



Dr. Todd Singleton's  
**NUTRITIONAL  
REFERENCE GUIDE**



FEATURING

**Solutions4™**  
NATURAL CLINICAL HEALTH



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# Introduction

This 2013 Edition of the Nutritional Reference Guide will delineate guidelines for using Solutions4 Natural Clinical Health products to help the body heal and overcome malnutrition deficiencies.

Malnutrition can come in many forms:

- Weight Gain
- Fatigue
- Fibromyalgia
- Diabetes
- Neuropathy
- Candida

Using the Club Reduce Symptom Assessment gives the clinic and the doctor direction on which nutritional program is best suited to each patient.

This Nutritional Guide will also list a variety of common symptoms in patients and which nutrients can help cleanse the body and allow it to properly heal.

The statements made in this manual mention products made by Beneficial International, using the Solutions4 Natural Clinical Health products.

This manual is not the opinion of Beneficial International or Solutions4 Natural Clinical Health. Dr. Todd Singleton, Chiropractic Physician, is the author of this manual. Dr. Singleton has used products from Beneficial International since 1997 in his clinics with great success. Through years of treating patients with multiple health concerns, he has come up with treatment plans using the Club Reduce Symptom Assessment in order to help patients heal their bodies and restore their health and well-being. Dr. Singleton's comments are from years of treating patients and while somewhat subjective, they provide objective results.

This manual is only for health professionals trained to use the Club Reduce system and not intended for layman's use or as prescription advice. A qualified licensed healthcare provider and office should be the only individuals offering advice concerning health and sickness.

# How to Use this Guide

This guide is divided into two parts.

Section	1	2
<b>Title</b>	<b>Nutritional Support for Abnormal Blood Lab Reports</b>	<b>Programs and Supplementation to Restore the Body to Natural Health</b>
<b>Purpose</b>	Help doctors read patient blood tests and recommend the most appropriate Solutions4 products and/or programs for the patient.	Help doctors and patients address specific symptoms and conditions with Solutions4 products and/or programs.
<b>Use</b>	When asked to read a patient's blood test, doctors can look to this guide for answers. Simply look to the dietary index on the left, find the appropriate blood lab. The follow column lists the optimal range for body balance and health for each blood lab, and is sometimes divided into more specific ranges like male and female. The following columns hold recommendations for doctors to reference based on whether the patient's blood labs come out too high or too low. These recommendations include Solutions4 products and programs. It is up to the knowledge and discretion of the prescribing doctor to decide which and how many of the listed recommendations will best suit the patient.	This section lists specific ailments, everything from A to Z, and the suitable Solutions4 treatments for each of those ailments. The first three listed treatments should be prioritized. Beyond that the listed products are recommended to further promote healthy body balance and symptom relief. This section is more comprehensible for staff or patients who lack extensive knowledge on nutrition and health or don't know how to read a blood test, but still wish to diagnose particular ailments accurately.
<b>Column 1</b>	Blood Labs	Ailment / Condition
<b>Column 2</b>	Optimal Range	Recommended Treatment
<b>Column 3</b>	Recommendations for When Its Too High	n/a
<b>Column 4</b>	Recommendations for When Its Too Low	n/a

For easy accessibility, doctors should give a copy of this guide to every employee, place one in each room of their clinic, and perhaps include one in patients' product bags when they purchase programs.

Doctors will reference this guide when reading patient blood tests, helping patients relieve specific ailments and conditions, and for constructing a personalized nutritional plan of action for each individual. The doctors' staff may also reference this guide and answer relevant questions through its use.

Patients may wish to use this guide as a home remedies reference book as well, relying on section 2 for advice on how to relieve specific symptoms.

*\*\*Be advised that these suggested protocols and programs are not intended as a primary therapy for disease. The intent of this guide is to support the normal physiological and biochemical healing process of the human body.*

# Nutritional Support for Abnormal Blood Lab Reports:

Blood Labs:	Normal:	With Elevated Levels Use:	With Low Levels Use:
<b>Albumin</b>	3.5-5.5	Body Purifier: 3x3/day Thyroid/Adrenal Support: 2x2/day Cellulite Cleanse: 1x3/day Increase water intake	Body Purifier: 5x5/day Evening Primrose Oil: 3x3/day Digestive Enzyme Blend: 4/meal Probiotic: 2/meal Cellulite Cleanse: 1x3/day Nutritional Shake: 2-4/day
<b>Alkaline Phosphatase ALP</b>	30-115	Body Purifier: 3x3/day Digestive Enzyme Blend: 4/meal Multivitamin/mineral: 2x2/day Calcium: 2x2/day Detox Kit: 3-5 days	Multivitamin/mineral: 2x2/day
<b>Bilirubin</b>	.1-1.12	Body Purifier: 5x3/day Digestive Enzyme Blend: 4-5/meal Intestinal Cleanser: 3x3/day Fiber Blend: 5x3/day Detox Kit (use 5-10 days) 20 Day Rejuvenation Program	N/A
<b>BUN</b>	10-18	Body Purifier: 5x3/day Intestinal Cleanser: 5x2/day Digestive Enzyme Blend: 5/meal Probiotic: 2/meal Drink ½ body weight in oz. of water 20 Day Rejuvenation Program	Body Purifier: 5x3/day Intestinal Cleanser: 5x2/day Digestive Enzyme Blend: 5/meal Probiotic: 3/meal Drink ½ body weight in oz. of water 20 Day Rejuvenation Program
<b>Calcium</b>	9.4-10.0	Vitamin D: 3x3/day Thyroid/Adrenal Support: 3x3/day Digestive Enzyme Blend: 5/meal Multivitamin/mineral: 3x3/day Full Candida Program (5-12 week)	Vitamin D: 3x3/day Digestive Enzyme Blend: 5/meal Multivitamin/mineral: 2x2/day Liquid Calcium: 4x4/day
<b>Cholesterol</b>	150-200	Digestive Enzyme Blend: 5/meal Body Purifier: 5x3/day Intestinal Cleanser: 3x3/day Fiber Blend: 5x3/day Vitamin D: 3x2/day 20 Day Rejuvenation Program	Salmon Oil: 3x3/day Flaxseed Oil: 3x3/day Antioxidant: 2x2/day Nutritional Shake: 2-4 scoops/day 20 Day Rejuvenation Program
<b>Creatinine</b>	.5 – 1.5	Same as BUN above	Same as BUN above
<b>Globulin</b>	1.0-4.5	Antioxidant: 2x2/day Body Purifier: 5x5/day Cellulite Cleanse: 1x3/day	Body Purifier: 5x5/day Multivitamin/mineral: 2x2/day Digestive Enzyme Blend: 4/meal Intestinal Cleanser: 3x3/day

<b>Glucose</b>	70-120	Appetite Appeaser: 3/day Intestinal Cleanser: 3x3/day Fiber Blend: 5x3/day Probiotic: 2/meal Digestive Enzyme Blend: 4/meal Multivitamin/mineral: 2x2/day Cellulite Cleanse: 2x2/day Thyroid/Adrenal Support: 1/day Nutritional Shake: 1-2/day Full Candida Program (5-12 week)	Appetite Appeaser: 3/day Intestinal Cleanser: 3x3/day Probiotic: 2/meal Digestive Enzyme Blend: 3/meal Nutritional Shake 4-6 scoops/day Full Candida Program (5-12 week)
<b>HDL Cholesterol</b>	32-60	N/A	Vitamin D: 4/day
<b>Male:</b>	40-50		Detox Kit (use 3-5 days)
<b>Female:</b>	50-59		Increase Exercise
<b>Greater than is safe:</b>	60		
<b>LDL Cholesterol</b>	79-104	Body Purifier: 3x3/day Intestinal Cleanser: 3x3/day Fiber Blend: 4x4/day Digestive Enzyme Blend: 4/meal Vitamin D: 4/day Appetite Appeaser: 1x3/day Detox Kit (use 3-5 days) Increase Exercise	N/A
<b>Optimal:</b>	100		
<b>Near Optimal:</b>	100-129		
<b>Borderline:</b>	130-159		
<b>High:</b>	160-189		
<b>Very High:</b>	189+		
<b>Potassium</b>	4.0-4.5	Body Purifier: 5x5/day Intestinal Cleanser: 3x3/day Thyroid/Adrenal Support: 2x2/day Appetite Appeaser: 1x3/day Increase water intake Detox Kit (use 3-5 days)	Intestinal Cleanser: 2x3/days Fiber Blend: 4x4/day Digestive Enzyme Blend: 3/meal Multivitamin/mineral: 2x2/day Nutritional Shake: 2-6 scoops/day
<b>RBC</b>		Cellulite Cleanse: 1x3/day Thyroid/Adrenal Support: 2x2/day Drink ½ body weight in oz. of water Detox Kit (use 3-5 days) Full Candida Program (5-12 week)	Multivitamin/mineral: 3x3/day Cellulite Cleanse: 1x3/day Thyroid/Adrenal Support: 2x2/day Nutritional Shake: 4-6 scoops/day Detox Kit (use 3-5 days) Full Candida Program (5-12 week)
<b>Male:</b>	4.7-6.1		
<b>Female:</b>	4.2-5.4		
<b>Serum Iron</b>	75-140	Body Purifier: 3x3/day Thyroid/Adrenal Support: 2x2/day Hormone Balance: 4x4/day	Multivitamin/mineral: 3x3/day Thyroid/Adrenal Support: 2x2/day Nutritional Shake: 3-6 scoops/day
<b>SGOT (AST)</b>	5-41	Body Purifier: 5x3/day Digestive Enzyme Blend: 4/meal Fiber Blend: 4x4/day Detox Kit (use 3-5 days)	Body Purifier: 5x3/day Digestive Enzyme Blend: 4/meal Multivitamin/mineral: 2x2/day
<b>SGPT (ALT)</b>	7-56	Body Purifier: 3x3/day Digestive Enzyme Blend: 4/meal Detox Kit (use 3-5 days)	Digestive Enzyme Blend: 4/meal



