



the Purple House
**ULTIMATE
VITALITY
BOOST**



HOW I CURED MYSELF FROM LIFE THREATENING ALLERGIES FOREVER.

"I feel so ill and tired all the time and nothing I do is making me better. What is wrong with me?"

I hear a variation of this complaint hundreds of times in my practice. It is the first sense most people have that something is wrong.

If only I had been that lucky.

I was healthy enough when I was born as child number 7, but I wasn't much to look at apparently. My grandmother took one look at me, and exclaimed: "is that the best you can do Ethel!" She packed her bags to storm off home to Queensland, leaving my mum and dad with their brood to fend for themselves on their dairy farm in Tasmania.

My mum wasn't a great 'milker'. If she'd been a dairy cow, she would've been sent to the choppers long ago. Fortunately for mum, she was a loving intelligent human being instead, and after her milk dried up she started me on fresh cow's milk, like she had done for her other children.

That's when she knew she was in trouble!

As soon as the warm milk hit my lips, I projectile vomited. I simply couldn't keep it down.

My parents didn't know what was going on. They had never seen anything like this before. Remember this was 1958, long before allergies were common.

I kept vomiting. In desperation they turned to goats' milk, but I had the same violent reaction.

I had been a runt to start with, in desperate need of 'fattening up' and now I was heading in the opposite direction; I was fading away.

Suddenly my mum remembered an article she'd read in the Reader's Digest about Arab racehorses and how they excelled in their races on a diet of dates and bananas.

I'm not sure what Arab racehorses and a skun rabbit (me) had in common, other than the fact that we were both racing against time.

The clock was ticking, and we were running out of options.

Mum pinned all her hopes on dates and bananas, which she obtained at the local store, probably sacrificing other necessities, because my parents didn't really have a spare penny to rub together.

Luckily for me, the mashed up dates and bananas did the trick! Mum's inventiveness saved my life, but I always had to avoid getting milk on my skin. If I got it on my eyes or lips, they would swell up instantly – that's how allergic I was.



When my hormones kicked in as a teenager, I developed life threatening allergies to all types of fish. I suffered anaphylactic shock. It scared the living daylights out of me. I became extremely vigilant of my diet after that.

Going out for meals or picnics became stressful. It impacted my social life. I became a loner. I was often moody and depressed.

Maybe you can relate to this?

I spent lots of time on my own out in nature, which suited me fine, but as you know, trees don't talk back!

I did have one really close mate, Mick. Mick and I connected at age 13 and he became my long lost twin. We ended up going on many adventures together, like climbing mount Uluru on bare feet. We never argued; we had some sort of silent understanding. While I was in his company, life was a hoot.

This all ended one terrible day: 10th June 1978. Mick drowned in an adventure on the Forth river and I narrowly escaped the same fate.

My allergies, depressive moods and belly aches came back with a vengeance after that.

I completely isolated myself from everyone, which was easy, because I worked as a National Parks and Wildlife ranger in Tasmania's National Parks.

If you are experiencing something like this, please keep on reading....

Before I completely lost all my social skills the Universe stepped in and I was invited to my brother's wedding in Holland.

He was engaged to a Dutch girl. On a whim I accepted the invite and this is how I found myself on the opposite side of the world! In the middle of a freezing cold winter, knocking on the door of a little old house in the middle of a village, dressed in my summer national parks uniform.

This is how I met Grada. I spent a year grooming my people skills and learning Dutch and then we returned to Tasmania, Grada migrating at the ripe old age of 19.

Before we knew it we had 6 children, living off the land (mostly) on a remote hobby farm on the edge of the wilderness, **at the end of a road to nowhere** in Tasmania's North East.

None of our kids had my problem with food allergies, thank goodness, except for Caleb, who was born with eczema and psoriasis which turned out to be stress and food related.

During this period, I was healthy enough. I managed to work two jobs for a decade working on the farm before and after shift work as a full-time nurse in the Scottsdale hospital.

However, deep down, I knew that something in my body still wasn't working.

We ate very healthy. We were surrounded by mountains, forests and creeks which meant that our water and air was the purest on earth. We had a toxin free lifestyle as much as possible. I was privileged to be surrounded by love and connection from family and friends. And yet....

I didn't have much emotional resilience.

