

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 'oddly' 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.

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