

**PROFESSIONALS****Dr. Clem Williams** WEST VANCOUVER, BC

- › My patients have found that SierraSil works rapidly and effectively. It's amazing! In 2-3 weeks they get responses — I'm very pleased with it.

**Dr. Delford Roth** SCOTTSBLUFF, NE

- › I read the book on SierraSil and wanted to try it. I gave a bottle to a 79 year old male patient who agreed to let me know in 3 weeks how he felt. His daily routine always included 4 doses of ibuprofen and 3 acetaminophen in between doses. In 3 weeks he advised me to get another supply. He no longer uses ibuprofen or acetaminophen, had no pain and had more energy. Now many grateful patients come to my office asking for it.

**Dr. John Diamond** INTEMEDICA, RENO, NV

- › I conducted a review of SierraSil and then assessed results on a first hand basis with patients. The results included substantial relief of arthritic systems and general improved mobility in approximately 26 of the 28 patients with no negative responses or poor tolerance in the other 2. Consequently, I have decided to make SierraSil a recommended product. The results continue to reflect what I observed in my first review, namely a high rate of efficacy, typically within two weeks allowing patients to achieve comfort, flexibility and or mobility that in some cases they haven't enjoyed for years.

**Dr. Meg Jordan** LAFAYETTE, CA

- › The experience of my patients at Health Medicine Center in Lafayette, California on SierraSil is one of a consistent performer. I receive comments about "surprising relief" and "great results" from athletes, middle-aged weekend warriors, golf and tennis buffs, and former marathoners whose knees and hips have taken a beating. Whereas supplements featuring glucosamine and chondroitin sulfate often requires two to three months of use for appreciable control of discomfort and arthritic-like symptoms, SierraSil demonstrates effectiveness within a very short time.

**Dr. Nishi and Dr. Pawa** WEST COAST WOMEN'S CLINIC, VANCOUVER, BC

- › SierraSil has been effective in reducing and in some cases eliminating symptoms of joint/muscle aches and pains. Due to its high safety index, we can confidently recommend this product as a stand alone for suitable patients or as an adjunct to other treatments.

**Dr. Peter Sharky**, *Professor of Orthopedic Surgery* JEFFERSON MEDICAL COLLEGE, PHILADELPHIA, PA

- › I've been recommending SierraSil and I've seen some excellent results. My patients have reported less pain and restored mobility. I've found that SierraSil is one of the best options available. Seldom have we found an ingredient as effective as SierraSil in treating stubborn joint conditions.

**ATHLETES****Cory Forrest**, *Competitive Cyclist* KELOWNA, BC

- › I find that my back is often sore once I stop training regularly (not sure why) but once I started taking SierraSil, my back pain was greatly reduced. I just started running again too and I usually have sore knees for the first couple of weeks as my body adjusts. This is the first year ever that I have had no pain. Based on the lack of pain I would say that SierraSil has been extremely effective for me and I will continue using it as it keeps soreness at bay.

**Damon Allen**, *2005 CFL M.V.P and M.V.P of the 2004 Grey Cup* TORONTO, ON

- › In 2007 I received a product called SierraSil, for Back, Knee and Joint health and a Topical Spray for pain relief. The game of football is a violent sport and there are times when sore muscles, aches and pains come from playing a hard fought game. I have been playing in the CFL for 23yrs as Quarterback, so I know about aches and pains. When I turned 40, after games it would take me much longer to recover from a game than in the past. So I started taking SierraSil and after about a week, I noticed from workouts, practicing and games that my soreness and aches and even at times my back pain was subsiding. I started telling my teammates and they started taking the product out of my locker, they really liked the topical spray. So what am I telling you? The product is great!! I'm 44yrs old, in my off season still taking SierraSil, I'm training and my body feels great.

**Dan Skinner**, *Competitive Cyclist* VICTORIA, BC

- › I've had tendonitis for so long that I was actually starting to get used to training and racing in some degree of pain. After taking SierraSil for only a couple weeks I started noticing a difference in my sore knee. After a month it feels almost 100%. I've also noticed that after long races my back isn't as sore and that I didn't have the usual stiffness in my wrists and shoulders.

**Dick Zokal, PGA Tour Professional** RICHMOND, BC

- SierraSil has exceeded my expectations. SierraSil has made practicing and playing golf easier on my body and given me faster recovery to full energy and comfort levels following golf. And yes, it may even have helped improve my range of motion, adding a few yards to my drives within a two of weeks of starting on SierraSil.

**Garry Yaworski, Amateur Body Builder** KEY WEST, FL

- When I was in my 20's, I got into body building. I worked out regularly until I was 35 years old then due to business demands I quit going to the gym for approximately 10 years, then at 45 years old I decided I needed to get back into shape. Shortly after joining a gym my wrist, elbows, and shoulder joints were hurting and preventing me from getting a good workout. It got so bad that even just the 45 lb bar was painful to life during chest presses. This was extremely frustrating considering at one time I used to chest press over 300lbs. I went to various sports medicine doctors, I tried cortisone injections, I tried various joint supplements such as chondroitin/MSM, all with limited success. I then happen to find SierraSil on the internet and ordered a 3 months supply. After just 6 weeks of use I was chest pressing over 225 lbs with ease and my joint pains have almost disappeared. Since then I've recommended SierraSil to my parents and friends in the gym. I am now 48 years old and back in GREAT physical shape.

**Gregg Boddy, Retired Hockey Player** COQUITLAM, BC

- I experienced an immediate gain in endurance. I couldn't believe my increased balance when I played hockey. Man was I impressed!

**Jeff Handler, Professional Trainer** HYANNIS, MA

- I work with over 100 athletes and have many clients using SierraSil and we find it to be the best product we have used. The results have been amazing.

**Joe Booth, Snowboarder** BOZEMAN, MT

- As a professional snowboard and Kayak instructor I put an enormous strain on my joints. After only a few days of taking SierraSil I noticed a wider range of motion without any joint pain as well as more energy to ride the hill or stay on the water longer.

**Ken Venturi, 1964 US Open Golf Champion, 1964 Sports Illustrated Athlete of the year, 35 years as golf analyst for CBS**

- I believe in this product so very much that I am willing to endorse it. It can help you, because it helped me. And what it's done for me most of all, it's given me back the fame of golf, which I love so much. Without it I wouldn't be able to hit golf balls. I recommend SierraSil for everyone. You know why? It works.

**Lem Barney, NFL Hall of Fame; 1967 Defensive Player of the Year; Former # 20 with the Detroit Lions**

- When I heard about SierraSil and started taking it, I noticed in two weeks that the pain was relieved and alleviated. I now enjoy tennis and golf without pain. I recommend SierraSil for everyone who suffers with joint pain and discomfort. I am a SierraSil user for life and you will be too. Try it today.

**Michael Morris, Professional Bobsledder/Skeleton and Indoor Football** OCEAN CITY, NJ

- I have a ton of gratitude for the Sierrasil powder and spray. I am amazed by the amount of overall joint improvement in only 3 weeks. I can't wait to see what happens in 3 months of supplementation. The spray is an awesome pain reliever and I enjoy the aroma. My training has had marked improvement, the lower gastrol / Achilles issue has been almost completely negated.

**Orville Lee, Professional Football Player; Won the Schenley Award in 1988 for being the most outstanding rookie in the league** PORT COQUITLAM, BC

- Years after looking for a product that really works....I have finally found it in SierraSil.

**Susie McAllister, LPGA Retired Golf Pro** PALM SPRINGS, CA

- For 8 months I struggled with my hips, until I just couldn't take it anymore. The gnawing, aching discomfort I felt made it difficult to walk and sleep, let alone hit a golf ball! Thankfully, a friend of mine introduced me to SierraSil, and it has helped me tremendously. I can walk greater distances, sleep better at night, and I'm able to hit a lot of golf balls on the driving range again.

**CONSUMERS****Anonymous Husband CANADA**

- › I bought SierraSil hoping it would help my wife. "What a difference" She walks better and has a better disposition to boot. Thank You!

**Al Stonehouse KELOWNA, BC**

- › Since reading the Ken Venturi article, in spring the 2004 edition of Inside Golf, I have received remarkable success with Sierrasil. Within days I noticed improved flexibility with my golf swing, increased driving distance and reduced the carpal tunnel pain in my hands. I was also under consultation by my physician for possible rotator cuff surgery to reduce the pain within my right shoulder. After three months on SierraSil, the lack of pain was remarkable, so much so that I have now been on a daily dose for over two years and seldom notice any discomfort. It's great to be able to play three to four rounds of golf each week and not have to go through the pain and suffering of "after golf" that I had been accustomed to for the past few years. And I'm hitting the ball further than ever!

**Alec Jackson EDMONTON, AB**

- › After seeing what SierraSil had done for my 74 year old wife, at 81 I started taking the capsules, starting with 6 capsules per day for 10 days and 3 capsules after that. I was able to walk the mall from 1/2 an hour with a cane and now after a month and a half I can walk for up to 1/2 hour without a cane. After surgery when I broke my femur and had a gamma nail put in, I had a hard time walking even with a cane. I also had a hard time getting up with sitting but now I can get up with no problem.

**Allan Stewart HAGENS BORG, BC**

- › In support of this mineral combination called SierraSil I have to admit that after my 7th day of use I began noticing, a significant reduction in the wrist pain which I had been controlling with MSM. I also notice my wrists have become more flexible.

**Angus Kennedy HOLDFAST, SK**

- › I have used Lakota and Vioxx for the pain in my joints and it didn't do anything for me. 3 months ago I heard of SierraSil, I am now taking it and within two weeks that pain was gone. I was going to have knee replacement but cancelled. My knees and joints are as good as when I was a young man. I can walk any place I want to, but best of all there is no pain. I can sleep for 8 hours and never did that for years. Thanks SierraSil.

