

## **What if I forget to take LERA for several days?**

LERA acts as an adaptogen and its role is to bring your body to the optimal level of homeostasis when there is decline in any direction. Homeostasis is the tendency to resist change in order to maintain a stable, relatively constant internal environment. Which means that when your body is in the state of homeostasis it has considerable potential to keep this state independently from external environment.

LERA, as with many similar preparations, has a tendency to accumulate its impact to the body within a course of administration. In other words we have some deposit of the biologically active substances in the body that may remain. This deposit serves as a factor that allows the body to support homeostasis for an indefinite period of time.

After this deposit is exhausted, the body will switch to its own resources, which is enough when you have an absolutely healthy organism, but which is questionable under the current living environment and nutritional habits.

In other words, forgetting to take LERA for several days is not critical and will not bring any considerable changes in homeostasis, but discontinuing using it eventually will bring your body to the condition of homeostasis on the level that you had before starting using LERA – lower than with it – which means reducing of the quality of life, weaker health and more susceptibility to disease.

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

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