

DIGESTIVE DISORDER and KNEE PROBLEM

My name is Breanne Richards, and I am 15 years old. I do not know how far back I would have to look to find a time I felt really good. When I was 8, my problems began. I had horrible stomach problems and was in so much pain all the time. I felt so sick, and eventually my mom took me to the doctors to find out what was wrong. I have never been able to tolerate milk products very well, and so we decided to try lactose pills, which seemed to help me slightly. After about 4 years they stopped working completely, and I had horrible stomach problems again. I lost a ton of weight, 20 pounds in 2 months, and rarely ever ate. The pain was so unbearable, and my mom tried to find out what could be causing it. We went back to the doctors and did more tests, and this time they sent me to Sick Kids Hospital. I had even more tests done and they could not find anything specific wrong, so after many months diagnosed me with Dysfunctional Gut Syndrome. I still never felt great, but tried to cope with it. This year, 2008, I began to feel really bad again for about 2 months, getting to the point where I was unable to participate in my dance classes. I no longer wanted to hang out with friends after school; instead I would go home and get into bed. I would rarely eat because it made me feel even worse, I would become very nauseated. Then on March 7th my mom happened to be watching Breakfast Television interviewing Justine Vo at the Anti-Aging show at the International Centre. She then took me there that night and we booked an appointment with Justine. Before we were able to talk to her we went to her one-hour health seminar. Afterwards she performed reflexology on me and told my mom and I stories about her daughter. Throughout all of this my mom and I never said one word to her about anything relating to me and my problems. The second she put her hands on my foot she said that I had horrible digestive problems. My mom and I could not believe it. She continued to tell me all the things that were wrong with me, my knee, milk intolerance, menstrual irregularity, leg twitch throughout the night, and sinus problems. I could not believe she could tell all this just by touching my foot! She told us that we would need to go to her so that she could help me with these problems, and she said I would need 10 sessions. We then bought the sessions and went the next week. Justine did osteopathy, acupuncture, and reflexology on me every week, and she also gave me nutritional lessons. She told me how to eat, what to eat, and when to eat. I learned how much water, protein, fat, carbohydrates and calories I should eat a day, and when to eat. She also gave me some good examples of what I should have for breakfast, lunch and dinner. I have so much more energy now, and am able to participate more in my activities. After the first session I could start feeling a difference, and after the second I could not believe how normal I felt. There was rarely any pain and no nausea anymore.



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After around 5 treatments I asked Justine if she could work on my knee, it had been really bothering me lately. I had gone to physiotherapy before for my knees but it did not do much, I felt a bit better but only for a few weeks. I play baseball and dance every week, so all these plus workouts at the gym really affected my knee to the point where I was not able to participate in dance and even walking was becoming an issue. She did acupuncture on my knees and also massaged it. After the first treatment I could tell what a difference she was making and after the second treatment it felt like I had brand new knees! I have not felt this good in so long. She made my knees feel so good, and was able to do it in only 2 weeks, yet when I went to physiotherapy for months I never felt this good. Justine is such a talented and dedicated person at what she does, and is so smart. She is so easy to talk to, and I love listening to her stories, they are amazing! Justine is one of the nicest people I have ever met. I am so grateful that my mom happened to be watching Breakfast Television or else I would have never met Justine and I can only imagine how different my life would be today. Justine not only taught me how to take care of myself but has also taught me some great life lessons. Thanks for everything Justine, you are my hero!

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