

Kristina's LEAP Story

My name is Kristina and this is my LEAP story. My headaches started in high school. My junior and the first part of my senior year were mostly spent in bed. I had headaches nearly every day. I was so sick from the pain, I couldn't go to school because lying down was the only thing that helped. I was also having some lung pain. The headaches would get so bad that medicine wasn't helping anymore. Sadly, I missed a ton of school and I couldn't participate as much as I wanted in my sports because activity made my headaches worse. Even when I was in school, I couldn't always focus. My mom and I tried anything that we could think of, but nothing was helping me.

We decided to try LEAP after doctors told me that they couldn't find anything wrong. I wasn't too excited about it because the program is a lot of work. But with the pain becoming more unbearable, I realized I had to give it a try. I started my program in January of 2017.

My life now is really nice. My headaches are gone and if I eat something that gives me a headache, I'm able to identify it and stay away from that food for a while.

I'm not going to lie: this program was really challenging for the first few weeks. (Kari was sure to tell me that before I started and I'm glad she did.) After I got my MRT[®] results back, I got a whole list of foods I couldn't eat and a list of foods I could eat in phases. The first phase was the hardest. I had to eat the same food for two weeks. Despite how hard it was, I started feeling differences with my headaches almost instantly. It was amazing. I started feeling better, less headaches, and I could actually stay in school. I found out through this program that I could not eat regular oatmeal.

My life now is really nice. My headaches are gone and if I eat something that gives me a headache, I'm able to identify it and stay away from that food for a while. I did this program for about six months, and it was worth it. The most significant impact that this program had on me was getting my life back. I was in pain for years and when I did LEAP I felt so much better; it was wonderful.

I highly recommend this program for anyone that has any kind of chronic pain, but especially headaches. I promise you that this will help you. It takes some time and work, but it's better to try something instead of always going to the doctors and having them tell you that nothing is wrong with you. Don't do what I did and wait and suffer through all that pain.



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