<b>Sodium</b>	135-142	Thyroid/Adrenal Support: 2x2/day Cellulite Cleanse: 2x2/day Body Purifier: 5x2/day Increase water intake Detox Kit (use 3-5 days)	Thyroid/Adrenal Support: 2x2/day Multivitamin/mineral: 4x4/day Body Purifier: 5x3/day Body Purifier 5x5/day Decrease water intake Nutritional Shake: 2-4 scoops/day
<b>Total Protein</b>	7.2-7.5	Thyroid/Adrenal Support: 2x2/day Body Purifier: 5x5/day Joint+Muscle Relief: 3x3/day Intestinal Cleanser: 3x3/day Fiber Blend: 4x4/day Full Candida Program (5-12 week)	Digestive Enzyme Blend: 4/meal Body Purifier: 5x5/day Intestinal Cleanser: 3x3/week Probiotic: 2/meal Hormone Balance: 3x3/week Nutritional Shake: 3-6 scoops/day
<b>Triglycerides</b> <b>Desirable:</b> <b>Borderline:</b> <b>High:</b> <b>Very High:</b>  <b>(these are based on fasting levels)</b>	60-160 150 150-199 200-499 500	Appetite Appeaser: 1x3/day Body Purifier: 3x3/day Digestive Enzyme Blend: 4/meal Intestinal Cleanser: 3x3/day Thyroid/Adrenal Support: 2x2/day Vitamin D: 4/day Fiber Blend: 4x4/day Detox Kit (use 3-5 days) Increase Exercise	Antioxidant: 1x3/day
<b>Uric Acid</b> <b>Male:</b> <b>Female:</b>	3.5-5.9 3.0-5.5	Body Purifier: 5x3/day Joint+Muscle Relief: 4x3/day Digestive Enzyme Blend: 4/meal Cellulite Cleanse: 1x3/day Detox Kit (use 3-5 days)	Body Purifier: 3x3/day

### Using this Guide

*\*For children less than 100 pounds, use half the dose.*

*\*If children have a hard time taking supplements, pour a few of the capsules in their shake.*

# Programs and Supplementation to Restore the Body to Natural Health:

Ailment/Condition:	Treatment:
<b>Acid Reflux</b>	Program(s) <ul style="list-style-type: none"> <li>Detox Kit: 3-5 day detoxification to restore normal gut pH</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>Digestive Enzyme Blend: 4 before each meal, 2 at bedtime</li> <li>Probiotic: 2 per meal</li> <li>Intestinal Cleanser: 4 in the morning, 4 in the evening</li> <li>Body Purifier: 5 in the morning, 5 in the evening</li> </ul>
<b>Acne</b>	Program(s) <ul style="list-style-type: none"> <li>Full Skin Care Program</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>Multivitamin/Multimineral: 2 in the morning, 2 in the evening</li> <li>Evening Primrose Oil: 3 in the morning, 3 in the evening</li> <li>Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Adrenal Exhaustion</b>	Program(s) <ul style="list-style-type: none"> <li>5-12 Week Candida Program</li> <li>Detox Kit: 3-5 day detoxification</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>Thyroid/Adrenal Support: 2 in the morning, 2 in the evening</li> <li>DHEA: 3-5 in the morning</li> <li>Hormone Balance: 5 in the morning, 5 in the evening</li> <li>Body Purifier: 5 in the morning, 5 in the evening</li> <li>Nutritional Shake: 2-4 scoops per day (Any flavor)</li> <li>Cardio Health Powder: 1-3 scoops per day</li> </ul>
<b>AIDS</b>	Program(s) <ul style="list-style-type: none"> <li>Fibromyalgia Program</li> <li>12-Week Candida Program</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>Body Purifier: 4 in the morning, 4 in the evening</li> <li>Antioxidant: 3 in the morning, 3 in the evening</li> <li>Thyroid/Adrenal: 2 in the morning, 2 in the evening</li> <li>Evening Primrose Oil: 4 in the morning, 4 in the evening</li> <li>Organic Flax Oil: 4 in the morning, 4 in the evening</li> <li>Salmon Oil: 4 in the morning, 4 in the evening</li> <li>Intestinal Cleanser: 4 in the morning, 4 in the evening</li> <li>Digestive Enzyme Blend: 4-6 per meal</li> <li>Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Albuminuria Proteinuria</b>	Program(s) <ul style="list-style-type: none"> <li>5 or 12 Week Candida Program to fix leaky gut</li> <li>Detox Kit: 3-5 day detoxification</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>Digestive Enzyme Blend: 5 per meal</li> <li>Probiotic: 3 per meal</li> <li>Intestinal Cleanser: 3 in the morning, 3 in the evening</li> <li>Body Purifier: 5 in the morning, 5 in the afternoon, 5 in the evening</li> <li>Nutritional Shake: 2-4 scoops per day (Any flavor)</li> </ul>

<b>Alcoholism:</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 12 Week Ultimate Weight Loss Program</li> <li>• Detox Kit: 10 day detoxification</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Digestive Enzyme Blend: 5 per meal</li> <li>• Probiotic: 2 per meal</li> <li>• Intestinal Cleanser: 5 in the morning, 5 in the evening</li> <li>• Body Purifier: 5 in the morning, 5 in the afternoon, 5 in the evening</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul> <p>Other Recommendations</p> <ul style="list-style-type: none"> <li>• Self-Mastery Technology: Freedom from Addictions Series</li> </ul>
<b>Allergies</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 5 or 12 Week Candida Program to fix leaky gut</li> <li>• Detox Kit: 3-5 day detoxification</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Digestive Enzyme Blend: 4-5 per meal</li> <li>• Probiotic: 2 per meal</li> <li>• Intestinal Cleanser: 4 in the morning, 4 in the evening</li> <li>• Body Purifier: 5 in the morning, 5 in the evening</li> <li>• Appetite Appeaser: 1 in the morning, 1 in the afternoon and 1 in the evening</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul> <p><i>*For Children less than 100 pounds, use half the dose</i></p>
<b>Alopecia (Hair Loss)</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 20-Day Rejuvenation Program</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Digestive Enzyme Blend: 4-5 per meal</li> <li>• Probiotic: 2 per meal</li> <li>• Vitamin D: 2-4 per day</li> <li>• Liquid Calcium: 3 in the morning, 3 in the evening</li> <li>• Evening Primrose Oil: 4 in the morning, 4 in the evening</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Alzheimer' Disease (Beginning Stage)</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 20-Day Rejuvenation Program</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Digestive Enzyme Blend: 4-5 per meal</li> <li>• Body Purifier: 4 in the morning, 4 in the evening</li> <li>• Evening Primrose Oil: 4 in the morning, 4 in the evening</li> <li>• Salmon Oil: 6 in the morning, 6 in the evening</li> <li>• Nutritional Shake: 4-6 scoops per day (Any flavor)</li> <li>• Antioxidant: 2 in the morning, 2 in the evening</li> <li>• Thyroid/Adrenal: 3 in the morning, 3 in the evening</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Amenorrhea</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 5-Week Candida Program</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Hormone Balance: 3-5 in the morning, 3-5 in the evening</li> </ul>

<b>Amino Acid Deficiency</b>	Program(s) <ul style="list-style-type: none"> <li>• 20-Day Rejuvenation Program</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• Digestive Enzyme Blend: 4-5 per meal</li> <li>• Nutritional Shake: 2-4 scoops per day (Any flavor)</li> <li>• Multivitamin/Multimineral: 2 in the morning, 2 in the evening</li> <li>• Cardio Health Powder: 1-3 scoops per day</li> </ul>
<b>Anemia</b>	Program(s) <ul style="list-style-type: none"> <li>• 20-Day Rejuvenation Program</li> <li>• 5-Week Candida Program</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• Digestive Enzyme Blend: 4-5 per meal</li> <li>• Multivitamin/Multimineral: 2 in the morning, 2 in the evening</li> <li>• Nutritional Shake: 3-5 scoops per day (Any flavor)</li> <li>• Salmon Oil: 3 in the morning, 3 in the evening</li> <li>• Body Purifier: 4 in the morning, 4 in the evening</li> <li>• Liquid Calcium: 3 in the morning, 3 in the evening</li> <li>• Probiotic: 2 per meal</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Aneurysm</b>	Program(s) <ul style="list-style-type: none"> <li>• 20-Day Rejuvenation Program</li> <li>• 12 Week Ultimate Weight Loss Program</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• Digestive Enzyme Blend: 4-5 per meal</li> <li>• Nutritional Shake: 3-5 scoops per day (Any flavor)</li> <li>• Body Purifier: 5 in the morning, 5 in the evening</li> <li>• Cellulite Cleanse: 3 in the morning, 3 in the evening</li> <li>• Salmon Oil: 3 in the morning, 3 in the evening</li> <li>• Evening Primrose Oil: 3 in the morning, 3 in the evening</li> <li>• Multivitamin/Multimineral: 2 in the morning, 2 in the evening</li> <li>• Cardio Health Powder: 1-3 scoops per day</li> </ul>
<b>Angina Pectoris</b>	Program(s) <ul style="list-style-type: none"> <li>• 20-Day Rejuvenation Program</li> <li>• 5-Week Candida Program (If Candida is more that 20% on Symptom Assessment)</li> <li>• Detox Kit: 5-10 day detoxification</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• Digestive Enzyme Blend: 5 per meal</li> <li>• Body Purifier: 5 in the morning, 5 in the afternoon, 5 in the evening</li> <li>• Cellulite Cleanse: 3 in the morning, 3 in the afternoon, 3 in the evening</li> <li>• Evening Primrose Oil: 5 in the morning, 5 in the afternoon, 5 in the evening</li> <li>• Cardio Health Powder: 1-3 scoops per day</li> </ul>
<b>Ankles, Swollen</b>	Program(s) <ul style="list-style-type: none"> <li>• 20-Day Rejuvenation Program</li> <li>• 5 or 12 Week Candida (If Candida is more that 20% on Symptom Assessment)</li> <li>• Detox Kit: 5-10 day detoxification</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• Digestive Enzyme Blend: 4-5 per meal</li> <li>• Body Purifier: 4 in the morning, 4 in the afternoon and 4 in the evening</li> <li>• Cellulite Cleanse: 2 in the morning, 2 in the afternoon, 2 in the evening</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>

