

To whom it may concern

During my time training with Graham Healy of Healy's Health , I suffered initially from :

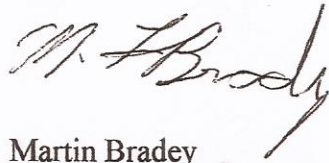
- 1) High Blood pressure
- 2) High cholesterol
- 3) And was 20 + kg overweight
- 4) And was borderline diabetic

After some 12 weeks to 24 weeks and ongoing training , all of the above was resolved , I now have normal Blood Pressure, Cholesterol, no longer overweight and no more problems with borderline diabetic issues .

I am a living testimony of the changes that Graham Healy of Healy's Health has made in my lifestyle change has contributed to the above changes and the resolution of my previously very dangerous health concerns.

I would recommend Graham's programme and expertise to anyone with similar health issues and concerns.

Yours faithfully ,



Martin Bradey