

Cerise® Product Testimonials

Real People ▪ Real Stories ▪ Real Results

I wanted to share with you the results of my use of Cerise Total Body Rhythm capsules (600mg). I used 2 capsules at bed time and 1 in the AM. She started use on Feb 14 (Valentines Day - Heart and Cherry day). I continued to use her medication and insulin (4 times per day) as prescribed by her Diabetes Specialist Doctor.

The results of the glucose readings were as follows:

13 days prior to Feb 14 (30 test readings) - **Ave 126**, High 188, low 82; Readings above 120 - 15, below 80 - 0.

11 days after Feb 14 (33 test readings) - **Ave 109**, High 151, low 73; Readings above 120 - 8, below 80 - 1. I note the lower average readings with a **15 point drop in her average glucose readings** and the reduction in the number of above normal (120) readings.

Pat Ostrowski
Plover, WI

Last summer I was at the Traverse City Senior Center for a Parkinson's disease meeting and Ray Pleva was there. Ray gave a short explanation of the Cerise products. I was interested but did not purchase any of the products. Fortunately, later in November, I was able to talk to both Ray and his wife. Ray was very kind and gave me some of the Cerise products to use, also both Ray and his wife explained the use of the products completely. From that point on things got better. As soon as I began taking 600 mgs of the Cerise capsules daily, I quickly had a boost of energy. You know how important that is to a Parkinson's patient. Because I have a gate problem on my left side I use my right foot to sort of shove off with, which has caused pain in the big toe and the left side of my right foot. I began using Cerise Joint and Muscle Comfort lotion and honestly I can now walk without pain. I rub the lotion in the toe and the left side of my right foot usually at night. I also use it on my foot just before going shopping, just to be safe.

This December 11th I had a wrist operation. The surgeon removed a bone in my wrist and the pain for 4 weeks was ghastly. Five weeks have passed and since the cast is off, I am again relying on the Cerise Head and Body Comfort plus the Joint and Muscle Comfort lotion to help me through this. It has been my salvation.

I have used the Cerise lotion for so many problems that I need to tell you about another one. The day after my wrist surgery (by Dr. Paul Jacobson) I developed a rash in the bend of my arm just below the cast. The rash was full of little blisters and itched. I called the office nurse and she said I was probably allergic to the solution they used to remove the surgical tape. I tried using Neosporin; the blisters just seemed to get bigger. That evening at bedtime I scrubbed the Neosporin off and applied the Therapeutic Hand and Body lotion. The next morning the blisters were flat and the itch was gone. I used the lotion until the rash was healed. What can I say?

Ray, I cannot thank you enough for your concern and help.

Georgena Barnes
Kewadin, MI

Dear Mr. Pleva,

I wish to inform you of the wonderful therapeutic benefits I have received from your line of therapeutic lotions. They are most helpful with my muscle and joint pain secondary to my neuropathy.

Keep up the great work and please keep developing new products for the Nutraceuticals.

Dr. Elliott I. Greenspan
Plymouth, MI

I started taking the Cerise® Total Body Rhythm Capsules because I had heard so many great things about it. I have an under active thyroid which causes many problems. Since I've started taking the capsules, my blood sugar levels have stabilized, I'm sleeping better and my skin and hair are getting healthier. I recently started using the Facial Skin Solution and I'm starting to see great results already! I'm telling all of my family and friends about the fantastic line of Cerise® products.

Suellen Peyok
Lake Ann, MI

I am thrilled to write to you and let you know that I am more than satisfied with your products, the Cerise Total Body Rhythm capsules and Therapeutic Joint & Muscle lotion. I have tried many products trying to get some relief for the arthritis in my hands with no avail.

You talked with me and I agreed to use the Joint and Muscle lotion and take 2 of your capsules a day. I was skeptical at first, but found that within a couple of weeks my hands did feel better.

Because I am such a skeptical person, I decided to stop taking the Cerise to see if it "really" worked and within a week my hands were in terrible shape again.

Thank you for the product. The relief was very significant and I'm sure I won't stop taking the capsules and using the lotion again.

Barbara Lemcool
Traverse City, MI

I was diagnosed with Fibromyalgia several years ago. I have been on several prescription and over-the-counter medications to try to alleviate the symptoms of pain and sleeplessness. They all left me feeling like a zombie or made me feel worse in one way or another. Within two weeks of starting the Cerise® Total Body and Rhythm Capsules, I started to notice a significant change in my sleep pattern. I was getting a good solid four to six hours of restful sleep each night. That is a huge change from the 20 - 30 minutes I was getting before starting the product. After about a month, I started to notice that the constant aches and pains I was having were greatly diminished and I'm now getting six to eight hours of sleep. For the first time in a number of years, I have enough energy to take a walk every day. I can't remember the last time I had energy levels like I now have. My husband was so impressed with the product that he is now taking it for his Arthritis. Our doctor was also very impressed with the improvements we are showing. Both of our blood pressure and cholesterol levels have decreased significantly. I would certainly recommend the Cerise® products to everyone!

Dessie Zimmer

I have been using a prescription from my doctor to relieve the symptoms of psoriasis, which are scaling and redness on my arms. I try to use as many natural or homeopathic remedies as possible. My husband is a Registered Pharmacist and went to his monthly pharmacy meeting. Mr. Ray Pleva of Cerise® Nutraceuticals spoke about the qualities of Cerise® *Hand and Body Lotion*. My husband was impressed and brought home a bottle for me to try. I stopped the prescription and decided to use the lotion. I use it on a daily basis and have not had to use the prescription product again. Cerise® works for me. I am delighted with this product and recommend others try it.