<b>Anorexia</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 20-Day Rejuvenation Program</li> <li>• 5-Week Candida Program</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Multivitamin/Multimineral: 2 in the morning, 2 in the evening</li> <li>• Nutritional Shake: 3-5 scoops per day (Any flavor)</li> <li>• Hormone Balance: 3 in the morning, 3 in the evening</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul> <p>Other Recommendations</p> <ul style="list-style-type: none"> <li>• Self Mastery Technology: Addiction Series</li> </ul>
<b>Anti-Aging</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 12-Week Candida Program (If Candida is ranked high on Symptom Assessment)</li> <li>• 12-Week Ultimate Kit (If Candida is not above 20%)</li> <li>• Facial Kit: Decreases aging and increase youthfulness</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Antibiotic Substitute</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• Detox Kit: 5 day detoxification</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Body Purifier: 5 in the morning, 5 in the mid-morning, 5 in the afternoon, 5 in the evening</li> <li>• Antioxidant: 3 in the morning, 3 in the afternoon, 3 in the evening</li> <li>• Multivitamin/Multimineral: 2 in the morning, 2 in the evening</li> <li>• Liquid Calcium: 3 in the morning, 3 in the evening</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Anxiety</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 20-Day Rejuvenation Program</li> <li>• 5-Week Candida Program (If Candida is more that 20% on Symptom Assessment)</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Herbal Stress Relief</li> <li>• Multivitamin/Multimineral: 3 in the morning, 3 in the evening</li> <li>• Liquid Calcium: 4 in the morning, 4 in the evening</li> <li>• Vitamin D: 3 in the morning, 3 in the evening</li> </ul>
<b>Appetite, Excessive</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 5-Week Candida Program</li> <li>• 12-Week Candida Program</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Thyroid/Adrenal Support: 2 in the morning, 2 in the evening</li> <li>• Appetite Appeaser: 2 in the morning, 2 in the afternoon, 2 in the evening</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Arrhythmia</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 5-Week Candida Program</li> <li>• 12-Week Candida Program</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Digestive Enzyme Blend: 5 per meal</li> <li>• Probiotic: 2 per meal</li> <li>• Salmon Oil: 4 in the morning, 4 in the evening</li> <li>• Evening Primrose Oil: 4 in the morning, 4 in the evening</li> </ul>

<b>Arteriosclerosis</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 20-Day Rejuvenation Program</li> <li>• 5-12 Week Candida Program</li> <li>• Detox Kit: 10 day detoxification</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Digestive Enzyme Blend: 4 per meal</li> <li>• Salmon Oil: 4 in the morning, 4 in the evening</li> <li>• Evening Primrose Oil: 4 in the morning, 4 in the evening</li> <li>• Cardio Health Powder: 1-3 scoops per day</li> </ul>
<b>Arthritis (Osteo, Rheumatoid, Psoriatic, Juvenile)</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 5-12 Week Candida Program</li> <li>• Detox Kit: 5-10 day detoxification</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Joint and Muscle Relief: 4 in the morning, 4 in the afternoon, 4 in the evening</li> <li>• Multivitamin/Multimineral: 2 in the morning, 2 in the evening</li> <li>• Liquid Calcium: 3 in the morning, 3 in the evening</li> <li>• Nutritional Shake: 2-4 scoops per day (Any flavor)</li> <li>• Salmon Oil: 4 in the morning, 4 in the evening</li> <li>• Organic Flax Oil: 3 in the morning, 3 in the evening</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Asthma</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> <li>• 5-12 Week Candida Program</li> <li>• Detox Kit: 5-10 day detoxification</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Digestive Enzyme Blend: 4-5 per meal</li> <li>• Probiotic: 2 per meal</li> <li>• Organic Flax Oil: 4 in the morning, 4 in the evening</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Ataxia</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 12-Week Candida Program</li> <li>• Detox Kit: 3-5 day detoxification</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Digestive Enzymes (3 per meal)</li> <li>• Salmon Oil: 4 in the morning, 4 in the evening</li> <li>• Organic Flax Oil: 4 in the morning, 4 in the evening</li> <li>• Evening Primrose Oil: 3 in the morning, 3 in the evening</li> <li>• Cardio Health Powder: 1-3 scoops per day</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Atherosclerosis</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 12-Week Candida Program</li> <li>• Detox Kit: 10 day detoxification</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Cardio Health Powder: 1-3 scoops per day</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>

<b>Attention Deficit Disorder (Hyperactivity)</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>5-Week Candida Program</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>Appetite Appeaser: 1 in the morning, 1 in the afternoon, 1 in the evening</li> <li>Digestive Enzyme Blend: 2-3 per meal</li> <li>Salmon Oil: 2 in the morning, 2 in the evening</li> <li>Herbal Stress Relief: 2 in the morning, 2 in the afternoon, 2 in the evening</li> <li>Super Berry Greens Powder: 1-3 scoops per day</li> </ul> <p><i>*For Children less than 100 pounds, use half the dose</i></p>
<b>Autism</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>5-Week Candida Program</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>Salmon Oil: 3 in the morning, 3 in the evening</li> <li>Nutritional Shake: 3-6 scoops per day (Any flavor)</li> <li>Thyroid/Adrenal Support: 1 in the morning, 1 in the evening</li> <li>Digestive Enzyme Blend: 2 per meal</li> <li>Intestinal Cleanser: 3 in the morning, 3 in the evening</li> <li>Super Berry Greens Powder: 1-3 scoops per day</li> </ul> <p><i>*For Children less than 100 pounds, use half the dose</i></p>
<b>Back Pain</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>20-Day Rejuvenation Program</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>Joint and Muscle Relief: 4 every 4 hours (12-16 per day)</li> <li>Intestinal Cleanser: 3 in the morning, 3 in the afternoon, 3 in the evening</li> <li>Anti-Inflammatory Gel: daily, as needed</li> <li>Salmon Oil: 4 in the morning, 4 in the evening</li> <li>Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Bedwetting</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>Detox Kit: 3-5 day detoxification</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Bell's Palsy</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>Detox Kit: 5-10 day detoxification</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>Salmon Oil: 4 in the morning, 4 in the evening</li> <li>Super Berry Greens Powder: 1-3 scoops per day</li> <li>Vitamin D: 2 in the morning, 2 in the evening</li> <li>Nutritional Shake: 2-4 scoops per day (Any flavor)</li> </ul>
<b>Benign Prostate Enlargement</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>5-Week Candida Program</li> <li>Detox Kit: 5-10 day detoxification</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>Salmon Oil: 4 in the morning, 4 in the evening</li> <li>Hormone Balance: 4 in the morning, 4 in the evening</li> <li>DHEA: 2-3 in the morning</li> <li>Body Purifier: 3 in the morning, 3 in the afternoon, 3 in the evening</li> <li>Cellulite Cleanse: 3 in the morning, 3 in the evening</li> <li>Super Berry Greens Powder: 1-3 scoops per day</li> </ul>

<b>Bladder Infection</b>	Program(s) <ul style="list-style-type: none"> <li>• 5-Week Candida Program</li> <li>• Detox Kit: 5-10 day detoxification</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• Body Purifier: 5 in the morning, 5 in the mid-morning, 5 in the afternoon, 5 in the evening</li> <li>• Antioxidant: 2 in the morning, 2 in the evening</li> <li>• Vitamin D: 2 in the morning, 2 in the evening</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul> Other Recommendations <ul style="list-style-type: none"> <li>• Drink half of body weight in ounces of water daily</li> </ul>
<b>Bladder Leakage</b>	Program(s) <ul style="list-style-type: none"> <li>• 5 or 12 Week Candida Program (If Candida is more than 20% on Symptom Assessment)</li> <li>• Detox Kit: 5-10 day detoxification</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Bloating/Gas</b>	Program(s) <ul style="list-style-type: none"> <li>• 5-12 Week Candida Program</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• Digestive Enzyme Blend: 4-5 per meal</li> <li>• Probiotic: 2 per meal</li> <li>• Intestinal Cleanser: 3 in the morning, 3 in the afternoon, 3 in the evening</li> </ul>
<b>Blood Pressure, High</b>	Program(s) <ul style="list-style-type: none"> <li>• 12-Week Candida Program</li> <li>• Detox Kit: 10 day detoxification</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• Cardio Health Powder: 1-3 scoops per day</li> <li>• Salmon Oil: 3 in the morning, 3 in the evening</li> <li>• Vitamin D: 2 in the morning, 2 in the evening</li> <li>• Evening Primrose Oil: 3 in the morning, 3 in the evening</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Blood Sugar, Low (Hypoglycemia)</b>	Program(s) <ul style="list-style-type: none"> <li>• 5 or 12 Week Candida</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• Digestive Enzyme Blend: 4-5 per meal</li> <li>• Appetite Appeaser: 1 in the morning, 1 in the afternoon, 1 in the evening</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Blood Vessel Problems</b>	Program(s) <ul style="list-style-type: none"> <li>• 20-Day Rejuvenation Program</li> <li>• Detox Kit: 5-10 day detoxification</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• Cardio Health Powder: 1-3 scoops per day</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Bowel Flora Restore</b>	Program(s) <ul style="list-style-type: none"> <li>• 5-12 Week Candida Program</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• Digestive Enzyme Blend: 4-5 per meal</li> <li>• Probiotic: 3 per meal</li> <li>• Intestinal Cleanser: 3 in the morning, 3 in the afternoon, 3 in the evening</li> <li>• Nutritional Shake: 2-4 scoops per day (Any flavor)</li> </ul>



<b>Bowel Issues</b>	Program(s) <ul style="list-style-type: none"> <li>• 20-Day Rejuvenation Program</li> <li>• Detox Kit: 5-10 day detoxification</li> </ul>
<b>Bowel, Sluggish</b>	Program(s) <ul style="list-style-type: none"> <li>• 5-Week Candida Program</li> <li>• Detox Kit: 3-5 day detoxification</li> </ul>
<b>Bronchitis</b>	Program(s) <ul style="list-style-type: none"> <li>• 20-Day Rejuvenation Program</li> <li>• Detox Kit: 3-5 day detoxification</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• Antioxidant: 2 in the morning, 2 in the evening</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> <li>• Vitamin D: 2 in the morning, 2 in the evening</li> </ul>
<b>Burns, External</b>	Skin Care Product(s) <ul style="list-style-type: none"> <li>• Tissue Repair Cream: daily, as needed</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Bursitis</b>	Program(s) <ul style="list-style-type: none"> <li>• 5-Week Candida Program</li> <li>• Detox Kit: 3-5 day detoxification</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• Digestive Enzyme Blend: 4-5 per meal</li> <li>• Joint and Muscle Relief: 4 every 4 hours (12-16 per day)</li> </ul>
<b>C Reactive Protein</b>	Program(s) <ul style="list-style-type: none"> <li>• 20-Day Rejuvenation Program</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• Joint and Muscle Relief: 4 in the morning, 4 in the evening</li> <li>• Cardio Health Powder: 1-3 scoops per day</li> </ul>
<b>Calcium Deficiency</b>	Program(s) <ul style="list-style-type: none"> <li>• See Nutritional Support for Abnormal Blood Tests</li> </ul>
<b>Candida</b>	Program(s) <ul style="list-style-type: none"> <li>• 5 - 12 Week Candida Program</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• See Candida Program Protocol</li> </ul>
<b>Cardiovascular Health</b>	Program(s) <ul style="list-style-type: none"> <li>• 5 - 12 Week Candida Program</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• Cardio Health Powder: 1-3 scoops per day</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> <li>• Nutritional Shake: 2-4 scoops per day (Any flavor)</li> </ul>
<b>Cholesterol, Elevated or Low</b>	Program(s) <ul style="list-style-type: none"> <li>• See Nutritional Support for Abnormal Blood Tests</li> </ul>
<b>Chronic Fatigue</b>	Program(s) <ul style="list-style-type: none"> <li>• 5 - 12 Week Candida Program</li> <li>• Detox Kit: 3-6 day detoxification</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• Digestive Enzyme Blend: 4 per meal</li> <li>• Thyroid/Adrenal Support: 2 in the morning, 2 in the evening</li> <li>• Probiotic: 2 per meal</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>

