

Graham Healy Founder Healys Health 1985

Your Health is Your Greatest Asset

www.healyslowerbackpain.com

a simple yet effective GI tract formula

1) 3x teaspoons of Meta Musal

<https://www.metamucil.com/en-us/articles/Fiber-101/what-is-psyllium-husk-and-what-are-its-benefits>



2) 1 heaped Teaspoon of Vital Greens

<https://www.vitaleveryday.com/>



3) 1 desert spoon of Chai seeds

https://www.healthline.com/nutrition/11-proven-health-benefits-of-chia-seeds#TOC_TITLE_HDR_2



Mix in small container (dry) when ready to use add 100 ml water and spoon or drink daily in the morning.

This a great Fiber drink (psyllium husks)

<https://www.metamucil.com/en-us/articles/Fiber-101/what-is-psyllium-husk-and-what-are-its-benefits>

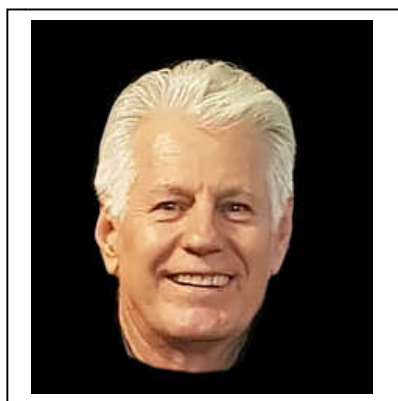
This will form a fibrous soft (natural) gel in your stomach and pass through the intestinal tract, making everything soft and cleansing.

It cleans the whole Gastrointestinal tract naturally, the GI tract can be the source of infections, unwanted bacteria's if it isn't cleansed regularly.

YOU WILL NOTICE A DRAMATIC NATURAL DIFFERENCE!

NEVER AGAIN WILL YOU HAVE CONSTIPATION!

YOUR INTERNAL PLUMBING WILL OPERATE LIKE BRAND NEW!



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Disclaimer: This is my personal supplements programme used only as an example to give you an overview . This IS NOT NUTRITIONAL ADVICE. Before any program we always suggest full blood test analysis from your Medical GP (get copies for yourself) make sure Testosterone levels are checked (for men) and Estrogens levels (for women) . Plus we need a full medical profile and approval from your Medical GP that it is ok to start a fitness and natural supplement programme with Healy's (as you would with any Gym or health centre). We have a duty of care to ensure you get all the relevant information to make informed decisions about your health and wellness future directions and planning. If you are on any prescribed medications you must at all times cross reference with your medical GP for any adjustments to those medications (for example Blood Pressure medications) and follow safe guideline practices as outlined by your medical Doctor and registered health professionals .