

STU'S IMMUNE SYSTEM ROUTINE

This is the routine I've been using for the last several months... and I've never felt better. I have more energy and stamina... and I don't get sick!

Always consult your physician before beginning any exercise program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. Consult with your healthcare professional to design an appropriate exercise prescription. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider.

Morning

- Alkalized Silver – 2 tsp
(visit www.StuSchaefer.com/resources for a 20% coupon)
 - Multi-Vitamin “Sport Formula” Powder
-

Mid-Day

- Selenium – 1 tablet
 - MSM – 1 tablet (1000 mg)
-

Evening

- Vitamin D3 – 5,000 IU
 - Vitamin C – 1,000 mg
-

Before Bed

- Alkalized Silver – 2 tsp
(visit www.StuSchaefer.com/resources for a 20% coupon)

For more helpful resources, please visit www.StuSchaefer.com/resources