

Perceived change on a scale of 1 (minor change) to 5 (major change):

A - Allergies

E - Energy Level

SH - Sleeping Habits

M - Mood

P – Pain RM - Range of Motion, Mobility

SE - Side Effects

Blank spaces indicate no response to that question.

The comments are recorded below the chart and are identified by ID #.

ID#	Age	Sex	Dose	Time used	A	E	SH	M	P	RM	SE	Physical Problems	Comments: full comments attached
52	9	M	2	1 m	3	-	2	3	-	-	N	Easily irritated	Helped mood, calmed down
53	40	F	4	2w	-	-	-	-	3	3	N	Lower back pain	-
54	60	F	4	3 m	-	3	3	2	4	4	N	Arthritis	Joint pain diminished
55	7	M	2	7 m	3	5	5	5	3	3	N	Asthma, allergies, adrenoleukodystrophy	Sleeping better, asthma, allergies gone
56	37	F	4	5 m	4	3	-	3	5	5	N	Sinus, joint pain, (undiagnosed) fibromyalgia	Decreases back pain
58	36	M	12-15	1 y	-	5	5	5	-	-	N	None	Libido increased: 4
59	70	F	9	10 m	-	3	-	-	-	-	N	Edema	12 pound sustained weight loss
60	48	M	6	8m	-	4	-	4	-	-	N	Depression	-
61	13	M	4	4 m	-	5	-	5	-	-	N	ADD, severe hyperactivity	Much better in school
62	34	M	9	-	-	-	4	5	-	-	N	Nervous breakdown, suicidal, marital problems	Marriage saved, not suicidal

63	50	F	4	1 m	NC	2	-1	NC	NC	NC	Y	None	Too much energy at 4 AM. Disturbed sleep.
64	69	M	2	6 m	-	-	-	-	-	-	N	Ulcerative colitis	Decrease in frequency and severity of attacks.
65	71	F	6	1 m	2	5	5	5	3	3	N	Pain from broken back	Y, pain relief
66	71	F	6, 4	2 y	2	NC	NC	NC	5	5	N	Rheum. arthritis, spinal degen., prolapsed disks	Y, off all pain killers
67	58	M	4-5	1.5 y	NC	5	5	NC	NC	NC	N	Bad knees, shoulder, colon problems	Y
68	40	M	2	6 m	NC	NC	NC	NC	3	2	N	Pain in hands	-
70	75	M	2	1 m	3	-	-	-	4	5	N	Bursitis, arthritis	-
71	48	F	2-3	2 y	4	3	3	2	-	-	N	Colitis	Y, prefers rhea oil for fast relief
74	28	M	1-2	1 y	1.5	5	2	5	-	-	N	Diabetes	Y-sugar level more even
77	-	F	-	2 m	-	-	-	-	-	4	N	Fibromyalgia, Chronic Fatigue Syndrome	Fewer episodes of CFA & fibromyalgia
80	49	F	4	1 m	NC	4	3	4	4	4	N	Fibromyalgia, depression, hormonal imbalance	Has no allergies, no change in alopecia

ID#: 65

To reconstruct my situation: I was taking Rhea Extract prior to my accident and was enjoying the energy level as well as the effect it was having on my stiff joints. On December 11, 1997 I fell in my garage and broke my back in three places. For a month I was not interested in anything except alleviating my pain; therefore, I did not continue with the extract. During the last month I have been taking it and enjoying the effect it is having on my stiff back and the extra energy I have. Needless to say, my energy is still not so great as I am still in recovery but I am able to vacuum my entire house. When I return to the doctor on Monday, I hope he says I can continue my walking program.

ID#: 66

For at least 5 or more years I was suffering from back pains and sciatica for which I was given toradol for my pain. I could not take any of the inflammatory drugs due to my allergies toward them. But in spite of the toradol I was still limited in what I could and could not do. Whenever I went beyond those boundaries I would suffer pain and decreased mobility for several days. All this in spite of the pain killers etc. When I first started the Rhea Extract I discontinued the toradol immediately. I was anxious to see the results.

Results:

1. I have never needed to take any pain killers for my back since that day.
2. My activities are back to normal. I can again walk my two miles a day, on mi. uphill and one mi. down hill.
3. My fingers and toes prevented me from enjoying my gardening but I can handle the shovel to mix my own soil without putting up with the pain the way I had done for the last 20 years due to my rheumatoid arthritis.
4. I am able again to drive for hours without the severe crippling pain in my legs and back I always experienced for the last half of all my vacations.
5. Another benefit that may be attributed to the extract is the fact that my sedimentation rate is much lower than it had been for the last 5 years. It spiked up to the 50i $\frac{1}{2}$ s or even to the 70i $\frac{1}{2}$ s on occasion for no reason. It has been down in the 30i $\frac{1}{2}$ s now for better than a year and a half.

ID#: 67

Six years ago my son and I hiked up the mountain of the Holy Cross, in Colorado, with only lunch, camera, and water. My son had to keep coming back down to check on me to see if I was still moving.

This last August, after taking the Rhea Extract (4-5 a day) for about a year, we went backpacking up the steep side of the mountain to the Holy Cross wilderness area above the timberline. We each had full packs, including a tent each. I also took a 10 week old Labrador puppy, which I had to carry most of the time, and I was still ahead of my son 50% of the time.

After spending 2 days and 2 nights above timberline my son took the puppy and went back down. I continued by myself and backpacked through two more passes and across three snow fields, before coming down that night.

I had my gallbladder removed in the 70i $\frac{1}{2}$ s and I probably have some colon problems. Ever since I had the gallbladder removed I have bowel movement emergencies. After taking the extract for over a year now I have only a few flare ups.

I gave up chili years ago and about 2 years ago I told my wife I couldn't eat it anymore. After taking the extract for 2 weeks (2 a day) we had chili. I ate just a small bowl, knowing that it would cause problems. I had no problems at all in fact, I ate chili for the next few days.

I am 58 years old and for the first 56 years I have always been sleepy. After taking the extract I never sleep in the middle of the day anymore.

As for arthritis, I don't know if I have any. My knees are getting bad, and I think I have some bursitis in my shoulder and I can't say that the extract is helping either of those and I'm not going to stop taking the extract to find out.