

# Testimonials

“Ever since I was little, I have had many stomach problems ranging from sharp pains to constantly in the bathroom. Naturally, we went the doctor’s office to see what was wrong, and they told me I was perfectly fine. When it got worse I went to a specialist and she also told me that nothing was wrong. So I just accepted that I would feel bad and there was nothing anyone could do about it. But starting in seventh grade, my skin began to break out and as time went on, it got worse and worse. So we went to a dermatologist who told us "this is just due to puberty, this medication will help with it." My mom asked him if it could be diet related and his response was, "no skin problems are due to food intolerances." We got the prescription and I used it for a month. It did not help my skin, and in fact it made my skin even worse. I tried several other acne medications, and none of them worked. So we decided to go to Claudette Baker who looked at my skin and immediately knew it was due to a food intolerance based on appearance and heat coming from the infected area. She had me get a blood test and it came back with many foods, which I had developed an intolerance to. And she told us that I had "leaky gut", which can be healed over time if treated properly. She immediately got me started on herbal supplements and I saw results within two weeks. My skin began to clear, but that was only the surface of it. For the first time, I knew what it felt like to not have constant stomach problems. And due to my leaky gut, I was at an unhealthy weight due to my body not processing the food, but once I began to heal my gut, I gained weight. I am five foot ten and I weighed anywhere from 146-150. Now I am 160 pounds, which is a healthy weight for my height.

Also, since my treatment, my mind has been a lot more clear. Before I was constantly forgetting stuff, but since treatment, my memory has greatly increased. But not only my mind, but my energy and strength has greatly increased. There are very few days I have low energy, which is something I have never experienced, especially since I'm an athlete who plays 5 days a week every week. And my strength has increased immensely since before my treatment. I can run nearly two times farther, lift more, and my vertical jump has increased 5 inches, which is big, because it hadn't increased at all before.

The results have been great and I feel wonderful thanks to the professional treatment of Claudette Baker.”

-Nathan B. *Lindenhurst IL* (16 years old)