  

Flax Hull Lignans **TESTIMONIALS**  
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Before starting the Flax Hull Lignans, I would have a bad cough and would throw up stuff that I think was from my sinuses draining during the night.  I used to get bad headaches from sinus pressure also.  Now I don't cough as much in the morning and hardly ever seem to throw up.  The sinus headaches are not as frequent now.  I also seem to have a   
"better feeling" overall.  
  
**TESTIMONY M.J. (arthritis)**  
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**TESTIMONY  A.W.**   
Yes, I am delighted to be able to report the changes we have experienced by using the Concentrated Flax Hull Lignans. My husband and I are in our fifties, and are starting to show a little wear and tear from fifty years of living, so this is the time when we are looking everywhere for natural ways to prevent any serious problems before they strike. (We don't resort to Western medicine because we feel it is often more life-threatening than the diseases.)  
  
We both started using the Lignans three months ago. My husband needs to urinate too often, and wanted to try the lignans for his prostate, and takes it every day. At this point, he can't really say that there has been a change, but he wants to continue because he feels that there is something happening, but just can't say exactly what. He just feels better.  
Mine is the really clear success story. One of my concerns had been much thickened, hardened breast tissue. I'm sure this must be a precursor of some very serious problems, because the circulation is restricted, and therefore toxins build up, leading to the dreaded cancer. I had been taking the Barlean's High Lignan Flaxseed Oil, and noticed absolutely no changes. But in the VERY FIRST WEEK using your Concentrated Flax Hull Lignans, I noticed some softening around the hard edges of the breast tissue mass. This has continued progressively in an amazing way, and I know that in time, everything in that area will be completely normalized. I cannot tell you how relieved and happy I am!!! The lignans are probably a life-saver for me.  
  
I have also noticed an improvement in elimination regularity and consistency. This in itself must be improving the function of all other areas of the physiology. The bottom line is that we feel your Lignans are a vital part of our health regimen, and we will probably continue until we are in perfect health! My husband mentioned one more benefit that he thinks may be from the Lignans. This is something that we weren't expecting, but it may be possible. Every winter he battles with attacks of severe bronchitis. He has found relief in the past with Lobelia and Grapefruit Seed Extract, but the bronchitis always gets started at some point. We have been taking the Lignans since October, and it's now January, but so far, no bronchitis! Could this be the Lignans? We are willing to believe it's possible. What do you think?

**TESTIMONY  G.E.**  
We have had great success with this product.  Being suspect of most new products of this nature, we never expected to have great results. My husband, Hugh has an enlarged prostate and a heart that beats very irregularly.  Several Doctors over the years have felt he would need surgery on his prostate.  In the last two years it had become very bad, with Hugh getting up several times during the night.  He had not been on the Flax Hull Lignans for more than two weeks when he noticed a significant improvement, almost a complete reversal.  Now he does not get up more then once at night, if that to go to the bathroom.   
  
 His heart has been beating steady and at, an even speed.  He was a candidate for a pace-maker before he started with Flax Hull Lignans, now there is no mention of needing surgery. Hugh's Doctor was absolutely astonished at his last progress report.  He asked what we were doing differently.  We could only say Flax Hull Lignans.  Our Doctor said he knew that they were very good from different studies and so forth that he had read, but he had never seen such a dramatic improvement.  While the prostate is still enlarged, the side effects are lessened to a great extent.  Hugh's heart is so much better that our Doctor can not believe it. Hugh had a stroke in August of 2001.  His heart was so bad that we were worried that if he needed surgery he would not recover. Now, he is just bouncing along and mowing and putting up hay and working with his horses and cattle.   I should mention that Hugh is 71 years young.  We can only summarize that Flax Hull Lignans, is responsible for his improved health.  
  
