

Targeted Areas of Wellness

1. Blood Pressure Wellness

The Body Foundation, The Freedom Cleanse, Magnesium, Vitamin C, Drink 1/2 your body weight in ounces of Reverse Osmosis Water daily, Increase Raw Fruits and Vegetables.

2. Blood Sugar Wellness

The Body Foundation, The Freedom Cleanse, The Honey Pack, Magnesium, Germanium, Vitamins A (from fish liver oil), C, D, & E, Bilberry, American Ginseng and Stevia.

3. Blood Wellness

The Body Foundation, The Freedom Cleanse, Iron, Zinc, Copper, Selenium, Vitamins C & E and Olive Oil.

4. Bone & Joint Wellness

The Body Foundation, The Freedom Cleanse, Sulfur, Molybdenum, Boron, Gold, Indium, Vitamins C, E, B-3 (niacinamide), Olive Oil, Fish Oil or Cod Liver Oil, Knox Gelatin and Apple Cider Vinegar.

5. Bone Density Wellness

The Body Foundation, The Freedom Cleanse, Calcium, Magnesium, Boron, Manganese, Vitamins D, B-6, & B-12, Knox Gelatin, Progesterone Cream & Sunshine.

6. Cartilage Wellness (Wrist)

The Body Foundation, The Freedom Cleanse, Manganese, Zinc, Silver, Vitamins A & C, Fish Oil, Organic Flax Seed Oil, Knox Gelatin and Apple Cider Vinegar.

7. Cell Structure Wellness

The Body Foundation, The Freedom Cleanse, Magnesium, Zinc, Copper, Iron, Selenium, Germanium, Vitamins A, C, E, & B-6 & B-12, Fish Oil, Folic Acid, L-Arginine, Herbal Teas - Red Clover, Milk Thistle, Dandelion, Ginger, Essiac Tea.

8. Children Attention Wellness

The Body Foundation, Chromium, Magnesium, Stevia, Calcium, Reduce White Products (rice, sugar, etc), Increase Raw Fruits, Vegetables and Whole Grains.

9. Cholesterol Wellness

The Body Foundation, The Freedom Cleanse, Honey Pack or (Chromium, Vanadium & Indium), Vitamins A, D, E, B-3 (niacinamide), B-6, Fish Oil, Olive Oil, Organic Flax Seed Oil, Fenu Greek Tea, Reduce or Eliminate Meat and Dairy Products, Increase Raw Fruits and Vegetables, and Increase Intake of Fresh Beans and Apples.

10. Colon Wellness

The Body Foundation, The Freedom Cleanse, Enzymes Divine, Magnesium and Zinc.

11. Digestive Wellness

The Body Foundation, The Freedom Cleanse, Zinc, Selenium, Enzymes Divine, Vitamins A & E and Apple Cider Vinegar.

12. Elderly Mental Wellness

The Body Foundation, The Freedom Cleanse, Zinc, Selenium, Vitamins A, C, & E, Olive Oil, and pH paper.

13. Emotional Wellness

The Body Foundation, The Freedom Cleanse, Magnesium, Vitamins B-Complex, and B-3 in form of Niacinamide, Reduce White Products (rice, sugar, etc), Increase Raw Fruits, Vegetables and Fish Oils.

14. Energy Wellness

The Body Foundation, The Freedom Cleanse, Vitamins C, B-6 & B-12 and Apple Cider Vinegar.

15. Eye Wellness

The Body Foundation, The Freedom Cleanse, Zinc, Magnesium, Selenium, Vitamin B Complex and Bilberry Herb.

16. Fertility Wellness

The Body Foundation, The Freedom Cleanse, Zinc, Magnesium, Selenium, Boron and Cobalt.

For Your 10% Discount,
contact
Toni Hatton at
www.tonihatton.com
410-298-2121

This information is not intended to treat, cure, or diagnose any sickness or disease! It is based on research and is for informational purposes only!

I'd like to target these areas:

Record the item numbers here, and give to the attendant: _____

Name: _____ Phone Number: _____

Email: _____

Targeted Areas of Wellness

17. General Wellness

The Body Foundation, The Freedom Cleanse, Reverse Osmosis Water, Enzymes Divine, Less Processed Foods, Less White Products (rice, pasta, etc.), More Raw Fruits and Vegetables and Minimize Meat Consumption.

18. Head Wellness (Stress Support)

The Body Foundation, The Freedom Cleanse and Magnesium.

19. Heart Wellness

The Body Foundation, The Freedom Cleanse, Magnesium, Vitamins C, A, D, & E, Co-Enzyme Q-10, Hawthorne Berry, Olive Oil, Organic Flax Seed Oil and Cardiovascular Exercise.

20. Immune System Wellness

The Body Foundation, The Freedom Cleanse, Silver, Zinc, Selenium, Germanium, Platinum, Sulfur, Vitamins C and E, Fresh Squeezed Natural Fruit Juice (no grape juice as it will convert to glucose sugar), L-Arginine—**NOTE: When consuming other fruit juices dilute with water to dilute sugar concentrate for better immune support.**

21. Men's Performance Wellness

The Body Foundation, The Freedom Cleanse, Zinc, Magnesium, Selenium, Germanium, Indium, Pumpkin Seed Oil and Organic Flax Seed Oil.

22. Nasal Immune System Wellness

The Body Foundation, The Freedom Cleanse, Manganese, Locally-grown Honey and Enzymes Divine.

23. Neurological Wellness

The Body Foundation, The Freedom Cleanse, Zinc, Selenium, Sulfur, Vitamins A, C, D, & E, Olive Oil, Organic Flax Seed Oil and Fish Oil.

24. Prostate Wellness

The Body Foundation, The Freedom Cleanse, Zinc, Magnesium, Selenium, Silver, Vitamins A, D, E, Pumpkin Seed Oil, Passion Flower and Progesterone Cream.

25. Respiratory Wellness

The Body Foundation, The Freedom Cleanse, Magnesium, Selenium, Zinc, Vitamins B-6 & 12, plus C & A .

26. Skin Wellness (Adult)

The Body Foundation, The Freedom Cleanse, Copper, Selenium, Herbal Teas—Red Clover, Milk Thistle, Dandelion and Ginger.

27. Skin Wellness (Youth)

The Body Foundation, The Freedom Cleanse, Zinc, Selenium and Silver.

28. Sleep Wellness

The Body Foundation, The Freedom Cleanse, Magnesium, Indium, and Gold.

29. Thyroid Wellness

The Body Foundation, The Freedom Cleanse, Magnesium, Iodine, Selenium, Manganese and Vitamin C.

30. Weight Management Wellness

The Body Foundation, The Freedom Cleanse, Chromium, Manganese, Selenium, Iodine and Enzymes Divine (after every meal).

31. Women's Wellness

The Body Foundation, The Freedom Cleanse, Magnesium, Enzymes Divine, Indium and Platinum.

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