**Judy Levin
Leland, MI**

I was originally diagnosed with guttate psoriasis about 12 years ago. It is considered a moderate case, not severe; however it is widespread and periodically more acute. I have recently been using a line of products by Cerise® Nutraceuticals, LC, in Traverse City, Michigan. The product combines the antioxidants extracted from tart cherries and kalaya (emu) oil. It is the best moisturizing product I have ever used for tough spots on elbows, knees, and torso. I noticed a significant difference in plaque volume and appearance within a few days and it has allowed me to drastically reduce the amount of Ultravate and Dovonex I have been using with mixed success for twelve years. The Cerise® *Hand and Body* lotion works well and so does their Therapeutic Joint and Muscle lotion, which is a little thinner. Neither is greasy and they come in both scented and non-scented packages. I'm very pleased with these products.

**Paul LaPorte
Williamsburg, MI**

I've been using three Cerise® Nutraceutical products and can attest to each of them. I started using the *Hand & Body* lotion after hearing a presentation about the benefits to my skin, sure enough; a long standing rash on my neck was reduced by 90%.

Next, I tried the *Joint & Muscle* lotion. Rubbed the lotion into my elbow. For three years I've experienced pain in my right elbow; partly caused from the computer mouse; and partly caused from my favorite sport, golf. The pain had been so bad, twice a year during golf season I've had injections of cortisone; during the winter months my arm was kept as immobile as possible for recovery. Also, I've had to switch the use of the mouse to my left hand. This *Joint & Muscle* lotion reduced the pain in my elbow after the third day! Where have you been these last few years???

Now, to improve my flexibility, I started with the 600 mg. *Total Body Rhythm* capsules. Those minor aches and pains are reduced and I feel like I have greater energy too.

I'm very appreciative of using a natural product with no side effects, thank you for improving my quality of life.

**Jim Hoffman
Traverse City, MI**

In our staff room at Suttons Bay Dental Center, we always have had several containers of hand lotions to help reduce the irritation of frequent washing with disinfectant soaps. In recent months, the Cerise® hand lotions have become our favorite because they soothe hand irritation so well and also leave no residue that interferes with putting gloves on right away.

I have found that I can use about a quarter the amount of our other lotions, about twice a day, even in the dry winter season. My assistant, Sandy, tells me that her finger nails are much stronger than every before since using the Cerise® lotion. The cost is comparable with other products; actually much less than some we have gotten through our dental supply houses. Considering the small quantity needed per use and less often usage, it is much less cost. I have even had our national dental supply company contact Cerise®, recommending that they carry the lotion in their catalog.

I also take the capsules daily, finding them a good source of the fish oil recommended by my physician. I feel confident of the mercury free fish oils being better

than other sources. They have antioxidant properties as the lycopene also recommended by my physician.

If it helps out the cherry industry, that's a great bonus!
Keep up the good work!

John Holcombe, DDS
Suttons Bay, MI

I am 15 years old and very active in all sports. I play hard and my body sweats a lot. For a long time, I would break out from shoulder to shoulder and down my back and on my face. My forehead was a mess. When I was going to a school dance a year ago, I was unhappy because I was all broken out. I tried a very popular acne treatment that is advertised nationally for a month or more and it actually made my skin worse. When I would try to use some kind of cover-up lotion, it would also make me break out.

My family's insurance didn't cover dermatologists so when my mom heard about these new products called Cerise®, she jumped at it. I started taking the Cerise® *Total Body Rhythm Capsules* and using the Cerise® *Facial Skin Solution*. Within two weeks I noticed a difference. Not only did my back start clearing up, but my monthly cramps and the break-out on my face that always came with it were getting much better. My prom this year was much nicer for me because my skin looked so much better. I've been using these products for nearly a year now and when I look like I'm going to run out, I'm right after my mom to get another bottle.

I would recommend the Cerise® products to any of my friends. The really do work!

Kali Weber
Kingsley, MI

Both my husband and I are 64 years old. We not only suffer from the normal aches and pains of the human aging process, but we were severe accident victims some years ago and continue to suffer from chronic back/neck/shoulder/knee injury related problems.

But this testimonial has to do with another situation that recently occurred. My husband had been very ill and came down with a severe fever, his head was pounding, and the hospital thought he might have heat stroke. I gave him pedialyte for dehydration, but the headache was so severe I got worried. I called my son-in-law and he gave us some Cerise® *Head and Body Comfort*. I applied it around my husband's face and he began to get relief so I applied it to his entire head (he has short hair) and **within seconds he was feeling better and within minutes it was gone!** The *other roll-on product* we used had not worked! We were absolutely astonished at the healing power of Cerise®.

We have used many other products over the years for our aches and pains, but this Cerise® is absolutely the fastest acting and best working product of anything we have ever used. We intend to look at other Cerise® products and will recommend this to all of our friends and family.

Sandy LaMontagne
Traverse City, MI

May 23, 2006

I have employees wearing gloves and no matter what, the skin on their hands would crack and get irritated. After using Cerise® products, the irritation decreased drastically.

Another employee that was typing all day complained of soreness and lack of strength in her hands. I had her use the Head and Body Comfort roll-on and she reported that her pain was gone within 30 seconds.

Daniel M. Sarya
Orthodontist
Traverse City, MI

I'm in my early forty's and have been in pain every day for the last 6 years from an auto accident that damaged a disk in my lower back. My diabetes has slowly gotten out of control. Thanks to Ray Pleva and the Cerise® Total Body Rhythm Capsules, I feel much better. I have been able to stop most of my pain meds, my blood sugars have come down, I sleep better at night, have more energy in the day and overall just feel much better. Thanks again!!

**Sherry Durga
Traverse City, MI**

Klippel-Fiel Syndrome is something I was born with. Its most characteristic feature includes at least two cervical (neck) vertebral fusions; I was born with over four. This limits sideways, flexion and extension movement of the neck and creates a lot of severe pain and headaches, along with other nasty features.

