



THE FASTING PODCAST **WOW**: EPISODE 46 – MY FAVORITE SUPPLEMENT EVER!

EPISODE 46: MY FAVORITE SUPPLEMENT EVER!

The Fasting Podcast **WOW** (Wellness & Optimal Weight)



Host: Julie Phillips, CNHP





THE FASTING PODCAST **WOW**: EPISODE 46 – MY FAVORITE SUPPLEMENT EVER!

“K⁺” Super Tonic: The Sum is Greater than its Parts

Potassium-Based Tonic with Fruits, Flowers, Stems, Leaves, Roots

- Specific Plant Chemicals or Antioxidants - different from vitamins and minerals

To fight oxygen producing free radicals



- Minerals

- To support blood building and nerve transmission

- Potassium
- Iron



14 plant extracts
Hundreds of antioxidants
fighting against inflammatory processes

- Sarsaparilla Root
- Passion Flower
- Senega Root
- Licorice Root
- Horehound
- Thyme
- Celery Seed
- Angelica Root
- Camomile
- Alfalfa
- Dandelion Root
- Gentian Root
- Saw Palmetto Berry
- Cascara Sagrada

Bitter / tonic herbs, not found in the western diet, are vital to releasing digestive components such as cholecystokinin (CCK), gastrin & pepsin; bitter herbs can reduce the toxic load in the gastrointestinal tract from being released into circulation. Besides potassium+, the tonic targets digestion, pH balancing, inflammation, oxygenation, & high nourishment & protection. Attributes on following pages from respected sources on specific ingredients – no claims made on product.



Topics Appearing in Generic Online Search of this Ingredient

- ★ **Fluid & electrolyte balance (sodium/potassium pump)**
- ★ **Heart, kidneys, brain, & muscle tissue**
- ★ **Deficiency signs: severe headaches, dehydration, heart rate/rhythm**
- ★ **Muscle strength & cramps**
- ★ **Risk of stroke**
- ★ **Cellulite appearance**
- ★ **Preservation of bones & bone-related issues**
- ★ **Required to build protein & muscle for healthy growth & development**
- ★ **Blood pressure**
- ★ **Insulin sensitivity, responsiveness & secretion among blood sugar challenged**

Tonic also has calcium/iron/iodine/magnesium... & crucial trace minerals



THE FASTING PODCAST **WOW**: EPISODE 46 – MY FAVORITE SUPPLEMENT EVER!

ALFAFA HERB

Topics Appearing in Generic Online Search of this Ingredient



- ★ **Rich in nutrients** (vitamins A, B1, B3, B5, B6, B9, B12, C, D, E, K, biotin, amino acids, chlorophyll, digestive enzymes e.g. betaine, protein, major minerals & trace minerals)
- ★ **Inflammation**
- ★ **Blood purifier** (cell detox working in liver & intestine)
- ★ **Cholesterol, clogged arteries**
- ★ **Blood sugar & blood pressure**
- ★ **Digestion including bile**
- ★ **Anti-fungal**
- ★ **Hormones**
- ★ **Spasms (flavonoids)**
- ★ **Proper clotting (vitamin K)**
- ★ **Sores on internal bodily linings (beta carotene)**



THE FASTING PODCAST **WOW**: EPISODE 46 – MY FAVORITE SUPPLEMENT EVER!

ANGELICA ROOT (DONG QUAI)

Topics Appearing in Generic Online Search of this Ingredient

- ★ Hormones for women of all ages
- ★ Urine flow
- ★ Bone loss
- ★ Blood sugar & blood pressure
- ★ Cholesterol & triglycerides
- ★ Bowel movements
- ★ Inflammation & relief of discomfort
- ★ Skin challenges
- ★ Hair growth
- ★ Blood challenges (e.g. clumping)
- ★ Sad mood
- ★ Microbes & gut challenges
- ★ Vomiting feeling





THE FASTING PODCAST **WOW**: EPISODE 46 – MY FAVORITE SUPPLEMENT EVER!

