

Elders of Thuban

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Forum of SUSAN LYNNE SCHWENGER - THE eXchanger

Susan's Kitchen and How To Threads

HEALTH AND WELLNESS

Cleanse your blood - matol km - restore your 7.2 PH balance


Discussion in 'HEALTH AND WELLNESS' started by Susan Lynne Schwenger, Oct 7, 2014.



Susan Lynne Schwenger
The Final Synthesis - isbn 978-0-9939480-0-8
Staff Member
Messages: 3,884

Nature's Secret -14 Herbs in KM

Camomile, thyme, angelica root, passion flower herb, licorice root, senega root, saw palmetto berry, gentian root, horehound herb, celery seeds, saraparilla root, alfalfa herb, dandelion root, cascara sagrada



Impacting World Health.
One Bottle at The Time.

MATOL aka KM

<http://www.kmvitality.com/?r=mb100-07085>
or; call 1-800-363-1890, and, tell the operator you were referred by Susan - ID # MB100-07085

EMAIL THE13THBRIDGE@AOL.COM for more details



1.- Forty Something Forever by Harold & Arline Bracher

A Consumer's Guide to Chelation Therapy and other Heart Savers.

"While writing this book several nutritionally-oriented doctors we'd been in touch with over the years, called our attention to a potassium-rich liquid, Km by name"

2.- Recovery from Addiction by John Finnegan and Daphne Gray in their Matol Km review

This is a remarkable herbal extract and mineral formulation with powerful rejuvenating and cleaning properties.

Many people have found it greatly increases their energy and stamina, cleanses poisons from the body, helps arthritis and other toxic conditions, helps rebuild the liver and the blood, and greatly increases the oxygenation of the system.

3.- Freedom From Arthritis through Nutrition Matol Km review by Philip J. Welsh, DD.S, ND & Bianca Leonardo, N.D.

Matol/Km (Matol in Canada) is an herbal formula developed in 1922 in Austria by Dr. Karl Jurak to give him more strength and endurance for his studies and for this favorite sport, mountain climbing.

He was awarded a Doctorate degree with honors at the age of 19, in agrobiology (the study of plant biology) for the discovery of his elixir, which we know as Matol/Km.

4.- "Hypertension Update" Matol Km review in an article by Susan Fasta from Essence Magazine.

Hypertension is a serious problem in the African-American community, and some Blacks may have stumbled upon a natural weapon.

They are drinking Matol/Km, an herbal liquid made of 14 herbs flowers, roots and seeds, including chamomile, thyme and dandelion.

The potassium-rich drink (more than 585 milligrams an ounce) has produced remarkable improvements in both blood pressure numbers and energy levels.

5.-Investigation of Matol/Km Matol Km review by Al Carter.

Matol/Km provides all 57 nutrients in the proper sequence and in the proper ratios !

What have you got in Matol/Km?

Matol/Km - The perfect cell food.

Quality, healthful products have always been the key to Matol's success.

In fact, when Matol was created, in 1922 it was for the exclusive purpose of providing an effective method of distribution for one innovative product - Matol Km.

Discovered over 92 years ago by Karl Jurak, Matol Km is a unique natural formula that works together with the body's systems to enhance general health and well-being.

Karl Jurak's fondest ambition was to supply this liquid formulation to all who desired it.

At first, he simply gave away his valuable discovery to family and friends.

His life and the lives of countless others were to be permanently altered by this treasure known as Matol Km.

This revolutionary product it was the heartbeat of Matol Botanical International Ltd.

It simply has no equal in today's marketplace and consumer loyalty to Matol Km continues to astound nutrition industry experts, but that doesn't surprise us.

There was a demand for it long before Matol Km, and there will continue to be a demand for decades to come.

Matol Botanical International was sold to Univera in 2010

Matol Km is sold exclusive through Univera Independent Associates like myself.

EMAIL the13thbridge @ aol.com FOR MORE INFO

our, call 1-800-363-1890 - Tell the operator you were referred by Susan ID # MB 100-07085

you also can visit ... www.newunivera.com (and, insert MB100-07085 - as, your referring distributor)

THANK YOU



14* good reasons!

Here are fourteen excellent examples of why you should try Matol Km!

Alfalfa
Angelica
Celery Seed
German Chamomile
Dandelion
Gentian
Horehound Licorice
Saw Palmetto
Thyme
Passion Flower
Senega
Sarsaparilla
Cascara Sagrada

The Fifteenth reason is simple!

With over 28 million bottles sold worldwide since 1984 ðMatol Km works!

Try Matol Km today and experience why our product is known worldwide for itÕs health & nutritional benefits millions of people already know!

* 13 in California.

Matol Km INGREDIENTS:

Potassium (citrate and glycerophosphate), Calcium (glycerophosphate), Iron (ferric glycerophosphate), Iodine (potassium iodide), Camomile (herb), Sarsaparilla (root), Dandelion (root), Horehound (herb), Licorice (root), Senega (root), Passion flower (herb), Thyme (herb), Gentian (root), Saw palmetto (berry), Alfalfa (herb), Angelica (root), Celery (seed), Cascara sagrada (bark).

Other ingredients: Purified water, Caramel color, Glycerin, Potassium hydroxide, Natural and Artificial flavors, Methylparaben and Propylparaben as preservatives.

Recommended use:

1/2 Table spoon in the morning and 1/2 Table spoon at night.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, cure, prevent or treat any disease.





1.- Can I use externally?

Yes. Matol Km may be applied externally to scratches, burns, bites, Cold sores (fever blisters), and to dry up rash caused by poison ivy. It can be used on troublesome skin for a more radiant complexion.

You may also want to mix a few drops of Matol Km in you favorite skin care cream and apply it.

2.- What kind of relieve I can expect with Matol Km?

Many people who have indulged in too much good food and drink have found Matol Km to be the solution to their discomfort.

Similar to many foods like ginger and papaya that aid in digestion, many feel Matol Km is an excellent digestive aid when taken with meals. Personally I take 1 Oz after meals.

3.- Aren't there many other herbal drinks as good as Matol Km?