I have been a Registered Nurse for over 30 years, 26 as a surgical nurse. In September, 1998, three lumbar/sacral discs became herniated, all three again more severely in '99 and again in '02. Since then, I have not only been unable to work, but I can't even do my normal daily living activities. I am very, very limited in daily duties and activities. Later I was diagnosed with Fibromyalgia; pain all over with certain areas being worse and extreme fatigue being the worst symptoms. When my lower back aches, it creates pain and numbness to a degree that I am unable to walk. It also triggers migraines.

If I can't abort the neck pain within a short time, medications won't work and I either have terrible nausea and vomiting for at least 12 hours or I end up in the E.R. for injections. Either way I am incapacitated for at least a day, making me miserable and forcing me to cancel my day's plans. I was on a constant circle of multiple orthopedic specialist, multiple MRI's, physician visits, various drugs, depression (chronic pain depletes the brain of serotonin and dopamine) and my family and I were not having a good time.

Dr. Gary Cools introduced me to the Cerise® capsules and the *Joint & Muscle* lotion and asked me to try the capsules when I felt the neck ache start. I did, and to my utter amazement, it prevented me from having to take a Fiorinal w/Codeine. Nothing has ever worked in place of the Fiorinal w/Codeine. That got my attention! The *Joint & Muscle* lotion and the *Head and Body* roll-on applied to my neck and shoulders brought excellent results also. You would have to try it to believe it! I am looking forward to more positive results.

In about two weeks, I was able to attend and help with a church function. It had been years since I was able to do anything like this, and the next day I was not in great pain. About three weeks later, I was able to participate with my husband in going out of town to spend time with my godchild at his school. Although we had been asked to do this for five years, this was the first time I was physically able to do it. A couple of weeks after this we attended a sport's event with our grandchildren. I had not been able to walk on uneven ground since 1999 without incapacitating pain the next day. This time, not only did I not have that awful pain the next day, but the pain and swelling from the bad sunburn I received was immediately relieved and within 24 hours the swelling was gone and hardly any peeling occurred. This was because I applied the Cerise® *Hand & Body* lotion right away.

What changes has Cerise® made in my life? It has not only relieved my neck pain and prevented the migraines, it has allowed me to socialize again. ***I can now participate in functions that I had been left out of for five years!*** The Cerise® products have allowed me to return to doing the special meaningful things in life.

How would I rate Cerise® compared to other treatments? I would give them a 9 or 10, because they help the body get better from the inside out; they don't just treat or hide a symptom. Drugs and pain meds are sometimes needed by people, but should be taken only when absolutely necessary because they all do damage to us whether it is to our central nervous system, brain acuity or whatever. Long term medications take a horrible toll on everyone. Continued pain medications eventually give us a lesser quality of life in many ways.

No other cherry product is like Cerise®. Cerise® is cherries with Emu oil, made a special way so as not to destroy the healthful benefits our bodies get from it. Thank you Ray Pleva and Cerise®!

Sherryle Pulaski, R.N.
Traverse City, MI

I have been a surgeon for the last fifteen years. During my training in Florida I noticed my hands were quite sensitive to the scrub soaps that were used before each operation. When I moved to Michigan in 1996, this problem intensified due to the dry winter air. Often times I would have small cracks and crevices in my hands that could be quite painful. Over the years I have tried at least ten different lotions and therapies in an attempt to improve this situation with little or no success. This year I began using the Cerise® Therapeutic Hand & Body lotion. A small amount twice daily has kept my hands softer and in better condition than they have been over the last decade. I think the combination of tart cherry concentrate and kalaya oil has excellent skin care potential and I look forward to using Cerise® Nutraceuticals for years to come.

F. Matthew Smith, MD, FACS
Traverse City, MI

Dear Mr. Pleva,

Approximately 8 years ago, I fell down the steps at my home and hurt my foot and ankle. I wasn't very fond of hospitals, so I doctored my injury myself. About six years later, I noticed my injured foot and ankle increasing in size. Anytime I walked a lot I would have a lot of pain and swelling. In fact, it was not unusual for my injured ankle and foot to be twice the size of my normal foot. I finally gave in and went to the doctor when I could not fit my injured foot into my shoes any longer. After ex-raying my foot, my doctor advised that I have a lot of arthritis in my foot and ankle due to an injury. There is not a lot the medical field can offer for arthritic symptoms.

I was told to take up to 2400 mg of Motrin a day for pain and inflammation – 800 mg at a time with food. Something told me this was not the best way to treat my arthritis. So, when I heard of other people's success with the Cerise® Nutraceuticals Total Body Rhythm capsules, I was willing to give it a try, but I wasn't so sure it was going to work. After a week of only taking one capsule a day, I noticed reduced swelling in my foot. In fact, I could start wearing shoes again that I couldn't before.

After about three weeks, my foot looked normal and I was no longer taking Motrin to treat the pain and swelling. I have been taking the Cerise® product for approximately 3 months now and I am so happy with the results. Not only has it helped my foot, I feel my digestive system is in better shape. Also, using the Cerise® Facial Skin Solution, my rosacea seems to be less noticeable.

Even my chiropractor, not knowing that I was taking the Cerise® capsules, commented that when he does adjustments on me now, it is easier and that my muscles seem to be much more relaxed and flexible. He remarked that he is seeing some real improvement. I guess this relates to the Total Body Rhythm that Cerise® helps achieve.

The biggest benefit, however, has been the peace of mind I have now. I was never comfortable taking 1600 to 2400 mg of Motrin a day. So thank you, Cerise®!