I often had bouts of depression, moodiness or jealousy..... even though on the outside I had it all: a loving family, success, respect and friendship at work, healthy children, a great place to live....

Have you ever experienced the feeling that you 'have it all' yet your gut is uneasy, or you feel an emptiness on the inside?

My life changed dramatically when I was introduced to enzymes in my late thirties. By a vet mind you. I must have looked a bit like a sick droopy eared bulldog by then. You might be asking in your mind, **what have enzymes got to do with anything?**



Well, these enzymes turned out to be a very important key to restore my digestion and energy!

I became a different person.

If I accidentally ate fish, it didn't need to come back up. My moods lifted. I started to feel lighter. I didn't feel that inherent sense of isolation anymore. The change happened very quickly. And the best part was the change was permanent (as long as I took my enzymes)!

Could it have all been due to my gut?

But we had more to learn.

In January 2006 Grada had a horrific accident. A truck hit her fair square in the back and left her for dead lying on the hot bitumen. She had massive skeletal and internal injuries including spinal nerve damage that paralysed her bladder, lower bowel and part of her body.

By then we had an established practice in Forth.

Grada beat the odds stacked against her.

She applied everything she had ever learnt about healing the body and was back at work within 6 months, but we knew we needed better ways of testing for her to enjoy full recovery.

A year after the MVA she was able to have her colostomy bag reversed, but she was constantly felled by bowel blockages and bladder infections which drained her vitality and life force. We wanted to find ways to help Grada recover COMPLETELY. We had to get to the bottom of her problems.

This led us to Chicago where we learned a unique metabolic testing system, called Biomedx.

We were trained to look for imbalances at the cellular level, and to take a deep dive into the source of pain and problems.

While we were there Grada suffered a life-threatening bowel obstruction..

We immediately implemented what we'd learned at the Biomedx training. It worked! Three days later we were scheduled to fly back to Australia, a 30 hour trip home that required stamina. The hospital reluctantly discharged her, and the trip home was uneventful, which was quite incredible considering she had been near death a few days earlier.

Our bodies are amazing healing machines and we can make a comeback from almost everything, if we give ourselves the healing solutions that work.

Apparently 90% of fitness is dietary related. We can eat the best food and enjoy the purest diet but unless we restore the capacity to digest and assimilate what is on our plate, our biology and biochemistry keeps breaking down.

What if your body's self-healing mechanism could suddenly switch on and work smoothly once again?

Now, thanks to our Biomedx testing and the Ultimate Vitality Boost, your body can act as its own best doctor, and heal itself from allergies and ailments, as it was designed to do.

I will explain exactly how this works in the next few pages.

Plus, there will be some amazing case histories that will blow your mind.

PS: I forgot to mention that today, I am fitter, healthier and more flexible than I have ever been, and I can eat anything. My digestion is cast iron!

PPS: the Ultimate Vitality Boost also helped Caleb to steer clear of psoriasis by keeping his gut in tip top shape. He is one of Australia's top gut health experts as well as a CEO of Love Your Guts Co, with outlets all over Australia.

I really want these types of results for you too! Read on to learn more..



HOW DOES THE ULTIMATE VITALITY BOOST WORK?

We figured out this system through long and rigorous testing, personal pain and hardship as well as years upon years of research.

Once we uncovered these key principles, problems and pain just fell away and we were able to help more people than ever before. We have worked with over 13,000 clients since 2000.

I want you to meet Bill from Devonport, who for 3 years visited different doctors with a rash between his legs, which often bled, and was often very itchy.

Sometimes he was sure he was on fire. The problem made it hard for him to walk often. He was telling a friend about it and she suggested he give us a call, here at the Purple House.

On 12th March 2010, he had his first visit with me.

I asked a lot of questions. The doctors called the rash a fungus. We took three drops of blood via a finger prick for a blood analysis. With the results of the analysis in mind, I sent him on his way with his set of supplements and a few dietary change recommendations.

Five weeks later at his next appointment his skin was great! The fungus had gone, and he had lost fourteen kilos! We never intended him to lose weight, but it happened, and he is a very happy customer.

