pain could ruin a well planned family outing at anytime. I was gun shy about nonrefundable deposits, because of the surprise attacks that ruled my life.

I was introduced to Re:Fuel with doubts that it could make a difference, but realizing that everyone needs a multi vitamin to supplement the lack of in our over processed foods, I thought I would give it a shot. Not only did I notice a difference in my energy level, but I also found that it seemed to help me with my stomach problems.

No one likes being dependent on Rx's so I experimented by stopping my Nexium. After two weeks I was sold, no more Nexium, for over four years now WOW. Why WOW: for three years I had to undergo a procedure to dilate my esophagus, it was scary because of the internal bleeding risks involved and the fact that once maybe twice was the limit on this procedure and I had already had it done three times with no other options. Public choking is embarrassing to experience, besides life threatening. So there is my WOW and one of the many reasons why I will never be without Re:Fuel. I tell everyone that takes an antacid, it is the best daily whole food supplement in the world! If it is good enough for the New York Yankees and several other pro teams, it is good enough for me; they buy theirs just like I do.

I have no interest in selling, but I will share my success stories with healthy products and hope that it helps others to make an informed decision regarding their health. After telling people about this product I found that I was in business. Helping others to avoid the discomfort and embarrassment I have experienced is my goal and when others ordered their product it paid for mine. No selling, just sharing and giving people the opportunity for an improved quality of life and if they tell others about their results they can be in business too! Just ask me how.

Linda Armstrong