

Hope for Dystonia and Blepharospasm

*Inspiring testimonials from those who have
suffered and improved their quality of life*

by Steve Zarren

Dedication

This ebook is dedicated to just one ideal; to improve the quality of life for those who suffer from dystonia or blepharospasm.

The Purpose of this EBook

This is a free ebook written with the purpose of helping those who suffer from dystonia or blepharospasm. I asked those who had a positive result from following my organic whole food program, if they would write me a testimonial that I could share with other sufferers. This ebook is the result of a compilation of these testimonials that were given to inspire others.

Contact

If you have any questions or comments, please contact Steve Zarren at (410) 486-2525 or email him at szarren@aol.com.

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Note: Some testimonials are listed in more than one category, because some people were dealing with more than one type of dystonia.

Introduction



To my fellow dystonia and blepharospasm sufferers,

My name is Steve Zarren and over 19 years ago, I was fortunate to find an organic whole food program that provided me with a significant improvement of my focal eyelid dystonia. I'm so thankful that I found this natural alternative and have been able to live such a high quality of life, with so few symptoms. Now I have made it my mission and passion to help my fellow sufferers

improve their quality of life.

I have worked with people with dystonia and blepharospasm in 29 countries and 49 states, and helped almost 100 of them improve the quality of their life. I am now utilizing this ebook to reach out to more people who suffer, so that more people aware of the potential of this organic, whole food program.

The purpose of this ebook is to reach out to my fellow sufferers, support groups, foundations, and all who have an interest in improving the quality of life for those who suffer with dystonia and blepharospasm. This ebook contains numerous testimonials from individuals who have improved their quality of life.

I am available for free consultations and teleconferences for groups.

For more information, please call me at (410) 486-2525 between 9 AM and 9 PM EST, 7 days a week or send an email to szarren@aol.com. I am here for you.

Remember - I Care,

Steve Zarren
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Johns Hopkins Study

After many years of trying to have the medical community take notice of my success with this organic whole food, I was delighted to learn that Johns Hopkins Medical Center would do a research study.

Six years later, in 2004, the study showed that the organic, whole food that helped me, proved to be effective for some and safe for everyone. I was told, by the doctor who conducted the study, that he expected me to help many more and for those who wished to try the organic whole food, should because of its safety and possible effectiveness.

This study provided the credibility that many people want when considering a new program that could possibly improve their quality of life.

If you would like to read the complete research article, it appeared in The Journal of Ophthalmology, July, 2004 Issue Volume 138; Issue 1 pages 18 - 32.

Steve's Blepharospasm Story

In February 1993, I began blinking excessively and uncontrollably. As it became worse, I went to a number of eye doctors. They all agreed that my vision was not impaired and thought the problem was dry eye and prescribed drops. They did not help. The others thought the cause was nerves, but it was not that either.

My Focal Eyelid Dystonia Symptoms Intensify

When I coached my sons' basketball games, I not only would miss half of the games, caused by the blinking; I would wear a baseball cap and sunglasses to hide my eyes. When at a restaurant, my sons, sitting opposite me, would turn away to avoid looking at my eyes twitching. They joked about it, not realizing the discomfort and embarrassment I felt. My wife had to do the weekend driving since I could not and even though I would become a passenger, the twitching would continue. It always seemed to intensify when I was in a moving vehicle. It did not matter if I was driving or someone else. My 90 mile daily round trip to work became a nightmare. Thankfully, I was able to avoid having any accidents.

Two Years and Not a Solution

Two years later, I was quite concerned and upset. By this time my quality of life had become worse. Being a corporate controller, I felt my future and family's financial security were being threatened.

In June, 1995, I found a local doctor who diagnosed my symptoms as a rare neurological disorder called focal eyelid dystonia or blepharospasm. It is the result of "faulty" brain signals sent to the optic muscles, forcing them to contract, hence the twitching. With the cause being unknown, there was no hope of relief. It is not life-threatening but is debilitating. In the worst cases, the sufferer would be considered legally blind even though their vision could be 20-20.

A neurologist told me that the preferred treatment was eyelid injections. After following this treatment method, I noticed my eyes looked different. I then also noticed the side of my face and smile were being affected. After the second round of eyelid injections, six weeks later, I decided to stop.

A Healthy Option Seemed Hopeful

Several weeks later, I learned of a natural and organic whole food program. It's a one of a kind whole food that is loaded with nutrition. This whole food has been available for about 30 years and has helped several hundred thousand people with many health issues. I decided to try it.

When I would back out of my driveway to go to work, the spasms would begin. They would not stop until the car was parked. Six weeks after starting this organic, whole food program, my wife made me realize that I had not had any spasms all week. I said, "Could it be that the focal eyelid dystonia is caused from a nutritional deficiency?" A seed was planted in my mind, that maybe this organic, whole food program could help many other sufferers.

The Quest to Help Others

I spent the next twelve years trying to convince the medical community that I had discovered something remarkable. No one would listen. During this time I did introduce the food to sixteen individuals with focal eyelid dystonia and seven told me it helped.

Sometime later Johns Hopkins School of Medicine in Baltimore, Maryland decided to do a double-blind study at the Wilmer Eye Ophthalmological Institute. Six years later the results of the study, where I was mentioned twice, was published. The research article appeared in The Journal of Ophthalmology, July, 2004 Issue Volume 138; Issue 1 pages 18 - 32.

The results noted that the food was safe, helped some, with no side effects.

I was told, by the doctor who conducted the study, that the food was safe and he expected it to help many more people. Also, that he would recommend it for all who wish to try it for several months.

In the summer of 2005 I received an honor from the Dystonia Medical Research Foundation being recognized with a 2005 Courage Award. It was received, along with several others, for inspiring other dystonia sufferers. Dystonia is the name of movement disorders with focal dystonia being one of many.

Helping Others Improve Their Quality of Life

Since I have been so helped by this organic, whole food program, and I have been near symptom free for over 19 years, I make it the focus of my life, to help others suffering with dystonia and blepharospasm, improve their quality of life.

You can call me at (410) 486-2525 between 9 AM and 9 PM EST, 7 days a week or send an email to szarren@aol.com.

Blepharospasm Success Stories

"I just thought you should know that after only a week of taking these whole food supplements, my eyes have improved 90%!!"

I just thought you should know that after only a week of taking these whole food supplements, my eyes have improved 90%!! They're still not completely back to normal, but almost, and it's only been three weeks since I started taking this nutrition. I don't know if you remember, but my eyes were sealed shut for about three months. Thanks again!!

Melissa - Arizona

"I want to thank Steve again for his great efforts and we cannot express how happy we are that we finally found relief for my father!"

I read about Steve and the whole food supplements coincidentally on the Internet and contacted him directly with regard to my father, who was suffering heavily from blepharospasm. No other treatment could bring him significant relief and we decided to try Steve's advice. Steve was incredibly supportive and instructed us in great detail. In the first few weeks, my father could not feel a significant improvement, but after approximately 6-7 weeks, during which my father increased the amount steadily, he suddenly felt a significant improvement. He is now able to work without any problems and even do outdoor sports without any problems, which was not possible before. I want to thank Steve again for his great efforts and we cannot express how happy we are that we finally found relief for my father!

Thomas - Austria

"I took the nutrition he recommended for 2 months and my symptoms with blinking resolved."

Last year and a half, I had many problems with dry eyes, redness and itchiness of eyes. They were severely dry. The doctor put plugs in my eyes and gave me eye drops, but nothing really helped. At the same time, I started blinking so badly with my right eye. I bought stress relief vitamins, but my blinking increased to both eyes and became very severe. I started avoiding seeing people in the evening because my eyes were red, ill, and blinking. I felt hopeless, miserable and depressed. While driving, I blinked so often, that driving became hazardous for me. While talking to others, I blinked so often and felt so uncomfortable. At home, I blinked so often and felt even uncomfortable for my kids to see me do that.

The doctors couldn't help me. I saw a neurologist, who recommended shots. That was not something I was ready to do. I kept searching for answers. I found Steve's testimonial online. I called him. He was very helpful. I took the nutrition he recommended for 2 months and all of my symptoms with blinking resolved. I feel blessed that there are people like Steve, who share their success. I also started learning a lot about natural herbs and meditation. I enjoy it. My dry eyes also resolved after I took out my IUD. From being miserable, my life is now beautiful and nice.

Thank you, Steve, for sharing your success with people. Now I am sharing my successes with others.

Olga - Washington

"I can safely say that I am almost back to normal."

As you are aware I have dystonia which is a very debilitating condition. I was thrilled to find Steve's web site which proposed a healthy option. I wasn't sure that these whole food supplements were going to work, but I was more than prepared to give it a try.

Steve took great time to send me a schedule of recommended amounts to take which I immediately commenced. Now, six months after following the recommendations, I am amazed at how much my condition has improved. I can safely say that I am almost back to normal. I attribute my improvement to the fact that I am taking these whole food supplements. All of the health professionals that I have met told me, it was highly unlikely that my condition would ever go away.

I feel that there are other people who could benefit greatly from taking these whole food supplements. Dystonia is a condition which can strike anyone at any time and has a huge impact on every aspect of daily life. Any ray of hope for sufferers should be advertised as widely as possible. We only have one life, so it's important to help ourselves and others as much as we can.

Caroline - Ireland

I am seeing an improvement in my blepharospasm, and it has only been 4 or 5 weeks on the food. That is good news and thank you.

Barbara - United Kingdom

"Once again, thanks so much Steve for putting your information on the Internet and I'm so glad I found it. To date my eye and face have stopped spasming completely - what an awesome feeling."

I started using the products on February 27 and within a month I started seeing results. I had been using the injections since 2008 and the last few months, they did not last the 3 months anymore, it seemed like within a month of having them, my eye and face started spasming.

In May 2011 when I saw a neurologist, I was told I had blepharospasm and that's what's causing the spasms. This started 3 years prior in 2008 and consistently kept getting worse. Then beginning of this year, I started looking up stuff on the Internet about this and came across your website. This was the best thing that could have happened to me - I thought I've tried everything from medications to injections why not try something else - of course being natural products was the key. I didn't want to be on any more meds for the rest of my life.

