



**DEPARTMENT OF THE AIR FORCE**  
**HEADQUARTERS 542d COMBAT SUSTAINMENT WING (AFMC)**  
**Robins Air Force Base Georgia**

06 September 2007

Dear Dr. DeMaria,

When I was invited to take time to look at a recorded TV program, I had no idea that the twenty to thirty minute segment featuring "**Dr. Bob**", would change the way I approach health care or that it would impact my entire staff of highly trained and vastly experienced professionals, as well as a conference consisting of business owners, industrial executives, active duty representatives from two branches of the United States Armed Forces, a Pentagon representative and many civilian employees of the U.S. Air Force and U.S. Navy.

Dr. Bob, after watching that TV segment I did two things:

1. Sent you an e-mail, and you graciously accepted my invitation to be the keynote speaker at the 2007 AMRAAM Sustainment Conference, our theme "**a Healthy Program Depends on a Healthy Team**".
2. Added your ABC protocol to the healthy supplements I was already taking. Approximately thirty days after adding your ABC protocol my cholesterol and triglyceride numbers responded with a drastic turn for the better, as confirmed by two blood test performed on the same day less than two hours apart in different cities.

Your conference presentation "**Sixteen Turbo-Charged Health Tips**" immediately motivated attendees. Some went out to shop for beets during the very next break. Now a month later not a day goes by that I do not overhear some member of my staff talking about how they have incorporated one or more of your tips into their daily lives. Most of the calls or e-mails from people outside of my immediate organization, who attended the conference, mention something they either picked up from your presentation or from one of your books.

Dr. Bob the materials you make available, books and recordings, are extremely valuable as we continue to learn and put into practice personal responsibility for achieving optimal health.

Your presentations are clear and direct affording everyone the opportunity to make health-improving changes to their lives using basic at hand staples like apples, almonds, carrots, cabbage, beets and avocados. While eliminating trans fats, partially hydrogenated oils and sugar from their daily routine. In other words replacing the man made foods that are killing us with natural foods that support life and health.

Thank you for educating and fostering professional relationships with business and industry that bring into focus the vital role of personnel healthcare responsibility to the industrial base.

A handwritten signature in cursive script, reading "Roy Smith", is positioned above the typed name.

Roy Smith  
AMRAAM System Sustainment Manager  
460 Richard Ray Blvd Ste 200  
Robins AFB 31098-1813



Friday March 30<sup>th</sup>, 2007

Dear Dr. DeMaria,

On behalf of the PTSA and the Wellness Day Committee, we thank you for your participation in the 3rd annual Wellness Day at Westlake High School on Wednesday, March 28, 2007.

Generous volunteers provided nearly 50 individual health-related informational sessions to over 1400 students during the course of one school day. Your sessions on Food As Fuel were an important addition to the information presented to our students. Your presentation was crafted nicely to give our teens some personal thinking points, and we hope your enthusiasm for careful food choices spreads among them.

We hope you enjoyed being a part of this valuable event, and realize how much we appreciate your contributions. Please contact us if you have any comments, suggestions, or questions. We are always interested in improving the event.

Sincerely,

Dorothy Beyer, R.N.  
WHS School Nurse  
Wellness Committee  
Beyer@wlake.org

Debbie Rzewnicki  
WHS Parent Teacher Student Assn.  
Wellness Committee  
Drzewnicki@hotmail.com



*Welcome to Heinen's* ♦

**Heinen's Fine Foods of Chardon**

402 Center Street  
Chardon, OH 44024

April 10, 2008

Dear Dr. Bob and Debbie,

Thank you both for coming out and sharing some HEALTH with us at Heinen's in Chardon. You really kept everybody's attention and I know they learned a lot. Thanks for the books. I have been reading through them. Three weeks ago I started nursing school. I will work my way up to a nurse practitioner....my goal! You certainly have a medical ministry and I know you have taken it VERY seriously. May God bless your work....both of you!

Warm Regards

Jan Beracz

Co-coordinator of Health Talks in the Heinen's  
Chardon Store



On April 24, 2007, Dr. Bob DeMaria spoke to concerned parents at the Parma KnowledgePoints about the connection between trans fats and ADD/ADHD. He provided many clear and concise examples that really helped the parents to see that what they formerly thought as innocent "kid food" is really a contributing factor to many attention problems in school due to the improper metabolism of fats in the brain. Parents made many positive comments about the presentation and thanked us for bringing Dr. Bob to KnowledgePoints. Because of the response of the parents, we are planning a repeat visit by Dr. Bob in the Fall of 2007.

Thank you for your kind words. If I could possibly barter services with you, I'd love to bring my son out to see you. I'd like to keep in touch if possible, I have a great admiration for your research and your godly way of letting people in on the truth. I'd also love to be involved in some way in changing the school lunch programs to be better for kids. Let me know if you see any open doors.

Your prayers would be much appreciated, and I will keep you in mine.

Sincerely,  
**Nebbie**