



**human
garage**

SUPPLEMENT GUIDE

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Bringing the Body Back Into Balance

WE'VE FOUND THAT IF YOU...

- Clear the digestive system
- Reduce chronic and systemic inflammation
- Rehydrate and remineralize the body
- Express emotions in real time
- Document the journey and share learnings with others
- Move the body consciously (i.e. fascial maneuvers, hiking, climbing)

THEN, YOUR BODY WILL HAVE THE TIME AND SPACE IT NEEDS TO HEAL ITSELF.

THE BODY IS INTELLIGENT!

The body constantly calculates the most optimal adaptations and compensation patterns so it can perform at its best.

The downside to this is that people take advantage of their body's natural adaptations and disconnect from themselves physically. They allow their bodies to overcompensate and wear out. It can take 8-10 years of wear and tear for the musculoskeletal system to break down, and 10-15 years for the organs to begin malfunctioning.

BUT HUMAN GARAGE IS HERE TO CHANGE THAT!

It's time to get your body flowing and back into balance again. We are going to need some help! One could say we are going to use "performance-enhancing substances"- these are the most powerful supplements on the market!

Bringing the Body Back Into Balance

LET'S TALK ABOUT THE SUPPLEMENT WORLD FOR A MOMENT.

There is so much information about what to do and what not to do for our health. It has become overwhelming, confusing, and discouraging even for health professionals.

In our 10 years of clinical practice, conducting over 50,000 lab tests and completing over 200,000 appointments, we followed all of the best practices-which allowed us to understand what does and doesn't work to heal the body.

We managed to find the best brands and supplements on the market to help people get back into balance. However, our client's supplement routine ended up being incredibly costly at \$600USD per month for 3 months.

A FRESH PERSPECTIVE:

Since then, Human Garage has introduced the fascial maneuvers and identified what is most essential and beneficial to the human body. We have developed our own supplements that create the best, most impactful results from an ingredient list that's easy to read and understand.

Our supplement routine reduces pain and inflammation, clears the digestive system, and replenishes the body's vital minerals and nutrients within 28 days for less than \$400USD.



Supplement Schedule

PHASE 1 (WAKING UP)

- 1 glass of organic celery juice
- 2-4 capsules of PowerCurc30™
- 3 capsules of Fascial Foundation™
- 2 capsules of P3-OM Pre/Probiotic
- 3 Capsules of Fascial Flow™

PHASE 2 (45 MINUTES LATER)

- 25 Capsules of MassZymes on an empty stomach

PHASE 3 (1-2 HOURS LATER)

- Optimal time to eat (if you are hungry!)



Fascial Foundation™

| REBUILD & REHYDRATE YOUR FASCIA, ENHANCE MINERAL ABSORPTION,
ELIMINATE HEAVY METALS

WHY DIATOMACEOUS EARTH?

Diatomaceous Earth is a simple and ancient treasure that has been recently re-discovered by health practitioners. While not all types of diatomaceous earth can be used internally, food grade DE is completely safe to ingest and is often coined a “superfood”. Diatomaceous means full of diatoms, which are single-celled honeycomb structures of algae organisms that contain a number of trace minerals. Simply put, these diatoms work wonders by gently exfoliating the gut and infusing essential trace minerals into the body as they go.

Silica is the primary mineral found in diatomaceous earth. It contains calcium, magnesium, sodium, potassium, copper, zinc, iron, phosphorus, selenium, manganese, boron, and chromium, among other minerals. Silica supports the body, protects the organs, enhances the immune system, and fights off dangerous parasites.



Fascial Foundation™

WHY IS EVERYONE SO DEFICIENT?

Everyone we have tested at the Human Garage was deficient in silica. When we did hair follicle testing we found high concentrations of barium, strontium, and aluminum in everyone's hair. It didn't matter where people were from around the world, everyone had it.

Why? The chemicals being sprayed for geo-engineering are high in these compounds. Barium in particular depletes the silica content in the body- and without silica, we can't absorb minerals and water properly.



United States Patent [19] **4,175,469**
Ritland et al. [45] **Nov. 27, 1979**

[54] **CENTRIFUGAL AEROSOL DISPENSER ASSEMBLY** 3,198,661 8/1975 Kelly et al. 341/18 E
3,899,975 8/1975 Lawrence 102/34.4 X
3,983,783 10/1976 Masey 89/1.819 X
4,063,515 12/1977 Schneider et al. 102/89 CD

[75] **Inventors:** Harold N. Ritland, Bellevue; George H. Thacker, Kent, both of Wash.

[73] **Assignee:** The United States of America as represented by the Secretary of the Air Force, Washington, D.C.