Thank you Steve - this has changed my quality of life. Some days I didn't even want to be around people as it was embarrassing when I would talk and my eye/face would spasm so bad, some people thought I was having a stroke.

I am slowly weaning myself off the meds I was on and hopefully your products (6 product plan) will keep on working as I will continue to just use your products.

Once again thanks so much Steve for putting your information on the Internet and I'm so glad I found it. To date my eye and face have stopped spasming completely - what an awesome feeling. 1 month to see results - wow - I was impressed.

Alba - Canada

"Encouraged to be on a healthier path, after about a month of taking the recommended amount of the food, the frequency of my twitching "episodes" have been significantly reduced."

Hope all is well. As I mentioned during our last phone conversation, I have seen amazing improvements with my digestion since I started taking the probiotics. My eyes have significantly improved also. Best of all, I am now confident it's manageable while before I feared it was getting progressively worse.

A few years ago, I began experiencing "heaviness" in my eyelids. I blew it off as being tired or perhaps even needing a new eyeglass prescription. At the recommendation of my ophthalmologist, I saw a neuro-ophthalmologist who diagnosed me with having blepharospasm. He quickly prescribed a highly addictive drug which I took for all of three weeks then weaned off due to the side effects. Plus I saw no

improvement. That's when I decided to take a more holistic approach and consulted an acupuncturist. He explained the connection between the eyelids and the digestive system and spleen. He recommended that if I dealt with my digestion issue I might see improvement with my eyes. Now, for some reason, that made sense to me. Within the past 3-5 years, my stomach had turned into a completely stressed and hostile environment, making it difficult for me to both eat and sleep comfortably. I trace my digestive issues back to my childhood when I used to cramp and bloat so bad that my grade school teacher would have me lay flat on the floor to put pressure on my stomach to release the gas. Up until recently, I'd done that for over 40 years.

I'll never forget the morning that I stumbled across Steve's website while researching dystonia. My eyes were so locked that I had to hold them open with my fingers to read the information. I was intrigued when I noted his connection between blepharospasm and the digestive system. I called him and decided to try his approach. Unfortunately, I was so excited to receive the supplements that I did not follow the instructions completely and therefore did not experience the improvements I had anticipated. Once I made the adjustment, my stomach issues cleared up within 7 weeks. Literally. I was both happy and angry at the same time! Why had I suffered so long? Why hadn't one of the many doctors I visited suggested a probiotic? Encouraged to be on a healthier path, after about a month of taking the recommended amount of the food, the frequency of my twitching "episodes" significantly reduced. I've even ventured back to driving.

Thanks Steve for directing me toward relief. The fear of my condition worsening was stressful in itself. Now that I see it's manageable rather than getting progressively worse, I've turned my focus to reducing many other stresses that may be consciously or unconsciously contributing to the blepharospasm. Meanwhile, I now have a holistic doctor and she's noticed the improvement in my blood work - particularly my perfectly balanced alkaline/acidity levels, which I totally attribute to my diet of food and supplements.

Steve thanks again for your commitment to educating and providing others with a pathway to health and healing.

Carla - D.C.

"David is now on the 26th day of taking the foods. His eyes are wide open and no longer light sensitive."

My husband David has been completely disabled for nearly 6 years. Retired from his work due to his cranial/cervical dystonia, he has not been able to drive in all that time. He has suffered from "restless leg syndrome", "essential tremors", and "bruxism" all his adult life, which is inherited.

His blepharospasm began in the aftermath of Hurricane Rita in our area September, 2005. We went the whole year of 2006 going from doctor to doctor getting incorrect diagnoses i.e., dry eyes etc. etc. He stopped driving when he crashed into our fence trying to get to work. By then he was in full blown crisis. In January, 2007 he went into high anxiety and severe spasms, his breathing was completely shut off and ended up in the hospital with an emergency tracheotomy.

After spending hours upon hours doing research on the internet, I finally found out what was wrong with my husband, found a neurologist to give proper diagnoses and submitted to 5 years of the injections (every 12 weeks) and a cocktail of drugs. We were given assurances that he would have a good life and return to driving within 18 months.

With little success and relief, years of pain, my husband was becoming a reclusive, zombie-like person having extreme light and sound sensitivity. Darkened rooms were becoming the norm. It became difficult to live and so difficult to see what was happening to him. Through all the years I kept researching for other alternatives of treatment. I finally used another “search engine” and found you. I did so much research about probiotics and you as a person and businessman. I prayed about it and then presented it to my husband. We decided to change directions because we were so disappointed in David’s quality of life.

His last treatment was August 10th, and we began to wean him off another drug. He was completely weaned off that drug when he began probiotic foods on September 12th. Now to the progress in JUST 16 days.

8th day - Walking normally (not shuffling) went outside to bring in the trash barrel, then realized he did not have his sunglasses on, his eyes wide open and the light was not hurting him.

We rate his day each night in a log, 1-10 with some notes, and positive results along with the negative. His oromandibular spasms are still quite severe but his speech has become clearer and he is able to eat better. He has had 3-7 days, sort of like a roller coaster, but is confident that as he continues, he will eventually level out on the high end close to 10.

16th day- David is feeling stronger and his anxiety had decreased, his eyes are good, his oromandibular spasms are still strong. Now, we are planning a trip. David has a long way to go, but he has been in such a deep hole for 6 years, that his progress in 16 days gives us both such hope. He also knows that a lot of his problems are caused by work related stress. He is learning the techniques to help reduce his stress and anxiety.

My next update will not be so long, but I wanted others and you to know where my husband has come from, as far as his dystonia is concerned. Thank you, Steve, and thank you for your support. We are looking forward to even better days.

David and Janet - Texas

David is now on the 26th day of taking the foods. His eyes are wide open and no longer light sensitive. We had an appointment this morning and he went without his sunglasses, no squinting and no discomfort from the sunlight. As we were waiting to see the doctor he was reading a magazine! David has not done that for 6 years!

He still has constant oromandibular spasms (dystonia of the lower face, mouth and tongue), but not as severe and he is able to bring his head back. His neck and shoulder muscles are not so tight. His normal walking gate has returned.

He is in better control of his anxiety without drugs, by listening to music and breathing exercises. He experienced an anxiety attack yesterday but for only about 2 hours. He has been able to take a 30 minute power nap on his own without drugs.

He is feeling better in his muscles and his well-being. What is truly remarkable is that he is making plans for the future! He is going to talk with the family doctor next week about weaning off another drug. Thank you Steve and thank you for your support.

David and Janet - Texas (update)

"Although I am a medical physician, it has been even a hell of a job finding some relief. So I'm happy with the improvement so far!!"

I must say that after 4 weeks of taking the supplements, there has been a little improvement in how I feel and now and then less suffering of the blepharospasm.

After ten years of increasing symptoms and searching for improvement through many alternative healing therapies, this is the first time things are getting noticeably better. Although I am a medical physician, it has been even a hell of a job finding some relief. So I'm happy with the improvement so far!!

I'm not where I have to be as yet, but last week, for the first time, it struck me while working, that my eyes were quieter and I felt quieter in my whole face also!

After feeling improvement, it strengthened me.

Dr. Peter - The Netherlands

"My eyes are doing great! I want to take this opportunity to thank you for taking time to help people."

I've been taking the supplements for 8 weeks, until I felt improvement. At this point, three months later I hardly blink. When I started to feel the symptoms about 2 years ago, I just started taking driving lessons, and then I was diagnosed with blepharospasm. At that point I felt that this dream of driving is no longer a possibility.

Well, today I'm planning to start lessons again. I feel safe to do so. My eyes are doing great! I want to take this opportunity to thank you for taking time to help people. I wasn't very optimistic when I started to take the supplements and I can't believe the results I'm getting. May G-d bless you for all your efforts and keep up the good work.

Miriam - NY

"I greatly appreciate finding you... I hope to continue to improve."

Sunday was day 4 -- my eyes seemed to improve slightly, but my energy level was really good and steady - worked all day doing things, mowing, washing cars, lawn care, and mowing the 2 acre lot with the tractor and flail mower -- then cooked dinner. Felt really good. Monday a bit tired - but my headaches from eye strain and spasm tension have slowed down. (That is really wearing on my overall attitude and performance). I am still cautious -- tried a lot of different things in the last 12 years am a bit shy of remedies and promises.

I greatly appreciate finding you. This is really a terrible life changing condition to live with. The hell you go through and challenge to stay sane, and the changes you must make to communicate to family, friends, social adjustments, and business adjustments are unreal. Thank you so much. I hope to continue to improve.

David T. - California

"I am seeing an improvement in my spasms."

We were away the month of February and the product wasn't shipped to me. But I did notice an improvement before I ran out. I am home for 1 week now and am currently following your instructions. I am seeing an improvement in my spasms. Thanks for your help.

Kathy - Pennsylvania

I have reached 6 each of the two main foods and am noticing a difference. I will continue to add and hope it gets even better. Thanks.

Bob - Illinois

"Now it has been just over 90 days since I started with Steve and I can report that I have returned to 90-95% of being back to my regular self before the onset of BEB."

I am a 59-year old husband and father and became afflicted with Benign Essential Blepharospasm (BEB) in January of this year. My symptoms were blinking eyes, head bowing (chin-to-chest), and some involuntary facial movements. I visited several different doctors, including two neurologists. Once I knew that I had BEB, I then took two courses of action: 1) I was surrounded by praying family and friends; and, 2) I found Steve Zarren's website and called him.

Steve was very kind and compassionate. It seemed to be Steve's mission in life to help people with BEB and dystonia. He helped me with my first order and sent me very specific instructions on how to proceed. I followed his recommendations exactly.

In addition to Steve's recommendations, I reduced my coffee consumption from 1.5 quarts per day to zero coffee cups. I switched to black tea, green tea, and herbal mint tea which have also helped. Due to my severe blinking and movements, I did have one injection about three weeks after starting the program, but I am hoping that I will not have to undergo the injections ever again because I have received such relief from the food. Also I have tried to increase my physical exercise to be more active.

Last week, I drove two and one-half hours to an appointment with one of the leading neurologists in my state specializing in involuntary movement illnesses. After the doctor examined me, he said that I was relatively symptom-free and he discharged me as his patient. Now it has been just over 90 days since I started with Steve and I can report that I have returned to 90-95% of being back to my regular self before the onset of BEB.

