



**We love testimonials** - please email us your testimonials or questions at [info@bt naturals.com](mailto:info@bt naturals.com) and like us on Facebook. Let us know how the **BT Naturals products are** working for you

## ~ Humans

### Osteoarthritis Pain

~**Rio's Relief Balm** has been very helpful in relieving **osteoarthritis pain** in my fingers. Swelling and pain have made movement difficult and restrictive. After using the **Balm**, this discomfort has been controlled. The fragrance is very natural and clean and dissipates very quickly. The creaminess allows one to spread a very small amount over a large area. It's absorbed quickly, so there is never a smear on clothing or bedding. As a potter, painful fingers are a means of failure. Relieving the pain and swelling has been most important in keeping my life active and fulfilling.

~Gerry S

### Daily Aches and Pains

~Aches, pains, and strained muscles seem to be a daily occurrence. With the recent use of **Rio's Relief Balm** I am finally finding relief. I rub it on before bed and wake up feeling ready to meet the day's physical challenges.

~Denise - Geneva

### Tendonitis

~I tried **Rio's Relief Balm** after seeing what it did for rescue animals I work with. Painful **tendonitis** in my foot made walking difficult after sitting still for long periods of time or when I got up in the morning. Applying the **Balm** to the bottoms of my feet and to the affected area at night relieved the pain for more than a day. I've recommended it to many friends and am pleased that they have been happy with the results as well. I love what it does for me.

~Kris A

### Chronic Migraines

~I really like the **Rio's Relief Balm**. I get really bad **migraines** on a daily basis and it helps to soothe the pain. It relaxes the muscles and makes it easier to rest and get rid of the migraines. I think the smell of the herbs also helps with relaxing. I would recommend this product to anyone who gets **chronic migraines** or muscle pains like I do and even those who have simply just "pulled a muscle". It definitely helps!

~Jessica S.

### Hand Pain

~I am a person who loves to crochet and do all types of needle work crafts. I also type everyday in work. The **pain in my hands** can be excruciating at times. No type of cream has ever helped. In all honesty, the most pain relief I have ever experienced was after using the **Rio's Relief Balm**. I rub it on my hands, once in the morning and once at bedtime, everyday. After just three short weeks, I can do all the crafts I want/need to do, **free of any pain**.

~Arlene I.



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### Shoulder, neck and arm pain

~I woke up one morning with a stabbing pain in one side of my neck that radiated down into my shoulder blade. My wife told me to try her **Rio's Relief Balm**. A few hours went by and she asked me how my neck was feeling? I had to stop and think - what pain? The pain was completely gone! I was so surprised; I had to ask her "what's in that stuff?" I've used it ever since on anything from **shoulder pain, neck and arm pain** - even as a moisturizer on very chapped hands from the cold, dry winter months. It works great!

~ Ben M.

### Leg pain

~About 25 years ago I fell on icy stairs to my house. On my shin the tissue was actually contused and pushed upward so there was basically not tissue in about a three by three inch area. For all these years it has been extremely sensitive and a painful redness in that area. I started using **Rio's Relief Balm** and now the redness is almost gone and the sensitivity slowly leaving.

~ Alice S.

### Rheumatoid Arthritis

~Hi, My neighbor was kind enough to share the **Rio's Relief Balm** with me. While pregnant, I began having **rheumatoid arthritis** in my toes on both feet. After having the baby, the arthritis went up to my knee and hip. I went to my energy healer and have been using the balm and I am starting to feel great! Now that my daughter is 7 weeks, it is great to be able to get around more easily.

~ Denise G.

### Chronic Eczema

~My now 7 year old son was diagnosed with **eczema** as an infant. It was just something we managed with prescription topical creams, but it never truly went away. Most recently, it had become very uncomfortable on his inner thighs. **AFTER THREE DAYS OF USING RIO'S RELIEF BALM, MY SON'S CHRONIC ECZEMA HAS RESOLVED!** We rub on problem areas and the bottom of his feet every night to keep the eczema at bay. I am still amazed and so grateful to have found this product. I can't say enough positive things about it! I also feel good that the balm is 100% natural and part of the proceeds go to help the rescue animals at Casey's Safe Haven. A win-win, thank you BT Naturals!

~ Darbie M.

### Disk problems

~I have been seeing a chiropractor for over a year now for **disk problems** in my lower back and in my neck too. My right leg would go numb along with tingling in my left hand. I have been using **Rio's Relief Balm** for about 6 weeks now and I am very impressed with the results I have seen so far. My lower back pains are gone and the tingling in my left hand is almost gone. I rub it in AM and PM on my lower back, neck and I also rub it on my heels. Thanks for your product!

