

## **A MESSAGE TO OUR READERS ABOUT COMMUNITY:**

Over the course of time we have received literally hundreds of calls from our customers thanking **SuperNatural** from the bottom of their hearts for creating **Spectra 12™** and "*being totally committed*" to the education cycle surrounding probiotics.

Here we share but a few of the very touching letters from those dear souls that felt inspired enough to write us! We pray that in these very personal outpourings you will sense a seed of hope not only for yourself, but perhaps others that may be searching for support with their own wellness challenges.

### **To all the wonderful people at SuperNatural,**

I had a devastating surgery 12 years ago, during which one cancerous breast was removed, along with 12 lymph nodes and a lot of tissue under my arm and the shoulder blade area of my back.

For years I have suffered a complete numbness in those areas, accompanied by an extremely bothersome pins and needles sensation that occurred deep within my muscles 24 hours a day. If anyone ever touched me in those areas, I nearly jumped out of my skin! It would have gotten the better of me if I had not had an extremely strong mind.

Always searching for help with my condition, my mind was open, so when I was introduced to Spectra 12™, I took it to the doctor, got the green light, and started taking Spectra 12™ just once day.

A few weeks after starting the product I was awakened in the wee hours of the morning by a pain in my arm – the same arm I had had no feeling in – other than the buzzing sensation - for 12 years!

Long story short, within weeks the pain subsided and normal parameters of feeling began to return to the surface of my skin front and back. Today, it is like nothing was ever wrong with me.

My husband, Dale, and I are in our 60's, and he takes Spectra 12™ too. We manage a large condominium complex in Calgary, and between regular maintenance of the complex and Dale's work with special effects crews, I can honestly say that he is as fit and strong as he was when he was 18 years of age - even though he has a pacemaker in his heart! Plus, his hair is growing back in his natural color!

Thank you SuperNatural for my miracle and Spectra 12™ - I never knew how much probiotics and high grade nutrition could support the body to heal - until now!

**Amy Burrill - Calgary, AB, Canada**

## **Dear SuperNatural,**

In early 1997, thinking I had a bad flu that wasn't getting better I was forced to admit it was time to get to the doctor. I remember thinking at the time that there could have been something more serious going on because I just couldn't get feeling my normal well self. Over the next six weeks I was subjected to four different courses of antibiotics with each one being more potent than the last and not one was getting me any better. My doctor finally had me see an internist and the first thing he did was put me on a course of cortisone. Not only did that not work...it actually made me feel worse.

On July 22nd, after a battery of tests, I was diagnosed with Chronic Fatigue and Fibromyalgia. I was devastated and when I asked my internist what my treatment would be he simply said there was nothing to be done except treat the symptoms with drugs. Not for this lady! Having heard many stories of people in my position who were getting more and more ill from the drugs they were taking I decided to take charge of my health myself. To become more informed I went to the hospital library and studied everything I could on the subject. I learned that I could devise my own treatment plan and started myself on a course of Vitamins, Minerals, Herbs and Essential Fatty Acids. Some worked and some didn't but I felt better because I was in control. I also learned that not all products available in health food stores are of the highest quality and that with no one to guide you through that maze one could end up in a worse position than when they started. I managed to find my way through a mountain of information and ended up with products that started to make me feel better, albeit very slowly.

It was difficult to determine significant improvement over the months and sometimes frustration set in. Often times I even felt worse and that is when I discovered what a healing crisis was. That is when one actually gets feeling worse for a time on their way to actually getting better. This information was important and I felt I understood it all better and actually felt I was on my way to some recovery.

On March 4th 1998, exactly one year to the day since this new chapter of my life began, I was introduced to this product. Still a little ambivalent about new products, I followed the simple instructions and went about my business. After about two hours I began to feel a little dizzy but the headache I had been suffering for two and a half days was gone. Two hours later, my sinus congestion cleared, and I started to feel different in a way that has been very difficult to describe. I was just different. Continuing to take the product as recommended over the next few days, I began to feel warm for the first time in months and could stop using a heating pad for my sore neck and shoulders. With Fibromyalgia there is an associated memory loss or a spaced out feeling and I noticed that I was improving in this area as well. I had regained an overall feeling of well being and my energy level had dramatically increased and I didn't seem to need as much sleep as I did over this last year.

I was able to re-introduce some foods that were restricted to me because of my condition with no ill effects and my skin began to clear up and return some color to my face. Without question the best part in all of this for me was a few days after I began the product I had to have my Vitamin B12 level checked and it was still down in the low sixties (normal should be between 150-836). When I had it re-checked fifteen days later, it was up to 296. A few days after that I had to be tested by a Live Blood Cell Analyst, and she could not believe that I had Chronic Fatigue, Fibromyalgia or a Candida problem because my blood was so clean and my white cells were doing what they were supposed to be doing. I feel strongly that probiotics supported this turnaround in my health, and I have been living my life fully for the past three years.

**Registered Nurse - Calgary, AB, Canada** (Name withheld as requested)

**Dear SuperNatural,**

I started taking Spectra 12™ as I was supposed to have a hysterectomy due to my Endometriosis, and I really wanted if the product could support me through my very devastating symptoms! I did not want to have the operation so I looked all over for something that could get my system back in balance. When I read up on taking Spectra 12™ and saw all the components in it, I just knew I had to try it, because I do believe that the body can heal itself when supported properly. Not only did it give me more energy but also I was no longer anemic from all the iron I was losing from my Menstrual Cycle. I have been back to see the Specialist and my Endometriosis is gone! Now that is Spectacular!