In conclusion, I am thankful to Steve for his help and guidance over these very difficult months for me, and I am grateful to God for answered prayers.

Mr. Wilson, Washington

I can report that I am up to 99% back to normal.

I am taking your program and have changed my diet to include more fruits and vegetables along with some life-style changes. I drink filtered water and have given up coffee (I was drinking over 1.5 quarts/day). Now I enjoy green tea and a little black tea. I have been working out at our local gym and going on bicycle rides. Friends and family have noticed my lack of blinking and given me favorable comments. Thank you for guiding me back to health. Please continue on with your quest to help other people like myself.

Mr. Wilson - Washington (update)

"She is now able to do outdoor sports without any problems, which was not possible before."

I read about Steve and the whole food supplements on the Internet and contacted him directly with regard to my wife, who was suffering from blepharospasm. No other treatment could bring her significant relief and we decided to try Steve's advice. Steve was incredibly supportive and instructed us in great detail. I had taken her to several doctors and they could not figure out what was wrong with her. We have seen neurologists, and did not receive any concrete answers. My wife had actually been blind for more than six months. I was very worried, but less than four weeks after starting the food supplements and praying to God to help us out as well, we began to see some changes. She suddenly felt a significant improvement. She is now able to do outdoor sports without any problems, which was not possible before. I want to thank Steve for his dedication and support.

Elias - Texas

After two months, I am definitely much better and most of the time my eyes remain open. I have started reading books once again, which was my passion. Thanks for your help.

Y. K. - India

I know that I have only been taking this food since Wednesday but as of today Sunday, I can see a difference in my stomach. I have always had a problem with my stomach, with it being upset at times and not being able to eat when I needed to. I also would have diarrhea and as of today, there has been some difference in it .Thanks so far.

Daisy - Louisiana

"The dystonia movements seem to have receded entirely, and the blinking itself seems to be improving."

I've now been taking the products for 2 months. I'm thrilled to cautiously report that my eyes seem to be improving. The dystonia movements seem to have receded entirely, and the blinking itself seems to be improving. Hopefully this will continue.

I haven't had any adverse reaction to anything. I'm deeply thankful, Steve, for your help with my blepharospasm. The more conventional treatments I would be embarking on, without your alternative, are absolutely grim. At this stage, it looks like I may be able to avoid more drugs.

Catherine - Australia

"Although minuscule, I am starting to see positive results using the recommended food."

It is going on 2 months and I'm beginning to see results. Although minuscule, I am starting to see positive results using the recommended food. Occasionally I get glimpses of how I was without blepharospasm but they seem to only last from 2 to 10 seconds at a time. I'm anxious to see how my bike riding problems are when the weather turns a little warmer and I can get back on my bike. Thanks so much Steve for your wisdom and encouragement

Bob R. - Illinois

"...the first day in a long time where I experienced little to no symptoms, which was an incredible feeling."

Just wanted to give you an update on how everything is going so far with the blepharospasm. I am on day 14 of the 4 product regimen and the results are already noticeable!!! Day 12 was the first day in a long time where I experienced little to no symptoms, which was an incredible feeling. I do not want to get too excited quite yet, but I am cautiously optimistic. Thank you again for all you have done to help me so far. I look forward to continued progress with the program. Thanks again for the support.

Jake - N.Y.

"...it's been 6 months and I'm still near symptom free!"

I want to thank you for introducing me to this food. I felt so much better just a couple weeks after using it! I've been symptom free now for almost 3 months! Thank you for your help.

Jennifer - New Hampshire

I just wanted to thank you again, it's been 6 months and I'm still near symptom free! I can't remember the last time I've gone this long without blinking excessively. Just wanted you to know I'm still feeling great! Thanks again!

Jennifer - New Hampshire (update)

"It is working progressively and I'm feeling a bit better, too."

Thank you for your support. It has only been a month since I started taking my supplements and the blinking and eye closure are still happening but I understand that it takes a while to heal. I think that I'm not eating enough healthy foods. It is working progressively and I'm feeling a bit better, too.

Thank you for the consistent emails to encourage me. Appreciate that very much.

Rose - Australia

I am thankful and grateful that my conditions have improved a great deal since taking the food supplements. The eye twitching and the speech slurring are gone and my family has noticed the improvement. Thank you for your help and support.

Rose - Australia (update)

It seems to be working. I received the second shipment and it is doing some good. I welcome continued improvement.

Fred - Georgia

I am feeling better. No spasms until I drive.

Karen - California

I am doing pretty well - much less light sensitivity and blinking is minimal.

Jeanie - Utah

"I stopped all products except yours...not wanting to give up."

I have been on the 4 product program for 5 months. I have had an unusual experience during this time. After beginning in March, I gradually got worse and worse. After 6 weeks, I was so bad that I stopped all products except yours. These I only took at bedtime trying to avoid the reaction, but not wanting to give up. When things didn't get better, I stopped the over the counter allergy meds that I had started about the same time as your products. After a couple of weeks, I slowly started increasing your products again. I am up to 6 and 6 three times a day and doing very well now. Thank you for all your help and support.

Beth - Alabama

"The whole food supplements are helping me."

The whole food supplements are helping me. Fortunately, I do not have to take that many and reduced it, but went back to what I was taking. I still have some problems when I am out in the wind a lot, but it is much better than it was before. Thank you.

Rodney - OK

"Over the last two weeks there has been a noticeable improvement."

Just to give you an update, I started taking your program on March 27th, about two and a half weeks ago. I had been taking the same food, but from another company, for the previous 9 weeks, with no noticeable improvement in my blepharospasm.

Over the last two weeks there has been a noticeable improvement. My spasms are now less severe and the spasm threshold is now considerably greater. Admittedly these are early days, but I am now really hopeful, that with time, these symptoms can finally be permanently reversed.

Ian - United Kingdom

"The cervical dystonia and blepharospasm have improved 100% in the last week."

The cervical dystonia and blepharospasm have improved 100% in the last week. Taking these whole food supplements have really helped me take control of my life and now I can go shopping, eat and drive, and go to church without having my eyes close and my neck is doing 100% better, too.

I can play my piano, read my books, and write on Facebook a lot better. My stress levels are much lower and so is my blood pressure. I can talk to my friends and not feel so bad. Trying to clear my throat and swallowing my food is a lot better, too. The enzymes and the other whole food supplements now allow me to do all of these normal, everyday activities.

Jesus Christ said, "The food and herbs are for healing the body, mind and pray".

I am doing so much better now and can go on with my life and live it in joy and peace.

Kenneth - Texas

"I'm happy to inform you that within the past few weeks I've seen a significant reduction in my left eye blepharospasm condition."

My speech and my dystonia are certainly much improved, but certainly not all there as yet. I am continuing and hoping for more improvement.

David F. - California

I've been taking your recommended amounts of the food program for almost three months now, and I'm happy to inform you that within the past few weeks I've seen a significant reduction in my left eye blepharospasm condition. I wanted to let you know about my good results. Thank you very much for your help!

David F. - California (update)

I continue to have good results with these supplements. I really appreciate your support.

David F. - California (update)

"She is 99% better and we are very grateful for your help and advice."

We would like to thank you for helping my wife Penny with her recovery from blepharospasm. She is 99% better and we are very grateful for your help and advice.

Orlando - California

"I suddenly felt a nice relaxed feeling in my eyes and the frequent episodes of dystonia were substantially diminished."

I'm taking the products you recommended and when I got to the point of taking 6 of each of the two main foods, I suddenly felt a nice relaxed feeling in my eyes and the frequent episodes of dystonia were substantially diminished. After a few days I started to reduce them slowly as suggested. When I got to half of what I originally needed it was still effective and that is where I will stay with the good feeling. This is where I stand right now and I like it. Thank you.

Claudio - Texas

"Thank you Steve for helping me find relief without needles."

It has been about 2 months now that I have been taking the food. I certainly notice a difference. This annoying condition is now at least tolerable. After the alternative treatment taken by most, (what a nightmare) that I decided to never do again, I discovered you and your website. You offer an alternative to help find relief.

In September, I had that other treatment. The next morning my eyelids had collapsed onto my eyelashes, my mouth was crooked. It took at least 8 weeks or more for everything to go back into place. Never again! I had another appointment in December, which I had forgotten about. They called to let me know that I had missed it and would I like to reschedule. My answer was a definite "no and that I was very disappointed with that treatment and would never do it again". So that is my story so far. Thank you Steve for helping me find relief without needles.

Darcie - New Jersey

I appreciate your help and advice.

John - Australia

"Thank you so much for your help and changing my life."

I have dystonia spasms of the eyelids. The 5th week on the whole food supplements I got worse. But with more time and patience into the 8th week I got some relief. I can watch TV for the first time in a long time. Thanks Steve.

Now I have reduced my amounts on your advice. I am down to the minimum of one of each three times a day. Thank you so much for your help and changing my life.

Berry - Texas

"It feels so good to be able to look at someone without having a spasm."

I have been taking your regime faithfully for nearly two and a half months and I am pleased to say it is helping me tremendously. I first noticed after three weeks the sunlight did not seem near as intense. My spasms are much less and my speech is so much better. I have been taking the injections for over seven years and I dreaded it every time I had to go back. The side effects seemed to get worse each time. I am not cured but people have noticed the difference. It feels so good to be able to look at someone without having a spasm. I am pleased with the results that I am seeing. Thanks for your help.

Carol - Texas

I am very satisfied. It has been a year and a half since I started your regimen. I am so much better. It has been almost two years since I had my last injections and I am so relieved that I haven't had to continue with them. I would recommend your nutritional food supplements to anyone with dystonia. Thanks, Steve.

Carol - Texas (update)

"I felt relief after the first week and have been fairly steady since then."

I started with what seemed like mild eye irritation. I experienced uncontrollable blinking and general irritation in both eyes. This condition flared up dramatically when driving.

