

Graham's Amino Acid TONIC



Amino Acids are the Building Block of Life and Naturally Occurring in the Body they are responsible for Building the Body , creating the Immune System ,Cell walls and the very infrastructure of the Body and Amino Acids are the Catalysts of every bio-chemical reaction in the Body and play a big part in the Nervous system the 'electric cables of the body' the Neuro transmitters actually function by Amino Acids interaction so in every respect AMINO ACIDS are responsible for the FORM & FUNCTION of the Body in every dimension .

More background info on AMINO ACIDS read my data on

www.healyshealth.com

all supplements link here:

<http://www.healyshealth.com/#!b1-ingredient-analysis/c10qj>

Individual Amino Acids link Here:

<http://www.healyshealth.com/#!c1supplement-analysis/c1zke>

In the meantime here is my

Graham's AMINO ACID TONIC Page link:

<http://www.healyshealth.com/#!d5-feature-ghs-amino-tonic/c1vuw>

see next Page for Formula :

100 mls of water in a glass

- Add (1 rounded teaspoon) of our base Recovery Amino Resurrect
<http://www.healyshealth.com/#!b1-ingredient-analysis/c10qj>
- Add 1/2 rounded teaspoon of FLEX (for Joints if required)
I suggest this is added anyhow as 98% of people have worn joints ,cartilage and ligaments FLEX repairs & rebuilds cartilage
<http://www.healyshealth.com/#!joint-pain-arthritis-cartilage-wear-tear/c1y33>
- Add 1/2 rounded teaspoon of ALC Acetyl L-Carnitine
fat-loss, Neurotransmitters (Clears the thinking by cleaning the Neurotransmitters) benefits medical problems too see analysis page
<http://www.healyshealth.com/#!depression-nerve-disorders-etc/cdga>
- Add 1/2 rounded teaspoon Taurine
fat-loss (works in synergy with ALC) plus big on heart and brain health see analysis :
<http://www.healyshealth.com/#!depression-nerve-disorders-etc/cdga>
- Add 1/2 rounded teaspoon HMB
(HMB is in resurrect but fortifying with extra HMB is a great IDEA)
Fat-Loss, Muscle Cell wall Integrity, Anti-Stress factors
HMB is BIG read all about its benefits here :
<http://www.healyshealth.com/#!d4-feature-supps-hmb/c1s0w>
- Add 1/2 rounded teaspoon DAA (Di-Sodium D-Aspartic Acid) **(men only)**
boost increase natural testosterone production levels naturally
<http://www.healyshealth.com/#!c1supplement-analysis/c1zke>

EXTRAS Number (1):

NATURAL (GH) GROWTH HORMONE AMINO ACIDS

1 full rounded teaspoon of GH first thing AM

or last thing at Night

or both AM and PM

(take separately if possible for best results)

GH natural Growth Hormone Amino Acids Growth hormone (GH)

also called somatotropin or human growth hormone peptide hormone secreted by the anterior lobe of the pituitary gland.

It stimulates the growth of essentially all tissues of the body, including bone.

GH is synthesized and secreted by anterior pituitary cells called somatotrophs, which

release between one and two milligrams of the hormone each day refer link:
<http://www.healyshealth.com/#!d3-feature-supps-gh/cg6m>

THE BIG THREE THINGS GH WILL DO

(1)

FAT LOSS

(Body Cell regeneration needs FAT as fuel)

(2)

DEEP SLEEP (REM)

(Rapid eye movement)

(3)

RENEW EVERY CELL IN YOUR BODY FASTER

(Growth Hormone Naturally decreases by
14% every 10 years of human Life)

EXTRAS Number (2)

L-Glutamine

During intense training,
Glutamine levels are greatly depleted in your body,
which decreases strength, stamina and recovery.
It could take up to 6 days for Glutamine levels to return to normal - and Glutamine
plays a key role in protein synthesis.

Studies have shown that L-Glutamine supplementation
can minimize breakdown of muscle and improve protein metabolism.

ALSO BRAIN & SUPER IMMUNITY and GUT HEALTH

Resurrect has a Generous amount of L-Glutamine per serve
HOWEVER FORTIFYING with EXTRA L-GLUTAMINE does not Hurt in fact
Its GOOD FOR YOU see analysis here :

<http://www.healyshealth.com/#!c1supplement-analysis/c1zke>

**So please feel free to ADD the extras into your TONIC
for SUPER HEATH & IMMUNITY FACTORING
at the end of the day the AMINO ACIDS
are**

YOUR BEST HEALTH INSURANCE

(in my opinion)

MIX ALL INGREDIENCE ingredience (Amino ACIDS)
into the 100 ml of water
and

**Drink Tonic First thing in the Morning
& Last thing at Night (before Bed)**
(take GH separate see above)

also no problem having 3 times a day

Another Tonic mid afternoon.

if training heavy or if trying to fight off infections ,flue viruses etc
(if you have this TONIC YOU WILL CREATE A SUPER IMMUNE SYSTEM)

Best on an empty stomach for quicker absorption

INTRA-TRAINING

Recovery Drink-Tonic .

in 600 to 700 ml water in (drink Shaker)

1 full scoop of Resurrect

Plus

Add all your TONIC as ABOVE IN THE MIX

+ add 4 rounded teaspoons

(only 112 calories)

of Maltodextrin

Maltodextrin is a fast and effective carbohydrate for serious sportspeople who
need to manipulate carbohydrate intake

to support athletic performance, muscle gain and body composition.

Maltodextrin is created from starches taken from rice

see link on Maltodextrin here:

<http://www.healyshealth.com/#!c1supplement-analysis/c1zke>

FINALLY

+add 3 to 4 grinds of

HIMALAYAN PINK ROCK SALT

=

healthy electrolytes

see more on Himalayan Pink rock salt here:

<http://www.healyshealth.com/#!grahams-boot-camp-kitchen/c1pza>

THE ABOVE CAN BE USED TO REPLACE
CHEAP SUGARY RUBBISH LIKE GATERADE ETC

and this will FEED YOUR MUSCLES
during workouts and Post Workouts
for RECOVERY & SUPER IMMUNITY

also take to work as a
TONIC –RECOVERY-DRINK at WORK
especially Builders , Tradies etc

PROTEIN DRINKS

=

MEAL REPLACEMENT method

one scoop 40 grams in 300 ML of Water
Choc,van,straw,banana

USE THIS AS AS MEAL REPLACEMENT
to FEED YOUR BODY in between MEALS.

see Healys Health Urban Muscle Protein Drinks Here:

<http://www.healyshealth.com/#!/b1-ingredient-analysis/c10qj>

FAMILY PROTEIN DRINKS HERE

(Get your kids of sugary rubbish)

<http://www.healyshealth.com/#!/family-supplements-/c1cao>

any further advise please contact

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www.healyshealth.com

www.healyshealthstore.com



Better then Health Insurance

Healys Health Urban Muscle "A Scope that far Exceeds Sports Supplements,scientifically proven Health & Wellbeing Benefits"










5 Stage Proteins Meal Replacment 30g Protein 3g carb 1g fat	L-glutamine 5g Bcaa's 5g HMB 1.5g Recovery boost Immunity enegry stops sugar cravings	alcetyl L-cartine fat loss/transport enhances brain function concentration neurotransmitters protects heart	fat loss lowers cholesterol detox liver enegry nervous system	naturally stimulates growth hormone = fountian of youth scientifically proven	Natural test Booster for men 500 mg protodiosin per serve
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GRAHAM HEALY MOB 0411-393-503 WWW.HEALYSHEALTHSTORE.COM

Lost 10.9kg FAT in 12 weeks