

April 8, 2007

I met Maggie Hope in 2004 and it changed my life. I've attended several of her classes and lectures over the years and gained valuable health information from her. Yes – I have seen “the icky photos” and that's what really sparked my interest. I'm a photographer so seeing the photos of what can come out of a person's body...well that was just shocking to me! It was an *in your face event* for us to see what can accumulate in the body over the years. Maggie had a great sense of humor during our class while getting her point across to us newbies.

Health is now the most important thing to me in life. To me if we don't have our health....what do we have? Only you can answer that for yourself.

I struggled with digestive issues for years but I didn't really know what the problem was. In the spring of 2004, I completed an extensive 4 day health assessment where I found out more things about myself than I really wanted to know! It was a good thing and started me on the path to improving my overall health. I found out I was allergic to beef, had parasites, mucous buildup and digestive problems (just to name a few from the list!). I have stopped eating beef completely.

I have completed the Body Basic's 21 day detox program several times in the past three years. The first time I received a colonic at Body Basic's it was amazing. Of course I was a little nervous at first but I knew this was a good thing for my body. I had a blockage in the colon, literally a hard spot on my belly that I could feel. It's gone and now I do not have any pain in that area! I completed the cleanse again in October of 2006. I lost 8 pounds, my skin is clearer, the carb cravings decreased, improved blood sugar issues and I just feel so much better. Following the cleanse AND getting the colonics at the same time are the key to the process.

Many people ask about what I am doing. They tell me I “look healthier” and that there is something different about me. I send them to Maggie's detox class at Body Basics to get them started. After hearing Maggie's detox lectures over the years, I now eat organic and raw foods when possible and have tossed out the processed foods. No trans fat in my house.

So what if my friends tease me because I can talk openly about colonics....who cares??? I've got my health back and that is life changing to me. Think about it...what are you going to change in your life to regain your health? Research it, ask questions and take action!

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