

Isagenix Product B - Changes in Wellbeing Noted by

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Doctor of Medicine for over 30 years: – General Practice, Sports Medicine and now Sclerotherapy. I Spent 9 years at Melbourne University getting 2 degrees.

(1) Science Degree, with honours in Exercise physiology

(2) Medical Degree

Full Blue in Athletics, Middle Distance Runner

Current Record Holder for Australian University Games in 3000 m Steeplechase – 9 mins, 7.3 sec – Set in 1976 Games, it still stands in 2012

My personal experience with Product B

This is a list of Changes I have noticed since commencing in November, 2011.

So now over almost 12 months, I first spoke to an audience after only one week - Really it covers all facets of ageing / degeneration.

It covers the full range of both **physical** and **mental** degenerative problems.

As a doctor I had to be certain - I needed 12 months trial on myself

It's one thing to take it yourself, but another thing altogether to suggest it to patients. The Big question – incidence of cancer - I checked again with Trevor Chatham, TA-65 consuming group have extremely low incidence of Cancer. Dr Ed Park – 3 yrs age telomere length, 9, 980 (10.000 at Birth)

(1) Physical

Generally much more energetic!

Specific Musculoskeletal Problems

Right Ankle degenerative arthritis - from old fracture – pain and stiffness were becoming a progressively worsening problem. Even walking down stairs was difficult - much less running. I had consulted an orthopaedic surgeon, and I had booked in to have a surgical clean-out of the joint. **On product B**, after only 2 days, most of the pain and stiffness was gone – virtually completely resolved within the first week. 12 months later I have virtually forgotten it was there – can run without fearing pain the following day.

Right Shoulder Pain – from Chronic Rotator Cuff Tendonitis from serving in Tennis

for over 5 years and worsening, despite multiple cortisone injections, and physiotherapy. Not such a quick and a dramatic improvement that I experienced with my ankle. Rather a slower, but still progressively improving problem over the last 12 months. Now probably 75% better. The final test will be when I can serve in tennis without restriction – and I am pretty sure that day is not far away

Upper back flexibility improved – I can pull shoulders back like I did 20 years ago – this may also help Right shoulder problem above.

This is a more recent benefit – over last 3 months

All senses: All have improved: Vision in particular. Very important in my job that involves precise treatment of often quite tiny veins. Also - Hearing, Taste, Smell, Touch
Voice – stronger, more powerful

Skin: Generally quality is better, thicker, and more elastic. Less prone to Sun burn last summer – more pigment. Feet – calluses on feet seem to have disappeared – have been present to some degree for last 20 years

Veins: Very interesting – because this is what I treat every day. 2 to 3 patient testimonials claiming that their veins had improved, and even completely gone. David said he was going to put me out of business – and this remark – although said in jest pushed me into trying Product B myself.

Generally I don't have obvious Varicose Veins; however 90% of the venous system is microvenous – microns – 10^{-6} m. We can't see these microveins, and neither can ultrasound. And I believe you can still have symptoms of venous congestion, without having any obvious veins. Cramping and fasciculations after exercise have gone

Sports Pressure Syndrome Venous return just can't cope with the overwhelming arterial inflow

Bowels: Generally softer stools, virtually no constipation

Urinary Tract: Perhaps early prostate symptoms - have now all resolved

Stronger, better urine flow and control

Urine colour is now usually clear, rather than yellow and smelling strongly of ammonia.

And I haven't really altered fluid intake.

Endurance performance: Definitely improved – specifically running and cycling

Bupa around the Bay Cycle – 210k, on 21st Nov, 2012

It's one thing to be healthy, but another thing to be fit.

Hadn't competed for 10 years – this is not a race, but it definitely is a significant physical challenge. When my brother first asked me to do this ride, my first response was you're kidding – its only 4 weeks away – it's too greater challenge.

But then I thought, well let's really put Product B to the test on endurance.

Evidence on athletic performance and Product B is currently very little. However Bill Andrews himself has documented his own improved running endurance.

So I did the unreasonable – I said yes – and once committed I tried my hardest.

But predictably first week of training was very hard, and not promising

I couldn't really even stand on a stationary bike – how will you ever get up over Oliver's Hill?

Coming off a very low fitness base – and out of a cold Melbourne winter

On the day I took 20 caps – Started at 6.00 am, and finished over 8 hours later, excluding stop for Sorrento ferry. I was a little stiff, and saddle sore – but very satisfied. Next year I will do it again- with a proper training program over several months

Recovery was remarkable – minimal muscle pain the next day.

Without Product B, there is no way I would have even considered this challenge.

Heart Arrhythmias: Self-diagnosis was that I had some degree of Mitral Valve Regurgitation, probably resulting from my middle distance track running days. Frequent ectopics have improved – not cured, but better

(2) Mental

Sleep: improved from day one. More alert, less stressed

Memory improved. Problem solving improved

Concentration and Focus:

Greatly improved, I completed book on Air Pressure last week – has taken 14 years – massive effort over the last 6 months – whilst still working full-time during the day

Summary of this list

So, this is a very long list, but in reality there are probably even more changes that I haven't listed – that I now just take for granted!

I look forward to reviewing this list after 2 years on Product B.

Initially I was a little sceptical, but 12 months later I can say this works – like nothing else I have tried over the last 20 years. I have never ever stuck to any other vitamin / supplement for more than a month!

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