No, Matol Km is unique. Although one would get benefits from each of the individual ingredients of Matol Km, the uniqueness of Matol Km is in the synergy the molecular bond of each ingredient to the other, producing an entirely new substance, greater than the sum of its individual ingredients.

The proof is in the results.

Matol Km has been used for over 70 years and over 40 million bottles have been sold since it became available commercially in Canada in 1984.

4.- Is Matol Km addictive?

Only if you enjoy feeling good!

Matol Km is a food.

There is no physical addiction to Km and no withdrawal reactions if it is discontinued.

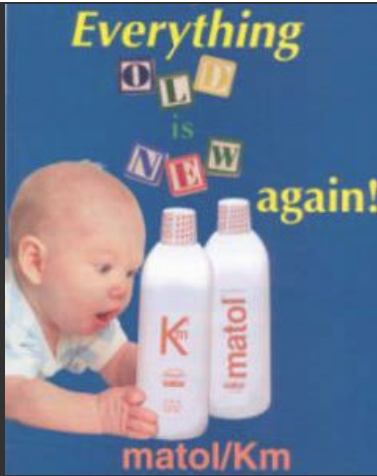
5.- Why are there sometimes crystals at the bottom of the bottle?

It is natural for Matol Km to form crystals after a period of time because of the saturation of minerals.

The crystals are inert material coming out of the solution and not the active ingredients.

You may chew on them if you wish, or strain them out and put it on your plants.

Their removal won't affect the potency of the product.



3 Most Common Matol Km Questions

How do I get started taking Km?
Make the first tasting of Matol very special
Hold Matol Km in your mouth for 10-15 seconds before swallowing.
Notice the tingling sensation and any other effects you feel as it begins to enter your system.
After swallowing it, how does your stomach feel?
Some people notice warmth or the sensation of energy running throughout their body.
Be aware of any other subtle benefits that occur throughout the day.

What is the recommended dosage?

1/2 tablespoon (1/4 ounce), twice each day once in the morning and once just before bed.

The cap of the Matol Km bottle holds two doses, so, just fill it half way.

We recommend that everyone start with a teaspoon twice each day and increase to the normal dose over a period of two or three days.

How quickly will I experience the benefits of Km?

About 1/3 of the people who try Matol Km feel results within the first few minutes to the first few days.

Another 1/3 feel results within the first few weeks to a month.

Another 1/3 feel results with 1 to 3 months.

This is because each person's metabolism and body chemistry is different and unique.

We call it the 1/3 Rule.

10 HELPFUL RECOMMENDATIONS IN THE USE OF MATOI KM

- 1.- Take 1/2 tablespoon (1/4 ounce or 1 to 2 caps each morning and late afternoon before or after your meal. For the very young: start with only 1/2 teaspoon (1/8 ounce) twice a day. or the adult; if too much cleansing occurs which is making them feel too uncomfortable, cut back the amount for a short time.
- 2.- Should you be driving long distances or be involved in an evening session that may get boring, but you need to be alert, it may help to take an extra dose of Matol Km.
- 3.- Be sure to shake the product well before you use it. Do not worry about the constant settlement, that is normal. Strain it if you want.

4.- Matol Km requires no refrigeration, but may taste better if cool.

5.- The best way to take Matol Km is straight, then follow with a glass of water.

People are noticing better results with this method`

The effectiveness of Matol Km is particularly recognized when the lower tract is cleansed.

The water will help with that', but you may prefer to mix with small amount of juice such as apple juice.

6.- Matol Km can be taken by everybody it will not hurt them: for example, pregnant women, people who have just had an operation, people with cardiac or diabetic problems, etc, that's why there is no warning on the bottle.

This product has proven to be exceptionally good for people.

Karl Jurak Quote ."in 77 years, given time, it has never failed once...
in helping do some good for the people using it"

Why it works as it does no one can come up with the answer,
except that we feel that it is something to do with the blood,
and it produces results which are sometimes completely out of the ordinary.

Matol Km is having a significant impact on world health.

7.- It is extremely convenient to pour a small amount of Km in a tightly capped container and carry with you at all times', specially when taking your meals away from home or in the run.

8.- A few people experience positive and miraculous results at once, but statistics have shown that 1/3 of the people respond within the first couple hours to first couple days, another 1/3 do so within 2 weeks; and the last 1/3 within 1 to 3 months. Km is a food supplement and an herbal product, not a medicinal one that contains drugs; therefore it may take a little longer to take effect in some people. The need for consistency is stressed, and EVERYONE, given time will benefit

9.- For those people who think that there is so much potassium in Km, it should be remembered that 1 medium banana has 440 mg. And 2 tablespoons of Km has 585 mg. of potassium. so, 1 tbsp per day will give you 292.5 mg.

10.- As with all of Univera's products, (Matol Km)

We offer a 100% Satisfaction Money Back Guarantee for 90 days.

Nature's Secret -14 Herbs in KM

Camomile, thyme, angelica root, passion flower herb, licorice root, senega root, saw palmetto berry, gentian root, horehound herb, celery seeds, saraparilla root, alfalfa herb, dandelion root, cascara sagrada



<http://www.kmvitality.com/?r=mb100-07085>

or; call 1-800-363-1890, and, tell the operator you were referred by Susan - ID # MB100-07085

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The Forum of Susan Lynne Schwenger aka The eXchanger aka White Lotus Star

Dame & Lady eXKavier, Dragon, Scribe, Unicorn

aka Wassenakoshka Anang - Wassenakoshka Glisis Kwe aka Kit'Si'Nu aka Ziigwan Nibi (Spring Waters)

THE FINAL SYNTHESIS, eXKavier - Susan Lynne Schwenger isbn **978-0-9939480-0-8** - Book, Video & Movie coming soon !!!



Crowd Funding -- Do you need to raise money for projects ???

