



Katja Eberle, with much excitement and enthusiasm, joined the AIM Family in October 1996 and is currently a Director level. She is married to Ere and has two children, a daughter Alexandra and a son Joachim. Her hobbies and interests include Tennis, gymnastics, reading, swimming and dancing.

A Natural approach in preventing Debilitating Migraines

by Katja Eberle

Barley-Life allowed Katja to take control of her life. Not only have these products changed her life, but over the past years they have helped many of her friends (and their friends) to live a healthier and fitter life.

Just after immigrating from Germany, to South Africa in 1975, Katja met her husband Ere who persuaded her to start playing tennis with him. Excited about her new sport and the progress, she spent and still does spend almost every weekend at the Austrian Tennis club in Melville, meeting with friends and playing socials.

Even though it was great fun, there were days, and sometimes even weeks, when she was completely out of kilter due to profound migraines. She had suffered from this illness since the age of 15 and no doctor, not even in Germany, could really help her. Katja had literally tried everything. Changing her diet, doing more endurance sports like jogging (with the aim of increasing oxygen levels to the brain) were all part of fruitless measures. She was devastated. Out of desperation she started experimenting with different types of pain killers, which sometimes reduced the aches, but never prevented them. These migraines dominated her life.

A few years later, her friend Bruni introduced her to BarleyLife®, telling her it would boost her energy levels and make her feel "more awake and alive on the tennis court". With absolutely no expectations at all, Katja bought her first BarleyLife® and the results were amazing! Amazing, however, not in the sense that she was now supposed to feel like "super girl" on the tennis court, but much more in the sense that her migraines had completely disappeared! It was only 3 weeks later when she noticed that it must have been the "green powder" she had been consuming.

Very excited about the fact that she might have found THE cure for herself, she immediately bought the next canister of BarleyLife®. Apart from the fact that she lost an entire 8 kg's in only 10 months, she has never suffered from another migraine since! Sure, the odd, minor headache here and there (when the weather plays up) which is unavoidable, but it certainly has no impact on her life, sport, family and friends. BarleyLife® has allowed her to take back control of her life.

She decided to give BarleyLife® to her son, who suffered from bronchitis for many years. Thirteen years later he is still taking it and has never had problems with his lungs again.

With much excitement and enthusiasm, Katja joined the AIM Family in October 1996 and was very fortunate to have learned about AIM's many other life-changing products such as Frame Essentials™, Herbal Fiberblend® (very important for the colon), AIMega®, Proancynol™ 2000, CalciAIM and Composure®, just to name a few.

"A big thank you to AIM and an even a bigger thank you to my friend Bruni who introduced me to BarleyLife® in the first place".