

How long should I continue to take LERA? After I feel better, should I stop?

LERA is an adaptogenic preparation that is formulated for continuous use. As long as it is designated to help you to maintain your homeostasis and prevent you from everyday stress there is no need to stop using it once you begin to feel better. Moreover, when you start to feel that you are no longer seeing changes, that means that you are in the optimum shape and in order to continue this condition you should not discontinue to use LERA.

In our life we have periods of beneficial and not beneficial. For example periods of fall and spring are usually coupled with higher level of illnesses. During these periods it is highly recommended to use LERA as at that time your body is subjected to higher load of external factors and needs to be supported to maintain good protection from viruses and bacteria. In summer, when the body usually has higher levels of its own protection, you might pay little less attention for remedies to support your organism. Of course, this works for people, who have good health and an active style of living. For those with a less beneficial life style, LERA is recommended for using all year round.

Prepared for Sunrise Global Trading and
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Vladivostok, Russia March 2019.

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