

# Dr. Brownstein's Blog on Supplements and Natural Therapies

## **There Is Still Hope Out There- Kendra: "I Just Felt Exhausted. I Couldn't Move. Everything Hurt...."**

*".....I felt exhausted. I could not move. Everything hurt.....I could not even make it through a shower....."*

This an excerpt from Kendra's testimonial. She had flu-like symptoms for over a week including sore throat, runny nose, diarrhea, & fever. She also experienced a shortness of breath.

Kendra talks about the supplements and natural therapies that helped strengthen her immune system to recover from her illness. Watching this interview is a great way to end this week and provide us with the fortitude for the coming week. There is definitely hope out there!

To All Our Health!

~DrB



Click on the image to hear Kendra's testimonial!

David Brownstein, MD is a conventionally trained Board-Certified Family Physician with the additional overlay of holistic principles.

While Dr. Brownstein does not claim to have a cure for any illness, he does believe that we can enhance the individual's immune system by supporting the 'host' & the terrain of the host. The human body is well designed and the immune system, when given the proper support, can optimally function.

Disclaimer: The information in this blog should not be used as medical advice. Any therapies that are discussed should be supervised under the guidance of your physician or licensed healthcare professional.