

April 2019

*Ruggle-it* Testimonial  
for  
**Bone infection & Pain from prolonged Human broken leg**  
**+**  
**Corn on foot due to 12 months+ on crutches**

[**ZOOM NOTE:** To clearly see this text, please use the '+' keys on the top of this screen to enlarge it to 100% or greater]

All [REDACTED] areas are text/names/descriptions that may contravene Veterinary Medicines Directorate regulation; text within [] has been inserted by this office.

**Key to coloured sections.**

**Page 1** – yellow highlight – the original breaks, grafts, operations, issues.

**Page 1-2** – peach highlight - 2<sup>nd</sup> break, use of Ruggle-it

**Page 2** – green highlight – corn on foot caused by walking 'oddy' with crutches over past year.

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-----Original Message-----

From: Sally Russell, SPAIN

Sent: Sunday, April 28, 2019 8:13 PM

To: Ruggles & Stopital Ltd

Hi Karen

Please use any of this email that could help **your brilliant products.**

In **1977 I broke my leg , below the knee, both Tibular and Fibular.** Surrey County Hospital operated and **put in a plate** as I was a **professional rider** , they said it would be quicker to heal.

After a few weeks, in plaster, non weight bearing I could **smell a bad odour**, all the **dogs were very interested.** **Plate removed** , then over the **next few years I had 14 operations.**

I **had osteomyelitis [infected bone]**...chronic over the years, I got used to the plaster and once it was below the knee continued riding! Surrey County did a **bone graft** from my **left hip**, it **didn't work**, then I went private and had **another bone graft**, the **other hip** ...that worked. Also they put down a **KNail** - this, after a year or so I had **removed** at the Naval Hospital HMS Haslar, sadly now closed.

Everything **was fine** from then on. At times it **ached** in the cold but with **built up heels**, 3 inches , even my riding boots and wellies , fort **long listed for the Olympics!!** Couldn't afford it !

Since coming to **Spain** there has been the odd painful day, but I am used to it.**still riding and breaking horses!** In **March 2018** one wet raining evening I **went out to feed the feral cats**, **slipped on a slate** and it **hurt!** The doc said it was just a bad bruise **but an X-ray showed a clean break of the tibular**, the **fib had been removed years before as it was infected.** Had a small plaster for a month or so, **bone healed.** All OK. However after a

**lot of pain** I had another xray that **showed that the bone graft had moved slightly, hence difficult to walk.** Getting OK on 2 crutches, then one crutch, but **still hurt**, so I decided about a month ago, maybe 5 weeks *[R&SL comment: end of Feb'/early March 2019]*, that I would rub in your **Ruggle-it oil** and as it had been **bandaged** anyway for support, so I **put a soaked pad on the break area.**

**Slowly things improved** *[since applying Ruggle-it daily]* and the **pain went away yesterday for the first time.** I went **shopping etc and didn't use the crutch!** I have driven through all this as I only use my toes on the pedals ...**today was even better**, I did a **lot of gardening** and watered it all!

I really truly believe that the **improvement is down to The Ruggles Oil.** **It is brilliant.**

*[R&SL comment: We salute Sally for even considering applying the Ruggle-it oil with the hope that it's **anti-bacterial, anti-fungal properties** might seep into the skin & deal with any hidden infection. We'd have **never** thought to try it! We salute the ever **incredible Mother Nature** for gifting the world Her ingredients & allowing Ruggle-it to combine just a few of Her 'gifts' to try to help humans & animals in trouble...]*

**One other thing!** As I was **walking badly with the crutch** I got a **corn on one of my toes!** Expensive getting this done here! So got a **sharp knife**, cut the corn off and **soaked it in your oil** for **three days**, now....**no corn!** You should be made a dame! It is brilliant ...will keep you up to date

If anybody wants to talk to me, **give them my email or telephone** here.

Thank you Xxx

Sally Russell

Sent from my iPad

Many thanks to **Sally Russell, Sabinillas, Spain** for taking the time to write this **pretty remarkable** feedback.

**Note:** Whilst we are hugely grateful for all the telephone feedbacks we receive on our products, only ones received in **writing & approved by the author** for use by R&S Ltd will be considered for inclusion on this web or as part of any PR...so that readers have peace of mind that we're not making them up! All quoted testimonials can be viewed at our offices.

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