[21] **Appl. No.:** 882,526

[22] **Filed:** Mar. 1, 1978

[51] **Int. Cl.:** F11F 5/02; F42B 13/50

[52] **U.S. Cl.:** 89/1 B; 102/89 CD; 343/18 E

[58] **Field of Search:** 102/89 CD, 34.4, 35.6, 102/37.6; 89/1.819, 1 B; 343/18 E

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[57] **ABSTRACT**
A centrifugal aerosol dispenser assembly capable of dispersing a cloud of particulate aerosol material in a predetermined geometrical configuration. The dispenser assembly is formed of two parts, a mount and a dispenser. An ejector mechanism having a portion thereof on said mount and a portion thereof on said dispenser expels the dispenser from said mount with a spin motion. A plurality of dispensing compartments located within the dispenser contains the particulate material therein, and, at a predetermined time after ejection thereof releases its contents in a predetermined geometrical configuration due to the centrifugal forces acting thereon.

10 Claims, 4 Drawing Figures

A technical drawing showing a cross-section of a centrifugal aerosol dispenser assembly. The drawing includes various numbered parts: 13, 14, 16, 18, 20, 22, 26, 28, 30, 40, 42, 44, 46, 47, 48, 50, 52, 54, 56, 58, 60, 62, 64, 66, 68, 70, 72, 74, 76, 78, 80, 82, 84, 86, 88, 90, 92, 94, 96, 98, 100. The drawing shows a cylindrical assembly with internal components and a mounting structure.



Fascial Foundation™

THE 31 HEALTH BENEFITS OF DIATOMACEOUS EARTH

1. Promotes stronger teeth, bones and joints
2. Can strengthen your hair and nails
3. Helps fight parasites
4. Can detoxify and strengthen your digestive system
5. Reduces bloating, wind, and gas
6. Increases nutrient absorption
7. Balances your hormones
8. Promotes heart health
9. Strengthens the immune system
10. Essential for collagen production
11. Prevents heavy metal toxicity
12. Beneficial in wound and burn healing
13. Can lower blood pressure
14. Has anti-inflammatory benefits
15. Helps control diabetes
16. Helps you look younger
17. Helps to heal infections of the urinary system
18. Can decrease headaches and migraines
19. Can be used topically as a skin exfoliant
20. Decreases the risk of bone fractures
21. Stabilises endocrine function
22. Helps to purify water
23. Helps to keep your skin looking more supple
24. Helps provide energy to your body
25. May be able to reduce the risk of dementia
26. May be able to reduce the risk of Alzheimer's Disease
27. Can help to lower cholesterol
28. Can help to prevent post-menopausal osteoporosis
29. Helps to reduce stress and optimize your nervous system
30. Helps to regulate and promote healthy sleep patterns
31. Assists in reducing muscle weakness and fatigue

Fascial Foundation™

WHERE CAN YOU GET DE?

We have worked hard to find companies that sell diatomaceous earth that align with our core values, ship worldwide, and supply in capsule form for easy consumption.

We managed to find a few, but shipping was extremely expensive and limited worldwide. So, we decided to create our own supplement called Fascial Foundation™ which combines diatomaceous earth and our unique extraction of ashwagandha, which enhances memory and cognition, reduces stress and anxiety, and promotes muscles strength, size and recovery.

DOSAGE

3 capsules per day

We also recommend adding silica-rich foods into your diet, such as:

- Romaine lettuce
- Cucumber (with skin)
- Hemp leaves
- Horsetail
- Marjoram
- Burdock root
- New Zealand Spinach
- Bell pepper (with skin)
- Radish
- Tomato (with skin)



Fascial Flow™

| 92+ MINERALS

WHAT IS IRISH SEA MOSS?

Sea moss is a marine vegetable that has gained a lot of popularity in recent years. It's known for containing a ton of nutrients that the human body needs.

Those planning to start a plant-based diet have probably heard of this miracle food, but what do people actually know about sea moss and where it comes from?

Irish sea moss is a generic name given to a collection of different species of seaweed. *Eucheuma cottonii* and *Chondrus crispus* are some of the most popular species with the moniker of Irish sea moss. The term is applied to a range of seaweed species almost interchangeably across different regions.

During the height of the Irish Potato Famine in the 1840s, the Irish population faced a period of mass starvation and disease that lasted for almost a decade. It was caused by one of the worst cases of potato blight in European history, resulting in widespread hunger and a dramatic decline in population. Because of the famine, people started to search for alternate ways to meet their nutritional needs. It was then sea moss was discovered as a source of food. Hence, the name "Irish" sea moss, regardless of its origin.



