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Laredo7

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I've been to the mineral springs 3 times now for a total of 8 days....it's truly amazing. i can tell you honestly that 90 percent of my symptoms are gone or greatly reduced now at 4 months into the detox....the only thing that crashes me now is emotional upset i.e. fighting with my BF which i really try and curb but we are dealing with a meddling mother in law issue which makes this hard but we are both being open and he's seeking counseling so it looks good:) (says the eternal optimist;)

i do eat grains now occassionally but in the beginning my diet was strict and i do mean strict..i wanted to get better badly and was willing to do anything to get there....and yes i suffered that first month but i knew in my heart i would get better and the change was just so dramatic by month 2 that i knew i would never go back....

ps i had/have dark brown spots and freckles all over my arms and torso that sprung up in the last 4 years...they are fading with the detox and my stretch marks are gone too....our bodies are miraculous

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