I am a Diabetic with uncontrolled sugar levels.  While Flax Hull Lignans has not been portrayed as being a cure for Diabetes, it certainly has helped me control mine better.  Also, I have a problem with constipation. I never worry about that as long as I am taking Flax Hull Lignans.  Another problem that I have is Cysts in my breasts, they can be very painful. After a short time using Flax Hull Lignans, I noticed that I wasn't having the pain I used to.  In fact there isn't any pain.  Now, I was never told that Flax Hull Lignans would do so much for us, but it sure has. We put a measuring spoon full in our orange juice in the morning.  It is so handy having the measuring spoon provided in the jar. I like to mix mine with 7-up, Hugh likes to use hot chocolate.  I believe the very best is in orange juice, also works on breakfast food, etc.   
 **TESTIMONY  A.C. (HIV positive)**  
I'm very pleasantly surprised and happy to say the Concentrated Flax Hull Lignans are working!  It must be working because I feel great and I seem to have a lot more energy these days.  Just to give you a quick overview, I'm going to list some of the symptoms before taking the Concentrated Flax Hull Lignans.  As you know I've been HIV positive for just   
over five months, four months when I started taking the Concentrated Flax Hull Lignans.  My symptoms before the Concentrated Flax Hull Lignans were as follows: low energy levels, to the point of sleeping 15 hours a day and still feeling very tired.  My lymph nodes in the back of my head, arm pits and groin were swollen to the point of being very sore, and I was constantly getting low grade headaches that would linger on for a day or more.  Since taking the Concentrated Flax Hull Lignans, I'm happy to report the following changes.  I now sleep on average of 8 hours each evening and wake up energized and actually wanting to get out of bed, no more headaches...not even one in the last 30 days!!!  And my lymph nodes are no longer swollen and sore.  I know it must be working because I've seen changes and improvements in my overall health and my mental state has improved and my concentration has improved ten folds over the last 30 days.  I cannot wait to report back my labs which I get done on Dec. 20.  I feel great and I'm looking forward   
to continued success with this product (Concentrated Flax Hull Lignans)!  Thanks again and looking forward to reporting back my numbers in the next six weeks.  
  
Follow up 60 day report essentially there is no change from my 30 day.   I'm still feeling great and swelling in my lymph nodes has not returned.  I'm sleeping normally and I feel like I could run a marathon.  I'm not sure if you remember, but I went and had my labs done on Dec. 19-02 and I'm getting those results back from my doctor on Jan 14-03.  I do believe though that the Concentrated Flax Hull Lignans has helped me tremendously and I've gained 15 pounds over the last 6 weeks.  I now weight 205 pounds at 6'1''.  This is a record for me and to top it off, it's not fat and people tell me now all the time, how good I look.  If they only knew what I've been living with these past months.  Update 1-14-03 OK, my v/l is 5629 and my cd4 is 460 with 28% t8 cells.  My cd4 is back down to where it was when I was first infected by the needle stick, but my doctor does not seem to be worried about it.  He mentioned that the cd4 tends to bounce around +/-100 and can fluctuate as much as +/-50 a day, depending on a lot of factors.  On the positive side, I have an extremely low viral count of 5629 and that is excellent.  I guess I should be happy about my very low v/l.  That is the positive I take away from this and stay tuned for April's numbers. But you know what?  I'm not going to live my life like that.  It's not going to be a series of labs followed by results.  I've been living a normal life and I will continue to do so.  My labs will be a minor inconvenience in order to continue to stay healthy.   
  
   **MORE TESTIMONIALS**  
**#1 Lydia 10-01-02**  
I have been fighting cancer for nearly 20 years. I asked my doctor about Flax Hull Lignans. He said it was good to take and is used as a preventative for cancer. I already have cancer; but he told me I could take it as it wouldn't hurt me. I was unable to take my regular chemo for the last three months, but did start taking the Flax Hull Lignans. I noticed   
one of the lumps on my chest was getting smaller and is now gone. My Doctor told me it was the Flax Hull Lignans that was causing the changes in the lump. I will continue taking Flax Hull Lignans.  
  
**#2 A.C. (HIV positive)**  
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**#3 Lee**  
I have been using Flax Hull Lignans from Tappen for a couple of months. I have had real good luck with it. I didn't think it would work when I started, but it has helped me. I have a bad prostate and I am constantly looking for a bathroom. Also, I just don't feel right most of the time.  
  
A friend gave me a couple of jars of the Flax Hull Lignans she got from Tappen. I forgot about it for a few days then I was getting company in about two weeks, so I decided I might as well try the Flax Hull Lignans. Boy oh boy, did it work. I made a few more trips then usual for the first day or two. After that I made less and less trips. I am down to one or two a night and that is generally early evening and early morning. After getting up every hour, on the hour and getting little sleep and being a real grouch for most all day. I can't believe, how much better life seems. My wife says she may keep me if this stuff keeps working.  
  
