

You may need to read this leaflet again.  
Please do not throw it away until you have finished the herbal product.

## BETTER DIGESTION

**Supports the body's self-healing process to soothe two or more of the following:**

- Bloating or burping, worsened by cold foods or dampness
- Tiredness
- Poor digestion
- Prone to loose bowel movement
- Stomach acid imbalance relieved by warmth and pressing

**Usage guideline for Better Digestion:**

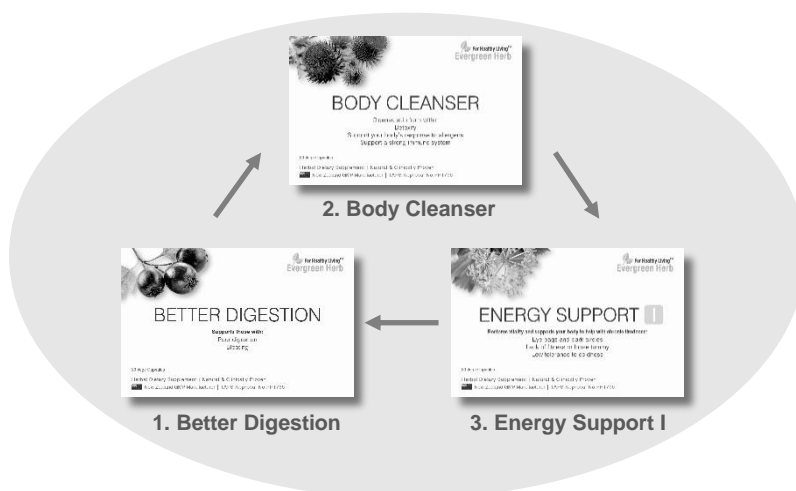
Take 2 capsules twice daily in the morning and afternoon. If sensitive to this formula, reduce to 1 capsule twice daily. If there is no noticeable benefit, increase to 3 or 4 capsules until there is a stable effect, then revert to 2 capsules.

If you have tension related conditions, alternate between **Tension Free I (or II)** or **Inner Calm I (or II)** and **Better Digestion**. If you have chronic tiredness, alternate between **Energy Support II** and **Better Digestion**. Refer to leaflets of **Tension Free I (II)**, **Inner Calm I (II)** and **Energy Support II** for details.

**Course:** 1-2 weeks. Take a one-month break before starting the next course if needed.

**A holistic strategy to target stubborn conditions or to stabilize the best results:**

If you have bloating and poor digestion associated with two or more of the following: tiredness, sluggishness, low tolerance to coldness, feeling cold especially the extremities, incomplete bowel movement, stiff joints, tense/sensitive/hot feeling muscles, take the following steps to target the causes for the best result:



Alternate between the three formulas above (each for 7 days). Continue for 1-3 cycles, and then take a one-to-two-month break before starting the next course if needed.

**Health suggestions during usage of Better Digestion:**

- Avoid over-eating, especially greasy food. Avoid eating in hurry or doing something else while eating.
- Keep warm (living environment and clothing). Avoid cold drinks, milk, or foods.
- Do regular but not excessive physical exercise, breaking a slight sweat is enough.