

## Vital Health Probiotic Culture and Enzymes Instructions

The Main Ingredients Needed to make this probiotic culture where you will produce hundreds of trillions of good bacteria:

Organic Brown Sugar or Evaporated Cane Juice Sugar Organic Apple Cider Vinegar

Organic raisins or dates 2-4 Capsules of Probiotic

First sterilize a mason glass jar in boiling water for 10 minutes or clean the jar with the acid water of the Kangen water machine. After this, add 1 heaping tbsp of organic brown sugar or an ounce of organic evaporated cane juice and 1 tbsp of organic apple cider vinegar. Empty 2 to 4 capsules of the P3-OM probiotic that has 10 billion per capsule. Then pour in 2 cups to 4 cups of water depending on how many people are going to take it. If it's just for one person pour in two cups of water. If you are sharing with a second person then pour in three cups. If you want enough for a family of four people then I would recommend to pour in 4 cups of water, so each person gets a cup each. Put the jar in a bag or a dark place where there is no light in a warm area of the house. For the bacteria to really grow and thrive you need the jar to be in a environment where the temperature is between 25 Celsius and 32 Celsius. If its too cold, your bacteria will not multiply enough to make a strong probiotic drink.

Let the jar sit in a dark place like in a box or a cupboard for 3 hours and then drink all of the mixture in the jar. Try not to shake the jar and do not mix it. You will see the bacteria sediment in the bottom of the jar after awhile. Only drink the top 99% of the liquid. Always leave the bottom 1% of the jar and throw it out because the sediment byproduct of the bacteria is there. Then clean jar and have it ready for your next morning to make a fresh batch and drink 3 hours after. The reason is after 3 hours the bacteria starts to die rapidly. It should taste a bit sweet.

Also to really increase your immune system fast, reverse your aging, increase your vitality and really detoxify the body and regenerate. You can empty all 120 capsules in the 1 bottle of the probiotic for the one 32 oz jar of the culture and drink it all after 3 hours that day. Do this at least 2 of the days in the week and the rest of the week do the normal 2 – 4 capsules. Do this for 2 months to really impact the regenerating effects of your body and cells. If you can afford to, you can actually do a bottle every day for a month to 2 months in a row, but it will get costly. However, the benefits are well worth it. For people who are struggling with a disease, they should do this. A health coach who introduced this to me uses the antioxidant, alkaline and ionized Kangen water with this probiotic culture regiment to turn people with cancer and HIV around.

The enzyme supplement contains high amounts of protease and enzyme formula that helps digest protein, carbohydrates and fats really. Hence, you will notice less bloating and faster digestion after heavy meals. Also the good bacteria in the probiotic is very alive and strong so when cultured properly they proliferate fast .

You can order both these probiotic and enzymes at this website:

[Biooptimizers.com](http://Biooptimizers.com)

For normal daily intake, you take about 1 probiotic capsule with every meal in addition to drinking your 12-16 oz of the probiotic culture drink after its 3 hour fermentation process time. Its also very important that you drink at least 2-4 glasses of water approximately an hour before and hour after each meal. (Enough hydration allows the cleanse and absorption process in the body to take place much better!)

Also, for normal daily intake, you take 1-2 enzyme capsules with every meal or even 1-2 capsules with every meal depending on your level of gut health and digestive strength or weakness.