I generally feel better too. I seem to be happier and have a better outlook on life. My Doctor said I should have surgery, he hasn't said anything about it now. There are a lot of guys in our area that have bad prostates and cancer. Sure hope you keep making this stuff (flax hull lignans) it is the only thing that has worked for me.

**#4 G.E**  
We have had great success with this product. Being suspect of most new products of this nature, we never expected to have great results. My husband, Hugh has an enlarged prostate and a heart that beats very irregularly. Several Doctors over the years have felt he would need surgery on his prostate. In the last two years it had become very bad, with Hugh getting up several times during the night. He had not been on the Flax Hull Lignans for more than two weeks when he noticed a significant improvement, almost a complete reversal. Now he does not get up more then once at night, if that to go to the bathroom.   
  
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**#5 M.M. (healthy subject)**  
Regarding the Flax Hull Lignans, I have experienced four times when I thought I was coming down with a cold or flu symptoms. Each time, they only lasted from late afternoon till I went to sleep. I woke up and they were gone. This usually happens only once or twice during an entire "flu" season. I have noticed no other side effects good or bad.  
  
**#6 (has chronic breathing problems-must use oxygen tank and inhalers)**  
I have been taking the Flax Hull Lignans for 2 reasons (1) to see if it would increase my physical strength (2) gas. I was having a little problem with the Flax Hull Lignans because doing it twice a day made me feel so full, I didn't want to eat food. So I cut it to once a day. I have noticed I don't have as much gas and it has helped my regularity. Before I started the Flax Hull Lignans, God had increases my physical strength, so I can't give the Flax Hull Lignans credit for that.  
  
**#7 R.B. (knee and back pain, occasionally takes morphine)**  
Before starting the Flax Hull Lignans, I would have a bad cough and would throw up stuff that I think was from my sinuses draining during the night. I used to get bad headaches from sinus pressure also. Now I don't cough as much in the morning and hardly ever seem to throw up. The sinus headaches are not as frequent now. I also seem to have a "better feeling" overall.  
  
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I have noticed a slight improvement in joint pain since I have been taking the Flax Hull Lignans. I have had arthritis for years. Also, I seem to be sleeping better at night. I take a sleeping aid at bed time yet I still have some trouble sleeping.  
  
**#9 P.C.**  
First of all. Yes I will continue taking the Flax Hull Lignans. I would like to take it long term. One thing I have noticed is that my blood sugar has been regular. I tend to get hypoglycemic and have had very few problems since taking the Flax Hull Lignans. A few weeks back, I was trying to come down with a cold, and it never happened. I am sure that it   
is from the Flax Hull Lignans. My hunger has reduced significantly. When I eat fruits or vegetables, I get full very quick. I have always been gassy, but this product has made that a little bit worse. Once in a while, I feel a little bit nauseated still, but that has mostly subsided. I think the biggest this is that I feel healthy. I didn't see a big increase in energy but I do feel good. I also started drinking 100% pure aloe vera juice, and between the Flax Hull Lignans and the juice, I'm feeling healthy.  
  
**#10 W.V.**  
Since starting on the Flax Hull Lignans I have noticed a slight energy increase, but without the rush or jitteriness associated with many other medications. It hasn't been a sudden jolt, and didn't even start right after starting it, just a gradual increase in energy. I have had psoriasis on my elbows and one wrist for a long time. I wasn't really even thinking about a change with that...but I have been pleasantly surprised in finding new skin forming and fewer flakes of skin. We have started into the season of colds and flu. I have been surrounded with people suffering with them, and have had only a couple of days of slight nasal stuffiness. My son was so sick with stuffy nose, cough, fever and overall body aches that he was on the couch and slept for most of a week. My niece had Strep and in the past I have always been very susceptible to it, and usually have been absolutely down with it for a week when I had it. In spite of being with both my son and my niece, I only had a couple of days of slight nasal stuffiness with a little sleepiness. I was able to continue with normal life and didn't need to interrupt for recuperation. I'm not sure of changes in the blood pressure or blood glucose yet, but hope to have conclusive results by next report. (Will add when responds).  
  
