



Jane Lee
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Hello,

My name is Jane Lee.

On May 7, 1999, I turned 64 years of age, and, I am a miracle in action!!!

Thanks to my Lord God, Dr. Georg Birkmayer in Vienna, Austria, *NADH*, and Christie Brewer, owner of the Pumpkin Seed Health Food Store, I can run, squat, bend, even wrestled on the floor with three of my grandchildren three days ago. How does one put into words the wonder of being able to sit without pain, jerking, and kicking, to be able to just get up and down effortlessly, to walk down the street and step up on and off of curbs effortlessly and painlessly? It is indescribable!!!

I was so exhausted that I left work to go to a doctor the first time in 1971. I was put on a tranquilizer and a sleeping medication. Over the years I continued to be exhausted, then there was pain in my muscles, then I started kicking as I was trying to go to sleep, then I started getting more and more stiff with kicking and jerking. Over the years from 1971 to 1997 I went to 9 different doctors and I spent a week in the hospital in 1974. I took many medications (librium, seconol, thyroid med, estrogen, halcion, zanex, prozac, diets and medications (including shots) to lose weight are some that I remember), then on March 3, 1997, I started on Carbodopa/Levodopa. That was my last prescription. I took that medication for about three weeks.

In 1979 a friend gave me a book titled Folk Medicine. From that point I began learning about natural substances to help my body keep going. I believe that my time spent with my Bible and building my relationship with the Lord built my faith so that I did not give up but kept searching for healing and health. As I learned about what was wrong with me (CFS, fibromyalgia, and Parkinson's) and what I needed for those problems I was able to keep working. THEN!!! On Sunday, June 22, 1997, I attended a seminar with Christie Brewer and was introduced to NADH. I took my first little tablet at about 4:00 A.M. on Monday, June 23, 1997. On Thursday (3 days later) I noticed that I was feeling better as I walked from the bus to the courthouse where I worked. Then in July, one month on NADH, I picked up two full gallon jugs of water in my left hand!!! I just picked them up and was walking back to my office before I realized what I was doing (I use the water for plants). I cannot express the thrill of noticing what a change had taken place in my body in one month!!! Before NADH, it was hard for me to hold a mug of coffee. ISN'T THAT EXCITING?!?!

This change was so dramatic to me that I wrote to Dr. Birkmayer. He responded to my letter, and then he corresponded with me over several months, giving me direction as to the supplements I needed and to take a 5 mg NADH first thing in the morning and another about 11:00 A.M. I steadily improved. In June of 1998 it hit me that I was not stiff, kicking, or jerking and I do not know when it stopped. But I do know that I have had no rigidity, jerking, kicking, or sore muscles since June of 1998!!!. I have no trouble getting on or off the bus now, my legs don't jump and jerk as I ride or try to go to sleep. I can get in and out of a chair without even thinking about it. I have more strength and energy than I have had in years! In June of this year I was able to drive 150 miles for a family reunion!!!

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At this point in time, I take a 5mg NADH first thing in the morning on work days Monday through Saturday. (I take a break from most all supplements on Sunday.) I still "budget" my energy as I still tire quickly and work a full time and a part time job. But I am relatively free from pain and that sure makes life a whole lot better.

I am so thankful that I found NADH and I am passing the information on to anyone that will listen. And I thank my Lord every day for connecting me with Christie Brewer who was instrumental in getting me to NADH and Dr. Birkmayer.

Sincerely,

Jane Lee

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8-13-99

JUNE 23

1997 - PARSONS JANE LEE -

NADH ^{50 MG.} < 30 MG
- CANADA. SOURCE NATURELLE

^{MORN. EMPTY STOMACH -}
1 A DAY = WITH IN MONTH

SHAKING WENT AWAY -

- CO Q-10 - COUNTRY LIFE 100 MG. -

SELENIUM ^{200 MCG.} - SELENOMETHIONINE -

- 1 DAY = NATURAL WAY =

GLUTATHIONE. 50 MG LUNCH

BOOK: Frequently Asked Questions
All About NADH

George D. Birkmayer, MD PhD

Fibromyalgia, CFS, PARKINSON, ECT
DIED. IN LESS THAN MONTH.

- CFS 1ST, FIBRO MYALGIA -

V.I.B.E

Budwig