

Hi. I lived across the street from Brian & Regina for 5 1/2 years. Regina's telling me about two products, in particular, saved my life. They are Paramins, a calcium and magnesium supplement tablet, and GB- 3, a pill that helps the liver and greatly aids digestion.

I had several serious GI tract problems for 38 years become worse as the years passed. This caused a lot of pain, chronic constipation, seldom diarrhea, abdominal distension (5 different sizes of clothes because of waistline variations), overweight with most of weight being around my waist and abdomen, all over muscle aches and cramps, headaches, inability to sleep because of muscle cramps, inability to concentrate, short term memory loss, dizziness to the point of inability to function, forgetfulness, blurred vision, chronic heartburn, nausea, stomach would not empty at times preventing me from drinking water and eating, small and large intestinal blockages caused by muscle cramps, high cholesterol, chest pain caused by muscle and artery cramps, sluggishness, listlessness, had pre-cancerous colon polyps removed every year, all around toxic feeling. All this probably added to my being allergic to everything. I had life threatening emergency room visits almost each year. In addition to being miserable, I never knew how I would feel from minute to minute, or what I would be able to eat from meal to meal. These problems took control and changed my life.

Regina & Dr. Wilson to the rescue! I began taking 10 Paramins a day and worked my way up to 2 GB-3 with each meal. I had to find what my body would tolerate, as well as what it needed, as to the dosing schedule for each supplement. Since God made each person's body differently, each will have to figure out what works best for him/ her. Don't give up. Soon your body will tell you what to do. The benefits far outweigh any inconvenience in figuring out the schedule and in the doing of the final schedule. Keep at it.

I cannot take 3 Paramins at once because it caused diarrhea and made me very sleepy. The schedule that works for me is as follows: Each night when I wake up to go to the bathroom, around 4:30 am, I take 2 Paramins (which help me go back to sleep). I take thyroid medication at 8:30 am which requires no minerals 4 hours before or after taking it. So at 12:30 pm, I take 1 Paramin. I repeat the 1 paramin dose every 2 hours after 12:30 pm until I have taken 10 total, with the last 2 taken at bedtime. I cannot take 2 Paramins at one time until I get all 10 pills taken, which would speed up the process, but only 2 at once as described above. When I'm at home, I set timers to remind me to take my Paramins.

Taking Paramins in this manner along with 2 GB-3 pills, broken in half and scattered throughout each meal, I have no constipation, no diarrhea, seldom have heartburn and even more seldom do I have nausea. Even though I still need more healing, ALL my symptoms have improved greatly! In addition, in 6 months time, I lost 6 pounds and my total cholesterol dropped 43 points, to the lowest it has been in 28 years.

(GB-3 Must be taken with food. If I am not going to eat a large meal, I cut back to 1 1/2 or 1 GB-3, broken in half OR only 1/2 GB-3 with each snack eating several snacks/ small meals during the day. Breaking the GB-3 in half, and taking it spread throughout the meal, cuts down on the likelihood of stomach pain, heartburn and nausea that GB-3 can cause.)

I hope this info. helps and that everyone gets as much relief as I have had. I look forward to continuing to heal and will never be without Paramins & GB-3 again. They, and Regina and Dr. Wilson, saved my life. I praise the Lord for them.