



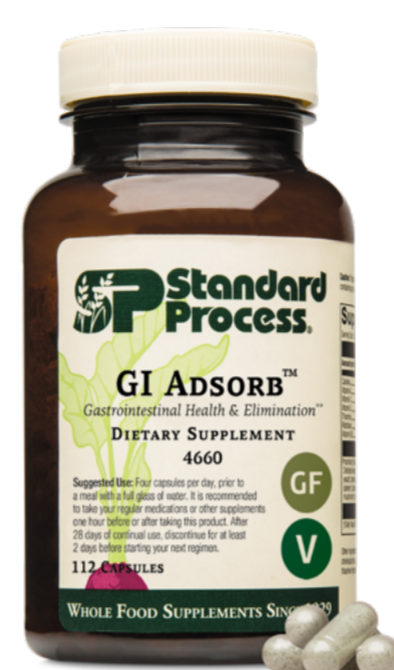
Conscious Body Conversations

Remedies to the Rescue!

Recently more and more people are experiencing CoVid complications, weird colds and crazy flus, many of which seem to target the digestive system with vomiting, diarrhea, stomach pain and bloating or lay you down with symptoms of headache, fever, muscle aches and cough.

What you may not realize is that acute as well as longer-term symptoms occur generally because of the toxins these viruses create in our systems. Many people are already susceptible to these symptoms because of holiday binging, alcohol, stress and fatigue.

So to cut short the amount of time you're down and out I've given you four of my favorite go-to remedies to help you through!



GI Adsorb

First let's understand what an Adsorbant is. Instead of absorbing something it actually traps toxic substances at its surface which keeps them from interacting with our body tissues. These trapped substances can then be easily eliminated from the body. After years of research, this was developed using purified Clinoptilolite which comes from volcanic ash from seawater, making it very different from other clays and charcoals. This also contains cracked cell wall Chlorella and Collinsonia Root to enhance heavy metal detoxification and more balanced bowel function. 4 capsules taken once daily on an empty stomach and one hour away from food or other medicinals.

There have been many cell studies, animal trials and human clinical trials which have shown this to be effective for:

- Reducing diarrhea or IBS symptoms.
- Trapping microbes in the gut that create digestive distress.
- Removes heavy metals, mycotoxins and metabolites that cause digestive problems.
- Helps to prevent viral and post-viral symptoms that affect our gut by reducing exotoxins.



LivCo

Whenever we are dealing with allergens, toxins, chemicals or too much holiday food, our liver is what protects our body from the effects. With Rosemary Leaf, Milk Thistle and Schisandra, this is the perfect remedy for headaches, allergy symptoms, post-holiday binging and the effects of alcohol. Supporting the liver is essential during and after illness. 2 tablets before eating or on an empty stomach twice daily.



Viru-Tox

Symptoms of CoVid can drag on for weeks which often can happen not just because of the virus, but because of the accumulation of biotoxins that the virus creates in our tissues. This homeopathic remedy is the best at helping to eliminate those toxins from our bodies. 2 droppers in a little warm water 6 times daily until the bottle is gone.



Saligesic

If you are popping the pain killers, then consider the original aspirin. Saligesic or White willow bark is more effective than most OTC pain killers, does not create any stomach upset and can be taken safely long-term. For everything from osteoarthritis, low back pain, tendonitis and headaches, this is a great anti-inflammatory and analgesic. 2 tablets 3 times daily for acute pain.

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