Shawna Mansuy
Traverse City, MI

I am a person who absolutely hates taking medication; I don't even take an aspirin for a headache. I battled high sugar for years, controlling it with diet and exercise. When my sugar levels couldn't be controlled any longer, I knew I had to be put on medicine. My sugar would be around 150, sometimes even as high as 190. When I heard about Cerise® I jumped at the bid; I was willing to try anything just to stay off the medicine. Today my sugar levels are anywhere between 110-130, sometimes even lower, thanks to Cerise®. To me, Cerise® is a miracle, I have more energy, I sleep better, I just feel better all around. Thank you again, Ray Pleva.

Beate Raffaele
Traverse City, MI

Due to an old shoulder injury about 15 years ago, I had limited range of motion in my right arm. I could not lift my arm above my shoulder. Every time I exercised the arm it became very sore and inflamed. This caused me to stop trying to strengthen my shoulder. This affected my complete being. I did not want to do much of anything physical. Then I found out about Cerise® Nutraceutical products. I started taking the Total Body Rhythm Capsules and applying the Joint & Muscle Comfort lotion, and then noticed my shoulder was feeling better.

My wife, Evelyn, had won several 1 hour sessions to *Trigger Boxing* and asked me to go along. Needless to say, I thought I would not be able to do much because of my shoulder. The first session was tough. We did many cardio vascular exercises and weight lifting and finally punching. I did OK, by working with little or no weight with my shoulder. I thought I would be dead the next day. To my surprise, I felt good the next day. The shoulder was sore, but manageable.

We have been going to the gym 2 or 3 times a week now for 11 months. I am lifting 100 lbs. in a military press – 3 sets of 10 reps. My life is completely changed now. I know for a fact the Cerise® Total Body Rhythm capsules and Joint & Muscle Comfort lotion made the difference in my ability to strengthen my shoulder and the rest of my body by keeping the swelling down. I use the Cerise® Joint and Muscle lotion on my knees and my hands after the strenuous boxing and leg exercises to keep them flexible and keep the swelling down. I also use the lotion on my legs where they used to get very dry.

Thank you, Ray.

Mike Richardson
Traverse City, MI

I would like to take this time to thank Mr. Ray Pleva and associates for turning my life around with Cerise® Nutraceuticals.

I was diagnosed with multiple sclerosis in the spring of 2001 at the age of 45. My treatment began with Copaxone, an injection every other day that I gave myself, plus a variety of medications just in case I had anxiety, was depressed, had tight muscles or could not sleep. After 2 years, I was switched from Copaxone to Rebif. By the fall of 2005, I was still taking the same medications, the same shots, and now also had Methadone on my list of drugs. I had become an unwilling zombie, unable to direct my own life.

I was introduced by Ray to the Cerise® products October 1, 2005. During the next seven weeks, I used the Cerise® Total Body Rhythm capsules and the Joint & Muscle Comfort lotion, along with my medications. I decided I would work with my doctor and my family to regain control of my life. During this time I took a brief vacation. While I was gone, my sons got on the internet and checked out the drugs I was taking. They had many concerns, especially with the Methadone, which is a very serious and dangerous narcotic. After I returned from my trip, I turned my meds over to my husband to monitor, immediately stopped the Methadone and only took two more shots. I then began weaning myself off all my other medications.

This was the turning point for me and my family. Within 5 days, my gait improved, I was sleeping through the night, my digestion was better and I had more stamina and greater energy. The best part of this was that the Cerise® products were effective but had no side effects! I could drive, I could function and I could return to being a real wife and mom. Later, during a family card game, my son looked at me and said, "Welcome back, mom". I am a believer!

**Sue Bruening
Traverse City, MI**

I'm writing this to let people know what a great thing the Cerise® Nutraceuticals products have done for my 77 year old mother, Marie. My mother developed psoriasis when she was 27 years old. She worked for Ford Motor Co. and had very good medical coverage, so she began a search to find a cure for this embarrassing and frustrating condition. She went to a number of different doctors, including some major hospitals, to no avail. She tried dozens of remedies from around the world as the disease continued to spread. Nothing worked and for 50 years now she has had to put up with the agony of psoriasis.

In November of 2005, I became aware of these new nutraceutical products developed by Ray Pleva. I told my mother I thought she should try this. She had large portions of her legs where the psoriasis went all the way around and was very inflamed, crusty and itchy. She began using the Cerise® Joint and Muscle Comfort and the Total Body Rhythm capsules twice a day. The inflammation began to diminish and the itchy scaly part began to show regular skin. As she continues to use the Cerise®, her skin continues to improve. Finally, after 50 years of living with this horrible disease, she has found something that is *natural, has no side effects* – and works! She is a happy lady. Thanks.

**Ray Cormier
Traverse City, MI**

I am 80 years old and live alone. I have developed hammer toes on both feet and my knees are so bad that I will have to have surgery on my one knee soon. The pain in my feet and knees had caused me to be unable to walk or even get out of my chair sometimes without great effort and a lot of pain.

My brother was aware of my situation and called me a couple of weeks ago and asked if I would try something if he would send it to me. The "something" was the Cerise® Nutraceutical capsules and their Joint and Muscle lotion. I began to use it as soon as I received it and in two days my toes began to relax and my knees started to feel better. Within a week, my left foot had straightened right out and I could take my toes on my right foot (the bad one) and lay it out straight. My knees were feeling much better. I could actually stand and walk across the room without the unbearable pain. I called my brother and told him to get in there and get some more of these products for me.

The Cerise® products have given me more relief than anything I've ever used before and I would recommend them to anyone. I am passing the word on to my daughter who suffers from migraines and fibromyalgia.

This is the best thing that has happened to me in a long time!

**Lou Olds
Wisconsin Rapids, WI**

March, 2006

My husband has had bad lower back pain, as well as pain in his right hip and his neck. This also created bad headaches. He had been through the whole gamut of products for arthritis and nothing worked, plus they smelled pretty bad.