**Anna Tarko COQUITLAM, BC**

- › I've had rigid fingers for many years. After taking SierraSil for only three days, I noticed a real difference.

**Annalisa Percy, RN OTTAWA, ON**

- › After using SierraSil as a trial for 2 months I had reduced swelling in my joints and increased performance as an endurance athlete. Most exciting was my Dexa (bone density) scan actually showed a marked improvement from the proceeding one.

**Anne Miller BURSTALL, SK**

- › I started using SierraSil about 2 months ago. After using the product for 3 weeks I noticed an improvement in my walking and bending, as I suffer from acute arthritis. I did try many other products and prescription, including knee injections in the last few years. Your product has given me the most satisfaction in the last number of years. Thank you very much.

**Anthony Jeganathan TORONTO, ON**

- › I started taking 3 SierraSil capsules, on an empty stomach. On the 6th day my neck and shoulder pain disappeared and since then I feel stronger and sleep well at nights. I continued taking the capsules. Between the 16th and 19th days, my right hip pain and my right leg numbness and pain vanished. I resumed going to the gym during the 2nd week of July 2006, did some light weight lifting and leg press, which I could not perform for some time. I feel stronger and have high motivation. This has increased my comfort level and my self-esteem.

**B.G JOILET, IL**

- › This product is EXCELLENT! I've tried many products over the years and nothing works as well or fast as SierraSil. This is my first time writing a testimonial ever, so that should tell you how powerful and quality of a product this is. I've had many sport injuries and 3 types of arthritis. After only a few days I noticed less stiffness and less "popping and crinkling in the joints". After only a couple of months using SierraSil, I now feel "free"! I awake and can literally jump out of bed! I rarely hear and joint problems and have full use, with little pain or stiffness where all my sport injuries were. I can't wait to see where my progress is in a few more weeks/months.

**Basho the dog and J. Harrison VANCOUVER, BC**

- › I have a torn ligament in my right knee and have been taking SierraSil (! Cap a day) for one month. I am already feeling much better even tho the doctor mentioned rest for 2-6 months. Thank you for this great product.

**Betty De Marni** KAMLOOPS, BC

- › I heard about your product on the Shell Busey radio show. My left hip had been aching for months. It even woke me up at night. I went to the Doctor and he didn't find anything wrong. So I tried SierraSil and within a week I had no more pain. I've been taking it ever since. SierraSil is spreading like wild fire; the more people I talk to the more and more people just love the results.

**Beverly Baillie** WETASKIWIN, AB

- › I heard about SierraSil from Shell Busey. In the middle of November, 2007 I began taking SierraSil, due to severe pain in my hips. About a week into taking SierraSil my pain disappeared. I completed my first bottle of capsules and was about a week without having any SierraSil my pain returned. Once I received a new bottle my pain left again and so far has not returned. I take 3 capsules every day. As a result of my success I gave my dog 1 cap every day starting March 1, 2008. She was suffering pain and stiffness in her hind quarters. About 4 days into taking SierraSil she is playful again and even runs to get her food. She is even barking again and she has not done that for sometime.

**Brent Lindstrom** HUNTINGTON BEACH, CA

- › The nature of my trade (especially on the Marine side) requires a lot of bending, flexing and lifting of heavy objects. Over the years my knees and hips have taken a lot of wear and tear and I have subsequently lost flexibility and mobility and generally have very painful joints. The pain in my joints, knees and hips has persisted over the years. Recently, I was introduced to SierraSil through a friend of mine in Southern California and to be honest with you I was not very optimistic, but felt I had nothing to lose. The Bottom Line Is: It is remarkable. After 1 week of SierraSil, the pain had all but disappeared and the flexibility has returned. The most amazing part of the treatment was the relatively short period of time before I felt relief. It is hard not to be over dramatic, but the results are simply incredible.

**Carol Ann Berkley** WHISTLER, BC

- › I can't begin to tell you how much I enjoy SierraSil. I realized my achy hip and neck which flared up every once and awhile and was just going to act up more and more as I aged. I had to find something that would help me. I very much appreciated reading the Mineral Miracle book about your product and started using SierraSil as suggested. Over night my hip stopped aching. When I am very active I take up to 5 a day then drop back to 3 a day, everyday. I Love SierraSil!

**Carol Forbes** VANCOUVER, BC

- › I am taking SierraSil which I just discovered just prior to knee surgery 9 months ago. I certainly find the knee pain is dramatically reduced when taking the recommended 3 capsules daily. I recently ran out of Sierrasil while traveling but resumed taking it upon my return. Within a week, my knee mobility increased and the pain was gone. Thank you for this wonderful product.

**Chris Hencker** ROCK CREEK, BC

- › A friend told me about SierraSil and how it worked for him. He convinced me to try it and I'm so glad I listened to him. I have suffered from severe back pain for 15+ years. Further to that I was in a car accident which resulted in having pins and a steel plate put in my leg. I have had severe pain as a result. After taking SierraSil for a couple of days I amazed myself when I got out of bed and performed my morning rituals so quickly and pain free. I had to sit down and think about what I had done. I am so happy that I am pain free. I want to tell the world and say a great big Thank You to SierraSil.

**Chris Sadler** BRAMPTON, ON

- › I had recently hurt my knee, swelling, loss of motion and soreness (limping). I tried SierraSil and in under a week, my knee felt normal with full range of motion back. It can't be coincidence as the knee was just not getting better it seemed. I'm always a skeptic so no placebo effect works on me. Along with this, I seem to have a better feeling of well being.

**Claire Oulette** SQUAMISH, BC

- › SierraSil has helped my shoulder; the pain was almost gone after 4 days, taking 3 capsules in the morning. I thank my co-worker and friend for suggesting SierraSil. I now suggest it to others.

**Claus Schilasky** KAMLOOPS, BC

- › For a few years now I have Sciatica and sever Lumbar Stenosis. The doctor does not want to give me anymore Block (3 shots into the spine) until I talk to my surgeon. He gives me a 60% chance of betterment, stay the same or get worse with an operation. I will be 79 this year. My wife talked me into taking SierraSil too. She has been taking it for awhile with good results. Taking SierraSil made a big difference, and a lot less pain pills.

**Colin Carter** OSHAWA, ON

- › I have been taking SierraSil for 6 months now for my joint pain and also for my digestive system. At 70 years old I feel great! Thanks for a wonderful product.

**Dale Medved** BOZEMAN, MT

- › I have a lot of pain in my knees. It's an inherited problem; my mother has the same problem. So, I started taking SierraSil, and I noticed that within about a week the pain was a lot less. I could sit at my computer longer. I work in a two-level office, so I am up and down the stairs all day long. After a day of that usually I could hardly walk by the end of the day. And, I don't have that problem any more. With SierraSil, I have a lot more flexibility and a lot more endurance.

**Darren McLean** PORT MOODY, BC

- › I have been suffering from Crohn's Disease for 20 years. Since starting to take SierraSil daily for the last 4 months I have noticed a dramatic reduction of diarrhea and intestinal gas. I have also noticed a decrease in joint pain and stiffness.

**Dennis Craig** NAICAM, SK

- › For the last year, I was experiencing (at times) a lot of pain and discomfort in both knees. I thought it had something to do with the changing weather conditions. After taking SierraSil over a period of 2 months I now have no pain or discomfort in 1 knee and very little in the other. My results are that I have mobility and comfort again! I personally recommend SierraSil for everyone. Try it! You have everything to gain and nothing to lose - Except the pain!

**Diane Borst** BELLEVILLE, ON

- › I can personally attest to the quick, noticeable, positive, effects of SierraSil capsules. It took approximately 3 weeks before I realized that my "squatting knee" wasn't a huge issue anymore. That is unbelievable...3 weeks as opposed 2-3 months or more! Squatting for me is paramount to my strength and fitness routine. Somehow I did some damage when losing some deep focus maintaining perfect form. Anyone that executes this powerhouse move knows that distractions can be disastrous. I believe more improvements are still pending. I honestly can't attribute any other supplement or lifestyle alteration other than the daily ingestion of SierraSil to be the answer for my dramatic improvement. I definitely will continue using this fantastic product!

**Dick Gates** TARPIN SPRINGS, FL

- › I am a 64 year-old athlete and have stayed in shape all my life. After faithfully taking SierraSil for about 10 days, I noticed that I could turn on the power in my cycling routine and go farther at a higher rate. There is no doubt about it, I have been energized by SierraSil, and my wife and I take it every day.

**Dick Kline** YONKERS, NY

- › Since taking SierraSil, I have noticed several changes that are very positive. It took several weeks to notice that my knees felt much better. I am 75 years old and I have had trouble with my legs for some time. I would like to avoid knee replacement if at all possible. SierraSil has given me a chance to build up my legs again without the discomfort that I had previously experienced. In addition, my left ring finger had the first joint knocked out of place when I was a teenager trying to catch a fly ball lost in the sun. For the past year I have been aware of some minor pain in that joint which was dislocated. Since taking SierraSil I am no longer aware of any discomfort in that joint. I am very impressed with this product.

**Don Elkins** IRVING, TX

- › SierraSil topical spray is very effective, I am very impressed.

**Donna Barker** VANCOUVER, BC

- › I first heard of SierraSil on the Dr. Bob Martin talk radio show. He highly recommended it after the results he achieved from using SierraSil. I am an ex-marathoner and run weekly. When I had stopped using this product, my knee pain returned. I believe in SierraSil because it is safe and has proven results to me. I am now purchasing it for family members as well.

**Doreen Jensen** GREENWOOD, BC

- › I decided to try SierraSil after observing the difference in my neighbor. After taking it for about a week, I (and other's) noticed a definite improvement in the way I was walking. Simple movement was suddenly easy again. Thank You.