When things began to worsen and my eyes were unable to function at home and at work, I went to see my optometrist. I was diagnosed with dry eye and was prescribed several drops 2 months after the initial diagnosis, I was not getting relief. Things were, in fact, getting much worse. I would have to close one eye or prop open one eye depending on the severity of the symptoms I was feeling that day. Daily functions were getting more and more difficult. I was nearly unable to look people in the eye as that would invariably set off an episode. I also could not be in rooms with a large amount of fluorescent light (and even later any well lit area including sunlight) as that also trigger my symptoms. Driving was getting much more difficult and I certainly was not looking forward to the hour and half drive to and from work each day. I asked about being referred to an ophthalmologist. The dry eye diagnosis was confirmed and my bottom punctual ducts were plugged to keep moisture from draining away from my eyes. In addition, I was prescribed additional drops for day and night moisture replenishment. I was hopeful, due to the fact that I felt some initial relief. The relief only lasted for about 2 weeks. After that short time, my symptoms continued. After another 2 months I asked to be referred to another ophthalmologist. I was again told that I did indeed have dry eye but also may have something called blepharospasm. I was referred to a neuro-ophthalmologist. The neuro-ophthalmologist believed my symptoms to indeed be blepharospasm and that dry eye was present but not to the level that should cause any irritation. My only course of action was injections. I agreed to the injections and 16 total injections were given about 10 minutes later. They were painful but I looked forward to the 3 months of relief that were coming my way. My eyes felt much better and the symptoms of blepharospasm subsided after day 5 of the injections but the sensation around my eyes and eyelids were difficult to endure. Things balanced out after week 2 and I began to feel normal. The bottom dropped out after week 4. I was mostly devastated. I was beginning to feel as though I would not get any relief. I began looking on the Internet for other resources and help and ran across Steve Zarren's site. His story and experiences were similar to mine and so I thought that I would contact him and give his whole food supplement program a try. The cost was considerable but I was running out of options. The amount of whole food supplements I am taking is pretty staggering but after feeling initial relief, it is an inconvenience that is quickly overcome. I felt relief after the first week and have been fairly steady since then.

I am currently on week 7. I will get an occasional bad moment or even bad day where the symptoms will flare up, but the severity is much less than before. I would not say I am cured. But I will say that my quality of life is better and my symptoms are more manageable than before.

I look forward to continuing this food and hopefully living the rest of my life blepharospasm free.

Steven - Indiana

Just a quick note to let you know, while I'm still blinking, it has only been a few weeks and the sun isn't bothering me like it used to. Also, I don't feel like I have blinders on the sides of my face. Maybe the supplements are helping.

Kristy - South Carolina

"I am very thrilled to report that after taking the supplements for 10 days, I am feeling better than I have in over 2 years."

I am very thrilled to report that after taking the supplements for 10 days, I am feeling better than I have in over 2 years. My initial diagnosis was dry eye. After almost two years of using various drops, having tear ducts plugged, and several other procedures, I was diagnosed with blepharospasm. I tried a series of injections which helped very little. I had prayed for the Lord to guide me in what to do. When I googled blepharospasm and saw your story, I felt that my prayer was being answered. While I am certainly not healed, I am so much better and I can have hope of being back to my old self in the near future. I can't thank you enough for what you are doing.

Shirley - Florida

Steve, this is a short note to let you know how much improvement I have had in the past 30 days. In the last 30 days, I have had 23 good days, which is a vast improvement over the previous 30 days when I only had 8 good days. I still have the occasional bad days, but they are getting less and less. Thank you for all you do.

Shirley - Florida (update)

"I'm just into my 3rd week and have noticed subtle changes to my body."

I am following your amounts accurately and with my fingers crossed for a positive result. I'm just into my 3rd week and have noticed subtle changes to my body. I'm doing some exercise now (20 minutes per day), plus staying active during the day when time allows.

The amounts ramp up pretty soon now so hopefully the body is ready for it. I will keep you informed of anything positive Steve, and thanks again for your help.

Ray - Australia

"I can honestly say that 75-80% of the spasms are gone!"

About 20 months ago, my eyes started shutting on me. It progressed quite rapidly where it became hard to drive, talk to people face to face, etc. The first doctor said I had sleep apnea. The second said I have dry eye, which I do, but it took awhile to be diagnosed as having blepharospasm. I have put up with this disorder for over a year and a half before finding Steve online. I talked with Steve, and because he is a fellow blepharospasm sufferer, I felt comforted knowing he knew exactly what I was going through. I had been praying to find my answer, because, I can't imagine God wanting me to go through this. I've always known that nutrition is the main key for a body that will heal itself. What Steve told me made sense and I agreed immediately to give it a try.

I have been on the program for 12 days now. On day 8 I was driving home from Tampa, and I suddenly realized, I wasn't blinking! This blew my mind! Sunday was just o.k. but the last 2 days have been wonderful! I can honestly say that 75-80% of the spasms are gone! This tells me, we are on the right track, and in due time, I will be totally healed! As Steve says, "be patient". It's not perfect yet. It seems towards evening, my eyes get tired, and spasm a little more. This too makes sense to me. I'm sure my eye muscles have been through a lot the last 20 months. I really am thrilled, and I thank my God for leading me to Steve. If you are reading this, you are probably suffering from this debilitating disease. I feel your pain, but this program just might be your answer. I know it's mine! I will keep you updated on my progress. Thank you.

Doug - Florida

"Eyes and face not as bad..."

This week is shaping up to be a lot better. Eyes and face are not as bad and I've started running again, and hence have a lot more energy.

John - Australia

"Isabella's eye has stayed open for the longest period to date..."

Just a quick update to let you know about Isabella's progress. Isabella's eye has stayed open for the longest period to date, going onto 9 weeks now. So, it would appear that the whole food supplements she is taking are having some benefit to her.

John - Australia

"Seeing the progress in such a short amount of time is helping me stay patient. I know from previous natural treatments, healing takes time."

I began noticing symptoms of blepharospasm about a year ago, and about 3 months ago it got so bad that I found I could no longer drive. (I had recognized the symptoms because my sister had been diagnosed with it 7 years ago. She chose to do the injections and then the surgery.) Coincidentally, I had just finished reading "The What's Protocol", where Dr. Wahl describes her journey to healing her MS through diet. I consulted with my doctor and we both agreed that following a ketogenic diet, which is the diet Dr. Wahl followed, would be good for my brain and possibly help with the blepharospasm. Dr. Wahl also recommends using algae as an important part of the healing process. So I was thrilled when I came across Steve's website, and even happier after I spoke to him.

I was on the ketogenic diet for about 6 weeks and began to notice some subtle improvements. I then began the supplements and the improvements seemed to occur at a more rapid pace—it was as if the supplements put the diet on turbo boost. I've only been doing the supplements for 6 weeks now and I find that as long as I don't do too much computer work or get too tired or stressed I can be quite comfortable. I still don't feel I can drive, but the improvement has been huge---3 months ago I could barely go out in the sun and would get headaches from the spasms.

Seeing the progress in such a short amount of time is helping me stay patient. I know from previous natural treatments, healing takes time. It took many years for the damage to occur that created this condition and it cannot be undone quickly. I have found in addition to Steve's recommended program, the ketogenic diet, and meditation has also been a great help.

Diane - Italy

"...I have started to feel a great deal of improvement."

I wanted to drop a quick line and let you know that I have started to feel a great deal of improvement. Thank you so much for all your pioneering efforts on this and I will keep you posted as we move forward.

Cathy - Massachusetts

I am still having some spasms but it is much better, I will continue on this program, and pray for steady improvement.

Cathy - Massachusetts (update)

"The twitching in both eyes has stopped and it has only been about 3 weeks."

I have been eating many of these nutritional products and they changed my life. I used to eat the products only once a day, first thing in the morning. What a surprise I received when I began taking them three times a day. It made all the difference! The twitching in both eyes has stopped and it has only been about three weeks using this new routine. I thank you, so-ooo very much and hope others will allow you to help them as well.

Cheryl - Nevada

" I am happy to say that my muscle spasms have reduced."

Thanks for your support, I am keen to keep taking the supplements and am more than happy with the results. I feel more energy and am sleeping better. Thank you so much. Many thanks.

Jeanette - Australia

I am happy to say that my muscle spasms have reduced, my blepharospasm does not seem to bother me as much, and the best thing is that my voice (Spasmodic Dysphonia) has been really good. I have not needed any more injections. I can't thank you enough for the benefits I have received from the nutritional food.

Jeanette - Australia (update)

“As time went by, the spasms became less, I could talk better, and I did not choke on my food. Within three months I had improved so much it was like a miracle. I have been on the nutrition a little over two years, and I feel like a different person.”

When my daughter married eleven years ago in a garden wedding, I noticed my eyes seemed to be extremely sensitive to the sun. As the next several months went by, I began to blink more and more. I had a hard time keeping my eyes open. My eyes were very sensitive to lights in a room. I needed to have them very dim or turn them off. When I would get into the car to drive, as soon as I would back out of the garage, my eyes would start to squeeze shut. As I would be driving down the street, my eyes would close and I could not open them. After several near accidents, I went to my ophthalmologist. He told me there was nothing wrong with my eyes, I had 20/20 vision. If I had 20/20 vision, then why could I not see?

Over the next two and a half years I went to several different doctors seeking answers to what was the problem with my eyes. I had many different tests run to no avail. I was a receptionist at a middle school and I was the first person that people would meet when they walked in the door. It was very difficult to look up and look them in the eye because my eyes would begin to spasm. They would look at me and wonder what the problem was. Students would ask me, “What is wrong with your eyes?” I looked as though I was in pain. It reached a point where I could not open my eyes enough to watch television. I would have to lay my reclining chair all the way back to be able to see. I eventually had to quit driving.

I went to another ophthalmologist and he knew exactly what was going on. He told me I had blepharospasm (focal eyelid dystonia). I had never heard of such thing. He told me it would only get worse and there was no cure for it. He gave me some information to read and told me that it was treated with injections. We made an appointment to have the injections. It had to be ordered because in the area I live it was not readily available. I began the injections. Within a few days, one eye closed completely and the other about half way. It was very difficult to see and almost impossible to work at the computer. I got these injections about every three months and each time my eyes would close for about six weeks.

