

## **SYNERGY PURIFY PROGRAMME REVIEW**

### **Mr MacKenzie (53 years old)**

#### **BACKGROUND**

I have extensive pure biological sciences training to postgraduate level, have been a personal trainer, 'pseudo' nutritionist (many mickey mouse qualifications through health and fitness industry) and a 'foodie' dedicated to health all my life. I have played badminton, swam and competed in Triathlon on the National stage. My self image is bound up now with being a cyclist. My thinking is deeply imbedded in the 'more exercise is better' mentality. I remain fiercely competitive with myself.

As what might be described as a 'health freak', I took very good care of myself but consistently pushed my own boundaries with nutrition and exercise.

#### **MY DECLINE**

Now this worked for me for many years, but over a decade, as I was able to exert my will power, I gradually exercised more and more and ate less and less. Processed carbohydrates were excluded and various forms of fasting employed. It got to the point where my life was so extreme that I developed all manner of autoimmune symptoms; my stomach was shot to bits and my body was falling apart due to narrowing nutritional bases. The tipping point was being diagnosed with fibromyalgia. I existed in a veritable hell of pain, fatigue and despair that really had me beat.

So with my life literally in the balance and my marriage on the line I was introduced to Synergy Purify by my mentor.

#### **SYNERGY PURIFY PROGRAMME**

I will start with the end result.

Phenomenal off-the-scale results. If my normal modus operandi was about a two out of ten, just 10 days into the programme I was languishing at about a six out of ten. By the end of the programme I was existing somewhere around a consistent 8 and considering a different scale altogether. The same yardsticks just didn't apply.

I began to sleep at night consistently. I began to not need sleep or have waves of fatigue during the day.

My pain slipped away. It has now gone pretty much completely. I can remember having to walk in excruciating pain for just ten yards up the hill outside our house or having to climb down the stairs backwards or on my bottom, but those days are gone. I can now garden with enthusiasm, do basic household chores and do the things men do. My masculinity returned. Yes, and I do mean what you are probably thinking too!

My emotional state stabilised, I became less angry, less abrasive and more attentive. I found that gentle, kind and caring person that resides within me that I thought had gone forever. Moreover, I found fun. My energy and vitality seemed boundless.

It might be unreasonable to suggest that all the benefits have come directly from the programme, but the real value for me was that the regimen gave me the framework I needed to break lifelong belief systems, habits and behaviours that were to all intents and purposes addictions. The Synergy Purify Programme has, for me, been a game changer and indeed a life saver.

I have not taken one of my many prescribed and over-the-counter painkillers, Amitriptyline, diuretics or had any coffee/stimulants. I have not had any alcohol or 'rewarded myself' with the extraordinarily extreme Saturdays of alcohol, edible food like substances and chocolate. Again I found this easy, motivated by my rapid results and faith in the Programme and support I received.

You can employ the programme for its primary purpose of resetting your gut microbiome with its manifold physical and mental health benefits. You can also aim for some weight loss secure in the knowledge that you are covering your nutritional bases. Indeed, the programme will represent a calorie restriction for most and weight loss will be incidental but probably significant. I ate a lot more than I was doing and exercised a lot less yet still experienced about a 5kg weight loss and 2% drop in body fat.

## **SUMMARY**

The Synergy Purify Programme has breathed fresh life into me. I wake up every morning energised and ready to go. I sit, give gratitude for my health, my life and all things in it. I eat, I plan my day, I poo, I shower. I start the day determined and go to bed satisfied. I am excited for my future.

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