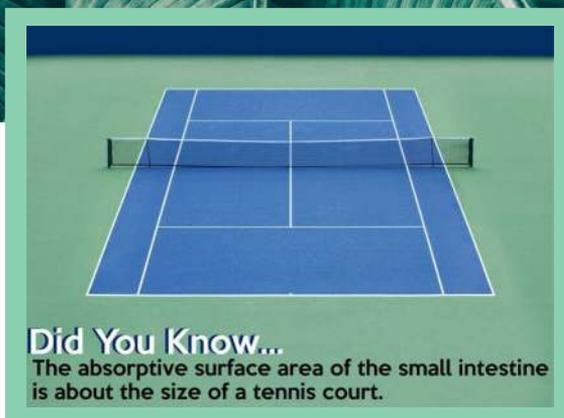
Now he doesn't run out of wind when he goes for long walks and he feels great. His wife also does what he is doing, also having lost 10 kilos and feeling great, with no coffee, tea, fast foods or sugar and thanks to the Ultimate Vitality Boost!

These are the types of results I want for you.



WHY THE GUT?

Many doctors never look at gut health. They are treating people like cars, replacing this part with that part, but they neglect the GUT, and here is why this is important: the gut is the ENGINE that drives everything!



Let's have a look at the gut facts:

- The gut is the largest organ in your body, **having a surface area the size of a tennis court**, which is about 2000m²!
- The small and large bowels have a combined length of about **6 metres**
- The gut walls are lined with fine mucous membranes where nutrients are absorbed into your blood stream and toxins are removed.

Think of Shanghai, the world's largest port, where massive volumes of cargo changes hands every minute of the day. Imagine if the port of Shanghai would come to a standstill: the global economy would take a hit, and people from all around the world would feel the pinch.

As incredible as it sounds, your gut is far busier, more sophisticated and more vitally important than Shanghai. Trillions of food particles are filtered into the bloodstream here, to be transported to every area of your body, and toxins and wastes are filtered out and exited via the South gate (into the toilet).

- Your gut is so intelligent that it is called the **SECOND BRAIN**.
- Your Immune system is entirely dependant on your Gut, and therefore your gut is also classified as your **IMMUNE SYSTEM**.

Now that we have uncovered these facts you can see that the Secret to Health is your GUT. **Intestinal bacteria permeate our whole being with their primal energy, filling us with vitality OR sickness and death when our gut breaks down.**

Once we understood this, we then started helping people heal from the inside out, like our client Elaine who was in a wheelchair and planning her funeral, suffering from an incurable genetic condition.

She has now had five wonderful years, doing what she loves, gardening and spending time with her family free from the wheelchair.

ORDER YOUR VITALITY BOOST NOW

We discovered that there are 3 distinctive segments to complete gut health and in turn the Ultimate Vitality Boost and this is where it gets REALLY INTERESTING:

DIGESTION & BOWELS:

if you are experiencing acid reflux, IBS, Crohns, bloating, constipation, cramps, spare tyre around the waist line, or diarrhoea, we would tell you that these are all symptoms of faulty digestion and will easily get worse if you don't take action now. There may even come a point where it is too late!

TOXIN BUILDUP AND SKIN ISSUES:

when you don't have good gut health there are many problems that can emerge relating to toxin build up, e.g. allergies, inflammation (arthritis), acne, rashes, eczema, psoriasis, gall stones, auto-immune disorders and more, and these make you feel old before your time.

MOOD AND BRAIN HEALTH:

related problems are mood disorders, depression, chronic fatigue, lack of motivation, brain fog, memory loss, even leading to Alzheimer's & dementia. Maybe you are experiencing some of these, and I am here to tell you that these begin in your SECOND BRAIN: the GUT.

And again, this is why I am telling you; If you want to take control of your health and live an awesome life, you have to take care of your gut.

If you don't do this, your finances and relationships will suffer because you will remain stuck in low energy, or your mind won't be as sharp as it should be.

