

The Cleansing Response

Physiological Reactions to Protandim

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Free Radicals

As you begin to take Protandim positive changes begin to happen within your body. Most of these you won't be able to see or feel, but we know that they happen. For instance, your level of Oxidative Stress will revert to that of a 20 year old or younger in 30 days.

Some people will also experience a Cleansing Response. As you rid your body of Free Radicals, you may experience a general malaise, nausea, or headaches. But rest assured this is not an allergy or a permanent problem. An adjustment should be made in the amount you take for a couple of weeks. Call your upline or myself to learn how to adjust the amount of Protandim the person is taking.

THE IDEAL REACTION

The Ideal reaction is the gradual development of an increased sense of well-being. At first you will notice that you do not tire so easily. You will have more sustained energy during the day, and you will not become tired so early in the evening, and you will sleep much better. Next, you may find you are more alert in the mornings. As your sense of well-being increases, you may begin to feel more emotionally and psychologically secure. Little things do not bother you as they once did. Your old patterns will begin to change from "grumpy" ones to "happy" ones.

CORRECTING REACTIONS

However, in a significant minority, a number of uncomfortable reactions may occur as you begin to cleanse your body of Free Radicals. It is not easy for your body to adjust overnight to a long history of Oxidative Stress.

If you have a history of Chemotherapy and/or radiation along with many different prescriptions, you may experience some of the following: fever, rash or hives, excessive gas, headaches, increased thirst, weakness, lethargy, loss of appetite, nausea, diarrhea, constipation, dizziness, nervousness, and various body aches and pains in joints and muscles. When these reactions occur, you can be assured your body is making positive changes toward an improved state of health.

If you recognize these as a correcting response, it will be easier to accept them as steps on the road to better health. These conditions are a small price to pay for long- lasting benefits.

CONTACT THE PERSON WHO PUT YOU ON PROTANDIM TO ADJUST THE AMOUNT OF PROTANDIM YOU ARE TAKING!

THINGS TO DO TO HELP YOUR BODY RID ITSELF OF FREE RADICALS

- Drink 8 8oz glasses of water daily. Also consider a combination of natural fresh fruit and vegetable juices. This will help flush out the toxins and contribute to the natural cleansing of the kidneys.
- Increase your intake of fruits, vegetables, and bran from the cereals. This can help accelerate the removal of toxins from the body.
- Include an activity component in your daily routine. Walking for 15 minutes is a good place to start. Exercise, in general, is a great way to support detoxification.
- If the reaction is too strong for you to tolerate, you can reduce the amount of Protandim for a couple of weeks, and then go back to one pill daily. This routine may need to be repeated, depending on the amount of repair needed at the cellular level.