



# Bob Beck's Legacy



## GUIDE TO TELLING YOUR STORY

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**We welcome your experience** in a way that is comfortable for you. Send us your story in writing, on video or as a voice recording.

First, be yourself and imagine you are writing a letter to, or talking to, a friend. Don't worry about spelling and grammar. We will edit if we need to and send the finished copy to you for your final approval.

Please use the following questions as a guide. Again it may be helpful to imagine a friend asking you these questions as they want to better understand your health journey ... and make a decision about their own choices for health.

1. Please include the beginning stages of your health challenge: What were the symptoms and how did you feel physically and emotionally? Was your life altered or limited in anyway? Did you have a formal diagnosis? If you had testing, what were the results?
2. Explain what you did on your journey to restore your health: For example, what parts of the Bob Beck Protocol did you use and how did you use them? Did you use other therapies before or during the use of the Beck Protocol? What changes, negative and positive, did you experience? How long did it take before you saw changes? Are you still using all or part of the Beck Protocol?
3. Please sum up by letting us know about your health now: How long has it been since you restored or improved your health? How do you feel? Did the Beck Protocol or other technology help you? What is your life like today in comparison to when your health challenge became evident? What have you learned from your experience?