

# TESTIMONIALS

## I had to start using a wheelchair

I HAVE HAD HEALTH ISSUES MOST OF MY LIFE. In 1984 my health took a sudden turn for the worse, and within 10 years my weight crept over 300 pounds. I had to quit working at age 50 due to my health. At age 55 I was continually gaining weight, taking prescription medications, my eating habits were poor, and I did not get proper exercise. I would try to change my lifestyle periodically, then get discouraged and slip back. In November 2000 my health was so poor I had to retire for medical reasons. My main struggle was with severe pain. I had to start using a wheelchair. Without exercise, I continued to gain weight. I started to have heart trouble, and became diabetic. In 2002, I started collapsing to the floor, had extreme dizziness, in a wheelchair and bedridden. I was put on more prescription medication. My weight crept up to 350 pounds. I was discouraged and did not care about caring for my body. I was warned that I would continually deteriorate, and life expectancy was short. In January 2004, I had a heart attack. More medications. I developed sleep apnea, waking up gasping for breath, stress attacks, gas and belching. By fall 2004, my condition worsened again. My family all came to visit because the doctors did not know what more they could do for me. I could not leave the house. In May 2005, the health professionals said there was nothing more they could do for me. I just gave up and sat in my chair waiting to die. At an all-time high of 362 pounds. I was completely housebound, staying in a reclining chair when my wife was at work. If I tried to get up, I would collapse. I prayed to God to end my life. In July 2005, I was introduced to 'Young Living' essential oils. I thought "how can this help if 18 prescription medications I am taking aren't working?" I decided to give the 'Young Living' a try, using the 'NingxiaRed', various supplements, and essential oils. My body started healing and I started losing weight. Over the next two years I was able to stop some of my prescription medications. I took my first trip to a 'Young Living' convention in June 2006. I was still using a walker at that time and my health was still quite fragile.

I heard Floyd Brown speak at that convention, and decided to visit him in his Joy in Health office for a blood test, but that year, I was in such poor health I was unable to take the car trip from Regina to Red Deer, so I sent a dry sample to him. He evaluated me and said my cells were hardly getting any oxygen, and my liver needed lost of cleansing. I bought everything he had on the suggestion list. There is the saying "it is expensive, but it is worth

it," and it was. He started me on a long journey back to good health. It was definitely not an easy journey. The products he gave me started to cleanse the toxins from my liver and my body. Next summer I was able to make the trip to Floyd's office even though it took me two days, so I had made a lot of progress in just six months. I developed an ugly and very itchy rash on my skin. I broke out around the nose because I had very bad nasal passages from using a nasal spray for many years. People asked me if I had a sunburn or frostbite. I broke out on the neck, shoulders and chest because my respiratory system had been bad for years. Then also my legs went on fire from the knees down as well, and they would peel sometimes and ooze at other times. Floyd told me to persevere. This was severe for two years. I was eating raw foods and basically following the chart on the back of his suggestion form and drinking lots of water, which I hadn't done in the past. They reduced my digestive problems a lot. I developed severe gout in my feet from the severe change of diet. That lasted about a year. I thought I would go out of my mind sometimes. But the return to health happened as long as I followed his instructions. It was amazing. When I started to feel better and could get more exercise that helped even more. Now over the years there are times when I get smaller patches of rash mostly around my ankles, and get gout, when the body dumps out more of the toxins. I have done several gall bladder cleanses and they really made a difference to clean up my health. If I get careless with my diet and exercising, and amount of water I drink, my health falls back. Then Floyd has to get me back on track again, which he always does.

Floyd is so knowledgeable, I would not consider going to anyone else for this type of help. Following Floyd's suggestions and using products he recommended, and using 'Young Living' products, has done wonders for me in the last ten years. Floyd gives me the guidance and encouragement that keeps me on track. It is worth it despite all the cleansing reactions, cost and discomfort that it takes to change a lifestyle and clean up 60 years of indiscipline eating and exercising.

I feel better now than I have for many years. I do not take any prescriptions unless necessary for a short period of time and have a strong desire to share my story and help others. My son reminded me that I was in better health at 65 and 70 than I was at 50. I am now 72 and weigh 270 pounds and am able to do so many things. I owe my life to Floyd and 'Young Living'. I am healthier, stronger and happy. Floyd will continue to be my source of natural health solutions and treatments for the long run. My goal is to follow Floyd's guidelines, eat properly, exercise and lose 80

more pounds. I hope and pray that I can pass on to others some inspiration and encouragement to continually seek Floyd's help, and reach new heights of optimum health.

Rod D

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