

## HEALTH RECOVERY PROGRAM for Fibromyalgia

This handout will assist you in determining the best supplements to address your specific health challenge. I also recommend you **consider adding** the **Cellular Health Program** that provides your body with over-all health benefits that has helped so many others!

- **Vital-Mag** – help your body with muscle aches, is a powerful sleep aid and reduces stress.
- **OMEGAGUARD (omega-3 complex)** - This product helps reduce inflammation, helps with joint pain and has been shown to be beneficial for people with arthritis, eczema, psoriasis, colitis and other inflammatory diseases. It has been shown to alleviate autoimmune diseases
- **Optiflora**: This product is needed to restore the natural balance that must exist in the lower intestines to choke out the cancer-causing bacteria as well as Candida yeast overgrowths. Very important to rebuild health of the intestinal tract and protect lining of the intestine. 70% of the body's immune cells are located in the intestinal track and it is imperative to our digestive and colon health to keep the bacteria in check.

### **Consider adding Basic CELLULAR HEALTH Program:**

- **VIVIX, Cellular anti-aging tonic** – Diseases are related to cellular deterioration and damage. Help your body address this damage with Vivix, which has been shown to help reduce inflammation, increase energy production and repair DNA at the cellular level. Discover what has helped others!
- **VITA-LEA, Multi-Vitamin and Mineral Supplement** – provide your cells the basic nutrients they require on a daily basis.