

How to Take the Core Plus

AM:

*1-2 scoops of Sulfur mixed in 4oz of warm water (to dissolve it) drink it on an empty stomach - good for allergies, pain, asthma and acne - you can add lemon to it to make it taste better (if you ordered the capsules just throw them back)

*one packet of ENERGY (or E2) in 4 oz of cold water, drink it fast on an empty stomach

* 1-2 tablespoons of Mila in a smoothie or oatmeal or you can mix it with almond or coconut milk and let it sit for an hour, add a little cinnamon or vanilla - YUM!

helps with pain, mood, skin issues, brain clarity, focus, skin issues, bowel issues, sleep

*1 oz of GoYin - calms and alkalizing, helps with anxiety and sadness

*1 oz of Daily Build (vitamin) eat soon after

*1 oz of each of the Superfruits

PM:

*1 oz of Calcium, helps with sleep and bone/teeth health

*1-2 tablespoons of Mila, helps with sleep and bowels

*1 dropperful of the Cleanse (or capsules) cleans out the 7 channels of elimination while you sleep

More on the Superfruits:

100% wildy harvested superfruits that have been used for thousands of years as medicines in the regions they are grown.

Constipation, Reflux, Pain, Bowel Issues (of any kind) - **Noni**

Depression, Libido, Circulation issues, low Iron levels - **Goji**

Pain, Inflammation, Allergies, Eczema, Asthma- **Mangosteen**

Cholesterol, heart issues, nail, skin and hair growth- **Açaí**

Video on How to Take the Core Plus:

<https://youtu.be/PgUdVcpZAS8>

A great way to get those juices in, make a smoothie:

My morning breakfast: AWESOME EVERYTHING IN ONE DETOX SMOOTHIE - this is the fastest easiest way to get everything in and get a nutritious breakfast. <https://vimeo.com/806989144?>

Ingredients:

Ice	2 tablespoons of Mila
Water (maybe 3/4 cup)	One scoop of Live PURE Vegan Protein (sometimes)
One ounce of each of the superfruits	Frozen kale (sometimes)
One ounce of Daily Build	Frozen berries (sometimes)
One ounce of Goyin	You can also add the sulfur if you can't handle taking it alone.
One scoop of Greens	
One scoop of Hydrate	
One scoop of Energy	