CASCARA SAGRADA (Not in California Version)

Topics Appearing in Generic Online Search of this Ingredient



- ★ Gentle laxative, safely used daily by millions for decades in proper quantity
- ★ Liver challenges including enlarged
- ★ Stones in gallbladder
- ★ Healthy cells vs abnormal cells/growths
- ★ Swollen veins in rectum/anus
- ★ Peristalsis for bowel movements
- ★ Digestion & bile production
- ★ Gas in stomach
- ★ Parasites in the gut
- ★ Teeth health



CELERY SEED

Topics Appearing in Generic Online Search of this Ingredient

- ★ Digestion & burning sensation
- ★ Calming
- ★ Cholesterol, low blood pressure, low blood sugar, spasms, energy level
- ★ Liver enzymes, fat on liver, liver health
- ★ Sores on inner linings (e.g. stomach)
- ★ Detoxification & cleansing
- ★ Inflammation
- ★ Women's monthly cycles
- ★ Urine flow, regularity, skin, memory
- ★ Microbes including gut challenges
- ★ Rich in magnesium, potassium, calcium, phosphorous, vit A & K





THE FASTING PODCAST **WOW**: EPISODE 46 – MY FAVORITE SUPPLEMENT EVER!

CHAMOMILE HERB

Topics Appearing in Generic Online Search of this Ingredient



- ★ Calmness daytime or nighttime
- ★ Inflammation & discomfort (head...)
- ★ Digestion & liver function
- ★ Virus, bacteria, fungus, microbes
- ★ Sick feeling about vomiting
- ★ Flashes of heat with dong quai in tonic
- ★ Sores within body linings (e.g. stomach)
- ★ Female monthly cycles & muscle cramps
- ★ Urine flow
- ★ Allergies
- ★ Healthy cells vs abnormal cells/growths



THE FASTING PODCAST **WOW**: EPISODE 46 – MY FAVORITE SUPPLEMENT EVER!

DANDELION ROOT

Topics Appearing in Generic Online Search of this Ingredient

- ★ Inflammation including joints, bile ducts, etc.
- ★ Gastric movement, bowel movements, urine flow
- ★ Digestion & appetite
- ★ Blood purification via liver & gallbladder
- ★ Liver purification, challenges & liver enzyme level
- ★ Cholesterol & triglycerides
- ★ Water retention or fluid balance
- ★ Anti-bacterial
- ★ Balance of flora in the gut
- ★ Breast health
- ★ Deficiency of red blood cells or hemoglobin in blood





GENTIAN ROOT

Topics Appearing in Generic Online Search of this Ingredient



- ★ Digestive juices, saliva & bile
- ★ Liver & gallbladder aid & detoxification
- ★ Digestive/gut challenges (e.g. burning sensation, gas, bloating, vomiting feeling, runny bowels)
- ★ Sinus & viral infections, parasites, bacteria, fungal
- ★ Nutrient absorption
- ★ Clogged arteries & blood pressure
- ★ Circulation, fatigue, nervous system
- ★ Oxidative stress
- ★ Fatigue
- ★ Women's monthly cycles
- ★ Urine flow
- ★ Healthy cells vs abnormal cells / growths



THE FASTING PODCAST **WOW**: EPISODE 46 – MY FAVORITE SUPPLEMENT EVER!

HOREHOUND HERB

Topics Appearing in Generic Online Search of this Ingredient

- ★ Coughs, mucus & phlegm
- ★ Intestinal spasms
- ★ Inflammation & discomfort
- ★ Digestion, appetite, saliva, gastric juices
- ★ Gut challenges
- ★ Queasy feeling while traveling
- ★ Inflamed bronchial tubes
- ★ Respiratory / breathing
- ★ Opening of blood vessels
- ★ Heartbeat rate or rhythm
- ★ Antioxidant





THE FASTING PODCAST **WOW**: EPISODE 46 – MY FAVORITE SUPPLEMENT EVER!

LICORICE ROOT

Topics Appearing in Generic Online Search of this Ingredient



- ★ Adaptogen for stress & cortisol levels
- ★ Fatigue & immunity
- ★ Coughs, sore throats & colds
- ★ Gastrointestinal issues e.g. spasms, holes in gut lining
- ★ Reproductive issues
- ★ Monthly cycle women of all ages
- ★ Enhances other herbs like gentian
- ★ Digestion including burning sensation
- ★ Serious skin challenges
- ★ Bacteria, virus, yeast overgrowth, microbes
- ★ Antioxidant
- ★ Gentle bowel regularity
- ★ Soothing to intestines



THE FASTING PODCAST **WOW**: EPISODE 46 – MY FAVORITE SUPPLEMENT EVER!

