

My Story

(Hedy B. Foster)

I was diagnosed with Systemic Lupus (SLE) in 1985.

Imagine having to take forty-40 pills per day just to be able to move around, interact with your children, take care of your family and stay alive. Pain so severe it brings tears with every movement but you must to keep going for the family. That was my life until Market America's Health and Nutrition supplements saved me from the forty- (40) pill a day regimen.

Everything changed when I started taking **OPC-3, Ultimate Aloe, B-12, Mineral Blast, Calcium, Isochrome, Antioxidant, Vitamin-C, MultiTech, ORAC, and Glucosatin.** The Lupus went into remission within three (3) months. I was able to stop taking 40 pills a day. Especially prednisone. The Lupus has been in remission for several years. Then in **November 2004 I was visiting my son in Colorado.**

On November 26, 2004 I presented at a hospital in Longmont, CO with a blood pressure of **203/108**. Now anyone who understands BP knows this was not good. I was kept over night in **ICU** and a series of test were given to me.

On November 27, 2004 at 3:00 am I had a heart attack. Surprise, surprise!!! The cardiologist, who performed my heart catherization said my major arteries were clear, no plaque build up or damage for a woman my age. He could only find one small blood vessel on the posterior area of the heart that was blocked. I informed him that I had been taking Isotonix supplements, for many years specifically OPC-3. He said this probably contributed to my major arteries being so clear. He advised me to continue taking OPC-3.

I returned home, had medical work-ups by three doctors, my Primary Care Physician, my Rheumatologist and my present Cardiologist. My new cardiologist reviewed our **Heart Health System** literature. He was impressed with the amount of Omega-3 in our supplements and stated he wanted me on the system for the rest of my life. I began to take the supplements immediately. I had a stress test three weeks later. The cardiologist informed me my heart was functioning perfectly normal and to see him in 6 months. My Rheumatologist informed me my Lupus was still in remission and didn't cause my heart attack.

I had taken our **Gene SNP DNA** Screening Analysis in early November 2004. I got my results in mid December 2004. This is important because of the 19 variations reported regarding my DNA results **7** were related to heart health. Big surprise!!

"I thank JR and the Market America Team for giving us such wonderful products."
Use your story & sell the products for as Frank Keffer says, "it's later than you think."