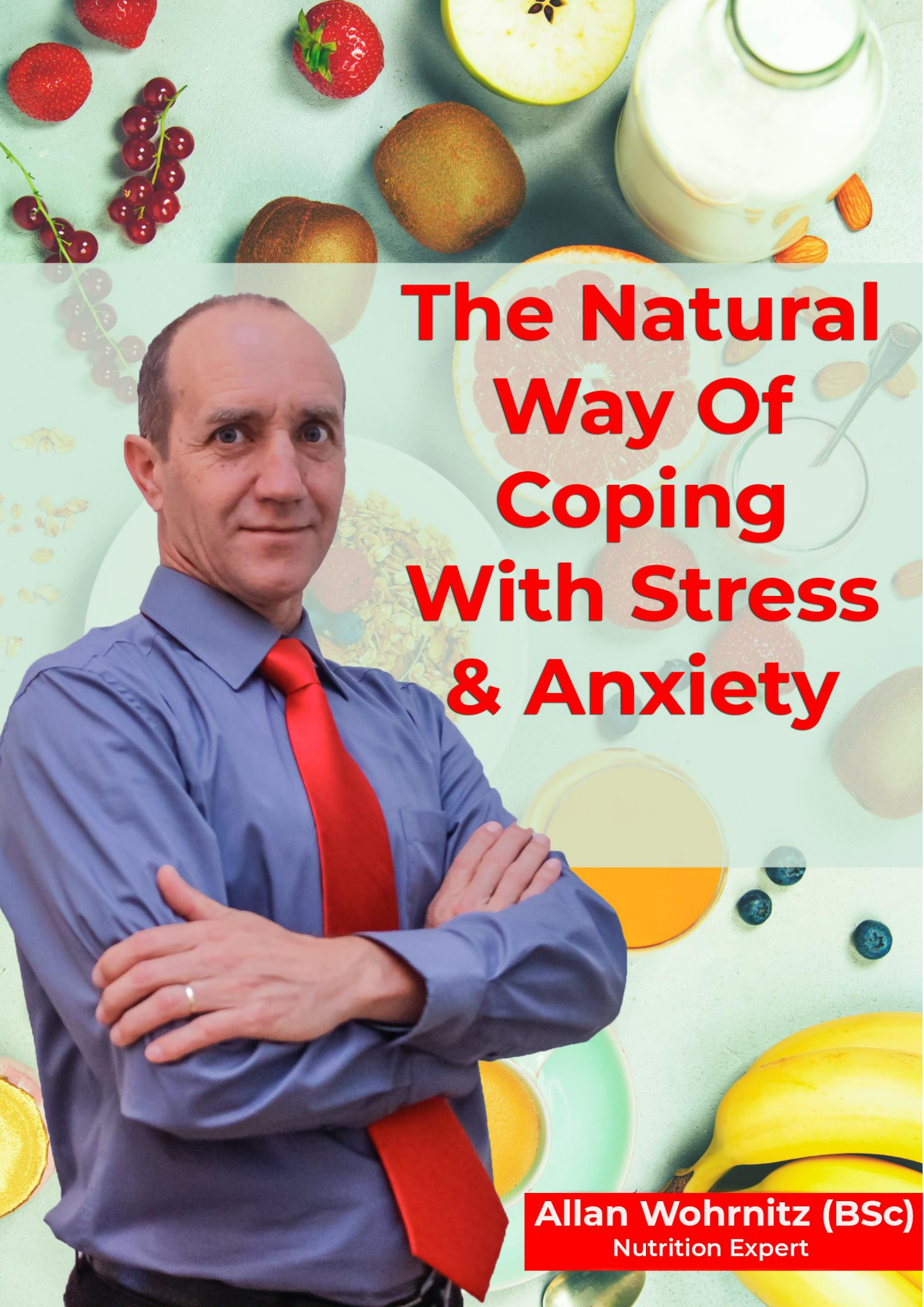

The Natural Way Of Coping With Stress & Anxiety

Allan Wohrnitz (BSc)
Nutrition Expert

The Natural Way Of Coping With *STRESS* and ANXIETY

The Nutritional Approach to Cope with Stress, Relieve Pain and Headaches Naturally