**Doreen Steele** WETASKIWIN, AB

- › I am currently 80 years old. A customer of yours, also from Wetaskiwin introduced me to your product. I have disintegrating disc in my lower back and the pain I was having from this condition was radiating into my left hip and down the length of my leg. I had my hip X-rayed and it showed that my hip was in good shape. At Christmas last year (2007) I began taking SierraSil and within a week I noticed the difference and I am pain free since then. Your product really works!

**Dorothy Soluk** WINNIPEG, MB

- › Since taking SierraSil, I have experienced less pain on my joint and after a week I can walk around more and have more energy. I have a better rest at night. I would recommend SierraSil for anyone.

**Dottie the Dog and Chris Henker** ROCK CREEK, BC

- › My name is Dottie. My owner Chris decided to give me SierraSil after it had worked so well for her. I have arthritis and had a hard time getting up. Since I started SierraSil I feel much better and am able to play and go outside even in the winter and I feel great. Thank you SierraSil.

**Douglas Manhart** ROWLETT, TX

- › I have had 3 knee surgeries. I have been told by my doctor that my left knee needs to be replaced. Basically he told me that when I can no longer take the pain to let him know and he will do the replacement. Taking SierraSil has improved my daily quality of life. The inflammation from daily activities has decreased greatly and this has lessened the pain. I love the product and refer it to all with similar situations.

**Edward Brown** VERDUN, QB

- › I have suffered with Rheumatoid Arthritis for 12 years. The specialist at our Verdun Hospital said mine was the worst case he had ever seen. My shoulders swelled to a point where it made wearing a shirt impossible. Many a nights I have cried with pain that nothing seemed able to control. My condition got worse over the years and I could not walk without 2 canes. I also required a back brace to ease walking and a brace on my left knee. I tried your Joint Formula SierraSil. It worked so well, I no longer use canes or braces. I stopped all other medication and take only SierraSil Joint formula to feel well. I have given some to 2 other people, who tell me; they too, are thankful for the results.

**Eleanor Mohr** FORT SASKATCHEWAN, AB

- › I, Eleanor have had pain in my legs that was like a tooth ache. It would not let me rest in the afternoon which I needed. I noticed that when the weather changes it would get so bad that I could not sleep at night. After about 2 weeks of SierraSil I noticed that I could lie down without the pain and also the weather changes didn't bother me the same thanks to SierraSil.

**Eleanor Young** LEDUC, AB

- › 25 years ago I had an accident on a ski lift; this resulted in injury to my neck. My doctor advised against treatment because of the danger of paralysis so things have progressed so that I have arthritis in my neck and shoulder. It's been 10 years since I could sleep without a sleeping pad and even longer since I could sleep through the night. Every moment would cause me to awaken. Driving became a torture test, doing shoulder checks would guarantee stabs of pain which would take your breath away. I heard about SierraSil while listening to Shell Busey's Home Improvement program on our local radio station. 2 months ago I started taking the Joint Formula as directed. By the end of the 1st month I was able to turn off the heating pad! About the same time I noticed my neck would turn easily to drive and also to turn toward someone speaking to me. Up until then I hadn't even been aware that I was turning my whole body in the direction of the speaker. It has been a real pleasure to tell my friends and acquaintances about this product. I have every confidence that it will provide relief for them as it has me.

**Elizabeth Marum** BELGRADE, MT

- › What I noticed was that when I didn't take SierraSil I had the joint pain back. When I did take it, it didn't seem to be there. It made me feel like I was myself again.

**Elsbeth Turner** VANCOUVER, BC

- › I have been taking Glucosamine regularly for years, upon recommendation of a Rheumatologist. My various aches and pains were manageable, although they seemed to "travel" through my body and attack one joint after another. However, since Matine told me about SierraSil at the beginning of the summer, I have been taking it regularly and find that I am free of all my joint discomfort. It is a great product; I am feeling so much better overall.

**Else Willebrands** TORONTO, ON

- › Since taking SierraSil, I have experienced diminishing pain and discomfort to the point of their disappearance. I am certainly able to enjoy a full round of activities, domestic and recreational. Your product has enhanced the quality of my life.

**Emerald the dog and Joan Billesberger** NORTH VANCOUVER, BC

- › My 11 year old Golden Retriever Guide Dog had slowed down a bit so I started her on SierraSil about 3 weeks ago; I've noticed she is full of energy and once again eager to work, has picked up the pace. Now she's ready when I put the harness on. The other day we enjoyed a 13 block walk which she has not been able to manage for months. SierraSil has made a difference for Emerald.

**Ernie Iannacone** VANCOUVER, BC

- › As the former Dean of the School of Business at BCIT, I was accustomed to sitting down for extended periods of time. Upon retirement, I became more active working at home or on our cottage on the Sunshine Coast. That's when the knee's started to bother me. But, recently and fortunately, I became aware of SierraSil, tried it, found it aided in my joints immensely and am now a strong proponent of this mineral supplement. I intend to keep using this proven product and continue to recommend SierraSil to my relatives and friends.

**Frances Smith** ALBUQUERQUE, NM

- › SierraSil is fabulous. I can not live without it. I've had arthritis for over 10 years and have been taking SierraSil for 1 year and have no more pain.

**Gayle Cox** SCOTTSDALE, AZ

- › Awesome. Incredible. A Miracle! Those three words describe SierraSil. I started using the Joint Formula on January 10th, 2007. I have been on an anti-inflammatory prescription (Voltaren) for years for the horrific pain in my left big toe. Due to arthritis — I have no joint there as the arthritis dissolved it. I am rubbing bone on bone. Last year I was told that I needed surgery where they would go in and remove the arthritis, and put two screws in my big toe. I would not be able to walk on it for 6 weeks — not at all. I was waiting for a convenient time when I figured I could mostly sit for 6 weeks, but had not yet figured out a time — thank goodness! While in the health food store here in Scottsdale, AZ, I heard a couple of ladies talking about SierraSil. I bought a bottle and on January 11th — only ONE day after taking the 3 pills — I felt great relief in the pain in my big toe. The pain was so bad that when I got up in the morning — I had to head immediately to get a Voltaren pill (which I was taking twice a day — morning and night). Of course we all know that your big toe does the job of stabilizing and balancing you, thus it takes a lot of pressure. Today is January 22nd and I am off all of my anti-inflammatory when I take 5 pills of SierraSil. What a miracle in a bottle. Thank you for getting this product on the market.

**Genevieve Leis** PUEBLO, TX

- › I am 80 years old, and I am so delighted with SierraSil. In a very short time it has done more to eliminate the toxins and inflammation in my stiff out of aligned spine and helped my overall flexibility and ligaments more than my other supplements and therapies in 30 years. And I am gaining strength. Hopefully this is going to save me from having to go to a nursing home.

**Georgia Cuny** VISTA, CA

- › Just a note to let you know how grateful I am to have found SierraSil. I am a gal who used to run 10K's every weekend and log in quite a few miles on the weekdays. Also did miles of mountain hiking. But, intermittently and progressively, over the last 3 years, the pain in my hips and lower back was so great I found it difficult to cross the street. The stairs were managed by holding on to both banisters and taking one step at a time. I have spent hundreds of dollars over the last couple of years on "joint formulas" and chiropractors to no avail. On the 2nd day of taking SierraSil, I had a much better day, but did not attribute it to SierraSil, thinking that if it helped at all, it would take much longer. Well, I am about half way through my bottle and each day gets better and better. I will never be without my SierraSil and I am sharing my discovery with my friends who are experiencing any joint problems.

**Gerald Wallace** PETERSFIELD, MB

- › I had pain in both knees and my right shoulder for the past 2 years. I have been taking SierraSil for 2 months now, my knees have stopped aching and shoulder is fine. I can now shovel snow without any pain and I would recommend SierraSil for anyone with aching joints for fast relief.

**Gordon Bishop** LANGLEY, BC

- › Your product is amazing! My knees hurt so bad that I couldn't run or hike 2 things that are very important to me. I went to my MD, he gave me T3's and these just made me feel ill. The Chiropractor helped by correcting my running pattern but could not help with the pain or healing of my knees. The Acupuncturist and Massage Therapist worked the soft tissues but the problem persisted, the collective thought being that I am 52 and my knees were just wearing out. Then I found SierraSil and after a month my knees were a lot better, now after a couple of months I am running 4 miles in the morning and hiking to my hearts content. I would highly recommend SierraSil and I have sent some to my mother. Thank you!

**Gregory Proctor** GERMANTOWN, MD

- › I fell while at work and herniated a disc in the lower back L-4, L-5, S-1. I had surgery on the lower back which consisted of 2 procedures known as discectomies and laminectomies. I've had periodic episodes of pain since then to the point where I've missed months out of work. I re-injured my back my back, causing new injury to L-3 and again L-4, L-5 with a bulging disc, in other words a lot of pain. I had throbbing pain in my right thigh, my right hip, sciatic nerve pain in the right buttock and behind the right knee. I had been using crutches and I had to have a sister drive me to the doctor's office. On the 14th of July I started using SierraSil. The last day of crutches was July 17th. All that throbbing pain in the thigh and behind the knee and around the right hip suddenly vanished. I could walk without the crutches, but still walked with a limp. I continued with SierraSil and it continued to improve slightly each day, a little more mobility and slightly less pain. On August 23, 2006, I felt so energetic I decided to give the treadmill a try. After my 1st surgery, I was never able to go faster than 2.8 miles per hour. Today I exceeded my mark by going up to 3.5 miles per hour. Not only did I exceed my speed, I inclined the treadmill to its highest level and walked at that speed for one mile. There was no pain, no fatigue; I haven't felt this good in years.

**Harold Loyek** RIMBEY, AB

- › I have had aching knees for many years. I tried many drugs and supplements that gave me very little relief. I tried SierraSil for 2 months and have no need to get a cortisone injection, which gave me temporary relief.