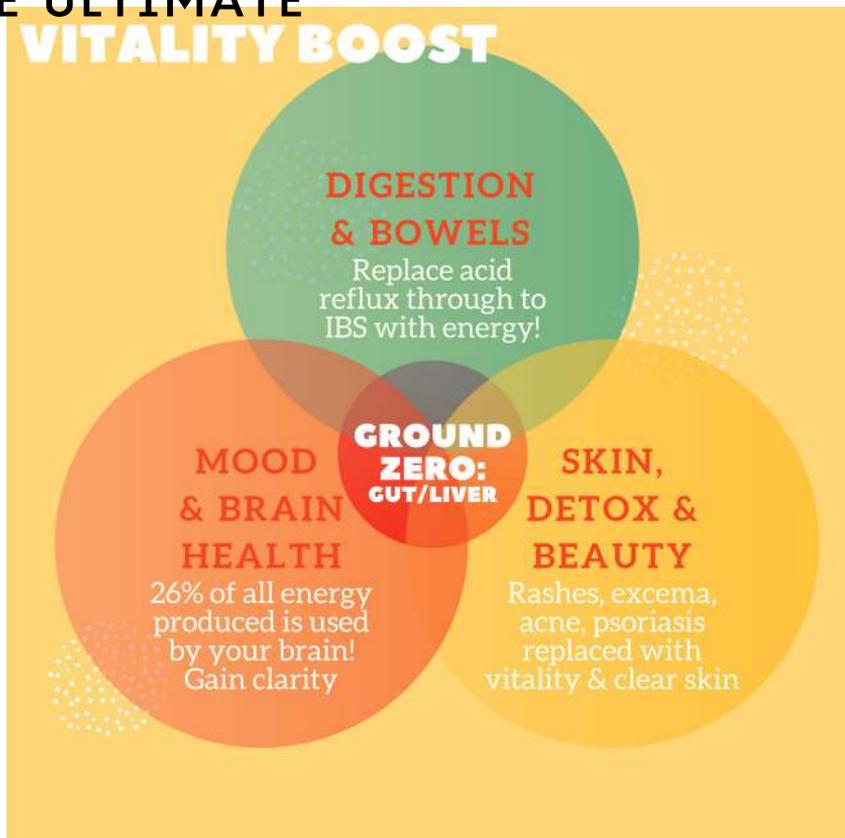
Even if only ONE of these 3 elements is off, you will immediately feel a decrease in energy and vitality, and you will keep feeling LOW until you do something about it.

Think of it as your health tripod, if you lose one leg, all of your health falls apart.

If you don't want to fall apart, we have created the Ultimate Vitality Boost to make it easier for you to achieve great health.

LET'S HAVE A LOOK AT HOW IT WORKS.

THE ULTIMATE VITALITY BOOST



The Vitality Boost consists of 4 supplements: Beetflow (180 caps), Omnizyme (180 caps), and Immunosynbiotic – Immune Restore (120 caps) as well as Colloidal Iodine.

These and trace minerals are the magic that restored my digestion and gave me my life back.

SECRET 1: BEETFLOW

Getting the bile flowing is what sets the Vitality Boost apart from anything else on the market. Good bile flow has been missed by medical and alternative communities alike.

Why is restoring bile flow the missing link in the search for great health?

Let me explain this to you. Your liver produces around **600 to 750 ml of bile per day**, which is quite a lot when you think about it.

This powerful liver secretion is needed to digest fats (including fat soluble vitamins C, D, E and K), it neutralizes the stomach acid as it comes down the food pipe and sterilises the gastrointestinal tract.

If the flow of bile slows down because it's too thick and sticky, things turn nasty. Within days you start to feel tired and toxic, because your bile normally carries the wastes from the body.

Imagine if you keep flushing the toilet when the drain is blocked? Soon the bathroom would look like a disaster scene, with stinky waste material flooding into the other rooms of the house.

If your bile is tacky instead of runny, you are gumming up all your 'drainpipes' or liver ducts, and toxins are recycled back into the blood stream (contaminating other body compartments).

Sometimes you need to call in the plumbers, and Beetflow is your trusty plumber that will remove the stickiness, clean up your pipes and give you vibrant health.

You might be thinking 'yes, but I have skin issues, right? What's that got to do with my bile?'

Well, its the same problem. If your bile is stuck, you can't get rid of the waste material from the liver and now toxins are coming out through the skin in the form of pimples or rashes. **Your skin is acting as an emergency filtration system.**

I want you to meet Clint. Clint hadn't been able to sleep in the same bed as his wife for 6 months, due to psoriasis. He was scratching all night. After taking the Ultimate Vitality Boost supplements it cleared in 6 weeks!

SECRET 2: OMNIZYME

Without taking an enzyme supplement, your body will not break foods down and as a result, you become malnourished. Your skin might lose its glow, your energy levels seep away, your nails become brittle, you might experience hair loss, weight gain, and all sorts of digestive issues and health challenges.

