

ARBONNE HEALTHY LIVING

At age 13 I was diagnosed with Crohn's Disease. Young and not really interested in the details I went about my life and took the medicine that was prescribed to me. I did okay. I was able to go about my life with mild interruptions from my disease; taking various different concoctions of medications from Sulfur drugs to steroids. I hated it, but I did it anyway, always thinking that there had to be a different way than to take medicine my entire life. I couldn't stand that the doctors couldn't tell me WHY or HOW, and the fact that there was no cure was beyond frustrating.

In the last 23 years I have seen many downs and few ups with regard to my disease. I have added extensively to my list of prescribed drug therapies, and have tried out every diet that has been recommended by the nutritionists that I have been referred to. I avoided fat, ruffage, raw vegetables, fruits and all other fiber rich foods that I was told exacerbate Crohn's symptoms. My diet became focused on carbohydrates: bread, crackers, pasta, basically everything in the middle of the grocery store while avoiding most of the other stuff.

It wasn't until 7 years ago, when I was pregnant with my first child that things started to change for me. I found that I felt amazing and had zero Crohn's related problems while pregnant. It was great! However, 4 years later after the birth of my 3rd child I had the worst flare-up I have ever experienced. I suddenly found myself in the hospital, being carted to test after test and the outcome was not good. My Crohn's Disease had progressed significantly, and in addition I had developed Pyloric Spondylosing Colongitis (PSC) another auto-immune disease affecting the liver. Yup, the one-two punch. My risk of developing Colon cancer rose exponentially because of the paring of these two diseases. To say I was scared and angry would be an understatement. I was put on a cocktail of several drugs and a low-residue diet. 10 months later I was still in a flare-up. I am 5'10 and I weighed 117 lbs. My doctor decided it was time for me to go on biologicals (Humira). I was scared of the drug, but more than that, I was terrified that I would not recover from this flare-up, so I consented. 10 months after starting Humira my disease was controlled but still active and I still had inflammation.

It was at this time that I started becoming familiar with Arbonne's Healthy Living program. I decided to try the program out. Immediately with the addition of the digestion plus and protein shakes I noticed a difference. I made some changes to my diet, trying to limit gluten, sugar, dairy and soy, and I started feeling better. At my next round of tests things were looking better; my inflammation was down and my Crohn's symptoms were decreasing. I decided that I was going to dive deeper into the Arbonne program and commit to detoxing and cleansing my body. I went gluten free, refined sugar free, dairy free, GMO free, soy free. I continued to use the protein shakes and digestion plus, but I also added the women's daily vitamin packs, omega 3's (for colon health), b12 spray,

detox tea (to support my liver and kidneys), 7-day cleanse and Proleif Progesterone Cream.

Now before I go through my results of committing to this plan I feel the need to address the idea of cleansing. I have heard on numerous occasions that cleansing is not needed; a Hollywood fad to slim down; a way for companies to make money on unsuspecting customers. Let me just say, this may hold true for some cleansing products and programs. There are for sure many products on the market that have you take a pill, drink some drink, and refrain from eating until you poop out a python, however, that is not the case with Arbonne. Moreover, I can attest to the highly effective and life-changing program that Arbonne has put together.

My Arbonne Testimony:

In December of this past year my doctors were convinced that there was no way I could be doing well because of what they had seen on my CAT scans, MREs and colonoscopy over the past year and a half. They were pressing more drugs, and I said no. I told them to prove to me that I needed it and that I wasn't in remission. I felt great! Better than I had in a LONG time, maybe ever. They ordered bloodwork and to their surprise it came back normal, but they still believed that I would be better off if I took more meds. Again, I said no. I was now 6 months into my new lifestyle using Arbonne supplements and the healthy living program. I was still gluten, soy, dairy, GMO, and refined sugar free, and I was about to start the 30 day detox program again in January. I was frustrated, but I was also hopeful that my upcoming colonoscopy would prove my doctors wrong with concrete scientific evidence that I was healthy and in remission. Well, one week after completing the 30 day detox I had my colonoscopy. Before going back for my procedure my doctor spoke to me and again pleaded her case for increasing my meds, however she acquiesced to my request to wait for the colonoscopy results. I was asleep when my doctor came in to talk to my husband about my colonoscopy, but he was so excited to tell me what she had said as soon as I woke up.

"...there is NO EVIDENCE of ACTIVE DISEASE or INFLAMMATION. Her colon looks NORMAL and HEALTHY and I am shocked at this, especially for her... Tell her to continue doing what she is doing. I am NOT going to increase any meds..."

Praise the Lord!!! I give Him the glory because I know that He brought me to where I am today. And, from the bottom of my heart I thank Arbonne for developing such AMAZING and LIFE-CHANGING products that have gotten me to where I am today. Since my diagnosis I have unknowingly kept my body in an acidic and inflamed state, eating the wrong foods and being afraid of all of the right ones. With help from Arbonne I no longer starve my body of the essential nutrients that I need to not only keep me healthy and active, but to treat my disease as well.

If you or someone you know is battling illness and disease I encourage you to take a peek at the Arbonne program. You too can feel better and change your life.

Many people ask me what I use, so here is my list.

Nutritionals:

Women's Power Packs – Vitamins

B12 Spray

Omega 3's

Calcium Plus

Digestion Plus

Chocolate and Vanilla Protein Shakes

Fiber Boost

Detox Tea

Proteif (probably the reason I felt so good pregnant was because of the boost of progesterone that my body made. Proteif made such a difference with my disease. Progesterone relaxes smooth muscles and spasms as well as acts as an anti-inflammatory)

Thank you Arbonne,

Kara Prisock