<b>Cirrhosis of Liver</b>	Program(s) <ul style="list-style-type: none"> <li>• 20-Day Rejuvenation Program</li> <li>• 12 Week Ultimate Weight Loss Program</li> <li>• Detox Kit: 10 day detoxification</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• Digestive Enzyme Blend: 5 per meal</li> <li>• Probiotic: 2 per meal</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> <li>• Nutritional Shake: 2-4 scoops per day (Any flavor)</li> </ul>
<b>Cold Extremities</b>	Program(s) <ul style="list-style-type: none"> <li>• 5 - 12 Week Candida Program</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• Thyroid/Adrenal Support: 2 in the morning, 2 in the evening</li> <li>• Cardio Health Powder: 1-3 scoops per day</li> </ul>
<b>Colic</b>	Supplement(s) <ul style="list-style-type: none"> <li>• Nutritional Shake: 1-3 scoops per day (Any Flavor)</li> <li>• Organic Flax Seed Oil: 3 in the morning, 3 in the evening</li> </ul> <p>*If having a hard time taking flax seed, you can squeeze the oil out of the pills into the shake</p>
<b>Colitis, Chronic</b>	Program(s) <ul style="list-style-type: none"> <li>• 5 - 12 Week Candida Program</li> <li>• Detox Kit: 10 day detoxification</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> <li>• Probiotic: 2 per meal</li> </ul>
<b>Congestive Heart Failure</b>	Program(s) <ul style="list-style-type: none"> <li>• 20-Day Rejuvenation Program</li> <li>• 12 Week Ultimate Weight Loss Program</li> <li>• Detox Kit: 10 day detoxification</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• Cardio Health Powder: 1-3 scoops per day</li> <li>• Cellulite Cleanse: 2 in the morning, 2 in the evening</li> </ul>
<b>Constipation</b>	Program(s) <ul style="list-style-type: none"> <li>• 20-Day Rejuvenation Program</li> <li>• Detox Kit: 5-10 day detoxification</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• Digestive Enzyme Blend: 4-5 per meal</li> </ul>
<b>Cough, Chronic</b>	Program(s) <ul style="list-style-type: none"> <li>• 5-Week Candida Program</li> <li>• Detox Kit: 5-10 day detoxification</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• Body Purifier: 5 in the morning, 5 in the mid-morning, 5 in the afternoon, 5 in the evening</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Cravings, Sweets</b>	Program(s) <ul style="list-style-type: none"> <li>• 5-12 Week Candida Program</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• Digestive Enzyme Blend: 4-5 per meal</li> <li>• Probiotic: 2 per meal</li> <li>• Appetite Appeaser: 1 in the morning, 1 in the afternoon, 1 in the evening</li> </ul>

<b>Crohn's Disease</b>	Program(s) <ul style="list-style-type: none"> <li>• 5-12 Week Candida Program</li> <li>• Detox Kit: 10 day detoxification</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• Digestive Enzyme Blend: 4-5 per meal</li> <li>• Probiotic: 2-3 per meal</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Cystitis</b>	Program(s) <ul style="list-style-type: none"> <li>• Detox Kit: 5-10 day detoxification</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• Body Purifier: 5 in the morning, 5 in the mid-morning, 5 in the afternoon, 5 in the evening</li> <li>• Probiotic: 2-3 per meal</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Dementia</b>	Program(s) <ul style="list-style-type: none"> <li>• 20-Day Rejuvenation Program</li> <li>• 5-12 Week Candida Program</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• Evening Primrose Oil: 3 in the morning, 3 in the evening</li> <li>• Salmon Oil: 4 in the morning, 4 in the evening</li> <li>• Digestive Enzyme Blend: 4-5 per meal</li> <li>• Probiotic: 1-2 per meal</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> <li>• Cardio Health Powder: 1-3 scoops per day</li> </ul>
<b>Depression</b>	Program(s) <ul style="list-style-type: none"> <li>• 5 - 12 Week Candida Program</li> <li>• Detox Kit: 3-5 day detoxification</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• Herbal Stress Relief: 2 in the morning, 2 in the afternoon, 2 in the evening</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Detoxification</b>	Program(s) <ul style="list-style-type: none"> <li>• 20-Day Rejuvenation Program</li> <li>• Detox Kit: 5-10 day detoxification</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Diabetes (General Support)</b>	Program(s) <ul style="list-style-type: none"> <li>• 5-Week Diabetes Program or</li> <li>• 12-Week Candida Program (If Candida is more than 20% on Symptom Assessment)</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• Digestive Enzyme Blend: 4 per meal</li> <li>• Probiotic Blend: 2 per meal</li> <li>• Appetite Appeaser: 1 every 3 hours, up to 4 per day</li> <li>• Body Purifier: 3-4 in the morning, 3-4 in the evening</li> <li>• Intestinal Cleanser: 3-4 in the morning, 3-4 in the evening</li> <li>• Organic Flax Oil: 3 in the morning, 3 in the evening</li> <li>• Fiber Blend: 8 in the morning, 8 in the evening</li> <li>• Nutritional Shake: 1-3 scoops per day (Any flavor)</li> <li>• Cardio Health Powder: 1-3 scoops per day</li> </ul>

<b>Diarrhea</b>	Supplement(s) <ul style="list-style-type: none"> <li>• Digestive Enzyme Blend: 4 per meal</li> <li>• Probiotic Blend: 2-3 per meal</li> <li>• Body Purifier: 4 in the morning, 4 in the evening</li> <li>• Intestinal Cleanser: 4 in the morning, 4 in the evening</li> <li>• Fiber Blend: 8 in the morning, 8 in the evening</li> </ul>
<b>Disc Lesions</b>	Program(s) <ul style="list-style-type: none"> <li>• 20-Day Rejuvenation Program</li> <li>• Detox Kit: 5-10 day detoxification</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• Joint and Muscle Relief: 4 in the morning, 4 in the afternoon, 4 in the evening</li> <li>• Herbal Stress Relief: 2 in the morning, 2 in the afternoon, 2 in the evening</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Diverticulitis</b>	Program(s) <ul style="list-style-type: none"> <li>• 12-Week Candida Program</li> <li>• Detox Kit: 5-10 day detoxification</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• Digestive Enzyme Blend: 5 per meal</li> <li>• Probiotic: 2 per meal</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Ear Ache</b>	Supplement(s) <ul style="list-style-type: none"> <li>• Nutritional Shake: 2-4 scoops per day (Any flavor)</li> <li>• Body Purifier: 3 in the morning, 3 in the afternoon, 3 in the evening</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> <li>• Multivitamin/Multimineral: 2 in the morning, 2 in the evening</li> </ul>
<b>Eczema</b>	Program(s) <ul style="list-style-type: none"> <li>• 12-Week Candida Program</li> <li>• Detox Kit: 10 day detoxification</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• Tissue Repair Cream: daily, as needed</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Edema</b>	Program(s) <ul style="list-style-type: none"> <li>• 20-Day Rejuvenation Program</li> <li>• Detox Kit: 5-10 day detoxification</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• Body Purifier: 5 in the morning, 5 in the mid-morning, 5 in the afternoon, 5 in the evening</li> <li>• Cellulite Cleanse: 3 in the morning, 3 in the afternoon, 3 in the evening</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Endometriosis</b>	Program(s) <ul style="list-style-type: none"> <li>• 5-12 Week Candida Program</li> <li>• Detox Kit: 3-5 day detoxification</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• Digestive Enzyme Blend: 3-5 per meal</li> <li>• Hormone Balance: 3 in the morning, 3 in the evening</li> <li>• Wild Yam Cream: Daily, except when on period</li> <li>• Joint and Muscle Relief: 3 in the morning, 3 in the afternoon, 3 in the evening</li> </ul>
<b>Epstein Barr Virus</b>	Program(s) <ul style="list-style-type: none"> <li>• 12-Week Candida Program</li> <li>• Continue to eat Candida-friendly</li> <li>• Detox Kit: 10 day detoxification</li> </ul>

<b>Erectile Dysfunction</b>	Program(s) <ul style="list-style-type: none"> <li>• Candida Eating Protocol</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• DHEA: 2-3 in the morning</li> <li>• Hormone Balance: 4-5 in the morning, 4-5 in the evening</li> <li>• Wild Yam Cream: Daily</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> <li>• Cardio Health Powder: 1-3 scoops per day</li> </ul>
<b>Exercise Recovery</b>	Post Work-Out Supplement(s) <ul style="list-style-type: none"> <li>• Nutritional Shake: 2-3 scoops per day (Any flavor)</li> <li>• DHEA: 2-3 in the morning</li> <li>• Cardio Health Powder: 1-3 scoops per day</li> <li>• Salmon Oil: 3 in the morning, 3 in the evening</li> </ul>
<b>Fatigue</b>	Program(s) <ul style="list-style-type: none"> <li>• 5 - 12 Week Candida Program</li> <li>• Detox Kit: 5-10 day detoxification</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• Digestive Enzyme Blend: 4-5 per meal</li> <li>• Probiotic: 2 per meal</li> <li>• Appetite Appeaser: 1 in the morning, 1 in the afternoon, 1 in the evening</li> <li>• DHEA: 2-3 in the morning</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> <li>• Cardio Health Powder: 1-3 scoops per day</li> </ul>
<b>Feet (Burning, Numbness or Pain)</b>	Program(s) <ul style="list-style-type: none"> <li>• 12-Week Neuropathy Program</li> <li>• Detox Kit: 3-5 day detoxification</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• Cellulite Cleanse: 2 in the morning, 2 in the afternoon, 2 in the evening</li> <li>• Salmon Oil: 4 in the morning, 4 in the evening</li> <li>• Liquid Calcium: 3 in the morning, 3 in the evening</li> <li>• Multivitamin/Multimineral: 2 in the morning, 2 in the evening</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> <li>• Cardio Health Powder: 1-3 scoops per day</li> </ul>
<b>Fertility, Female/Male</b>	Program(s) <ul style="list-style-type: none"> <li>• 20-Day Rejuvenation Program</li> <li>• Detox Kit: 5-10 day detoxification</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• DHEA if shows up on Symptom Assessment</li> <li>• Hormone Balance (If shows up on Symptom Assessment)</li> <li>• Wild Yam Cream (If shows up on Symptom Assessment)</li> <li>• Multivitamin/Multimineral: 2 in the morning, 2 in the evening</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Fever</b>	Program(s) <ul style="list-style-type: none"> <li>• Detox Kit: 3-5 day detoxification</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• Body Purifier: 4 in the morning, 4 in the afternoon and 4 in the evening</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> <li>• Cardio Health Powder: 1-3 scoops per day</li> </ul> <p><i>*For Children less than 100 pounds, use half the dose</i></p>

