



Psyllium

Flea seeds are a pure plant product and are marketed as both food and medicinal herbs due to their amazing and healing mode of action.

Many people nowadays suffer unnecessarily from stress, restlessness, stomach discomfort, diarrhea, constipation, irritable bowel as well as obesity or other diseases. All these symptoms are clear signs of (acute) deficiency symptoms of the body.

Flea seeds have been recognized worldwide for centuries for their amazing effect, because flea seeds and flea seed shells are rich in natural fiber. Our body needs this natural fiber in sufficient amounts every day to be able to support not only the physical well-being but also



the digestion, as well as the intestinal activity.

Flea seeds and flea seed shells are well tolerated and help with diarrhea, irritable bowel, constipation and bloating, among other things.

By the way, if you are overweight with flea seeds, you can lose weight naturally, because in the evening it reduces the night intake of carbohydrates.

Many people now appreciate the simple application, as well as the special effect of flea

seeds and flea seed shells.

"Prevention is better than cure" is the popular saying.

Therefore, you are doing yourself and your body something good and he will thank you with more health, vitality and well-being!

Before bed, drink 1-2 teaspoons in a glass of warm water quickly, even over a longer period of time, even and especially during pregnancy.