PASSION FLOWER

Topics Appearing in Generic Online Search of this Ingredient

- ★ Relaxation & sleep (light breathing, clear awakening)
- ★ Nervous, anxious, too active, or lacking focus
- ★ Breathing challenges
- ★ Cardiovascular, coronary, or circulation challenges
- ★ Inflammation & discomfort
- ★ Sudden irregular body movements
- ★ Intestinal spasms
- ★ Blood pressure
- ★ Female hormones monthly cycles & lack of cycles
- ★ Gut & bowel health
- ★ Bacteria and fungus





THE FASTING PODCAST **WOW**: EPISODE 46 – MY FAVORITE SUPPLEMENT EVER!

SARSAPARILLA ROOT

Topics Appearing in Generic Online Search of this Ingredient



- ★ Blood purification
- ★ Abnormal cells & growths
- ★ Coughs and colds
- ★ Inflammation & Joint or head discomfort
- ★ Serious skin challenges
- ★ Fatigue
- ★ Muscle discomfort or weakness
- ★ Low sexual desire or performance
- ★ Liver damage & protection
- ★ Infections
- ★ Bloating/fluid retention
- ★ Regulation of colon bacteria & toxin absorption
- ★ Overheating and fevers



THE FASTING PODCAST **WOW**: EPISODE 46 – MY FAVORITE SUPPLEMENT EVER!

SAW PALMETTO BERRY

Topics Appearing in Generic Online Search of this Ingredient

- ★ Prostate health (e.g. too large)
- ★ Frequent, painful, increased night time urination
- ★ Sex drive
- ★ Hair loss
- ★ Immune
- ★ Respiratory
- ★ Relaxation
- ★ Inflammation

Note: Some benefits may help both men & women





THE FASTING PODCAST **WOW**: EPISODE 46 – MY FAVORITE SUPPLEMENT EVER!

SENEGA ROOT (Seneca Snakeroot)

Topics Appearing in Generic Online Search of this Ingredient



- ★ Snake bites
- ★ Urine flow
- ★ Common cold, cough, phlegm & throat discomfort
- ★ Digestion & saliva
- ★ Bowel cleansing
- ★ Vomiting
- ★ Inflammation & discomfort (e.g. stomach, head)
- ★ Graft rejection
- ★ Serious skin issues
- ★ Lungs & breathing
- ★ Blood sugar
- ★ Immune
- ★ Healthy cells vs abnormal cells/growths



THE FASTING PODCAST **WOW**: EPISODE 46 – MY FAVORITE SUPPLEMENT EVER!

THYME HERB

Topics Appearing in Generic Online Search of this Ingredient

- ★ **Poisonings (e.g. food poisoning)**
- ★ **Bacteria, fungus, microbes, infections**
- ★ **Throat discomfort**
- ★ **Blood pressure**
- ★ **Cholesterol**
- ★ **Mood boosting**
- ★ **Coughs & lung/breathing challenges**
- ★ **Confused immune systems turn on self**
- ★ **Healthy cells vs abnormal cells/growths**
- ★ **Intestinal spasms**
- ★ **Digestion (e.g. saliva, gas)**





THE FASTING PODCAST **WOW**: EPISODE 46 – MY FAVORITE SUPPLEMENT EVER!

K⁺ SUPER TONIC IMPACTING WORLD HEALTH

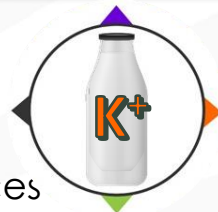
- ★ 1922 inventor/agrobiologist inspired by prayer said it's not just the 14 ingredients, it's the way they are uniquely molecularly extracted & combined "Knowledgeable scientists could devote a life's pursuit to unraveling the mystery locked in this unique, molecular combination and come up empty handed. I feel privileged to have been inspired to create this formula." Created 98 years ago, available to public 36 years – still a top seller!
- ★ I & many health professionals count this as their favorite or life-changing/saving product
- ★ Texas A&M study to validate ingredients all naturally derived
- ★ Impressive analysis provided by the tonic's originating company, analyzed & written by an independent holistic registered pharmacist who called it "*such a marvelously complex, multifunctional product greater than the sum of individual parts*" invented by a "genius"





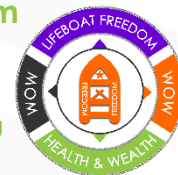
THE FASTING PODCAST **WOW**: EPISODE 46 – MY FAVORITE SUPPLEMENT EVER!