If so, this just might be the solution <http://beyondr.wesharecrowdfunding.net>

Learn to Blog - <https://ul130.infusionsoft.com/go/ltbs/workingwonders>

GET PAID TO POST - www.tsu.co/the13thbridge FINE JEWELRY at wholesale - <http://goo.gl/67jhKd>

SAFE NON TOXIC PRODUCTS <http://images-wholesale.inewayscanada.com/>

Matol - Km Alkaline Blood - 7.2 pH is what gets you healthy <http://www.kmvitality.com/?r=mb100-07085>

"i lost 50 lbs in 60 days...easy simple liver cleanse www.workingwonders.puretrim.com

(These links are my personal links)

Susan Lynne Schwenger, Oct 7, 2014

#1



Susan Lynne

THE MAGIC of MATOL KM

-- GET your blood PH to 7.2 to 7.4

- the secret to good health & healthy blood

Schwenger

The Final Synthesis -
isbn 978-0-9939480-
0-8

Staff Member

Messages: 3,884

Km - Potassium Mineral Supplement

- The Original Karl Jurak Formula

14 Botanicals - Herbs + 5 Minerals (including potassium and magnesium)

which gets your blood pH to 7.2 to 7.4 - be alkaline NOT full of acid.

This amazing botanical, herberal and mineral preparation will aid to boost energy levels, cleanse and oxygenate the blood,

while it eliminates toxins from your blood stream, and, body tissues.

It works synergetically to bring your back into a good and healthy balance - which gives you a tremendous sense of well-being,

while increasing your overall energy, and, aids in the increasing of your performance.

** Increases vital strength of the body & the brain*

** Supports optimum performance and a return to youthfulness*

** Unique botanical, herbal & mineral formula with a proprietary blend of herbal extracts*

** Oxygenates the blood, eliminates toxins and balances the acidity level (pH level) above 7.0 pH*

** Improves the bodies ability to absorb nutrients from food (bioavailability) by fulfilling the body's potassium requirements*

** Gives the body the ability to respond with renewed levels of vital force, energy and most of all, profound well-being*

The original formula for the Matol KM liquid & Kaps product was developed by Karl Jurak, who believed all nature was interconnected.

His goal was to invent a formula that made a difference to peoples overall health and well-being, and, that would allow them to perform at the highest levels, both mentally and physically.

He believed all nature was interconnected.

This was what inspired him to study plants and their medicinal properties.

He was an agribiologist & biochemist who researched a variety of herbal formulations, experimenting with their many molecular patterns.

During 1922, after eight months of work, the answer came to him in a dream, Jurak went on, and, invented a formula that made a real difference to peoples well-being.

Friends and family were so impressed by his physical and mental improvement, they asked to try for themselves this natural botanical preparation.

Sincere gratitude of hundreds who experienced the benefits of his formula followed, reporting significant improvement to their health and well-being.

Today that formula is known as Matol " Km.

Jurak experimented with different ingredient combinations and permutations until he found the answer in a dream,

and, then went to his laboratory and then created 'the formula' known as Matol - Km which maximized his own performance, improved his health and increased his energy levels and, did it without any toxic side effects.

Matol KM has a DIN #, so, you can always consult with your doctor, as to the safety of taking the product.

Matol KM is the combination of 18-19 active ingredients (13*-14 herbs + 5 minerals)

* in CA, USA, THERE ARE ONLY 13

Matol KM Formula Overview

Matol KM is a merger of modern pharmaceutical science with time-tested traditional herbal medicine designed to improve your health and well-being.

The Original Karl Jurak Formula - as of December 2011, over 48 million bottles have been sold

Do you suffer from lack of energy, or low energy ?

Do you suffer from bad skin ?

Introducing Matol Km: A unique formula of 13 - 14 herbs and 5 minerals.

What Your Body Needs:

Essential herbs and minerals ð critical for digestive and overall health.

But: these have been generally removed from modern conventional diets.

The unique Matol - Km formula provides these natural phytonutrients in abundance.

Matol - Km is a great source of recommended daily minerals and vitamins, in particular potassium and iodine.

All in a convenient daily drink.

Km's Ingredients

"We saw an article in the Daily Mail Newspaper in the UK, which was recommending Matol - Km, so we decided to give it a try.

My daughter saw immediate improvements in her skin, and, her acne disappeared.

My husband experienced a massive increase in his energy, and, he says he feels 20 years younger.

Myself, I am 55, and, i now feel 25 again." Thank You, Shirley Pottruffs

"I've gone from having very low energy, to having very high energy again, this product changed my life completely." Many Thanks, Mr. D. Wheatley

"Since taking Km, my energy has increased, and, my skin problems have disappeared."

Thank you !!! Elaine Cero

"In the 10 years I've been involved with Matol, I have personally listened to over 3,000 individuals who have used Matol Km

tell me personally how their health has changed.

Dr. K. Clark, PhD, Director of Sports Nutrition, Penn State University.

*Although some other supplements may have similar ingredients as Matol Km, there's something **unique about Matol Km.***

It takes one difference in the chemical bond. If you have penicillin, you change just one bond you have amoxicillin.

And that's the way it is with Matol Km.

*You just can't take these herbs and throw them in a vat and come out with the **results** that we get from this product.*

Dr. T Kliner, U.S. National Board of Certified Internal Medicine.

To order

Call 1-800-363-1890 - Tell Operator you were referred by:

Susan Lynne Schwenger MB100-07085

and, you want to put your order into my name

and, then drop ship it directly to you - at your address
(provided you are in canada, or the usa)

Matol Km - Liquid: https://newunivera.com/en-us/produ...tive-health/km?register_sponsorid=MB100-07085

1 - 32 oz bottle

What Your Body Needs:

Essential bitter herbs and minerals are critical for digestive health.
They have been removed from conventional diets primarily due to their pungent taste.
km[™] provides these natural phytonutrients and recommended daily minerals, in particular potassium, iron, and iodine.

Benefits:

- The original formula
- Helps regulate the body's pH balance*
- Supports digestion*

Univera Advantage:

Produced through a proprietary process, km is a natural phytonutrient-rich mineral formulation from a synergistic combination of minerals and extracts of 14** unique botanicals to fill in vital dietary gaps.

