

Annette Tuell

Jasper, Indiana

ARTHRITIS ■ CARPAL TUNNEL SYNDROME ■ CROHN'S DISEASE ■ ENERGY



I was introduced to healthy chocolate by a good friend of mine in August 2011. I felt I didn't really need the healthy chocolate. I exercised every day and ate healthy too. With her persuasion, I started eating the healthy chocolate. I knew it was supposed to be good for you, so I decided to give it a try.

The first thing I noticed upon eating the healthy chocolate was the amount of energy I had increased. I would wake up in the morning and be able to instantly get out of bed rather than groggily reaching and hitting the snooze button. I was ready to wake up and begin my day with a feeling of vitality. As I continued to eat the healthy chocolate, I realized that some of the health issues that I had been dealing with for years were beginning to improve. These were health issues that I was told I would be dealing with for the rest of my life.

I have worked many years as a hairdresser. I have Carpal Tunnel Syndrome in my hands and wrists, so while working, I would have to cope with them falling asleep and losing strength progressively throughout the day. Now, thanks to the healthy chocolate, I can open jars and hang onto bottles in my shop without dropping them because of the pain.

I also suffer from Crohn's Disease. I have been dealing with this disease since I was 12 years old. I was in and out of hospitals,

undergoing blood transfusions, and had been put on a strict diet and medication. At the age of 20, I had half of my large intestines removed due to the overwhelming inflammation inside of them. I thought that this procedure would've helped, but it proved to be unbeneficial. Finally, I went to a natural doctor, and he was able to help quite a bit. However, I still had to watch what I ate and do colonics from time to time to help keep things healed up inside.

After I started on the healthy chocolate and was doing well with it, I began drinking the shakes, because they serve as an awesome meal replacement. I drank these not because I needed to lose weight, but because it is so easy for your body to digest. Upon drinking the shakes, I can honestly say I have not felt better. They allow me to feel normal, in fact, better than normal with the benefits it provides. I begin my day with a shake and a piece of healthy chocolate. Throughout the day, I drink plenty of water. I have another piece of healthy chocolate in the afternoon, and finish every day with one in the evening.

I also suffer from arthritis in my leg, due partially to the medication I had to take when I was young. The healthy chocolate has also been able to help with that.

I would recommend healthy chocolate to anyone who is looking for an alternative to medication and a preventative for the future. It will change your life, because I know it has definitely changed mine.