

Body of Balance

Essential Evolution

Why Liquids?

1. Liquids have a million times more surface area than pills.
2. The natural way to take liquids is through the mouth.
3. Liquids in the mouth trigger the brain for absorption.
4. There are thousands more nerve receptors in the brain-head-mouth
5. Liquids offer superior bioavailability and resulting effectiveness.

RULES FOR TAKING LIQUITROPHICS - the bigger 4 ounce bottles

As directed on bottle, take 1 teaspoon with breakfast, 1 teaspoon with dinner. Remember, "with food or as food." Careful, always pour into larger spoon - e.g. pour 1 teaspoon into 1 tablespoon or take a clean sip, cap and refrigerate.

1. Liquitrophics may be taken with meals.
2. Refrigerate after opening.
3. Liquitrophics and Homeopathics should be taken 20 minutes apart.
4. Do not store Liquitrophics in sunlight.
5. Keep away from x-rays, hand pass at airport security.
6. Liquitrophics may be taken together with other Liquitrophics.
7. Liquitrophics may be taken with other medicines and supplements.
8. If you desire, take oil based Liquitrophics 20 minutes away from other Liquitrophics.

RULES FOR TAKING HOMEOPATHIC REMEDIES - the smaller 1 ounce and 2 ounce bottles. Take 7 to 10 drops (one dropper full), 2 to 3 times per day.

1. Take nothing by mouth 20 minutes prior to or following dosage. This includes food, drink, cigarettes, chewing gum, toothpaste, mouthwash, etc.
2. Limit caffeine or nicotine in any form, such as pop, coffee, chocolate, cigarettes. If necessary use these one hour after taking a Homeopathic.
3. Limit mint in any form, such as candies, toothpaste, and mouthwash.
4. No camphor, as in muscle and joint rubs. Avoid mothball fumes and any strong aromatic substances - e.g. perfume, colognes, etc.
5. Limit breathing of other strong smells such as paint thinner, eucalyptus, cigarette smoke (especially menthol).
6. If dental drilling or mouth trauma occurs, rub all Homeopathics into your gums for 2-3 days after dental work.
7. Limit raw garlic to one hour after taking a Homeopathic.
8. Alcohol sensitivity: If person is sensitive to alcohol, put the drops into a glass with 1 oz. of warm water (around 100 F). Allow 1 minute, for the alcohol to evaporate by stirring with wooden spoon or chopstick.
9. Place drops under tongue and hold for 30 seconds before swallowing.
10. Keep Homeopathics out of direct sunlight, x-rays, microwaves, TV rays.
11. Homeopathics may generally be taken with other Homeopathics.

By following these guidelines, the remedies have the greatest opportunity to enhance your wellness.

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About the Healing Process ...

Sometimes in the course of regaining vibrant health and optimum wellness using natural healing therapies people go through a healing process. It is important to understand what is happening during this process, what it means and what you can do to assist this process. The healing process is often accompanied by minor symptoms of cleansing such as aching flu-like symptoms, headaches, runny nose, diarrhea, irritableness, feeling tired, skin eruptions, gas, sweating, tearing, crying, bad breath, sleeping more, coughing, or emotions surfacing and releasing. Essentially these are all the different ways the body has of releasing stored stress and wastes. Symptoms are generally indications that your body is working to overcome the condition and become well again. Please do not stop taking the remedies.

Don't be alarmed when you feel "worse" after you start a wellness program. This is a good sign. This means that your body has built up enough strength inside to expel accumulated wastes. When stress and toxic wastes circulate inside your body they do damage to your cells and tissues and weaken your body. This is recognized by medical science as a major cause of disease. Thus it is good for your health to get rid of these wastes.

In cases where you have a chronic condition that your body has adapted to, you may have no symptoms until a remedy is taken. You had no symptoms before because the chronic condition had weakened your body to the point where it did not have the ability to produce symptoms. Now your body is working to overcome this condition and become well again. Please note that the Dr. Recommends line of homeopathics have been engineered to minimize the symptoms of cleansing. They work to gently stimulate the body to cleanse while strengthening your organs, restoring balance, and stimulating your body's natural healing powers.

If a cleansing process occurs after taking homeopathics or nutritional supplements, or receiving natural healing therapies you can assist the process by drinking plenty of water, allowing yourself plenty of time to rest and not overexerting yourself. Please allow your body's natural elimination process to occur. Drugs, such as decongestants, deodorants, ointments, and over the counter flu medicines hinder this process and drive the wastes back into your body. For example, when you take aspirin to bring down a low fever you are shutting off beneficial processes occurring inside your body. The fever may be stopping the growth of pathogens or accelerating a beneficial metabolic process.

After a few hours or a few days the cleansing process will end. You will now experience a state of greater health. You may find that now that you are stronger inside you get sick less often, you can think more clearly, you have more energy and fewer complaints. Sometimes as you clear wastes from your body and increase your blood and energy flow your sensory systems begin to function better. You may notice that you can feel more subtle sensations and body signals. This can allow you to notice the effect on your health of things such as poor quality food or stress. This increased awareness allows you to pinpoint what is good for you and what affects your health or outlook negatively. It is a fun journey - an ongoing process of peeling away layers of stress, feeling better and better and uncovering your full potential as a human being.