Km Kaps[™] are also available in a convenient capsule that dissolves quickly for maximum absorption.

**13 ingredients in California. SKU 130202 will be substituted for orders to be shipped to California.
km SKU 130202 is the same formula above except it contains no Cascara sagrada 3:1.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or

Matol Km Kaps[™] - Capsules:

https://newunivera.com/en-us/products-for-vitality/digestive-health/km-kaps?register_sponsorid=MB100-07085

120 capsules per bottle

What Your Body Needs:

Essential bitter herbs and minerals are critical for digestive health.
They have been removed from conventional diets primarily due to their pungent taste.
km Kaps[™] provides these natural phytonutrients and recommended daily minerals, in particular potassium, iron, and iodine.

Benefits:

- The original formula
- Helps regulate the body's pH balance*
- Supports digestion*
- Capsules dissolve quickly for maximum absorption

Univera Advantage:

Produced through a proprietary process, km Kaps is a natural phytonutrient-rich mineral formulation from a synergistic combination of minerals and extracts of 13 unique botanicals to fill in vital dietary gaps.

prevent any disease.

or; email susan at workingwonders@aol.com



Matol/Km® & the pH Factor matol

The importance of the body's pH balance to overall health is being recognized by an increasing number of health professionals from both the traditional and alternative medical world.

Matol may have discovered the true key to long life and health. Bold words for sure, but we may be on the threshold of a new biology based on a simple approach called the Alkaline pH Factor. This is a gift to mankind and the beginning of the realization that blood is the "source of life" in the famous words of Karl Jurak.

Matol's mission to Impact World Health one day at a time, one person at a time, begins with our flagship product Matol/Km®. Since 1922, Matol/Km® has always been offered as a natural, whole body tonic made of medicinal plants and minerals. It has always focused on the health condition at the cellular level.

The aging process begins in the blood and the best defense against a build up of acid waste is a pH level of 7 or higher at the cellular level, which gives you an alkaline pH. When your pH is alkaline, your



blood assimilates the nutrients you need to feed your cells most effectively.

The purpose of Matol/Km® has always been to help cleanse the acid waste or toxins from your body. As it turns out, Matol/Km® may be the most potent "Acid Protector" or "Alkaline Booster." It is said that in today's fast paced society, it is easy to forget about the importance of our health. Most of us start out with vibrant health, but by age 30, some begin to develop minor irritations. These small health problems become more serious with time causing our health to fall into decline.

Supplements like Matol/Km® can be powerful allies in our quest to reach out to as many people as possible and to bring about our message of good health.

It's time to bring new focus to our Matol/Km® and the crucial importance of achieving an alkaline level in your body.

It's time for Matol to lead the way!



Matol/Km® & the pH Factor

matol®

The importance of the body's pH balance to overall health is being recognized by an increasing number of health professionals from both the traditional and alternative medical world.

What is pH?

pH stands for Potential Hydrogen. It is a measuring scale that goes from 0 to 14 or from acid to alkaline. You can easily measure your pH with litmus paper using your saliva or urine. Litmus paper is sold in all major pharmacies, drugstores and health food stores.

The premise for good general health is that excess acid in the body underlies all diseases, and consequently that the entire metabolic process depends, to a large degree, on an alkaline environment.

When your pH is below 7, it indicates greater acidity. When it's 7 and over, it indicates greater alkalinity. The body functions at its best, when the pH of its internal biochemical environment is at 7 or higher.

The pH Process

The purpose of the pH reading is to make sure we eliminate excess acid. Excess acid is acid waste which creates poisonous toxicity. Karl Jurak, who formulated our Matol/Km®, always stated the importance of flushing toxins from your system as they create an acidic condition where bacteria, fungi and viruses thrive.

Bacteria and viruses thrive in acidity. They also flourish in low oxygen levels that come with acidity. Therefore, by optimizing our alkaline position, we fight the aging process.

The aging process begins in the blood and the best defense against a build up of acid waste is a pH level of 7 or higher, which gives you an alkaline pH. When your pH is alkaline, your blood assimilates the nutrients you need to feed your cells.

When your pH is acidic, you create chaos in your metabolism and in the process you exhaust the glands and organs that good health depends on. For example, our heart, liver, pancreas, kidneys, colon and adrenal glands all depend on a good alkaline condition.

The heart for one, is one of the most alkaline dependent organs in the body. The heart pumps about 520 quarts of blood an hour or about 13,000 quarts a day. If the blood is not toxin free, it puts tremendous strain upon the heart.



It's time for all of us to reclaim our health. More and more renowned scientists and medical researchers are showing us the way.

If you really care about someone then it's up to you to show them the way, today!

ABOUT KM - MATO

LKM - Matol was discovered in 1922 by Karl Jurak.

It is a unique natural liquid herbal formula that works together with the body's systems to enhance general health and well being.

This potassium mineral supplement is prepared by a special process from a combination of minerals and extracts of traditional botanical plant flowers, foliage, roots and barks (contains 350mg (15ml) of potassium per serving of 1 tablespoon).

It enters the bloodstream when held briefly in the mouth, and feeds the blood cells oxygen throughout the bloodstream to all parts of the body.

Why did Dr. Jurak choose the ingredients he did?

The plants used to make KM were chosen for the specific active ingredients that occur naturally in each one.

After a dedicated search for a natural solution to common challenges, Dr. Jurak determined the exact combination of ingredients which would yield the result he desired.

Every ingredient is vital to the product's performance.

The formula is still produced in its purest form, exactly as Dr. Jurak intended it, with the same remarkable benefits.

Do you make any claims about product results? Although KM is classified as a therapeutic product in Canada, no therapeutic claims can be made, and we strictly enforce this policy with off of our Distributors. However, we do believe people can benefit from KM in many ways, and we are confident enough to offer a 30 day guarantee.

Why is KM considered a therapeutic preparation in Canada and a food supplement in the United States?

Many countries have different criteria for classifying products.

What is considered a food in one country may be considered something completely different in another.

When KM is introduced to another country, the classification may be different again.

