

HEALTH NEWS

RECOVERY FROM DRUG AND ALCOHOL ADDICTION IS AN ONGOING BATTLE. FOR THOSE IN RECOVERY, IT HELPS TO GET ENOUGH EXERCISE, SLEEP AND GOOD NUTRITION. ONE WAY TO DO THAT IS WITH A DIETARY SUPPLEMENT CALLED RECOVERY TWENTY-FOUR. IT'S MADE BY A COMPANY WITH THIRTY YEARS' EXPERIENCE IN ADDICTION COUNSELING AND WAS FORMULATED BY DOCTOR VAN MERKLE, A BOARD-CERTIFIED CLINICAL NUTRITIONIST WHO BLENDED OVER SEVENTY-TWO VITAMINS AND MINERALS WITH HIGH-QUALITY, ALL-NATURAL INGREDIENTS. IN A PRELIMINARY STUDY OF INDIVIDUALS IN RECOVERY, SUBJECTS REPORTED INCREASED ENERGY, MORE MENTAL FOCUS, BETTER DIGESTION, HIGHER SLEEP QUALITY AND AN OVERALL IMPROVEMENT IN MOOD. THE SUPPLEMENT COMES IN AN A.M.-PACK FOR INCREASED ENERGY DURING THE DAY, AND A P.M.-PACK FOR HELPING SUPPORT A GOOD NIGHT'S SLEEP. JOE MAXIM, FOUNDER OF RECOVERY TWENTY-FOUR, SAYS [BEGIN *SOUND BITE*]: **"PEOPLE IN RECOVERY KNOW THAT IT'S A DAILY BATTLE. TWENTY-FOUR/SEVEN. SO IT ONLY MAKES SENSE TO GIVE YOUR BODY TWENTY-FOUR-HOUR-A-DAY NUTRITIONAL SUPPORT."** [END *SOUND BITE*] LEARN MORE AT TRY-RECOVERY--[THE NUMERAL]--24--DOT--COM.