

Step 1 – Rebuild with Body Balance

A process toward Cellular Saturation

On average, it takes 2-4 weeks to reach cellular saturation, though some people may take as long as 10 or 12 weeks if they are very depleted or in a highly toxic condition.

Begin with a 2 ounce serving of Body Balance on an empty stomach first thing in the morning for 4 days. (A capful is approximately 1 ounce.) Add 2 more ounces (4 ounces total) to your program on day 5. Continue increasing the amount you take by 2 ounces - staying at each dose for 4 days. Do this until your body “signals” you (see below). NOTE: You may divide the total amount into two or three times a day, first thing in the morning, mid-morning and/or early afternoon no later than 3:00 pm as some people have trouble sleeping if taken later than that. Body Balance is a “whole food supplement” and is in no way harmful to the body.

Rebuilding with Body Balance:

Day 1, 2, 3, 4 take 2 ounces of Body Balance

Day 5, 6, 7, 8, take 4 ounces of Body Balance

Day 9, 10, 11, 12 take 6 ounces of Body Balance

Day 13, 14, 15, 16 take 8 ounces of Body Balance

Day 17, 18, 19, 20 take 10 ounces of Body Balance

Day 21, 22, 23, 24 take 12 ounces of Body Balance And so on.

Body Signals your looking for:

Keep increasing by 2 ounces staying at each dose for 4 days until one of two things happens:

1. You begin to detox. A detox reaction can be anything the body knows how to do, which typically include headaches, fatigue, nausea, irritability, diarrhea, hives/rashes, body aches/pains, and even flu like symptoms. About 50% of people experience some type of detox.
2. You feel supercharged – like you drank too much coffee. and /or you might have trouble falling asleep at night.

Both of these are signals that indicate you have either reached detox or cellular saturation.

It’s crucial to understand the difference between the target goal, cellular saturation, and detox.

Detox – Why and What to Expect

Why might the Recommended Wellness Program cause a detox reaction? When our body has the full complement of minerals, it can begin to do a “house cleaning” (detox), which slowly removes the insults (toxins). This build up of toxins is due to a lifetime of exposure to toxins such as eating processed foods high in sugar, salt and fat, consumption and inhalation of pollutants from food, water and air, taking medications and stress, all of which cause acid and toxic waste which gets stored in the fatty tissues in our bodies. This “house cleaning” sets the stage for the rebuilding and repairing and setting the body up right at the cellular, glandular, hormonal, enzymatic, lymphatic, circulatory, absorption, metabolic and elimination levels.

How to proceed if you experience a Mild Detox:

As mentioned above, about half of us will experience a detox symptom as we proceed toward cellular saturation. Again these symptoms can include: headaches, fatigue, nausea, irritability, diarrhea, hives/rashes, body aches/pains, and even flu like symptoms. If you experience any detox, simply skip a day of Body Balance altogether. Resume the next day with 2 ounces less than the serving which triggered the detox. Stay at the reduced level for 4-5 days and continue increasing as before until your body gives you the next indication, which is either more detox signs or starting to experience the supercharged feeling. If you experience another detox, skip a day, cut back for 4-5 days then begin increasing again. Continue this program until you reach the goal - Cellular Saturation.

IMPORTANT NOTE: Only about 50% of people will experience a detox.

Example of Rebuilding with Body Balance if you experienced a detox reaction:

Day 1, 2, 3, 4 take 2 ounces of Body Balance

Day 5, 6, 7, 8, take 4 ounces of Body Balance

Day 9, 10, 11, 12 take 6 ounces of Body Balance

Day 13 you take 8 ounces of Body Balance and experience a headache

Day 14 - take no Body Balance

Day, 15, 16, 17, 18 take 6 ounces of Body Balance – 2 ounces less than the amount that triggered detox

Day 19, 20, 21, 22 take 8 ounces of Body Balance If you have no detox reaction, continue increasing as before.

Day 23, 24, 25, 26 take 10 ounces of Body Balance And so on. If you do experience a detox, skip a day and continue at 2 ounces less than the amount that caused detox.

Body Balance can be a powerful detoxifier. This is because Body Balance contains all the essential, rare earth minerals that are missing from our food chain and therefore our bodies. Most bodies have never been fed these rare earth minerals before. They are essential for all health and are the reason why so many people report health benefits of all kinds while taking them.

How to proceed if you experience a more Severe Detox.