<b>Fibroids (Uterus, Breast)</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 12-Week Candida Program</li> <li>• Detox Kit: 10 day detoxification</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• DHEA: 3-4 in the morning (If shows up on Symptom Assessment)</li> <li>• Hormone Balance: 5 in the morning, 5 in the evening (If shows up on Symptom Assessment)</li> <li>• Wild Yam Cream (If shows up on Symptom Assessment)</li> <li>• Body Purifier: 3 in the morning, 3 in the afternoon, 3 in the evening</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> <li>• Nutritional Shake: 2-3 scoops per day (Any flavor)</li> </ul>
<b>Fibromyalgia</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 8-Week Fibromyalgia or</li> <li>• 12-Week Candida (If Candida shows more than 20% on Symptom Assessment)</li> <li>• Detox Kit: 5-10 day detoxification</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Joint and Muscle Relief: 4 in the morning, 4 in the afternoon, 4 in the evening</li> <li>• Salmon Oil: 5 in the morning, 5 in the evening</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> <li>• Cardio Health Powder: 1-3 scoops per day</li> </ul>
<b>Fingers (Burning, Tingling)</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 12-Week Neuropathy Program</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Detox Kit: 3-5 day detoxification</li> <li>• Cellulite Cleanse: 2 in the morning, 2 in the afternoon, 2 in the evening</li> <li>• Salmon Oil: 4 in the morning, 4 in the evening</li> <li>• Liquid Calcium: 3 in the morning, 3 in the evening</li> <li>• Multivitamin/Multimineral: 2 in the morning, 2 in the evening</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> <li>• Cardio Health Powder: 1-3 scoops per day</li> </ul>
<b>Flatulence (Gas)</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 20-Day Rejuvenation Program</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Digestive Enzyme Blend: 4-5 per meal</li> <li>• Probiotic: 2 per meal</li> <li>• Intestinal Cleanser: 3 in the morning, 3 in the afternoon, 3 in the evening</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Flora Restoration (Post Antibiotic Therapy)</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 20-Day Rejuvenation Program</li> <li>• Detox Kit: 5-10 day detoxification</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Digestive Enzyme Blend: 4-5 per meal</li> <li>• Probiotic: 3 per meal</li> <li>• Intestinal Cleanser: 3 in the morning, 3 in the evening</li> <li>• Nutritional Shake: 2-4 scoops per day (Any flavor)</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>

<b>Flu</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• Detox Kit: 3-5 day detoxification</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Body Purifier: 4 in the morning, 4 in the afternoon and 4 in the evening</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> <li>• Cardio Health Powder: 1-3 scoops per day</li> </ul> <p><i>*For Children less than 100 pounds, use half the dose</i></p>
<b>Frequent Urination (Male – Nighttime)</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 12-Week Candida Program</li> <li>• Detox Kit: 5-10 day detoxification</li> <li>• Decrease water at night</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Digestive Enzymes: 2-3 per meal</li> <li>• Salmon Oil: 5 in the morning, 5 in the evening</li> <li>• Cellulite Cleanse: 3 in the morning, 3 in the evening</li> <li>• DHEA: 3-4 in the morning</li> <li>• Hormone Balance: 5 in the morning, 5 in the evening</li> </ul>
<b>Fungus (General, Skin Nails)</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 12-Week Candida Program</li> <li>• Detox Kit: 10 day detoxification</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Digestive Enzyme Blend: 5 per meal</li> <li>• Probiotic: 3 per meal</li> <li>• Intestinal Cleanser: 3 in the morning, 3 in the afternoon, 3 in the evening</li> <li>• Tissue Repair Cream: daily, as needed</li> </ul>
<b>Gallbladder (Dysfunction, Infection, Stones)</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 20-Day Rejuvenation Program</li> <li>• Detox Kit: 10 day detoxification</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Digestive Enzyme Blend: 5 per meal</li> <li>• Probiotic: 3 per meal</li> <li>• Intestinal Cleanser: 4 in the morning, 4 in the afternoon, 4 in the evening</li> <li>• Body Purifier: 5 in the morning, 5 in the mid-morning, 5 in the afternoon, 5 in the evening</li> <li>• Salmon Oil: 4 in the morning, 4 in the evening</li> <li>• Fiber Blend: 5 in the morning, 5 in the afternoon, 5 in the evening</li> <li>• Antioxidant: 2 in the morning, 2 in the evening</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> <li>• Vitamin D: 2 in the morning, 2 in the evening</li> </ul>
<b>Gastritis</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 5 - 12 Week Candida Program</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Digestive Enzyme Blend: 5 before eating, 5 after eating</li> <li>• Probiotic: 3 per meal, 9 per day</li> <li>• Nutritional Shake: 2-3 scoops per day (Any flavor)</li> </ul>

<b>Goiter (Thyroid Weakness)</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>12-Week Candida Program</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>Thyroid/Adrenal Support: 3 in the morning, 3 in the evening</li> <li>Liquid Calcium: 3 in the morning, 3 in the evening</li> <li>Multivitamin/Multimineral: 3 in the morning, 3 in the evening</li> <li>Body Purifier: 4 in the morning, 4 in the evening</li> <li>DHEA: 3-4 in the morning (If shows up on Symptom Assessment)</li> <li>Hormone Balance: 4 in the morning, 4 in the evening</li> <li>Nutritional Shake: 2-3 scoops per day (Any flavor)</li> <li>Super Berry Greens Powder: 1-3 scoops per day</li> <li>Cardio Health Powder: 1-3 scoops per day</li> </ul>
<b>Gynecomastia</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>12-Week Candida Program</li> <li>Pre-Diabetic</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>DHEA: 4 in the morning</li> <li>Hormone Balance: 5 in the morning, 5 in the evening</li> <li>Wild Yam Cream: Daily</li> <li>Cellulite Cleanse: 3 in the morning, 3 in the afternoon, 3 in the evening</li> </ul>
<b>Hashimoto's Hypothyroidism</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>12-Week Candida Program</li> <li>Continue program for 3-6 months</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>Thyroid/Adrenal Support: 3 in the morning, 3 in the evening</li> <li>Digestive Enzyme Blend: 5 per meal</li> <li>Probiotic: 2 per meal</li> <li>Body Purifier: 5 in the morning, 5 in the evening</li> <li>Evening Primrose Oil: 4 in the morning, 4 in the evening</li> <li>Salmon Oil: 4 in the morning, 4 in the evening</li> </ul>
<b>Hay Fever (Sensitivities, Allergies in General)</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>12-Week Candida Program</li> <li>Detox Kit: 5-10 day detoxification</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>Thyroid/Adrenal Support: 2 in the morning, 2 in the evening</li> <li>Body Purifier: 5 in the morning, 5 in the afternoon, 5 in the evening</li> <li>Digestive Enzyme Blend: 4-5 per meal</li> <li>Probiotic: 2 per meal</li> <li>Intestinal Cleanser: 4 in the morning, 4 in the evening</li> <li>Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Headaches</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>5 - 12 Week Candida Program</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>Salmon Oil: 4 in the morning, 4 in the evening</li> <li>Evening Primrose Oil: 4 in the morning, 4 in the evening</li> <li>Herbal Stress Relief: 2 in the morning, 2 in the afternoon, 2 in the evening</li> <li>Joint and Muscle Relief: 4 in the morning, 4 in the afternoon, 4 in the evening</li> <li>Body Purifier: 5 in the morning, 5 in the mid-morning, 5 in the afternoon, 5 in the evening (For Sinus Headaches)</li> </ul>



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**Heart (Fibrillation  
Palpitations)**

Program(s)

- 12-Week Candida Program

Supplement(s)

- Digestive Enzyme Blend: 5-8 per meal
- Probiotic: 2-3 per meal
- Body Purifier: 5 in the morning, 5 in the evening
- Intestinal Cleanser: 4 in the morning, 4 in the evening
- Fiber Blend: 5 in the morning, 5 in the evening
- Super Berry Greens Powder: 1-3 scoops per day
- Cardio Health Powder: 1-3 scoops per day

**Heart Hypertension**

Program(s)

- 12-Week Candida Program
- Detox Kit: 10 day detoxification

Supplement(s)

- Body Purifier: 5 in the morning, 5 in the afternoon, 5 in the evening
- Cellulite Cleanse: 3 in the morning, 3 in the afternoon, 3 in the evening
- Thyroid/Adrenal Support: 2 in the morning, 2 in the evening
- Salmon Oil: 5 in the morning, 5 in the evening
- Evening Primrose Oil: 5 in the morning, 5 in the evening
- Cardio Health Powder: 1-3 scoops per day

**Heartburn**

Program(s)

- 20-Day Rejuvenation Program

Supplement(s)

- Digestive Enzyme Blend: 5-8 per meal
- Probiotic: 2-3 per meal
- Body Purifier: 5 in the morning, 5 in the evening
- Intestinal Cleanser: 4 in the morning, 4 in the evening
- Fiber Blend: 5 in the morning, 5 in the evening
- Super Berry Greens Powder: 1-3 scoops per day

**Hemorrhoids**

Program(s)

- 20-Day Rejuvenation Program
- Detox Kit: 10 day detoxification

Supplement(s)

- Digestive Enzyme Blend: 5 per meal
- Intestinal Cleanser: 5 in the morning, 5 in the evening
- Body Purifier: 5 in the morning, 5 in the evening
- Fiber Blend: 6 in the morning, 6 in the evening
- Salmon Oil: 3 in the morning, 3 in the evening
- Herbal Stress Relief: 2 in the morning, 2 in the evening
- Super Berry Greens Powder: 1-3 scoops per day