by Allan Wohrnitz (BSc) - Nutrition Expert

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INTRODUCTION

STRESS and Anxiety, uncertainty of the future, work and family demands, financial uncertainties and demands can take a toll on yourself. Your body takes a knock from the response to ***STRESS***. Your body is made to react in a way that it has to be prepared to "fight" or "runaway" - which is commonly known as the "fight or flight" response. This preparation of "fight or flight" is created by Adrenal hormones that break down your muscle tissues into sugar so there is always a reserve of sugar for the sudden energy you "might" need to fight or run away.

In most cases, your life does not require that action, however your body, without knowing, responds that way. And this is where illnesses and diseases start to creep in, joints start to pain, your muscles shrink, become weak, fat builds up and chronic diseases set in. Common illnesses due to stress such as arthritis, gout, asthma, eczema, colitis (gut inflammation - and IBS), recurring infections that don't go away - and often cortisol treatments are prescribed

Your body is unable to **RELAX** naturally as it is always tense. Sleep becomes difficult, sleep is interrupted, fatigue sets in, you wake up tired. Often muscle cramps set in with restless legs. This eBook is about the **3 key nutrients** needed to help your body **RELAX** naturally so it can help your body recover from the damage done by ***STRESS.*** During the day, ***STRESS*** will always be present. However at night when it's time to sleep, this is the time the body needs to rest, be relaxed so it can recuperate, fix itself and rejuvenate. If your body is in ***STRESS*** mode at night when it's time to sleep, then it can't **RELAX** and can't do the needed repairs and rejuvenation. That process is stopped.

In this article, I go over what your body needs in nutrients (the 3 key nutrients), what you need to take and why, to help your body get into a **RELAX** mode, relax naturally so it can actually repair and rejuvenate. Thank you for allowing me to share with you a natural way to help your body **RELAX** and enable you to cope better with ***STRESS***, Anxiety and prevent any more damage to your body.

The 3 Key Nutrients to help your body RELAX Naturally

ONE of the main reasons:

- one feels ***STRESSED***,
- has difficulty coping with ***STRESS***
- feels **ANXIOUS**,
- has headaches,
- can't Relax naturally,
- experience interrupted sleeps, can only sleep 2 to 3 hours a night
- unable to cope with the daily demands of work matters and family issues,

Is because the body is missing one or more of 3 very KEY and important nutrients.

I will tell you what those 3 key nutrients are shortly. Before I get to those 3 nutrients, allow me to explain why some common solutions people are trying are not working as expected - only works temporarily, and the problems come back stronger.

The common solutions is to

- take pain tablets (Grandpa, Disprin, Panado) to remove the headaches and pains,
- sleeping tablets to try and sleep, or
- alcohol to try and relax and forget the problems.

While the solution works at that time, when the medications or alcohol is finished, the ***STRESS*** is back! The ***STRESS*** is not gone, it is still there! The problem with medications and alcohol is they do not solve the problem, they mask and "hide" the problem. They help you forget or take away the pain, discomfort, or frustrations only for that time, then the pains come back. Medications and Alcohol slowly destroy your body and make things worse, and now you start to have a new problem - the body pains more and more, and you need more and more medications to remove the pain. This is how drug addiction starts, and it becomes very hard to stop. As the pain gets stronger, the drugs do not work as well as before, so now you need more drugs or stronger drugs - it becomes a vicious cycle.

Alcohol and Medications remove the most important nutrients your body needs so it

- can cope with STRESS,
- can Relax Naturally,
- can rest and sleep peacefully
- can relieve pain

Fortunately, you do not need to experience those problems any longer

I will show you HOW you can provide your body those 3 key nutrients and relieve yourself of those pains and discomforts NATURALLY, without the need for Drugs and Alcohol. You can be FREE of pains NATURALLY, without the need or dependency on drugs or alcohol

IMPORTANT NOTE:
STRESS will always be there. It will not go away.

