

IMPORTANT INFORMATION ABOUT ZIQUIN PRODUCT USAGE

Most Frequently Asked Questions

Why do I need to take these dietary supplements separately and on an empty stomach?
The process of digestion and assimilation involves different forms of receptor sites and different methods of absorption. Optimum results occur when cell receptor sites do not compete with other nutrients. In other words, if you have nutrients or food in your stomach, they will compete with the efficient delivery of the Ziquin nutrients. (A stomach is considered empty one hour before eating or two hours after eating.)
If I get off the recommended schedule does that ruin my wellness progress?
No, some days it is not possible to maintain our schedules. Ziquin's product instructions are intended to help people understand their body's requirement for optimal nutrient absorption. The underlying rule to remember is that Ziquin products should be taken in <i>certain combinations</i> on an <i>empty stomach</i> .
How much water should I drink?
Drink plenty of fluids. We suggest 1 liter or 34 oz for every 50 lbs. of body weight. Proper hydration is essential to revitalization and helps in eliminating toxins on a daily basis.
How does an extremely sensitive individual, someone with long-term health issues or an elderly person begin the program?
If a person is sensitive, the dramatic increase of nutrition may cause temporary discomfort. This can be avoided by starting with 1/3 to 1/2 of the recommended use and gradually increasing the intake over a 2 to 3 week period.
What are the signs that my body is in a retracing or cleansing cycle?
As an individual upgrades the quality of nutrients from his diet or supplements, the body will naturally strengthen, and will respond by "cleaning house." In this phase, the inner terrain or homeostasis of the body is improved. This allows for unwanted toxins and sludge from cells and tissues to be expelled. The most common signs of "cleaning house" are headaches and the desire for more rest. Retracing and cleansing are positive signs that your body is eliminating toxic substances that disrupt or interfere with the rejuvenation of the body.
If I get tired or need extra energy during the day, how can the Ziquin products help?
You may take an extra ounce of the Mind and Body Tonic instead of coffee or other stimulants. Or you may take an extra teaspoon of EFA Complete with 3 caplets of Energy Endo Biotics .
What are the product usage recommendations for children and teenagers?
Children between the ages of 8-12 can take 1/2 of the recommended daily amount. Teenagers can take the recommended daily amount. Parents should consult their physician before beginning a nutritional supplementation program for infants and children under the age of 8.
Is it best to take Hepatic Shen Food on an empty stomach?
Take Hepatic Shen Food on an empty stomach to allow for greater absorption. Since the formula is designed for the liver, we want to make sure the entire product is delivered to the liver.
Can I combine it with other Ziquin products?
Combining Hepatic Shen Food with other Ziquin products is not advisable. Though it can be done, it is best not to. It's better to take the liver formula alone at a more convenient time than with another product. All-Xymatic Relief or Energy Endo Biotic can be taken within the same time frame as Hepatic Shen Food .