

Where to Start Fitness – 24 Hour Gym

370 N 2nd St Stayton



GROUPEX
strength - endurance - stability

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Hour
Gym**

ZUMBA
fitness



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Alyssa Worst's Symmetry Testimonial

Posted on 04/04/2012 by Where to Start

My Symmetry testimony this far:

I began this journey in August after being SO desperate for pain relief of my knees. I had already dropped 20 pounds in two months when I started working out, doing zumba. The pain got so bad in my knees it led to several dr appointments, ultimately finding out I had a bakers cyst, which is a fluid filled cyst on the back on my knee. It is caused by inflammation and fluid seeping into the back of the knee into a pocket creating a cyst. It's VERY painful and causes the whole back of your leg to tighten. I could not straighten or bend my knee much, it was swollen and hurt terrible. Most of the time the cysts go away, sometimes they require draining or surgery. My dr was feeling hopeful that mine would go away over time. After pain almost being unbearable a few weeks later I was back in the dr office. Next was xrays, I would need physical therapy several days a week and get MRI's on my knees. I didn't really have hundreds of dollars to pay in appts, co pays, and an MRI bill. At this point in my life I was battling daily headaches. Most of the time tired headaches, sometimes stress, either way, I had one daily. I was on excederin daily as well alternating with other OTC meds. I battled mild anxiety and felt that it was going to hit full force again (which I had been on medication for previously for a short stint, just not at this time). As you will read later on, I have a lot of stress in my life that I can't just eliminate. Tirzah shared with me that she believed Genesis would help. I was skeptical, not really thrilled but out of sheer desperation I gave Symmetry a try.



Month one I could only afford Genesis. The swelling in my one leg/knee did go down but the pain was still terrible. I truly felt Genesis was helping by relieving the swelling and giving me more mobility. I felt way better in general and after two weeks I had realized that I was not having any headaches. NOT ONE. I had not even had a hint of a cold like the kids and tons of people around me as we entered into the school year in September. So I knew Genesis was helping fight virus's I was

exposed to.

However because of my knees still hurting pretty badly, I was taking 800 mg of ibuprofen several times a day just to be able to walk looking half way normal, I began having stomach aches. Paranoid that the ibuprofen was hurting my insides and standing and sitting was still HORRIBLE, I added UV out of more desperation.



Month two I added Ultra Vitality and I cannot say enough on the things I again noticed. They were quietly happening. I had more energy, FELT BETTER in general, even more so, my knee pain was getting better. I was able to walk better and sit a little easier. I had no anxiety. Still no headaches. I was able to go a whole day without hitting a wall and being super tired although I still do not get proper sleep. I was amazed.



A few weeks after starting UV I added the Omegas and take 3-6 a day, pending on when I remember. I noticed then that my knees were not hurting as bad during zumba and I wasn't having to stretch after every song.



A week after adding the Omegas, I got the glucosamine to target my knees. I can say that I am pain free and have been ibuprofen free for almost 4 weeks. I cannot believe how great I feel. I was so discouraged. More so because I am a mom of 4, a wife and for 12 years have

put the family before myself. Zumba was my time, to work out, help aid in losing weight that I was mentally ready to shed, and I thought I was going to lose that. It was a very rough patch for me. My dr said that this wouldn't happen without pain meds, therapy, etc... but it has.



Also in 4 weeks I am down 11 pounds taking Symmetry Magic. I only take it 3-4 days a week and love it. I feel energetic and am losing weight. YAY!

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more of that stuff, I'm going to start taking it too". And a few days ago he felt his bi yearly migraine coming on. He usually has about an hour or two to get home, medicate and try to sleep it off for 12+ hours. He couldn't believe that the fuzzy things he was seeing were mild and his headache never got more than a dull throb. He stayed at work, never even took pain relievers and was fine the next day. He has never had that happen ever.



Madelyn our 9 yr old is just starting Clarity. She struggles with add type symptoms although they are not convinced that is the real issue. They wanted to put her on add meds to see if it helped. We refused as she is doing ok in school, not bad enough to put that on her. I am excited to see how this will help her focus, be more organized, less forgetful and more ready to get stuff done. So far she said she feels better.

BTW, all four of the kids are on Fruit a mins, 2 are on Future Star and they remind ME they need to take it daily.



They take Genesis and we are cold free. Sniffles are trying to take over but they just can't win. ☹️

Best of all, even more than my knees: TJ is 5, has high functioning autism, a speech delay, global developmental delay



(age equivalent to a 2 yr old) and worse yet has SEVERE ADHD. Not the typical adhd, but severe. So severe that they had him on meds at 4 yrs old, being upped every 6 months. He couldn't even focus on a toy, or even a tv show for more than a minute or two, let alone long enough to learn anything educational. We were told he would never be able to go to a typical preschool because he would most likely get kicked out. Talk about heart wrenching. As soon as I started Symmetry I started asking questions about TJ.



As soon as the Fruit a mins and tranquility came I started him on it. Long story short, In one month we have eliminated his afternoon dose of ADHD medication and he takes a half of Tranquility instead and is doing great. He is in a private preschool and thriving. (He does go to a special ed school as well in a different district). He is behind and has issues but he is staying focused more than we ever imagined. He is learning, retaining and is even learning some letters

and how to write his name. We are SO SO proud. We pray that with God's help and Symmetry that he will be ADHD med free in the future and on Symmetry only. I am sure that Symmetry is an answer to our desperate cries and prayers for help, for some sort of hope. I sobbed in his conference as his teacher said he is doing so well. And that they wanted him to stay enrolled (in his private school, as he was on a trial basis). God is SO GOOD. Symmetry was brought into our lives at a very tough time, but at the right time. Alyssa Worst, mom of 4, proud wife, taking her life back, Thank you Symmetry!

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