I bought some Cerise® Joint & Muscle Lotion and rubbed it on his back up to his neck and over to his hip. I did this a couple of times a day and it didn't take very much lotion. Within 4 days he was free of pain and a happy man! I promptly called Cerise and had them send some to my sister who suffers from arthritis.

**Joyce Foster
Ocqueac, MI**

For two and a half months the fingers on my left hand were stiff, sore and lacking in flexibility. The little finger was red, shiny and sustained a constant burning sensation. After nine days of using the Cerise® Joint & Muscle lotion, my arthritic little finger has lost all soreness and the burning sensation is gone. I am now able to bend all four fingers downward toward the palm, not quite touching the palm with the fingertips but with much more flexibility than nine days ago. I am delighted with my progress though the top third of the little finger is still somewhat red.

This is an intriguing product. My plan is to stop by soon to purchase other of your Cerise® products.

**Linda O'Neill
Cedar, MI**

At the end of an especially long and hard day that had me on my feet for 14 hours straight, I was looking forward to a well-earned night's rest. But when I finally lay down, my knee started throbbing with pain. Then I remembered the Joint & Muscle cream that Ray [Pleva] had given me ... I must confess, knowing the ingredients of the cream, I didn't expect it to be powerful enough to relieve the intense discomfort I was feeling - much less do so in less than half an hour. But that's exactly what happened! And even without repeating the application during the night or the next day, my pain was gone.

I have since used the Joint & Muscle cream when my fingers ache from overwork or heavy lifting, and the result has been the same - very quick relief. I am definitely a believer in the benefits of these products!

**Janice Binkert
Traverse City, MI**

I want you to know the significant improvement in reducing my migraine suffering that has occurred since using your Head & Body Comfort serum. My migraines began in 1987 when I suffered my first stroke. Over the next nearly 18 years, I pursued every option for possible relief I could find. After being treated by my regular physician, I then started treatments with a number of hospitals and pain clinics....

In March 2005, my husband met Ray Pleva and was offered a sample of a new lotion he had designed.... The day he brought the lotion home, I had been suffering a Level 10 headache for approximately five days. Amazingly, after applying the lotion to both temples, my forehead and the back of my neck, the headache was gone in about two hours.

Since March, my headaches are under control and my life is significantly improved. The lotion does not prevent a headache from occurring, but the severity of the pain is considerably less and can be eliminated in most cases by repeated applications of the lotion.

**Jean Marr
Traverse City, MI**

After 24 years of getting five to six migraines a month, I have used many over-the-counter medicines which did not touch the pain, pain meds which only help to 'sleep' the headache off, and Imtrex [a prescription medication] which also has side effects. The Head & Body Comfort serum is the only thing that helps the pain. Please let as many migraine sufferers as possible try this product for themselves. It works without all the negative side effects of oral medication.

Kathy Bussell
Traverse City, MI

The Cerise® lotion for joints (Joint & Muscle Comfort) is amazing. If I have achy joints, I just rub on the lotion and within 20 minutes the pain is gone. I also gave samples to my mother who suffers with arthritis and she has found relief, too. My daughter-in-law's mother has tried the lotion and wants to know where she can purchase it. She said the relief was wonderful for her arthritic hands! I've used the Cerise® Head & Body Comfort serum for headache relief, and within 20 minutes after applying the lotion the headache was gone.

Patricia K. Hobson
Interlochen, MI

I had been treated over a two-year span by four different physicians for rosacea with absolutely no improvement. I used many washes, creams and took several antibiotics – one for six months! Nothing worked. After using your cream twice daily for about two weeks, my face just cleared right up. I have continued to use it for months now with very consistent results. It's magical, you are a genius, and from the bottom of my heart I can't thank you enough!

Nonie Steele
Traverse City, MI

I have noticed about a 50 percent change in my rosacea since using your product. I use it each morning and at nighttime on my face. My family has noticed a big difference in my complexion, as have I. I only use half the amount of makeup now, which is a big savings. I never thought I would find anything that would help me as much as your product has. Thank you so much.

Margie Meachum
Traverse City, MI

I have used the Hand & Body Lotion and Head & Body Comfort serum on numerous occasions and have seen dramatic effects. My thumbs do not crack, and my skin is not dry – but it isn't 'oily'. I rarely get migraines, but when I have I have used the Head & Body Comfort serum and the pain is relieved in five minutes or less. Thanks!

Wendy Sak
Traverse City, MI

I have suffered from chronic migraine and tension headaches since my teen years. Your Cerise® Therapeutic Head and Body Comfort lotion has brought me reliable relief. I have not had a full blown migraine since beginning using your Cerise® Nutraceuticals products. I continue to have headaches, but they are very manageable and no longer send me to a dark room in pain.

I am also using the Cerise® Joint and Muscle Comfort lotion. I use it on my jaw area and temples during the day and grinding at night. The results have been remarkable.

Mary Rogers
Traverse City, MI

I have been using the Joint & Muscle Comfort cream for about three weeks now, and after rubbing it on areas of discomfort in my body, I am experiencing considerable improvement. I use it two to three times daily. I have arthritis and a slight meniscus tear in my right knee. Since using the cream, I am having significantly less pain – especially in the most affected right knee. I am able to do my daily power walking with minimal discomfort, whereas before it would sometimes be too painful.

I also have some arthritis in the last two fingers of my right hand. It was impossible to wear any of my rings on my ring finger until I used the cream on it. I can also see an improvement in my handwriting, which was also affected by the arthritis.

My third area of discomfort involved the breastbone area, which was tender and sore since my mastectomy for breast cancer in February 2004 [20 months ago]. My surgeon told me it was due to inflammation from the surgery and might take a long time to go away. I had tried icing it and using heat, and I even took Ibuprofen when it hurt and pulled at night. I tried the Cerise® cream on it and, to my surprise and elation; it has cleared up the soreness close to 100%! I am wholeheartedly recommending Cerise® Therapeutic Joint and Muscle Comfort to all of my family and friends with various arthritic and inflammatory complaints.