In Canada, the Ministry of Health and Welfare classifies the KM product as a therapeutic preparation.

Consequently, KM Botanical International Ltd. is required to print a DIN (drug identification number) on the bottle.

In the U.S., Km is classified as a food supplement and does not require official FDA approval, just as a loaf of bread or a quart of milk does not require approval.

The FDA does closely monitor the production and distribution of food products in the United States to ensure safety and quality.

They determine labeling (what is said about the product on the label) and if any of the product ingredients are unsafe.

Is there anything in KM that would work against a person's medication?

None of the natural ingredients in KM have been found to have any effect at all on regular medication.

If any contra-indications were present, Health and Welfare Canada would require us to list them on the bottle.

No such indications exist.

However, DO NOT discontinue medication in any case without prior consent from your physician.

If you are using medication, begin by taking KM in smaller amounts so your body can adjust. If you do experience any improvement in your well-being while taking the product, consult your doctor for direction on reducing medication, but do not stop taking medication on your own!

Should any secondary effects appear, they will be brief and will not be severe.

Simply stop taking KM for a short period of time and begin again with a smaller amount.

This allows your body to become accustomed to the formula

and allows you to realize the full benefits of Dr. Jurak's discovery.

What is the suggested daily amount?

Based on 70 years of experience with KM, Dr. Jurak recommends one tablespoon twice a day, a total of 30 ml.

(30 ml = 1 ounce)

However, each person's needs may be different based on weight, metabolism and level of activity.

To determine the most effective level for you, try the first bottle of KM in different amounts.

The KM bottle lists a different amount according to Canadian regulations.

In Canada, it is necessary to indicate the MAXIMUM daily intake on the bottle: two tablespoons twice a day, a total of 60 ml.

Remember each person is different, and should adjust the amount of KM they take according to their own needs.

Should everyone take the full amount of KM at first? All people need nutrients in differing amounts.

We recommend everyone try their first bottle of KM in varying amounts to determine their own needs and tolerances.

Begin with a smaller amount mixed with milk, water or your favorite juice to allow your body to adjust to the formula.

Older people taking prescribed medication and children under five years old should definitely start with less.

Is KM safe for children? Yes! They should start with a small amount and gradually work up to one teaspoon per day. Many children like the preparation mixed with milk or juice, but they can take it undiluted. Always check with a health care professional when giving anything to young children and babies.

Can a woman take KM during pregnancy? Yes, it is perfectly safe to continue taking KM during pregnancy,

just as you continue eating bread or any other foodstuff.

KM is based on a natural formula that has produced remarkable results for more than 70 years with no harmful side-effects.

What is the shelf life of the product? In more than 70 years of experience, Dr. Karl Jurak has determined that KM remains safe for consumption indefinitely under normal conditions.

However, the Canadian government requires that an expiration date be printed on the bottle according to the Ministry of Health and Welfare. No such date is required in the United States.

Where do the crystals at the bottom of the bottle come from, and how do they affect the formula?

The botanical sediments in KM attract particles of minerals which form crystalline matter.

The amount of crystals found in each bottle may vary.

Generally, the deposits will not form if a newly formulated bottle of product is shaken up on a regular basis.

In any case, the crystals do not in any way affect the preparation because they are simply inert material coming out of the solution. It takes some six to seven weeks before the crystals form.

If the bottle was kept long enough the crystals could include some active materials, such as calcium, but the amount would be insignificant.

What is the mineral content of the product?

The mineral content is calculated as the equivalent amount in 15 ml or 1 tablespoon:

Potassium 350 mg/15ml Iron 1.4 mg/15ml Iodine 22.4 mcg/15ml

How much potassium is in KM? KM contains 350 mg of potassium per 15ml (one tablespoon).

This is approximately equivalent to the amount of potassium found in a large banana, eight ounces of fresh orange juice or half a cantaloupe. A therapeutic amount of potassium is 1500 to 4000 mg a day.

Are there vitamins in KM? Beneficial vitamins occur naturally in some of the plant ingredients used to make KM. No vitamins are added.

Is there any sodium added to KM?

Absolutely no sodium is added to KM. Tiny trace amounts that may appear in KM occur

naturally in the plant ingredients.
However, the amount is insignificant. No additional sodium is added to the formula.

Does KM contain gluten? KM does not contain gluten.

Why is Glycerin used in KM?
Karl Jurak used glycerin in his original formula to sweeten and smooth the taste of the raw botanicals.
Studies have shown that glycerin is 55-75% as sweet as sucrose with absolutely no negative side effects.
All KM products are made exclusively with non-animal glycerin for better nutritional benefits.

What are Glycerophosphate?

Glycerophosphates are a combination of natural elements joined in a chemical process that produces the final ingredient.
The potassium, ferric and magnesium glycerophosphates in KM are an integral part of the original formula
discovered by Karl Jurak in 1922.

Does KM contain harmful amounts of potassium hydroxide?
KM does not contain harmful levels of potassium hydroxide, or any other substance.
Health authorities in Canada and the United States have determined that KM is completely safe ,
simply reconfirming what Dr. Karl Jurak has known for more than 70 years.
Potassium hydroxide is a naturally occurring substance found in many plants, fruits and vegetables eaten
by millions of people every day.
Consumed in extremely large amounts it can be potentially dangerous,
but the tiny trace amounts that occur in KM are harmless.

What is vanillin?
Vanillin is a derivative of a natural flavoring substance used to improve the taste of raw botanicals.
It was originally an extract of vanilla beans and provides much the same flavor. Vanillin has also been found in many other vegetables and woody plants, including coniferous trees.

Are there any stimulants in KM? There are no stimulants in KM.

Is KM pasteurized? KM is not pasteurized, nor is it prepared under heat. A cold process is used to preserve ingredients included in the formula by Dr. Jurak.

How does freezing affect KM? Freezing does not affect KM.
The bottle could be frozen solid and thawed without having to be shaken before consumption.
We leave approximately 50cc of headroom so the product is able to expand during freezing without bursting the bottle.