**Haydn Murray**, *Professor of Geology University of Indiana*

- › My Grandson has been taking the capsules since late July 2004 and so far had no flare up of Crohn's. He was getting reicade periodically and to date, since he has been taking the SierraSil capsules, he has not had to have a treatment. I'm keeping my fingers crossed.

**Heather Williams**, *Clinic Manager VANCOUVER, BC*

- › With SierraSil, I feel that now I am able to do all of the things that I have been able to do before.

**Helen Karvonen** EDMONTON, AB

- › I started using SierraSil 2 months ago and it has helped me greatly. I quit taking other health products when I started using SierraSil and my aches and pains have improved a lot.

**Helene Ferster** LEASK, SK

- › I've been suffering with arthritis and taking SierraSil helped to ease the aching in my legs. It has been helping quit a bit.

**Helga Schilasky** KAMLOOPS, BC

- › I have been taking SierraSil since early fall of 2007(as advertised by Shell Busey) and I am very satisfied with my results. My movements with 2 knee replacements are much easier and I can do many activities, swimming, exercises, walking and Gardening a lot better than before.

**Inez Corbet** VANCOUVER, BC

- › Dr Brookstone recommended SierraSil to me as being good for arthritis and that many but not all people will notice benefits. I've been doing arthritic relief exercises for 12 years including pool exercises in the last 8 years. I have used all sorts of products, including glucosamine based products and some have had a positive effect. But since starting on SierraSil a few months ago, I've gotten much better. The swelling in my problem (right) knee is gone and for the past two months I haven't needed my cane to move around the house. In fact, with SierraSil I can now go for walks (something I had stopped doing a long time ago, maybe 13 or 14 years ago) and daily walk a mile or mile and a half. I'd say I noticed improvements within two weeks of starting on SierraSil. Its wonderful stuff and I take it every day. It also gives me more energy too.

**Ingrid Manji** CARSTAIRS, AB

- › My knees had felt stiff for awhile and I had trouble standing up when I was sitting on the floor. After about 2 weeks my knees felt so much better and I was able to get up easily.

**Irene Gifford-Cole** QUALICUM BEACH, BC:

- › I started taking Sierrasil for about two years ago, because my left index finger had become arthritic, swollen and quite painful. The redness, swelling and pain began to diminish almost immediately, until they were completely gone. At this point I am still taking Sierrasil, and have had no further problem.

**Irene McMillian** WINDSOR, ON

- › After suffering from Rheumatoid Arthritis and Osteoarthritis for 19 years, I was introduced to SierraSil "Joint Formula." After 4-5 days I no longer needed my cane to get me started in the morning. As for my walker, it is also collecting dust. I can go shopping for 2-3 hours and stand for long periods of time, something I could not do before using the SierraSil.

**Ivo Dujic** TUCSON, AZ

- › I am 53 yrs old, I was a healthy man then in Feb. 2006 I had my 2nd heart attack in as many months. I was sick for about 9 months. Then one day after my wife read the book "The Mineral Miracle" and went and bought some SierraSil. I was skeptical but she told me I must try it. After about 24 days using the SierraSil powder I feel different and I am very surprised. Thank you so much for this mineral complex. I will continue to take SierraSil. Thank you.

**Jack Henderson** CARNDUFF, SK

- › Prior to starting SierraSil I was experiencing arthritic discomfort in the majority of my joints. Both feet felt numb and after walking for awhile the pain was unbearable. After trying SierraSil for 1 week I noticed less pain in my shoulders and I was sleeping better. I took the 6 capsules for about 3 weeks and then one day I knew I could climb stairs without knee again. I take 4 capsules daily now and my feet are feeling more normal. I was taking Celebrex 200 mg per day and Tylenol for arthritis twice a day but now find I don't always need the Tylenol. Thank you for a great product.

**Jan Wing** *Ecotrend Rep* TORONTO, ON

- › I have been using Sierrasil for almost two years now and started taking it for chronic inflammation in my lungs and chest brought on by allergies to pet dander. Especially cat and dog dander within moments of contact my eyes would get itchy my chest start to fill up and become itchy and wheezing would set in. After trying 2 sessions of antibiotics my doctor recommended with no success and hearing so many great testimonials on people having such amazing results with inflammation from Osteoarthritis to Crohn's and colitis I decided to see what it could do for my lungs. After 3 days my chest started to feel clearer and within a few more days I was breathing better and no wheezing. I still take it today and have had no asthmatic or allergy attacks thanks to Sierrasil and all the great people who believed in sharing this awesome product.

**Jerry Clayton** LONG BEACH, CA

- › SierraSil has truly worked miracles for me. The joints in my left hand had started to ache. I learned of SierraSil and started to take it, within days the aching was gone. In addition my left knee was bothering me, particularly on the stairs. So as an added bonus, I rarely have a problem with it. I walk three miles, four times a week trouble free. I am currently 79 years old.

**Judith Brydon** VICTORIA, BC

- › A knee injury a few years ago had not responded to exercise or therapy. In a couple of weeks from taking SierraSil my knee responded. I no longer have pain or swelling. Even during X-as, up and down on stools decorating, my knee was pain free, flexible, no swelling!! I even stopped taking your product but after a week my pain returned so I started my daily routine again. This time I will not stop. With 2 little grand children under 6 years, I want to bike ride, play hopscotch, hid and seek. I would like to start dance lessons too. Thanks to SierraSil I am able again.

**Jane Gnoza, Physical Therapist Assistant** PALM DESERT, CA

- › For more than 20 years, I have had shoulder challenges. SierraSil has been my miracle! As a physical therapist assistant, I can now easily lift patients, sleep all night and do yoga and very strenuous workouts.

**Janette Matthews** REDLANDS, CA

- › SierraSil has done it all, because it gave me back my life. From a life of joint pain, sitting everyday with my arms propped up just to ease the pain and stiffness and inflammation. I had lost hope of a 'new day' I couldn't even dress myself without pain and combing my hair was the worst kind of pain. Wrists and arm guards became part of me, I never took them off. Then one day after only 9 days of taking SierraSil, the bondage of pain started rolling off me like a snake that sheds its skin and comes out with a new body. Today, I live pain free, lifting and carrying along with life as I once did before. Thanks to SierraSil, I can wake up "Happy" and do all the things I had only longed to do before, not even mentioning the energy and vitality to go with all that too! It's truly a Miracle Mineral, one that lives in me everyday to remind me there's always hope. My only regret is I never knew of SierraSil before.

**Janice Stevenson** TEMPE, AZ

- › I have no cartilage in my knees. I started taking SierraSil 5 years ago. This product makes a big difference in my mobility and lessens the pain so much I can now do a good workout and strengthen my leg muscles using the treadmill and elliptical trainer. I even water ski. When I stopped taking it to try another product the pain intensified. So I came back to using SierraSil because it works for me.

**Jeannette McCurley** WINDER, GA

- › I'm so glad I discovered your SierraSil product! One of the most frustrating challenges treating my chronic Lyme's Disease has been finding a product that effectively binds with and eliminates the potent neurotoxins that are released when the Lyme's spirochetes are killed. I have tried numerous combinations of fiber's, clay's, pectin's, chitosan etc. but nothing has worked as well for me and without digestive disturbances as SierraSil – and with the appreciated bonus of reducing my inflammation levels.

**Jerome Friedman** TAMPA, FL

- › I tried SierraSil about 5 months ago for one month. During that month I had a huge regression of the pain and felt I had a new lease on life. A friend commented on my condition saying I was "moving well" like a young person.

**Jerry Maryles** NORTHPORT, NY

- › I am very happy with the results so far. Actually very surprised how well I recover after playing tennis for a few hours... I even wonder if I want it to work & that is why I feel good? Whatever the case and it seems to be improving my quality of life! I have had ailing knee problems caused by arthritis for over 20 years, (mostly caused by injuries during my many years of playing various sports). I am still very active, playing golf and occasionally shooting baskets with my kids. I have utilized the Cox 1 and 2 drugs, but have always had the fear of other health issues these drugs will cause later in my life. After about 2-3 weeks on SierraSil, I found my ailing knees to recover faster after I played tennis and generally felt better. I believe this product has helped improve my life.

**John Barson VANCOUVER, BC**

- › I have been suffering from a very sore shoulder to the point where golfing or physical activity that required any kind of shoulder rotation was very painful. My doctor had recommended Cortisone shots. To me Cortisone is not an option. I decided to try SierraSil as I had nothing to lose. I expected, from my previous experiences with supplements, that it would be some time before I saw results, if any. To my great surprise, within 5 days I had woken up one morning and was drinking my coffee with my bad arm when I realized the pain was gone. The next day I hit the links to test my shoulder. It passed with flying colors.

**John Brisco QUESNEL, BC**

- › I was given a bottle of SierraSil by my friend. He knew that I am arthritic and that my back tends to go into spasm when I wake in the morning. It worked in 4 days. Back spasms are gone; knees, shoulders and neck are feeling better with more mobility. What a gift!

**John Fadi LANGLEY, BC**

- › Less than 2 weeks after starting SierraSil, I felt some relief from nagging pain in my knee. I can now climb the stairs normally instead of sideways with one foot.

**John Grubb BOULDER, CO**

- › In 2004, my orthopedic doctor referred me to a surgeon to help with my back problems — and that is when I went instead to a chiropractor. After looking at my X-rays and MRIs he declared me “a chiropractic patient for life”. I went to him very faithfully and always felt pain relief in my lower back for over two years of visits. When traveling on my 2006 summer vacation, I began taking SierraSil at the recommendation of a friend. When I returned home after the 2 weeks my back was so much better that I did not return to the chiropractor. It’s been over one year and I have not been back to the chiropractors since — and I absolutely credit SierraSil.

**John Harrison VANCOUVER, BC**

- › After over 8 years of constant pain in my shoulder, I tried SierraSil and after 4 days I found that the pain in my left shoulder was completely gone, and in about another 3 days, the pain in my right shoulder was gone.

