

Use 3 weeks on and 1 week off.

### LiverClear Tea

Prepare the night before use by adding 4 heaping tablespoons to 32 oz. of water and letting it soak over night. Simmer in the morning for 20 minutes, then strain out a cup to consume after drinking apple juice with olive oil, as described in the 21 Day Perfect Start instructions. This is done on days 17 through 21 of the program. Consume 3 more cups of the tea during each of these days. It may be sweetened with natural honey or real maple syrup.

### MultiPlex III

Take 2 caplets daily. Can be taken with or without food. May be chewed or crushed and mixed into food. Store in a cool, dry place.

### Néctavida Bottle

Take ½ ounce (1 tablespoon) twice per day, or 1 ounce (one cap full) once per day. For children, use ½ teaspoon twice daily for each 25 pounds of body weight. Take with meal(s). Shake well before each use. Keep refrigerated. Consume within 60 days of constituting with water. Drink as is, or add to your favorite juice. Note - Néctavida requires constitution with water before consuming. To do this, open the bottle and add distilled or filtered water until ½ full. Replace the cap and shake thoroughly. Add more water until the bottle is full and shake thoroughly. Refrigerate for 2 to 4 hours before use. Shake well before each use.

### Néctavida Box

Empty contents of one pouch into container. Add 4 to 6 ounces of water and stir. Note - more than 2 pouches per 24 hours is not recommended.

### Natural Balance Plus

For women's hormone balance, apply 1/8 to 1/4 teaspoon once or twice daily to areas with thin skin and high capillary density, such as chest, throat, face, breasts, inner arms, palms of hands and soles of feet (if not calloused). For menstruating women, use on days 12 through 26 of the menstrual cycle. For non-menstruating women, use 3 weeks on and 1 week off. Note - it is important to rotate the sites of application each day.

To help with inflammation and pain, apply a small amount directly over an area of pain, rub in thoroughly, wait a few minutes, then follow with application of Pain Away. Note - this provides natural progesterone, which helps rebuild and maintain myelin, the insulating material around nerve fibers that is disrupted in areas of inflammation and pain. It is not a feminizing hormone, so its use in this fashion is appropriate for men as well as women.

### Nerve Tonic

Take 1 to 2 droppers, 2 to 4 times per day. Can be taken straight, or mixed with juice or water.

### Omega 9+

This product requires a loading course to get levels up to a point where they will effectively counter inflammation-promoting substances in your body. The usual loading is 2 capsules 2 times per day for 15 days (a bottle's worth). Faster loading can be achieved by taking 2 capsules 4 times per day until a bottle is gone, then 2 capsules 2 times per day for another bottle. The maintenance amount will vary, but most people will take 1 to 3 capsules per day. Note - it may take up to 90 days for you to get the full benefit from Omega 9+. Take whatever amount you need to maintain beneficial effects. Avoiding excess sugar, caffeine and alcohol will help keep inflammatory processes under better control, and can help you achieve better impact from this product.

### Pain Away

Apply an appropriate number of drops over an area of pain and inflammation. Rub in thoroughly, using your fingertips, rather than your palms, for best coverage. Wash your hands both before (important) and after applying, and be sure to avoid contact with your eyes and other sensitive areas. Note - a little Pain Away goes a long way, so don't overdo it. It normally takes 1 to 2 drops for a finger joint, 2 to 3 drops for an entire knee, and 5 to 6 drops to cover the entire lower back.

### Revida

Empty contents of one pouch into container. Add 4 to 6 ounces of water and stir. Note - more than 2 pouches per 24 hours is not recommended. Keep out of the reach of children. Not recommended during pregnancy or breast feeding. If you have high blood pressure, thyroid disease or a heart condition, consult with your health professional before using this product.

### SyndRx

Take 1 or 2 capsules within 5 to 10 minutes of starting each meal. 1 capsule can be taken before a dessert or snack. Note - should always be taken with food to avoid hypoglycemia. Consult with your doctor if you are taking medication for blood pressure, blood sugar or cholesterol control, as the need for these medications is often reduced while taking this product.

### Wild Oats

Take 3 to 5 droppers per day. For special use, take up to 10 droppers per day.

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Healing **HA** America

Product Instruction Guide

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## WELCOME

We commend you on your decision to become proactive in maintaining one of the most valuable parts of your life - your health.

Healing America has an exceptional line of dietary supplements made with the highest quality natural-source ingredients available. Our flagship product, Nectavida, is a super supplement product that offers a complete spectrum of nutrients in one great-tasting liquid. Our energy support formula, Revvida, supplies nutrients that boost real energy production at the cellular level.

Healing America has organized many of our products into integrated systems that make participation in supporting your own health much easier. These are Perfect Start, Power Maintain, Joint Support, and ReShape America.

This brochure will describe how each of the Healing America products should be used. It will also offer suggestions about properly using our product systems. We offer our best wishes and pledge our support as you embark on your personal journey to optimal health.

Sincerely,



Roy Brabham, MD  
Chairman, Healing America Health Advisory Board

## THE PRODUCTS

### A Thousand Fires

Take 3 to 5 droppers per day. For special use, take up to 10 droppers per day.