Does heat affect the product?Heat does not affect KM. But we would advise you not to expose the product
to extreme temperatures for extended periods of time because the sealed bottle may explode under increased pressure.

Has there been any medical research or double blind testing conducted on the product?

No tests other than those originally performed by Dr Karl Jurak in the process of discovering the KM formula
have been performed. Dr. Jurak's conclusions were concrete, and further testing is not

planned.
However, KM has been tested in the finest laboratory in the world for over 70 years, the human body.
And it continues to produce remarkable results!

What about people who have allergies associated with the ingredients in KM?

Some people may be seemingly allergic to some ingredients in KM, but few actually experience a reaction from the product.
If possible allergies are anticipated, a person should start by using a smaller amount until any reactions can be identified.
We recommend starting with approximately one teaspoon per day.

ALFALFA HERB
ANGELICA ROOT
CASCARA SAGRADA

- Decreases plasma cholesterol
- Decreases cholesterol absorption
- Increases excretion of bile acids and neutral steroids
- May reduce blood sugar levels
- Anti-fungal properties
- Inhibits platelet clumping- Can lower prothrombin time
- Mild laxative- Aids digestion- Antiseptic- Prevents tooth decay

CELERY SEED
CHAMOMILE HERB
DANDELION ROOT

- Sedative- Anti-spasmodic- Diuretic- Hypotensive- Lowers blood sugar (hypoglycemic)- Anti-platelet clumping activity
- Anti-allergic- Anti-flatulent- Antispasmodic- Mild sedative- Anti-inflammatory- Antiseptic- Antibacterial- Anti-ulcer properties
- Diuretic- Mild anti-inflammatory- Mild laxative- Stimulates appetite

GENTIAN ROOT
HOREHOUND HERB
LICORICE ROOT

- Stimulates digestive juices and saliva- Mild anti-inflammatory properties- Combats mosquitoes
- Vasodilator- Expectorant- Antioxidant- May normalize cardiac arrhythmias- May reduce intestinal spasm- Anti-inflammatory

- Antispasmodic- Anti-inflammatory- Laxative - Soothing properties- Anti-estrogenic- Can inhibit the Epstein-Barr virus- Significant antimicrobial activity- Can accelerate peptic ulcer healing

PASSION FLOWER

SARSAPARILLA ROOT

SAW PALMETTO BERRY

- Sedative- Antispasmodic- Pain reliever- Antibacterial- Antifungal

- Anti-rheumatic- Antiseptic- Anti-rash- Improves appetite- Improves psoriasis- Liver protection- Anti-inflammatory

- May reduce benign prostatic hyperplasia- Anti-inflammatory

SENEGA ROOT

THYME HERB

- Expectorant- Emetic activity- Anti-inflammatory- May be effective against graft rejection, eczema, psoriasis and multiple sclerosis

- Antispasmodic- Anti-tussive- Expectorant- Anti-flatulent- Astringent- Antibacterial- Stimulates saliva

Testimonials

ÖI just wanted to send you a quick note. After suffering for years with chronic pain, arthritis, sciatica, and bursitis to name just a few of my ailments, Matol km was recommended to me by a friend. In the beginning I was skeptical about it working. But after just 3 weeks of taking Matol km I canÖt believe the improvements I am already feeling. I will recommend it to others and have! Thanks for helping improve my health. I am sure it will only get better.Ö

Kim, May 2014

I had the liquid Matol tested for me by a kinesiologist who specialises in the NAET method Æ allergies and nutrition. I also took the capsules (Kaps) and those tested good.

My body absorbed 100% of the ingredients. I thought (that) was amazing, since when I took my spring water collected only the previous day straight from the hills, there was only 70% absorption and even that was considered good

The lady then tested the liquid and said it was good for me to take. I asked about long-term use. She said to take it for 6 months, and then have a break. So I have the two bottles of kaps and 4 bottles of the liquid. I wonÖt be needing any more Matol for 6 months or so now, but am glad I can happily reorder once IÖm ready.

Dr J Lyndle, Essex, Feb 2014.

Best wishes,

Hi there, just to say a BIG THANK YOU! I have received the items and all in good order. Many thanks and look forward to ordering more if I see good results.

Kind Regards

T. Ballo Sept 2013.

Last winter I was in the U.K. I took a bottle of Matol and finished it when I was back in Canada.

Now I am back in the U.K. for a few weeks, I would like to let you know by the time I finished the bottle of matol, I noticed that I hardly had any sign of (my problem) any more, so I would definitely like some more. Good job guys.

Norma Helbo, Canada

Hello Chris,

I wanted to give you some feedback on Matol Km. I was surprised at not feeling good. IÕve always felt healthy and pretty optimistic. I didnÕt know what the problem was so I had my hormones checked, my blood checked and a physical. Nothing turned up except for very low potassium levels. But my unease persisted. I had very little energy, more desire for alcohol and sugar, and feeling down that seemed unrelated to anything.

I started Km just about three weeks ago and within three days, I felt better. I wasnÕt sure that was related to Km so I stopped taking it for five days. I am going to keep taking Km. I will keep you informed. I am very pleased so far.

All the best, Micki

M. Clark, Parker, USA. July 2012.

I felt I had to send you a mail to say a big thank you to Matol Km for changing my life. After suffering a very traumatic ordeal 6yrs ago my life became miserable.

I spent £100s trying to ease my suffering and it is suffering in many ways. Now thanks to Matol Km I am happy again. THANK YOU MATOL KM FOR GIVING ME BACK MY LIFE AS IT WAS.

Mrs.C.A.Miller, Skelmersdale, Lancashire, UK.

I find it difficult to endorse a product when I have no scientific proof that the improvement is purely down to using Matol.

I also find it incredible, after years of various treatments (I have suffered for over 25 years), all of which were creams of some description or other, that a Õliquid supplementÕ you simply drink twice a day can (help)!

However, since using Matol and introducing it almost 4 months ago as part of my daily routine, there has been a marked improvement in my condition.

As I previously mentioned, I have no proof that I can attribute all this to Matol ð but I cannot attribute it to anything else!

