



# HealthRestores Testimonials...

"I met with Derin across the Summer of 2008 after a recommendation by a friend. After an initial phone and email consultation, we discussed my objectives which related to Optimal health, Sporting performance and a general interest in Raw Foods. We then met in person at his home and discussed in more detail possible approaches whilst he reviewed my current level of fitness as a base line. The discussion was more in depth than just a method, it outlined a philosophy of food and health. In order to get the best results from the body, one has to put the best possible 'fuels' in, in useful forms i.e. Raw, in moderate amounts (fasting when necessary) and most of all 'listen' to the significant amount of feedback given by the wisdom of body."

"After this initial visit, I undertook the Health Restore Program, which is a complete body cleanse using natural herbs and working progressively around the major organs/systems of the body. After a 'sluggish' phase at the start of the program whilst the detoxification occurred, I then began to generate a large amount of extra energy and endurance. This was most noticeable in my sporting activities (Martial Arts, Football and Gym Work). Also residual phlegm and mucus was completely gone plus the quality of my sleep had improved (i.e. less hours required). It was also interesting to notice the emotional, mental and spiritual aspects of this process, and the holistic benefits linked with cleansing and better diet.

I touched base with Derin across the course of the program via phone, email and personal visit and he monitored my progress against the base line and offered further hints, tips and literature on transforming my health. To this day I continue to apply the principles learnt in our sessions and highly recommend people to visit Derin and get on the journey to optimum health via his inspirational approach."

NSG, Berkshire, Paraphrase as you wish. All the Best, Neil

Dear Derin,

**I have certainly gained a lot from you. You are always willing to give advice and support and you are always at hand when I need any healthy products to enhance my health. My family and I have benefited greatly from your healthrestore programme.**

**More Blessings to you Derin**

**AKA CITY**

I have suffered from migraines for 15 years and for the past 10 years it has been of a severe, debilitating nature. As a result of the migraines, I developed an abnormal sensitivity to bright lights which triggers off an attack or aggravates what is already there.

I started the health restore programme in October 2008, and since I started the programme, which for me involves a change of diet and taking some herbal products, I have seen a noticeable decrease in the amount of painkillers I take. I usually took them almost on a daily basis, but now I have had periods where I have gone without taking painkillers for up to eleven days in a row.

I am also finding that my eyes can tolerate certain types of bright lights. I will say that I have benefitted a lot from the programme.

Inez, God bless,

I thought a little while about the general tenets of this programme. I attended a seminar and heard facts and figures which though scientific were beyond conventional corporate influenced science. Derin's message seems to be simple. Live food feeds the body. Cooked food breaks the body. There is a whole alternative scientific paradigms of food, what it is, and how we use it.

Since April of this year when I went to Derin's seminar I've had a seismic shift. It is not even so much the body aspect. But the effect and peace of mind from this diet is one of the greater blessings. (So valuable an asset in these turbulent times).

Derin's seminar was one of those changes where looking back I had a 'birthday'. I can see looking back I made a beneficial change. This led to a new style of life if not a new life.

I am not religious about what I am doing and will not say I will not eat cooked food again. But as I take it day by day and get the benefits I have no desire or temptation to eat a cooked based diet. I get the benefit of raw based diet and the benefit of this far outweighs the taste benefit of eating cooked food. I take it day by day. Now looking back there has been a quiet radical revolutionary in my life and being.

Olatunde.





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I began the Healthrestore programme in July of this year after going to Derin's Raw Food Seminar in April.

The reasons for beginning the programme was, I believe in living to the optimum of health and I felt that this programme was offering this to me. I had a few minor problems which I just wanted to release i.e. Irritable Bowel problem, menstrual lasting ten days and my skin was not how I felt it could be. After suffering from Acne when a teenager I never really managed to get skin that was clear.

Since beginning the programme many positive and wonderful things has come about. I am living a far more blissful and positive life. Because my body is not working with its usual toxins I feel free. My health is far better and my energy levels are high. I am able to cope with things far better than before, in the sense of my memory, my peaceful persona and the feeling of bliss. In fact I can do things as if I were 16 again.

My bowel problem has gone, my menstrual is now changed to 2 to 3 days and my skin is clear, glowing and smooth. I am still constantly learning and I enjoy learning about different foods everyday. I am in such a positive state now that the sky is the limit for me and my health.

The support that was given and is still being given to me by Derin is second to none. Thank you for all your support, help and guidance and bringing my health and my life to another level.