As time went by, I began to have a hard time swallowing and began to have strange noises come out of my mouth. I could not speak clearly and would get tongue tied. I would have to repeat everything I said. I would choke on my food. I developed

vertigo and it lasted for about six months. My physician sent me to neurologist. We discussed the blepharospasm as well as the vertigo. He set me up an appointment with a specialist in Houston at Baylor Medical Center. When I went to Houston they did a very thorough exam and discovered I also had spasms down my face and in my throat (oromandibular dystonia) and down the left side of my neck (cervical dystonia). I then got injections. The shots were very painful and I would always bruise, but within a few days my spasms would be better, but nearly every time at least one eye would droop. As bad as it hurt, I would actually look forward to next trip because I could see. I would get the injections every four to five months.

After seven and a half years the shots did not seem to help as much. It reached a point, after I had the injections, I would develop flu-like symptoms. Two to three days after the injections, I would spend several days in bed because I would be so ill. I got to where I actually dreaded getting the shots.

One day I was searching on the Internet to see if they had come up with any new research on blepharospasm, I ran across Steve's website with his story. I immediately sent my email address and phone number. Within ten minutes the phone rang and it was Steve. We talked for nearly an hour and discussed my situation. I guess I was so desperate, I agreed to try them for three months. Not knowing anything about the product, I gave Steve my credit card number and ordered the nutrition. This was over the Fourth of July 2012. He told me he would place my order on July the 5th and I would get them on Monday. After I hung up the phone I wondered, "What in the world have I just done?" When Monday rolled around, the order came, just as he said they would. He also emailed his instructions on how to use the products. I followed his instructions and dietary suggestions on how to use the food. Within a few days, when I went outside, the sunlight did not seem to be so harsh. About two weeks later, I could actually go outside without wearing sunglasses.

As time went by, the spasms became less, I could talk better, and I did not choke on my food. Within three months I had improved so much it was like a miracle. I have been on the nutrition a little over two years, and I feel like a different person. I still need to keep my stress in check and be sure I get my rest, but I consider myself pretty much cured. It has been over two years since my last injections and I can honestly say I do not miss that at all. While they did help me at first, I am so glad I found Steve to help me. Thanks Steve!

Carol - Texas

Generalized Dystonia

"I have noticed a 40 - 50% improvement with my son's generalized dystonia."

As you know, my son has dystonia in his whole body and has suffered terribly. The good news is that the superfood is working very well. It has been effective quite fast and we hope for it to continue and improve even more. Thank you for helping him.

Uma - India

I now have noticed a 40 - 50% improvement with my son's generalized dystonia. He is stretching his body less.

I am thankful to you and may G-d continue helping my son. I feel the superfood will eventually have him symptom free. Thanks and I will keep in touch with you on his progress.

Uma - India (update)

Truncal Dystonia

"I feel better and have much more energy."

I feel better and have much more energy. Although not all of my symptoms have disappeared, I would not stop the nutrition as I feel better with them. Right now the cervical aspect of my dystonia is the worst part. My truncal dystonia has improved. Thank you for your support.

Kris - VA

Focal Arm Dystonia

"She rarely gets the spasms in her arms and legs..."

I'm sorry for not being able to update you for a while. My daughter is much better now and I would like to thank you for sharing the food products with everybody. She rarely gets the spasms in her arms and legs and is a much happier child at 2 ½ years old.

Thank you once again for all your help.

Fatima - England

"Jan and I agreed that while not perfect, the dystonia is much worse without the food."

There was a period where I thought the dystonia was under control, thanks to the food. It was not perfect, but it was better. Then over the last couple of months, I thought it was not doing very much, so Jan and I agreed that we would just finish what we had and stop ordering. Very big mistake. She had been only receiving a few capsules a day for the last week or so. The severity of the dystonia - in her arms and legs - returned. In a panic, I reordered yesterday, paying for quick shipment.

Hopefully, it will arrive on Tuesday. Jan and I agreed that while not perfect, the dystonia is much worse without the food. If I thought it was not doing anything, I was wrong. Thanks for your support.

Rollin - North Carolina

I was just thinking about writing you again. I let the supply of the products run out about a week ago as I had lost faith that they were doing anything. Then Sunday I noticed that my wife was experiencing more dystonia attacks, even after I gave her a muscle relaxer. Then it dawned on me that your food had been doing something. I immediately resumed the program — I had some tablets left, and she had some relief right away. I placed another order for more this morning.

Rollin - North Carolina (update)

"Dr. Hakimi, who is my doctor of osteopathy homeopathy, is delighted that I'm on this whole food supplement regime."

I'm now on my 57th day on this whole food supplement program. Dr.Hakimi, who is my doctor of osteopathy homeopathy, is delighted that I'm on this whole food supplement regimen because my arm is gradually responding to his therapy, which I undergo once a week. I also let him see everything I was taking and gave him your name.

I'm going to continue with this whole food supplement program until it kicks in. Again thank you.

Carmen - California

Oculargyric Dystonia

"The frequency and length of Oculargyric crisis (rotating of the eye balls) is diminishing."

I began using the products and need to be patient as I believe it has not taken full effect as yet. However, coupled with reducing daily medication, the products seem to be helping.

The frequency and length of Oculargyric crisis (rotating of the eye balls) is diminishing. I feel clearer in my thinking, feeling more stable, more energetic and generally look better. It helps if I exercise frequently, have regular sleeping pattern and eat regularly.

I am confident that by week six, the Oculargyric dystonia will have subsided and I will be recommending it to other New Zealand sufferers.

Richard - New Zealand

Spasmodic Dysphonia

"I noticed that my daughter's voice was starting to improve by week 6."

As promised, here are my thoughts regarding my daughter's health and our 2 year journey.

My daughter lost her voice at the age of 16. Originally, we thought it was laryngitis, but when her voice did not recover after 2 weeks, we knew that we needed medical assistance.

Over the next several months, we visited multiple doctors, but received conflicting advice. We did try different treatments but all of them failed. Therefore, I decided to fly to Ohio, and visit the Cleveland Voice Clinic. It was there that my daughter was diagnosed with Spasmodic Dysphonia (SD). Unfortunately, we were told that there isn't a cure for SD, but that it is treated via injections every 2-3 months for the rest of her life. Although this was devastating news, at least we had a diagnoses and a way to get her voice back temporarily.

I told my daughter that this was a temporary fix and that I would continue searching for a better solution. As you know, for the past year, my daughter did receive 4-5 treatments, every 10-12 weeks, because by the 10th week my daughter's voice was almost gone.

Then we found you Steve.....

My daughter is now 18 years old and her last round of injections was 13 weeks ago. As you know, she has been on the supplements for the past 8 weeks. I noticed that my daughter's voice was starting to improve by week 6, but my daughter didn't notice that her own voice was improving until week 8.

I know that this might be a little premature, but I think that this is encouraging news because it has been 13 weeks since her last shots and she still has a voice.

Therefore, I can only assume that your supplements are working. Again, thank you, and we will keep you informed of her progress.

Tricia - Connecticut

"Within the first day, I felt my breathing become freer and my vocal chords unlocked."

Within the first day, I felt my breathing become freer and my vocal chords unlocked. Singing in the choir at church is much more rewarding as I feel I can hold my part better.

Getting a restful sleep has been wonderful. My dreams are more vivid and I seem to have more of them. I wake up much more refreshed than I have in a number of years.

I am still grinding my teeth on the left and seem to be carrying a lot of stress in my jaw. I do lots of jaw gaping and have difficulty eating (chewing).

I am pleased with the small steps of progress and am hoping for more in the future.

Barbara - Illinois

"...I am happy that I don't have the tension in my jaw and do less jaw gaping and teeth grinding."

Sorry to say, I have had a rough few days. At least I know now what good the supplements were providing.

About a week ago I realized I was running low but I also knew a delivery was soon to come. I ended up running out of the two main foods before everything else (because I had increased the dosage according to the plan). I spent the \$31 to get the bottles shipped overnight just to get a little relief.

When I am taking the supplements, my symptoms are reduced but not removed. Hopefully, with the next increase of dosage, I will see more improvement. The ability to chew my food unassisted may not happen, but I am happy that I don't have the tension in my jaw and do less jaw gaping and teeth grinding.

Thanks so much for steering me to this food. I appreciate any advice you can give me.

Barbara - Illinois (update)

"I have not needed any more injections."

Thanks for your support, I am keen to keep taking the supplements and am more than happy with the results. I feel more energy and am sleeping better. Thank you so much. Many thanks.

Jeanette - Australia

I am happy to say that my muscle spasms have reduced, my blepharospasm does not seem to bother me as much, and the best thing is that my voice (Spasmodic Dysphonia) has been really good. I have not needed any more injections. I can't thank you enough for the benefits I have received from the nutritional food.

Jeanette - Australia (update)

Focal Throat and Shoulders

"Also the dystonia symptoms in my jaw, throat, neck and shoulders have eased."

Naomi reporting: I am now in week 17 of taking the food and my digestion has improved. I feel well in myself. My blepharospasm symptoms have reduced. Also the dystonia symptoms in my jaw, throat, neck and shoulders have eased. Breathing at night is easier. I am hopeful the improvements will continue.

Naomi - New Zealand

Focal Leg Dystonia

"Jan and I agreed that while not perfect, the dystonia is much worse without the food."

There was a period where I thought the dystonia was under control, thanks to the food. It was not perfect, but it was better. Then over the last couple of months, I thought it was not doing very much, so Jan and I agreed that we would just finish what we had and stop ordering. Very big mistake. She had been only receiving a few capsules a day for the last week or so. The severity of the dystonia - in her arms and legs - returned. In a panic, I reordered yesterday, paying for quick shipment.

Hopefully, it will arrive on Tuesday. Jan and I agreed that while not perfect, the dystonia is much worse without the food. If I thought it was not doing anything, I was wrong. Thanks for your support.

Rollin - North Carolina

I was just thinking about writing you again. I let the supply of the products run out about a week ago as I had lost faith that they were doing anything. Then Sunday I noticed that my wife was experiencing more dystonia attacks, even after I gave her a muscle relaxer. Then it dawned on me that your food had been doing something. I immediately resumed the program – I had some tablets left, and she had some relief right away. I placed another order for more this morning.

Rollin - North Carolina (update)

"Thank you for saving my sleep and alleviating the pain completely!"

I was having this continual cramp in my leg that was waking me up at night. I tried aspirin, muscle relaxers, and sleeping pills (all at separate times). When you said I should try these whole food supplements, I was really skeptical, but I always trusted your information so I decided to try them. Boy, was I happy I did! I started taking the amounts you told me to start with, and then when I built up to 6 a day, after a short while, the pain was totally gone. I know this must sound incredible, but they truly worked for me.

