

# Evergreen Herb Formulas Help with Promoting Immune System

Easily get cold/flu and last long to be recovered; Bloating, especially after cold foods or drinks; Prone to allergies, skin conditions; Poor digestion; Bad breath; Tense and stiff joints, muscle; Irregular or incomplete bowel movement; Tiredness, heaviness, sluggishness.

Solution



Easily get cold/flu and last long to be recovered; Tiredness, lack of fitness with loose tummy; Dull complexion; Frequent yawning and sleepiness; Low tolerance to coldness, feeling cold especially the extremities; Stiff joints; Incomplete bowel movement.

Solution



Easily get cold/flu and last long to be recovered; Low stamina, easily exhausted; Low tolerance to heat, hot feeling and sweaty night; Dry skin, lips, eyes, hair, and easily thirsty; Light sleep, wake up early; Prone to hard stools; Stiff joints; Sometimes incomplete bowel movement.

Solution



## Evergreen Herb Formulas for Beauty from Within

For the best result to bring health and beauty from within, follow the long-term holistic strategy as below:

The first stage – unblocks channels and prepares for intake of herbal nutrients:

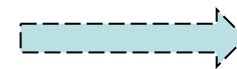
The second stage – cleanses and nourishes the body to effectively bring health and beauty:



1. Relax Formula

2. Better Digestion

Take **Relax Formula** (7 days) and then **Better Digestion** (7 days), and then proceed to next stage.



3. Body Cleanser

4. Natural Beauty

Take **Body Cleanser** first (7 days), and then take **Natural Beauty** until finished. Restart this cycle of these two stages beginning with **Relax Formula** in the first stage if needed.