

FIT FOR LIFE !

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All my life I have been active. I started cross country running in the summer of 1972 when I was 9 years old. I'm an avid hiker and snow skier, scuba diver and cyclist. I consider myself average for a 40+ year old. I eat 2-3 small meals per day with plenty of water. I sleep about 6-7 hours per night. Fortunately, I've never had any serious ailments that required hospitalization or extensive medical treatment.

After graduating from Big Bear High School in 1981, I went to college and began a life-long career in the medical field. I've worked in all areas of medicine, from Emergency Room Trauma, Surgical care, post-operative recovery, intensive care for adult, pediatric and premature neonates, long-term chronic pulmonary care, geriatric care and home care medicine. The one thread of truth that runs throughout medicine and the human condition is the value of one's health. Being "Fit for Life" is paramount to anything else we could want or desire in this life.

At around 32 years of age, I became acutely aware of slight physical limitations. I couldn't run as far nor as fast as I could when I was a teenager and even into my twenties. The pain began to worsen and I had to quit cross country running do to knee and ankle inflammation and pain. When I hit 37 I started noticing a small degree of joint stiffness upon waking up in the morning. My wife used to complain about my restlessness and leg twitching during sleep and in most instances would render me less than well rested by morning. Then it hit me, all those McDonald's Big Mac's, Cokes & Pepsi's, Donuts, candy and ice cream had finally caught up with me and at age 38 I was diagnosed with early stage diabetes. At a whopping 245 pounds on a 5' 10" frame, I was not looking good. An Endocrinologist told me that if I didn't change my diet and start exercising, I would start a downward spiral toward an early grave. Unfortunately, I didn't have the energy or stamina to get into an exercise routine and I struggled with some of those old injuries that left me with some chronic pain which was aggravated by the exercise I attempted.

That's when I met Jim Autio, the founder of BIONX. I found that taking the supplement allowed me to exercise at a higher level with less fatigue. I tried just about every product known and nothing worked until BIONX. What impressed me most, was that the next day I didn't experience the joint stiffness or pain that was so typical for me without the exercise and seemed to increase with the exercise. I had finally found something that was going to get me "Fit for Life", again !

Almost four years have since passed and I've not only lost the weight and kept it off, at 194 pounds I have more energy now than I had ten years ago. I don't have the restlessness at night during sleep I had before either. My morning stiffness and joint pain is non-existent, and even my mental clarity is better. After joining the Big Bear Valley Search and Rescue Team, I increased my workouts to include 4-6 miles of cross country running twice per week, something I hadn't done since I was 32 years of age, do to the chronic joint pain. Now I run and enjoy the exhilaration of being in the outdoors without suffering for it. It not only better prepares me for the arduous labor of being a SAR Team member, but it also has allowed me to be "Fit for Life"!

I know it is the BIONX, because I've missed a few days taking it, do to travel or being too busy or just plain forgetting to take it, and some of my symptoms return within a couple of days. Good news is, when I retake BIONX, I'm symptom free by the next morning. It is AMAZING stuff !

Try it and with proper diet and exercise, you'll be "Fit for Life"! Doing at 60 what you used to do at 20 !