Deb - Maryland

"She rarely gets the spasms in her arms and legs..."

I'm sorry for not being able to update you for a while. My daughter is much better now and I would like to thank you for sharing the food products with everybody. She rarely gets the spasms in her arms and legs and is a much happier child at 2 ½ years old.

Thank you once again for all your help.

Fatima - England

Meige Syndrome

"I am glad to be able to tell you that I feel so much better than I have in years."

Sorry it's taken me so long to get back to you. We just returned from a vacation yesterday. I am glad to be able to tell you that I feel so much better than I have in years from my Meige Syndrome. I appreciate the fact that you wanted to help me and that you made your story available online. I can't say that I am symptom free, but very close. If I could ever stop thinking about it, I think I could be symptom free. I am taking the whole food supplements. I do plan to also stay on the acidophilus as I think it helped my immune system. I never got a cold or flu all winter long. My husband is going to get started on the acidophilus also. I am very glad to know that this helps me. On the off chance that I ever know another person with this embarrassing dystonia, I will definitely tell them about you. Thank you Steve.

Sandy - Idaho

Sorry that it's taken me so long to reply. Life is busy. I am feeling really good. My anxiety issues are actually worse than my blepharospasm now, although, even that has been extremely better.

I want to thank you again for being there when I needed something desperately. My quality of life has changed for the better this past year. I can certainly say that you are one of my heroes.

Sandy - Idaho (update)

Cranial Dystonia

"This past Tuesday was the first time, in 18 months, that the shaking of my head didn't wake me."

Today I'm starting my 7th week and am almost afraid to tell you of some of the results for fear they'll come back. This past Tuesday was the first time, in 18 months, that the shaking of my head didn't wake me. It started soon after, but was always shaking first thing. On Wednesday, I noticed it wasn't as difficult to write something -- for a few moments anyway. I'm hoping the improvements continue.

Becky - Washington

"Now it has been just over 90 days since I started with Steve and I can report that I have returned to 90-95% of being back to my regular self before the onset of BEB."

I am a 59-year old husband and father and became afflicted with Benign Essential Blepharospasm (BEB) in January of this year. My symptoms were blinking eyes, head bowing (chin-to-chest), and some involuntary facial movements. I visited several different doctors, including two neurologists. Once I knew that I had BEB, I then took two courses of action: 1) I was surrounded by praying family and friends; and, 2) I found Steve Zarren's website and called him.

Steve was very kind and compassionate. It seemed to be Steve's mission in life to help people with BEB and Dystonia. He helped me with my first order and sent me very specific instructions on how to proceed. I followed his recommendations exactly.

In addition to Steve's recommendations, I reduced my coffee consumption from 1.5 quarts per day to zero coffee cups. I switched to black tea, green tea, and herbal mint tea which have also helped. Due to my severe blinking and movements, I did have one injection about three weeks after starting the program, but I am hoping that I will not have to undergo injections ever again because I have received such relief from the food. Also I have tried to increase my physical exercise to be more active.

Last week, I drove two and one-half hours to an appointment with one of the leading neurologists in my state specializing in involuntary movement illnesses. After the doctor examined me, he said that I was relatively symptom-free and he discharged me as his patient. Now it has been just over 90 days since I started with Steve and I can report that I have returned to 90-95% of being back to my regular self before the onset of BEB.

In conclusion, I am thankful to Steve for his help and guidance over these very difficult months for me, and I am grateful to God for answered prayers.

Mr. Wilson, Washington

I can report that I am up to 99% back to normal.

I am taking your supplements and have changed my diet to include more fruits and vegetables along with some life-style changes. I drink filtered water and have given up coffee (I was drinking over 1.5 quarts/day). Now I enjoy green tea and a little black tea. I have been working out at our local gym and going on bicycle rides. Friends and family have noticed my lack of blinking and given me favorable comments. Thank you for guiding me back to health. Please continue on with your quest to help other people like myself.

Mr. Wilson - Washington (update)

"In about six weeks I felt the violent spasms were beginning to decrease in intensity and occurrence, this being short of a miracle."

Many thanks for your interest and perseverance in starting me on the nutritional supplements. In about six weeks I felt the violent spasms were beginning to decrease in intensity and occurrence, this being short of a miracle. Still keeping on the foods hoping the head tremors will cease, however, I do feel there has been an improvement. Again thank you for your recommendations, efforts and informational contacts.

Elaine - Pennsylvania

Hemi-Facial Spasm

" I'd have really "good" days and then others where it came back in full force. But I reminded myself to be patient. (After two months), I began noticing significant, steady improvement."

I wanted to wait until I had been taking supplements, per your instructions, for at least 3 months before I gave you a full report. I tend to jump the gun sometimes in my enthusiasm and have tried many approaches to alleviate my Hemi Facial Spasm (HFS), proclaimed it is working, and then found it was only temporary.

I have been suffering with HFS on my left side for about 10 years now. It began with a twitch under my eye, then progressed to pulling up my lip, affecting my ability to smile and spasms that closed my left eye. I had tried the usual injection regimen and didn't like how it froze my face. Plus, I tried acupuncture, cranio-sacral therapy and herbs, etc. with limited, temporary relief.

I happened across your supplement program from an HFS "support" Facebook site (which is heavily slanted toward MVD surgery which I do not want.) Your success stories and talking to you on the phone encouraged me that I might have finally found an approach that could work for me.

When I started your program in February, I immediately noticed an improvement in my mental alertness and my ability to multi-task and retain information. (I am a technical writer.) I also noticed a general sense of well being and improved metabolism. I was less hungry, but felt energized...and have lost 5 pounds without changing my eating habits :-) I noticed I was gaining more and more control over my face.

In February and March, my HFS was sporadic as I was increasing your products. I'd have really "good" days and then others where it came back in full force. But I reminded myself to be patient. In April, I began noticing significant, steady improvement.

My spasms and the intensity of my spasms has decreased by 70%, I figure :-) And there have been several times recently that my trigger points (travel fatigue, eating in restaurants, meeting new people or seeing people I hadn't seen in a long time, laying on my left side in bed) were more frequently not triggering spasms! I had a very nice "aha" moment recently when I had traveled cross country to see my daughter was with her and her friend in a restaurant and had no spasms! :-)

I remembered what you said about listening to my body. I meditate daily and have a close mind-body connection that allows me to check in with my "inner wisdom" about medicines and supplements, etc. After checking in and experimenting a bit, I found the right approach for me. It seems to be bringing me continued improvement without stomach distress.

I wanted to say thank you helping me. I still check the Facebook HFS "support" site regularly and feel blessed when I read the MVD post-surgery side effects and stories about people for whom it did not work. I will keep you posted in the months to come. Bless you!

Joy - Maine

Cervical Success Stories

"I noticed after a couple of weeks I was feeling better."

I noticed after a couple of weeks I was feeling better. Somewhere in the next few weeks I noticed the pulling in my back was much better. That is what caused my neck to turn to the left side of my body. Thank you so much for the information. I have had torticollis (cervical dystonia) for 17 years.

Dorie - Indiana

"When I take them, they make a lot of the pain go away (I have cervical dystonia) and lessen my symptoms."

These whole food supplements have helped to improve my condition. When I take them, they make a lot of the pain go away (I have cervical dystonia) and lessen my symptoms. My friends and family have noticed the improvement. With the combination of the whole food supplements and the injections, I am able to walk with my head up.

For a guy that had to look at the floor when shopping and ran into people and things, it is really wonderful.

Chip - Virginia

"The cervical dystonia and blepharospasm have improved 100% in the last week."

The cervical dystonia and blepharospasm have improved 100% in the last week. Taking these whole food supplements have really helped me take control of my life and now I can go shopping, eat and drive, and go to church without having my eyes close and my neck is doing 100% better, too.

I can play my piano, read my books, and write on Facebook a lot better. My stress levels are much lower and so is my blood pressure. I can talk to my friends and not feel so bad. Trying to clear my throat and swallowing my food is a lot better, too. The enzymes and the other whole food supplements now allow me to do all of these normal, everyday activities.

Jesus Christ said, "The food and herbs are for healing the body, mind and pray". I am doing so much better now and can go on with my life and live it in joy and peace.

Kenneth - Texas

"Just in the last week, I have had wonderful sleep, solid sleep in bed! I haven't heard a thing. It's been the best sleep I have had in probably a year."

I think I had a breakthrough! I've been taking the food for almost 2 weeks now however, because I am naturally sensitive to new things, I've had to start slow, only taking 1/2 the recommended amounts.

As you know, my dystonia is cervical, in my neck. It really acts up when I'm relaxing for the night before falling asleep. Getting to sleep is a whole process in itself with the twisting and tightening. My neck will get so hard and tight, it actually feels like stone! The nights are so difficult; I would need complete silence to sleep. Because my husband snores, I have slept the last 6 months on the couch.

Just in the last week, I have had wonderful sleep, solid sleep in bed! I haven't heard a thing. It's been the best sleep I have had in probably a year. With that being said, my breakthrough came in small intervals last night. There were periods of absolute stillness in my neck while I was going to sleep. It was wonderful, just 5 to 10 seconds of stillness that would come and go and then I slept like a baby. I even slept an extra 1 1/2 hours.

I truly believe this is a gift from you to me and, as time goes on, I will keep you posted as I progress.

Rae - California

I hope all is well with you. I've had a lot of good progress in the last 2 weeks. On a scale of 1-10 my Dystonia is at a 3..! I don't have the hardness in my neck anymore and then muscle pulling is varying slightly and mostly when I'm going to sleep.

Rae - California (update)

“As time went by, the spasms became less, I could talk better, and I did not choke on my food. Within three months I had improved so much it was like a miracle. I have been on the nutrition a little over two years, and I feel like a different person.”

When my daughter married eleven years ago in a garden wedding, I noticed my eyes seemed to be extremely sensitive to the sun. As the next several months went by, I began to blink more and more. I had a hard time keeping my eyes open. My eyes were very sensitive to lights in a room. I needed to have them very dim or turn them off. When I would get into the car to drive, as soon as I would back out of the garage, my eyes would start to squeeze shut. As I would be driving down the street, my eyes would close and I could not open them. After several near accidents, I went to my ophthalmologist. He told me there was nothing wrong with my eyes, I had 20/20 vision. If I had 20/20 vision, then why could I not see?

