



## Lupus Testimonials



in list MS---RA---FIBRO--LUPUS --LYME

### Description

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#### Lupus VS Plexus

I was diagnosed with Lupus about 1987 and I was depressed, tired and lupus brain and other lupus symptoms....I took a year away from life...I stayed home and hardly went out of the house due to the weakness in my body and lack of healthy brain function.....I learned to live and eat by Eat for My Blood Type. Learning how to control fatigue, stress and joint pain being aware of cause and effect of inflammation was important. I have found I have to be aware of what I put in my body...preservatives will throw me in a lupus lull....I study and look at fillers in products...Plexus Slim passed all my questions....so in December of 2012 I jumped on board being aware of all my Lupus symptoms....I am thrilled to share with you my joint pain and Lupus symptoms are much less, my desire for sugars has dissolved.....my focus on things do not tire me out as previously.....I am able to live a day fully aware and focused...Plus I have lost over 20 pounds and numerous inches.....My hair is healthier, my inflammation is more under control. The change of seasons always throws me into a Lupus Whirl, but I am aware of it and live to challenge it I feel Plexus makes it easier for me to make healthy choices - I rest more eat better and aware of simple choices of exercise I can truly say Plexus has increased my strength and mobility and I LOVE PLEXUS...I drink a pink drink in the a.m. along with 2 accelerators; take ProBio 5 in the a.m. soon as I get out of bed and just before going to bed. And Bio Cleanse I try to take 2 during the day, but am not as consistent.....My Story and I am sticking to it!

I have Lupus and since using Plexus Slim, I have not had a as much pain in my joints, I have tons more energy and the bowel issues are almost nonexistent. I also have Rynauds as my secondary ailment and the pain in my hands is not nearly as bad and my circulation is returning. I am no longer depressed. My Lupus Anon- I can tell you is that at first it helped alleviate the pain and now it has her body in balance after 15 months and she has no Lupus symptoms and her blood work came back with 0 antibodies from it and the RA .symptoms have eased up a lot.

Anon- and the good news is that her lupus symptoms and her Rheumatoid Arthritis are in complete REMISSION and her body is no longer producing ANY of the antibodies, her HGB A1C has never been better AND again, her levothyroxine dosage has been reduced with Plexus Slim.

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I have Lupus and in two months I have not had any flares and I have tons of energy and my Lupus symptoms have decreased.. I sleep better and can move freer when working. I think it has tons of benefits all around.

I am so excited for her and wanted to share. She suffers from Lupus. Here is what she said...

"I wouldn't tell anybody else (actually my hubby & my drs/nurses) are all that know my weight...I was 245 when I started Saturday...had to wait because they had me in the hospital...anyway I couldn't wait & weighed yesterday..239...this morning 237.2....And I haven't had pain meds in 3 days...my joints aren't frozen up on me...Thinking its helping the lupus symptoms...I know I didn't tell my husband I was doing the Plexus Slim but I was crying talking to him on the phone. I really do need to lose the weight but they were going to have to start IV treatments soon because I was having trouble moving...I really think I'm gonna be OK..I was on the verge of just giving the hell up honestly...thank you so much! Everybody has different Lupus symptoms. In my case it gives me more energy and less arthritic pain. The scars on my arms from Lupus sores are nearly gone from using the breast cream. I takePlexus Slim , ProBio 5 and BioCleanse. I also use the Fast Relief lotion which is wonderful for anything that hurts.

Kristy Vineyard- I have Fibro & a form of Lupus with a wonderful side of IBS and I have been able to be a lot more active than I have been in years with just a little soreness. I have noticed a significant decrease in pain from my Lupus symptoms since being on Plexus Slim.

Here is Courtney's amazing story of how Plexus Slim, Accelerator+, and Bio Cleanse helped her lose 111 pounds and now her doctor has taken her off her lupus medication all in less than 9 months. She has recently added the ProBio 5. Courtney says – "Sept 2013 I started my journey with Plexus...I was 25, a mother of a almost 2 year old, living with Systemic Lupus and the biggest I've EVER been at 319 lbs... I am so proud to say today I am 111 lbs lighter at 208lbs.. I have been taken off my lupus medications ( by my doctor), I feel so much better, I can keep up with my now 2 year old and did I mention the loss of 111lbs!!!!!!I'm still going strong and I have Plexus to thank for that."

