

Testimonial – Complete cessation of menopause symptoms – Anna Ray Richardson

I started using the Synergy V3 supplements in June 2012. Having trained in various therapies including Naturopathic Nutrition, I was well aware of the body's need for L-Arginine and the many benefits of the other amino acids, vitamins and 'superfoods' used in the Synergy preparations. In fact, I had been looking for the best supplier since 2006, so when I was introduced to Synergy (with their parent company, the highly reputable Nature's Sunshine Products) I was assured and very happy to try them. It can take a few weeks to discern the benefits and compounding effects of supplements, so I was very impressed to be more energised during the day immediately, and sleeping more soundly each night within only a couple of days of starting the Synergy V3 products. After a couple of weeks I also noticed that my skin looked slightly brighter too ... all of these changes showing encouraging outward signs of inner improvement. The research papers backed up my personal experience of the products and I was happy to finally find top quality products that I could recommend without hesitation ... with guaranteed quality policies that I knew 'did what they said on the tin'. I noted with satisfaction my improving health, brightness and stamina over the following weeks and experimented by missing doses, adding doses etc – there was no doubt that I felt better on my 'Synergy days', with much improved sleep.

Soon after, my menopause started. I had been peri-menopausal for over a year but now it suddenly hit me full force, as it had my mother. Wow ... at least a dozen debilitating, volcanic hot flushes a day with ruined sleep, foggy head, tiredness and joint stiffness/ache ... I used to laugh at my darling mother when she flapped at her hot face and paced the hall at 3 a.m. but I wasn't laughing anymore. It was an absolute nightmare that interfered with work, my wardrobe choices and my home life. I was drained, bothered and foggy after a flush, but feeling good otherwise. I was still using the products, still feeling great between the flushes and although I did notice that my symptoms were worse on the days I missed taking them and better if I took an extra dose, I resigned myself to a few years of feeling like a menopausal lump a few times a day.

In November 2012 I had the good fortune to bump into Mei-Mei Lillywhite, an experienced Synergy distributor, who noticed me fanning my face and reminded me that most of the body's cells renew over a period of 90 to 120 days – she shared that she had seen other women either stop or relieve their menopause symptoms by increasing their ProArgi-9+ dose temporarily. It was a good suggestion so I increased my dosage from 1 scoop to 4 scoops per day for 90 days straight (no change to the other 2 products PhytoLife and Mistify). It correlated with the principles of nutritional practice; during that 90-day cell renewal period I knew my body would take the improved nutrition from the supplements and with that information it would rebuild healthier cells with better integrity. As Mei-Mei pointed out – "This isn't medicine you are taking, it's food. Your body knows exactly what to do with high quality food."

It seemed reasonable to hope for some results, but even I was astounded by them – a reduction in symptoms within 24 hours and *complete cessation* within about 60 hours of increasing my doses. I felt like a 30 year old again but with better judgement, no monthly cycle and no menopause! I hope you can appreciate what a great boon and relief this was. I adhered to the 90 day 4-dose cycle and then reduced back down to the 1 scoop 'maintenance' dose at the end of the 90 days ... and as she predicted, the symptoms didn't come back! I was finally menopause free and cycle free, I felt better than I had in years. In the following few months I met others who take higher doses with

great effect (one as high as 6 doses per day, and is seeing a previously 'incurable' skin condition heal after years of stagnation).

In March 2013 my brother came to stay with me for a while during his chemotherapy treatment. He has written his own moving testimony on how the Synergy supplements helped reduce his chemo from 12 months to 6 months and amazed his doctors (*see Paul Richardson's Hep-C testimony*), but for the purposes of my testimonial you only need to know that he started using my supplies, which I happily donated. I had been on a single daily dose for a while after the 90-days when he arrived, and my menopause had not reared its ugly head. But after about 2-3 months of missing maybe a third to a half of my doses on his behalf (approx 90 days, no coincidence), my menopause symptoms started up again. Full force symptoms, back to square one; cells had renewed without that superior information. I put myself back onto another 90-day cycle of 4 scoops per day and within a day or two, they had ceased. Again, I didn't miss a dose for 90 days to ensure optimal results. Again I was able, after 90 days, to reduce to 1 scoop without the symptoms reappearing unless I stopped taking them altogether. I have had the opportunity to test this a few times if I run out of ProArgi-9+ (once when I went to Sweden for a week without the products) and each time have experienced some menopause flushes again after about a week or so without the products. This may not present as empirical evidence, but anecdotal evidence is admissible in medicine to a point and my experiments left me in no doubt – regular Synergy V3 supplementation always resulted in complete cessation of symptoms. Paul was so happy with his chemo results and improved health that he uses the products daily and has become a Synergy member himself. Once, for a period of about 30 days, he did not have access to them and he reports that he felt the degradation of his vitality as a result.

When I consider the repair and enhancing effect that ProArgi-9+ has on the endothelial layer of the circulatory and nervous systems, the results do not surprise me. The endothelium regulates hormone and vitamin supply to every single cell of the body and ProArgi-9+ repairs this vital layer, thus our blood system can deliver optimally to the cells so dependent on our circulatory systems being in clear, flexible and good repair – our inner biological age must be as low as possible to enjoy the radiant energy and health of our youth. Interestingly, I had my arterial age tested in both 2008 and in 2013 after a year on the products – my arterial age has actually come down 12 years in that time even though I actually aged 5 years. I expect it to lower further as I continue with them. My blood pressure is perfect, I take no medicines and I don't need aids such as spectacles. This is due, I have no doubt, to giving my body improved 'information' through world class products that provide optimal nutrition. I offer biological age testing in practice, so have also seen others reduce their arterial age with ProArgi-9+.

Today (October 2013) my menopause symptoms are a memory, though my mother and other female family members suffered menopause for an average of 5-6 years. I usually take 2 scoops of the ProArgi-9+ per day, 1 morning and 1 before bed – the PhytoLife (liquid chlorophyllum) and Mistify (antioxidant formula) are also world class products in their own right. PhytoLife in particular has been very helpful with a reflux digestive issue that started around the onset of menopause. I am happy to share further details of this testimony, please contact via annaraysynergy@gmail.com