Over the next two and a half years I went to several different doctors seeking answers to what was the problem with my eyes. I had many different tests run to no avail. I was a receptionist at a middle school and I was the first person that people would meet when they walked in the door. It was very difficult to look up and look them in the eye because my eyes would begin to spasm. They would look at me and wonder what the problem was. Students would ask me, “What is wrong with your eyes?” I looked as though I was in pain. It reached a point where I could not open my eyes enough to watch television. I would have to lay my reclining chair all the way back to be able to see. I eventually had to quit driving.

I went to another ophthalmologist and he knew exactly what was going on. He told me I had blepharospasm (focal eyelid dystonia). I had never heard of such thing. He told me it would only get worse and there was no cure for it. He gave me some information to read and told me that it was treated with injections. We made an appointment to have the injections. It had to be ordered because in the area I live it was not readily available. I began the injections. Within a few days, one eye closed completely and the other about half way. It was very difficult to see and almost impossible to work at the computer. I got these injections about every three months and each time my eyes would close for about six weeks.

As time went by, I began to have a hard time swallowing and began to have strange noises come out of my mouth. I could not speak clearly and would get tongue tied. I would have to repeat everything I said. I would choke on my food. I developed

vertigo and it lasted for about six months. My physician sent me to neurologist. We discussed the blepharospasm as well as the vertigo. He set me up an appointment with a specialist in Houston at Baylor Medical Center. When I went to Houston they did a very thorough exam and discovered I also had spasms down my face and in my throat (oromandibular dystonia) and down the left side of my neck (cervical dystonia). I then got injections. The shots were very painful and I would always bruise, but within a few days my spasms would be better, but nearly every time at least one eye would droop. As bad as it hurt, I would actually look forward to next trip because I could see. I would get the injections every four to five months.

After seven and a half years the shots did not seem to help as much. It reached a point, after I had the injections, I would develop flu-like symptoms. Two to three days after the injections, I would spend several days in bed because I would be so ill. I got to where I actually dreaded getting the shots.

One day I was searching on the Internet to see if they had come up with any new research on blepharospasm, I ran across Steve's website with his story. I immediately sent my email address and phone number. Within ten minutes the phone rang and it was Steve. We talked for nearly an hour and discussed my situation. I guess I was so desperate, I agreed to try them for three months. Not knowing anything about the product, I gave Steve my credit card number and ordered the nutrition. This was over the Fourth of July 2012. He told me he would place my order on July the 5th and I would get them on Monday. After I hung up the phone I wondered, "What in the world have I just done?" When Monday rolled around, the order came, just as he said they would. He also emailed his instructions on how to use the products. I followed his instructions and dietary suggestions on how to use the food. Within a few days, when I went outside, the sunlight did not seem to be so harsh. About two weeks later, I could actually go outside without wearing sunglasses.

As time went by, the spasms became less, I could talk better, and I did not choke on my food. Within three months I had improved so much it was like a miracle. I have been on the nutrition a little over two years, and I feel like a different person. I still need to keep my stress in check and be sure I get my rest, but I consider myself pretty much cured. It has been over two years since my last injections and I can honestly say I do not miss that at all. While they did help me at first, I am so glad I found Steve to help me. Thanks Steve!

Carol - Texas

"David is now on the 26th day of taking the foods. His eyes are wide open and no longer light sensitive."

My husband David has been completely disabled for nearly 6 years. Retired from his work due to his cranial/cervical dystonia, he has not been able to drive in all that time. He has suffered from "restless leg syndrome", "essential tremors", and "bruxism" all his adult life, which is inherited.

His blepharospasm began in the aftermath of Hurricane Rita in our area September, 2005. We went the whole year of 2006 going from doctor to doctor getting incorrect diagnoses i.e., dry eyes etc. etc. He stopped driving when he crashed into our fence trying to get to work. By then he was in full blown crisis. In January, 2007 he went into high anxiety and severe spasms, his breathing was completely shut off and ended up in the hospital with an emergency tracheotomy.

After spending hours upon hours doing research on the internet, I finally found out what was wrong with my husband, found a neurologist to give proper diagnoses and submitted to 5 years of the injections (every 12 weeks) and a cocktail of drugs. We were given assurances that he would have a good life and return to driving within 18 months.

With little success and relief, years of pain, my husband was becoming a reclusive, zombie-like person, having extreme light and sound sensitivity. Darkened rooms were becoming the norm. It became difficult to live and so difficult to see what was happening to him. Through all the years I kept researching for other alternatives of treatment. I finally used another "search engine" and found you. I did so much research about probiotics and you as a person and businessman. I prayed about it and then presented it to my husband. We decided to change directions because we were so disappointed in David's quality of life.

His last injection was August 10th, and we began to wean him off of another drug. He was completely weaned off that drug when he began probiotic foods on September 12th. Now to the progress in JUST 16 days.

8th day - Walking normally (not shuffling) went outside to bring in the trash barrel, then realized he did not have his sunglasses on, his eyes wide open and the light was not hurting him.

We rate his day each night in a log, 1-10 with some notes, and positive results

along with the negative. His oromandibular spasms are still quite severe but his speech has become clearer and he is able to eat better. He has had 3-7 days, sort of like a roller coaster, but is confident that as he continues, he will eventually level out on the high end close to 10.

16th day- David is feeling stronger and his anxiety had decreased, his eyes are good, and his oromandibular spasms are still strong. Now, we are planning a trip. David has a long way to go, but he has been in such a deep hole for 6 years, that his progress in 16 days gives us both such hope. He also knows that a lot of his problems are caused by work related stress. He is learning the techniques to help reduce his stress and anxiety.

My next update will not be so long, but I wanted others and you to know where my husband has come from, as far as his dystonia is concerned. Thank you, Steve, and thank you for your support. We are looking forward to even better days.

David and Janet - Texas

David is now on the 26th day of taking the foods. His eyes are wide open and no longer light sensitive. We had an appointment this morning and he went without his sunglasses, no squinting and no discomfort from the sunlight. As we were waiting to see the doctor he was reading a magazine! David has not done that for 6 years!

He still has constant oromandibular spasms (dystonia of the lower face, mouth and tongue), but not as severe and he is able to bring his head back. His neck and shoulder muscles are not so tight. His normal walking gate has returned.

He is in better control of his anxiety without drugs, by listening to music and breathing exercises. He experienced an anxiety attack yesterday but for only about 2 hours. He has been able to take a 30 minute power nap on his own without drugs.

He is feeling better in his muscles and his well-being. What is truly remarkable is that he is making plans for the future!

He is going to talk with the family doctor next week about weaning off another drug.

Thank you Steve and thank you for your support.

David and Janet - Texas (update)

"...the dystonia symptoms in my jaw, throat, neck and shoulders have eased."

Naomi reporting: I am now in week 17 of taking the program and my digestion has improved. I feel well in myself. My blepharospasm symptoms have reduced. Also the dystonia symptoms in my jaw, throat, neck and shoulders have eased. Breathing at night is easier. I am hopeful the improvements will continue.

Naomi - New Zealand

"...my cervical dystonia eased up to a point I haven't been at in more than 22 years."

During the past 20 months I have been taking your food products. For two of those months, I quit taking it out of necessity, not just for the heck of it. What I found out was that both times, it felt like I hit a brick wall. The benefits are numerous but the one that stands out the most was that my cervical dystonia eased up to a point I haven't been at in more than 22 years. That was when I was diagnosed, but the reality was I have lived with it for a long time just undiagnosed. Saying thank you just doesn't cover it all.

Thank you for your help and direction and for products that I just can't believe are working and helping in so many different ways, it still amazes me.

Ronnie - Texas

Oromandibular Success Stories

"Within the first day, I felt my breathing become freer and my vocal chords unlocked."

Within the first day, I felt my breathing become freer and my vocal chords unlocked. Singing in the choir at church is much more rewarding as I feel I can hold my part better.

Getting a restful sleep has been wonderful. My dreams are more vivid and I seem to have more of them. I wake up much more refreshed than I have in a number of years.

I am still grinding my teeth on the left and seem to be carrying a lot of stress in my jaw. I do lots of jaw gaping and have difficulty eating (chewing).

I am pleased with the small steps of progress and am hoping for more in the future.

Thanks for your care and concern.

Barbara - Illinois

"Once again thanks so much Steve for putting your information on the Internet and I'm so glad I found it. To date my eye and face have stopped spasming completely - what an awesome feeling."

I started using the products on February 27 and within a month I started seeing results. I had been using the injections since 2008 and the last few months, they did not last the 3 months anymore, it seemed like within a month of having them, my eye and face started spasming.

In May 2011 when I saw a neurologist, I was told I had blepharospasm and that's what's causing the spasms. This started 3 years prior in 2008 and consistently kept getting worse. Then beginning of this year, I started looking up stuff on the Internet about this and came across your website. This was the best thing that could have happened to me - I thought I've tried everything from medications to injections why not try something else -of course being natural products was the key. I didn't want to be on any more meds for the rest of my life.

Thank you Steve - this has changed my quality of life. Some days I didn't even want to be around people as it was embarrassing when I would talk and my eye/face would spasm so bad, some people thought I was having a stroke.

I am slowly weaning myself off the meds I was on and hopefully your products (6 product plan) will keep on working as I will continue to just use your products.

Once again thanks so much Steve for putting your information on the Internet and I'm so glad I found it. To date my eye and face have stopped spasming completely - what an awesome feeling. 1 month to see results - wow - I was impressed.

Alba - Canada

"Your products have had more than a positive reaction--it has changed my life."

These whole food supplements work! I have felt some positive reactions! Probably around the fourth week, my speech started to get more dependable; meaning people could understand me much better.

My tongue was no longer projecting outward. You can imagine how difficult this made eating, when everything I put in my mouth my tongue would shove right back out. I could no longer eat in public, and it got so I would not eat with my family. It became very isolating. It got so bad, that I had a feeding tube put in my stomach, because I started losing weight at an alarming rate.

