

Active month package application

Treat yourself with valuable vitamins, minerals and great vital substances such as turmeric, resveratrol, green tea, acacia fibres, spirulina and much more. Ideal in combination with good care for the oral environment (because digestion begins with chewing) and finally with the activation of the body's own purification via the soles of the feet. Start your month application now.



Morning

- CurSun+
- ½ day portion Spirulina
- Bamboo toothpaste



Between and/or during meals ProMetaVit.



Lunchtime

- Bamboo toothpaste



Between and/or during meals ProMetaVit.



Evening

- ½ day portion Spirulina
- Bamboo toothpaste
- 2 Bamboo Vital Patches
(stick overnight on the middle of the soles).

In addition: 1-2 times a week an alkaline bath, if possible alkaline body care, lots of exercise (e.g. walks in the woods), possibly the use of electrosmog regulation and sufficient sleep (preferably with targeted bioresonance activation).