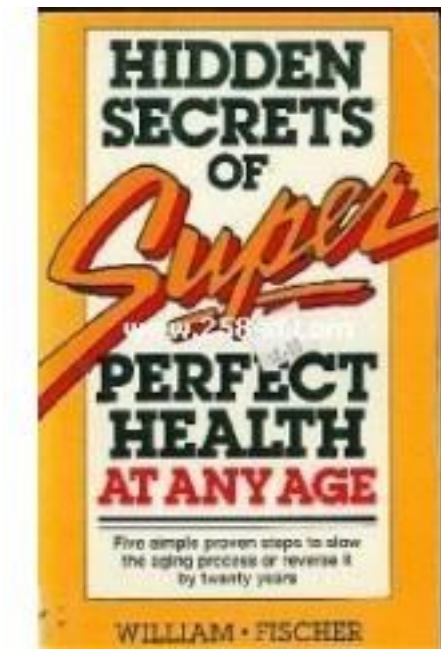


Hidden Secrets of Super Perfect Health at Any Age



[Hidden Secrets of Super Perfect Health at Any Age 下载链接1](#)

著者:

出版者:

出版时间:

装帧:

isbn:9780915421039

NE GROFF: HER STORY--\"And they were
and lived happily ever after.\" Some fairy tales
wayi¼Œ but the first seven years of my married life
ightmare. I was in and out of hospitals more
Ln I like to remember. Less than a year after we
>riedi¼Œ my husband rushed me to the hospital.
had rupturedi¼Œ I was bleeding internallyi¼Œ and
\"said I was lucky to be alive. He had to remove
>vary. Less than a year lateri¼Œ the same thing
and I was back in the hospital for the removal
er half of the same ovary.
nine months lateri¼Œ my other ovary ruptured
 back in the hospital for my third operation.
 I was admittedi¼Œ bigger tumors and cysts
earing.
ecovery roomi¼Œ after my third operationi¼Œ my
>ed. The quick action of the doctors and nurses
beating again. A week lateri¼Œ after various
loctor told me they had found something

else
 be corrected.
these operations and so much convalescence
unable to exercise. A short time after my last
my body just gave up. My nerves and muscles
~unctioned. I practically became a vegetable
t talk for over two months. Someone had to
didn't have the strength to lift my arms and
is impossible. My back was so weak I was
pain. I began seeing a chiropractor and he
~d me. But as I began to learn to walk all over
in constant pain from my back and my oper-

esperately!¼œ \"Oh!¼œ Lord. Isn't there any hope
>REBOUNDING / 3
 Shortly thereafter¼œ my husband and I were introduced
to rebound exercise while attending one of Dr. Corwin
West's self-help clinics. Dr. West told me he had seen
only one other person in worse physical condition in his
many years of practice. But we took home a rebounder
and determined to follow Dr. West's instructions.
At first I had to sit on the rebounder with my feet on
the mat while my husband bounced. We did this for a few
minutes several times each day. In a few weeks¼œ I tried it
by myself¼œ sitting at first¼œ then finally standing alone. As
the months went by¼œ I could feel my strength coming
back. It was almost like climbing out of a dark grave into
a meadow full of flowers. I was alive! My pain was disap-

pearing. Not only were my arms and legs getting
stronger¼œ I could actually feel my insides getting
stronger! Neither my family doctor nor my chiropractor
could believe I was the same person!
After using the rebounder for a year¼œ we wouldn't give
it up for all the world. We also have the most wonderful
news that could have ever happened to us. We are expect-

ing our first baby! The doctor said if I hadn't developed
so much strength in my insides¼œ I could never be carry-

ing this baby. Considering the fact that we did it with
only half an ovary¼œ we thank our dear Lord each day for
leading us to rebounding and Dr. West.
I want everyone to know this rebounder is the best
thing I have ever found for eliminating pain without
pills. I am now up to 15 minutes of running and jumping
on the rebounder several times a day and I feel just won-

derful!
NOTE: LaVerne Groff gave birth to a six-pound baby a
few months after writing her story for us. Because of her
previous health problems¼œ her doctors were on the look-

out for complications. Instead¼œ after keeping the baby in
the hospital for five week~¼œ as a precaution¼œ they found
the baby perfectly healthy ~d normal.

作者介绍:

目录:

[Hidden Secrets of Super Perfect Health at Any Age_ 下载链接1](#)

标签

评论

[Hidden Secrets of Super Perfect Health at Any Age 下载链接1](#)

书评

[Hidden Secrets of Super Perfect Health at Any Age 下载链接1](#)