



To Whom it May Concern,

Old dog learns new tricks.

My life has been turned around in the past few months and I feel an obligation to share the benefit of this experience in the hope that others will also benefit.

I have always eaten what I believed, at the time, to be good and healthy foods.

I enjoyed most cuisines and operated a number of restaurants myself. True, I did have some digestive problems at times which I self-cured with antacid tablets and Mylanta.

At about age 65, I experienced symptoms which I believed were to do with ageing. I had, on occasions, shortness of breath and people sometimes commented on the paleness of my complexion. I became slow at getting through my chores. Things came to a head when I collapsed, was taken into hospital and found to have a severe iron deficiency requiring an immediate blood transfusion.

Throughout these years of tests, my condition necessitated iron drips every few months. Following each drip, my complexion would improve and my energy level increase until it became time for the next 'top-up'.

I am now aged 70 and two months ago my GP told me that what I was experiencing can't be explained and "happens to some people". **He informed me that I would need a blood test followed by an iron drip every 2-3 months for the rest of my life.**

Now it happened, at this time, that my wife had visited a naturopath, Robert McIlroy, who had supplied her with enzyme capsules as an aid to digestion. I felt that I had nothing to lose by taking some of these enzymes myself, which I commenced to do.

It became immediately apparent to me that these Lifestyle Enzyme capsules were having a beneficial effect on my digestive system.

What followed was the kind of life-changing experience that you only hear about in other people and never expect for yourself.

I consulted Robert who provided me with a 'detoxification kit' and a recommended diet - based on eating only those foods recommended for my blood type (type A). The diet seemed horrific in that I was required to forgo most of the foods that I always enjoyed including crusty bread ("no wheat products"), milk in tea and coffee ("no dairy - including cheese"), potatoes and many meat products. I was to follow the diet religiously for a month to test its effect. I was also to continue taking the enzymes.

What choice did I have? I could do with shedding a few kilos anyway, so I threw myself into it full throttle. I visited health food shops for the first time in my life; I read the labels on the backs of products in the supermarket.

I ate lots of vegetables and salads and I continued taking the capsules.

I didn't have to wait a month to see the results. By the end of the first week I was looking and feeling distinctly better, with a lot more energy. By the end of the second week, I was getting through two or three times the number of jobs around the house and looking fitter than I had been for years. I had also shed a few kilos.

My next goal was to see my GP's response to my twice monthly blood test - I knew that it would be showing a great improvement. I waited until I had been following my new regime for a month before taking the test - which actually measures half a dozen different parameters. As expected, it showed dramatic improvements in all of them.

I explained to my GP what had occurred. He said that he is "not opposed to alternative therapies if they work - which this one clearly does; keep on taking the blood tests and we'll review the situation in six months".

My conclusion is that the new regime recommended by Robert has resulted in my digestive system working much better than before thereby extracting the required nutrients from food. This has led to improved blood quality, healthier appearance and higher energy levels, allowing me to be greatly more productive in my daily activities. I am seriously considering starting a new business since I believe that I can count on 20 more good years.

And I've now lost seven kilos, and going for ten!

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