When I discovered enzymes and started supplementing with omnizyme every mealtime, everything changed for me. It not only saved my life, it also saved my marriage, as I shared with you earlier.

I believe the whole world needs enzymes right now to achieve abundant health.

We had one particular client, Jackson, who had been in a place for nine years where he hadn't been able to put on any weight. He was being starved, not digesting his foods properly.

What was happening was foods would just pass through him and end up in the toilet whole, three times per day. After taking the Ultimate Vitality Boost supplements, he is now eating all types of food without a problem and he is gaining weight and bulking up.

SECRET 3: IMMUNO SYNBIOTIC

Immuno Synbiotic – Immune Restore is a special blend of probiotics to reseed your gut with beneficial intestinal bacteria. This is important for you, because a healthy person needs up to 2kg or tens of trillions of microorganisms to keep the gut healthy.

These little critters help to digest the foods that the stomach and small intestine were unable to digest.

They produce vitamin B and K.

They fight nasties, like Candida, a common and debilitating fungus and many other potential invaders you might be exposed to.

Immuno Synbiotic – Immune Restore helps to heal and seal the mucous lining of the gut, which is constantly bombarded by aggressors, providing you with a wellness barrier.

Some experts classify our gut microbiota an **ORGAN IN ITS OWN RIGHT** and supplementing with this gut restoring supplement is **a bit like giving yourself an organ transplant.**

It comes in a capsule guaranteed to withstand the stomach acid and open in the intestine.

This is important, because you can't just supplement with any old 'beneficial bacteria' on the market. They are either an incorrect mix or they are destroyed by your stomach acid and no beneficial bacteria land in the gut, where they are so desperately needed.

This had been the case with Henry, before he came to us. Henry, our 38-year-old client had an 11-year history of explosive diarrhoea which controlled his life before he came to us. He had tried many medications and supplements. After taking the Ultimate Vitality Boost supplements he returned after 3 weeks saying: "I think I am cured!" It only took 3 weeks!

SECRET 4: MOLECULAR IODINE

Iodine is NOT a REMEDY, its a VITAL NUTRIENT, crucial for all aspects of health.

Iodine deficiency can cause the thyroid gland to increase in size. An enlarged thyroid gland, or goitre, can:

- affect hormone production
- cause swallowing and breathing difficulties
- lead to hypothyroidism, which can cause problems such as weight gain, dry skin, hair loss, tiredness, intolerance to cold and depression
- result in stunted growth, intellectual impairment and a lower level of intelligence measured by IQ.

Fluoride and chloride in our drinking water and bromide in commercial flours, including your daily bread (it isn't mentioned on the package, because all flours contain bromide as an anti-fungal) belong to the same chemical family as iodine. The only problem is that they are poisonous.

Because they are smaller than iodine they are easier absorbed into the body. **They stick to the iodine receptor sites because the body mistakenly believes it is iodine and your body starts to make toxic hormones** with these poisons leading to tumours and cysts, cancers, Alzheimer's and other degenerative diseases.

As far as I know there are no medical tests to show that you have high levels of fluoride, chloride and bromide in your body and the best thing is to safeguard yourself with plenty of iodine.

I would like to share with you how iodine deficiency affected my client Mary, who had struggled with chronic fatigue, brain fog, PMT, and polycystic ovarian syndrome for years.

Mary went home with the Ultimate Vitality Boost to give her body a chance to recover. We especially stressed that she needed to supplement with iodine.

After 2 weeks, Mary felt signs of improvement. The tiredness was not so crippling anymore. I forgot about her till I saw her again, 2 months later. Her last menstrual cycle had snuck up on her without her realising and without the back pain. Her breasts are starting to get comfortable and her energy levels are 90% improved.

Once she realised that iodine protects her from cancer she religiously makes her children and husband have their daily drops in water. The only regret she has is that she didn't know about Iodine 12 years ago when she first got sick.

These are the types of results we want for YOU.

ORDER YOUR VITALITY BOOST NOW

“Is IODINE a cure all?”

There is no such thing as a cure all. However if there was, it would have to be iodine. When iodine is missing in the body nothing will work.

As soon as iodine is taken as a supplement, your body shifts into gear and things fall into place.

