

DR. JOHN HEINERMAN

# Nature's Super Medicines

The Seven Essential  
Ingredients for  
Optimal Health



- 1 Antioxidants**
- 2 Bee Pollen**
- 3 Cayenne Pepper**
- 4 Garlic & Onions**
- 5 Ginseng**
- 6 Turmeric**
- 7 Wheat Grass**

# Natures Super Seven Medicines The Seven Essential Ingrediants For Optimal Health

**G Thomas**



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