Peace and blessings. Ayanna

**2007 was my best year because I took control of my health and it is the most empowering thing you can do, yes it was very challenging, but I would do it all over again because the benefits of this programme have been amazing. What this has done for me:**

- I lost 1 stone in 2 months and have managed to maintain my weight, I went from 11 stones to 10
- My hormones have balanced, periods are regulated
- Painful periods have almost gone, no more bloating, PMT/PMS, swollen breast, I went from taking an average 16 painkillers each month for period pain and now only take about 4 if necessary, so you can see it's a big difference
- My skin tone/appearance has changed I look younger
- Cellulite has disappeared, yes ladies cellulite the thing we all fight with and all the creams we buy is a thing of the past for me
- Motivation, drive, determination and positive thinking have all increased, my dreams have become a reality.

**So I URGE you to take this important health challenge, because for the sake of 3 months compared to the life long health benefits and rewards that you will get from doing this programme it is second to none. So I am happy to see you all at the singles health event today, so Derin Bepo can teach you how to become a rejuvenated youthful person. Please join me on this very important health challenge and let the journey begin just as mine did.**

**REMEMBER YOUR HEALTH IS YOUR WEALTH AND SUCCESS WILL FOLLOW.**

Samantha Brown

Dear Derin,

My words will not be able to thank you enough for all the help you have given to me.

A few moths ago I was eating nearly anything and everything. As long as it tasted good. It did not really seem to affect me physically. On the outside I was not overweight and I did not display or feel any disease.

However, I took up your programme as I was motivated to achieve the best state of health for myself. Your programme made a difference to me on the inside. I began to feel more alive and at ease. I was able to manifest situations and things in magical ways. I really had no idea of the great impact one's diet can have on the body, mind and soul.

There were times when my determination to eat naturally was very low. Each time you helped me; both practically and with your spiritual energy.

You have opened up a great pathway for me. I will never go back as my life, and the way I feel, has taken on new and higher levels. You have done this through giving up your time and energy for me. You did this, for what I believe, is a very small price. Can a person every put a price on their health? I believe a persons health is priceless!

For what you have done I thank you with all my heart. I pray that you continue to have the power to help many others. I am for every indebted to you.

Let the revolution unfold. Your friend. Leeroy





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I was introduced to Derin of [www.healthrestore.net](http://www.healthrestore.net) and after a consultation was introduced to a easy to follow lifestyle change that has been of benefit to me in my training routine and to general health.

The first point of call was to cleanse the system following the "health restore program", which effectively cleanses and restores your major body systems (bowel, liver, kidneys, lungs etc) and alkalizes the body, using all natural herbs and techniques such as juicing fruits and vegetables, eating habits, breathing correctly, cutting down on cooked foods, drinking plenty of good quality water and personal enema's. A method of flushing the body of heavy metals and parasites is also used. This was all done while working a full time job which I found not too taxing using a little discipline of course.

As far as my training routine which is Thai boxing, Derin has many natural products that help with endurance and recovery, such as "liquid oxygen oxygen creams and male herbs, (female herbs if you are female) of which I have noticed the benefits.

The advice given on the dangers of cooked foods and how simple it is to prepare natural raw foods the importance on not eating late at night and getting enough sleep has been a life changing journey and an insight into a better state of health that can be achieved by anyone (if they want to).

I have been using health restore products and living a natural raw lifestyle for nearly 3 years now and have never looked back since.

I would like to say thank you to Derin and to recommend The health restore program by way of this testimonial to anyone looking to improve their health and lifestyle choices for the future.

yours in health

Warren Henry (North London)

For a very long time when I have been examined routinely (as women are), I have been told that my womb is not quite in the position it should be. For the past year or more I experienced pain in my pelvic floor, especially when I walked.

I saw a gynaecologist in July this year who could not find anything that would cause this pain. She gave me pelvic floor exercises to do, which helped, but they did not get rid of the problem.

I found out about Derin from a friend. I went to see him to find out what he was all about and whether he could help me generally to improve my health. We spoke about many things. One of the things we spoke about was the colon and how years of eating cooked food stops it functioning as it should, and can also cause it to become distorted.

Derin showed some pictures of colons that were in very bad shape. He also said that for women a distorted colon could push the womb out of place. When he said this I instantly knew that this was what was causing the pain I was experiencing.

I was convinced that I had to embark on Derin's detox programme and change my eating to incorporate more raw food. I did exactly that. I started the programme the last two weeks of August.

It is now December and I no longer experience pelvic floor pain, and my diet is now 80% raw. I have also lost lots of weight and I am especially pleased that I have lost my big, big hips, which I thought I would never get rid of. I have had wonderful comments from friends, family and colleagues i.e. I look younger, my skin glows, I'm much happier, more confident and I have to say I agree with all of the above!