Fascial Flow™

WHAT MAKES IT SO SPECIAL?

This superfood has 92 of the 102 minerals the body needs.

It is rich in calcium, magnesium, chromium, sulfur compounds, protein, iodine, bromine, selenium, pectin, manganese, potassium, iron, zinc, B vitamins, and vitamin C.

Sea moss is antibacterial and has anti-inflammatory properties. It's most commonly used as a demulcent treatment for ailments such as colds, flu, coughs, cancer, diabetes, and intestinal issues. It also supports joints, bones, and skin, and even helps regulate mood for better overall mental health.

WHERE CAN YOU GET IT?

We worked hard to find companies selling Irish sea moss that align with our core values, ship worldwide, and supply in capsule form for easy consumption. We managed to find a few, but shipping was limited worldwide and they contained other ingredients not necessary for this reset.

So, we decided to create our own supplement called Fascial Flow™. It combines Irish sea moss and our special Glyvia formula, which enhances absorption and nutrient delivery into the cells by activating the insulin regulatory pathways. Glyvia is also a powerful component in this supplement for rebalancing blood sugar levels.

FUN FACT:

We created Fascial Flow™ because preparing sea moss gel is super messy!

Fascial Flow™

WHAT ARE THE BENEFITS OF SEA MOSS?

- Mucous destroyer
 - Sea moss has been medicinally used to maintain a healthy mucous membrane. It's a natural decongestant and contains anti-viral compounds that help the body fight off infection.
- Improves mood
 - Sea moss is a natural antidepressant due to its high potassium levels (8x more than a banana). Potassium is especially good for our mental health because it helps activate and regulate serotonin in our brain. The chemical serotonin is a natural painkiller that promotes happy feelings. Those who take sea moss daily have reported a decline or elimination of anxiety and depression, and many discontinue antidepressants they previously needed.
- Promotes healthy skin
 - Sea moss is nourishing to the skin due to its mineral content. It works both from the inside out and topically and is especially good for skin issues like sunburns and rashes. You can drink the gel, or massage it into your skin- it also makes for a luscious face mask!
- Strong bones
 - Sea moss is super rich in sulfur-based amino acids. Sulfur helps to reduce swelling for sports injuries or ailments affecting our joints while shielding them against inflammation that leads to connective tissue problems like arthritis. Many professional athletes report taking sea moss on a daily basis.



Fascial Flow™

- Natural energy booster
 - Iron is one of the star minerals in sea moss, perfect for those suffering from fatigue, brain fog, and restlessness.
- Benefits for women
 - Sea moss contains more iodine and selenium minerals than any other food on earth! This is especially good for supporting thyroid health and mood.
- Benefits for men
 - Sea moss is also rich in zinc, which helps libido- making it a go-to natural aphrodisiac, ideal for improving your performance in the bedroom. In addition, it helps to increase sperm count. In Jamaica, it's commonly referred to as nature's Viagra. No more blue pill!

DOSAGE

3 capsules per day



PowerCurc30™

| ANTI-AGING, ANTI-INFLAMMATORY, STRENGTHENS BONES & JOINTS

WHY CURCUMIN?

Curcumin is a concentrated extract of the herb turmeric, which is proven to be anti-inflammatory, anti-carcinogenic, wound healing, and antibacterial. Curcumin has been successfully administered in clinical trials to treat depression, Alzheimer's, and other neurological diseases; autoimmune and auto-inflammatory disorders; and various types and stages of cancer.

STANDARD CURCUMIN

There are two anti-inflammatory pathways that curcumin works to regulate within the body. Regular curcumin regulates only one of these pathways, takes days to kick into gear, and is less effective than our PowerCurc30™.

WHY POWERCURC30™?

There are three curcuminoids extractable from turmeric, and each plays a role in regulating inflammation. PowerCurc30™ has a higher percentage of the third curcuminoid, unlike other turmeric and curcumin supplements, allowing it to act on both inflammatory pathways within hours. It is 125% stronger than standard curcumin products on the market.



PowerCurc30™

WHAT ARE THE BENEFITS?

- Anti-aging
- Supports the immune system
- Helps relieve joint discomfort
- Anti-inflammatory
- Preserves healthy bones and joints
- Works faster than standard curcumin (effects within hours!)
- Inhibits two key regulatory proteins (NF-kB and MSK1) in the inflammatory pathways (regular curcumin can only inhibit one of these (NF-kB)).