### AGE-less

Take 1 to 2 capsules 2 to 3 times per day. Best taken on an empty stomach (between meals, at bedtime).

### AlkaMin

Take 20 to 40 drops daily. This is best done by adding 4 to 6 drops of AlkaMin to each glass of water or juice you drink during the day.

### AlliPRO

For support of intestinal organisms needed for optimum health, take 1 capsule 2 times per day. Take 2 capsules 3 times per day on days 17 through 21 of the Perfect Start program, then continue like this for another 5 days, which will deplete a bottle. Note - the idea here is to rapidly replenish beneficial organisms in the digestive tract. These (along with the harmful organisms) will have been removed by the previous intestinal cleansing. After a bottle of AlliPRO has been consumed in this fashion, go to long-term maintenance with 1 capsule 2 times per day.

### Ameri-Shake

Blend 1 scoop in 8 oz. chilled pure water with ice. Add fruit or berries as desired for enhanced flavor. Consume 1 to 2 servings per day as needed for nutritional support. Note - try adding 1 oz. of Nectavida as flavoring for an incredibly nutritious and satisfying drink.

### Ameri-Slim

As part of a weight management program including sensible diet and regular exercise, take 1 or 2 capsules 3 times per day.

### Ameri-Start

To prepare your body for maximum benefit from a weight management program, take 1 capsule with 8 oz. of water 3 times per day for 10 days. Note - this product promotes removal of excess fluid from your body and kicks off accelerated metabolism that helps flush out fat stored in cells. Do not take more than 1 bottle per month. It can also be used to help with periodic edema.

### Block

For each gram of fat in your food, add 1 drop to any cold liquid. Can also be used to help with heartburn from reflux.

Note - to ensure proper absorption of fat-soluble medications and vitamins, and essential fats, separate their intake by at least 2 hours from use of Block.

### Brain Gain

2 to 3 droppers swished around in your mouth for 15 to 20 seconds, then swallowed. Repeat as needed for a boost in alertness and mental focus.

### Clark's Colloidal Minerals

Take 1 capful (1 level teaspoon) mixed in water or juice daily. Best tolerated if taken with meal(s). Children under 12 should take ½ capful daily. Refrigerate after opening. Note - since most people not already supplementing are deficient in many trace minerals, it can be helpful to double or quadruple the amount of Clark's Colloidal Minerals to match the loading amounts for Omega 9+.

### Colon Activator

Start at 1 capsule with dinner, increasing amount by 1 capsule each day until you notice a significant improvement in the activity of your bowel. You should have a bowel movement to correspond with each full meal you ate the previous day. This product should be taken throughout the Perfect Start program. Note - we do not recommend ongoing, continuous use of Colon Activator, as this can result in dependence on its stimulatory activity. Doing regular Perfect Start, and then staying on a maintenance program that includes eN-Zyme and AlliPRO should keep your bowel function on track.

### Colon Detox Capsules

Take 9 capsules 3 times per day for 10 days. Take with 8 ounces of juice or water. Take 1 or 2 eN-Zyme capsules with each serving to improve release of the capsule material. Note - the best times to take either the powder or

capsules is early AM, mid-afternoon, and at bedtime. Take at least 2 hours apart from Detoxal 21 and any medications, as Colon Detox may bind these and prevent their absorption. Drink a lot of water and be sure to continue taking Colon Activator, as not doing so may result in constipation problems.

### Colon Detox Powder

Take 1 level scoop (equivalent to 1 heaping tablespoon) mixed in 6 oz. of juice or water 3 times per day for 10 days. Although the powder is black in color, it has almost no taste. It mixes very well with tomato or V8 juice, if you like those. If not, shake it with water or other juice in a small jar to get it mixed as well as possible.

### Detoxal 21

Take 1 capsule 3 times per day for 2 days, then take 2 capsules 3 times per day for 14 days.

### Ellagitannin

Take 2 capsules 2 to 4 times per day.

### eN-Zyme

Take 1 or 2 capsules with each meal for enhanced digestion. Take 2 to 4 capsules on an empty stomach (between meals and/or at bedtime) for systemic enzyme effects that will help speed resolution of inflammation and pain. This also promotes better and quicker healing of injury sites.

### eRadiator

Take 3 capsules daily, with food as needed. Note - for more intense application, take up to 8 capsules daily, spread throughout the day. This can be especially useful during illness or for combating allergies.

### Flu Buster

Take 1 to 2 droppers 3 times per day. For special use, increase to every hour. Can be taken straight, or mixed with juice or water. Note - do not mix with more than 2 oz. of juice or water to be sure of full effectiveness.

### H2Clear

Take 6 capsules 3 times per day on days 17 through 21 of the Perfect Start program.

### Immunal

Take 1 capsule 3 times per day for 20 days, then take 7 to 10 days off before resuming.

### Immunity Plus

Take 3 droppers by mouth per day for general immune support. For special use, take hourly. Can be taken straight, or mixed with juice or water. Can be applied topically to help with healing of bites, cuts or scrapes. Note - rest your body at least 1 week per month to maintain the effectiveness of this product.

### Kokoro Men's Crème

Apply 1/8 to 1/4 teaspoon once or twice daily to the perineum (the skin between the scrotum and the anus).