

Anyone interested in improving their health—or even maintaining a currently healthy body—can benefit. Do any of these conditions describe you?

- Always tired



- Body aches and pains
- Never feeling rested
- Poor focus and concentration
- Depression, anxiety, etc.
- Chronic ailments that have no diagnosis
- Frequent illness
- Problems digesting certain foods
- Belching, bloating, and gas after meals
- Frequent stomach aches
- Frequent headaches
- Memory loss
- Painful menstrual cycles
- Hot flashes
- Constipation

These are just a few of the more common complaints indicating the body is out of balance, but the list is certainly not limited to these conditions alone.



