

# ALONE ON AN EMPTY STAGE

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by **Cynthia Gumedo**  
Director of Oxygen For Life

“I am on an empty stage - alone, and lonely. I am a 54 year old divorcee, and my two grown up children are far away from me.”

“Last year, my health was falling apart. I was working as an instructor, co-ordinating training operations for a large company. Then, my 9-year-old daughter became so sick that she passed away. What a blow! I totally lost my confidence, became very short-tempered, and always wanted to be alone.”

“I struggled on like this until my next blow - my only brother was shot dead! My condition worsened. Now I was anxious and irritable all the time. I would cry at the slightest thing that upset me. I could not sleep properly and was constantly tired. I also had frequent headaches, lost my appetite and started losing weight. I could not understand what was happening to me, and I was really frightened.”

“Then I heard about Cellfood on Radio Umhlobo Wenene. I said to myself, ‘This Cellfood is going to change my life!’; and phoned the company Oxygen For Life. They were very helpful, and referred me to a nursing sister in my local area who could assist me.”

“I made an appointment to see a nursing sister who lived nearby; and, after listening to my story, she said that I was suffering from depression. She said that she was seeing more and more people with similar symptoms; and that they were reporting excellent results when they used a product called Cellfood. I bought my first bottle of Cellfood from the local pharmacy, and started taking it that day.”

“The first week there was no obvious change in my health; and, during the second week, all my ailments seemed to get worse - head-aches, dizziness, diarrhoea, fever and shivering; and my skin - full of pimples, and pitch black in colour.”

“When I contacted the nursing sister to complain about my condition, to my surprise, she said that she was very happy about what I was experiencing”

“The nursing sister explained to me that before a person’s body can properly heal itself, it has to clean out all the toxins and

poisons that have been accumulating for many years. She told me that symptoms such as headaches and diarrhoea were occurring because my body was busy eliminating these toxins, which was a natural healing process called detoxification.”

**Before your body can properly heal itself, it has to clean out all the toxins and poisons that have been accumulating day by day while you have been stressed and depressed”.**

“I continued taking Cellfood daily; and, after two weeks, my symptoms disappeared, and I started to regain my strength and energy.”

“Over the months, I have continued taking Cellfood; and, when I last called on the nursing sister, she was so surprised at the positive change that has taken place in my life, as well as in my looks. I now feel bright, positive, healthy and strong. My ailments have all gone, I have gained weight, feel full of energy and have a renewed enthusiasm for life. WHAT A MIRACLE. I thank the Lord for this wonderful supplement”.

Although I am now a director of a growing company, I have also had many hardships in my life, and can identify with the story of this woman, who wants to remain anonymous, but wants us to share her story with others who may be feeling alone on an empty stage.

This personal account of her transformation from a depressed person who was breaking down under a load of hardships and heartaches, to someone who is now dealing effectively with her life on a daily basis, should be a source of great encouragement for the many who are struggling under hardships.

Today, many people and families are being affected by the trauma of suffering and death, either due to violence or the Aids epidemic in South Africa. When we have so much pain and heartache, we start showing symptoms of not being able to deal with trauma and stress.

Depression then sets in; and, although the symptoms differ from person to person, usually people who are depressed, suffer from:

- **Constant tiredness**
- **Loss of appetite or overeating**
- **Irritability and not sleeping well**
- **Lack of concentration**
- **Anxiety and Headaches**
- **Lack of sexual interest**
- **Feelings of worthlessness**

Depression is a medical condition; and, when the chemicals in the brain become imbalanced, it becomes very difficult for people to respond effectively to the world around them.

In this state, the body accumulates acid waste and toxins more rapidly than it can eliminate them through its normal elimination systems. It also requires more special nutrients, such as magnesium, lithium, tyrosine and tryptophan, than it gets from a normal diet. These “brain chemicals” are essential. For example, deficiencies of amino acids such as tyrosine and tryptophan result in depression, erratic moods, chronic fatigue, anxiety and low sex drive.

So, because Cellfood contains all these elements, it greatly assists in cleansing your body of damaging toxins; elevating your mood; and enabling you to effectively deal with anxiety and stress, and make correct decisions in life; so that you no longer feel alone on an empty stage.

**Cellfood®**  
Oxygen Mineral Supplement

**World-leading, Award-winning  
Nutritional supplement that  
assists the body in:**



- Oxygenating
- Energizing
- Cleansing and
- Regenerating cells
- Improving cardiovascular functioning
- Dealing with anxiety & stress
- Dealing with fatigue
- Optimizing bodily functions
- Improving general well-being



Winner of the 1997 Advanced  
Technology Award from the  
International Hall of Fame



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