**John Norton VANCOUVER, BC**

- › Last year, every time I played golf, literally every shot, my arm would hurt from my shoulder and radiate in my arm. I went and saw the doctor at the sports medicine clinic, and went through their shoulder expert and physiotherapy and everything else, and that went on for 6 months. And it just wasn't getting any better. So I started taking SierraSil every morning. About 2 or 3 weeks later, all of a sudden the pain started to dissipate. This year I've been playing golf and I've been able to use my full back swing and I've got my distance back.

**J.R. COLORADO SPRINGS, CO**

- › I started taking the mineral compound on November 1, 2006. Within 7 days morning discomfort had disappeared from my hips down. As of November 28, 2006 I take the mineral twice daily and back pain has significantly diminished.

**Julia Rosa NEW YORK, NY**

- › I'm now taking SierraSil for 6 days and already notice a difference, I have allergies and asthma and I had surgery in January 2005 for Crohn's. Since surgery I have used an inhaler. Now I get a better sleep. “My husband is taking it at night and he feels a difference in his sleep and he is only on day four” also “he feels a difference in his arthritic hands.”

**Julie Laws BERKLEY, CA**

- › I have had good results using SierraSil, feeling much better in my knee joints. Other products advertised for help to joints have not yielded much improvement, but SierraSil really seemed to make a difference.

**K Del Bianco, RN VANCOUVER, BC**

- › After nursing for 22 years I had been experiencing daily pain in my knees and hips. I had been taking anti-inflammatories and pain killers off and on for months. I was given SierraSil to try. I was very skeptical, thinking that best it would do would to be perhaps helping a little with the inflammation. I embarked on a trial, figuring I would need to take the product for about 9 to 10 weeks before seeing results. After 8 days of use I began to notice that my knees weren't hurting me as much and by 2 weeks I was almost symptom free. I was able to function at work without taking any medication, which previously was impossible to do. Getting in and out of bed and chairs there was no stiffness or limping. I was truly surprised at the results. Not only does SierraSil work, but it works efficiently and in a very short time frame. I was so excited by my results that I started my 13 year old son on the spray. Whenever he comes home from hockey, football, baseball etc I spray his aches and pains with the SierraSil topical spray and by the next day he is fantastic. I would not hesitate to recommend SierraSil to you and your family. It has truly been a fabulous product for my family and I now constantly recommend it to my friends and co-workers.

**Karen Grout** SORRENTO, BC

- › Thank you for introducing me to SierraSil. I noticed a change in my mobility within a week. After 2 days, my feet were tingling where they had little feeling before. My joints started to loosen up within a week and the pain in my feet and back subsided within 3 weeks. I am now enjoying a new quality of life after 3 weeks. The best part is that after 1 month, I am now able to travel without coming home feeling like a cripple. My husband loves this "new body" and so do I.

**Karla Karst** COLORADO SPRINGS, CO

- › I am currently 66 years old. About a year ago while driving I heard a radio interview with Dr. Shari Lieberman talking about the book "The Mineral Miracle". Since I am fighting arthritis, joint pains and muscle cramps I was intrigued. After reading it a few times I ordered some SierraSil and was impressed. Within 2 weeks I felt an overall increase of energy, pain reduction and overall well being. I started with pills but later switched to powder (financial concerns) and noticed no difference. If you are suffering from joint pain I strongly recommend giving SierraSil a try – your quality of life will definitely improve.

**Kate Malcom** PHOENIX, AZ

- › My knees have been holding up much better with less soreness and I even have been pushing my distance more.

**Kathy Delap** BOZEMAN, MT

- › I've lived with discomfort in my neck for as long as I can remember. This inflexibility was hampering every part of my life. 5 days after I started taking SierraSil, I sat in my classroom and tears started rolling down my face. It took me a millisecond to realize why; I had not thought about my neck once that entire day, which is something that hasn't happened in 25 years. I feel better than I've ever felt.

**Kathleen Wyman** PITTSBURG, PA

- › I just wanted you to know what a great product you have. I suffer from rheumatoid arthritis and did not want to do prescription drugs so I tried SierraSil. It has really helped with controlling my joint stiffness and pain. I can now walk with my dog Sam and play with my grandson Chase. I tell all my friends and walking buddies about SierraSil. Thanks for a great product that really works.

**Keith Johnson** VANCOUVER, BC

- › I have had a hip/knee problem for many years and walking was very difficult, as I dragged my feet because of stiff joints. Within a week, I noticed my joints feeling loose and free.

**Ken Black** SALMON ARM, BC

- › SierraSil has produced a noticeable improvement in my joint pain.

**Ken and Arlene Livingstone** EUSTIS, FL

- › My wife and I have been using SierraSil Joint Formula capsules now for over 2 months. We both have seen a marked improvement in the joint pain we had prior to using SierraSil products. It does work as quickly as SierraSil claims that it will. An annoying hip and leg ache is almost completely gone and our overall mobility is greatly improved. We will defiantly be taking this product for sometime. And your customer service and order filling is second to none. Thanks Sierrasil.

**Ken & Moyra Harbing** GIMLI, MB

- › We have had SierraSil now for about one and a half months. We both take the SierraSil Joint Formula and have noticed a big change in the condition of our dietary track. We both suffered some constipation because we are high fiber dieters. Besides the other benefits described in other testimonials, I am asthmatic, caused by activity and cold air. I have noticed much change and less breathing problems. The steroids in some meds are not good for you. My doctor will be interested in what I report to him.

**Kirk Wright** MAPLE RIDGE, BC

- › Over the past year I have noticed that I was having a problem with my knees. When doing deep knee bends, I found it difficult to recover and stand without support. I heard about SierraSil from a friend and after using the product for 2 months, I find that I am now able to do knee bends without any problem. While recently on vacation in Hawaii, I walked up Diamond Head Crater with relative ease and had no after effects the following day.

**Kristy Galinsky** HOBART, IN

- › I had plantar Fascliitis, which is arch and heel pain. I started taking SierraSil in June of 2004, 3 days after I started taking it I was able to walk to the bathroom in the morning. I was actually stepping on my foot. Now I don't have any pain at all, a month later I started running. I take 3 before I went to bed, the day before I run and the day I run and now 4 months later I am not in any pain in the morning or after I run.



**Lady the Dog and Chris Hencker** ROCK CREEK, BC

› My name is Lady and I am Dottie's best friend. After my owner Chris put me on SierraSil I am able to play outside with Dottie. I have arthritis as well and I feel so much better. We have so much fun now that we are both taking SierraSil. Thank you so much.

**Laverne Slauenwhite** BEN PHINNY, NS

› I am 60 years old. I began taking SierraSil a month ago and here are my results: I gradually gained more strength and these past 2 weeks my golf drives have been as far as any time in my 30 years of golf and this week I bicycled 4K'S 2 days in a row and continued doing house work and other chores and I was not tired. Visited my chiropractor and he was impressed with my progress.

**Lawerence Perry** MANSFIELD, TX

› I started using SierraSil around April 2006. About 10-12 days after starting I felt more flexibility in my shoulders, elbows, wrists and fingers. I was able to do the things I had stopped doing because of the pain and stiff joint. Thanks you SierraSil I can golf again!

**Leonard Thomson** SORRENTO, BC

› I have been using SierraSil for only a few weeks. I can walk upstairs & have less back and knee pain. My day to day life has improved. Thanks for a wonderful product.

**Les Campo** LANGLEY, BC

› Since starting with SierraSil a month ago, I have noticed an amazing difference to a 90% improvement; still a little sore but my knees don't ache anymore. I will continue using SierraSil to reach my goal of 100% which I believe it will. I have also recommended it to several of my friends. Thank you.

**Linda Sampson** KINGSTON, NS

› I have more strength and flexibility, it's too good to be true, but it works.

**Lisa Turner** VANCOUVER, BC

› Taking SierraSil has improved my performance, improved my flexibility, just improved my general well-being, and I feel terrific. So, I'm thrilled with the product

**Liz Jones** PRINCE GEORGE, BC

› Your SierraSil product is a true benefit to arthritis sufferers.

**Lois Arp** BIRCH HILLS, SK

› I have suffered with sore joints, I heard the ad on Shell Busey so took the number down and patiently waited for Monday to come. Every joint is pain free after 3 months and it is a great feeling at 68 to feel this well. I thank you Shell Busey and SierraSil.

**Lorraine Walker** DRAYTON VALLEY, AB

› After I listened to Shell Busey's testimonial on using SierraSil, I ordered this product. It has given me good strength in my legs; I walk a lot on a general road and used to 'pick' my way along. Now, I walk with confidence because I feel stronger. I can shovel snow, chop wood and I feel great in general and have good energy.

**Louis Rheault** GODDARD, KS

› I have been taking SierraSil for roughly a year, and have noticed improvement most days. It is a nice product with being able to take it on an empty stomach. I take one in the morning and one at night .I think it gives my joints flexibility and helps me keeps on track with my weekly workouts.

**Lynn McFarlane** CARNDUFF, SK

› I have been taking SierraSil since January and am thrilled with the results. In approximately 4 days most of my joint pain and stiffness was gone. I have been recommending this amazing supplement to everyone I meet who has arthritis.

**Lynne Johnson** MOOSE JAW, SK

› I heard about SierraSil from a friend and he highly recommended trying it. After 4 days I noticed a considerable improvement and not needing to take 2-3 extra strength Tylenol per day. I have suggested to a few friends the difference it has made for me. My son has also been taking SierraSil and found it has helped him also. I am now on my second bottle and will continue to take it. Sure has made a difference!

**Marcia O'Rae** SARNIA, ON

- › I have felt a remarkable difference in my joints and over all movement since having taking SierraSil for the past month. There is no stomach upset, I have used glucosamine and MSM and not had such fast results. I highly recommend it to all who suffer from joint pain from arthritis. I have also felt more energy in this time frame.

