

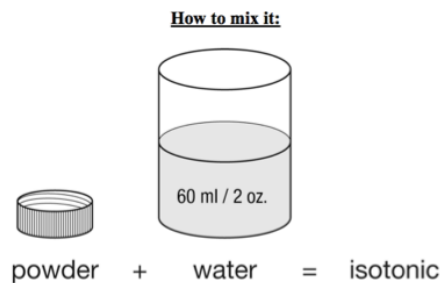
ORDER YOUR SUPPLEMENTS

Visit www.kineswellnesssolutions.com and create an account as my patient. Order these:
(all these products are gluten free)

- *** Daily Essential Box** (30 days) code 6496NM
- ***OPC-3** (30 servings) code 13810
- ***Curcumin Extreme** (30 servings) 13145NM or ***Hepatocleanse** code 13876
- ***Nutriclean Probiotics** (30 servings) to support/rebuild your good bacteria in the colon code 13282NM (while it states it may contain dairy, one strain as cultured off dairy, but there is no dairy in this probiotic).
- ***Heart Health Omega 3** (30 servings) code 13893NM
- **Isotonix Digestive Enzymes** Box if you have bloating, gas, indigestion, or heartburn code 13024NM
- **Bliss** (30 servings) if you have a lot of stress code 13173NM

*most important supplements for your success in the Program!

How to Mix Isotonics:



Fill the small cap completely with the powder

Pour filtered water into the large cup to the white line (that is exactly 2 ounces) and then add the powder; mix and drink

PROTEIN POWDERS - IF YOU ARE A SMOOTHIE FAN:

There are a number of very good protein powders I can recommend, if you want to make a smoothie with protein powder as a protein source. I do not recommend the NutraMetrix protein powders from the website above due to whey as the main ingredients because many people that problems with dairy, and we are eliminating dairy in the Program. My favorite Protein powders are listed on this website. Click on the category Detox Protein Powders, read my explanations, and pick the one that fits you best: <https://www.healthwavehq.com/kasiakines> and click on *Detox Protein Powders* – see my favorite picks and read more details about them. You can order one right there.

YOUR SUPPLEMENT ROUTINE:

- Morning Cocktail: exactly 10 oz water + empty the Daily Essentials+ 1 dose OPC-3; mix with a wooden chopstick; drink; wait 8-10 minutes and then have breakfast.
- At Breakfast: Take 1 Probiotic at the beginning of breakfast and 2 Omega 3 with breakfast; optional: 2 Bliss tabs if you are under a lot of stress.
- Before bed (or at dinner): Take 1 Curcumin Extreme cap or 2 Hepatocleanse caps.
- For Indigestion: Mix ½ content of Digestive Enzyme packet with 2 oz water and drink right after a meal if you have bloating/gas/indigestion/stomach ache/heartburn, etc. If you have a serious indigestion or he meal was very heavy, empty the whole packet in 4 oz water and drink right after the meal. It can be a saving grace!

WHY AND HOW OF ISOTONIC SUPPLEMENTS

I recommend isotonic solution due to its incredibly effective delivery: when mixed with the exact amount of water, the solution created mimics the osmotic pressure of bodily fluids: sweat, blood, saliva and tears. Nothing needs digesting or breaking down. The solution is recognized by the body as “self” and 90 to 95% of the solution is absorbed within 15 minutes. Only IV is faster and more effective, and some IV solutions also use isotonic solutions. I have not found any more effective supplementation. Glucose and fructose is minimal, at 1 g per serving. For details on the science, ingredients, storage, and sugars in the isotonic supplements, see *Isotonic Instructions and Storage* and *Sugar in NutraMetrix Isotonic Products* on this page of the Program.