**#11 T.V.**  
Since starting the Flax Hull Lignans the main change I have noticed is an improvement in the condition of my feet. I have had problems with athlete's foot for years, better or worse at different times, but consistently a problem. Since taking the Flax Hull Lignans, I have noticed a decrease in itching, and improvement in the condition of the skin. The athlete's foot isn't completely gone, but I just started noticing this change in the last week, and am watching for more improvement. My son was sick with sinus problems, dizziness and fever and was sick in bed for most of the week. I only had a slight throat tickle and cough with slight head congestion which lasted about a week and a half. It wasn't bad enough to stop me from daily activities of living or work.  
  
**# 12 J.W.**  
I just started taking the Flax Hull Lignans a weeks or so. I haven't seen a big change except I don't have so much soreness in the top of my stomach. Report more later. 60 day report after others mentioned about some of the women had noticed less tenderness in their breast. I got to thinking my breast hasn't been so tender since I started taking the Flax Hull Lignans, Thanks  
  
**# 13 AH**  
T cell 470 (highest to date) VL undetectable (in November before the flax I had gone on a drug holiday for a month, the third so far over four years). November labs--T cell 220 and VL 135000. So you tell me. I started back on the same meds and added the Concentrated Flax Hull Lignans. Told my doctor--he wants to know more. I as yet, can't say that the flax   
did the trick, but the coincidence factor is more than a factor. So, in closing, I continue to have my roughage (almost every day)--have days where I have no desire to do anything and days where I do way plenty. Cholesterol is great. All other significant lab scores are within normal range. So, in conclusion, I think I will keep it up for a while and will not hesitate to share my personal experience. Going to Hilton Head in February.  
  
**# 14 Please Pray for These People:**  
I've got a huge meeting with city officials, doctors, church leaders, etc...And these guys are really ready to do something. They're working on the WHAT IF"S when this thing hits like a flood. They've already got testimonies of AIDS sores going away, melanoma disappearing, etc...Just on 6 weeks of a select few patients! Praise God!! I'll let you know more as I know it... Going to Swaziland and Mozambique this week...and preparing to see the AIDS orphanages and 80% filled hospitals with AIDS patients, mass graves, etc... Not looking forward to this, but I have to go and document it. 50% of all babies here are born with HIV, 60% of white college students are infected, 40% of the entire Zulu tribe infected, and this isn't the hardest hit areas. Swaziland is in reverse population growth for first time in history. They're losing ground.  
  
We're here just in time in the name of Jesus!! The Africans that have been on the product already are having amazing recoveries and healings...mouth sores disappearing and strength coming back. One skin cancer patient saw the cancer stop growing then shrink back before doctors cut it off.  
  
I just visited the DREAM CENTER AIDS hospital and saw the babies and teens dying... hard to see and imagine. They're so fragile and full of fear. The hospitals are 80% filled with AIDS patients and they're carting off around 80% of those out the back door without being able to help them. One million are having AIDS symptoms right now in Durban S Africa and most of them are lying in homes with no nutrition, no one to help them, etc...Very tragic. Reminds me of a horror movie in 3-D, real life. I don't think that America could handle seeing it. We have a medical Christian doctor (with a nano mind) who's agreed to try to get approval from the major university to do a double blind monitored study. We decided on a 30 day study with blood tests before and after on around 40 patients at the DREAM CENTER (Christian ran) if the dean and other boys will approve...they seem pretty desperate but still skeptical and want to prove scientifically. We have to raise $150 per patient X 40 for blood tests and 30 days of care at the facility in a controlled environment...but this test could be the worldwide test that everyone would approve in the medical community.  
  
After that, they'd want to do a 90 day longer term study, then they'd do phase three which would decide dosage amount. This will clearly take a year, so we're interested in working with them on the long haul for next year...but we're proceeding forward into the bush territory NOW with the naturalists and those who need this product now. Pastors are ready to get started.... lots of need, not a lot of finances in the third world nation.... God bless. Pray as I go to meet with the head of ZULU nation tomorrow and SWAZILAND on Thursday where the epidemic is at highest proportion in Africa....second highest is Zimbabwe where we're going next week. www.aidshivawareness.org.

They can also go to: www.childrensfeedingnetwork.org. I am trembling with the power of the Holy Spirit in me right now. I think this is what we have been waiting for and I feel confident that God is making a mighty move for us to be able to help the sick heal, both physically and spiritually. Thank you, Jesus.  
 **# 15 A.W.**  
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