

Karen Sagan, full time home schooling Mom, Cheektowaga, NY

Based on Joette's recommendations, my family has changed many of our eating habits in addition to using remedies throughout the course of the year and we are healthier because of it. My husband and I had to recently tabulate our medical expenditures for the past year and the previous year.

I noticed that we were in the doctor's office A LOT in 2006 and hardly at all in 2007. Next year, I expect a greater decline in medical and pharmacy bills.

A higher cost in the beginning has paid off throughout the year. The change in our health in one year was awesome. Our hope has turned to commitment to this life style.

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