It is HOW you prepare your body to COPE with the ***STRESS*** that is important. Your body NEEDS the 3 key nutrients, so it does not get damaged by the ***STRESS***

And you will be more relaxed naturally, and calm to better deal with the ***STRESS*** you are facing and experiencing.

Your worries and anxieties become easier to deal with, you can experience less irritability and make less rash and regretful decisions. And you will be able to experience a relaxed, un-interrupted sleep, wake up with ENERGY, and not tired or exhausted

So…… what are those 3 key nutrients?

They are:

- **Calcium**
- **Magnesium**
- **Potassium**

In the presence of ***STRESS***, Drugs and/or Alcohol, Calcium, Magnesium and Potassium are removed and destroyed - they are depleted, and the body has difficulty coping, relaxing, and functioning properly.

WHAT PEOPLE EXPERIENCE WHEN THEIR CALCIUM, MAGNESIUM AND POTASSIUM LEVELS ARE BACK TO NORMAL

- No longer highly strung
- In **GOOD MOOD** all the time - less dwelling on problems
- Relax naturally when stressed out
- Daily objectives far easier to achieve because I'm feeling OK
- No longer irritable

- **Sleep** throughout the night with uninterrupted sleep
- **Sleep** like a baby
- No tired feeling when I wake up
- More energy throughout the day; gives instant energy and refreshment

- It SOLVED my ***painful*** RESTLESS leg problems I had a night
- Took away my joint pains
- I think of it as a NERVE MASSAGE when I take it :)

- Greater mental sharpness and improved memory, more alert and aware
- Less headaches and migraines
- I take it for my bones; I do not want to end up with osteoporosis
- Handles my insomnia, stress, digestive disorders, and tiredness
- Feel more stable
- Allows me to function at my best, hence I enjoy life and enjoy achieving in whatever chosen sphere
- Regulates my system
- Helps with period pains and headaches associated with the pain
- Prevents muscle pain during physical training

FREE TEST
What are your Calcium & Magnesium Levels

Are you:
[ ] Able to cope with Stress
[ ] Calm and Relaxed in any stressful situation
[ ] Mentally alert
[ ] Sleeping peacefully without interruptions
[ ] Waking up in the morning feeling refreshed & energetic
[ ] Constantly energetic throughout the day

Do you have:
[ ] Good Bone density
[ ] Nice hair and nails

If you ticked on the above, your calcium and magnesium levels are at their **Optimum Level**

Are you:
[ ] Hyperactive, distracted and restless
[ ] Nervous, easily Angry or Road Rage
[ ] Easily depressed
[ ] Tired after waking up in the morning

Do you have:
[ ] Insomnia (can't sleep or interrupted sleep)
[ ] Headaches or Migraines
[ ] Pre-Menstrual tension
[ ] Irritable Bowel Syndrome (IBS) or Constipation

If you ticked on the above, your calcium and magnesium levels in your blood is **VERY** low

Do you have:
[ ] Muscular cramps (after strenuous sport)
[ ] Restless legs – can't sit still
[ ] Joint pains and joint inflammations
[ ] Aches and Pains
[ ] Period pains which cause painful muscular cramps

If you ticked on the above, your calcium and magnesium levels in your blood is ***VERY VERY* Low**

Importance and Benefits
of Calcium, Magnesium and Potassium

There will **ALWAYS** be **Calcium** in the blood; the body constantly regulates the calcium blood levels to keep it at constant level.

If calcium is not supplied in the diet, it is withdrawn from the calcium reserves in the bones.

BONE HEALTH - A balanced diet ***TOGETHER*** with Calcium and Magnesium prevents the loss and demineralization of the bones, delays the onset of **Osteoporosis**.

