

June 24, 2005

Dear Dr. Bennett,

This letter is way overdue. You had asked me to write about my personal health crises and my journey back to optimal health. I wanted to write when I was feeling great and when the serious health concerns were a distant memory. I can safely say I am in the clear and feel better now than ever before.

I took a more holistic approach to my health concerns dating back to 1997. In 1998, I elected to have the amalgams in my mouth removed over a 3 year period. In 2001, I was in a serious ski accident in which I sustained a 3rd Degree Head Trauma among other things. In the same year, I suffered from Chronic Fatigue, hormonal imbalances including thyroid dysfunction, tremendous weight gain, swelling and edema, disorientation, confusion, depression and irritability. I just did not know myself and I was scared. The blood reports showed glucose intolerance, renal (kidney) stress, high lipids, adrenal (cortisol) distress, sex hormone imbalances, severe toxicity issues including mercury, arsenic and petrochemical poisoning, and a positive marker for autoimmune dysfunction. I was a mess!

At the same time I was trying to figure out what to do, I started a specialized nutrition program with a clinical nutritionist. This program alleviated many symptoms, but not overnight. I also started on Chelation, a therapy drug program that binds the toxins and eliminates through the kidneys and bowel.

After awhile, I still did not feel 100%. I then elected to have my 2 root canal teeth removed, ligament and all. It was sad to lose those teeth, but the Chronic Fatigue disappeared overnight; I'm not kidding you. I was itchy for about 6 hours after the removal and then I had tremendous energy.

Things were looking up. I was feeling so much better, but the swelling, edema and excess weight were still there. Well, I elected to go through Cavitation surgery in all 4 quadrants. What an interesting journey that was! Dr. Bennett can explain what Cavitations are. After having the surgery, the final pieces were solved. No more swelling and edema and there was a loss in weight.

Presently, I still have residual mercury toxicity, but the level is low; I am free of serious health issues. I still do periodic Chelation and I maintain a strict diet and nutrition program. As a personal trainer for more than 20 years, I encourage all of you to be your own best detective, to be diligent, and dedicated to optimal health.

Best wishes,

Kelly Calabrese MS, CPT, CCN

