

Supplements

At a recent Young Living conference, the speaker talked about the **Fabulous Five** foundational products that are the building blocks for fabulous health, I have used these five products with amazing results, and continue to use them daily.

- 1 **NingXia Red** - the highest antioxidant, most nutritious food ever tested. Antioxidants help bind free radicals. Two ounces of this juice daily supports every system of the body especially the eyes, heart, liver, circulatory and digestive systems.
- 2 **Enzymes** - Essentialzymes and Essentialzyme-4 are enzymes which help with the breakdown of proteins, fats, carbohydrates and fiber, increasing the absorption of nutrients and the eliminating of toxins and assisting every cellular activity in the body. Our foods today do not contain the enzymes we need and most of us are deficient in enzymes throughout our bodies.
- 3 **Sulfurzyme** - supplies MSM, an organic sulfur necessary for cell health, nerve and tissue health, flexibility, lung health, circulatory health, hair and nail health and much more. Partnering with NingXia wolfberries for absorption, sulfurzyme should be taken with Super C for maximum effect.
- 4 **Super C** - super micronized for maximum absorption, and formulated to resemble an orange in structure, Super C is highly absorbable and extremely effective for supporting every cell in the body.
- 5 **OmegaGize3** - brain, joints and heart all need to be "oiled" to stay healthy and OmegaGize has the perfect combination of Omega 3 oils, CoQ10 and Vitamin D. Taken with Sulfurzyme and Super C for a an amazing synergy.

I highly recommend these high quality supplements that strengthen every system of the body. Most cells regenerate in 90 to 120 days, so pick your strategy and stick with it to see amazing results.