Judy LaCross
Cedar, MI

Had shaving rash on neck. Applied (Cerise® Therapeutic Joint and Muscle Comfort) lotion and after 3-4 days I had 80-90% relief. In one week – 100% eliminated.

I had used several skin products for my shaving rash problems to no avail until applying Cerise® Therapeutic Joint and Muscle Comfort lotion.

Tim Weber
Traverse City, MI

Great products! For anyone on their feet daily – relieves soreness, swelling almost immediately. I use also on other areas prone to inflammation – sore elbows, knees. Recommend (Cerise® Nutraceuticals Total Body Rhythm Capsules and Joint and Muscle Comfort Lotion) highly.

Patti DeAgostino
Traverse City, MI

I have arthritis in my right hand and shoulder. Over the counter creams and pills did nothing for the pain. After using Cerise® Nutraceuticals Joint and Muscle lotion twice daily, the swollen joint (the swelling) in my hand and the pain is gone; the shoulder is better also. The swollen joint in my knuckle is smaller. I still use the lotion on occasion but only once a day.

Lorraine Anderson
Alpena, MI

I've had migraines for as long as I can remember (lasting an average of 3 days each time). The only relief I got was from Imitrex injections until I used these products (Cerise® Nutraceuticals Total body Rhythm Capsules and the Therapeutic Head and Body Comfort lotion). Now they (headaches) are much milder and last less than 24 hours.

I haven't missed any days of work since using the Head and Body lotion. The first time I tried this lotion, I had good relief in less than two hours.

I can function normally again!

Sally Roeser
Interlochen, MI

I noticed discomfort in my shoulders in August. I had to use my right hand and arm to bring my left arm down from above my head. I had painful and limited mobility in both shoulders, especially the left one. That is when I started to use the Cerise® Nutraceuticals Joint and Muscle Comfort lotion.

I was a little skeptical about its healing properties. So at first, I only used it about once every third day. I noticed that I was getting a little relief using the lotion. Then in the middle of September, I started to use it twice a day every other day or so. My shoulders seemed to be improving, so I started to use it twice daily, in the morning and at night. I have been doing this for the last six weeks or so and the pain in the shoulders has improved about 90%. I don't have any problems elevating my left arm above my head, nor do I have to use my right arm to help bring it back down. My right shoulder is 98% pain free.

I plan to keep using the Cerise® Nutraceuticals Joint and Muscle Comfort lotion for pain relief in my shoulders.

**Bob Piche
Cedar, MI**

Hey Ray,

Guess what!? I applied the Cerise® lotion you gave me for my cracked, split and dried cuticles and they have softened up!!! It's been maybe 2 hours ago that I applied a pea size drop of the lotion to both of my hands and cuticles. Already a tremendous difference.

Wow! What a great product. Thanks so much for sharing. God Bless.

**Amy Parker
Traverse City, MI**

I would like to thank, Ray Pleva, for bringing to my attention his fine products (Cerise®). He heard that I was having problems with my knees and wondered if I would try his lotion and capsules. I had problems for a couple of years with my knees and couldn't find much relief. I now apply the Cerise® Joint & Muscle Lotion twice a day and am taking two Cerise® capsules three times a day. It sure seems good to be able to go about my daily routine with minimal pain. I also use it on my shoulders and arms when needed. I would say that I am about 90% pain free. Again, thanks Ray, and keep up the excellent work your team is doing.

**Bob Atkinson
Maple City, MI**

I am extremely happy with the Cerise® Nutraceuticals products! I have some very painful spots – lower back, hands, neck and the bottoms of my feet – and decided to give these products a try.

The roll-on product that I originally bought for my headaches, I now keep in my car bag as I found it quite effective in bringing relief to my back and my elbow. When I start feeling pain or pressure in my neck or back, I just roll the Cerise® comfort lotion on and the pain dissolves.

My overworked hands love the Cherry Lavender Hand lotion! I massage it in and my fingers straighten back out!

I have found that my yoga class, my exercise classes and my life activities have all improved. I am experiencing a freedom of movement that I had forgotten. So many aches and pains that I thought I had to live with...

I really do appreciate what your products do for me. I now have a huge portion of my life back. I am one of your happy, happy, happy people. Thanks!

**Jacquie Wilson
Traverse City, MI**

I had developed shingles on my chest, my left side and the middle of my back. The shingles on my back were bothering me the most and the pain was keeping me up during the night. My wife, Marie, started putting Ray's *Cerise® Joint & Muscle* lotion on my back first. By the time she finished my chest and side, I no longer felt the pain on my back.

Marie would apply the *Cerise® Joint & Muscle* lotion twice a day. Each day my problem with the shingles healed more and they were drying up. After three weeks, my body is almost back to its original comfort zone. Thanks *Cerise®*.

**Ed Skeba
Cedar, MI**

Cerise®, thank you for helping me with my knee problem. The *Cerise® Therapeutic Joint and Muscle* lotion is fantastic! I use a dime size amount and rub it in and in 5 minutes the pain is gone – external. I would recommend it to anyone – absolutely no side effects.

The capsule seems to help to some degree but the knee is in bad condition as there is no cartilage in the knee joint. However, I noticed general relief from arthritis in other areas of the old body, neck and shoulders. Again, no side effects or (adverse) reactions. I do believe Mr. Pleva has created a fantastic product and I wish him enormous success! Regards,

**Jean Taranto
Brookfield, WI**

October 10, 2005

We started using the *Cerise® Nutraceuticals* products (Total Body Rhythm Capsules and Therapeutic Joint and Muscle Comfort) on August 31, 2005, immediately before leaving for a trip to Norfolk, VA. It was a long trip and we arrived in Norfolk tired and road weary. But by the time Bill had to report for his meetings, I could see a great improvement in him. He was eating and sleeping better already and the horrible effects of a bad case of shingles and inflammation and feverish section of his chest from prior pneumonia were starting to diminish. That all disappeared in a few days and has now gone away completely.

