

Special Report on Chronic Pain



How to Alleviate or even Eliminate Body Aches and Pain!

8 Keys to Becoming and Remaining Pain-Free

1. Drink more water (at least 2 quarts daily plus 8 ounces for every 25 pounds that you need to lose).
2. Exercise daily
3. Become alkaline in pH
4. Eliminate harmful parasites
5. Reduce or eliminate toxic metal exposure
6. Oxygenate body better
7. Eliminate toxins from body
8. Reduce gas

Fibromyalgia: "Mystery Disease"

Ask any pain sufferer: pain is real. If pain is your constant companion or the companion of someone you love . . . this one's for you. *Fibromyalgia* --- the "catch-all" diagnosis for unexplained pain --- is nearly an epidemic today, especially with women over 40. We have identified 8 major potential triggers that may contribute to body aches and pain. Correcting these areas may alleviate or even eliminate your pain.

1. Proper Water Intake

Water increases energy flows in the body and really promotes detoxification, which is a key element for becoming pain free. Your correct water formula is: 2 quarts water plus 8 ounces for every 25 lbs. that you need to lose.

2. Sufficient Exercise

Exercise, even as little as 20 minutes or so of exercise like walking or yoga, with its emphasis on deep nose breathing, is especially specific for *Fibromyalgia* and will release endorphins, which are natural pain killers.

3. Moving Body pH toward Alkalinity

An acid body condition results in chronic pain. Eating a lot more vegetables and fruits, while reducing carbohydrate and protein intake, can be a key way to become more alkaline, thus reducing cancer and other chronic illness risks.

4. Get Rid of Unwanted Parasites

Work on the flora balance of your body to reduce the presence of unwanted microscopic parasites, which all have their own elimination cycles. These internal microorganisms can be responsible for a whole host of pain and illness issues.

5. Reduce or Eliminate Toxic Metals from Body

Every time you drink beverages or eat foods from cans . . . every time you use batteries . . . every time you apply your antiperspirant (if it contains aluminum chlorohydrate, as most of them do) . . . even every time you chew something, if you have silver amalgam fillings in your teeth --- you are possibly aggravating your pain problems.

6. Increase Oxygenation

Increase oxygenation to the affected areas. Broken down into simplistic terms . . . pain indicates a lack of proper oxygenation . . . plain and simple. Certain products and exercises can be especially helpful for oxygenation.

7. Eliminate Toxins

Toxins in your body often aggravate pain. Chronic constipation, for example, may be triggering your back pain. Cleansing your liver and colon can remove these dangerous toxins.

8. Reduce Gas

Believe it or not, it could be a healthy thing when people pass gas. We all make pounds of gas each day in the digestive process. If gas builds up, it can compress to the size of a pinhead and has the potential to transfer pain anywhere, even to the neck and shoulders.

Success Stories

“I was out on disability insurance because of my Fibromyalgia, but by the 5th day of the *Suddenly Slim!* program, I was pain free. Everyone needs to know about this program.”

- M.F., TN

“I was feeling achy, and my elbows were itching. By the time I finished my *Suddenly Slim!* body tune up, my symptoms vanished, and I had much more energy.”

- N.H., MS

One of the simplest ways to approach these debilitating problems without spending a lot of time and money is to complete a body-chemistry makeover program, the *Suddenly Slim!* system, which sells for \$59.95.