

## CARE ENOUGH TO SHARE: PRODUCT TESTIMONIAL

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DEPRESSION ■ MENTAL CLARITY ■ MIGRAINES ■ MOOD ■ WEIGHT LOSS



My family and friends watched me struggle with depression and being unhealthy for years. In 2008, I was diagnosed with chronic migraines and in 2011, depression. For years I was a prisoner to prescription medication that altered the person I was and the person that my husband, Jason, never got to meet. That was until I found Healthy Chocolate™.

After being in the hospital for four days in December 2013, the many doctors I saw told me that I was very unhealthy and that I had to make a lifestyle change. Otherwise, due to my condition, I might not survive the next few years. That scared me. I loved my family and still do. I was about to get married and could not imagine leaving my best friend behind or worse, leaving him behind with our children all because I chose to be selfish and not take care of myself.

My friend, Michelle, knowing the situation, cared enough to share Healthy Chocolate™ with me. She invited me to a meeting where the XoLove Bites were being introduced as the newest product. This piece of chocolate promotes flexibility in blood vessels, encourages production of "feel-good" chemicals in the brain, provides mental clarity and (what caught my eye) helps with mood elevation. That same night I had a XoLove Bite, and within an hour I felt so great that I actually cried. Jason never saw me cry prior to that moment and had no idea what to do. The thing is this, I was both happy and sad. I was sad, because I realized just how trapped I was and how I couldn't even cry due to the many medications I was on. I was happy, because I had finally found something and I knew that with consistency I could attain freedom.

Within a week of eating two XoLove Bites a day, and not really changing my daily habits, I lost 10 pounds. After two weeks, everyone I worked with could see a difference in me. I was singing at work and hugging people. It was then that I knew I had to keep eating Healthy Chocolate™. In April 2014, I went on the "Ripped and Rich" program and was working out three to four times a week. I went from 185 lbs. to 165 lbs. just in time for our wedding

in May. The following month, my doctor removed me from my depression and migraine medicines since I was no longer having migraines. The doctor continued to be satisfied with each quarterly check-up, and never once suggested putting me back on medication. Don't get me wrong. I still have bad days, like most people, but I am more in control than I was before and have been migraine free for over a year now. I have a brand new attitude, and I feel like my old self again!

I have also noticed changes in my overall well-being. I was in school full-time and was passing math! The XoLove Bites provided me the mental clarity that I have never had before. I called my old tutor just to brag, because I was getting A's in math. On top of that, I made the Dean's List two semesters in a row! In addition, I have yet to catch any cold or virus since eating Healthy Chocolate™, and I used to get sick at least three times a year.

In late March 2015, I woke up at 2:00 AM because of a burning sensation in my chest. I drank some water thinking that would help, but it only made it worse. I drove myself to the ER, because I had no idea what was going on. I learned that I had acid reflux and then spent 36 hours not eating anything and only drinking water. After that period of time, I was able to eat but was restricted to avoid pain. What I found works for me is to eat a piece of Healthy Chocolate™ about 15 minutes before I eat something that I know will hurt, like pizza, spicy food, etc. When I do that, I have no pain in my chest and am able to eat without feeling like I am going to die!

I know how it feels to be a prisoner in your own body, desperately waiting for the pain medication to kick in and to finally feel good about yourself. Our lifestyles are full of free radicals and yet we do nothing to fuel our body and build our immune system against attacks. Each piece of Healthy Chocolate™ is filled with antioxidants, much more than the daily recommended amount of 5,000. It is also patented and trademarked. No one else can say their chocolate is healthy. Only we can!

I will be forever grateful to Michelle for inviting me to the XoLove Bite event in 2014. It changed my life and now when I look at old photos, I don't just see the unhealthy version of me. I see growth, and I know that I will never be back in that spot ever again!