Other Recommendations

- Drink half of body weight in ounces of water daily

<b>Herpes (Simplex Zoster)</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 5 - 12 Week Candida Program</li> <li>• Detox Kit: 10 day detoxification</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Antioxidant: 3 in the morning, 3 in the afternoon, 3 in the evening</li> <li>• Thyroid/Adrenal Support: 2 in the morning, 2 in the evening</li> <li>• Multivitamin/Multimineral: 3 in the morning, 3 in the evening</li> <li>• Liquid Calcium: 4 in the morning, 4 in the evening</li> <li>• Evening Primrose Oil: 5 in the morning, 5 in the evening</li> <li>• Salmon Oil: 3 in the morning, 3 in the evening</li> <li>• Tissue Repair Cream</li> <li>• Liquid Body Wash</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Hot Disc</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 20-Day Rejuvenation Program</li> <li>• Detox Kit: 10 day detoxification</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Salmon Oil: 5 in the morning, 5 in the afternoon, 5 in the evening</li> <li>• Joint and Muscle Relief: 5 in the morning, 5 in the afternoon, 5 in the evening</li> <li>• Cellulite Cleanse: 3 in the morning, 3 in the afternoon, 3 in the evening</li> <li>• Body Purifier: 5 in the morning, 5 in the evening</li> <li>• Multivitamin/Multimineral: 2 in the morning, 2 in the evening</li> <li>• Liquid Calcium: 3 in the morning, 3 in the evening</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Hot Flashes</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 5 - 12 Week Candida Program (May continue for 3-6 months)</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Digestive Enzyme Blend: 5 per meal</li> <li>• Probiotic: 2 per meal</li> <li>• DHEA: 2-3 in the morning</li> <li>• Hormone Balance: 5 in the morning, 5 in the evening</li> <li>• Wild Yam Cream: daily, except when on period for 5 days</li> <li>• Thyroid/Adrenal Support: 2 in the morning, 2 in the evening</li> <li>• Body Purifier: 5 in the morning, 5 in the evening</li> <li>• Nutritional Shake: 1-3 scoops per day (Any flavor)</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>HRT (Hormone Replacement Therapy – Natural)</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 5 - 12 Week Candida Program (May continue for 3-6 months)</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Digestive Enzyme Blend: 5 per meal</li> <li>• Probiotic: 2 per meal</li> <li>• DHEA: 2-3 in the morning</li> <li>• Hormone Balance: 5 in the morning, 5 in the evening</li> <li>• Wild Yam Cream: daily, except when on period for 5 days</li> <li>• Thyroid/Adrenal Support: 2 in the morning, 2 in the evening</li> <li>• Body Purifier: 5 in the morning, 5 in the evening</li> <li>• Nutritional Shake: 1-3 scoops per day (Any flavor)</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>

<b>Hyperactivity in Children</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• Candida Eating Plan (No sugar, dairy, breads, etc.)</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Digestive Enzyme Blend: 2-3 per meal</li> <li>• Appetite Appeaser: 3 per day between meals</li> <li>• Nutritional Shake: 2-3 scoops per day (Any flavor)</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Hypertension</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 12-Week Candida Program</li> <li>• Detox Kit: 10 day detoxification</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Body Purifier: 5 in the morning, 5 in the afternoon, 5 in the evening</li> <li>• Cellulite Cleanse: 3 in the morning, 3 in the afternoon, 3 in the evening</li> <li>• Thyroid/Adrenal Support: 2 in the morning, 2 in the evening</li> <li>• Salmon Oil: 5 in the morning, 5 in the evening</li> <li>• Evening Primrose Oil: 5 in the morning, 5 in the evening</li> <li>• Cardio Health Powder: 1-3 scoops per day</li> </ul>
<b>Hypoadrenia (Adrenal Exhaustion)</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 20-Day Rejuvenation Program</li> <li>• Detox Kit: 10 day detoxification</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Thyroid/Adrenal Support: 3 in the morning, 3 in the evening</li> <li>• Digestive Enzyme Blend: 5 per meal</li> <li>• Probiotic: 2 per meal</li> <li>• Body Purifier: 5 in the morning, 5 in the evening</li> <li>• Salmon Oil: 3 in the morning, 3 in the evening</li> <li>• Evening Primrose Oil: 3 in the morning, 3 in the evening</li> <li>• Vitamin D: 2 in the morning, 2 in the evening</li> <li>• Nutritional Shake: 1-3 scoops per day (Any flavor)</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Hypoglycemia</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 12-Week Candida Program</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Digestive Enzyme Blend: 5-6 per meal</li> <li>• Probiotic: 2-3 per meal</li> <li>• Intestinal Cleanser: 4 in the morning, 4 in the afternoon, 4 in the evening</li> <li>• Appetite Appeaser: 2 at 9am, 2 at 12pm, 2 at 3pm</li> <li>• Fiber Blend: 5 in the morning, 5 in the evening</li> <li>• Nutritional Shake: 1-3 scoops per day (Any flavor)</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Hypothyroidism</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 12-Week Candida Program</li> <li>• Continue program for 3-6 months</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Thyroid/Adrenal Support: 3 in the morning, 3 in the evening</li> <li>• Digestive Enzyme Blend: 5 per meal</li> <li>• Probiotic: 2 per meal</li> <li>• Body Purifier: 5 in the morning, 5 in the evening</li> <li>• Evening Primrose Oil: 4 in the morning, 4 in the evening</li> <li>• Salmon Oil: 4 in the morning, 4 in the evening</li> </ul>

<b>Ileitis (Crohn's Disease)</b>	Program(s) <ul style="list-style-type: none"> <li>• 5 - 12 Week Candida Program</li> <li>• Detox Kit: 10 day detoxification</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• Digestive Enzyme Blend: 4-5 per meal</li> <li>• Probiotic: 2-3 per meal</li> <li>• Nutritional Shake: 1-2 scoops per day (Any flavor)</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Immune Deficiency Support</b>	Program(s) <ul style="list-style-type: none"> <li>• 12-Week Candida Program</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• Body Purifier: 5 in the morning, 5 in the evening</li> <li>• Body Purifier: 5 in the morning, 5 in the mid-morning, 5 in the afternoon, 5 in the evening (If acute)</li> <li>• Multivitamin/Multimineral: 3 in the morning, 3 in the evening</li> <li>• Liquid Calcium: 4 in the morning, 4 in the evening</li> <li>• Thyroid/Adrenal Support: 2 in the morning, 2 in the evening</li> <li>• Evening Primrose Oil: 3 in the morning, 3 in the evening</li> <li>• Antioxidant: 3 in the morning, 3 in the evening</li> <li>• Nutritional Shake: 1-2 scoops per day (Any flavor)</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Impetigo (Skin Disease)</b>	Program(s) <ul style="list-style-type: none"> <li>• 20-Day Rejuvenation Program</li> <li>• Detox Kit: 10 day detoxification</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• Tissue Repair Cream</li> <li>• Multivitamin/Multimineral: 2 in the morning, 2 in the evening</li> <li>• Evening Primrose Oil: 4 in the morning, 4 in the evening</li> <li>• Liquid Calcium: 3 in the morning, 3 in the evening</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Impotency (Male)</b>	Program(s) <ul style="list-style-type: none"> <li>• 12-Week Candida Program</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• DHEA: 3-4 in the morning</li> <li>• Hormone Balance: 5 in the morning, 5 in the evening</li> <li>• Wild Yam Cream: daily</li> <li>• Body Purifier: 5 in the morning, 5 in the evening</li> <li>• Cardio Health Powder: 1-3 scoops per day: 3-4 scoops per day</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Incontinence</b>	Program(s) <ul style="list-style-type: none"> <li>• 12-Week Candida Program</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• Salmon Oil: 4 in the morning, 4 in the evening</li> <li>• Evening Primrose Oil: 4 in the morning, 4 in the evening</li> <li>• DHEA: 3-4 in the morning</li> <li>• Body Purifier: 5 in the morning, 5 in the evening</li> <li>• Cellulite Cleanse: 3 in the morning, 3 in the evening</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> <li>• Cardio Health Powder: 1-3 scoops per day</li> </ul>

<b>Indigestion</b>	Program(s) <ul style="list-style-type: none"> <li>20-Day Rejuvenation Program</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>Digestive Enzyme Blend: 5-8 per meal</li> <li>Probiotic: 2-3 per meal</li> <li>Body Purifier: 5 in the morning, 5 in the evening</li> <li>Intestinal Cleanser: 4 in the morning, 4 in the evening</li> <li>Fiber Blend: 5 in the morning, 5 in the evening</li> <li>Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Infections</b>	Program(s) <ul style="list-style-type: none"> <li>12-Week Candida Program</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>Body Purifier: 5 in the morning, 5 in the evening</li> <li>Body Purifier: 5 in the morning, 5 in the mid-morning, 5 in the afternoon, 5 in the evening (If acute)</li> <li>Multivitamin/Multimineral: 3 in the morning, 3 in the evening</li> <li>Liquid Calcium: 4 in the morning, 4 in the evening</li> <li>Thyroid/Adrenal Support: 2 in the morning, 2 in the evening</li> <li>Evening Primrose Oil: 3 in the morning, 3 in the evening</li> <li>Antioxidant: 3 in the morning, 3 in the evening</li> <li>Nutritional Shake: 1-2 scoops per day (Any flavor)</li> <li>Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Infertility (Male and Female)</b>	Program(s) <ul style="list-style-type: none"> <li>12-Week Candida Program</li> <li>Detox Kit: 10 day detoxification</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>DHEA: 1-3 in the morning</li> <li>Hormone Balance: 5 in the morning, 5 in the evening</li> <li>Wild Yam Cream: Daily, except when on period</li> <li>Thyroid/Adrenal Support: 2 in the morning, 2 in the evening</li> <li>Super Berry Greens Powder: 1-3 scoops per day</li> <li>Evening Primrose Oil: 3 in the morning, 3 in the evening</li> <li>Salmon Oil: 3 in the morning, 3 in the evening</li> </ul>
<b>Inflammation</b>	Program(s) <ul style="list-style-type: none"> <li>20-Day Rejuvenation Program</li> <li>Detox Kit: 5-10 day detoxification</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>Salmon Oil: 5 in the morning, 5 in the evening</li> <li>Evening Primrose Oil: 4 in the morning, 4 in the evening</li> <li>Body Purifier: 5 in the morning, 5 in the evening</li> <li>Cellulite Cleanse: 3 in the morning, 3 in the evening</li> <li>Nutritional Shake: 1-3 scoops per day (Any flavor)</li> <li>Cardio Health Powder: 1-3 scoops per day</li> </ul>
<b>Inflammatory Bowel Disease</b>	Program(s) <ul style="list-style-type: none"> <li>5 - 12 Week Candida Program</li> <li>Detox Kit: 10 day detoxification</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>Digestive Enzyme Blend: 4-5 per meal</li> <li>Probiotic: 2-3 per meal</li> <li>Super Berry Greens Powder: 1-3 scoops per day</li> </ul>

