

# TESTIMONIALS - What People Are Saying

## DIABETES

"I have been an insulin dependant diabetic for 26 years. Since starting with the Sacred Meals I have noticed my blood sugar levels stabilizing quite substantially. I have stopped having my lunchtime injections of insulin since having the Sacred Meals and I have slowly started lowering my nighttime levels of insulin as well.

A frustrating part of being insulin dependant diabetic is when my sugar levels go down to say 2.4 and having to eat to bring my levels up to a more stable level, most of the time when my sugar levels drop I don't have an appetite but have to eat, normally when this happens my sugar levels go from low to high (say from 2.4 to 16 or even higher) you can either ride this out or inject more insulin to bring it down again. Now when I start going low I can have 1 or 2 Sacred Meals and it brings me up to a perfect level of between 4.5 to 8.9, no over compensation, it works perfectly every time, yah!

I have also noticed that I don't have sweet cravings or cravings for other food until about 4pm when I am ready for a snack of some sort, (but still no craving).

I would like to loose about 7kg of weight and this has not started shifting yet. I have been eating the Sacred Meals for 3 weeks, and realise after talking with others that the Sacred Meals seem to target the area of our bodies that most needs help, for me it was stabilizing my sugar levels and getting my energy levels up, I am sure now that this is happening I will start shedding some kilo's, will keep you posted. Much love and thanks for introducing me to these balls".

Krissy

## NO MORE CRAVING

### A chocoholics story of complete change:

"My beautiful younger sister, Sam Moorhead, has always been the food expert in our house and I have relied on her to show me the way in regard to good healthy organic vegan and raw food – she has been a wonder and still continues to be. I have often gone off the rails and that has shown in my once ballooning bottom (looking in a shop window "who is following me?" "oh its my backside" true story). My excess has always been chocolate – I loved the stuff and have won a Moro bar eating competition – 35 in 6 hours!!!!!! But usually I would have probably between 500 grams and 1 kg a day (I am laughing). Anyway cut to the story. Sacred Meals resonated with me big time, the look, the feel, the texture, the taste, the smell, the design, the love, the prayer. My soul said yes. So I started eating sacred meals about 3 weeks ago and I have not had chocolate since. Unbelievable. I am not one to get on the band wagon with food but the sacred meals have been truly amazing for me. I mean "no urge to even eat chocolate". I feel my body waking up again and I have much more energy, creativity and can stay in a space of pure love most of the day unless I pee myself off through using my ego. It's all good and my soul is thanking me for feeding it such amazing food. So I feel very blessed to be able to eat

sacred meals and my sisters food each and ever day without feeling a need for more. No dishes, no cooking, no clean up ..... its easy. Thank you so much".

Daring Donna

## WEIGHT LOSS

"Having just returned from holiday I was introduced to the Sacred Meals. I have tried all sorts of eating programmes before in order to loose weight but am amazed just how these meals work. Within the first week I had lost 3kgs. and felt really good. I never feel hungry, crave for foods or have had any headaches. I eat a fresh fruit breakfast and use my Sacred Meals throughout the day and at night enjoying fresh salads. I attend the gym and breeze through my workouts. I, at last have found something that is right for me. Thank you Dana for introducing me to the product".

Glennis

"I've become a Sacred Meal junky!! I'm into my 6th week and have lost a considerable amount of weight - I'm down at least a dress size with most of my clothes now too large which is great. I also feel great and have a sense of lightness that I haven't felt in my body for many years. I don't get hungry but I do have a particular craving that wasn't necessarily there before! It's for the organic salad mix from the Matakana markets. I've got to have my fix every weekend now. I have quite a few friends and associates who are now on Sacred Meals - those who are sticking with it are also losing weight and feeling great".

Love Ann

## ENERGY BOOST

"Thank-you so much for bringing these sacred meals to Aotearoa. For the past month I have been partaking of these sacred meals and since I first started Ive become a vegetarian, (watching the movie Earthlings helped me to take this step). Im feeling so much healthier, have lost weight and I just feel so different like something very profound within me is taking place".

Arohanui Rachel

"I have tried all manner of supplements and health bars over the last 5 years. When I heard that the sacred meal mentioned in the bible was more than just folklore I had to try it. I was surprised to find that something so healthy could taste so good, and be so filling. Since eating Sancti-phi as a snack I don't over-eat at meal-times and I have more energy than before".

David

"I tried eating nothing but Sancti-phi for a whole day and I had a great day. I wasn't hungry at all and had so much energy that I was too busy to notice meal times come and go. It tastes great too".

Jonathan