Bill was injured in the Korean War and has had seven major surgeries to try and put his intestines in order again. He has had much trouble with adhesions and great difficulty with digestion. That has improved tremendously. He's eating well now and sleeping much better, and we believe that the *Cerise® Nutraceuticals* products are responsible for this improvement. Bill also is a diabetic and since he has been using the *Cerise®* products, his blood (sugar) readings have gone way down.

Bill was scheduled to have eye surgery for glaucoma, but his eyes improved after taking the *Cerise® Total Body Rhythm Capsules* for three weeks sufficiently that the surgery has been cancelled.

I myself have Morton's neuroma in the balls of both feet which is very, very painful, and affects the nerve endings going into the toes. After having all of the cortisone injections allowed, the next step would be surgery. Using your *Cerise®* products has helped with the overall pain involved with this condition. Thank God!

I also had severe back problems resulting in surgery five years ago. I have had unbearable pain and couldn't sleep. I have worn a back brace every day since then. As a result of the surgery, I have great difficulty with the sciatic nerve that goes down my left leg, and is one of the greatest problems I have. Your *Cerise® Nutraceuticals* products are helping control the pain. I sleep better and am more active again.

I sincerely believe that your *Cerise®* products help to digest food properly and have allowed us to sleep much better and certainly feel better all over. I am extremely happy that we were introduced to your products.

Thank you very sincerely for the great benefits we have both felt from the use of Cerise® Nutraceuticals' Total Body Rhythm Capsules and the Cerise® Joint and Muscle Comfort wonderful products.

**Bill and Clarice Hoxie
Cedar, MI**

Dear Raymond,

This is an update on our progress since we began using your Cerise® products. Some of this may be repeated from our previous letter, but we feel that it would bear repeating.

Bill has had glaucoma for years now and developed a cataract on top of that in one eye. We went to the doctor to see about removal of the cataract and the doctor told him that his eyes had improved sufficiently to cancel the scheduled surgery.

Bill has had lots of problems with colds and deep chest congestion in his lungs. Since he has started taking the Cerise® products all he has to do is apply some of the lotion (Therapeutic Joint & Muscle Comfort) to his chest and the next day his problems are gone. He is eating much better and I can see an overall improvement in his everyday life.

The bursitis in my hip is gone and I can also see much improvement in my back. I had pain and wore a back brace every day to be able to make it through the day without unbearable pain. The nights were terrible because the pain would interrupt my sleep. I have quite a few days now when I don't wear the brace at all.

Since we began taking the Cerise® Total Body Rhythm Capsules and using the Joint and Muscle Comfort our lives are very much improved. After my shower in the mornings I apply the lotion to wherever it hurts and it really takes the pain away and the whole day goes better.

I just can't say enough well about these products. Our lives have been improved greatly.

**Bill and Clarice Hoxie
Cedar, MI**

While in Indonesia, working as a consultant for the management team of a steel mill, I came down with a very bad case of herpes zoster virus. One morning there was a ¼" red spot near my left eye, and 24 hours later it was the size of a quarter. So I immediately had my driver take me to the International medical team in Jakarta and from there I was evacuated to Mount St. Elizabeth's Hospital in Singapore. There Dr. Prong was waiting for me and confirmed that I indeed had herpes zoster and I would be quarantined in the hospital for eight days.

Treatment began that evening with the nurse applying Zovarax ointment every 2 hours on my left forehead, left side of my nose and under my left eye. Each time they used six half-ounce tubes of the ointment, along with 20 tablets of Zovarax a day. After eight days I was released but had lost the sight in my left eye. Only after more than seven months did my eyesight return. At the time Dr. Prong informed me that if I contracted this virus a second time, my eyesight would definitely be lost.

I left Indonesia and my job and returned to Indiana to continue treatment under Dr. Reed, an ophthalmologist in Chesterton, for the next ten months. Since that time I have continually experienced pain and temperature on the left side of my forehead. Then in August this year, my brother Ray (Pleva) sent me the Cerise® Joint and Muscle Comfort lotion. I began applying it to my forehead once a day. And beginning on October 15, 2005, I started taking the Cerise® Total Body Rhythm capsules – one in the morning and one at bedtime. I now no longer have ANY PAIN or temperature on my forehead! Thanks, Ray and Cerise®!

**John Pleva
Hobart, Indiana**

February, 2006

My eight year old daughter had been having terrible headaches that either sent her home from school or kept her from going to school. We couldn't seem to stop them and we had received a prescription for some drugs. I really didn't want to have my daughter on drugs at this young age and decided to try the Cerise® products.

I started her on the Cerise® Head & Body serum and the capsules in December and she has hardly had any headaches since then. About 99% of her headache problems are gone. She really likes the Head & Body lotion because if she feels a headache coming on, she just rolls it on herself and it stops it right now. We aren't worried about overdoing it or any nasty side effects because these are all natural products – and she doesn't have to use the drugs! **Thanks!**

**Melissa Rousch
Lake Ann, MI**

Okay, I'm really impressed, and I mean that. This morning I put some of the Cerise® Nutraceuticals (Head and Body Comfort lotion) on my arm to see if I would get a bad reaction, and didn't. I've had a nasty headache all morning around my eyes. So, at 11:25 I put some of the stuff (Cerise® product) on my right temple. At 11:32 I noticed that a good portion of the headache had lifted. At 11:39 I noticed that it was even better. I still have a small headache, but nothing like the one I had. So, when I'm done with this, I'm going to put some on my left temple and see what happens. I also have a sense of peace, which may have nothing to do with the stuff, and more to do with less pain. I'll update you on the left temple shortly.

