

Merita's Story

good for me, good for my family

by Merita Kraya

My father was a doctor. I grew up being around “medicine” and learned from him that symptoms can tell you a lot about what’s going on in your body. **You just have to look and listen.** Then when you know the source of the symptoms, you treat the problem. I think if people understood how supplements can help you heal, they might give them a chance to do just that.

I own a restaurant in Fountain Hills, Arizona, and was reminded of my dad’s philosophy in a conversation with a couple of customers and the woman (Margy) happened to own a vitamin store. Like so many other stories I’ve read in *Health Points*, I decided it was time for me to do something about my health, rather than just talk about it. And my family is reaping the benefits of that decision, too.

I’ll start with my 15 year old gymnast daughter who trains 5 hours a day, up to 30 hours a week. She complained of cramps all the time until I put her on Fibro-Care™. The magnesium helps her muscles relax naturally and since she’s been on it, no more cramps! I don’t even have to remind her take it.

The second thing that happened to her was an unrelenting rash for 4 months. Cortisone cream and oatmeal baths offered no relief so she had to see a dermatologist who diagnosed her with a rare viral rash. The doctor said it would eventually go away but with summer approaching, my daughter wasn’t looking forward to covering up her scaly skin. I put her on Olive Leaf ES™ (known to fight viral and bacterial problems) and within a week, her skin had improved. Her skin cleared completely and the rash never came back.

My 80 year old mom moved in with me and does not always like “healthy” food. As a diabetic she was on 4 insulin doses a day. I worried that when I was at work (sometimes long days), she might pass out or something would happen to her from poor sugar control. She started on Alpha Lipoic Acid, 600 mg twice a day and is down to 2 doses a day of insulin. Plus, she’s got energy and walks around the neighborhood, sometimes twice a day! Given the complications that can occur because of diabetes, getting better control means better health for her.

Finally, there is me. I had my gall bladder removed a long time ago, leaving me with digestive woes. I felt like my food “stayed around” and wasn’t being properly digested. I would often suffer from reflux (you know, that “yucky” taste in your mouth). Some mornings I’d wake up with that same taste and have to eat crackers or something to clear my palate. I could not tolerate fat in foods or protein like steak. Since I’ve added Digesta-Care 8™ to my meals, those symptoms are gone. I also take the Fibro-Care™ to help me deal with the stress of business.

That’s my story. When it comes to my health, (and my family’s), I think less is more. Less medicine, more listening and looking at the source of the symptoms. Don’t get me wrong; sometimes medicine is necessary and life saving. So work with your doctor (especially if you are on prescription meds) and use supplements to help you get where you want to be based on your individual health goals.

Merita Kraya, now a citizen of the U.S., moved here from Albania 23 years ago. She owns her own successful restaurant, earning the town’s 2012 Business Person of the Year award. Still, as a single mom with 4 children ages 10-18, she says, “family is the most important, no matter where you live. Do your best to take care of yourself and them”.

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