Calcium and Magnesium are very important minerals needed by the body.
Together they

- helps one to **sleep well**,
- acts as a natural tranquiliser,
- handles depression and anxiety,
- reduce headaches and migraines,
- prevent sore muscles,
- handle **muscle spasms**,
- prevent osteoporosis,
- build strong bones, teeth and nails,
- help with **pre-menstrual tension**,
- reduce arthritis, ***reduces joint pains***,
- keep the heart beating regularly,
- dissolve kidney stones,
- convert blood sugar to energy,
- handles epilepsy and more.

Calcium is a ***MUST*** where any healing process is involved as it is a basic building block

MAGNESIUM

- It is needed by ***EVERY*** cell in the body, including the brain cells

- It is essential for the synthesis of proteins

(synthesis - producing a compound from simpler starting materials by a series of chemical reactions. Greek - to put together)

- It is **ESSENTIAL** for the utilisation of fats and carbohydrates – aids for ***WEIGHT LOSS and FAT BURNING***

- It is essential for hundreds of enzyme systems, especially involved in energy production.

- Vitamin B6 is not well absorbed in Enzymes unless Magnesium is generously supplied

POTASSIUM

- Potassium is a key mineral for energy production within the cells.

- For optimum cell function and energy production, potassium works together with Vitamin B1 to convert glucose to energy. Supplement with Vitamin B1 for long lasting energy levels and mental sharpness.

- The above symptoms mentioned can be handled with a combination of other vitamin and mineral supplements together with Cal Mag in SOLUTION form and a proper balanced diet.

CALCIUM AND MAGNESIUM DEFICIENCIES:

Calcium deficiencies - cause the following:

- sets up spasms in the nerves and muscles, state of high tension. Causes cramps and spasms.

Spasms in the intestines = spastic colitis; spastic constipation.

- Calcium aids in the transportation of nerve impulses.

An undersupply causes nerves to become tense and one becomes grouchy; inability to relax and induces fatigue.

- Calcium is essential for maintaining normal muscle tone or excellent posture and strong muscular contraction.

- **Depression:** One is more susceptible to depression when Calcium levels are low.

- **Period Pains and Cramps:** 10 days before menstruation, Calcium levels drop rapidly. At menstruation, calcium drops very low inducing cramps and extreme abdominal pains

. **Menopause:** Add sufficient Calcium and Vitamin D to the diet to relieve the depression caused from a lack of them.

.

Magnesium deficiencies - cause the following:

Slight deficiency:

- irritable, highly strung, and volatile in character, sensitive to noise, hyper-excitable, apprehensive, increases nervous reactions, grouchiness, jitters (anxious), very sensitive

More severe or prolonged deficiency:

- twitching, tremors, irregular pulse, insomnia, muscle weakness, jerkiness, leg & foot cramps, clouded thinking, confusion, disorientation, marked depression, delirium tremens.

- Records of electrical waves of the brain, heart and muscles all become abnormal

- Heart: Low magnesium levels, heart trouble develops with cells dying, haemorrhages and calcification of heart muscles. Potassium cannot be retained in the heart muscles and can cause death by heart attack.

How your body loses or depletes Calcium, Magnesium and Potassium

STRESS – self produced cortisone (by the Adrenal Glands) ***de-mineralises the bones*** and increases urinary loss of Calcium and Phosphorous – this ***loss*** continues until stress is relieved.

Magnesium deficiencies are brought about by ***Diabetes***, diuretics, ***diarrhoea***, kidney disease.

VITAMIN D DEFICIENCY - When Calcium passes through the kidneys, it needs Vitamin D to assist in reabsorbing it into the blood stream, otherwise it gets lost in the urine. With a healthy kidney and with Vitamin D, 99% of all calcium passing through the kidney tubules is absorbed back into the blood. When Vitamin D is absent, the calcium stays inside the kidneys, is not removed and put back into circulation and can solidify into Kidney Stones

PHOSPHOROUS overload- If phosphorous quantities are very high (from imbalanced diets and high proteins) and are imbalanced in relation to calcium, the phosphorous combines with the calcium in the blood and is lost in the urine. This can induce severe calcium deficiencies. More calcium is withdrawn from the bones to balance the lost Calcium = onset of osteoporosis.

