

Constipation Relief

Keep Your Bowels Moving without Laxatives



Magnesium



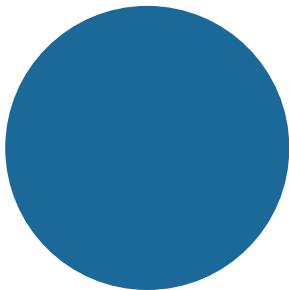
Colon Massage



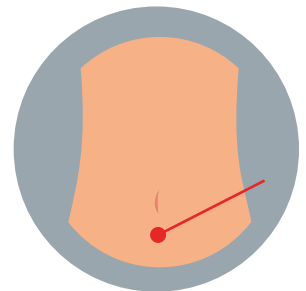
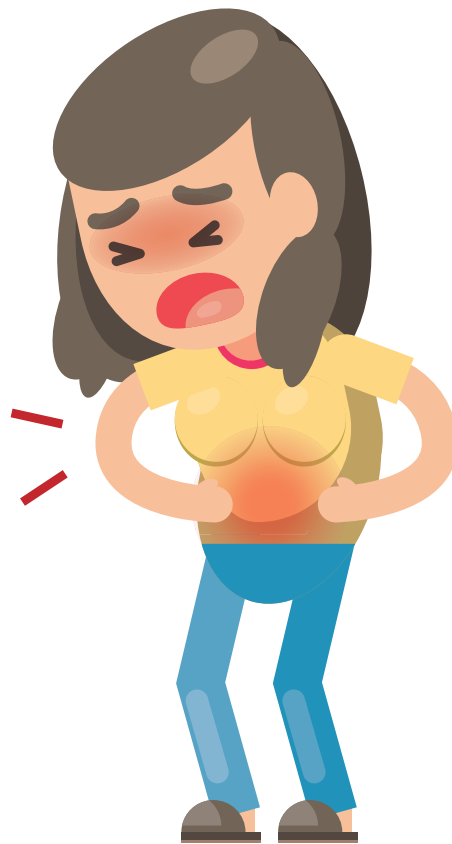
Vitamin C



Prunes and Prune Juice



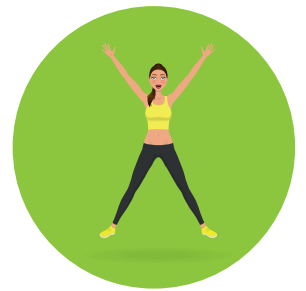
Intestinal Mover
by Microbe Formulas



CV6 (Sea of Energy) pressure



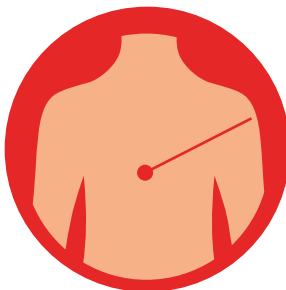
Senna Leaf Tea



Exercise: HIIT
burst training, surge training,
tabata, metabolic conditioning



Squatty Potty



Sternum Point

**DR. JAY
DAVIDSON**

SIMPLIFYING
COMPLEX
CONDITIONS