
UPDATE Sept 2008

I've just had my yearly physical and so results need to be shared.

It's been 2 years that I've been on Alfa PXP. When I started my cholesterol I was 267, for over 30 years it never went down but just did a slow crawl up. My blood pressure was 155/105 with little changes, though there was a time when I first started taking blood pressure meds it dipped some but slowly it too crept back up and became difficult to impact. I also was growing in the sugar department where my numbers were quite high and was called pre diabetic and here again a slow growth was the pattern. My weight was 277 and just didn't do much at this stage....really I had no idea I was that heavy, funny how we just don't see ourselves quite the same way as we really are.

Kevin got me started on Alfa PXP, and as I've shared in the past, a dear friend but really all the data and facts he shared just didn't seem for me or possible. I mean, I've seen the slow growth in my departments mentioned above.

So it's been 2 years and I've kept a strict program of one scoop of Alfa PXP per day. Now I've retired so I can exercise some, and mentally some things have changed for the better. Yesterday I get the call from my Dr. and you could have knocked me over with a feather. First off he said my cholesterol was high but he didn't seem too excited....and I was thinking, oh crap what is it 207? I just about dropped right there with joy, my good was 1 number from the normal zone, and by bad was 4 numbers from the normal zone. My sugar levels were 81 with 99 being the high good point so he was very happy with that number; my blood pressure is and has been 128/85 with no pills, and my weight now is 254 and is slowly dropping about 10 – 12 pounds a year, nothing great hey, I just couldn't believe the numbers....it's awesome!

I feel wonderful, and now with these new numbers my emotions also feel great. Thanks Kevin and also to all those involved with PXP....I feel very lucky that Kevin enlightened me to this wonderful option and yes, all his data, numbers, and what could be has come true for me.....and if for me, anyone if they are willing to try Alfa PXP.
