

# Craig and Katie Chamberlin

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Fountain of Life Healing School  
2848 Greentree Way  
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To whom it may concern:

We have known Donna Crow and Kathi Register at the Fountain of Life Healing School for more than eight years now. During this time they have been very supportive of us, and our family and friends. They are always willing to share their knowledge with us and when they don't have a ready answer they can often tell us where to get the information we need to maintain our health or correct health challenges (without asking for anything in return).

One of my favorite experiences with FOLHS is when I called to ask if they had any information that could be of use to our daughter-in-law who was having a very rapid heart rate after an emergency caesarian. The doctors were stumped and had recommended that she see a cardiologist. When I mentioned this to Donna she said it might just be as simple as being low in magnesium as magnesium regulates heart rate. She explained that stress reduces magnesium levels and having a C-section is quite stressful and may have used up her magnesium stores. She also mentioned that looking for heart disease before addressing the hearts basic nutritional needs was not wise. I agreed.

I had some magnesium on hand, so when I went to my daughter-in-laws house later that day I brought some with me and asked her if she would like to try one (minimum RDA) and see if it helped. Her heart rate at that time was around 120. Knowing that magnesium was a safe over the counter nutritional supplement, she opted to chew one up. Within 10 minutes her heart rate was already down to 80. Of course, we were all relieved that she didn't have a heart problem, just a nutrition deficiency. Her doctors were also pleased with this simple answer.

Unless you have had an extremely stressful problem resolved in such a simple fashion it is difficult to explain how grateful you feel. We are very grateful for this type of simple nutrition based health wisdom which we can always count on from FOLHS. We have made donations to Donna and Kathi, from time to time, because it only seems fair to provide some return for their efforts to help us and to enable them to continue what they are doing. These ladies actually walk the talk and I have a lot of respect for that. I appreciate finding two people who are Christians that act in concert with their beliefs.

Fountain of Life Healing School is an endeavor which we believe is necessary and worthy of support.

With all due respect,

Craig and Katie Chamberlin