

To whom it may concern:

I have had stomach problems as far back as 30 years. For half of my life I have had problems with ulcers. I started having this other problem approximately 20 years ago. My stomach always hurt, I could not eat a lot of foods, and those that I did eat made it a lot worse. I went around most of the time with my trousers unbuttoned. My digestive system was very irregular...2-3 weeks in between bowel movements. This made me miserable most of the time.

I began to see a stomach specialist 12-15 years ago. After that, I went for many, many tests, including one of the better known hospitals in the nation, Johns Hopkins Hospital for 3-4 visits. They could not find the problem. On 2 trips they put needles in my spine to deaden the nerves that went to my stomach so the nerve would not indicate the pain. That did not work. I was sent to the University of Maryland for tests...no luck, then to Peninsula Regional Medical Center for exploratory surgery. No luck!! Through all of this, they tried different medications to give relief. Some would help, but only temporarily.

Today: Hallelujah! Thank the Lord! What a difference! I can do things I have not been able to do for 15 years. My stomach gives me virtually no problems, I feel so much better. It made a big change about 45 days into the program. I am constantly going, always doing something, digging ditches, cleaning the warehouse, lawn care, repairs that have gone undone for years, removing tree stumps by hand with an axe, getting loads of fill dirt and spreading mostly by hand and on and on!! On July 9, 2005, I was at my son's company picnic and I did something I have not felt like doing in over 15 years. I played volleyball and not just 1 game I played 10 games; and the best part was is that I hung in there with those young bucks and did very well! Just yesterday my 36-year-old son told my 34-year-old daughter that he is going to have to talk to me about our Vollara product because every time he comes past my house I am always out in the yard or shop working, and besides that he said the I played volleyball with a vengeance. To add to that, a young couple at the picnic asked about the diet and afterwards got the website and are checking it out.

My massage therapist has been working on me for 5 - 6 years now because of a previous back surgery. Three weeks ago, as soon as she started, she wanted to know what I was doing differently. My skin was a lot more flexible and easier to work with, compared to previously. She said my skin used to be tighter and tougher than whip leather. She was in awe the entire time. Now she is renewing her Dealership and going to start the diet. I did not ask her yet, but I would bet that it also has loosened the muscles, because I always had a problem with that.

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