

Eleanor Scagnoli

Logansport, Indiana

DIABETES ■ ENERGY ■ LUNGS



I am 92 years old. I began eating healthy chocolate in September of 2007. I am a Type 2 diabetic, and noticed that I had more energy and lost 15 pounds. I was able to go off of my expensive diabetic medication. It is so nice to be able to save some money now. I was always getting into the "gap" or the "donut hole" with my insurance. Prescription drug cost was a problem for me being on a limited income.

I still live independently in my own home and drive. I love working in the yard which I began to do again after a few years not being able. I would get dizzy, and out of breath just walking and bending over. I had to depend on someone else to do it.

I was able to go back to doing some outdoor work and even painted my garage doors and the main entrance doors on my house. Everyone is busy, so I decided to do it myself. I also began painting the trim on the bottom of the house foundation.

A neighbor called my son and told him what I was doing, and he sent a crew in to finish the job. I had this renewed energy that pleased me to be able to be more active again. I was even able to dance at my 90th birthday party.

My daughter told my cardiologist and internal medicine doctors. They were amazed and encouraged me to keep eating healthy chocolate.