

March 7, 2009

I just wanted to share with everyone reading this how very much I have benefited from the knowledge, helpful hints, and information on overall health issues I have received from Rachel Rolfes. I met Rachel over 5 years ago.

She has such a wealth of knowledge in almost any health-related issue you may be facing. I feel fortunate and extremely blessed to be one of the many helped. Here is a few of ways she personally helped me: vitamin supplements and their optimum absorption, eating the right foods for my body and blood type, preventing me from having to be in and out of physical therapy due to back and SI issues through some simple, very effective Stressercise stretches and moves. I also suffer from high blood pressure, as well as being a migraine sufferer. Unfortunately, I cannot readily take medications without experiencing notable side effects. Rachel has shown me ways to rid myself of them through proper diet, the appropriate amount of water intake for my body weight, essential oils and monitoring the time and consistency of natural remedies.

Additionally, another amazing phenomenon that she has shared with me is how to rid myself of the colds and viruses in literally a day or two ~ absolutely amazing, through the use of therapeutic grade essential oils. I know that she has helped numerous other individuals with everything from weight issues, high cholesterol, and anxiety attacks to stress prevention in the workplace and in relationships in general, depression and early thyroid problems without taking medication. Last but not least, she is also a wonderful resource on dealing with hormones especially as we women are going through some dramatic changes, and to my relief there are alternatives. I encourage any of you dealing or struggling with any health-related issues to contact her @: [Rachel@StresserciseforLife.com](mailto:Rachel@StresserciseforLife.com) and/or visit her web-site @: <http://www.stresserciseforlife.com>

Lorri Delaney