Calcium, Magnesium and Phosphorous need to be kept in balance.

Calcium Phosphate is the basic compound of the bone structure. With all 3 present and balanced, calcium phosphate is readily deposited in the bones, and this maintains strong bones.

CHEMICAL FERTILIZERS - Magnesium is deficient in our diets because it is not easily absorbed into the plants due to fertilizers which blocks its uptake into the plant.

LOW PROTEIN DIET - Calcium and Magnesium are retained in the blood by being combined with the protein albumin. A diet low in protein will not produce adequate albumin and those minerals are lost in the urine.

ALCOHOL AND DRUGS – accelerates excessive losses of Magnesium – by 7 times the normal losses.

One of the main reasons drug addicts experience excruciating and painful stomach cramps due to high Magnesium losses and resort to more drugs to numb the pain.

Excessive drinking or binge drinking, excessive loss of Magnesium from the alcohol creates slow recovery, sluggishness, cloudy thinking and pounding headaches.

LOSS OF POTASSIUM

Perspiration/ Sweating – running or exercising in hot weather, or in air-conditioned environments, potassium, if not retained, will get lost easily Potassium is depleted from the cells from an excess of table salt intake, from diarrhoea and vomiting. Medications such as diuretics, cortisone, aspirin and many other drugs, drinking excessive amounts of water or alcohol increase urinary losses of Potassium. The stress of low blood sugar (usually due to exhausted adrenal glands) causes more potassium to be lost in urine. Magnesium Deficiencies - Magnesium helps to keep/ retain potassium inside the cells. Without adequate magnesium, potassium leaves the cells, creating an artificial potassium deficiency.

Magnesium reduces the loss of Potassium in perspiration, thus reducing the effects of low energy levels and muscle cramps
(***heart muscle cramps*** = **HEART ATTACK**).

Why Cal-Mag in Powder form and not in Tablet form

For Calcium and Magnesium to be fully absorbed in the body, the calcium and magnesium needs to be FULLY dissolved, and this requires them to be in powder form and mixed an acidic environment (usually Vitamin C – Ascorbic acid, Apple Cider Vinegar, fresh lemon juice or citric acid). The fully dissolved Calcium and Magnesium in the acid base bypasses the digestive system and enters the bloodstream directly, commonly known as instant absorption.

The ***BEST*** powder form is a correct proportion mix of Calcium Gluconate and Magnesium Carbonate with Vitamin C (Ascorbic Acid) or Apple Cider Vinegar. The Ascorbic Acid is the acid base that helps the Calcium and Magnesium powder to fully dissolve into a clear solution when boiled water is added to the mix.

For consumption, cool the CalMag solution with water or juice.

CalMag Tablets:

The most common Calcium tablets are made up of Calcium Carbonate (the same Calcium that is most commonly known as Chalk – used on the school blackboards!). If your digestion is good, and you are off sweets, white breads, pastas, processed cereals, CalMag Tablets could work and may dissolve and be ready for absorption. One can experiment with dissolving calcium tablets by crushing them and adding them to either Apple Cider Vinegar or fresh Lemon juice in some water and observe for oneself how much really dissolves and how much remains undissolved. The acid environment in the body that the CalMag tablet will require is the stomach acid which, if in adequate amounts, would start the dissolving process, however very little gets dissolved and most of the tablet stays solid. Ask any nurse or doctor who have seen X-Rays of intestines and observing undissolved Calcium tablets in the intestines.

Natural Sources
Potassium - Vegetables, fruits (especially Apples and Bananas), Whole grains, Nuts and Meats

Calcium – Milk, Nuts, Green leafy vegetables (organically grown) and no cooking water discarded

Magnesium - Nuts, Soybeans, Whole grain (not refined) breads, Whole grain (not refined) cereals, cooked Green leafy vegetables (organically grown) and no cooking water discarded.

