

Greetings from Lorri

Health and wellness have been a huge interest and passion of mine for most of my adult life. However, prior to discovering more natural approaches to health I was headed down a bad path ... and I was only in my 20's! I was on several powerful drugs for migraines, stomach issues, stress/anxiety problems, circulation issues, etc. Need I say more? I was a MESS! I didn't like this direction and wanted to find answers. I was very blessed to have a neighbor who cared enough to stop by and share a more natural approach to health. To make a long story a little shorter ... I have been prescription drug free for over 38 years!



I discovered early on, the best way to introduce others to this exciting world of wellness was through the stories of other folks. The success that others found made a greater impact and was far more encouraging than all the technical and scientific information. The average person just wants to know "what works" ... they want simple and direct solutions that will not give them bad "side effects".

Speaking of "side effects" ... can you believe the drug commercials and the litany of "side effects" that they verbalize after their promotions for the product? We all know that drugs can be life saving, BUT often times people are taking drugs when simple, non-toxic answers are out there.

My goal is to give you and your friends non-toxic, health building possibilities in reaching more optimum health.

If you find these Short Stories valuable would you
"PAY IT FORWARD"
by sharing these stories with a friend ?

Thank you for taking the time to read this and may 2011 overflow with health and happiness for you and your loved ones,

Lorri Kreuzcher

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