

The AvinoCort™ Journey

This brief guide was written to help you understand what types of things you may experience on **AvinoCort**.

AvinoCort can provide your body nutrients and growth factors that you have never experienced before.

Once an individual reaches adulthood, his/her body is always aging.

An individual's body moves along the path of aging at faster or slower rate than others. **A very slow path toward aging might be termed a healthy aging process.** There is no such thing as anti-aging as we all age. Particular organs can age faster and people can die younger because of their particular organ health. Organ health is affected by a complex interplay of factors including, pH, oxygen levels, sugar levels and energetic balance affecting our ability to function, repair and regenerate.

A healthy aging individual lives in relative harmony where bodily health is in balance and there is total harmony with his or her career or purpose in life, personal relationships, financial satisfaction, and relationship with spiritual source. Lifestyle habits are in balance in a healthy aging individual. The biggest factor in aging is stress. Stress can be caused by dietary factors, ingestion of pollutants from water, air, foods, vaccines and medicines, medical procedures including dental procedures and implants.

Probably the biggest stress factor influencing aging, are our mental and emotional states. We all live with these human brains that think too much and are so busy solving "future" problems or replaying "past" wounds and unresolved issues in our personal lives. Many of us also take up larger issues affecting us involving our schools, cities, countries or the world. These create additional stress factors.

AvinoCort is first and foremost **a stress reducer because the nutrients it contains that help hormone production and balancing.** People typically **feel more energized, happier, less depressed, sleep better, and calmer with stronger core energy taking**

AvinoCort<http://www.anovahealth.com/sites/default/files/assets/docs/healthandharmony/TestBoost%20RX%20Marking%20Flyer%20%282%29.pdf><http://www.anovahealth.com/sites/default/files/assets/docs/healthandharmony/TestBoost%20RX%20Marking%20Flyer%20%282%29.pdf>. **AvinoCort** reduces excess cortisol (the stress hormone) while balancing DHEA and thereby acts as an adaptogen. It helps to normalize insulin and leptin levels which can help to balance blood glucose sugar levels reduce appetite and lead to a more balanced approach to eating. Many individuals notice they feel like eating less or they feel like eating healthier foods with a loss of sugar cravings. This whole is complex of why many stress induced cases of weight gain begin to resolve easily on Laminine. If you are on medications you for glucose control you will want to monitor and adjust accordingly after consulting with your physician.

Key Point: If an individual has been living in hyper drive and cortisol levels become lowered due to the adaptogen or balancing effect of **AvinoCort**, it is comparable to a heavy coffee drinker going cold turkey off of caffeine. While **you may be tired for a few days before you get to a healthier adrenal balance**, stick with it and you will be rewarded with better sleep, less stress and most often a new sense of calm.

AvinoCort can deliver many peptides and amino acids to receptor sites in the brain and other parts of the body enabling the body to balance mechanisms such as blood pressure and mood as well as improve other hormone based mechanisms. Research has found the active ingredients in **AvinoCort** to lower DHT by helping increase testosterone naturally so in addition to male libido rising we may also see prostate inflammation reduction.

Women seem to see improvements in their symptoms faster than men so male issues such as low T may take up to 6 weeks in males.

Individuals have reported **better sleep** from the reduction in stress hormones and when you sleep better, the body can reach deeper into its innate healing abilities.

WARNING: With increased innate healing power you may find yourself **experiencing detoxification reactions or the re-experiencing of old unresolved injuries** including emotional injuries or repressed emotions. We have seen detox reactions resulting in more bowel movements and retracing healing processes in the form of fuzzy or spacey heads due to detoxing of recreational drugs, synthetic sugars or the repair of brain and head injuries. Individuals can also experience sensations and even pain in areas of the body where there have been previous injuries such as broken bones or surgeries. **These sensations usually pass and the body gets stronger and well-being is often noticed at an even deeper level.**

SMOKERS: If you are a smoker or have been a smoker in the past you may experience significant detoxification and if you do not want the process to proceed to go that fast or it is uncomfortable or prevent you from functioning we would recommend slowing this down by reducing your dosage to one or two capsules a day.

This advice applies to any type of reaction that you may experience. Learn how to adapt the dosage based on your body. Some individuals choose to stay on 4 or 6 per day to move through things faster.

Some individuals choose to go slower and take less. It doesn't matter how you get there. Laminine is a very powerful supplement delivering nutrients in a unique way.

It is believed based on studies that the total benefits from Laminine in the areas of detoxification, repair and regeneration can take up to 6-8 weeks. In some individuals it may take much longer.

Everyone is different and will experience their unique journey on Laminine. If you feel the detoxification or healing process is going too fast, just slow down the process by decreasing your intake of capsules for 2 or 3 days and then increasing your capsules dosage later. Many people find that one capsule two times a day is all they need. Others find that three or four capsules are better for them. **Let your body be your guide.**

People ask us if we need to take **AvinoCort** for life. Of course you don't. You don't have to eat either. However, if you want to feed your body what it needs to heal and repair, **AvinoCort delivers something very special.** Healthy aging just seems to require certain nutrients. Laminine delivers some very important nutrients that are missing in today's society in a very cost effective way.