

In early 2008 I started to experience aching in all my joints and especially in my shins and the top of my right foot. I am a server and would just have to live through the pain after a busy shift at work. Each morning I would wake up with "mystery" pain. I would never know what would ache on which day. During this time my Doctor prescribed me, Celebrex, Percocet and an anti-depressant because I was just not myself with all the pain I was experiencing. I went to see a foot specialist, and then was referred to a rheumatologist after a strain of lupus was found in my blood.

At this point I was seriously scared what the rest of my life might be like, I was afraid that I was going to die. The pain was so intense, I became miserable and almost unbearable to live with, I could not take part in anything physical that my family would like to do.

Then in March of 2010 I was talking to a few friends who encouraged me to see Randy Pinch. They told me that he would put me on a diet but that both of them had experienced great results in the program that he had prescribed for them. One of those friends took me to see Randy and his wife Karen while they were in Fort Erie. I told him I was totally desperate and that I was skeptical but was willing to do whatever he told me to do if it meant that I might become well.

Over the next six months I was able to lose 52 pounds; I went off of all of the medicine and am totally well from all pain!!!! I have begun to be active again with my family, hiking the Niagara gorge, skating and just recently started to train to do a 5 km run in December, my new logo is "I run because I can!" I just went to see the rheumatologist again last week and he said that I do not need to go back to him again as I am no longer in need of his services because I am better. I feel like my life has been given back to me! People comment on the weight I have lost but that is just a great by-product of the program, the real bonus is that I AM HEALTHY!

I am indebted to Randy and Karen for being so caring and helping me to get well.

Kim



Before

After