Benefits of Apple Cider Vinegar with Raw Honey and Himalayan Salt – when taken together with CalMag solution

Apple Cider Vinegar has many health benefits as any Apple Cider Vinegar lover would know.

Helps with

- Mood Balance
- Weight Loss – prevents water retention
- Iron Absorption
- Overall Health

If you are considering including vinegar in your diet, make sure it is unfiltered and non-pasteurized apple cider vinegar, and not white vinegar.

White vinegar has no health benefits and is best used as cleaning fluid.

Raw Honey and Himalayan Salt (Pink Salt) has many health benefits which one can research separately

When mixed with Apple Cider Vinegar and CalMag solution, it becomes a **POWERHOUSE** mixture

Why Is Apple Cider Vinegar Effective?

Potassium

Potassium is the mineral that apple cider vinegar is most rich in and the one claimed to provide most of its powers. Potassium is essential to good health and vitality.

- It assists in nourishing our cells and keeping our tissues youthful.
- A lack of potassium can show as an appearance of premature ageing.
- Potassium is critical to maintaining correct electrolyte balance in our cellular system.
- From a weight loss perspective it is especially helpful in removing excess sodium from our cells which can cause fluid retention. Although retained fluids are not fat they contribute to overall weight discomfort.

Many people are deficient in their potassium intake. Potassium is found in fresh fruit, notably apples and bananas. A big advantage of vinegar as a source is that it be stored in the cupboard for long periods, unlike fruit.

Mood Balance

Have you noticed that when you are emotionally stressed you tend to eat more? The usual foods people reach for when they are feeling stressed are usually salty or sweet foods. Taking apple cider vinegar before you eat anything when you feel a craving coming on can significantly improve your mood as it facilitates a release of serotonin. The serotonin will help stop your mind and body from feeling stressed and allow you to make better and more rational food choices.

Weight Loss

One of the often-overlooked values of consuming apple cider vinegar is its assistance in curbing excessive weight gain and even contributing to weight loss. Apple cider vinegar acts on your system in different ways to help reduce weight gain. One action is due to the compound content called pectin. Pectin assists in giving a feeling of 'fullness' in our stomach, which reduces our pangs of hunger.

Iron Absorption - Acetic Acid

Apple cider vinegar additionally contains acetic acid. When mixed with food in the body, acetic acid helps in promoting iron absorption. The better the absorption rate of iron in the body, the higher the metabolic rate, which equates to more calories burned. Anything which naturally increases the metabolic rate will help in overcoming feelings of sluggishness and raise energy levels.

Overall Health

Apple cider vinegar is not a magic fat burner, but it is a natural and beneficial dietary addition to your weight loss program. As well as its weight loss benefits, as you can see it has many other benefits to healthy body function and wellness. Many people who make their own good health a priority start every day with a drink of apple cider vinegar in water.

Start with a teaspoon in a glass of water. Many individuals find success from taking 1-2 tablespoon per day, often in a glass of water prior to eating.
The taste may not be pleasant, but the results will be.

TESTIMONIAL

using CalMag solution mixed with
Apple Cider Vinegar, Honey, and Himalayan Salt

Thanks to ***Allan Wohrnitz,*** who recommended me Essential Balance Calmag mixed with Apple Cider Vinegar, Honey, and Himalayan Salt in water.

I spoke to Allan, whom I normally consult with before I go to doctors. Since he is very knowledgeable in health and nutrition, I asked him about my ***sleeping disorder.***

That same night he mixed me some Calmag, Apple Cider Vinegar, Himalayan Salt, and Honey with warm water, and he told me:

"Drink this and you will be able to **relax** and sleep ***like a baby*****".**

My story:
About 18 months ago I had two problems.

1) Difficulty falling off to sleep
2) Chronic cramps
3) Difficult Bowel Movements

Prior to that, I used to experience this terrible cramp inside my body. It's like my lungs are being squeezed and I could not do anything about it. It was very **frustrating.** It's not like when your fingers or toes cramp where you can like press it out. When I suffered like that, I used to take deep breaths which did not help much.

