



HOW TO TAKE BODY BALANCE

- Drink Body Balance **every day!**
 - Put a cup out to remind you (near your toothbrush or morning mug)
 - If you forget one day, double up the next
 - Pay attention to how you feel, notice any changes
- The number of bottles you order for the month = the number of ounces you drink each day
 - 8 bottles = 8 ounces/day = 1 cup
 - 4 bottles = 4 ounces/day = ½ cup
 - 2 bottles = 2 ounces/day = ¼ cup
- When you open a bottle, keep it in the fridge
 - Opened, Body Balance is good for 1 month in fridge
 - Unopened bottles are good for 1 year
 - Unopened bottles do not need to be in fridge
- Everyone who takes Body Balance gets results, not everyone will feel it. Even if you don't feel a big 'wow' difference, it is still working! (You don't feel heart disease, osteoporosis or high blood pressure but most Americans will develop one of them too)
- **The best results are achieved when Body Balance is taken consistently over time – simply put, DRINK IT EVERYDAY!**

Special note – Healing Crisis: Body Balance helps the body heal itself and so in the beginning, some people may experience detox symptoms as your body begins to cleanse. Most common symptoms include headaches, fatigue, diarrhea or even flu-like symptoms. Usually the symptoms pass in 1-3 days. Be aware, Body Balance is not making you sick it is helping your body become well. If you experience these symptoms increase your water intake, get more rest and if the symptoms are too uncomfortable, dial back the amount of Body Balance until the symptoms pass, then resume your regular amount. You can read much more on what is a healing crisis on the internet.