

Vickie's Story

Hidden Sources of Wheat!

By

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Vickie quit eating wheat, still her symptoms persisted; fatigue, body aches, headaches, you get the picture. She was in so much pain she couldn't walk and was confined to a wheelchair. So she told her doctor. Her doctor concurred. It must not be the wheat. But, what Vickie and her doctor did not know was that Vickie used a shampoo and a body washes that contained, you guessed it, wheat. Even though she had quit eating wheat, she was still feeding her body wheat through her skin.

Several months later, Vickie was still sick and taking several medications. Then she read an article on a website. The light came on. She wheeled her chair into the bathroom and began looking at the products she used. There it was, hiding in plain sight. Wheat was in over half the products in her medicine cabinet and those stationed in her shower.

It was time for another experiment. No more eating wheat or using products that she lathered up with, or spread on her skin. Three days later Vickie was walking again. The pain was nearly gone and she was no longer feeling the death grip on her body.

Four weeks later she was back to what she loved to do, running. She started training and ran her first 5K since she had become too ill to participate. Now after just a few months she was back!

Not everyone has results that quick. But, most have positive results sooner than later. Simply by becoming a super sleuth and checking every product they use for the wheat and its derivatives, people are feeling better than they have in years.

Several months later Vickie found a new job. The day she began she suddenly had a reaction to something. It only took a few minutes, and her skin started to itch and a migraine headache smacked her in the face with a roaring vengeance.

What happened? Was she allergic to work? No! It had taken months to get this job. What was it? Then she traced her steps; filing, stapling, reading emails, answering correspondence, stuffing envelopes. She stopped; stuffing envelopes.....and licking them. Once again the light came on. She had forgotten that the envelopes had wheat glue in them. She stopped licking the envelopes and the reactions disappeared. Vickie was healthy again. Now she shares her story with as many people as she can. Being healthy should not be a chore. Being healthy should be a natural part of life!

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