“If IODINE is so good, why hasn't anyone told me about it? Why doesn't my doctor know?”

Iodine went into obscurity after the discovery of penicillin in 1929. Iodine is actually the world's oldest medicine. In 1975 an excavation project in Chile discovered that pre-historic people used iodine sourced in seaweed from 90 kilometres away to strengthen their immune system, regulate cholesterol and to keep their bones strong.

Thousands of years later iodine was identified as an element in 1811. In the next few years, iodine was picked up by doctors for the treatment of many diseases.

Iodine went 'viral' as thousands of articles were published.

'The variety of diseases for which iodine was prescribed in the early years is astonishing: paralysis, chorea, scrofula, fistula, deafness, distortions of the spine, hip joint disease, syphilis, acute inflammation, gout, gangrene, dropsy, carbuncles, chilblains, burns, scalds, croup, catarrh, asthma, ulcers, bronchitis...to mention only a few...' Francis C. Kelly in Proceedings of the Royal Society of Medicine, 1961.

Iodine was successfully used for breast cancer and ovarian cysts 150 years ago by injecting iodine directly into the tumours.

During the American civil war soldiers carried iodine containers along with their water canteens as an essential part of their pack.

To finish this post, I want to introduce you to Martha, my 80-year-old client.

She inherited ugly keratomas all over her back and neck from her mother's side of the family. Keratomas are crusty age-related skin lesions, which used to be common in mostly older people, but today we see them in clients as young as 30!

After taking the Ultimate Vitality Boost, she couldn't believe her eyes when her keratomas started to drop off over a six-month period, leaving her skin unblemished.

I want these results for you!

I HAVE WRITTEN A LOT OF CONTENT HERE SO LET ME PUT IT IN A NUTSHELL FOR YOU.

The **10 most life enhancing benefits** of the Ultimate Vitality Boost are:

- increased **energy**
- boosts **fertility and libido** (for both men and women)
- increased **brain power**
- boosts **immunity**
- reduces inflammation**
- stabilizes** blood sugar levels
- improved blood **circulation**
- nourishes your skin**
- supports **digestive health**
- increased **happiness**

Help your body unleash it's superhuman powers to create a new body & order yours today!



Did you know that every 11 months you have a completely new body?

Help your body toss out tired old cells now and upgrade to a new body, leaving you looking better and feeling younger by using the Ultimate Vitality Boost.

Let the supplements in the Ultimate Vitality Boost do all the hard work for you to rebuild and rejuvenate your body and mind so you can stop suffering and start living the life you are meant to have.

IMAGINE YOUR HEALTH AND ENERGY LEVELS HAVE GONE THROUGH THE ROOF!

What would this mean for your life?

To close your eyes every night, feeling a real sense of satisfaction with the way you lived your day..

To have the mental clarity to follow your creative pursuits...

To wake up feeling youthful...

For the past couple of pages, I have been showing you how the Ultimate Vitality Boost helps you get those results.

If you are sitting on the fence, I want to address a few questions.

One of the biggest concerns my clients have is: 'do I have to stop taking my ant-acids or heartburn tablets for this to work?'

So in this final part I am not only going to answer this question. **I am also going to tell you that this information might be saving your life!**

I definitely have an opinion on heartburn tablets.

Millions of people take proton pump inhibitors which are widely prescribed to treat heartburn, ulcers and other gastrointestinal problems.

Now, scientists have shown that long-term use of this popular medication carries an increased risk of death.

But that's not all, these drugs really start robbing you of life years before you die, because they are implicated in serious kidney damage, osteoporosis/bone fractures and dementia.

Is this how you want to spend the rest of your life?

Oh, and I forgot to mention that heart burn tablets seriously deplete your body of minerals and trace minerals which is one of the main causes of impotence.

Doesn't sound like much fun does it?

I want to live to a good old age, with my marbles and mobility intact and it's my mission to inspire as many people as I can to achieve the same.

As I said earlier, once I started taking the Ultimate Vitality Boost supplements, I started to feel younger, more flexible and energetic every day.

I can truly say the effects are accumulative because today I am as fit as my sons who range from 25 to 37. Here I am enjoying a rare moment with them around a campfire on the beach.