I have put my friends on it who have Endometriosis and they are feeling better as well and have noticed that the pain from their condition has been lessened quite a bit!

**D. Wirtz - Kelowna, BC, Canada**

**Dear SuperNatural,**

I have an arthritic condition and have recently been diagnosed with Fibromyalgia. When I was diagnosed with Fibromyalgia, my doctor prescribed an anti-depressant to help my sleep pattern, because there is no known cure or medication for this condition, so a good night's sleep was the best I could hope for.

The anti-depressants didn't work, and my sleep was erratic at best – and I always awoke with a lot of pain and swelling, so it would take me 2 hours to get mobile.

I have been using Spectra 12™ for just 3 weeks now – and my body is nutritionally supported enough that I would have to say the resulting improvements in me are remarkable! My general soreness, the swelling in my shoulders and the pain in my

legs are all dramatically reduced and I am almost pain free and I have more energy. I have also noticed that I am alert immediately upon waking up from restful nights' sleep. Spectra 12™ is truly an amazing product.

**Cathy Mills, Toronto, ON, Canada**

### **Hello to all the SuperNaturals!**

Hope you are well, Sheenagh here. I just wanted to mention to you about our diabetic cat, Sandy. About four months ago, Sandy was on two insulin injections a day, then I started to give her about 1/4 teaspoon of Spectra 12™ in the morning and with her evening injection. Then gradually we weaned her off the insulin and now she is just on Spectra 12™.

Six weeks later, she is doing great, and she cant wait to get her Spectra 12™ in the morning. She is maybe not 100% - but she is sure a lot happier and hasn't deteriorated in any way.

Also, a story about myself. About 13 yrs ago I was in catering, but I had to give it up because I developed a fungal problem with my hands, which a specialist maintained was due to handling so much meat (raw protein). It was so bad, it would actually eat away at the skin on my hands, and from then on, I seemed to become very sensitive to a lot of other things and developed different allergies.

One of the worst being to fish - eating, touching even being in the environment of fresh fish, I had to get accustomed to wearing gloves all the time while cooking, preparing food, washing dishes, cleaning.

Around Christmas time I picked up some fish, forgetting to wear my gloves, which I have done many a time - always knowing that I would pay for it and have a reaction. But I didn't have a reaction!

It is amazing after taking Spectra 12™ for seven months I can see this remarkable change and being able to choose whether to wear gloves rather than having to. Recently, I was visiting friends, and a family friend arrived with a huge fresh salmon and I thought I would have to leave the house, but I didn't even get a little itchy around my nose and normally I would have been crawling all over. I never imagined for a minute Spectra 12™ was going to make this wonderful change in my life. It's just amazing, and I thought you might be interested to hear about this.

**Sheenagh Nagy - Nanton, AB, Canada**

**Dear SuperNatural,**

For more than 25 years I have suffered from severe migraine headaches that at times have been so severe that I had to confine myself to a dark bedroom. Since taking Spectra 12™ for the past 5 weeks, I have noticed that my headaches have reduced in severity to the point that an occasional Tylenol or Aspirin will be all that I may need in place of the prescription narcotics that I have been using almost every day. I never realized what a difference nutrition could make, or that I even needed extra help! Also, food items like cheese and chocolate have been an automatic trigger of a migraine, and I can enjoy these pleasures again without any health consequences. Thank you SuperNatural!

**Sarah from Calgary, AB, Canada**

**Thank you SuperNatural,**

Our son Matthew is 5 years old, and has been asthmatic since he was a baby. By the time he was three, his asthma can become so severe that we had to purchase a sidestream machine for use in our home. On an average, he needed 2-3 treatments per day.

It seems Matthews asthmatic condition was related to nutritional deficiencies for since we all started taking Spectra 12™ about 4 weeks ago, he now has no further need for his medications! We have even had damp weather lately, which in the past has affected him terribly.

As his mother, this product and what it has done for my son thrill me. I would prefer him to be on a natural product as opposed to subjecting his young body to the steroids that are present in his medications. Thank you so much SuperNatural for this wonderful product.

**Terry J. - Richmond, BC, Canada**

**Dear SuperNatural,**

Life was treating us fairly well and we were blessed with four wonderful children when in the summer of 1991, my husband Mike was diagnosed with Crohn's Disease. Our life as we knew it came crashing down around us. The final blow was that after 10 years of hard work and dedication Mike's company felt they no longer needed a sick man in a managerial position, and he was demoted.

We asked ourselves, "Where do we go from here?" Wanting to be at home with the children, I hadn't been employed for many years. Further, with Mike's health it was unlikely he could find employment and earn the kind of income we had been used to.

Now Mike's health has never been better and he is confident that through continued use of Spectra 12™ his body will be enabled to affect enough repairs that it will rid itself of this dreaded disease.

Further, our 11 year-old son has suffered from allergies for many years, and after only one week on the product, his symptoms began to improve and now have all but disappeared completely. Proof positive that nutritional deficiencies were the root cause. I have also enjoyed incredible energy and a sense of well being. As mother, I rejoice in the fact I can help our four children get proper nutrition.

**Cheryl K. - Edmonton, AB, Canada**

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