STANDARD DOSING

- Morning: 1-2 Capsules
- Night: 1-2 Capsules

MEDICINAL DOSING

(for those with auto-immune issues, chronic pain and/or disease)

- Morning: 4 Capsules
- Night: 4 Capsules



MassZymes

| CLEAR AND RESET DIGESTIVE SYSTEM

THE GUT

The digestive system is one of the only systems in the body that does not get time to rest and reset because of how much and how often the average person eats in society today. Every time a person has to digest, process, and eliminate waste, the body has to use precious energy and resources to facilitate the process.

Toxic chemicals (like glyphosate) found in non-organic food damage the digestive system. This leads to blockages in the valves of the intestines, which causes food to back up and get stuck. Valve constriction is one of the primary mechanisms that leads to constipation, gas, bloating, distention, rashes, rosacea, cold hands, cold feet, depression, anxiety, and auto-immune symptoms.

Additionally, sitting in chairs disables the diaphragm from functioning optimally. This decreases oxygen intake and diminishes the movement of the organs in the abdominal cavity. Because only three organs contract (the heart, stomach, and bladder), the other organs require the diaphragm to stimulate movement while breathing.

The average person may have up to 20 lbs of undigested food in their system..... oh shit!



MassZymes

WHY MASSZYMES?

MassZymes are unique digestive enzymes that clean out all undigested food from your system while producing the necessary enzymes needed for digestion.

Imagine sending a little Pacman into your digestive system to eat all the undigested food.



By using these enzymes the body gets a break from digestion, which uses up a lot of energy. When we give our bodies a digestive break it allows us to use that energy for growth and repair within our systems.

FUN FACT:

When you put a piece of steak in a glass of water with masszymes, after three days the steak is completely gone! This is important to note because as they go through the digestive system they are actually digesting for you. This means you won't have much waste coming out the back end. However, you may experience a little bit of gas.

MassZymes

BENEFITS

- Full spectrum digestive enzymes optimize digestive function
- Systemic enzymes promote exercise recovery and balanced immune response
- Help relieve indigestion, gas, bloating, and other symptoms of poor digestion
- Improves overall energy levels
- Helps with leaky gut and food sensitivities
- Promotes a lean and toned physique in combination with the right diet and exercise
- Improves the absorption of minerals, such as iron and magnesium

DOSAGE

Take 25 per day for 28 days for a deep cleanse and reset of the entire digestive system. Take these on an empty stomach in the morning and wait 1-2 hours before eating.

Once you are done with the cleanse, you can use them from time to time when eating a larger meal. If you have food poisoning, some people have had huge success taking 4 of these right away to prevent sickness.

If you'd like to order some MassZymes you can use Code: HumanGarage
[Order here.](#)



P3-OM Pre/Probiotics

| BUILD HEALTHY GUT BACTERIA

AN UNHEALTHY GUT MAY HAVE...

- An imbalanced immune response which results in allergies and food sensitivities
- Inability to produce and secrete adequate digestive liquids and enzymes, leading to indigestion, nutrient deficiencies, and sometimes bacteria overgrowth
- A weak barrier that allows allergens and bad bacteria toxins to reach your bloodstream, causing chronic inflammation
- Poor communication with the brain, which can lead to mental health disorders and brain fog
- Unhealthy movement that may result in constipation, diarrhea, nausea, vomiting, and bacteria overgrowth

If you have an unhealthy gut, you may experience symptoms of inflammation that don't always seem related to your digestive health. Though problems such as gas, bloating, indigestion, diarrhea, constipation, and abdominal pain are rather obvious symptoms of digestion issues; skin problems, brain fog, depression, irritability, fatigue, and weight gain may also be signs of an unhealthy gut.



P3-OM Pre/Probiotics

Probiotic plus prebiotic supplements promote all aspects of a healthy gut. They help balance the immune response, add to your digestive enzyme bank account, strengthen your gut barrier, communicate with your brain, and promote healthy gut movement.

WHY P3-OM?

Almost all probiotic products on the market have added unnecessary strains that we don't quite know the effects and consequences of.

This "more is better" approach to health is not the best way in the opinion of Human Garage.

P3-OM's contain probiotics stands that multiply once inside the gut, so you don't need as many-colony forming units as other products. These strands fight off bad bacteria to create a strong internal ecosystem.



