



Quality • Longevity • Integrity

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MORNING TONIC

- 8-12 oz purified water
- 8 drops Cell-Rejuv®
- 1 dropper BioVitale-H2O®
- 1-2 tbsp apple cider vinegar
- 1/2 lemon squeezed
- 1 capsule MINEREX®

Optional: cinnamon, honey, molasses, maple syrup, cayenne

Do this every morning for two weeks and notice how much better you feel. If you feel worse, there is something seriously wrong with your body chemistry and you should consider doing a Hair Mineral Analysis from Healthy Habits® at your earliest convenience.

The Hair Mineral Analyses (HMA) is an easy test to do. Order the HMA specimen kit and return it with a hair specimen. Mineral levels in your body are an all-important factor for establishing overall wellness of the body. Everything comes from minerals. Minerals are the basic building blocks of the body. So go your minerals, so goes your body -- often ending up in a disease state when in reality it all started with improper mineral ratios that should have been noticed and corrected years earlier. Minerals are the FIRST domino. Most symptoms later in life are the result of unbalanced mineral ratios earlier in life. If your mineral ratios are out of balance, no amount of right anything is going to have a lasting effect until you fix those ratios. You cannot get this info from blood, urine or saliva.