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In 1991, I had a complete hysterectomy. From the time they wheeled me out of the operating room my health problems began. A few weeks after my surgery, I was back in the hospital in excruciating pain. My joints were so swollen that they were pushing out of their sockets. I was diagnosed with Lupus and my prognosis was not good. I was told that I might have another 5 years to live if my kidneys held out. Five years later I was back in intensive care with only 25% lung capacity, an enlarged heart, kidneys not functioning, and several prescription drug related syndromes. My weight had ballooned up to 325 lbs from using high doses of Prednisone (steroids) along with 27 prescription drugs and 7 inhalers. My doctors (seven different specialists) decided to do chemotherapy to save my kidneys so that I wouldn't need a transplant.

At this point, I knew that I needed to regain control of my life because if I didn't make some changes I was not going to live much longer. I was very lucky to get a doctor with whom I could share my concerns, and he agreed to help me systematically reduce my medications. So, I started my quest for excellent health where getting positive and effective results became one of my highest life values. I went back to school and got another degree - this time in Psychology and Social Behavior at the University of California Irvine. I focused on health psychology, which was a new field of study at the time and I participated in several research studies. My quest for regaining my health led me down many paths, and I slowly got off all but a few basic prescriptions.

I am so excited about the Enhanced Living Ion Spa and I know that it is a vital component in my quest for excellent health. My blood and urine are tested regularly. My kidneys have not functioned within the normal range since 1991. A doctor had once informed me that kidney damage is irreversible. After I had only three Ion Spa treatments I had tests done, my kidneys tested in the normal range for the first time in 16 years and now that I've had 14 Enhanced Living Ion Spa treatments I am feeling great: I've lost weight, my energy level is up and my mind feels clearer. Now that's exciting.