While I was still cramping, I drank this mixture and within a few minutes, the cramps were gone. **WOW!,** everything just went quiet, and I was so ***CALM***. That night I had the ***best sleep*** in a long time.

I wondered if that mixture had anything to do with ***relieving the cramps***. At that time I could not tell because I just did not know. Two weeks later, the cramps were back... and guess what...., after taking the same mixture, the ***cramps were gone*** in minutes!

So, every time I get these cramps, my wife mixes this stuff up for me, and I'm good to go, never fearing these cramps again. And you know, not only does it solve my cramping and sleep problems, ***I also go out with ease in the mornings.***

Thanks Allan you are the greatest!

Dhunpal Naidoo
sagiena@gmail.com

CONCLUSION

Well done on getting to the end part of this article. I assume by now you have a better understanding of your body's needs, that it needs to balance ***STRESS*** mode with **RELAX** mode, so your body has a chance to recuperate and rejuvenate to be ready for the next day's ***STRESS*** levels. I also recommend you work on improving your diet and eat foods that provide the key nutrients that help your body relax and help your body repair itself. As you now know, ***STRESS*** will always be there, the demands of life will always be present. However you are now in a better position to take the RIGHT Actions to protect your body so it stays healthy, and you can function. Now that you have **RELAXED** your body, and its set up for rejuvenation, and you made adjustments in your diet, you might need to address your ADRENAL GLANDS, so it produces the essential hormones to help your body cope with ***STRESS*** and provide the hormones to help the body rejuvenate. This is another topic that I can provide you with further information - see details below. I look forward to working with you to rebuild your health and help your body restore itself to its IDEAL STATE, and able to freely shift from STRESS mode to RELAX mode.

By The Way:

If you've received a lot of value from this eBook and you want to fast track your progress to a happy life without stress and anxiety I have created a product which can add value to you, It's called CalMag and because you took action and not only downloaded this eBook and read it, but I would also like to reward you by giving you a 10% discount Coupon which you can use to purchase CalMag.

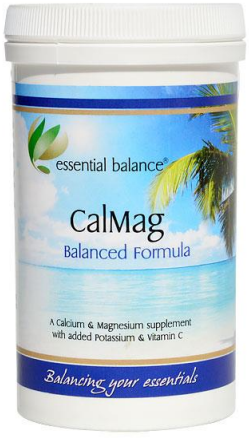
Step 1:

All you have to do is firstly go to this website https://essentialbalance.co.za/product/calmag-powder-150grams/

Step 2:

At checkout insert this code: **calmagAW** when applied you will get a 10% discount on your order.

If you experience any problems or would like to find out more information about this product or anything health related you can email me e-mail allanwohrnitznutritionexpert@gmail.com or WhatsApp me on 073 314 9545 (No calls)



ABOUT ALLAN WOHRNITZ (BSc)- NUTRITION EXPERT

Allan's background is Mechanical Engineering and he graduated as an Engineer in 1986.

Allan's interest in Nutrition started in 2000 when he desperately needed to find natural solutions to help his 3-year-old son get rid of his recurring asthma.

His son was on medications and nebulisers, and it was not getting any better.

Allan was also suffering with asthma since his childhood and has tried ***EVERY*** remedy available –

- asthma pump,
- expectorants (medications and natural),
- dry cough remedies,
- wet cough remedies,
- nebulizing,
- yoga (fish position to open the lungs),
- herbal remedies,
- boiling thyme and parsley with honey,
- etc

Although they worked, they did not give permanent relief.

What was needed:

- a balanced humidity in the lungs, not too dry and not too wet,
- sticky phlegm's loosened easily
- easy breathing
- in hot, cold, or humid weather, or after strenuous exercise or sports and
- not run out of breath and needing medical intervention to relieve the asthma
- can eat **ANY** foods, even those that supposedly trigger asthma or cause allergies

So Allan does **KNOW** a lot about asthma and what one goes through. With his engineering mindset, he started to research how to get RID of the Asthma for good. The objective was to be able to be free of ALL triggers and breath free without the need for any medication.

