

## Testimony of Charlene Rowley, Lehi, Utah

I am Charlene Rowley, I am 60 years old and feeling great. I have been taking Diatomaceous Earth for almost three years. I started when I got arthritis in my right hand so bad my thumb went stiff and the pain went into my palm, fingers and started up my arm. My son gave me the Diatomaceous Earth to take he had heard it would take away arthritis and the pain. I didn't know what else to do. I knew my doctor would put me on painkillers and I don't like medication as a lifetime solution. So I started taking the Diatomaceous Earth. It gave me energy like I had not known for a long time. Within about two days the pain was gone and eight weeks later my thumb was back to normal use and has been ever since. I feel now if I would have known when I started what great results I would have gotten I would have taken two or three tablespoons a day, instead I only took one. My hand would have been useable much sooner than eight weeks.

While I was so worried about my stiff thumb I did not realize that it had taken away the inflammation in my stomach known as gastritis which my doctor told me I would have for the rest of my life if I didn't stop eating certain foods such as tomatoes, grapes, all citrus fruits, cabbage and all the foods in the cabbage family. Gastritis can be painful if you aren't careful how you eat. Oh, no fatty foods. I had many attacks. The first one because I didn't know what I had was very painful, the doctor almost put me in the hospital. Lucky for me the painkillers took away the pain. I got on his diet for me, but if I didn't watch carefully I did I did have some painful attacks. But miracles of miracles Diatomaceous Earth took away the inflammation for more than two years I have taken it, I can eat any of the above foods without any of the symptoms of gastritis. I had a painful pain in the left side of my (no other word but) buttocks for years if I overworked I was put right down in bed for a day because it hurt to walk. Everyone said I probably had a pinched nerve. I went to a chiropractor, he worked on it and I felt good but he said I would have to come back for more treatments. I never got back and the pain went on until I started taking the Diatomaceous Earth. I was so busy worrying about my thumb that it took my husband to discover after a hard working Cub Scout event we were involved in to notice I didn't mention the pain after cleaning up I was ready to go out to dinner. He was surprised, I am usually down on the bed in pain and can't move for the rest of the night. When he brought it to my attention I too was surprised. After that when I work hard I may only have a tinge of pain, if that, it is wonderful.

My husband 64 has heart disease with high blood pressure, he takes high blood pressure pills which only made it fluctuate, never took it down. He started taking it, now when he tests his blood pressure it is down and stable. We are hoping when he goes in for his six-month check-up that he will take him off those pills. Also that they will find his bad cholesterol down which it too was soaring high after an operation a year ago in May. His energy has soared, he said he feels like a twenty year old. He used to be so sluggish when he worked. We eat well, we drink filtered water (spring water). This is a good food supplement. The best.

P.S. Don't ever stop selling this wonderful food source. It's like the 'fountain of youth'.