

EASY TIPS TO ENABLE STRONG FLEXIBLE BONES



W W W . S H E R R I E S C O T T . I E







CREATE A NEW HERBAL TEA JUST FOR YOU

BE ADVENTUROUS COMBINE NEW FLAVOURS

1 TEASPOON OF FRESH OR DRIED HERB PER CUP. DRINK 2-3 TIMES PER DAY

SYNERGISE 3 HERBS

MAIN OPTIONS
OATSTRAW
NETTLES
SAGE
HAWTHORN BERRY

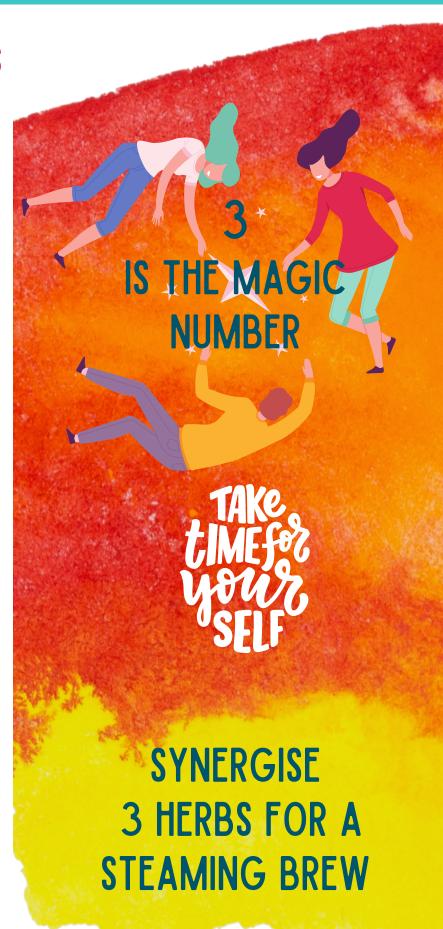
COMBINE WITH
FENNEL, GINGER, PEPPER,
CUMIN OR CORIANDER

INFUSE FOR 10/15 MINS

BLOW IN THE LOVE

BEFORE DRINKING

ENJOY HELPING
YOURSELF TO IMPROVE
YOUR OWN
BONE HEALTH





DANDELION FOR RESILIANCE

WE WANT CALCIUM RICH HERBS

NETTLES, DANDELION [WHOLE PLANT WHERE POSSIBLE] BORAGE LEAVES, CELERY SEED, BLACK STRAP MOLASSES & KELP TO SUPPORT GROUND & STRENGTHEN OUR BONES.

MACCA POWDER ADDED TO SMOOTHIES, BREAKFAST CEREAL OR ENERGY BALLS PROTECTS AGAINST AGEING AND HELPS RESTORE HORMONAL BALANCE.

VITEX INFUSION PROTECTS AGAINST OSTEOPOROSIS WHILE BALANCING YOUR HORMONES

Create your own supplement thats cheap and easy to make

CREATE TASTY APPLE CIDER VINEGARS WITH FRESH NETTLE, FRESH DANDELION, DRIED COMFREY LEAF OR FRESH CHICKWEED THIS HELPS YOU ABSORB MORE CALCIUM EASILY.

CHOP FRESH HERBS AND FILL A JAR HALF FILL THE JAR IF USING DRIED HERBS COVER WITH VINEGAR CAP AND STORE FOR A MONTH.

DECANT AND USE AS
A SALAD DRESSING
A SUPPLEMENT [3TBS PER DAY]
A WARM WATER NOURISHING DRINK

YOURSELF WASTE

ENJOY TREATING YOURSELF WITH LOVE