**Marg Williams** WEST VANCOUVER, BC

- › I've had chronic back pain. While not 100%, SierraSil has made it much better. I was also very concerned about driving and cutting vegetables because of my hands. For example I had to uncurl my fingers one at a time when I woke up. Now I don't need to uncurl my fingers and I can cut vegetables and there is no pain. I can also drive more easily. I am terribly impressed and very happy with SierraSil. It's wonderful and it has made a big difference in my life.

**Marie Quance** NARDIN, OK

- › A year ago our son, who lives in Florida discovered SierraSil and told us about your product. He is a carpenter, who said SierraSil got rid of his many aches and pains on the job. My husband and I (age 71) decided to try it. We live on a farm and actively raise wheat, cattle and hay. SierraSil helps our joints. I can certainly feel the difference when I sometimes forget to take my SierraSil for a day.

**Marita Ritter** NOVI, MI

- › Two weeks after the intake of the minerals the pain reduced to a level that I could increase my running.

**Martha Lundy** EVERGREEN, CO

- › I am 73 years young. I have led a very active life, since childhood I have participated in many sports. I started treatment 4 years ago for pain in my knees. This included acupuncture, Synviok and Cortisone shots and glucosamine / MSM. By June of 2007, I could barely walk even with a cane. I received diagnosis of Osteoarthritis and a prognosis for a total knee and hip replacement. I discovered SierraSil and began taking "Joint Formula" on July 12, 2007 and by August 1st I had minimal pain and at times none. I am now able to return to normal activity again. I plan to postpone and probably eliminate joint surgery.

**Mary Orbanski** WINNIPEG, MB

- › I am an 82 year old senior, who has been diagnosed with arthritis. I was suffering from pain and stiffness in both of my knees and was having trouble going up and down stairs. I heard Shell Busey on the radio, telling about his experience with SierraSil and decided to give it a try. In 2 weeks my pain was gone and I have increased mobility. What a great feeling.

**Maureen Ryan** VANCOUVER, BC

- › I am 54 years young and have suffered from arthritis for 10 years. A friend of mine introduced me to SierraSil at which point I began to take faithfully 3 times a day. It took about 8 days for me to feel the difference, and a big difference. I am no longer suffering with the intense pain that went from my hip all the way down to my toes. I would not hesitate to recommend this product to anyone that suffers from joint pain.

**Michael Chikites** VANCOUVER, BC

- › After many years of discomfort and pain in my knees in particular, probably from years of football, rugby and tennis, a chance meeting introduced me to SierraSil products. And after a month or so of regular use I could stand up, sit down, get in and out of my car and generally move around without any pain or stiffness at all. It was quite amazing.

**Michelle Denman** KELOWNA, BC

- › 6 days after taking SierraSil I was free from the joint pain. SierraSil has made a significant difference for me.

**Mike Kearney** GREENWOOD, BC

- › I have just started my second bottle if SierraSil and if not for the amazing results I would not have continued. I have far less pain. I can't believe how quickly SierraSil worked for me. Within a week I noticed a difference in the simple things, such as holding a pen or being able to reach for and pick up different objects. I haven't been able to move so freely in years and am next to being pain free. Thank you so much for this wonderful product.

**Mona Properzi** BARRHEAD, AB

- › I am presently in my 50's and have been suffering with joint pain for about 20 years. I was diagnosed with Fibromyalgia. I did not go the route of prescription drugs, as in my opinion, only masks the pain, not heal it. I tried to grin and bare it. I watched my diet, took acupuncture, massage, cleanses' and supplements. These things helped me get by but were very costly over the years, but the stiffness was always there. Then I tried SierraSil, within the use of my 3rd bottle I noticed the stiffness was improving some and I felt more flexible to move. I now on average sleep better as well. I am excited as spring is approaching, as I love to work in my flowers and SierraSil seems to be giving me the relief I so desperately needed. It gave me back the quality of life again. I now feel I can start an exercise program to stay fit and healthy. Thank you so much SierraSil.

**Moxie the Cat** LEDUC, AB

- › Our Maine Coon Cat, Moxie is 11 years old and developed Arthritis. He is an indoor cat, but you can tell by his gait when the weather is going to change. From the time that he was a kitten he loved to be chased and would do minor mischief to set up a situation where I would chase him. He especially liked it when I yelled at him throughout the exercise. If I slept in, even five minutes, he would jump up on the bed and get behind my head and lick my hair. This usually got a reaction! With on set of Arthritis he discontinued these activities. He also stopped teasing our younger cat the way he was in the habit of doing. I was very glad to learn that he could safely take one capsule of the Joint Formula a day. He resumed all of his "bad" habits and I must admit that the first morning that he jumped up on the bed and licked my hair again – I almost discontinued treatment! Seriously we are very content to have Moxie living in much more comfort that has been possible for the past few years. I will be happy to tell other pet owners about our experience.

**Nada Dujic** TUCSON, AZ

- › I really enjoy your natural product, it is great. I have been taking the SierraSil powder for a month now I have more energy. I had a back injury in 2003 and in 2004 I had surgery. I was a very healthy woman but after this back problem I became very sick. I was taking many medications including Vioxx, Oxycodon with no results. I read the book the Mineral Miracle and me and my best friend decided to order SierraSil. Now I feel so much better and thank SierraSil for this excellent product.

**Nick the Dog and Annette Albrecht** VANCOUVER, BC

- › Nick is an 8 Year old Shepherd Cross and a hardworking, agile and active dog, his nickname at the park is "Schwarzen-Nickster". He has had some minor "sport injuries" in the past due to his incredible drive and obsessive ness with paying ball. Last winter, I noticed that he would occasionally be stiff a couple of hours after a hard workout, that is when I discovered SierraSil and started giving it to him, in conjunction with MSM and glucosamine. He has been problem free ever since and still shows the energy level of a very young dog. He does not have arthritis but I believe that SierraSil has been a fantastic aid in keeping his joints mobile and fluid. I started taking it myself as a preventative, so that I will be able to keep up with Nick. I do have human friends too who have experienced significant success with taking SierraSil for knee pain and increase of joint mobility. I would definitely recommend this product to any homosapiens or other species who experience joint stiffness, pain or immobility.

**Noelle Elia** NEW ROCHELLE, NY

- › SierraSil immediately reduced knee pain and reduced hand inflammation especially on the thumb knuckles where cyst like growths seemed to be developing. This product is terrific, I need to re-order.

**Oakland Valleau** AYSHLAM, SK

- › I have been taking SierraSil for 2 months. It really is making a big difference in the mobility of my knees and legs. Also, the pain in the knees is gone to the point that I do not feel it at night. There have been no side effects from taking this product.

**Olga Ottens** WEST VANCOUVER, BC

- › I am a very active hiker with one very bad knee. Over time I used all the usual products (including Vioxx and Celebrex, for about 2 days, my stomach was not good with it.) After all the trials and errors I ended up with Hyaluronic acid and SierraSil. SierraSil is awesome. I have been on it for about 8 months now. My knee is literally getting smaller and recovers overnight ever after a long hike downhill. I love it.

**Patricia Cockriel** LONG BEACH, CA

- › I have used SierraSil for about 2 years. I realized how much it really helped when I forgot to take it with me on a vacation. I was in much pain without it.

**Paul Barnett** NSW, AUSTRALIA

- › SierraSil is a great product and doing my arthritis (finger) much good.

**Paul Kendall** KENSINGTON, MD

- › Pain in knees are now a rare occurrence rather than in the past a frequent condition. I had to use various techniques to cope with this condition but after using SierraSil for about 6 weeks (3–4 capsules each day). Life is now much better.

**Pauline Wozney** REDWATER, AB

- › I have suffered from lower back pain for a number of years and been on all kinds of pain killers to no relief. After trying SierraSil I got relief after 3 weeks. It's amazing - to get up in the morning with no pain! I will recommend SierraSil to my relatives and friends.

**Peter Morrey LEDUC, AB**

- › My wife has been using SierraSil for about 2 months and a month ago I decided to try it mainly as a preventative as I am 63 years old and I do a lot of summer work in landscaping area requiring lots of stretching and bending. I have suffered from Raynaud's disease and since starting SierraSil at 6 capsules per day (to initially 'bulk up') there has been a dramatic improvement in my condition.

**Randall Richman VENTURA, CA**

- › I have been suffering from burning neck pain for about a year due to degenerative arthritis. Now pain is almost gone.

**Ray Lambert ANOLA, MB**

- › I heard about SierraSil through a friend that heard from Shell Busey and I have been taking 3 pills a day for 3 months and got 50% better and hope it will keep on improving. I now have other friends that are taking it.

**Reg Lucas KAMLOOPS, BC**

- › I had been working with my son on his shop, climbing ladders: up and down, down on my knees. At the end of the second day – a Friday both knees were very sore. The next Saturday morning, I was listening to the Shell Busey program and he mentioned he has problems with his knees. He recommended SierraSil. I checked his website and then called SierraSil for more information. I was a skeptic and on October 16 2007 I bought a bottle of SierraSil. I had been taking glucosamine and had no positive results. At the end of the week the pain in my knees had all but disappeared. I started by taking the prescribed amount and have continued ever since. No Pain. I can truly recommend SierraSil.

**Reginald Titus DELTA, BC**

- › I had been taking SierraSil for 6 weeks. Prior to using, going upstairs was one at a time and I avoided going to my boat at low tide because of the steep ramp which my arthritic knees loudly objected to. Now I can go upstairs the regular way and I do not worry about the tides. My wife and friends all comment on how much better I am moving.

**Reid Stekel NORTH YORK, ON**

- › Following my back surgery a couple of years ago, my wife read an article about SierraSil. Being a natural mineral, I decided that no harm could be done so I tried it. Within a month, pain levels decreased (so did my intake of prescription meds) and I was waking up with dramatically less stiffness. After running out of SierraSil, I decided to see what would happen to me if I didn't take it. Within a week I was miserable! I have been happily popping my 3 capsules ever since. Thank you SierraSil.