E-mail#2 “Okay, it's gone! The headache is gone at 11:50. Now I'm going after the rest of my body. Think it will work on kidney stones? Please tell your friend (Ray Pleva) that I'm very happy with his product. Cheryl gets really bad headaches and will be the next one to try it. Thank you for thinking of me when you heard about his stuff (Cerise® Nutraceuticals).

**Kelly Gildenstern (mother)
Saginaw, MI**

E-mailed to her daughter, Wendy Brosier on Nov. 10, 12:30 p.m.
See daughter's comments below

Ray, here are the e-mails I just received from my mom: (see above) My mom said that the people in her office are all WOWING at the effects of the Cerise® Nutraceuticals lotion.

Just wanted to let you know, people are VERY impressed. She's also going to talk to her doctor about it (he's on the natural bent of medicine).

**Wendy Brosier
Traverse City, MI**

For over two years, I had bad problems with my leg and knee – a lot of pain and trouble walking. When I went to the doctor, they discovered that I had a torn meniscus in my right knee. We scheduled surgery for December 13. I came home in such pain one day that I could barely walk. My wife and I both had heard about Cerise® products so on November 3, 2005, we decided to give it a try until I could have the surgery.

I started taking the Cerise® Total Body Rhythm Capsules and rubbing the Therapeutic Joint & Muscle Comfort on my knee and leg. Within 4 days I had better range of motion and the pain was diminishing. In fact, one day I came home limping and had severe pain in my right foot, right knee, right hip and pain in my back. I rubbed the lotion on all of the pain areas and within 30 to 60 seconds, the pain was gone. I also had some pain that had developed in my shoulder and when I rubbed the lotion on it, it was instantly gone. This was just astounding!

Before I started using the Cerise® products, I could hardly get my sock on in the morning. After using them for a few weeks, I could bring my leg all the way up and I was walking better than I had in two years. By the time the date of my surgery arrived, I was

doing so much better that I almost canceled the surgery. Being that it was a tear, I decided to go ahead with it.

I had the surgery and am now on the road to recovery, but I am going to continue using the Cerise® products to help the healing process. I would never have believed what these products would do if I hadn't experienced it myself.

Thanks to Ray and the Cerise® team.

Claude (Sonny) Czerniak
Maple City, MI

Here are my thoughts/ experiences with the Cerise® Nutraceuticals (Joint and Muscle Comfort). When Patti mentioned these products and how it had helped her at times – this seemed the perfect time. Perhaps it would help these nerve damaged feet of mine.

The damage resulted from two broken ankles – one ankle 'tri/mal' fracture causing surgery/pin/and screws (the latter two now removed (pins and screws). For two and a half months the fingers on my left hand were stiff, sore and lacking in flexibility. The little finger was red, shiny and sustained a constant burning sensation. After nine days of using the Cerise® Joint & Muscle lotion, my arthritic little finger has lost all soreness and burning sensation is gone. I am now able to bend all four fingers downward toward the palm, not quite touching the palm with the fingertips but with much more flexibility than nine days ago. I am delighted with my progress though the top third of the little finger is still somewhat red. This is an intriguing product. My plan is to stop by soon to purchase other of your Cerise® products. Obviously, many nerves were disturbed. Destroyed. End result? Problems with and in walking. Balance off and painful.

I began, as suggested, with a three times/day application to soles of feet, ankles and knees. (Replacements there and more nerve disturbance). The circulation seemed off to the extent that – while my feet were NOT truly cold, that was the feeling – most uncomfortable. Within a week I'd lost the 'cold' feeling and had less sleepless nights. These applications started sometime in late July or early August.

Mostly the day is too busy to work in a midday application. Morning/evening seems to do quite well now. I've been pleasantly surprised with the seeming results of this lotion (Cerise® Nutraceuticals Joint and Muscle Comfort). Shortly after application, the uncomfortable feeling that 'seems like bottoms of feet are an inch thick' has changed to an easier walking situation. Balance is much better as well. The Cerise® lotion is soothing too. But, on second thought, why should it not be? I 'grew up' at a time when there was little BUT the naturals – god given and man-made. Never would I expect a complete cure of these damaged nerves, nor would I give credit to my imagination and hopes to walk naturally again. Until I'm proven wrong, my use of the Cerise® Nutraceuticals products will continue. So thank you for my chance to try this lotion. God Bless.....and THANKS!

Peg Simmins
Traverse City, MI

As a long time sufferer with fibromyalgia and migraines, it was wonderful to be introduced to your products. I started taking the Cerise® Total Body Rhythm capsules and within a short time, I was amazed that my migraines became less and less frequent. I went for months without a headache and my muscles felt so much better. I stopped waking up feeling stiffness in my shoulders and my neck. It has been a great experience and I encourage each person with physical pain to try your products as they have certainly worked on me.

God bless,

Mindy Buell
Traverse City, MI

I had arthroscopic surgery on my knee for a torn ligament on Thursday, January 19. I was told that I would not be able to walk on it for awhile and that I would have to sit with my foot elevated. I was also told that there was some arthritis on the joint. On Saturday, I took off the dressing and my knee and foot were so swollen that I couldn't put on my shoe and walking was very difficult. Saturday night I applied the Cerise® Nutraceuticals Joint & Muscle lotion to my kneecap and foot. Within an hour the swelling began to go down and I could get up and down fairly easily. By Monday I began going up stairs and by Wednesday, I could use the stairs normally.

Within 40 minutes of applying the Cerise® lotion, I can really tell the difference. I love these products for my normal aches and pains, but I am thrilled with what it has done for my current situation. I am just thrilled!

Demarie Jones
Suttons Bay, MI

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