

# Tips & Suggestions for Starting NuWTR

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## TIPS when Starting living Fulvic Minerals: (Using Liquid drop form)



- \* Benefits are progressive – build dosage over time
- \* *Discomfort may result* when taking Too Much ... Too Fast
- \* Best to dilute in a fluid – allows more even dispersion in body
- \* *Take concentrated nutrients separated* from other supplements by a few minutes
  - o *Let Body process One thing at a time*
- \* *Always separate 'Medications'* from any nutritional supplement by **either** a meal or 2+ hours

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## CONSIDERATIONS for Special Age & Health Groups

- o Young Children < 10 years old
- o Seniors > 60 years old
- o Any age with Illness

### 1. Start Slow – Body may react to 'sudden changes'

Too much of a good thing, too fast, can cause Discomfort

### 2. Be Gentle with your body

#### **GENTLE START-UP PROCESS (1-3 WEEK PERIOD)**

**Herbs + NuWTR Cleanse the Body.** To avoid discomfort and enable the body to prepare, it is suggested to Start & Increase slowly over a 1 - 3 week period.

**Note:** If your body is very sensitive to changes, start with **Alternate Days**.

### 3. Change just One thing... and Observe response

This is the scientific method: One Variable, then Observe results

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## SUGGESTED STARTING DOSAGES for Age & Health Groups

- \* **YOUNG CHILDREN** < 10 years old
  - o < 1 years: 1 drop every 2-3 days (Infant)
  - o < 2 years: 1 drop alternate days
  - o 2-4 years: 3 drops alternate days (then daily)
  - o 5-8 years: 8-10 drops daily initial 3-4 weeks (then up to 1ml daily)
  - o > 8 years: 1ml daily (15-20 drops)
- \* **TEENS & ADULTS:** 1ml first week – gradually increase to 5ml (over 1- 3 weeks)
  - o Monitor: After 1<sup>st</sup> Month may consider increasing to 10ml (*for more rapid repairs*)
- \* **SENIORS > 60** years old
  - o 10-drops (0.5 ml) to Start: Alternate days for 2-weeks (Daily to 1 month)
  - o 15-20 drops (1ml) after 1 month
- \* **FRAGILE: Any age** where **change can Tip health-balance**
  - o 1-drop daily and increase over 3-weeks up to 8-drops

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## DISCOMFORT after Startup: a) Reduce or Alternate days; b) Schedule 30-minute HealthTest

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