**Richard Saxton LOS ANGELES, CA**

- › I twisted my ankle jogging my dogs one Friday, was in terrible pain Friday night, sprayed my foot with your Pain Relief Topical Spray and woke up pain free and went jogging with no effects the next morning – amazing stuff!

**Rick Treleaven SQUAMISH, BC**

- › I have been taking SierraSil for 1 month now, as I had been suffering terribly with yet another bout of carpal tunnel. I work as a carpenter; have been for over 25 years. I get this ailment off and on every couple of months but after 1 month of taking SierraSil I have currently no pain in my wrist or hand and I am able to squeeze and make a fist again.

**Robert Alexander VICTORIA, BC**

- › I'm 80 years old and a retired pharmacist. I am the official Town Crier for the Cities of Duncan and Victoria, and in that position, among other assignments, I also lead parades. In mid-October, due to severe knee pain I doubted I would be able to walk in the November pre-Christmas Parades in Victoria and Sidney. My wife heard about SierraSil while listening to Shell Busey's radio program and suggested I try it. As a pharmacist I investigated the quantitative/qualitative analysis and bioavailability of the product. I started taking SierraSil 3 weeks ago, following the suggested dosage and am now pleased to report I will be able to continue to lead parades as my knees are greatly improved.

**Robert Keesecker MESQUITE, TX**

- › As a 60 year old mailman, I have to do a considerable amount of walking and climbing up and down porch steps. I was starting to feel more and more pain in my knees, so I tried SierraSil based on a recommendation from a fitness trainer. Since starting to take SierraSil I have not experienced any pain in my knees or any other joint. I wholeheartedly recommend SierraSil.

**Robert Pshyk EDMONTON, AB**

- › I began taking SierraSil Joint Formula on October 2007, within 10 days my arthritic hip joint was pain free. I am able to once again enjoy curling with my buddies in the senior's league, my overall energy level has increased and I'm looking forward to the golf season. I highly recommend SierraSil to anybody suffering from joint pain as I did. Thank you SierraSil.

**Ronald Tobias** BOZEMAN, MT

- › I've had Crohn's Disease for 28 years. And during that time I have tried every remedy and every cure I could come up with. And in all that time I couldn't find anything that worked for very long. About six months ago a friend of mine came up to me and said "Why don't you try SierraSil?"; and I said "Sure, why not, I've got nothing to lose at this point. I'll try anything." Well, here it is six months later, and for the first time in 28 years I can say that I am in remission from Crohn's Disease. Now, I can't say SierraSil put me into remission, but I can say that I know, without any shadow of a doubt, that without SierraSil I would not be in remission. So this is the first thing that I've had in 28 years that I can say, absolutely, works for me.

**Rosemary Fernstemacher** TORRANCE, CA

- › When I first found out about SierraSil it was from a friend in Chicago whose husband was having some of the same problems that I was having, so I looked it up on the internet. I have very bad arthritis in my body but not debilitating just very painful. I have recently developed tendonitis in my hand and wrist that was so painful that I couldn't even pick up a coffee cup. I have started on a product (NCD – Natural Cellular Defense) that takes the heavy metals and toxins out of the body along with cleaning receptor sites. Everyone has a great deal of Heavy Metals and Toxins in their body and especially if you have had radiation and surgeries which I had due to breast cancer. This product cleans the cells and makes them more bio-available to accept the good nutrition that you put in the body. I had tried SierraSil without much response and almost gave up, but after I started using the NCD....well WOW....what a response I got from SierraSil. I am just about out of pain and the swollen lumps on my wrist have gone down 80%...this is wonderful. I am not only picking up a cup of coffee but actually doing all the other tasks I could not do. SierraSil is a wonderful product.

**Roy Cameron** WESTLOCK, AB

- › I heard about SierraSil on the Shell Busey radio show & of course was skeptical as I have tried every new product over the years. At first I had a very hard time purchasing SierraSil as our local pharmacy could not keep it on the shelves since the Busey radio show. When I finally got some and tried it, I didn't get immediate relief. Long story short, I now use it daily in conjunction with an N.S.A.I.D. My pain has gone in my knees down from 100% to 10% after 4 months of use. Thank you for your product – it works!

**Ruth Anderson** RICHMOND, BC

- › I have suffered with sore knees especially while walking up and down stairs. At work I had to take the elevator, as I was not able to walk up and down from my office of the 5th floor of the building. I am now just staring my 3rd bottle of SierraSil and am overjoyed to say that my knees haven't felt this pain free for a long time. Today, I walked up and down from the 5th floor at work, for a total of 160 steps and did not feel pain in my knees at all. I'm very impressed with this product and extremely happy it has worked for me. I now have my mother taking SierraSil and am confident that she will also notice a difference in her joints.

**Ruth Monahan** VANCOUVER, BC

- › I had very severe pain in my left knee. After taking SierraSil for 2-3 weeks the pain was gone. I am back to walking everyday.

**S.C.** CALGARY, AB

- › I have been on SierraSil Since November 15th, 2007. I injured my knees in July of 2007. After having X-rays, C.A.T. Scan, Ultra Sound and blood tests, it was determined that I have Osteo Arthritis and torn cartilage in the Meniscus of my right knee. The specialist made an appointment to see the Orthopedic Surgeon as it was determined that I would likely need some cartilage removed. We were leaving for a winter holiday and I was afraid that I would not be able to enjoy walks on the beach and sight seeing. I had been taking some prescribed medication, rest, hot & cold compresses to little or no avail. I decided to try the SierraSil after listening to Mr. Shell Busy and how it helped him. I was very concerned that SierraSil may compromise my Cumedin (blood thinner) but I found out that it has not. After taking SierraSil for 3-months I have noticed a great improvement in both knees, especially the one with the damaged cartilage. I went to see the Surgeon in January of 2008 and it was determined that the condition has improved and I am not going to have surgery, at least for now, as I am functioning quite well. For years I have also suffered from cracks in the skin on my fingers as well as my finger nails were peeling and breaking. I now am happy to say that SierraSil has eliminated this problem. No more cracked and bleeding fingers nor peeling nails. I also suffered, as do many seniors, from being irregular. This too has improved immensely since I have been on SierraSil.

**Sam Shalaby** MISSION, BC

- › I have been using SierraSil for approximately 4 months now and honestly have experienced an improvement in my lower back and joints. Nothing I had tried previously worked to this extent. I recommend this product highly.

**Sandra Robertson** CARNDUFF, AB

- › I was diagnosed with Osteoarthritis in my knees, ankles and elbows in October 2006. I was prescribed glucosamine which helped rid me of daily pain however I could not bend my knees in a squat to reach the bottom cupboards and experienced excruciating pain when kneeling on them. After hearing Shell Busey (October 2007) recommend SierraSil, I decided to try it. I now can bend and kneed without pain. An unexpected revelation was when I realized I could get out of a chair and immediately walk without stiffness or discomfort. I used to be bent over and had to stand for a few seconds stretching before moving my back and feet, I was so stiff. I am so much more agile which makes me feel younger! I am recommending it to anyone who mentions pain or stiffness. Thank you Shell Busey and SierraSil.

**Shama King and Gracie the Dog** SEATTLE, WA

- › I first started to use SierraSil for joint pain in my knees. I am an avid exerciser and love to walk. SierraSil worked quickly, within 3 days the pain in my knees was gone. I have an 11 year old Terrier named Gracie. Gracie was experiencing joint pain in her right shoulder area, so I started giving Gracie SierraSil. I saw an improvement the next day.

**Sharon Mae Gerber** BRIGHT, ON

- › I appreciate the opportunity to share what SierraSil mineral complex has done for me. Before I started taking SierraSil, my body could hardly cope with day to day chores and at age 53, this shouldn't be a problem. Concerned about my health, I prayed, Lord, what is happening to me and what is my body lacking? God does answer prayers! My very next trip to Maya Health Store, I was given a free book, The Mineral Miracle – Stopping Cartilage Loss & Inflammation Naturally. This book is great and very informative. Next I applied what I read. I started taking 3 capsules of SierraSil Joint Formula everyday. After just 1 month my body's movement was pain free. Now 3 months later my body feels healthy and strong. I know the longer I am taking SierraSil I will be improving my bodies health. Our bodies need SierraSil mineral complex to receive the mineral nutrition our body's lack. I highly recommend others try SierraSil. You have nothing to lose and everything to gain, (a healthy pain free body). I also thank my lord for leading me to SierraSil. And thank you SierraSil for your wonderful product and the people you are helping to live healthy, vibrant lives again.

**Sharon Obbagy** MILK RIVER, AB

- › I have had Rheumatoid Arthritis for 60 years. Diagnosed by several rheumatologists as the most painful and inflammatory condition. I have traveled around the world over the years trying to find help and relief. I have been on lots of pharmaceutical drugs my whole life. I got off all of these July 2007. Doctor's told me I could never do this. I am on only a few holistic supplements at this time, morning and night. In October 2007 I heard about SierraSil from Shell Busey on his radio show, heard his glowing recommendation of this product. Sceptically, November 2007 I phone Sierra Mountain Minerals, put in an order with the coaching of my husband. Got the order and took 3 caps each morning - 2 days in the program my calcified badly regained flexibility and mobility. It was like a Miracle and a Blessing from God, a new lease on life. With the results I got, I would recommend it whole heartedly to others in hopes they could receive the same or similar results. Thank you so much.

**Shell Busey, HouseSmart Referral Network** SURREY, BC

- › I've suffered with bad knees for years – to the point where I couldn't take the long walks I love so much with my wife. After just a few weeks taking SierraSil, I couldn't believe how the pain and inflammation disappeared – making me feels years younger. I've shared this terrific product with friends – they've all experienced the same relief from sore joints that I did.