<b>Insomnia</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 20-Day Rejuvenation Program</li> <li>• Detox Kit: 10 day detoxification</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Multivitamin/Multimineral: 2-4 before bed</li> <li>• Liquid Calcium: 2-4 before bed</li> <li>• Herbal Stress Relief: 2-3 before bed</li> <li>• Thyroid/Adrenal Support: 2 in the morning, 2 in the evening</li> </ul> <p>Other Recommendations</p> <ul style="list-style-type: none"> <li>• Self-Mastery Technology: Insomnia Series</li> </ul>
<b>Insulin Resistance</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 5-Week Diabetes Program or</li> <li>• 12-Week Candida Program (If Candida is more than 20% on Symptom Assessment)</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Digestive Enzyme Blend: 4 per meal</li> <li>• Probiotic Blend: 2 per meal</li> <li>• Appetite Appeaser: 1 every 3 hours, up to 4 per day</li> <li>• Body Purifier: 3-4 in the morning, 3-4 in the evening</li> <li>• Intestinal Cleanser: 3-4 in the morning, 3-4 in the evening</li> <li>• Organic Flax Oil: 3 in the morning, 3 in the evening</li> <li>• Fiber Blend: 8 in the morning, 8 in the evening</li> <li>• Nutritional Shake: 1-3 scoops per day (Any flavor)</li> <li>• Cardio Health Powder: 1-3 scoops per day</li> </ul>
<b>Irritable Bowel Syndrome</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 5 - 12 Week Candida Program</li> <li>• Detox Kit: 10 day detoxification</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Digestive Enzyme Blend: 4-5 per meal</li> <li>• Probiotic: 2-3 per meal</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Jaundice</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 20-Day Rejuvenation Program</li> <li>• Detox Kit: 10 day detoxification</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Body Purifier: 5 in the morning, 5 in the afternoon, 5 in the evening</li> <li>• Intestinal Cleanser: 5 in the morning, 5 in the evening</li> <li>• Fiber Blend: 5 in the morning, 5 in the evening</li> <li>• Digestive Enzyme Blend: 4-5 per meal</li> <li>• Nutritional Shake: 1-3 scoops per day (Any flavor)</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Joint Stiffness</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 20-Day Rejuvenation Program</li> <li>• Detox Kit: 5-10 day detoxification</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Salmon Oil: 5 in the morning, 5 in the evening</li> <li>• Evening Primrose Oil: 4 in the morning, 4 in the evening</li> <li>• Body Purifier: 5 in the morning, 5 in the evening</li> <li>• Cellulite Cleanse: 3 in the morning, 3 in the evening</li> <li>• Nutritional Shake: 1-3 scoops per day (Any flavor)</li> <li>• Cardio Health Powder: 1-3 scoops per day</li> </ul>

<b>Kidney (Detox, Infection, Stones, General Health)</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 5 - 12 Week Candida Program</li> <li>• Detox Kit: 5-10 day detoxification</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Body Purifier: 5 in the morning, 5 in the afternoon, 5 in the evening</li> <li>• Cellulite Cleanse: 5 in the morning, 5 in the evening</li> <li>• Salmon Oil: 4 in the morning, 4 in the evening</li> <li>• Evening Primrose Oil: 4 in the morning, 4 in the evening</li> <li>• Vitamin D: 2 in the morning, 2 in the evening</li> <li>• Antioxidant: 2 in the morning, 2 in the evening</li> <li>• Nutritional Shake: 1-3 scoops per day (Any flavor)</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Laxative (Natural)</b>	<p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Digestive Enzyme Blend: 4 per meal</li> <li>• Probiotic Blend: 2-3 per meal</li> <li>• Body Purifier: 4 in the morning, 4 in the evening</li> <li>• Intestinal Cleanser: 4 in the morning, 4 in the evening</li> <li>• Fiber Blend: 8 in the morning, 8 in the evening</li> </ul>
<b>Leaky Gut</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 12-Week Candida Program</li> <li>• Detox Kit: 5-10 day detoxification</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Digestive Enzyme Blend: 5 per meal</li> <li>• Probiotic: 2-3 per meal</li> <li>• Body Purifier: 4 in the morning, 4 in the evening</li> <li>• Intestinal Cleanser: 4 in the morning, 4 in the evening</li> </ul>
<b>Leg Ulcers</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 12-Week Neuropathy Program</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Body Purifier: 5 in the morning, 5 in the afternoon, 5 in the evening</li> <li>• Multivitamin/Multimineral: 2 in the morning, 2 in the evening</li> <li>• Liquid Calcium: 4 in the morning, 4 in the evening</li> <li>• Tissue Repair Cream: daily</li> <li>• Cellulite Cleanse: 2 in the morning, 2 in the afternoon, 2 in the evening</li> <li>• Nutritional Shake: 1-3 scoops per day (Any flavor)</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Legs (Swollen)</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 20-Day Rejuvenation Program</li> <li>• Detox Kit: 5-10 day detoxification</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Cellulite Cleanse: 4 in the morning, 4 in the evening</li> <li>• Body Purifier: 5 in the morning, 5 in the afternoon, 5 in the evening</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> <li>• Cardio Health Powder: 1-3 scoops per day</li> <li>• Digestive Enzyme Blend: 3-5 per meal</li> <li>• Probiotic: 2 per meal</li> <li>• Intestinal Cleanser: 3 in the morning, 3 in the evening</li> </ul>

<b>Libido</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 12-Week Candida Program</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• DHEA: 3-4 in the morning</li> <li>• Hormone Balance: 5 in the morning, 5 in the evening</li> <li>• Wild Yam Cream: Daily, except when on period</li> <li>• Body Purifier: 5 in the morning, 5 in the evening</li> <li>• Cardio Health Powder: 1-3 scoops per day: 3-4 scoops per day</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Liver Detox</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 20-Day Rejuvenation Program</li> <li>• Detox Kit: 5-10 day detoxification</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Digestive Enzyme Blend: 5-8 per meal</li> <li>• Probiotic: 2-3 per meal</li> <li>• Body Purifier: 5 in the morning, 5 in the afternoon, 5 in the evening</li> <li>• Intestinal Cleanser: 5 in the morning, 5 in the evening</li> <li>• Fiber Blend: 5 in the morning, 5 in the evening</li> <li>• Nutritional Shake: 1-3 scoops per day (Any flavor)</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Liver Disease</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 12-Week Candida Program</li> <li>• Detox Kit: 10 day detoxification</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Digestive Enzyme Blend: 5-8 per meal</li> <li>• Probiotic: 2-3 per meal</li> <li>• Body Purifier: 5 in the morning, 5 in the afternoon, 5 in the evening</li> <li>• Intestinal Cleanser: 5 in the morning, 5 in the evening</li> <li>• Fiber Blend: 5 in the morning, 5 in the evening</li> <li>• Nutritional Shake: 1-3 scoops per day (Any flavor)</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Lyme's Disease</b>	<p>Program(s)</p> <p>The following programs will help build the body back:</p> <ul style="list-style-type: none"> <li>• 5 - 12 Week Candida Program</li> <li>• Detox Kit: 5-10 day detoxification</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Antioxidant: 3 in the morning, 3 in the afternoon, 3 in the evening</li> <li>• Thyroid/Adrenal Support: 2 in the morning, 2 in the evening</li> <li>• DHEA: 2-3 in the morning</li> <li>• Multivitamin/Multimineral: 2 in the morning, 2 in the evening</li> <li>• Liquid Calcium: 3 in the morning, 3 in the evening</li> <li>• Tissue Repair Cream: daily</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Memory Loss</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 12-Week Candida Program</li> <li>• Detox Kit: 5-10 day detoxification</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• DHEA: 3-5 in the morning</li> <li>• Salmon Oil: 5 in the morning, 5 in the evening</li> <li>• Evening Primrose Oil: 5 in the morning, 5 in the evening</li> </ul>



<b>Menopausal Hot Flashes</b>	Program(s) <ul style="list-style-type: none"> <li>5 - 12 Week Candida Program (May continue for 3-6 months)</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>Digestive Enzyme Blend: 5 per meal</li> <li>Probiotic: 2 per meal</li> <li>DHEA: 3-4 in the morning</li> <li>Hormone Balance: 5 in the morning, 5 in the evening</li> <li>Wild Yam Cream: daily, except when on period for 5 days</li> <li>Thyroid/Adrenal Support: 2 in the morning, 2 in the evening</li> <li>Body Purifier: 5 in the morning, 5 in the evening</li> <li>Nutritional Shake: 1-3 scoops per day (Any flavor)</li> <li>Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Menstruation, Irregular</b>	Program(s) <ul style="list-style-type: none"> <li>Super Berry Greens Powder: 1-3 scoops per day</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>DHEA: 2-3 in the morning</li> <li>Hormone Balance: 4 in the morning, 4 in the evening</li> <li>Thyroid/Adrenal Support: 2 in the morning, 2 in the evening</li> <li>Wild Yam Cream: daily, except when on period</li> </ul>
<b>Migraine Headaches</b>	Program(s) <ul style="list-style-type: none"> <li>5 - 12 Week Candida Program</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>Salmon Oil: 4 in the morning, 4 in the evening</li> <li>Evening Primrose Oil: 4 in the morning, 4 in the evening</li> <li>Herbal Stress Relief: 2 in the morning, 2 in the afternoon, 2 in the evening</li> <li>Joint and Muscle Relief: 4 in the morning, 4 in the afternoon, 4 in the evening</li> <li>Body Purifier: 5 in the morning, 5 in the mid-morning, 5 in the afternoon, 5 in the evening</li> </ul>
<b>Mono (Mononucleosis)</b>	Program(s) <ul style="list-style-type: none"> <li>Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Multiple Sclerosis</b>	Program(s) <ul style="list-style-type: none"> <li>8-Week Fibromyalgia Program</li> <li>Repeat program at least 2 times</li> </ul>
<b>Muscle (Fatigue, Spasms, Stiffness)</b>	Program(s) <ul style="list-style-type: none"> <li>20-Day Rejuvenation Program or</li> <li>5-Week Candida Program (If Candida is more than 20% on Symptom Assessment)</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>Joint and Muscle Relief: 4 in the morning, 4 in the afternoon, 4 in the evening</li> <li>DHEA: 3-4 in the morning</li> <li>Multivitamin/Multimineral: 2 in the morning, 2 in the evening</li> <li>Liquid Calcium: 3 in the morning, 3 in the evening</li> <li>Salmon Oil: 4 in the morning, 4 in the evening</li> <li>Evening Primrose Oil: 3 in the morning, 3 in the evening</li> <li>Cardio Health Powder: 1-3 scoops per day</li> <li>Super Berry Greens Powder: 1-3 scoops per day</li> <li>Nutritional Shake: 1-3 scoops after each workout (Any Flavor)</li> </ul>
<b>Muscular Dystrophy</b>	Program(s) <ul style="list-style-type: none"> <li>12-Week Candida Program</li> <li>Nutritional Shake: 2-4 scoops per day (Any Flavor)</li> <li>Super Berry Greens Powder: 1-3 scoops per day</li> </ul>

