



Your New Vitality

Holistic health from a biblical perspective



Effervescent Immune Power Cocktail

* **Prep Time:** 1 minute

***Yield:** 1 quart

*For colds, flus & fevers

Instructions:

Combine in a 1 qt. jar:

- 1 Nuun tablet
 - 1 T. raw apple cider vinegar (helps with calcium absorption)
 - 1 T. Standard Process [Calcium Lactate](#) powder
- Fill to top with water

Sip slowly throughout the day.

Take 3 Standard Process [Cataplex C](#) tablets + 1 [Cataplex F](#) tablet at each meal.

Lowered immunity is due to tissue calcium deficiency. Cataplex F contains Vitamin F which drives calcium into the tissues. Cataplex C contains Vitamin C, which boosts immunity. [Click here](#) to read more about this powerful immune triad.

For sleep, aches & pains, try [Kava Forte](#).

To Health!



L'chaim-- To Life!

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Nutritional Consultant
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TWO LOCATIONS:

Loveland:
1405 Gloria Ct.

Windsor:
PI-YO-CO Health & Beauty Services
655 Academy Ct.
Suite A

Consultations are available by appointment only



Interested in learning more about how to prepare your family for cold & flu season?

Contact me for a free 30-minute phone consultation!

For more "Lazy Housewife" recipes, download my [eBook](#).