P3-OM Pre/Probiotics

BENEFITS

- Supports gut barrier health and nutrient absorption
 - When the gut barrier is supported by probiotics, it becomes stronger, less inflamed, and more efficient at digestion and nutrient absorption. A leaky gut often allows bacterial toxins or partially digested food particles into the bloodstream, leading to chronic inflammation.
- Optimizes digestive function and relieves digestive symptoms
 - Probiotics plus prebiotics can help improve digestive symptoms such as constipation, diarrhea, bloating, indigestion, and irritable bowel syndrome (IBS). P3-OM produces protein-digesting enzymes that help you break down the proteins you eat. *L. plantarum* also ferments fibers and produces beneficial substances that support the gut barrier, balance the gut immune system, and provide energy to the gut cells.
- Controls the growth of bad bacteria, viruses, and yeasts in the gut
 - *L. plantarum* has antiviral and anti-fungal properties. It also specifically kills bad bacteria and leaves beneficial bacteria intact. With these properties, P3-OM probiotics can also support recovery from food poisoning and antibiotic-associated diarrhea.
- Improves mood, stress resilience, and brain balance
 - *L. plantarum* produces neurotransmitters and ensures that brain and gut are in balance with each other. Symptoms of imbalanced neurotransmitters include anxiety, depression, irritability, and brain fog. By normalizing excessive stress response, many people find that it improves their mood, ability to handle stress, and cognitive function.

P3-OM Pre/Probiotics

- Support healthy immune function
 - If you have a healthy immune system, you can effectively fight off an infection. A healthy immune system also means that you're less likely to have autoimmunity, allergies, or other symptoms of chronic inflammation. *L. plantarum* can support balanced and healthy immune function.
- May help with yeast infection
 - The vaginal bacteria flora reflects that of the gut, so recurrent vaginal yeast infection is a sign of gut dysbiosis. Several lactobacilli strains help with vaginal yeast infections, when taken orally. Therefore, P3-OM may help with vaginal yeast infections. Some of our users find P3-OM probiotics help with yeast infections, while others combine it with other interventions.
- May improve weight loss
 - Your gut bacteria play a major role in your physique. For example, having too much bad bacteria due to unhealthy diets can lead to a leaky gut, which then allows bad bacteria toxins into the bloodstream. These toxins create chronic low-grade inflammation that causes fatigue and increases hunger, which often leads to weight gain. P3-OM can help repair a leaky gut and kill bad bacteria, which supports weight loss efforts in combination with diet and exercise.



P3-OM Pre/Probiotics

- Support muscle building efforts
 - Optimal digestive function and protein assimilation are critical for muscle building, in addition to the right diet and training program. Also, incompletely digested proteins on bodybuilding-style diets can become very unhealthy metabolic products. *L. plantarum* is a proteolytic bacteria, which aids your protein digestion and assimilation.
- Probiotic plus prebiotic
 - When prebiotics are added to probiotics, it is known as a synbiotic. Synbiotic refers to the synergistic combination of healthy gut bacteria. Synbiotics are a result of the fibers of the prebiotic plus the probiotic itself. Synbiotics tend to be more effective than probiotics alone, because bacteria growth and survival is enhanced by the prebiotics. The fermentation process that results from symbiosis also produces metabolites that further benefit our health.

DOSAGE

Take 1 capsule in the morning and 1 at night. If you'd like to order some P3-OM's you can use our code: HumanGarage
[Order here.](#)



Organic Celery Juice

| AUTO-IMMUNITY, ANTI-VIRAL, DETOXIFYING

BENEFITS

- Lessens acid reflux
- Fights auto-immune disease
- Helps restore adrenals
- Fights viruses and bacteria + breaks down pathogens (antiseptic)
- Flushes toxins from the liver
- Helps eradicate strep bacteria
- Kills Epstein-Barr & shingles viruses
- Brings down toxic liver heat
- Power weapon against SIBO & bloating
- Repairs hydrochloric acid & liver bile production

DOSAGE

1 glass in the morning before eating



Frequently Asked Questions

Q: Can I start the 28-Day Life Reset if I don't have all the supplements on hand?

A: Wait to begin the 28-Day Life Reset until you have received your reset package. Once you have our supplements, you can begin. If your other supplements haven't arrived yet (MassZymes, P3-OM Pre/Probiotic, and organic celery juice), you can add them in throughout the reset as you go.

Q: How long do I take these supplements for?

- A:**
- Fascial Foundation™ - consistent daily use
 - Fascial Flow™ - consistent daily use
 - PowerCurc30™ - consistent use for 90 days, then as needed
 - Organic celery juice - 28 days
 - MassZymes - 28 days
 - P3-OM - consistent use for 90 days



THANK YOU FOR YOUR SUPPORT!

Our mission is to empower a billion people around the world to heal themselves!

We want to:

- Bring the fascial maneuvers into schools, hospitals, and clinics
- Train practitioners to better help their clients
- Create more educational content so you can understand your body and heal yourself
- Build community centers for you to connect with others, learn and heal your body
- Host more events, workshops, and classes around the world

We created our own supplements and partnered with the best brands in the industry to support you in your transformation and make our vision a reality.

