

## **Yvonne's Testimony**

I've been dairy free for several years now and honestly when I was told I needed to make that change to improve my health and digestive "issues." It felt HARD! How on earth was I going to eliminate dairy? And why did I need to sacrifice what seemed like EVERYTHING at the time.

I LOVED homemade Mac and Cheese... it was my comfort food. I ate Greek yogurt smoothie bowls or cottage cheese every morning ...NO MORE ICE CREAM... back 10 years ago or so, there were very few options. What was I going to put in my coffee? And if you could find an alternative that tasted halfway decent, it cost an arm and a leg! But I did it! I went cold turkey! It was rough but by the end of the week my tummy "issues" disappeared and by 2 weeks I dropped a whole size in pants and lost 12 lbs. of BLOAT! INFLAMMATION!

I've poorly chosen a few times and "indulged" ... it never ended well. Instant, bloat, tons of gas, and emergency trips to the bathroom. Not to mention the pain it caused me. I was miserable and it was SO NOT WORTH IT!

I've hunted, experimented, and found great Dairy Free alternatives that don't make me feel like I'm "missing out" on flavor and those "comfort foods" I love!

From the research, we know that DAIRY causes systemic inflammation in us all...some more than others. It can look like digestion issues, acne, aching and stiff joints, brain fog to name a few.

If I can do it, so can you! You've got this!

Personal Testimony - Yvonne V.