**Shirley Crane** SEVEN SISTER FALLS, MB

- › I am 65 years old. I was immobile due to arthritis and a broken back from a car accident. I could barely get up from a chair, a couch, out of a hot tub. Getting up from my knees was impossible. Getting out of a vehicle after a twenty minute drive was almost unbearable. The pain and stiffness was almost unbearable. My mobility was very limited. After taking SierraSil for 6 weeks I am now able to do it all, even run up and down my stairs. Getting up off my knees is a snap. I made a 3000 mile trip in my own vehicle, driving myself with absolutely no problems or pain what so ever. Getting in and out of my vehicle after driving for 10 hours was no longer a problem. Now it took 6 weeks before it started to work, my husband talked me into taking it that long as I was ready to quit after 4 weeks. I'm glad he did because best of all, my mobility is back and I am also pain free. Thanks SierraSil.

**Shirley Johnson** LAC DU BONNET, AB

- › I was diagnosed with arthritis in my feet and they were sore all the time. It was very hard to walk. After taking SierraSil my feet don't bother me any more and I feel so much better in myself.

**Sonia McLennan** PORT MOODY, BC

- › I had tried various joint pain supplements, some of which helped me a little, when I heard about SierraSil on the radio. I thought I would give it a try. After taking it for approximately 2 weeks, I started to notice quite a difference in the level of pain, namely, my shoulders. I stayed on it for three months, and then went off for a couple of months, to see if the product was really working. The pain returned so I went back to using SierraSil. After using it again for a couple of weeks, the pain has diminished and I am convinced SierraSil works.

**Susan Wallace** WINNIPEG, MB

- › I have been taking SierraSil for about 2 months now and I find that I have no pain in my knees and experience less pain in my joints and muscle thanks to SierraSil. I would recommend SierraSil to any one with joint pain.

**Teresa McGowan** NANAIMO, BC

- › Having had back surgery over 20 years ago — back pain is nothing new to me nor is the occasional acute pain flair up. I was in one of my acute stages for one and a half weeks and using the usual recommended modalities with few noticeable results. My daily routines — work and play — were greatly compromised. I began taking SierraSil Joint Formula and after only a few days experienced enough relief to resume work and daily walks/activities with my family. I still had some discomfort and decided to add SierraSil Pain Free Topical Spray to the regime. I was amazed with the results — I was truly pain free. Thank you SierraSil!

**Terry Mackie and Eli the Dog** OLIVE BRANCH, MS

- › My 10 year old Australian Shepherd dog has been showing signs of arthritis for several years when I began using the SierraSil minerals. The minerals had already helped me with the pain in my wrists, so I began giving Eli my dog 1 capsule a day in his food. In a few days I noticed he no longer groaned or cried when getting up and down. I believe that SierraSil minerals have really helped both of us.

**Theone Barber** LEASK, SK

- › I have degenerative arthritis in my knee and it was very painful and getting harder to walk on it. The doctor prescribed an anti-inflammatory drug which helped, but after a few months the pharmacist phoned and they were taking that one off the market. We had been listening to Shell Busey and thought I would try SierraSil. I try SierraSil. I am on my third bottle and have had no need for any prescribed "drugs," SierraSil does the job.

**Thomas Adair** WINNIPEG, MB

- › When I first heard Shell Busey on the radio saying that he used SierraSil Joint Formula because of his sore knees I thought well what can I lose, I've used a few other remedies and nothing really worked. But after 3 weeks of taking 3 capsules before breakfast each day my knees no longer ached with pain and I can actually get down on my knees when I have to and there is no pain. The hardest thing was going down stairs but now it is not that big of a chore anymore. As long as SierraSil helps me this way I will continue to use it and recommend it to anyone experiencing sore and aching joint because this stuff really works.

**Thomas Matthews** REDLANDS, CA

- › June 2007 I used your product for the first time and I am surprised at the quick results I've had while using SierraSil. In just 3-4 days I noticed a very significant increase in my energy level. Now after a few weeks, my left arm has quit hurting. I had surgery on my arm many years ago to my neck to correct wry neck which later affected my arm, which the doctor said it would. Now I don't have neck pain and I also don't have wrist pain from the injuries I acquired at work. My doctor recommended using other over the counter joint pills that never had helped the conditions. Thanks for a great product.

**Tinky the Cat and Anne Arsenault** MISSION, BC

- › Tinky is our 15 year old Calico Cat. She has always been active and loves to eat, but lately she had stopped eating her dry food and even Salmon. She didn't run around and was a lot more tired. I had Bio-Feedback done on her and Jackie said she was depressed, felt rejected (as I had to keep leaving the house to go to work) and her immune, liver function and minerals were low. I started Tinky on the SierraSil Minerals, one capsule a day, shortly after she started looking more alive and running around a lot more (we have a game where she takes off running and we have to chase her). She has even started eating her dry food again. SierraSil has really helped her.

**Terry Lewis** BOZEMAN, MT

- › Just wanted to send you a note to let you know how much better I feel on the joint formula. If I take it consistently, my hips don't hurt and ache.

**Trudy Benson** SORRENTO, BC

- › I have suffered with back pain for some time, and to get it started was to vacuum or gardening. I was told about SierraSil and looked around Salmon Arm until I found some. That was six weeks ago and my back is still okay, so now I am spreading the word.

**Vern Kroecker** ROCK CREEK, BC

- › I've had arthritic problems for years that have hindered me in the building trade, concrete mainly. I was told by a friend to try this product who has been using it and has had great results. The first area of relief was my right shoulder. Within a few short hours I noticed much less pain. The rest of my problems straightened up within a few days. You have a Great product, thank you.

**Veronica Hammerhuber** BROADVIEW HEIGHTS, OH

- › I am 63 years old; severe arthritis throughout my body, knees, spine, neck, and hip. If it moves I have arthritis in it. This product allows me to have a normal life. I can not go a day without the Joint Formula. What a Miracle! I have cut back on my arthritis medication thanks to SierraSil. I am on the move again.

**Via E Koflik** WABAMUN, AB

- › I can not thank SierraSil enough for all the good that this product has done for me. I have osteoporosis in my shoulders, arms, especially the knees; hips and legs have not felt this good for years. Due to that fact that I have allergies, I am unable to take pain killers, such as aspirin and Tylenol etc. I have found SierraSil has had no adverse reactions whatsoever. Thank you again SierraSil.

**Victoria Jackson** EDMONTON, AB

- › My husband has used Shell Busey's advice on many projects and at the age of 81 he didn't think that Shell could still help him. He was surprised by Shell's advice and how using your product reduced pain and gave him better mobility. Thank you Shell for all your advice over the years and especially on recommending SierraSil. At 74 I was very skeptical at first that a few capsules could make me feel better if all the pills I have taken so far did not do much good. Taking only 3 capsules per day from the start, after 4 weeks I was able to walk the stairs normally instead of walking like a child - one step at a time. I have degeneration and a herniated disc (a slipped disc) so walking was torture. Now after taking SierraSil for 2 ½ months I can also get up from sitting and start walking where before I had to wait a minute or so to make sure my back and legs could hold me up. I also have arthritis in my hands, now I very seldom have any pain and can do most anything including wringing out a dishcloth or writing. Needless to say I am more than pleased with the results.

**Virgil Billesberger** NORTH VANCOUVER, BC

- › Thank Shell Busey for the mention of SierraSil on his radio show in December of 2007. I picked some SierraSil up the same day as well as a book on its discovery. I've had arthritis for many years and I have to use steps to go to my workshop in the basement which started to give me problems going up and down. I find I am feeling better, I use to do 1 step and a time, my knees are not perfect but what a relief for me as I am 84 years old and I hope to keep going up and down the stairs for some time to come. Thank you.

**Vivian Hainer** SURREY, BC

- › The Osteoarthritis in my right knee has caused much pain and discomfort over the past 5 years. Physiotherapy sessions brought relief, but only temporarily. When my husband heard about SierraSil on Shell Busey's radio program, it was a blessing. SierraSil has given me mobility, freedom from painful walking and standing. Thank you for a product that actually brings results. I have shared my good news with a few people.

**Wendy Pilot** EDMONTON, AB

- › Just wanted to let you know that I have been taking your product for about 1 month now and find it pretty amazing. I'm 48 years old and work out at the Gym on a regular basis. My knee joints have been bothering me for a few years now and the exercise does help to strengthen but afterwards the joints were so stiff it was hard just to get up from a sitting position. Since I have been using SierraSil the stiffness has disappeared and I can actually do airborne jumping jacks with no pain. I have taken Naproxen in the past but being an anti-inflammatory it causes a lot of discomfort in the stomach. I have stopped taking it and my knees feel great. I am recommending your product to my friends and co-workers. Thank you.

**Yasmen-Baduuden Hasham** VANCOUVER, BC

- › Since the 3rd week of December, my mother has regularly been taking SierraSil, within a matter of 2 weeks she noticed a significant reduction in the amount of pain in her knees. She is now able to walk with much more ease. This product has greatly contributed to the positive changes in my mother's health.

**Zee Cajthamlova** VANCOUVER, BC

- › I can't think of nothing more exciting than bonding with my mother who came to visit me from Czech Republic couple of years ago. We had so much fun together; talking way too much, laughing and crying. I was giving her lessons in gardening and she was teaching me how to knit socks. We would chat and knit and knit and chat for hours for the whole 3 weeks she spent with me. And after she left I would continue to knit and feel close to her. I must have really missed her because after a few weeks I ended up with bags of socks and also a serious case of tendonitis in my right wrist. After several months of pain and visits to doctors, pharmacies and massage therapists, I felt I was doomed. That is when I was introduced to SierraSil. Within 10 days of regular use the pain lessened and the movement of my wrist became easier. Within a month or so the pain was gone. I am very happy about that and of course I am sure that I got the sock-knitting bug out of my system helps as well.