

## William M. Gerrits

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Dr. Allen R. Turner, Dc, Chiropractor  
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September 30, 2015

Dear Dr. Turner,

I feel the time has come to tell you of my remarkable experience I am having since I came to you on Wednesday, August 12, 2015 for my original consultation and review of my Health and Diabetic conditions that had developed over the last 31 years.

I have suffered from cardiovascular disease since 1984 and have had 3 different surgeries for this, including a triple bypass in 1996. I also developed Chronic kidney disease that year as well.

During those years I had struggled to lose weight. I had tried many different diet and exercise programs without success. I joined a fitness center and had a personal trainer to guide me with my exercise routine using all the different kinds of training equipment they had but after 3 months of doing it, nothing happens and so I decided not to continue.

Then one day I was referred by a friend to a fitness and diet centre who had personally achieved good results at this centre, so I decided to try it out. They put me on a very restricted diet and a variety of supplements which I was on for 6 weeks. I was not feeling well on this program and was having extreme abdominal pain. I advised them that I could not continue with the program as I was having real difficulty with all the pills, etc. I was taking and felt that I needed advice from a Medical Doctor before proceeding any further.

During the next 3 days, my condition worsened to the point I was admitted into Sunnybrook hospital where they determined that I had gone into 100% total Kidney failure. It took 4 days of dialysis for my kidneys to start working again. There were several times I did not think I would live through this experience.

The herbal and dietary supplements I was taking were given to the attending specialist and they were sent to the lab for analysis. Two days later, 2 Doctors came to my room to discuss the pills, etc. I was taking. They advised me that they were not appropriate for me and had caused my kidneys to fail. They recommended that they all be placed in the garbage and disposed of.

Since this experience, I have been extremely cautious about taking any supplements and always check them out with my Doctors before taking them. In fact they insist on it.

During my stay at Sunnybrook Hospital, they had every Medical Dept. available check me out from head to toe to assess me completely on any Medical Issues.

Well, Lo & behold, on the morning of December 16, 2011, the Doctor from the Endocrinology Dept. informs me that I have Type 2 Diabetes and was referred to their Diabetic Education & Weight Loss program & told to see a Dietitian.

Sunnybrook Hospital has a Rehabilitation Treatment Program for Diabetic patients which I religiously attended for 2 years.

This program included weekly sessions on good diet and Nutritional control as well as 2 hrs of exercise. Note all are under 100% Medical staff supervision.

I was told that I was 30 lbs overweight and that diet control and exercise would be the answer.

Having completed my 2 years program, I found that I was no better off than when I started, so I abandoned the program and literally gave up. I had not lost any weight and my blood sugars had not decreased at all.

#### **Then Along You Came: DR. ALLEN TURNER**

I want to tell you in detail as to how I arrived here at your office in Stouffville on Wednesday August 12, 2015.

It all started with me reading a Advertisement that you had placed in the Toronto Star sometime in November of 2014, inviting people with a Diabetic condition to attend to a FREE Seminar at the Park Hotel/Suites in a Markham, On Hotel, for a detailed and informative presentation as to how to get your Life and Health back to a controllable condition.

The ad was so Dynamic, Factual & Informative that it drew some SERIOUS attention to me and forced me to attend that Meeting.

The Room was packed, but I got there early and grabbed a FRONT seat so I wouldn't miss anything.

Well Out comes Dr. Turner and the first thing that you tell the audience is "I want you all to understand that I am not a M.D but a Licensed and practicing Chiropractor" here just north of Markham and that I lost My Father and some Family Members to Diabetes and have devoted my Practice and my Knowledge and life to helping people with Diabetes improve their health with a proper and regimental Exercise and diet controlled program etc. You also made it very clear to everyone that you Do Not Treat Diabetes or claim to be able to Cure it.

I listened intently to all of the Information and slides that were presented by you during your Presentation and in the end I lined up with most of the other people present to fill out a Form of Introduction to you for a FREE Consultation of each person on a personal basis for a total FREE Consultation of their current health and diabetic Condition.

I attended to Your Office as scheduled and after a thorough review of my Medical history and files that I had provided, we discussed a program that suited my Schedule and it was suggested that a number of X-rays be taken to verify some specific Spinal issues that were present.

#### **I will now outline my Progress report to you.**

I had my first treatment in your office on August 12, 2015

I have had (3) treatments each week for (6) weeks

Total treatments to Date	(18)	
Gross Weight at time of Start August 12, 2015		(252.6 lbs)
Net Weight as of Sept. 27, 2015		(239.4 lbs)

#### **TOTAL WEIGHT LOSS TO DATE 13.2 lbs (WOW)**

My Sugar levels recorded on August 12, 2015 were @ 8.1.  
They have decreased to an average of (5.0 to 6.8) over the last 6 Weeks.

I have reduced 2 of my Diabetic Meds over the last 6 weeks as well and am looking forward to getting rid of ALL my Diabetic Medication.

In addition I cannot elaborate enough, the Tremendous Improvement that I have had in my walking since I commenced my treatments with Dr. Turner.  
There were times that I literally could not walk further than 100 Ft. at a time where now I can go to the Mall and walk for a good ½ Hr with No Pain whatsoever.