The **First Question** posed was:

What medication is used that produces instant relief?

Answer – Cortisone as is used in the nebulisers

Cortisone is a hormone (oil based) the body makes naturally

Next Question:

Which organ in the body manufactures Cortisone?

Answer – The Adrenal Glands

Next Question:

What nutrients do the Adrenal Glands need to be able to make cortisone?

Answer: Vitamin B5, B2, B6, Vitamin C, Amino Acids, Omega 3 (oil base of the hormone)

Next Question:

What depletes Vitamin B5 and Vitamin C?

Answer: ***STRESS!***

From the above answers, Allan mixed the above nutrients and experimented with himself and his son – and the **RESULTS** were nothing but ***spectacular*** –

THE ASTHMA WAS GONE!

The Adrenal Glands received the correct quantities of the nutrients and started to produce Cortisone naturally. Sticky phlegm's started to loosen within 2 days and the chest was clear within 4 days – no more need for any medications. No more asthma triggered in hot, cold or humid weather. No loss of breath after exercising or sports.

Can eat ANY foods that are supposed to trigger asthma or cause allergies. As people started to notice the spectacular results, friends, family and neighbours started to ask Allan for help in their health problems. Allan would listen to their problems, their challenges, what were the doctor's diagnoses and what each one wanted to resolve to become better and free of medications.

The Nutritional Research started then and from that time, Allan has helped over

2000 people accomplish a **better healthy lifestyle**.

As he helped each person successfully solve either ***diabetes, or arthritis, gout, weight loss issues, hyperactivity, sleep problems***, and many more, he wrote health articles to then share them to many others

Through his work in helping those people, he accomplished the following

He wrote over 200 health articles on most natural and drug-free remedies,

He has been a:

Guest speaker on Lotus FM – Medical Mondays

Guest speaker on 5FM – with Tim Modise

Guest speaker on SAFM – with Ike Phaatla

Guest speaker on East Coast Radio – with Makhosi Khosa - launching the Rights of Children in Education Project – drug free alternatives for Hyperactive Children

He wrote a Book – The Rights of Children in Education launched in September 2003. He delivers Natural Health Talks annually at the Durban Hare Krishna Festival of Chariots. Many doctors and Natural Health Practitioners consult with Allan to help their patients on learning and applying nutritional programs.

In helping parents get their kids off medication for Hyperactivity, Allan found 3 common supplement combinations he was always recommending to the parents for their children. He subsequently developed a brand of supplements – **Maxup** which he designed and had them produced so they can be readily available to supply the need the customers needed

The main products he developed are:

Maxi Mind (in powder form for children who could not swallow capsules, and also in capsule form)

Immunity Booster (in powder form)

Adrenal Repair (Immunity Booster in capsule form)

CalMag (in powder form)

Those formulations have been selling since 2005 and are still selling today. They are sold in all major leading health shops. The proceeds of the sales of the supplements help to sustain Allan and his team to keep on helping people live a

drug-free/ medication free life through nutrition knowledge.

Allan and his team has also been active in the community delivering talks, lectures and courses to teachers and learners on the **Dangers of Street Drugs** – and empower those learners to stay away from Drugs.

Since 2008, he has trained over 400 teachers, over 70,000 learners, over 500 Police on The Truth About Drugs.

The materials on the Truth About Drugs is provided by the International NPO - Drug-Free -World – www.drugfreeworld.org

Links More Videos

Video
Top 7 benefits of Calcium, Magnesium and Potassium - https://fb.watch/fdmQjt0ifD/

Video
How to prepare CalMag in powder form - https://fb.watch/fdmoxpzmvq/

Video
Sleep - Can't Sleep, Interrupted and Restless Sleep - https://fb.watch/fdfaCTx-VW/

Video
Muscle Cramps, Restless Legs - https://fb.watch/fdfdZ9ZPHj/