



The Power of Berberine

NAME:

DATE:

This worksheet is a supplement training guide to “**The Power of Berberine**” video published on February 22, 2016.

It's Humpday Hustle! Time to take care of our body, our true temple. Today's video is all about berberine. I invited Dr. Jo-Anne Mina once again to discuss the power of berberine. Check out its actions and indications in this short and sweet video we've for you today.

<i>Supplement Name: Berberine</i>	
<p><u>Action:</u></p> <ul style="list-style-type: none"> • Antimicrobial • Hypoglycemic agent • Activates AMP • Modulates Gut Bacteria • Anti Oxidant • Anti Inflammatory 	<p><u>Side Effects:</u></p> <ul style="list-style-type: none"> • Diarrhea • Gas • Cramping • Constipation
<p><u>Indication:</u></p> <ul style="list-style-type: none"> • Hypertension • Dyslipedia • Diabetes • SIBO • IBS • Weight Management • Fungus and Parasites 	<p><u>How to Lessen Side Effect?</u></p> <p>Take berberine with food rather than empty stomach.</p>

Build a peak performance team. This peak performance team will work with you to develop a program suited to your individual needs; and will always implement the highest quality and most advanced treatment strategies available. Team members may include nutritionist, naturopaths, acupuncturist, massage therapists, physiotherapists, chiropractors, etc.

What therapies will be part of your team?

Our JTPG and peak performance programs begin soon. Sign up to our website and subscribe to our Youtube channel so you can be the first to be informed when we begin the journey to optimal health, peak performance and your personal greatness.

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Author and Speaker - Journey to Personal Greatness: mind, body and soul.

www.tchpp.com and www.journeytopersonalgreatness.com