

TIPS FOR TAKING YOUR PRODUCTS

- TAKE LIQUIDS ON EMPTY STOMACH.
- TAKE PILLS WITH MEALS.
- YOU CAN COMBINE ALL LIQUID PRODUCTS TOGETHER.
- MOST LIQUID MULTIVITAMINS NEED TO BE REFRIGERATED AFTER OPENING.
- FOLLOW THE DOSAGE ON YOUR “CLIENT SCHEDULE” NOT THE BOTTLE.
- KEEP OUT OF DIRECT SUNLIGHT AS THIS CAN DILUTE THE POTENCY.
- WE FIND THAT IF YOU PREPARE YOUR PRODUCTS THE NIGHT BEFORE YOU GO TO BED THEY ARE EASIER TO TAKE. SO, WHAT WE RECOMMEND IS TAKING THREE GLASS VIALS AND LOOKING AT YOUR “CLIENT SCHEDULE”, COMBINE EVERY LIQUID IN THE COLUMN “WHEN ARISING” INTO ONE GLASS VIAL. DO THE SAME FOR THE OTHER TWO COLUMNS “BETWEEN MEALS.” NOW YOUR DROPS ARE READY TO GO FOR THE NEXT DAY. FOR THE PILLS: PUT WHAT YOU WILL NEED FOR BREAKFAST, LUNCH, AND DINNER IN BAGGIES OR A PILLBOX AND TAKE WHEN EATING.
- ALSO, I RECOMMEND THAT YOU TAKE A MARKER AND WRITE THE DOSAGE DIRECTLY ON THE BOTTLE. THIS SAVES YOU FROM CONSTANTLY REFERRING TO THE SCHEDULE **PLUS** IF YOU SHOULD MISPLACE THE SCHEDULE, YOU STILL HAVE THE DOSAGE ON THE BOTTLE.
- YOU CAN PUT THE DROPS DIRECTLY UNDER YOUR TONGUE OR IF THERE ARE TOO MANY, YOU CAN SWALLOW WITH A LITTLE WATER.
- IF YOU START SLOW ON THE “DETOX” PRODUCTS, YOU WILL LIKELY ELIMINATE HAVING A DETOX REACTION. SO, THE FIRST DAY TAKE ONE DROP OF THE DETOX. THE NEXT DAY TAKE TWO DROPS. GRADUALLY INCREASE UNTIL YOU REACH THE RECOMMENDED AMOUNT.
- CALL OR EMAIL IF YOU HAVE ANY QUESTIONS/CONCERNS.
- IF YOU FORGET TO TAKE A DOSE, YOU CAN TAKE IT LATER IN THE DAY BEFORE BED, OR JUST SKIP IT THAT DAY.
- DRINK HALF OF YOUR BODY WEIGHT IN OUNCES OF ALKALINE WATER EACH DAY.
- MAKE SURE YOU ARE ELIMINATING AT LEAST ONCE DAILY, IF YOU ARE NOT, CONTACT PRACTITIONER.
- STAY ON ALL PRODUCTS UNTIL RE-EVALUATION UNLESS OTHERWISE NOTED.
- IF YOU ARE UNSURE ABOUT USING THIS SUPPLEMENTATION, YOU SHOULD CONTACT YOUR PRIMARY CARE PHYSICIAN BEFORE STARTING YOUR PROGRAM.

THE INFORMATION ON THIS REPORT IS RELATED TO ENERGETICALLY BALANCING THE BODY AND IS NOT MEANT TO BE DIAGNOSTIC OR REPLACE THE ADVICE OF YOUR MEDICAL PHYSICIAN.