

EATING CORRECTLY CAN HELP HEALING

The display on the table, which I am representing, is food and items that contributed to my journey of healing.

I was diagnosed with severe IBS and diabetes. No matter what I tried to do, nothing worked. The doctors prescribed preventative medication which made my blood sugar so low that I would tumble down the stairs. This preventative medication was for my heart, cholesterol, blood pressure and water retention.

At 30, I was bedridden. I remember praying and saying "I don't want to die". I had two small children. All I asked was wisdom to help me overcome this illness but my IBS only got worse. I could hardly eat without getting severe back and stomach pains. I would stand in the shower for half an hour at a time as the warm water helped to relieve the pain.

I started reading and watching videos and questioning everything especially about the prescribed medication. After I started my journey the chemist told me to return all the medication that I had been prescribed. I was rather surprised for how could he possibly know..... This is when I started to get well.

On Saturday the 9th of March, I am going to share my journey with you and all the knowledge I got. I will show you how I became IBS free, so bring a pen and a paper. By sharing my information, maybe, it will save someone's life.

My passion, through my market table, is to educate people on how to help heal themselves.

I hope to see you all at our talk.