~ Frank M.



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### Hip, Knee and Wrist Pain

~My first exposure was to the **Rio's Relief Balm** during a lengthy car ride in July 2013. I was experiencing much difficulty getting out of the car after sitting for a long period due to **pain in my knee and hip**. No previous injuries just pain from getting older and carrying more weight than I should. I applied a very small amount of the balm to both areas and about a half hour after applying it we stopped and the reduction in pain in getting out of the car was mind boggling. It was virtually gone and to this day (Feb. 2014) it remains mostly gone and when it comes back I apply a little balm and away goes the pain.

### Wrist Pain

In Dec. 2013 I purchased some **Rio's Relief Oil**. I was experiencing **significant pain in both wrists**. I assumed it was carpal tunnel as I sit in front of a computer all day. The pain was affecting my daily life. Opening jars was virtually impossible. It hurt to pick up and hold a coffee cup. I started applying the oil to my wrists and wearing gloves with the finger tips cut off so I could work on the computer which was not without pain. After approximately 2-3 weeks the pain went from a 10+ to a 1 and now (Feb. 2014) it remains gone.

~Tammy B.

### Face and Cheek Redness

~A couple months ago, I decided to start adding a drop of **Rio's Relief Oil** to my night time face cream **to treat a moderate redness** I was noticing on my face and cheeks. After less than a month of using, I've not only noticed a significant reduction in the redness, but also a much clearer and even skin tone! My pores are also noticeably smaller and my once occasional **adult acne non-existent**. I had no idea I'd experience all these wonderful side effects and wanted to make sure to share the news! I know **Rio's Relief Oil** holds even deeper potential, but this is such a great surface discovery that could help so many people. Just one more reason to love this product!

~ Darbie M.

### Acne

~I just wanted to say 'thank you' for creating such a wonderful product. My teenage daughter has been **struggling with acne** for several years now. We had been to the dermatologist many times, and each time we were being pushed to try stronger and stronger medications. Most of these medications would only partially clear her skin, but had other systemic side effects that scared us. Over time, using milder medications, her acne started to heal, but she had scars on her beautiful face. The only recommendation from the doctors was laser therapy, which essentially burns off the skin. It's very expensive and very risky. There had to be something else out there to help her. It was right about then, that I found BT Naturals '**Rio's Relief Oil**'..... This stuff is just fantastic. It's really the first product that my daughter has used that does not burn her skin. She just mixes a few drops of it into her face lotion at night. I have noticed a **glow to her skin** again that she has not had in a long time. Her scars are starting to clear up. Most of all, she has noticed a big improvement in her skin overall, and she gets compliments all the time. I can't say enough about this oil. It's inexpensive, mild, all natural and part of the proceeds go to a great cause. It's a win-win for us! Thanks for making such a great product!

~Lynn S, Geneva, IL



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### Scars

~I have used the healing oil in a base cream and applied it to the **chicken pox type scars/discoloration** on my back and shoulders. I have applied the oil daily for the past six weeks and I have seen a marked difference in that time. The scars have faded significantly and I will continue to use the oil for the three months period suggested for complete eradication of the scars. I am very pleased with the results and very grateful to sue for this wonderful healing oil. ~Launa

~I am writing a testimonial about the **Rios Relief Oil** that I have been adding to a skin lotion of my own and putting it on my face. Very quickly within a week noticeable changes were seen by my sister who commented on my face looking better, clearer and younger. I look forward to the results I will get after using the product for 3 months as recommended. ~Dr. Althea Myrie~

### MS

~My name is Monique Groener. In 2004 I was diagnosed with relapsing-remitting **MS**. At the time of my diagnosis I was unable to feel my feet. I have ingrown toe nails that were not painful when I had pedicures because I had no feeling in my feet.

I have been using the **Rio's Relief Balm** since July 2013. In the morning and right before bed I rub the balm on the bottom of my feet and between my toes. In October 2013 the feeling came back to my feet for the first time in nine years. During a pedicure, as the technicians started working on my ingrown nails, suddenly I felt a great deal of pain - the feeling came back all at once. Since that time the feeling has returned to all parts of my feet.

I have also noticed that my hands are being affected positively. Since using the **Rio's Relief Balm** – my hand movements are more coordinated. As an example I was able to pick up a penny off the floor and when I knocked a fork off the table – I caught it before it hit the floor!!

