



Testimonials

Testimonials are frequently used to sing the praises of a product with the objective of increasing sales. The testimonials recorded here have a somewhat different purpose. Their primary purpose is to help us all to understand what to expect from the Anti-Aging Vitamins. The objective is to learn how to make best use of the vitamins to improve our own health and to increase our own longevity. The observations of early users of Dr. Aardsma's Vitamin MePA Dietary Supplement are being shared here in hopes that they may be of help to others. Please note that more recently, a second, closely-related vitamin was added to the supplement. These two vitamins are now packaged together as Dr. Aardsma's Anti-Aging Vitamins.

- **Edith and Phil**

Let me tell you our experience with MePA. Phil had a stroke, or could be the results of radiation in the brain from treatment of a pituitary tumor ten years ago, we do not know. Anyhow, Phil is more talkative and he makes more sense since being on MePA. Me? I sleep better, and my indigestion is not as bad. Looking forward to all the good things to come from MePA.

- **Kathryn**

Since taking Vitamin MePA I do not have pain in my knees from arthritis, am able to walk further and longer. I have a torn rotator cuff, but am finding the arm to be stronger, and can reach farther with it. Just have an overall feeling of well being! Thank you so much and God bless. To God be the glory! I have been taking this about four months I think. What a change it has made for me. I have not taken anything for arthritis in at least three months. Hardly ever have a headache anymore. No pain in my knees. Able to walk more and better. Family is shocked at how well I get around now. Trying to convince some of them to try it. I highly recommend it.

- **Norma and Jim**

For the past few years, I have been experiencing times when I am suddenly extremely nauseous, with headache and a racing heart. Sugar and blood pressure readings would be normal. The symptoms would pass and I would be fine. These would come at random times, always after eating something, but no pattern as to what was eaten. (The same thing could be eaten at another time without there being a problem.) The doctor told me that it was a spasm of some kind, and he guessed at gall bladder. With it being intermittent, he suggested that little could be done. After I started taking MePA, I noticed that these episodes became less severe. Once, I took my drop at the onset of the nausea, and it halted within a few minutes.

Both of us are heart patients. We have both found the level of exhaustion after extended activity to be less than before. After recovering from leukemia, Jim found that keeping himself busy for a day would leave him totally wiped out for 3–4 days. Now he is tired in the evening but ready to begin again the next day.

- **Toni**

I am 68 years old... I have Parkinson's and symptoms are under control with medicine. I think symptoms have been slowed with Dr. Aardsma's Vitamin MePA Dietary Supplement. I have been taking it since February 5, 2018. I was diagnosed in May of 2016 and have not had to have medicine increased. Also my skin has kept its moisture and my hair as well. I plan to continue the vitamin as long as it is available.

- **Shauna**

Thank you so much for your vitamin. I have used it for about 5 months... The main thing I noticed is how much better I sleep! And I actually thought that I slept well! It makes a huge difference! I do not know of any other clear effects for me. However, that in itself is enough to keep me interested!

- **Trina**

I was somewhat skeptical when I started using Dr. Aardsma's Vitamin MePA Dietary Supplement... I am an unmedicated bipolar. (I am unmedicated because my body does not handle medication well). I am not self-diagnosed. I also struggle with seasonal affective disorder and have in the past completed daily light therapy. I am in the care of a great psychiatrist and counselor who are supportive of me and know I can't tolerate medication.

After reading about vitamin MePA and some prayer I decided to give it a try. I had been in a slump for nearly 18 months and had had a battery of tests run. My primary care doctor had prescribed vitamin D. He also suggested a possible autoimmune problem but couldn't give me anything else. After nearly 4 weeks of taking MePA, I felt like an improved person.

I am back to running 5 miles every day, whereas before I lacked the energy to run 2 miles. I feel I have a clearer thinking process (not as foggy). I'm not a depressed person but do feel healthier in my thoughts... I feel I have the energy to tackle daily life and don't feel as stressed. I have energy. The only thing that has changed is that I started taking MePA daily.

Now, after nearly three months, I feel I can write and say I feel a difference since taking it... I don't share these details and my experience lightly. I want others to know that vitamin MePA might be worth considering and trying. I'm glad I did.

Read more testimonials!

Go to www.AgingCauseAndCure.com/testimonials