

"CHEATER'S" TOOL BOX

by Ronald L. Myers, CNC

Knowing better but not *always* doing better is part of the human experience. However, as humans, when we do things against our better judgment, we would hope to not have to pay the penalty. Well folks, you have come to the right place, keep reading to learn HOW TO CHEAT BIG TIME using nutrition.

TRAVELING ABROAD--

After we have spent our money on a trip we have been looking forward to for some time, we want to see more than the inside of the toilet bowl in our hotel room. Some destinations are more notorious for contracting a case of "Montezuma's Revenge" than others. Preemptive defensive action will insure a relaxing, enjoyable vacation. Here is what to do:

ADP 3 tablets with each meal. This is emulsified oregano and it kills EVERYTHING!

Hydrozyme 2 tablets with each meal. Adequate HCl is one of the first lines of defense against the "bugs" that will set us up for an acute G.I. episode

JET LAG--Melatonin 2 capsules day before, day of and day after flight.

BioProtect 3 capsules day before, day of and day after flight.

IT'S PARTY TIME--

When we are going out to party and feel there is a chance we may overdo it--yet don't want to deal with the hang over the next day--here is what to do:

Bio 3B-G 9 tablets right before going out. Alcohol BURNS thiamine. Bio 3B-G provides food grade thiamine.

Flax Seed Oil 6 capsules right before going out. Essential fats are needed to build the substrates for thiamine to work as a co-enzyme, and are thiamine protective.

MCS 3 capsules right before going out. Up-regulates liver detox pathways.

(This is not intended to help people abuse alcohol on a regular basis!)

FUN IN THE SUN--

Summer has arrived and we find ourselves as "pale-faces" because we have been too busy to get outside and get some sun. Now we find ourselves committed to an outing where we will be out in the sun for an extended period. A big hat and a long sleeved shirt seem out of the question, how can we protect ourselves from a painful sunburn? Try this, it works:

CA-ZYME 6 tablets before going out in the sun. This is calcium; it protects the skin from damage from the sun.

Flax Seed Oil 6 capsules before going out in the sun. Flax Seed Oil has been dubbed Vitamin F. It moves calcium from the blood *to* the tissues, which protects them. It opposes Vitamin D (the sun), which moves calcium *from* the tissues to the blood, leaving the tissues (skin) vulnerable to damage (sunburn)

(If you are going to be out in the sun several hours, take an extra dose with you.)

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