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**Bio-Strath**

**Nature's  
Food  
Supplement**



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## **Nature's Food Supplement**

**It is now more than twenty years observing the benefits of Bio-Strath as a food supplement. My initial experience was with a child suffering with failure to thrive, poor appetite, inability to put on weight and pallor complexion. Her ill state of health was sequential to reoccurring ENT Infections. Bio-Strath was suggested, three drops morning and night increasing one drop morning and night each month. In three months there was improved appetite, weight gain and a return healthy complexion. Furthermore there was no return of her ENT infections.**

I have systematically suggested to expectant mothers to start giving Bio-Strath to their infants at two months of age, giving two drops morning and night, increasing one drop morning and night each month. My observation of this practice concluded children taking Bio-Strath at this early age developed without incident, appetite remains good, steady increase in weight and reduced incident of infection.

It has been observed that women taking Bio-Strath as soon after conception as possible are able to maintain normal hemoglobin levels without taking iron provided their diet contains adequate nutrition. This would suggest that Bio-Strath acts as a catalyst enabling the body to assimilate more efficiently from the diet.

Furthermore, individuals suffering from anemia where there has been an inability to assimilate from iron supplements, Bio-Strath has acted as a catalyst improving iron assimilate.

Individuals whose health is in a debilitated state, their metabolisms are profoundly affected resulting in an inability to assimilate and convert nutrients into a useable form. It has been observed that these individuals don't improve regardless of diet or supplementation. This ill state of health may be the result of post viral syndrome following influenza, debilitating illnesses, chemo therapy and surgical procedures. Symptoms may include malaise, fatigue and poor appetite. Symptoms can persist for weeks and sometimes months. Bio-Strath has shown to benefit in such cases. Adding Bio-Strath to a nutritious diet for a few weeks, these individuals develop an

overall improved sense of well being, improved appetite and vitality, facilitating quicker recovery.

With our present day life style, its' fast pace of life, the most frequently used word is STRESS. They complain of reduced vitality, poor concentration, and reduced productivity. B vitamins have always been acknowledged as a necessity in the battle against stress. Bio-Strath contains several B vitamins as well as amino acids and ATP which is the energy producing enzyme of the cell. Patients experienced improved vitality stamina and improved concentration.

Metabolism refers to the process by which food undergoes, digesting, breaking down, refining nutrients into useable form. As we age, especially after menopause and andropause, this system becomes less efficient. There becomes a gradual decline in vitality and an overall slowing down of bodily functions and of course the most talked about condition especially among women is Osteoporosis. It has been observed especially in the elderly, when taking regular vitamin supplements little change was experienced in their vitality, however when Bio-Strath was added to their supplement regime vitality increased. This would suggest improved assimilation of their vitamin regime when taking Bio-Strath.

## **CONCLUSION**

Bio-Strath has demonstrated its' therapeutic benefits as a food supplement in many areas of health care such as infancy, pregnancy, iron deficiency and post viral syndrome.