

## SHARE THE HOPE:

Share Your Story!

By sharing your life-altering experiences with others, you can give powerful encouragement to those at the beginning of their road to wellness. If you would like to send us your story, please email us at [success@truehope.com](mailto:success@truehope.com). If you feel comfortable including a picture with your story, that would be great, too. Thank you for helping others realize the benefits of EMPowerplus and the Truehope program.

## NATALIE'S SUCCESS STORY: SCHIZOPHRENIA

**N**ATALIE AND I wanted to share our story in the hopes it may help other families from the heartache, and hopeless feelings of despair when one is suffering from a disorder of the brain.

From December 2016 to February 2017, at the age of 19, my daughter, Natalie was admitted into 4 different hospitals and placed on various psychiatric medications: Depakote, 10 mg; Geodon, 20 mg; Seroquel, 50 mg; Ativan, 1 mg; and Zyprexa, 20 mg.

Each hospital admission was preceded with emergency room visits, requiring sedations when necessary. It became an unbelievable experience of what was happening with our daughter. We didn't know where to turn with a diagnosis of schizophrenia.

As I kept a diary of all visits to the hospital and conversations with doctors, I focused on finding the answer for my daughter..

During Natalie's final stay at Geauga Hospital, I came across a video on YouTube explaining the story of Tony Stephan, the founder and formulator of EMPowerplus, a product I knew would

be the solution for my daughter. Reading the studies, researching how the brain works, and understanding neurotransmitters and nutritional deficiencies of the



*Natalie (right) with her mother, Theresa*

body and brain, I was convinced I found the answer.

In the meantime, I started building a network of support to get us to the ultimate goal - optimized brain and body health for Natalie. I reached out to Truehope and was connected with a woman of knowledge who was my mentor and ultimate expert explaining to me how EMPowerplus works and what makes it

unlike any other supplement on the market. I quickly learned this was no ordinary supplement.

Additionally, I connected with a psychiatrist in my local area who was willing to be a part of my team - a doctor who was on board to follow the wishes of the patient and her mother.

When Natalie came home from the hospital, it was a bumpy road.

She was very agitated and upset with me, her dad, and her brother and sister. She came home with a prescription of Zyprexa, 20 mg to be taken daily. She was feeling dull, no energy, gaining weight, low self-esteem, and extremely introverted. To get her out of the house to do things was very difficult.

We started her on Truehope amino acids and waited 6 weeks before we could introduce EMPowerplus to her daily routine. We first had to get her to a point of stabilization before the introduction of micronutrients. Early April, Natalie started EMPowerplus, with 2 capsules daily. Gradually, her dosage increased in addition to multiple co-factoring supplements (phosphatidyl

## ACHIEVING MENTAL WELLNESS

Help us serve you better. We want to hear from you and the Truehope Program, EMPowerplus or our support resour Specialist