

Q & A

complaints who found that Inner Healing™, combined with a healthy diet and stress management, helped them feel their best.

How should I take Inner Healing™?

Take 1-2 capsules, 3 times a day with water on an empty stomach, or as directed by your health practitioner. Take regularly and consistently for best results.

How long should I take Inner Healing™?

Successful results are usually achieved within 6 months or less but Inner Healing™ is designed to provide nourishment and natural support for as long as is needed.

Can I take too much Inner Healing™?

Taking the recommended daily amount usually provides optimum benefit.

Are there any side effects to Inner Healing™?

We have not received any reports of any adverse side effects from Inner Healing™.

Can I do anything else to help my digestive system?

Among the many things that can help the digestive system, probably the most important are eating a balanced, healthy diet high in natural fibers (fruits, vegetables and whole grains) and free of refined flour and sugar; eliminating foods that produce allergic or sensitivity reactions; taking time to eat and relax; using appropriate digestive enzymes, as needed; avoiding irritants like tannins, senna, mineral oil, laxatives and purgatives; and learning to manage stress. A healthy lifestyle almost always enhances the effectiveness of anything done to support and improve well-being.

Q & A

Tell us how Inner Healing™ has helped you!

www.adrenalfatigue.co.nz

All Future Formulations products are unconditionally guaranteed

These products are not intended to diagnose, treat or cure or prevent any disease. The information provided is not a substitute for professional medical opinion. It is provided for informational and educational purposes only.

Distributed by

FUTURE FORMULATIONS, LLC

www.adrenalfatigue.co.nz

Nutrisearch Ltd.

PO Box 8739 Havelock North 4157

Hawke's Bay New Zealand

Phone 06 877 1155 Fax: 06 877 2244

Copyright © 2006 Future Formulations, LLC
All Rights Reserved

FUTURE FORMULATIONS, LLC

Inner Healing™

Natural Support for Healthy Lining of the Stomach & Intestines

**Formulated By
Dr. James L. Wilson**

"I formulated Inner Healing™ to provide effective help to people who are concerned about the health and comfort of their stomach and/or intestinal tract."

Dr. James Wilson



Q & A

What is Inner Healing™?

Inner Healing™ is a unique dietary supplement designed to assist in the normal repair and maintenance of the digestive system, including the stomach and intestinal tract. It offers significant help to a wide range of people who are concerned about stomach and intestinal function and comfort. This soothing formula contains special herbal and nutritional substances shown to: 1) support proper function in the mucosa (mucous membrane lining the gastrointestinal tract), 2) enhance healthy mucus secretion in the gastrointestinal tract, 3) supply specific, essential nutrients needed for building and maintaining membrane integrity and health in the mucosa and underlying tissues, and 4) provide powerful antioxidants that can help prevent oxidative damage in these tissues. The integrity and health of the intestinal tract is essential for proper absorption of nutrients, ease of digestion, good bowel function, elimination of toxins, avoidance of food reactions and overall health.

What does Inner Healing™ do?

Inner Healing™ works with the body's own natural processes to support the health and functioning of the protective linings of the gastrointestinal tract. In combination with a healthy diet and stress management, Inner Healing™ promotes good gut integrity and comfort by enhancing the barrier function of its mucous membrane lining, contributing essential nutrients to the repair and maintenance of this lining and its underlying layers, and providing antioxidants that help protect it from oxidative tissue damage. As a result, this multifaceted formula also helps avoid problems that can arise when the protective mucosa of the stomach, small intestine or bowel is less than optimal.

How does Inner Healing™ work?

The ingredients in Inner Healing™ have been selected on the basis of evidence from scientific literature, prolonged historical use, and/or clinical experience that demonstrated their ability to significantly con-

Q & A

tribute to the maintenance of healthy gastrointestinal linings. Each nutrient and botanical extract has its own important role to play, and their combined actions in this masterfully crafted formula greatly optimize the overall effect. Inner Healing™ co-operates with the body's own physiological mechanisms that repair, maintain and protect the tissues lining the gastrointestinal tract. It does this in a number of ways:

- 1) It produces mucilage and facilitates the body's production of a healthy coating of mucus along the stomach and intestinal surfaces. This forms a protective barrier that prevents the underlying tissues from becoming damaged by gastric acid, digestive enzymes, bile and other noxious substances involved in digestion. The mucus also helps protect the tissues from harmful pathogens with its own innate antibiotic factors, and serves as an important part of the body's front line immune defenses.
- 2) It provides powerful antioxidants that help prevent oxidative tissue damage and the resultant inflammation.
- 3) It supports immune function by fostering healthy gastrointestinal hygiene.
- 4) It helps maintain balanced gastric acid secretions and intestinal pH.
- 5) It contributes nutrient components and metabolic fuel to encourage healthy new cell formation, tissue repair and membrane stabilisation.
- 6) It facilitates efficient nutrient transfer across cell membranes.

What are the ingredients in Inner Healing™?

Inner Healing™ contains the botanical (plant) extracts: slippery elm, golden seal, mastic gum, anise, fenugreek, licorice, and echinacea angustifolia and purpera; and the nutrients: vitamin A, vitamin C, citrus bioflavonoids, quercetin, zinc, copper, manganese, L-glycine, glycerin, glutamic acid HCL, L-taurine, L-glutamine, inositol, and phosphatidyl choline.

Q & A

Inner Healing™ is VEGETARIAN, HORMONE-FREE and contains NO DAIRY, GLUTEN or SUGAR.

How quickly will Inner Healing™ begin to work?

Inner Healing™ begins providing support with the first capsule, and although some people report almost immediate effects, it may take 2-4 weeks to notice a change. This is a natural formula that works to support the body's own processes at a deep metabolic level, and that can take time. It may require up to 6 months to receive the full benefit.

Is Inner Healing™ a laxative?

Inner Healing™ is not a laxative or a stimulant that forces evacuations. It supports stomach and intestinal health so that they can function optimally. As a result, bowel movements may become more regular, comfortable and well formed.

Will Inner Healing™ affect my appetite?

Most people find their appetite is affected by how their stomach and intestines feel. Inner Healing™ actively promotes gastrointestinal comfort and healthy function, and as more comfort and improved function is experienced appetite tends to normalise.

Does Inner Healing™ affect digestion?

Yes, Inner Healing™ supports the integrity of the membranes lining the gut and facilitates efficient transfer of nutrients across those membranes and into the blood stream where they can be transported wherever they are needed throughout the body.

Who should take Inner Healing™?

Inner Healing™ is for anyone old enough to take supplements who wants support for optimal stomach and intestinal comfort and health.

Can people experiencing stomach or intestinal problems take Inner Healing™?

We have had reports of good results from people experiencing a variety of stomach and/or intestinal