Since using the balm – nothing else in my treatment has changed and I attribute these improvements to the use of **Rio's Relief Balm**. My neurologist is even interested in the Balm and its ingredients because of the effects it has had on me.

Thank you for such a great natural product! ~ Monique Groener

### Sore Muscles and Knee Pain

~I use the **Rio's Relief Balm** for **sore muscles and aching knees**, when I overdo it at the gym or in the garden. I rub the balm on the sore area right before bed – when I wake up in the morning I never give the pain a second thought. I am very allergic to **mosquito bites** so I use it for the itching and swelling and it is gone right away. I use it for cuts and scrapes on myself and my dog. ~ Liz Spearing



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### Degenerative Arthritis

"I met Sue at a pet show in St. Charles in October of 2015. Her booth was across from our rescue booth so of course we started talking. I am also a former horse woman so always interested to speak with horse people. She told me about the Rio's Relief Balm and all the great things it has done for people and animals so I thought, ok, I'll give this a shot. Well, I have been so pleased with it. I put it on aches and pains, anywhere on my body, and it truly helps. I have severe degenerative arthritis in one of my big toes (broken when I was a kid by a Clydesdale!). I put it on that toe and it relieves a lot of the pain for me. I use it when I have a headache on the back of my neck to help relieve the pain. I have also used it on my German Shepherd as he has bad allergies and gets sores from scratching. It has helped to heal the sores quickly. I also have used it on my dry, cracking, bleeding fingers/hands like a moisturizer and it helped my hands heal. I even use for my dry lips! I carry my container in my purse – don't leave home without it! I have had several people in my office try it for headaches and various pain and they love it as well. There's really nothing you can't use it on.

In addition to the balm, she has a liquid form that I had purchased from her at the same time. I hadn't done anything with it, kind of forgot I had it. That is until I rescued a very ill dog that had the Canine Influenza and pneumonia. She was already on her second course of antibiotics and when that was done, she started to backslide. We had to put her on yet another course of treatment, but Sue reminded me that I could add the drops to her food twice a day to help boost her immune system. Within a couple days, she got remarkably better. Now I'm sure the meds were helping, but the drops sure gave an extra boost and now she's acting like a pup! Five days prior she was still laying there listless with a lot of green mucus coming out of her nose.

Thank you Sue for making your 'miracle in a jar'!

Barb B."

### Halo's Healing Oil for Lump on Foot

"I have been using the Halo's Healing Oil on what I thought could have been an arthritic area on my left foot. I was happily surprised to see the small, tender lump quickly shrink, and then completely disappear after only a few regular applications! Now, I only reapply every few days to keep the area unaffected. I also use the Balm on my other foot to keep it completely free from pain and stiffness.

~Nancy M"

### Halo's Healing Oil for Painful Joint on Foot

"I have been using Halo's Healing oil for about two months on a painful and swollen arthritic joint in my left foot. Applying a half-dropper of the oil to the affected and surrounding area, as well as the sole of the foot, has decreased the swelling by at least half, and has controlled the pain almost completely. I'm very happy to have been able to try this product, as it has made walking and exercising much easier and much less painful.

~Kris A"



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### **Halo's Healing Oil Arthritis on Foot**

"I have been using Halo's Healing Oil every couple of days for the last two weeks on the joint between my left big toe and foot which has a touch of arthritis in it. Using the oil has relieved the low-level constant discomfort and the more painful ache when my shoe has been rubbing it or I have hit it on something. I love Rio's Relief Balm and Oil and am very happy to add Halo's Healing Oil to my natural supplements.

~Pam

### **Halo's Healing Oil Injured Finger**

"I want to thank you for the Halo's Healing Oil that you gave me for Brian's finger. It seems to be working. He was able to close his hand and make a fist shortly after he applied it. He had not been able to do that all week. It no longer throbs and the swelling has also gone down considerably. 10 days later - Brian has been doing a ton of work outside and his finger is not bothering him at all. What a blessing. Thank you so much. I am so happy he did not need to go to the doctor!

~Sheri"

### **Halo's Healing Oil Thumb Pain**

"I have found that as I use the Halo's Healing Oil, the use of my thumbs is getting stronger. There is much less pain. As for my horse, Tori, who has ringbone, he is getting sounder every day. It is truly amazing and truly a blessing! Thank you, Sue, for your amazing talent and gift to all of us.

~Vicki Rauwolf"