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This wonderful product is one of the Basics and a great way to introduce the **DYNAMITE®** line to a person, especially those over 35 or so. Because it is made of natural apple cider vinegar and an extract of **Izmine**, it helps to both acidify the stomach and to alkalize the intestines for proper enzyme function.

Many individuals who previously seemed to “live” on various buffering-type tablets (many with high levels of inorganic calcium), have been able to throw them away by adding just 1 teaspoon to a glass of water and drinking it down before meals. This is especially useful for everyone during holiday seasons.

We like to mix our **Elixir** into four half-gallon jugs (1 oz to each jug or 4 oz. total) filled with activated **Catalyst Water**. This is the only water we drink during the day: 1 gallon each. Since water bottles are now an accepted “fashion accessory” others have also enjoyed the ease of utilizing it this way. It also ensures drinking appropriate amounts of water: approximately 1 qt per 50# body weight. In fact, just rehydrating with appropriate amounts of water alone seems to help many individuals who have habitually been dehydrated, but the addition of the vinegar and trace minerals makes an incredible difference.

Some individuals say they have more energy after starting on **Elixir**, while others become regular after being on it. Without fail, it does cause one to use bathroom facilities more until the cells get flushed and rehydrated, so it is best to avoid drinking it after 6 p.m. or so in the evening in order to limit midnight bathroom trips.

We have also had numerous people pleased with experiencing less edema in their legs after be-

ginning on **Elixir**.

Even young children drink it down readily and it certainly has a far better electrolyte balance than those expensive, sugary flavored “electrolyte” drinks. Kids take quite readily to their very own adult-like water bottles.

When the temperature soars but the outside work still needs to get done, John likes to add about 1 tablespoon or so of **DynaSpark**, the **DYNAMITE®**

electrolyte made for horses and dogs, into his water jugs. He says the flavor is delicious and it makes an incredible difference in keeping him going longer and harder even during mid-day. It also colors the water a bit so it even looks more like a standard electrolyte drink; you athletes or trail walkers might take note!

The beneficial electrolyte balance of **Elixir** also works in extreme cold helping us to feel more focused and balanced both within time and space, but also within our individual electromagnetic fields. Remember that electrolytes are minerals working within the entire electro-magnetic structure of our bodies including the brain. For this reason, many with epilepsy have found both the **Elixir** and **Izmine** as necessities for maintaining better control.

Elixir can also be used in the bathtub to help soothe away tight, sore muscles.

Many have also used it straight in a spray bottle to take away the sting of sunburn. We have heard of others simply plunging a

burned finger or hand directly into a bowl of straight **Elixir** for incredible relief and healing. This particular natural mineral blend appears to work wonders used in this way.

Even though **Elixir** is listed under Human use, many pet owners have used it for dogs and even horses. ■

ELIXIR BATH

*As a Certified Massage Therapist, I am working with a person who has had a closed head injury. She is on a lot of very strong medications which make it very difficult for her to get enough water into her system. I advised starting with **Elixir** to see if this could help her dehydration problem but she is so bad right now, she could not keep the **Elixir** and water down by mouth. So I advised her to use it as a soak and it works!*

*She is using 1 cup of **Elixir** in her bath twice a day. She told me she can really feel the difference when she does that and when she forgets to do it. When I do neurolink or massage on her I can sure see and feel the difference in her tissue.*

*I discovered this for myself because I have a gray water system that I cannot put **NTM salt**, baking soda or any oils into. I need something to draw out the toxins that build up in me both physically and energetically. This **Elixir Spa** works real well for me and my client. I become very energized with it while my client becomes very relaxed, sleeping better. It seems to affect the body in whatever way an individual needs.*

Try it; you will like it a lot, too!
CO Distributor, Donna Covington, CMT