

## KIT'S BICARB MIX

This is just my mix that I take in a glass of water morning and night.  
This is for boosting the immune system and feeding my cells the good stuff!

Do your own research to find out if you have any contraindications to any of the elements here mentioned before trying it out yourself ☺

Bicarbonate of Soda – Health Food shop grade – NO ALUMINIUM!  
Magnesium Citrate  
Ascorbic Acid (Vitamin C)

I put three equal parts into a container and mix well.  
Then I place a level teaspoon of the mixture into a glass of water.  
It all fizzes up and I drink it whilst it does.

This I do first up in the morning and before going to bed at night.

Do some research into the elements yourself. Here are a couple of links.

Bicarbonate of Soda :  
<http://www.md-health.com/Drinking-Baking-Soda.html>

Magnesium Citrate :  
<http://articles.mercola.com/sites/articles/archive/2012/12/17/magnesium-benefits.aspx>

Ascorbic Acid :  
<https://www.organicfacts.net/health-benefits/vitamins/health-benefits-of-vitamin-c-or-ascorbic-acid.html>