
My testimony on 8/5/07

I started Alfa PXP on May 18, 2007 taking it twice a day (once in the morning and once before bed). What I noticed immediately was that I quit using so many antacids. Sleep seemed to be deeper and I woke up more rested. I did go through a period of detoxification where I wasn't sure if I wanted to continue taking it, but persevered and after about a week and a half started to feel better. Some of the things that I have battled before taking the PXP were high cholesterol, high blood pressure, borderline high blood sugars, depression, and anxiety. I was on athenolol for the high blood pressure and at the request of my doctor went off that medication. I was reduced to half a water pill a day (15 mg.) I now have an average of 120/80 blood pressure at all times now. I haven't had my cholesterol checked yet.

The biggest difference I have noticed on this supplement is that my mood, anxiety, depression have improved 100%. I used to take prozac for depression over the years (although not when I started this supplement) and was using alprazolam for anxiety 2-3 per week for symptoms. I haven't used it since late May. My energy level and mood has changed dramatically. I was afraid to go out in public, hated crowded places and was really nervous in social situations. I am still a homebody, but the thought of going out in public no longer sends me in a tailspin. I started planning projects again. I quilt and garden and make jewelry. I have several projects in the hopper and the ideas just keep popping in my head. Clarity of mind is another plus. If you could have seen me last winter you would have thought that I was permanently attached to my recliner. A stick of dynamite couldn't have moved me. I was desperate with guilt about my inactivity and not being motivated to accomplish even simple tasks like keeping house. Now things are finally getting done around home and I am keeping up with normal household cleaning without even thinking about it. I've even attacked a closet or two! I planted a large garden and am enjoying the fresh veggies and even weeding.

Another byproduct I have noticed is my skin texture. It is smoother, more elastic and seems to have life again. Several scars are healing from the inside. I have a tendency to grow keloids (scarring from cuts, etc.) and they are slowly disappearing. I had one of those big toe nails that went fungus on me. I never wanted to take the medicine (that seemed to have side effects worse than the cure) to get rid of it and it had taken the whole nail off my right big toe. That nail after two months is $\frac{3}{4}$ grown back and hard and healthy.

I know that I have only been on this supplement for a couple of months, but the little changes happening in my life are not a coincidence. I still battle chronic knee pain and my weight, but I now have hope with this supplement. I am looking forward to what long term use of this product will do for me. I know that I don't ever want to go without it again.