

Optimum Wellness

Natural Health Solutions

Orthomolecular Medicine

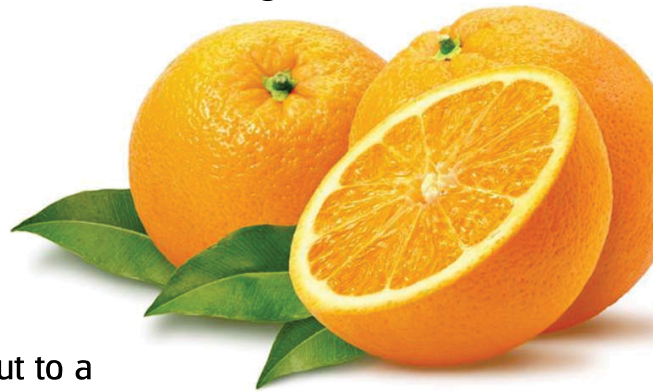
Benefits of Vitamin C



Improves skin, prevents wrinkles
Enables production of Collagen for bones, muscles, tendons, cartilage and skin
Repairs burnt out adrenals from stress
Lowers cholesterol
Improves Blood flow and heart health
Regulates blood sugar
Improves Asthma
Reduces Arthritic symptoms
Powerful antioxidant to repair, rejuvenate, revitalise and energise the body

How to do the Ultimate Gastro Intestinal Flush

1. Take 1 teaspoon Vitamin C plus $\frac{1}{2}$ teaspoon Alkaline Powder in a 250ml glass of water wait for the fizz to evaporate completely and then drink.
2. Take 1 glass every 20 minutes.
3. STOP when the bowel starts to evacuate.
4. Please be aware that each individual can take 2, 5, 10 or even 12 glasses or more, depending on the condition and individual requirements of the body.
5. This is recommended at the beginning of every season (4 times a year).
6. The small intestine is 8 metres long, however it opens out to a surface a large as a tennis court, it therefore needs to be scrubbed regularly.



PLEASE NOTE

You will need approximately 2 to 4 hours near a toilet to be completed from beginning to end.

Please call +27723104009 or +27815990479 for any questions or queries or support. We will call you back as we have uncapped airtime.

DAILY MAINTENANCE

Anything between $\frac{1}{4}$ to 1 teaspoon of Vitamin C a day mixed with $\frac{1}{2}$ the dosage of Alkaline Powder in a glass of water per day. Vitamin C must always be taken with Alkaline Powder to alkalise the Ascorbic Acid of Vitamin C.



www.optimumwellness.co.za



info@optimumwellness.co.za