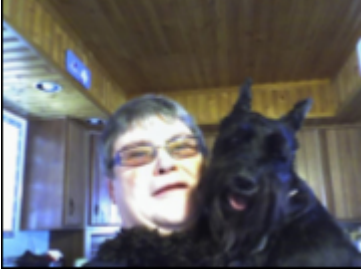


Mary's Story



I had a heart attack at age 46. I had gone back to college, and had a few weeks before Graduation. I had a full fledged heart attack, and ended up with open heart surgery.

The night before my surgery, I met with the team of surgeons and was informed that I had severe coronary heart disease. If I chose to have the surgery, I was given nine to twelve months to live, without I was a sitting duck.

I had the surgery, and am STILL alive 15 and 1/2 years later! I have no restrictions and lead a full life!

I have completely changed my life around. I no longer eat any red meat, and choose only healthy choices with lots of fresh vegetables and fruit. My dog Onyx and I love taking long walks together too. I do not miss any of the foods I once ate, and enjoy the food choices I do eat today.

Heart disease CAN be reversed – I am living proof of that!!!!

God Bless,
Mary