How can you place any Price on this kind of results?

### Now for the BEST NEWS

When I Met with you Dr. Turner for the 1<sup>st</sup> time on August 12, 2015 you provided me with a Large container of a "Powder Supplement" to be Mixed with Almond Milk 1<sup>st</sup> thing in the Morning along with 3 Bottles of supplements to be taken 3 times Daily.

I told you I was somewhat skeptical of taking any supplements after the near Fatal Experience I had with the Improper Herbal Supplements I had consumed in 2011.

You advised me not to worry and you really appreciated my concerns but that all of the Supplements had been researched by you and were the Very, Very best available on the Market TODAY.

I started to take all of the Supplements that day and have continued them Every Day Since.

### NOW FOR THE GREAT NEWS

Dr. Turner, I am sure you can understand the concerns I have with taking any Supplements after what I went thru in 2011?

I had a semi-annual Medical Checkup with my Nephrologists Dr. Norman Muirhead M.D (Kidney Specialist) at University Hospital in London, ON. on Friday Sept. 4, 2015 and I had him review the 3 Bottles of Supplements and Powder Mixture I had been provided by you.

I also discussed the strict diet I am on and he indicated "it's obvious that it is working for you".

He sent me for Blood Work and when I got back to the Examination room, he said "**Bill keep on doing what you are doing**". everything is looking up and "**Oh Yes**" **I have checked all of the Ingredients of the Supplements you are taking and advise you that you can keep on taking your provided supplements, there is nothing but GOOD STUFF & INGREDIENTS in them.** He was amazed and very pleased with the progress I was making.

Dr. Turner, words cannot convey to you my personal & Heartfelt Thanks to you for what you have done in setting me Straight on a GOAL of Achievement in finding a Program and Plan that no Singular Person or MEDICAL DOCTOR has been able to do for me in the last (31) YEARS and as you know I have had a lot of Great Doctors and Medical Specialists looking after me for the last 31 years.

I see all of my Specialists on a regular basis & kept up all my Medical Review with all of the Specialists namely:

- #1- My Family Doctor - I see regularly
- #2- My Nephrologists (Kidney Specialist) - I see every 6 months
- #3- My Endocrinologist (Diabetic Doctor) - I see every 3 months
- #4- My Cardio Vascular Surgeon (Heart and Circulatory Specialist) - I see every 6 months
- #5- My Rheumatologist (Circulation and Gout Control Specialist) - I see every 6 months

He is one of the most specialized Cardio surgeons at The University Hospital in London, ON and at each visit a thorough Examination is made of my arterial veins by means of an Ultrasound and Dobbler tests are done along both Carotid Arteries and all of my Leg & Foot veins to check for proper circulation.

You know Dr. Turner, in the past 31 years of my journey through Life with all of its wonders. I have met some of the Greatest Medical Professionals, Surgeons & Doctors who NO DOUBT have Saved my LIFE.



The very and most regretful thing about all of this is that NOT ONE OF THEM HAS EVER TAKEN THE TIME TO SIT ME DOWN AND EXPLAIN TO ME WHAT I SHOULD BE DOING WITH MY HEALTH CONDITION THE WAY THAT YOU HAVE.

You know when I go for my Medical Appointments; the Most Time any Doctor ever spends with me is 15 Minutes.

A real great Deal for me the patient and away I go again for 3 or 6 Months.

I want you to know Dr. Turner from the Moment I first met you at that Seminar in November of 2014 you showed that you have a COMPASSION for your Fellowman & Patients and I seen how Sincere you were in your Commitment to helping People like me with my Special Medical Issues.

You know it goes without saying that it shows in the way you Operate your Practice.

- #1 - You have the most Polite, Courteous Staff that I have seen for a long time.
- #2 - They always greet you with a warm Hello and are concerned as to how you are.
- #3 - They are so accommodating in making and setting up our appointments and schedules.

You DR. Turner are ONE of a Kind. " A VERY SPECIAL PERSON"

From the very first time I met with you for my Consultation, your only interest was to see what my problems were and what steps could be taken to help me.

Well let me assure you, and tell you that you have SUCCEEDED.

After 6 Short weeks of treatment I have never felt better in my LIFE.

Yes, The Diet that you have me on was really tough on me for the first 3 or 4 weeks and I have said many times, "NOT even 1 Steak or 1 of my Famous Black Tim Horton's coffee in the morning"?

Well I am getting used to all of it because I know that I have finally met a Professional Person by the Name of Allen R. Turner D.C, Chiropractor, a Dedicated Individual who is so caring about his Patients.

I want to end with a Note to you about a Patient I met Last Monday Sept. 28 who had brought her Daughter in for her 1<sup>st</sup> Back treatment (You were in your office with another Patient).

This Middle aged woman says to me, You know when I first came to see Dr. Turner, I couldn't even walk and now she says I can do everything I want and she proceeds & does about 6 Touch your Toes etc. and does a little Dance in your Clinic.

I have met no one but Happy and Cheerful Patients at your Clinic and they all speak so Highly of You. How nice to see so many Happy Patients at your Clinics.

Thank you so very sincerely for being there for us ALL.

I remain,



William (Bill) Gerrits