



## RC-31 50 ml



In this day and age, the levels and amounts of stress and tension are incredible. Juggling life and looking after the basics of life, family, those who need assistance as well, our jobs/work...living like we're in a rat race, spinning and spinning and sometimes feeling like we aren't even going anywhere. Worst of all, if we don't look after ourselves, we then will suffer to the point where we become so exhausted that our adrenals and nervous system can become shot.

Our levels of tension and anxiety can become higher, grief that can be unresolved or has somewhat taken over, to the point where we feel depressed and down, sleep is affected, exhaustion becomes debilitating.

What we don't want to do is band-aid any of these. Instead, the best thing is to address these symptoms while working on their bases, naturally, and thus allowing the body to work for itself. It allows the body to be stimulated on a cellular level and the body must recognize what it takes in so that it can utilize properly.

This homeopathic formula was developed to assist one's nerves and even emotions – safely and without side effects – helping with calming the system – brain, nerves, and sleep.

#### SAFETY SEALED FOR YOUR PROTECTION.

**Recommended dose:** 15 drops under the tongue, 3 times a day, a half hour before meals, or as directed by your healthcare practitioner. Shake well before using.

**In case of crisis:** 5 drops every 2 hours.

**Precautions and warnings:** Consult a health care professional if symptoms persist or worsen. Consult a health care professional prior to use if you are pregnant or breastfeeding.

**Medicinal ingredients:** Hypericum perforatum D12, Natrum muriaticum D18, Passiflora D6, Acidum phosphoricum D6, Cocculus D5, Helonias dioica D5, Sepia D6, Zincum metallicum D6, Ocimum sanctum D8, Melissa officianalis D6, Avena sativa D5x.

**Non-medicinal ingredients:** Water, Alcohol (20%).

Keep out of reach of children

## RC-31



HOMEOPATHIC ORAL DROPS  
GOUTTES ORALES HOMÉOPATHIQUES

50 ml (1.7 fl oz)

DIN-HM: 8012245

#### SCEAU DE SÉCURITÉ POUR VOTRE PROTECTION

**Dose recommandée:** 15 gouttes sous la langue, 3 fois par jour, une demi-heure avant les repas, ou selon les directives de votre professionnel de la santé. Bien agiter avant utilisation.

**En cas de crise:** 5 gouttes toutes les 2 heures.

**Précautions et mises en garde:** Consulter un professionnel de la santé si les symptômes persistent ou s'aggravent. Consulter un professionnel de la santé avant d'en faire l'usage si vous êtes enceinte ou si vous allaitez.

**Ingédients médicinaux:** Hypericum perforatum D12, Natrum muriaticum D18, Passiflora D6, Acidum phosphoricum D6, Cocculus D5, Helonias dioica D5, Seiche D6, Zincum metallicum D6, Ocimum sanctum D8, Melissa officianalis D6, Avena sativa D5x.

**Ingédients non-médicinaux:** Eau, Alcool (20%).

Tenir hors de la portée des enfants.

RC-31 is a combination formula that addresses these aspects. It is not a drug, nor does it affect adversely, nor contraindicate.

When dealing with nerves as well, we don't want to create a band-aid effect. When nerves are weak and become frayed, the way to calm them is essentially to fortify them.

This third element in the AURA program along with Silica-Max and Max-Min 31, will help to round out everything to be able to thus maintain your system after you've gone through APEX31. You've come to the point where you've addressed much of your gut inflammation and your hormonal, glandular, and digestive health have realigned well. Day to day living puts excess pressure and stress on us, and then what can happen is we can get thrown off from our health routines and begin going off our healthy path. Things can begin affecting us and when stress hits we can begin resorting to unhealthy patterns again. This is especially so when we become depleted in essential minerals and elements and not eating and drinking properly either.

With the AURA program, you will be able to maintain these (along with keeping up with a healthy lifestyle, which includes continuing to eat right, sleep right, exercise right, hydrate properly, etc.).

What we won't want to do is think we can take these and think it will help if we got off our healthy lifestyle. Yes, they can assist, such as RC-31. But if we want things to work best, we need to assist all remedies with our lifestyle so that we don't add excess strain to the body to fight with wrongful additions....the pressure to now do another clean out for the remedies to work at their peak performance.

AURA is the program where we want you to glow, from the inside to the out. Feeling good, inside, and out, being replenished daily and experiencing a sense of strength while calm. All the while keeping your immune system strong as well and breathing through it all.

