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Subject: Testimonial \_Colette Tanner

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To: "swascough@gmail.com" <swascough@gmail.com>

Dear Mr. S Ascough

Writing this testimonial has been something I have wanted to do for some time, I think my angle more so as a thank you letter.

I was diagnosed with Myalgic encephalomyelitis (ME) or commonly termed chronic fatigue syndrome (CFS). A condition that is to a large extent misunderstood where there is no lasting treatment or cure

I contracted coxsackie virus at some point at the end of 2018 and this manifested as CFS over time. My daily symptoms were chronic debilitating fatigue, constant dizziness, post exertional malaise , chronic cluster headaches , body ache, disturbed sleep and relentless nausea. I wrestled with the symptoms every day for over a year , my husband and I are runners and live very active lives. In 2019 I wouldn't accept the condition and ran three marathons and cycled most weekends. I struggled to come back to "normal" each time I ran a marathon, the symptoms growing worse. I was constantly sick with a cold or flu type symptoms. I spent weekend after weekend in bed , sleeping with no rest or recovery. I am employed fulltime and continued with my very demanding job, crawling for relief at the end of each day. I could not take any medication for relief as I feared becoming more fatigued and not coping

In the December of 2019, I crashed and did not recover. I stopped all exercise and literally lived each day to prepare for the next. I slept constantly and could not perform simple tasks without becoming exhausted.

Greig's brother Wade Tanner recommended that I try Xcelbio Therapy. I started Xcelbio mid-January 2020, the first two days presented no change but on the third day the dizziness begun to diminish and progressively improved daily, and the headache and nausea slowly disappeared. This has been ground-breaking. I started feeling stronger and have been able to cope better in the workplace. I started sleeping a lot better and gradually began exercising in my second dosage period of Xcelbio with swimming and Pilates daily. I am now in my third dosage period of Xcelbio and while I have to manage my exertion, I do not battle with dizziness or headaches any longer. I now have no body pain and no nausea, and I am able to live a normal life again. I will not stop taking Xcelbio, it has made a dramatic change to my health and well-being and I attribute this completely to taking Xcelbio daily.

I am so grateful to you for this,

With a heartfelt thank you.

**Colette Tanner**

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