A detox symptom indicates our body is trying to eliminate toxins faster than we can expel them through normal channels, kidney, colon, skin and breath. If you are feeling very uncomfortable detoxifying, there are several options. First, you can lower or temporarily eliminate the amount of Body Balance you are taking until your body stabilizes and is detox symptom free. You can also do a Life Force Herbal Body Wrap to help pull some of the toxins through your skin. Life Force has a video on how to do the Herbal Body Wrap. If you are experiencing a heavy detox and are uncomfortable we recommend to do the Herbal Body Wrap in stages every day or every few days. Day 1 begin with the legs only. If you stirred up more toxins and are experiencing detox symptoms (above) wait until you have stabilized (detox symptom free) before you continue. Day 2 (or a few days later), wrap the legs and the arms only. Day 3 (or a few days later), wrap only the torso. Day 4 (or a few days later), wrap the whole body. Continue doing so until you think you have removed enough toxins to be able to resume taking the Body Balance again to reach the goal of cellular saturation.

If you are still continuing to get detox symptoms you can also do the Life Force Colon Cleanse to absorb even more toxins. The Herbal Body Wrap and/or the Colon Cleanse will both help to expel and/or absorb excess toxins. Another way to expel toxins is to sweat them out through your skin via exercise, hot tub, steam or sauna. The skin, being the largest organ is a magnificent way to detox.

The Good News:

The good news is, if you feel badly in the beginning – be happy! You're ridding your body of toxins. It rarely lasts more than a few days and you can control how you feel by adjusting the amount of BodyBalance, doing the Herbal Body Wrap and/or the Life Force Colon Cleanse. Bottom line, you want to get rid of toxins, ALL OF THEM!

If you listen to your body and do it right, it's painless. You can control how fast your body detoxifies. If you do it slowly enough you won't feel a thing. You just need to pay attention and let your body tell you what it needs by watching how it reacts. That's the language of the body. It's always telling you something if you know how to listen.

We have seen tremendous results in people with a variety of ongoing health challenges who went through the 3-step Recommended Wellness Program. The improvements didn't happen overnight and some people went through major detoxification along the way.

The Goal of Step 1 - Cellular Saturation

When you feel supercharged or wired like a coffee jag or have difficulty falling asleep, CONGRATULATIONS, you're at Cellular Saturation. Please understand these signs (wired and difficulty sleeping) are totally different body signs than the detox signs. These are what you are ultimately working toward.

The journey to Cellular Saturation is a one-time process. Once you reach Cellular Saturation your mineral reserve has reached peak level. You must now continue taking Body Balance at the previous serving size (one serving under feeling wired or trouble sleeping) while the minerals (building blocks) do their tasks. It is important to back down slowly as your body indicates. The indicating factors to decrease the amount you take are: too much energy and difficulty sleeping. The ideal daily serving is one less than the amount that brings on feeling wired or trouble sleeping. For most people the daily serving will ultimately level off to 1-2 ounces per hundred pounds of body weight.

As your body repairs itself, it will become more efficient and need less fuel thus, less Body Balance. You will once again experience feeling super charged and perhaps have difficulty sleeping. At this point, cut back 2 ounces on your Body Balance once again. You want to live at all times one serving under feeling wired or trouble sleeping.

The minerals will start to permeate your body and rebuild and repair all your systems at a cellular level, your glandular, hormonal, digestive, enzymatic, circulatory, lymphatic, metabolic, elimination systems and lots more. As your body continues to replenish and repair itself, it will begin to show positive healthy signs

(see: Reports from taking Body Balance below). THIS IS WHAT YOU ARE WAITING FOR !! This is your body telling you that you have completed the cellular saturation process. When some of the positive signs of the rebuilding and repairing process have shown up, you are ready to move on to Step 2.

What you are ultimately looking for is a sense of wellbeing and energy all day that allows you to sleep deeply at night waking up refreshed.

Reports from taking Body Balance:

- Consistent energy and more of it throughout the day.
- Emotional well-being and even temperament, highs and lows less volatile.
- Sleeping less and waking up more refreshed.

- Reduced appetite
- Food cravings diminished if not gone.
- Ability to focus and concentrate for longer periods.
- Immune system improved, better resistance
- Common symptoms often alleviated

NOTE: This Recommended Wellness Program is advised even if you are already in good health to reach and maintain optimum health. Our soils are depleted and statistics are not in our favor. You pay for your health now, or you pay for it later, or 'An ounce of prevention is worth a pound of cure'.

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