

## COPD & ENERGY

It is amazing that I am feeling so healthy after being told I had Chronic Obstructive Pulmonary Disease (COPD), needing to use a nebulizer several times a day, and Advair® twice a day. I now am almost completely off the nebulizer, and the Advair use is down to every other day. If I continue to improve like this, I think I may be off both of them soon.

Also, I am able to function physically around the house doing various jobs that need doing, whereas before, I had a tough time getting up the energy to do anything. I still take short breaks, but that's to be expected at age 73! The Moringa is indeed a miracle tree. My personal experiences prove it!

—In good health, Larry B.

## CHRONIC FATIGUE, CONSTIPATION, ETC.

My wife, Jennifer, and I were married in October of 2001. From our early marriage, my wife knew that something was wrong with my health. There were some days that I was so tired I would fall asleep in my car with it still running when I pulled into my driveway after work. Many days, all I seemed to have was the energy to work and then sleep.

Fast-forwarding now to May of 2008, I am at 5' 9" and weighing only 125 pounds. (my low point had been 118 pounds.). I was now facing many unpleasant realities in my life. Some nights I would sleep as few as two hours or as many as twelve, and I would still wake up exhausted. I would then do office work for several hours and be totally exhausted and have to lie down.

Some of the health issues other than this chronic fatigue and insomnia I was facing included: constipation, painful joints, blurry vision, irritable bowel syndrome, and memory loss (where I was not even completing thoughts when speaking). I had absolutely no sense of well-being! I also had the urge to use the rest room as many as 40 times a day.

I couldn't find the help I needed from my local doctor, so we decided to go to the Mayo Clinic in Rochester, MN. In June of 2008, we were at the Mayo clinic for many days. After having them run many tests, from blood work and seeing the urologist, and spending nearly \$4,000 out of my pocket, we were at the end of being able to afford any more tests, with no solutions in sight.

Many people were praying for my health, and in August of 2008, my brother introduced me to Zija. The very first night I took Zija, I started seeing immediate results. I slept like a baby for the first time in over 10 months! It's now one month later, and my weight has gone from 125 to 141 pounds, without eating any more than I did previously. My energy is great and most days, I can go without taking a nap.

I can now go to bed at 12 midnight and wake up at 7:00 am feeling refreshed. I'm forgetting far fewer things than I had prior to drinking Zija. The overactive bladder is healing, and I only need to use the rest room several times a day instead of 40!

The constipation and achy joints are gone.

Now for the first time in seven years, I feel relaxed, without tension, and I have a wonderful sense of well-being! I am forever indebted to you, Mark, and to my brother for changing my life with Zija!

—Jeremy W.

## IBS GONE ~ BLOOD SUGAR NORMALIZED

I have a passion for healing. Additionally, it is the mission of One Wellness to find the best of the best and promote these products to restore health. Zija has been our greatest discovery!

My good friend Timothy introduced me to Zija after seeing his 25 years of irritable bowel syndrome and migraines disappear after five weeks on the product. For me, it has healed an issue

with my liver, which started 18 years ago, leaving me hospitalized for three days. I had not been able to tolerate sugar and carbs well since, without severe fluctuations in my blood sugar. After six weeks on Zija, my blood sugar is “straight-lined” no matter what I eat. So when people say this product is too expensive, at about \$3/day, I can honestly say, “Hey, Zija healed my liver for under \$200!”

—Matthew F., Helena, MT

Since I have been consuming the Zija beverage, I have been able to experience many of the great benefits. I have never felt better in my life; my digestion is improved and normal along with my sinuses clearing up at night allowing me to sleep better than ever, all because of the Zija product. Being a youth leader, PE/Health Teacher, and a racecar driver I am always on the go. Zija has provided an increase in my energy level, which has allowed me to be more productive in all of these areas. I believe Zija has given my body the extra nutrients it needs, providing these great benefits. Zija is changing lives from both a health and a wealth perspective."

Jason K. - Campbellsville, KY

I have had Crohn's disease since I was 16, with 2 surgeries taking out 18 inches of my colon but my symptoms always came back. Since starting Zija I have been symptom free. I have lost 14 lbs. and have not even tried to lose any weight.

Jolene W. – Harrodsburg, KY