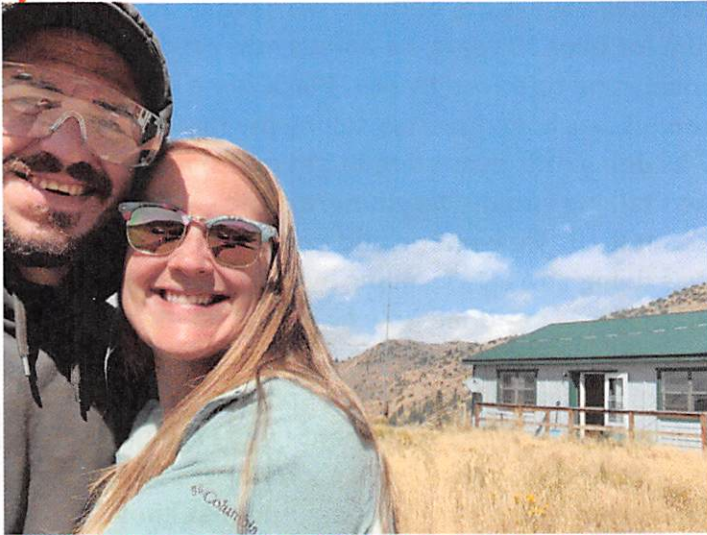


Merry Christmas and A Happy New Year 2020

It's that time again, seems like this year has just flown by.



This is Chris and Emily with their new home in the back ground. And the Colorado mountains in the background. The home is on 14 acres of land in Parshall.



Fred with his grandchildren. Drew, Brad, Chris, Genesis, and Emily. We are missing CJ. All children are doing great.



Damon and Stella, some how Dennis missed the picture taking last year. Damon has been out of work since 2013. He has serious back problems, and with Obama care, he was unable to get the proper kind of help. Since 2014 he has been fighting his long-term disability insurance for payments. The insurance says he can work, but the doctors say he can't work, and one judge told them to pay, that he

is disable. He is getting Social Security at least. Pray that Damon will get his disability insurance.

Drew, Brad and Dennis are doing okay. They do have a few health issues, but don't we all.



Drew, CJ, & Genesis, who is 6 years old.



Fred and me. Christmas morning 2018 and all our kids were here that Christmas, The best Christmas ever.

I have been wondering if I should tell you all of this or not, but I am excited about Fred, I have to tell everyone about how great he is doing and why. Below is the letter I typed up that I hand out when people ask me about the supplement we are on. If you want to know more about the supplement, read on, if not then this is all the news from us this year, but Fred did tell me the other day he was glad that I did not give up on him and kept trying to find something that would work for him.

12/2/2019

Dear Family and Friends,

Around November, 2015, Fred was diagnosed with Alzheimer. At first it wasn't too bad, maybe asking the same question once or twice a day. The questions got more, his look of confusion more. Not being able to remember his grandchildren's name or his son's name. In November 2018 the doctor told him he should not drive any more. He had just turned 80 that September, in his mind that is why he cannot drive, the doctor told us that if he had an accident and it was not his fault, it would still be his fault because of the Alzheimer. He does not drive.

Once I heard about this awful disease, I turned to the Internet searching for a supplement to help. At the beginning the doctor put him on a prescription drug to slow it down, after taking it three days, he was awful, I immediately took him off and let the doctor know. I can't tell you how many different kinds of supplements we tried. I would try them for about 3 to 4 months and no change. He was getting worse. He was becoming really combative with us. He would argue with us about any and everything. Why can't I do this, or that, or drive? Why, why, why? We would let him try some of the items he wanted to do. But he could not do it. Back to the why's again. His speech was getting harder for him, and it was low or soft. Sometime it was hard to understand what he was trying to tell us. I was afraid to let him out of my sight. He would disappear and then I had to chase him down. He would go outside all the time, and I had to try my best to get him back inside. Then he started going outside at night. I kept telling him it was dark out there and he could fall and no one would see him. Going outside at night started this August and September 2019. Now he doesn't go out at night, and when he does go outside during the day, he will tell me where he is going and when he will be back. I now breath much easier. I did watch him to make sure that he did what he said he was going to do. Now I do not have too. He will come in and tell me he is back.

In May 2019 I heard about a supplement from David Sublick, a protandim called NRF 2 and how it would help over 300 different diseases, and great for the brain. I looked into it and June 2019 I called Paulette B. and she told me I should really have him on NRF1 and NRF2, I ordered 4 bottles because whatever I put Fred on, I took. That was the most important call I have ever made. July 2 is when we took our first pills.

I knew from the research I had done it was going to take 6 ½ to 7 ½ months before I would know anything. That was what I kept telling myself. December 2 was five months, I started seeing changes in him at 4 months and each day I see more changes. No one had said anything about noticing any changes so I didn't know if it was just me, because I wanted to believe, or what. I knew that his voice was much stronger, just like it used to be. Plus, he was not arguing or being combative any more. Now when I tell him not to do something, he will say, Okay and go on. No questions or anything.

The most exciting news that put me on CLOUD NINE... on November 19th, Fred and I had a dentist appointment, our 6-month cleaning. Dr. Black had just checked on Fred and they were talking like they always do, because we have been going to him for over 20 years, he knows how Fred was. As soon as he told Fred bye Dr. Black came into the room I was in and started telling me how great Fred was doing. His eyes were bright and shinning, and he was talking about everything, and he was right on about it all. He went on and on about how great he was doing and I was smiling bigger and bigger. Dr. Black also mentioned how he was when he saw him 6 months back. Confusion, dull eyes, asking same question over and over, and barely hearing him. I told him about the supplement I had Fred on and they wanted to know more about it. That's one reason for this writing. For anyone that knows someone with Alzheimer, this does work.

When I asked my grandson if he noticed a different in his Papaw, he said he doesn't ask the same question all the time. This morning November 25th while we were eating breakfast, I noticed that we were having a real conversation. That was a first in a long, long time. And it was great.

I was talking the other day to my son and Fred about knowing 8 people that has loved ones with Alzheimer, and I told them about this product, and they will not give it to them. My husband asked "Why Not?". He is getting better, he is listening and asking questions and understanding. He listens to the news every night.

Yes, I do sell the NRF 1 and NRF 2 now, and if you want any more information about the supplement or to order it please give me call at 479-636-6058 or email me at dot.z@sbcglobal.net Or/ www.dorothyzaeske.lifevantage.com

If you have Internet there is a very powerful presentation from Dr. Rich!! This will tell you more about the supplement and why all of us need it every day. Incredible information about the supplements: NRF1 NRF2 NAD

<https://youtu.be/RVIPWJj8dK4>

God Bless you all and have a Very Merry Christmas!
Love from the Zaeske Family,

Fred & Dot, Dennis, Damon & Stella (and pet),
Chris & Emily (and pets), Andrew & CJ w/Genesis (and
pets), Bradley (and pets).