In this series of information I've shared with you how the Ultimate Vitality Boost corrects your **biology** and **biochemistry** so your body's own power to repair itself from illness, pain and allergies is unleashed.

Maybe you're thinking I don't want to spend money on the Ultimate Vitality Boost.

I get it, I ask myself these questions all the time when I am investing in my health.

Which, by the way, is **often** because I believe that when we have a healthy body, we can really live happy lives and we can enjoy connection and presence with those we love most.

So, here is the thing...

We all use money to get more of what we want.

So ask yourself, would you exchange \$197 (which works out to be the same as the cost of a coffee per day) to have health, to not have to deal with acid reflux or allergies or not be controlled by toilet stops, not just this month, but month after month after month?

If the answer is YES, then I encourage you to get started right away.

One thing you will have to consider is.....Money replenishes!

We normally spend money on stuff that doesn't ever have a chance to pay us down the track instead of investing money in something that sets us up to MAKE MORE. When we have a healthy body we literally have the energy and the capacity to give more to the world, so we receive more value in return.

You become enriched.

"When you're actually doing things to maintain or improve your health, you're actually potentially saving significant amounts of money," says Dr. Bruce Y. Lee, executive director of the Global Obesity Prevention Center (GOPC)

Look, don't take my word for it!

I want you to meet Lorraine and Barbara:

Lorraine is one of those people who didn't want to take medications since she had tried a few for menopause with no success.

A friend of hers had talked to her about us, and she decided to give us a try. At first, she was sceptical, but she came in with an open mind.

She mentioned the way she was feeling and after talking with me, I suggested that she try the Ultimate Vitality Boost supplements.

Prior to taking it she was continually heating her wheat pack thinking that her back was aching from sitting and her posture, but actually, it was her gallbladder or kidneys that were not functioning like they should have been.

After the first week of taking the Ultimate Vitality Boost she felt amazing and not only did it help her menopause, but it alleviated her back pain! She is no longer feeling bloated after eating, her sweet cravings have gone.



Seven weeks later, her skin doesn't seem as dry and her nails are not brittle like they used to be.

Then we have Barbara.

Before taking the Ultimate Vitality Boost supplements, she had been suffering from constant bloating, gas, stomach cramps and diarrhoea for about 16 months.

She had seen a GP and been tested for bacterial infections which came back negative. They then tested her for food intolerances. Those results came back and they told her to avoid all foods that contained dairy products, bananas and a selection of fruits and vegetables. As a result, it took her twice as long to shop at the supermarket.

Even after all this effort, she was feeling no better, in fact she was getting worse.

She took her test results back to the GP and they reviewed the levels of her reactions to other foods. Then they suggested she avoided products containing gluten, beans, wheat and corn.

Whilst there may have been some benefits of this diet, it was starting to make her feel weak and she was still experiencing digestive troubles.

She became really frustrated with people's suggestions of the different things that were wrong with her.

A friend of hers suggested to see me. In turn we suggested that she take the Ultimate Vitality Boost.

She was expecting a long slow recovery because she had been feeling so sick and weak for over a year but within days, she started to feel different.

Not only had her digestive troubles almost disappeared, but other symptoms she'd battled with for years, such as being constantly tired despite plenty of sleep, had taken a turn.

Now much later, she is still feeling great. No bloating, better sleeping patterns, no diarrhoea or stomach cramps and only rare occasions of gas. The best thing of all: she has returned to a normal diet without any major side effect.

She is feeling more energetic, happier, her clothes fit better, and she doesn't have to worry so much about going out for meals.

I hope you enjoy reading this series as much as I enjoyed writing it.

If you are serious about increased vitality and libido, clarity of mind, radiant skin, luscious hair, strong digestive system, and increased tolerance to stress, stop waiting, start thriving and get the Ultimate Vitality Boost now.

DOSAGE

BEETFLOW - 1 to 2 capsules each meal (swallow with a mouthful of food during the meal)

stop drinking any fluids 15 minutes prior to meals and then don't drink any more until the stomach empties which takes 1 and 1/2 to 2 hours.

OMNIZYME - 1 capsule each meal (swallow with a mouthful of food during the meal)

IMMUNO SYNBIOTIC Immune Restore - 4 capsules every day on an empty stomach

IODINE - 10 drops every day either in your first glass of water, in a smoothie or directly on a soft area of skin



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