

Assisting Your Body in Healing

A secondary factor that affects your healing is nutrition. We have never lived in a more toxic environment, and even our best food supplies have poorer nutritional values than in the past – not to mention our typical American diets. Current research shows that 90+% of people are moderately to severely depleted on many of the essential building blocks the body needs to heal and function properly, and that the quality of the supplements many are taking are causing more harm than good.

The Vitalleo Edison Pack is of the highest quality and concentrations to give your body exactly what it needs for healing and maintenance. It has been specifically designed for chiropractic patients to help give your body all the building blocks it needs to be able to heal like it was designed to do. The Edison Pack is free of gluten, dairy, soy, and shellfish, and it only contains non-GMO ingredients.

Nutrition:

Take 1 capsule of Multivitamin 3x/day with a meal

Take 1 capsule of Nerve/Bone/Soft Tissue 3x/day with a meal

The Edison Pack is designed to give you the correct dosage by taking 1 capsule each, 3x/day or 6 capsules total per day. Each bottle is a 30-day supply.

Try to spread them out during the day as much as possible, but if you miss a dose, make it up by adding it to your next dose.

Do not take more than the recommended 6 capsules/day unless directed by your doctor.

Take with food or snack.

Basics to lower your inflammation:

Drink 50% of your body weight in ounces of clean water per day

(Weight=150 lbs drink 75 oz water/day)

(Sorry, coffee, soda, tea, and beer don't count!)

Limit your refined sugar intake to as minimal as possible. None is ideal!

Limit your processed grains, breads, pastas, cakes, and flour intake. None is ideal!

Limit refined foods. None is ideal!