Try it for yourself and as a fellow sufferer I know you will be pleased with the results ð you cannot afford to miss the opportunity of trying this product yourself!

Mr. I Hardman, 46 Newport, South Wales. UK

In 1994 I was diagnosed with (a specific low energy condition). After many years of suffering symptoms of feeling unwell, my father saw an article in the Daily Mail recommending Matol.

I decided to give it a try and it changed my life completely. Within weeks I was sleeping better because of not having Õrestless legsÕ.

I was full of energy and the black cloud was lifted. I have not looked back since that time and my health seems to continue to improve each year.

I now work full time, work out at the gym three times a week and have plenty of energy to play with my grandson.

IÕve recommended it (Matol Km) to friends and family over the years that have seen the remarkable change in me and all have benefited from the various symptoms they suffered.

It (Matol Km) is a truly remarkable product and I have no hesitation in recommending it to anyone.

Susan Williams, Porthcawl, South Wales.

Dear Sir, I am writing this letter to let you know how brilliant your matol Km really is. After just 6 weeks of taking Matol Km.

I switched to Matol Kaps for my holidays in December, during my holiday and since, it has almost completely gone and I must admit to being more energetic as my wife and friends will verify.

I am 71 years old and I feel about 55 ð I would recommend Matol Km to anyone, I am sure it will benefit your health ð it certainly has mine.

Herbert Marshallsea, Rhyl, North Wales UK.

A friend told me about herbal preparation called Matol. I was sceptical, but I thought IÕd give it a go as nothing else was helping.

Within a few weeks of using Matol, I noticed (a change). Within a few months I knew Matol was definitely having an effect. IÕve been ordering Matol now since 2001, and I am still very happy with it ð I recommend you try it too.Õ

Mrs.S.Shackell, Caerphilly. UK

<http://www.kmvitality.com/?r=mb100-07085>

or; call 1-800-363-1890, and, tell the operator you were referred by Susan - ID # MB100-07085

EMAIL THE13THBRIDGE@AOL.COM for more details

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Susan Lynne Schwenger, Oct 7, 2014

#2

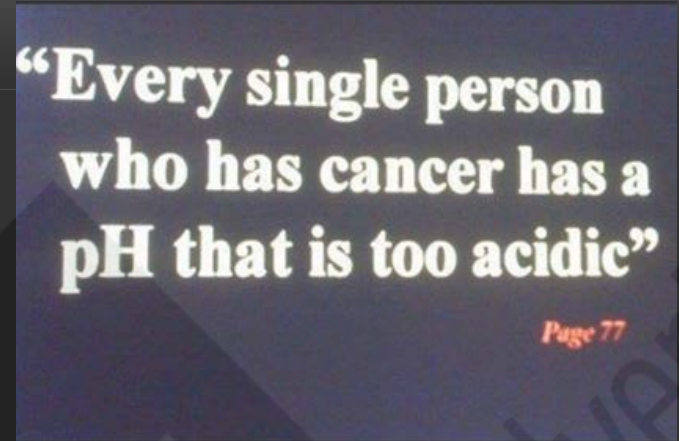


Susan Lynne Schwenger

The Final Synthesis -
isbn 978-0-9939480-0-8

Staff Member

Messages: 3,884



Dr. Otto Warburg won the Nobel Prize in 1931 for proving that cancer can't survive in an alkaline, oxygen rich environment but thrives in an acidic, low oxygen environment.
Dave Sommers

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Susan Lynne Schwenger, Oct 7, 2014

#3



PH Levels in The Blood Can Cure Cancer, or Be The Cause of It

Susan Lynne
Schwenger
The Final Synthesis -
isbn 978-0-9939480-
0-8

Staff Member

Messages: 3,884

Every single person who has cancer has a pH that is too acidic.

Dr. Otto Warburg won the Nobel Prize in 1931 for proving that cancer can't survive in an alkaline, oxygen rich environment but thrives in an acidic, low oxygen environment.

PH balance

Did you know that science has discovered one definitive cause AND cure of cancer?

Acidic blood is the root of cancer cells survival. The disease literally feeds off of the glucose human bodies are ingesting every single day and thriving in the environment we create for it.

If our bodies maintain a slightly alkaline environment the cells will die off and your body will be cured of cancer and other potential diseases. Doctors prescribe chemotherapy, radiation or heavy drugs to treat cancer.

This is counter intuitive, as it adds to the acidity of our body.

So while cancer cells might die in the process, healthy cells will die as well and the body is even more susceptible.

The most effective and healthy method for eliminating cancer, or potential risk, is diet change.

pH stands for power of hydrogen, it is a scale to rate a substance as either 0-7 (acidic) or 7-14 (alkaline). If your body maintains a pH level of 7.5 or above, cancer literally cannot survive. Cancer is a metabolic disease that manifests through poor diet. Basically, the cells of this disease eat glucose and breathe acid. Glucose is most commonly known as sugar. Most things we eat on a daily basis are actually quite acidic and process in our bodies as glucose.

The best way to alkalize your blood is to cut out some of these sugary acidic foods and consume a greater portion of high pH level goods.

Some acidic foods

- Corn
- Lentils
- Blueberries
- Plums
- Prunes
- All oats and grains
- Chick peas
- All meats
- All cheeses and dairy
- Butter
- Peanuts and peanut butter
- All meat
- Olive oil
- Sugar
- Corn syrup
- Alcohol
- Coffee

Sodas
Some alkaline foods
Broccoli
Carrots
Collard greens
Garlic
Fermented vegetables
Green beans
Green peas
Kale
Spinach
Tomatoes
Sweet potatoes
Apples
Avocados
Bananas
Oranges
Lemons
Strawberries
Almonds
Stevia (natural sweetener)
All herbs
Check out a more detailed list here;
www.rense.com

matol or km
liquid or kap / capsule form

<http://www.kmvitality.com/?r=mb100-07085>
or; call 1-800-363-1890, and, tell the operator you were referred by Susan - ID # MB100-07085

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Susan Lynne Schwenger, Nov 7, 2014

#4



**Susan Lynne
Schwenger**

The Final Synthesis -
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0-8

Staff Member

MAGNESIUM

THE ESSENTIAL FORGOTTEN MINERAL

Magnesium is a mineral needed by EVERY CELL of your body.