"When I wake up I take my pink drink and 2 accelorators... 30 minutes later I drink my protein shake ( not plexus) just over the counter around lunch I take bio cleanse and then before I go to bed at night I take my probio5. Walking is exercise and with a 2 year old I don't get a lot in, diet wise I kept to the way I ate before. No gluten no gmos, no crap basically...but I ate that way before it's healthy and with my lupus I have to be careful with what I eat."

She was on prednisone, plaquenil and azathioprine before starting Plexus. "I (she) was nervous to start but I spoke with my rheumatologist and he said try it and he would keep a close eye on me... within 30 days I was on half the dose of prednisone I had been on for 7 years...by January of this year I was taken off the azathioprine and prednisone completely and by daughters birthday taken off the plaquenil....I haven't had a lupus flair since November! I still have some pain but it's very very minor...usually a small,lingering pain but rarely." "My doctor took me off my meds, and he agrees to see how I do without them so far he's amazed...If you are nervous talk to your Dr about it...and fast relief is suppose to work very well for pain... because of the major sun sensitivity going to be looking into the fast relief to keep skin for hurting."

Lisa Forman says – "My incredible Plexus Journey with Plexus products. I had been diagnosed with Scleroderma, which is a rare disease that can harden the skin and organs, extremely serious. A list of the effects it has on your body is at the bottom of this testimonial...

Over the last 13 years I had been diagnosed with 3 autoimmune diseases: Sjogrens' Syndrome, Scleroderma with CREST, & Lupus Anticoagulant Disorder. I am a wife and mom of 3 children. At the time of these diagnosis' my children

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I was all school-age children so that made my life extremely difficult! I had to quit my job of being a Barber to spend the majority of my days in bed. I tried hiding my symptoms. I would attempt to put on a smile and look "normal" even though inside I was very, very sick. I was extremely fatigued, lived in pain every single day. I had digestive issues, thyroid problems, female problems, my body temperature couldn't adjust from hot to cold. I was plagued with weakness and stiffness to where I couldn't climb stairs, or anything else that required energy. Even simple things like taking a shower would exhaust me. I couldn't sleep at night even when taking prescription sleep medicines. I gained a lot of weight during this time. Sadly, my skin was hardening from the Scleroderma. I remember times that the nurse would try to stick a needle in my skin and it would just bounce off because my skin was so hard. One doctor described having Sjogrens' and Scleroderma as feeling like you have the flu EVERY day. At one point I was on 27 prescription pills a day. The doctors said they could only try to manage my symptoms with the medication. These diseases were incurable. Emotionally, that was very hard to accept. I wanted to fight to raise my children. I couldn't give up to this diagnosis even though some days were so hard that I felt like giving up. I began researching alternative solutions. I started taking vitamins and herbs which improved some of my symptoms. I was able to get off some prescriptions but still wasn't well. My pain was still unbearable and I was still tired all the time. Then in 2012, someone told me about the natural pink drink called PlexusSlim that would help me lose weight and should make me feel better. I figured it wouldn't help my health since I had already tried so many natural products and the doctors said the diseases were "incurable" but I would try anything that might give me my life back.

I started my Plexus Journey May 2012. I took PlexusSlim, Accelerator, and Biocleanse. I took these EVERY day and drank lots of water. I quickly began losing weight and feeling better! I go to an internal medicine doctor every three months. When he did my blood work, he asked "What are you doing? Everything has improved!" Every time I would see him I would be better than the time before. In his words, he was "AMAZED!" at my results. All my blood work improved. He said clinically I showed no signs of the diseases. My skin has completely reversed and went back to normal. My autoimmune blood test is only slightly elevated now where as it used to be astronomically high. All other blood work is normal. I've been able to get off all prescription medicine but one. All of my pain went away after being on Plexus for 4 months! I sleep well! I have no digestive issues, no female problems, no thyroid problems, no weakness, stiffness, or fatigue. I have plenty of energy and feel great! This has been nothing other than a miracle for me. There's no doubt God sent Plexus to me. Now, everyone that knows me has seen the miracle I received with Plexus - I'm a product of the product! My husband and I are on a mission to help others that are suffering with illness and pain like I was. It's such a blessing to see others getting better.. The first time I purchase it I signed up as an ambassador so I could get the products for wholesale. I never dreamed that I could be this healthy ! It feels SO good to have my health ba pounds!ck! I feel better than ever, and I truly live life to the fullest! Oh, I almost forgot to mention, I have lost 60 LBS

