

Subj: (no subject)
Date: 10/22/2009
From: [REDACTED]
To: cellercise@aol.com

Dear David,

I am so thankful for the cellerciser I have and the little bit of information I understand about using it. We've had our cellercisers for eight months now. We do our 10 minute cellerciser routines every day just like you would take a supplement. Any "exercising" anyone wants to do after that is great but we find the cellerciser to be enough.

Some of the health benefits I have noticed are:

- relaxes mind and body
- elevates mood/helps attitude, outlook on life
- releases muscle tension
- helps digestion
- seems to make other supplements/whole foods I take more effective
- sleep aid
- gives balance to the body/puts the body in proper alignment
- increases balance
- a good remedy for people who are always cold
- increased strength, endurance, stamina

The best part is, you don't have to wait for these health benefits to come along. They are noticeable the first time/first few times you cellercise. 😊

Thank you!

Lynetta and Darin D [REDACTED]