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I have struggled with the diagnosis of Fibromyalgia for over 20 years. First struggling with getting the diagnosis itself as I was medically tested for many diseases. My symptoms increased over the years until I was bedridden for a short time while my children were in elementary school. The struggle to maintain a normal life and be a participating mother I continued to seek medical help. Over the years I have been prescribed many pain and muscle relievers, antidepressants, and sleep enhancement drugs. Inactivity and poor health caused weight gain and the medications did not help. Over the years I have progressed with high cholesterol and obesity in my medical files. Battling these are not easy so I feel I am a person who is always seeking a new drug or relief product. In the past year I began taking two RBC products. One is the stem cell supplement which has helped with energy levels and over all better health in my hair skin that I have personally noticed. The other Artichoke has helped my digestive system to work properly again after having a hysterectomy and gall bladder surgery. I now no longer have to seek a bathroom frequently after I eat or have digestive cramping after meals. Bowels are regulated and I know my overall health has improved. I began a sleep apnea program with a CPAP machine to help my breathing also. These changes have resulted in my last communication from my medical doctor that my cholesterol and other levels have returned to normal for the first time since developing. My doctor has requested an appointment with me at the age of 54 to start the process of taking me off the drugs prescribed to me one by one over a time frame that would allow the slow removal of levels in my body. I am excited because other than walking again every other day for 30-45 minutes my health has improved and I am actively involved in a daily routine that no longer requires rest or pills to relieve the pain. Aileen Kampstra Comments from the Doctor's Office Cholesterol looks good. Keep up the good work!

- Aileen Kampstra

Overcoming Injuries I am a avid runner & outdoors man and have been my whole life (including an active duty tour in the Airborne Infantry in Vietnam, where I was shot.) Twenty years ago, I injured my right knee. My knee would intermittently swell & my movement was limited. When I slept at night I couldn't keep my right leg bent or I would rapidly experience pain. I began taking Stem-Kine, (two capsules, two times a day) and after only three to five days, I could feel that my knee was beginning to improve. After four months, all my pain seemed to vanish from my knee. I can run, squat, walk, and climb. The greatest feeling is recovering my ability to run without consideration of any weakness.

- G. Havens

I have been taking Stm-Kine for six months. I am on my feet all day and have been working for 42 years. I have had gout in my feet and since taking Stem-Kine, I don't suffer from that anymore. Also, after several weeks on Stem-Kine my blood pressure reduced so I was able to stop taking my blood pressure medication. It was 160/98 and now its 120/70. My doctor said my blood work now looked like

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