

**Sharing** our customers' stories is mine and our reader's favorite part of *Health Points*.  
**What's your story?** Pen to paper (or email) and share the hope like Beverly and Bill. **Enjoy!**

## Beverly's Story

### 50 Years, David & Me

David, you and I share our 50th anniversary with CFS/fibro/SEID. It took 30 years to get a diagnosis as I was 39 when I got both and 69 when I finally found out what I had. And now I'm 89. Katrina Berne, Ph.D., author of *Running on Empty* and a psychologist who has ME/CFS and fibromyalgia, suggested your products when I was having problems with those my doctor ordered. It was the information at one of Dr. Berne's seminars that told me loud and clear what was wrong with me.



I have enjoyed watching you and Margy's company grow and grow and grow for 20 years now. Not only grow in number of products but broader in scope and research. It's just been amazing. Margy has done so much with *Health Points* and I enjoy and profit from every issue.

Thank God you two have been there for so many of us! And I've never had a problem with any of your products.

Love and good health to you both!

P.S. My husband tore David's Story out of the *Health Points* and when I get discouraged about not being able to do much, he pulls it out to remind me "why" and why to keep going.



*Beverly V. has lived in Arizona since she was three. She and husband Ken just celebrated 68 years together. Beverly is a voracious reader but when she doesn't have a book in hand, she likes to spend time and enjoy her two great grand boys.*

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## Bill's Story

### Surprise! You're NOT Normal!

Annual physicals had always been a "non-event" in my life. Height, weight, blood work, EKG.....all normal stuff with normal results. Other people got surprises, my results were always the same, normal. A single page of test results with recommendations like, "start taking some vitamin D". No big deal and no surprises.

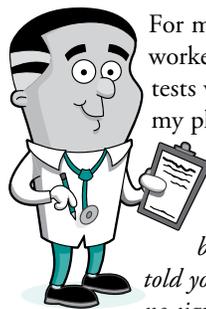
This all changed in June 2014 just before my 59th birthday. Instead of getting a single page, I received two very thick envelopes full of surprises. Instead of "normal", I read that I was overweight, border-line diabetic and Polycythemic.



Polycythemia is a condition where the body produces too many red blood cells making your blood too thick and your heart work too hard. It can be the result of many things from heart disease to cancer with many things in between.

I mentioned this to David and Margy during our next meeting. David knew that I had hypertension (high blood pressure). He asked, "Bill, are you taking CoQ10? High blood pressure medications strip away the heart's natural supply of CoQ10 making it work harder."

I left the meeting with a 30 day supply of CoQ10 400 mg capsules which I promised to add to my daily Multi-Gold™ regimen. At the time, I was getting poked, prodded and tested for a wide range of possible maladies. I didn't think that the solution could be as simple as CoQ10 but I was willing to try anything to avoid more blood thinning or another sleep study. I was taking lots of tests and getting few answers.



For months I took my CoQ10 400 capsules every day and worked on my eating/weight (for the first time in my life!) The tests were completed and I went for a follow-up appointment to my physician. Eight months and 15 pounds after the two very thick envelopes full of surprises, I received one slim envelope with the following note hand written from my good friend and doctor, "Bill, your red blood cell count and blood sugar levels are back in the normal range. I should have told you last summer that you were clinically diabetic and now I see no sign of it. Whatever you are doing is working; keep it up"

I have kept it up, my weight is stabilized and I have more energy and consistently lower blood pressure. I give a lot of the credit to David's advice and the CoQ10 400 mg. It was a game changer and I couldn't be more grateful. Thanks for everything.

*Bill is married and a longtime resident of Glendale, Arizona. His wife and he live with their two dachshunds, enjoy travel and spending time with their five children and nine grandchildren.*

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