

# Dr. Cliff Oliver DC RN

## Wellness Consultant

DeAnza View Medical Center  
3737 Moraga Avenue, Suite A102  
San Diego, CA 92117  
858-272-2333

[www.drcliffoliver.com](http://www.drcliffoliver.com)  
[drccoliver@att.net](mailto:drccoliver@att.net)

### POWER TEA RECIPE

1-2 Tablespoons Gelatin dissolved in room temperature water

Add

1 cup boiling water

¼ - ½ teaspoon Coconut oil

\*Ginger/Peppermint tea

\*Ginger is a natural anti-inflammatory herb (fresh ginger may be used).  
Peppermint herbal tea may be mixed with the gelatin for flavoring.

Drink a cup of **POWER TEA** 3 times daily. POWER TEA builds powerful ligaments, tendons and cartilage as well as muscle. It also enhances the athlete's mental and emotional power as well. The stuff is truly amazing. The supplement is 100% protein, is 100% absorbed and utilized, and is extremely high in the amino acids, glycine and proline that are notably deficient in most other sources of protein.

### POWER WATER

24 oz bottled water (pour off 4 oz)

4 teaspoons dextrose

1/8 teaspoon sea salt

1/32 teaspoon di-potassium phosphate (obtainable from Dr. Oliver's office)

Mix and drink

An athlete can drink this ideal sports drink throughout the longest and most demanding athletic competition without the need to drink additional water to maintain hydration, and with confidence that electrolytes are being replaced in perfect proportion. Buy a 6 or 8 pack of 24-ounce bottle water and within just a few minutes you can make 6 or 8 bottles of Power Water.