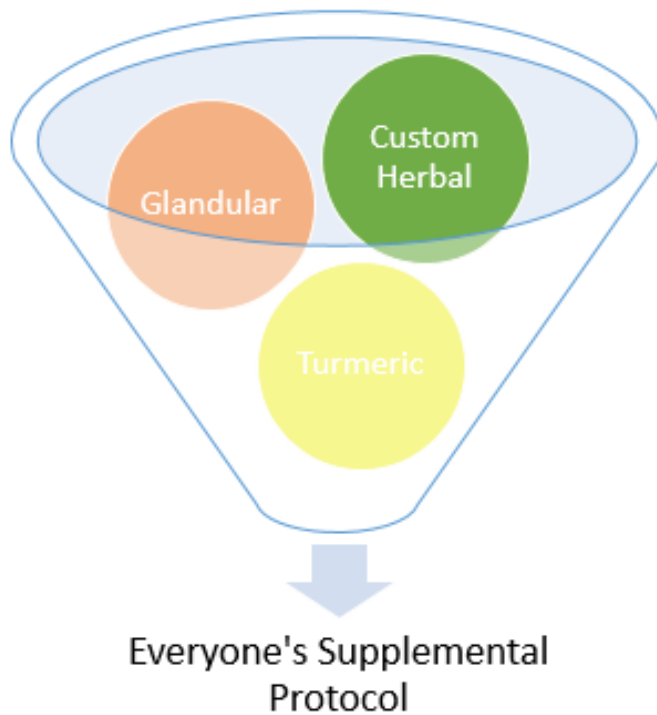


The below diagram as a demonstration of the supplemental basic protocol everyone can benefit from.

A custom herbal remedy evaluated for your individual needs and constitutional make up, would be a great addition to increasing one's vitality. Additionally, turmeric in the form of Turmeric Forte has the highest efficacy of all the turmeric concoctions out there. Since the 1980's, it has been known that curcumin (a compound in turmeric) is poorly absorbed by the body (MediHerb). However, now available is a clinically tested and confirmed *Turmeric Forte's* curcumin is shown to be 24.8 times more bioavailable than equivalent products such as products that combine turmeric with other herbs or black pepper



known to increase turmeric's effectiveness.

Furthermore, *Turmeric Forte* was found to be 45.6 times more bioavailable than curcumins alone. This is due to the curcumin in *Turmeric Forte* being bound to fenugreek fiber. This product is formulated to down-regulate inflammation in the brain specifically. It is also effective in reduction pain in arthritis, decreased gut related issues, and allergic rhinitis (MediHerb, 2017). Clinical trials proved *Turmeric Forte* to benefit patients with cancer, kidney disease, prediabetes and type II diabetes, osteopenia, osteoarthritis, and more (MediHerb, 2017).

In summary, an herbal protocol, either based on your constitution or a rotation throughout the year and in alignment with the seasons used to support your system is a practice honored in cultures that uphold ancestral wisdom traditions. Consider booking an appointment to evaluate the longevity-promoting properties herbal medicine has to offer you in addition to *Turmeric Forte* and the pure, un-adulterated proteins of the PMG's for nutrition and glandular regeneration.