HOW TO TAKE IT & WHERE TO GET IT



- ★ Liquid is better than travel capsules – allowing bitter herbs to stimulate digestive juices to flow, best taken before meals and swish/hold in mouth before swallowing – gums & recovery from dental surgery may benefit (bottle says 1 tablespoon twice per day)
- ★ Best taken alone in mouth before meals, but mixing with shake or liquid is still beneficial – some put extra in water & drink it throughout the day for energy, focus, & more
- ★ The bitter tonic herb taste can change as detoxification (e.g. heavy metals) may occur
- ★ If taking extra amount for avoiding a cold/flu bug, consider California version
- ★ The company offers free shipping in contiguous US & Canada
- ★ The person that referred you is an independent product representative that would love you to be their customer or teach you how to achieve 6 bottles per month or equivalent after 1-2 months of doing our special easy video program – ask them how

For Questions or Feedback, Please Get Back with Your Independent Product Representative. If None, I'm Your Rep! Julie@LifeboatFreedom.com, www.Univera.com/LifeboatFreedom/Learnmore (Km Product), www.LifeboatFreedomUNIK.com (Unique Opportunity for Health, Wealth & Free Time with 6 FREE Bottles/Month & free shipping - Team Members Wanted & We Have Both English & Spanish Videos – You May Send Others to this Podcast Episode)





THE FASTING PODCAST **WOW**: EPISODE 46 – MY FAVORITE SUPPLEMENT EVER!

Possible Next Steps



For Questions or Feedback, Please Get Back with Your Independent Product Representative. If None, I'm Your Rep! Julie@LifeboatFreedom.com,
www.Univera.com/LifeboatFreedom/Learnmore (Km Product),
www.LifeboatFreedomUNIK.com (Unique Opportunity for Health, Wealth & Free Time with 6 FREE Bottles/Month with No "Lifeboat Freedom" Video Work Required Past the 1st 28 Days – Team Members Wanted, We Have Both English & Spanish Videos and You May Send Others to this Podcast/YouTube Episode to Learn)

Watch our next episode, refer others, & check out our website:
www.TheFastingPodcastWOW.com

Podcasters – 5-stars on I-Tunes, YouTubers – "like" this video & subscribe



THE FASTING PODCAST **WOW**: EPISODE 46 – MY FAVORITE SUPPLEMENT EVER!

Stay Positive, Focused, & Determined Because
Where the Mind Goes, Energy Flows... *Ernest Holmes*





THE FASTING PODCAST **WOW**: EPISODE 46 – MY FAVORITE SUPPLEMENT EVER!

IMPORTANT COPYRIGHT NOTICE

Presentation Created by Dream Biz Success Network
For Health & Wealth Lifeboat Freedom Group

All Other Content is the Exclusive Copyrighted Work of Dream Biz Success Network
Including the Images Contained in this Presentation, which were Purchased &
Licensed Exclusively to Dream Biz Success Network for this Presentation

Any Unauthorized Use of this Presentation Will Result in Legal Remedies & Fines
by the Creator of the Presentation & the Companies Representing
The Creators/Authors of the Images Used in this Presentation



THE FASTING PODCAST **WOW**: EPISODE 46 – MY FAVORITE SUPPLEMENT EVER!

PRODUCT DISCLAIMER

These statements have not been evaluated by the FDA or FTC. Information herein is NOT intended to be taken as medical advice. No therapeutic or medical claims are either implied or made. The products are not intended to diagnose, cure, treat, heal, or prevent any disease, illness or injury. Please do not alter any medical treatment, or the use of any medications, without the permission of your medical care provider.

DOCTOR DISCLAIMER

Anyone with a health challenge should consult with their doctor before taking any natural health supplements, noting that the tonic has been in the Physician's Desk Reference (PDR)