Four weeks into taking the whole food supplements, my tongue started getting less stiff and more comfortable. I started spontaneously answering and calling on the phone, which heretofore had been impossible. In the fifth week, I felt confident enough to schedule a job interview.

I am scheduled to have the feeding tube removed. There was a time in my life when I did not think I would ever be able to eat in public or through my mouth again. Your products have had more than a positive reaction--it has changed my life.

Who knows? If I keep this up, I may just have the confidence to go on a date.

Paula - Indiana

"It is working progressively and I'm feeling a bit better too."

Thank you for your support. It has only been a month since I started taking my supplements and the blinking and eye closure are still happening, but I understand that it takes a while to heal. I think that I'm not eating enough healthy foods. It is working progressively and I'm feeling a bit better too.

Thank you for the consistent emails to encourage me. Appreciate that very much.

Rose - Australia

I am thankful and grateful that my conditions have improved a great deal since taking the food supplements. The eye twitching and the speech slurring are gone and my family has noticed the improvement. Thank you for your help and support.

Rose - Australia (update)

"It feels so good to be able to look at someone without having a spasm."

I have been taking the food faithfully for nearly two and a half months and I am pleased to say they are helping me tremendously. I first noticed after three weeks the sunlight did not seem near as intense. My spasms are much less and my speech is so much better. I have been taking injections for over seven years and I dreaded it every time I had to go back. The side effects seemed to get worse each time. I am not cured but people have noticed the difference. It feels so good to be able to look at someone without having a spasm. I am pleased with the results that I am seeing. Thanks for your help.

Carol - Texas

I am very satisfied. It has been a year and a half since I started your regime. I am so much better. It has been almost two years since I had my last injections and I am so relieved that I haven't had to continue with them. I would recommend your nutritional food supplements to anyone with dystonia. Thanks, Steve.

Carol - Texas (update)

"I'm happy to inform you that within the past few weeks I've seen a significant reduction in my left eye blepharospasm condition."

My speech and my dystonia are certainly much improved, but certainly not all there as yet. I am continuing and hoping for more improvement.

David F. - California

I've been taking your recommended amounts of the food supplements for almost three months now, and I'm happy to inform you that within the past few weeks I've seen a significant reduction in my left eye blepharospasm condition. I wanted to let you know about my good results. Thank you very much for your help!

David F. - California (update)

I continue to have good results with these supplements. I really appreciate your support.

David F. - California (update)

"Now it has been just over 90 days since I started with Steve and I can report that I have returned to 90-95% of being back to my regular self before the onset of BEB."

I am a 59-year old husband and father and became afflicted with Benign Essential Blepharospasm (BEB) in January of this year. My symptoms were blinking eyes, head bowing (chin-to-chest), and some involuntary facial movements. I visited several different doctors, including two neurologists. Once I knew that I had BEB, I then took two courses of action: 1) I was surrounded by praying family and friends; and, 2) I found Steve Zarren's website and called him.

Steve was very kind and compassionate. It seemed to be Steve's mission in life to help people with BEB and Dystonia. He helped me with my first order and sent me very specific instructions on how to proceed. I followed his recommendations exactly.

In addition to Steve's recommendations, I reduced my coffee consumption from 1.5 quarts per day to zero coffee cups. I switched to black tea, green tea, and herbal mint tea which have also helped. Due to my severe blinking and movements, I did

have one injection about three weeks after starting the program, but I am hoping that I will not have to undergo Botox ever again because I have received such relief from the food. Also I have tried to increase my physical exercise to be more active.

Last week, I drove two and one-half hours to an appointment with one of the leading neurologists in my state specializing in involuntary movement illnesses. After the doctor examined me, he said that I was relatively symptom-free and he discharged me as his patient. Now it has been just over 90 days since I started with Steve and I can report that I have returned to 90-95% of being back to my regular self before the onset of BEB.

In conclusion, I am thankful to Steve for his help and guidance over these very difficult months for me, and I am grateful to God for answered prayers.

Mr. Wilson, Washington

I can report that I am up to 99% back to normal.

I am taking your supplements and have changed my diet to include more fruits and vegetables along with some life-style changes. I drink filtered water and have given up coffee (I was drinking over 1.5 quarts/day). Now I enjoy green tea and a little black tea. I have been working out at our local gym and going on bicycle rides. Friends and family have noticed my lack of blinking and given me favorable comments. Thank you for guiding me back to health. Please continue on with your quest to help other people like myself.

Mr. Wilson - Washington (update)

"Eyes and face not as bad..."

This week is shaping up to be a lot better. Eyes and face are not as bad and I've started running again, and hence have a lot more energy.

John - Australia

"David is now on the 26th day of taking the foods. His eyes are wide open and no longer light sensitive."

My husband David has been completely disabled for nearly 6 years. Retired from his work due to his cranial/cervical dystonia, he has not been able to drive in all that time. He has suffered from "restless leg syndrome", "essential tremors", and "bruxism" all his adult life, which is inherited.

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Thank you Steve and thank you for your support.

David and Janet - Texas (update)

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When my daughter married eleven years ago in a garden wedding, I noticed my eyes seemed to be extremely sensitive to the sun. As the next several months went by, I began to blink more and more. I had a hard time keeping my eyes open. My eyes were very sensitive to lights in a room. I needed to have them very dim or turn them off. When I would get into the car to drive, as soon as I would back out of the garage, my eyes would start to squeeze shut. As I would be driving down the street, my eyes would close and I could not open them. After several near accidents, I went to my ophthalmologist. He told me there was nothing wrong with my eyes, I had 20/20 vision. If I had 20/20 vision, then why could I not see?

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I went to another ophthalmologist and he knew exactly what was going on. He told me I had blepharospasm (focal eyelid dystonia). I had never heard of such thing. He told me it would only get worse and there was no cure for it. He gave me some information to read and told me that it was treated with injections. We made an appointment to have the injections. It had to be ordered because in the area I live it was not readily available. I began the injections. Within a few days, one eye closed completely and the other about half way. It was very difficult to see and almost impossible to work at the computer. I got these injections about every three months and each time my eyes would close for about six weeks.

As time went by, I began to have a hard time swallowing and began to have strange noises come out of my mouth. I could not speak clearly and would get tongue tied. I would have to repeat everything I said. I would choke on my food. I developed

vertigo and it lasted for about six months. My physician sent me to neurologist. We discussed the blepharospasm as well as the vertigo. He set me up an appointment with a specialist in Houston at Baylor Medical Center. When I went to Houston they did a very thorough exam and discovered I also had spasms down my face and in my throat (oromandibular dystonia) and down the left side of my neck (cervical dystonia). I then got injections. The shots were very painful and I would always bruise, but within a few days my spasms would be better, but nearly every time at least one eye would droop. As bad as it hurt, I would actually look forward to next trip because I could see. I would get the injections every four to five months.

After seven and a half years the shots did not seem to help as much. It reached a point, after I had the injections, I would develop flu-like symptoms. Two to three days after the injections, I would spend several days in bed because I would be so ill. I got to where I actually dreaded getting the shots.

One day I was searching on the Internet to see if they had come up with any new research on blepharospasm, I ran across Steve's website with his story. I immediately sent my email address and phone number. Within ten minutes the phone rang and it was Steve. We talked for nearly an hour and discussed my situation. I guess I was so desperate, I agreed to try them for three months. Not knowing anything about the product, I gave Steve my credit card number and ordered the nutrition. This was over the Fourth of July 2012. He told me he would place my order on July the 5th and I would get them on Monday. After I hung up the phone I wondered, "What in the world have I just done?" When Monday rolled around, the order came, just as he said they would. He also emailed his instructions on how to use the products. I followed his instructions and dietary suggestions on how to use the food. Within a few days, when I went outside, the sunlight did not seem to be so harsh. About two weeks later, I could actually go outside without wearing sunglasses.

As time went by, the spasms became less, I could talk better, and I did not choke on my food. Within three months I had improved so much it was like a miracle. I have been on the nutrition a little over two years, and I feel like a different person. I still need to keep my stress in check and be sure I get my rest, but I consider myself pretty much cured. It has been over two years since my last injections and I can honestly say I do not miss that at all. While they did help me at first, I am so glad I found Steve to help me. Thanks Steve!

Carol - Texas

Movies That Inspire Hope for a Better Future

The human spirit has been depicted, in many movies, to illustrate how we will fight to provide ourselves with a better future.

1) **Awakening** - Robert DeNiro (Oscar Nominee), Robin Williams

A young boy falls into a coma for many years until a shy research doctor experiments with a drug and the result is an awakening. What emerges is the value of living life with quality.

2) “ **...first do no harm**” - Meryl Streep

A young boy becomes ill and the treating doctor is not helping. His mother pulls him out and brings him to a new program at Johns Hopkins where he gradually improves. When it comes to medical needs, the traditional way is not always what works the best. I am a good example.

3) **Lorenzo’s Oil** - Susan Sarandon, Nick Nolte

A child is suddenly stricken with a serious disease and his parents force the medical community to use a drug they found through research. Eventually the child improves from their efforts. As previously stated, sometimes using a different method for a medical issue is necessary for the health needs of family members.

4) **Patch Adams** - Robin Williams

A brilliant and troubled man becomes a doctor and rewrites the “book” on treatments by using humor with medical expertise.

5) **With Honors** -- Joe Pesci, Brendan Fraser

A student at Harvard is challenged, by a homeless man, to open his mind.

6) **Rudy** - Sean Astin, Ned Beatty

A young man, with little football talent but a big heart and a great deal of determination, eventually succeeds in gaining a place on the Notre Dame Football team.

The next group of movies is two of the finest. They have been compared to each other because of many similarities. One of these is the backdrop of cultures of the Native American Indian and the other, Japanese. The pride of each is very noteworthy, but the main subject of each was the lead character’s search for his identity.

7) **Dances with Wolves** - Kevin Costner (7 Oscars)

8) **The Last Samurai** - Tom Cruise, Ken Watanabe (Oscar Nominee)

Disclaimers

I am not a doctor. As with any new health program, please check with your physician for guidance and professional assistance.

NOTE: Results are not always the same because each person's body responds differently. Therefore, the testimonials above are not representative of the results that you may receive.

The statements or information in this ebook have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease.

Contact

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Take action today.

Your better health could depend upon it.