

## **BEET FLOW INSTRUCTIONS & INFORMATION**

**Beet Flow instructions:** Take 2-3 capsules at the beginning of your meal (take 2 with meals that contain less fat; 3 with meals that contain more fat)

Always take Beet Flow when supplementing with Beatine HCL

For a beet flow flush, take 4 beet flow every 30 minutes for 2 hours. Perform this 2-3 days in a row. Only drink water during the two hours.

Beet Flow can be found on [www.naturalreference.com](http://www.naturalreference.com) Please use practitioner code: nissahelpsme. Beet Root found in stores is not the same thing.

### **Beet Flow**

Beet Flow is a very effective, yet gentle [bile flow](#) booster that the mass majority of my clients quickly learn the value of upon taking it. It is the most repurchased supplement in the whole array of products I tend to recommend. It's primary ingredient is a concentrated extract from the greens that grow on beets. Beet greens themselves are also a great thing for almost everyone to include in their daily diet to keep bile flow optimized, but it is not always convenient to stop and prepare beet greens and a regular size dose (3-4 capsules) of Beet Flow's concentrated extract is the equivalent of eating a bucket full of beet greens, so you get a lot more of the active ingredient you're after with a lot more ease.

Beet Flow works by improving the consistency of the bile to be more motile (better at flowing). If there is something mechanically blocking the flow of bile (e.g. scar tissue, medication induce biliary obstruction) then the enhanced motility of the bile not be the only thing you need to do to get your bile flowing well.

Beet Flow is pretty much always a good idea to take to generally improve bile viscosity, but if your biliary tract is really blocked up (by scar tissue or drug induced constriction) then bile that your liver has already dumped bilirubin (cellular debris) and other wastes into can backwash through into the bloodstream instead of being expelled out of the body through the colon as stool. This refluxed conjugated bilirubin & dirty bile can get lodged in the skin and cause itchiness and rash to occur (a.k.a. Cholestatic pruritus). Fortunately, in many cases this is just a temporary occurrence and, within a matter of a few days to a week, bile flow improves enough to start actually making its way out through the biliary tract like it's should, and with it, effective detoxification of the body overall and great improvement in digestive efficacy can take place.

**\*\*\*Information taken from: [www.mybodyofknowledge.net](http://www.mybodyofknowledge.net)**

***\*Nissa Graun is not a doctor. This information is educational only. Speak to your doctor for all medical advice***