Foods Highest In Magnesium

- Crude Rice Bran 922mg
- Swiss Chard 860mg
- Purslane 850mg
- Spinach 756mg
- Dark Cocoa Powder 499mg
- Almonds 395mg
- Coffee 327mg

Can Magnesium Deficiency Cause Cancer?

Researchers found that 46% of the patients admitted to an intensive care unit in a tertiary cancer center presented as deficient in magnesium.

In Egypt, the cancer rate was only about 10% of that in Europe and America. Among the rural population, it was practically non-existent. These cancer-free populations have an extremely high magnesium intake of 2.5 to 3g which is 10 times more than in most Western countries.

Did you know...refined grains remove 80-97 percent of magnesium?

The Spark of Life

It creates energy in each and every cell by activating ATP the storage molecule and the fuel that drives each cell of your body.

Our bodies need the correct amount of magnesium in our diets for us to sleep properly. If it's too high or too low, we can suffer from sleep disturbance.

Mg

www.undergroundhealthreporter.com

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Susan Lynne Schwenger, Dec 5, 2014

#5



Susan Lynne Schwenger

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Staff Member

Messages: 3,884

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or, call 1-800-363-1890 Referral Code #MB100-07085 - Susan

Cleanse your blood - matol km kaps

- can restore your blood to 7.2 PH which brings you back into a healthy balance

FREE SHIPPING



120 caps per bottle - take 4 per day
- morning - and, mid afternoon
lasts 1 months
SO, 2 bottles will last you 4 months



Impacting World Health.
One Bottle at The Time.

MATOL aka KM KAPS (a lot better in our opinion than the liquid form-and, more convenient)

1. Forty Something Forever by Harold & Arline Bracher
A Consumer's Guide to Chelation Therapy and other Heart Savers.

"While writing this book several nutritionally-oriented doctors we'd been in touch with over the years, called our attention to a potassium-rich liquid, Km by name"

2.- Recovery from Addiction by John Finnegan and Daphne Gray in their Matol Km review
This is a remarkable herbal extract and mineral formulation with powerful rejuvenating and cleaning properties.

Many people have found it greatly increases their energy and stamina, cleanses poisons from the body, helps arthritis and other toxic conditions, helps rebuild the liver and the blood, and greatly increases the oxygenation of the system.

3.- Freedom From Arthritis through Nutrition Matol Km review by Philip J. Welsh, DD.S, ND & Bianca Leonardo, N.D.

Matol/Km (Matol in Canada) is an herbal formula developed in 1922 in Austria by Dr. Karl Jurak to give him more strength and endurance for his studies and for this favorite sport, mountain climbing.

He was awarded a Doctorate degree with honors at the age of 19, in agrobiology (the study of plant biology) for the discovery of his elixir, which we know as Matol/Km.

4.- Hypertension Update" Matol Km review in an article by Susan Fasta from Essence Magazine.

Hypertension is a serious problem in the African-American community, and some Blacks may have stumbled upon a natural weapon.

They are taking Matol/Km, an herbal product made of 14 herbs flowers, roots and seeds, including chamomile, thyme and dandelion.

The potassium-rich drink (more than 585 milligrams an ounce) has produced remarkable improvements in both blood pressure numbers and energy levels.

5.-Investigation of Matol/Km Matol Km review by Al Carter.

Matol/Km provides all 57 nutrients in the proper sequence and in the proper ratios !

What have you got in Matol/Km?

Matol/Km - The perfect cell food.

Quality, healthful products have always been the key to Matol's success.

In fact, when Matol was created, in 1922 it was for the exclusive purpose of providing an effective method of distribution for one innovative product - Matol Km.

Discovered over 92 years ago by Karl Jurak, Matol Km is a unique natural formula that works together with the body's systems to enhance general health and well-being.

Karl Jurak's fondest ambition was to supply this liquid formulation to all who desired it.

At first, he simply gave away his valuable discovery to family and friends.

His life and the lives of countless others were to be permanently altered by this treasure known as Matol Km.

This revolutionary product it was the heartbeat of Matol Botanical International Ltd.

It simply has no equal in today's marketplace and consumer loyalty to Matol Km continues to astound nutrition industry experts, but that doesn't surprise us.

There was a demand for it long before Matol Km,
and there will continue to be a demand for decades to come.

Matol Botanical International was sold to Univera in 2010

Matol Km is sold exclusive through Univera Independent Associates like myself.

Here are fourteen excellent examples of why you should try Matol Km!

Alfalfa
Angelica
Celery Seed
German Chamomile
Dandelion
Gentian
Horehound Licorice
Saw Palmetto
Thyme
Passion Flower
Senega
Sarsaparilla
Cascara Sagrada

The Fifteenth reason is simple!

With over 28 million bottles sold worldwide since 1984 ðMatol Km works!

Try Matol Km today and experience why our product is known worldwide
for itÕs health & nutritional benefits millions of people already know!

* 13 in California.

Matol Km INGREDIENTS:

Potassium, Calcium , Iron, Iodine (potassium iodide), Camomile (herb), Sarsaparilla (root), Dandelion (root), Horehound (herb), Licorice (root), Senega (root), Passion flower (herb), Thyme (herb), Gentian (root), Saw palmetto (berry), Alfalfa (herb), Angelica (root), Celery (seed), Cascara sagrada (bark).

Recommended use:
2 caps in morning; 2 caps mid afternoon

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, cure, prevent or treat any disease.



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Susan Lynne Schwenger, Dec 13, 2014

#6



Susan Lynne Schwenger
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Staff Member

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Order online at: <http://www.kmvitality.com/?r=mb100-07085>

or,

call 1-877-627-4787 Referral Code #MB100-07085 - Susan (USA)

call 1-800-363-1890 Referral Code #MB100-07085 - Susan (Canada)

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#7

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