

choline, choline bitartrate, vitamin D3, wild caught / non-GMO salmon oil, probiotics, digestive enzymes, iodine, whey protein isolate, melatonin, and inositol).

In addition to following everything the staff at True Hope advised me to do, Natalie was good with going on a plant-based diet, with incremental amounts of eggs. It's worth noting that a plant-based diet in our home is very popular.

Back in 2013, I was diagnosed with invasive ductal carcinoma (breast cancer), and I chose to not have surgery, radiation, chemotherapy, or pharmaceuticals. I began my quest to research the power of nutrition to heal the body. When I succeeded at healing my body from cancer, it only made the case even stronger to believe my daughter can heal from her illness just the same. That predisposition served us well in many areas.

As the weeks turned to months, Natalie increased her EMPowerplus dosage to a therapeutic dose of 10 capsules a day.

Around mid-May, I started noticing a difference in Natalie.

She became less introverted, wanted to get out and meet people. She wanted to start working again. This was a huge step considering the job losses she had from the illness. Natalie started laughing more, became more coherent, and the forgetfulness gradually started to improve. Her brother and sister also noticed a significant improvement, and her older sister described it as "I got my sister back." As Natalie's symptoms started improving, we started to decrease the dosage of Zyprexa. This was a slow and gradual process. Natalie was completely off Zyprexa as of 7 December 2017. With each reduction Natalie had, the symptoms were seamless: no withdrawal effects whatsoever.

Natalie continues to do well. If something doesn't go right, she doesn't blow up, nor is she agitated. She is the loveable, sweet daughter I always knew I had.

To any mother, father, child, or senior who is experiencing brain

health issues, I urge you to give Truehope a chance and stick to the professional advice the staff provides. If it weren't for the caring, knowledgeable people in Canada, I would be lost. My daughter would be a victim of a medical system I lost faith in, and the outcome would have been much worse.

My daughter did not have a mental illness. My daughter had a nutritional deficiency, nothing more. It concluded what I learned with my own cancer diagnosis: that the foods we eat today are simply not enough to give the brain the essential nutrition it needs daily. When we started replenishing her body with the deficiencies it cried for, her health was restored.

Thank you, Truehope. Thank you, Tony Stephan. And thank you, Teresa Kolpak. You saved my daughter's life, and I will always be grateful. I spend my time as a health coach helping others going through the same thing. 🙏



**RESEARCH HAS SHOWN A STRONG CONNECTION BETWEEN BRAIN FUNCTION AND NUTRIENTS.**

#### **EMPOWERPLUS ADVANCED**

A nutritional supplement designed to address essential nutrient deficiencies

#### **AMINOPOWER ADVANCED**

Alleviates withdrawal symptoms during transition from medications to nutrient therapy

#### **GREENBAC**

A rich blend of bacteria, botanicals, algae, enzymes, and nutrients for a healthy digestive system

#### **INOSITOL**

Part of the vitamin B-complex, it helps intervene in depression, anxiety, and OCD

#### **NASCENT IODINE**

A non-ocean sourced nascent iodine for healthy thyroid hormone production and an efficient metabolism.

#### **OLE**

Natural olive leaf extract with antibacterial and antifungal effects helping with Candida

#### **BMD ADVANCED**

Optimal balance of bio-available nutrients necessary for healthy bones and teeth.

**FOR ANSWERS TO SOME FAQ'S VISIT  
MY.TRUEHOPE.COM**



**A**USTRALIAN RESEARCHERS recently published a study in the *Journal of Sleep Research*, showing that sleep, diet, and bullying are connected with teen mental health.

The researchers used data from the Middle Years Development Instrument, a questionnaire asked about frequency of breakfast consumption, junk food consumption, bullying, and

sleep frequency, and weekday bedtime.

Over 27,000 Australian students between 9 and 17 years of age participated in the survey.

As researchers analyzed the

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