<b>Myasthenia Gravis</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>12-Week Candida Program (Continue program for 3-6 months)</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>Thyroid/Adrenal Support: 3 in the morning, 3 in the evening</li> <li>Digestive Enzyme Blend: 5 per meal</li> <li>Probiotic: 2 per meal</li> <li>Body Purifier: 5 in the morning, 5 in the evening</li> <li>Evening Primrose Oil: 4 in the morning, 4 in the evening</li> <li>Salmon Oil: 4 in the morning, 4 in the evening</li> </ul>
<b>Nails (Dry, Brittle, Soft, Support)</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>20-Day Rejuvenation Program or</li> <li>5-Week Candida Program (If Candida is more than 20% on Symptom Assessment)</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>Evening Primrose Oil: 5 in the morning, 5 in the evening</li> <li>Digestive Enzyme Blend: 4-5 per meal</li> <li>Probiotic: 2 in the morning</li> <li>Intestinal Cleanser: 4 in the morning, 4 in the evening</li> <li>Nutritional Shake: 1-3 scoops per day (Any Flavor)</li> <li>Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Nausea</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>20-Day Rejuvenation Program</li> <li>Detox Kit: 5-10 day detoxification</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>Digestive Enzyme Blend: 4-5 per meal</li> <li>Probiotic: 2 per meal</li> <li>Nutritional Shake: 1-3 scooper per day (Any Flavor)</li> <li>Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Neuralgia Neuritis</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>20-Day Rejuvenation Program or</li> <li>5-Week Candida Program (If Candida is more than 20% on Symptom Assessment)</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>Joint and Muscle Relief: 4 in the morning, 4 in the afternoon, 4 in the evening</li> <li>DHEA: 3-4 in the morning</li> <li>Multivitamin/Multimineral: 2 in the morning, 2 in the evening</li> <li>Liquid Calcium: 3 in the morning, 3 in the evening</li> <li>Salmon Oil: 4 in the morning, 4 in the evening</li> <li>Evening Primrose Oil: 3 in the morning, 3 in the evening</li> <li>Cardio Health Powder: 1-3 scoops per day</li> <li>Super Berry Greens Powder: 1-3 scoops per day</li> <li>Nutritional Shake: 1-3 scoops after each workout (Any Flavor)</li> </ul>
<b>Neuropathy</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>12-week Neuropathy Program</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>Salmon Oil: 4 in the morning, 4 in the evening</li> <li>Evening Primrose Oil: 4 in the morning, 4 in the evening</li> <li>Body Purifier: 4 in the morning, 4 in the evening</li> <li>Cellulite Cleanse: 3 in the morning, 3 in the afternoon, 3 in the evening</li> <li>Multivitamin/Multimineral: 4 in the morning, 4 in the evening</li> <li>Liquid Calcium: 5 in the morning, 5 in the evening</li> </ul>

<b>Numbness</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 12-week Neuropathy Program</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Salmon Oil: 4 in the morning, 4 in the evening</li> <li>• Evening Primrose Oil: 4 in the morning, 4 in the evening</li> <li>• Body Purifier: 4 in the morning, 4 in the evening</li> <li>• Cellulite Cleanse: 3 in the morning, 3 in the afternoon, 3 in the evening</li> <li>• Multivitamin/Multimineral: 4 in the morning, 4 in the evening</li> <li>• Liquid Calcium: 5 in the morning, 5 in the evening</li> </ul>
<b>Obesity</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 12-Week Candida Program (Repeat as needed)</li> <li>• Detox Kit: 10 day detoxification</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• DHEA: 3-4 per day</li> <li>• Hormone Balance: 5 in the morning, 5 in the evening</li> <li>• Nutritional Shake: 1-3 scoops per day (Any Flavor)</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul> <p>Other Recommendations</p> <ul style="list-style-type: none"> <li>• Self-Mastery Technology: Weight Loss Program</li> </ul>
<b>Osteoarthritis</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 5-12 Week Candida Program</li> <li>• Detox Kit: 5-10 day detoxification</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Joint and Muscle Relief: 4 in the morning, 4 in the afternoon, 4 in the evening</li> <li>• Multivitamin/Multimineral: 2 in the morning, 2 in the evening</li> <li>• Liquid Calcium: 3 in the morning, 3 in the evening</li> <li>• Nutritional Shake: 2-4 scoops per day (Any flavor)</li> <li>• Salmon Oil: 4 in the morning, 4 in the evening</li> <li>• Organic Flax Oil: 3 in the morning, 3 in the evening</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Osteoporosis</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 20-Day Rejuvenation Program or</li> <li>• 5-Week Candida Program (If Candida is more than 20% on Symptom Assessment)</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Digestive Enzyme Blend: 5 per meal</li> <li>• Probiotic: 2 per meal</li> <li>• Multivitamin/Multimineral: 3 in the morning, 3 in the evening</li> <li>• Liquid Calcium: 5 in the morning, 5 in the evening</li> </ul>
<b>Ovarian Cysts</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 5 - 12 Week Candida Program (May continue for 3-6 months)</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Digestive Enzyme Blend: 5 per meal</li> <li>• Probiotic: 2 per meal</li> <li>• DHEA: 2-3 in the morning</li> <li>• Hormone Balance: 5 in the morning, 5 in the evening</li> <li>• Wild Yam Cream: daily, except when on period for 5 days</li> <li>• Thyroid/Adrenal Support: 2 in the morning, 2 in the evening</li> <li>• Body Purifier: 5 in the morning, 5 in the evening</li> <li>• Nutritional Shake: 1-3 scoops per day (Any flavor)</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>

<b>Pain</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 20-Day Rejuvenation Program or</li> <li>• 5-Week Candida Program (If Candida is more than 20% on Symptom Assessment)</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Joint and Muscle Relief: 4 in the morning, 4 in the afternoon, 4 in the evening</li> <li>• DHEA: 3-4 in the morning</li> <li>• Multivitamin/Multimineral: 2 in the morning, 2 in the evening</li> <li>• Liquid Calcium: 3 in the morning, 3 in the evening</li> <li>• Salmon Oil: 4 in the morning, 4 in the evening</li> <li>• Evening Primrose Oil: 3 in the morning, 3 in the evening</li> <li>• Cardio Health Powder: 1-3 scoops per day</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> <li>• Nutritional Shake: 1-3 scoops after each workout (Any Flavor)</li> </ul>
<b>Pancreatitis</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 5-Week Diabetes Program or</li> <li>• 12-Week Candida Program (If Candida is more than 20% on Symptom Assessment)</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Digestive Enzyme Blend: 4 per meal</li> <li>• Probiotic Blend: 2 per meal</li> <li>• Appetite Appeaser: 1 every 3 hours, up to 4 per day</li> <li>• Body Purifier: 3-4 in the morning, 3-4 in the evening</li> <li>• Intestinal Cleanser: 3-4 in the morning, 3-4 in the evening</li> <li>• Organic Flax Oil: 3 in the morning, 3 in the evening</li> <li>• Fiber Blend: 8 in the morning, 8 in the evening</li> <li>• Nutritional Shake: 1-3 scoops per day (Any flavor)</li> <li>• Cardio Health Powder: 1-3 scoops per day</li> </ul>
<b>Parasites</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 20-Day Rejuvenation Program</li> <li>• Detox Kit: 5-10 day detoxification</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Digestive Enzyme Blend: 4-5 per meal</li> <li>• Probiotic: 2 per meal</li> <li>• Body Purifier: 5 in the morning, 5 in the evening</li> <li>• Intestinal Cleanser: 5 in the morning, 5 in the afternoon, 5 in the evening</li> <li>• Fiber Blend: 5 in the morning, 5 in the evening</li> </ul>
<b>Parkinson's Disease</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 12-Week Candida Program</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Salmon Oil: 5 in the morning, 5 in the evening</li> <li>• Evening Primrose Oil: 5 in the morning, 5 in the evening</li> <li>• Nutritional Shake: 1-3 scoops per day (Any Flavor)</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Peripheral Neuropathy</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 12-week Neuropathy Program</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Salmon Oil: 4 in the morning, 4 in the evening</li> <li>• Evening Primrose Oil: 4 in the morning, 4 in the evening</li> <li>• Body Purifier: 4 in the morning, 4 in the evening</li> </ul>

<b>Pneumonia</b>	Program(s) <ul style="list-style-type: none"> <li>12-Week Candida Program</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>Body Purifier: 5 in the morning, 5 in the evening</li> <li>Body Purifier: 5 in the morning, 5 in the mid-morning, 5 in the afternoon, 5 in the evening (If acute)</li> <li>Multivitamin/Multimineral: 3 in the morning, 3 in the evening</li> <li>Liquid Calcium: 4 in the morning, 4 in the evening</li> <li>Thyroid/Adrenal Support: 2 in the morning, 2 in the evening</li> <li>Evening Primrose Oil: 3 in the morning, 3 in the evening</li> <li>Antioxidant: 3 in the morning, 3 in the evening</li> <li>Nutritional Shake: 1-2 scoops per day (Any flavor)</li> <li>Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Pregnancy Nutrition (Prior to conception and throughout)</b>	Program(s) <ul style="list-style-type: none"> <li>12-Week Candida Program</li> <li>Detox Kit: 10 day detoxification</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>DHEA: 1-3 in the morning</li> <li>Hormone Balance: 5 in the morning, 5 in the evening</li> <li>Wild Yam Cream: daily, except when on period</li> <li>Thyroid/Adrenal Support: 2 in the morning, 2 in the evening</li> <li>Super Berry Greens Powder: 1-3 scoops per day</li> <li>Evening Primrose Oil: 3 in the morning, 3 in the evening</li> <li>Salmon Oil: 3 in the morning, 3 in the evening</li> </ul>
<b>Prostate Swelling (Cancer potential, High PSA)</b>	Program(s) <ul style="list-style-type: none"> <li>12-Week Candida Program</li> <li>Detox Kit: 10 day detoxification</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>Salmon Oil: 5 in the morning, 5 in the evening</li> <li>Evening Primrose Oil: 5 in the morning, 5 in the evening</li> <li>Body Purifier: 5 in the morning, 5 in the evening</li> <li>Intestinal Cleanser: 5 in the morning, 5 in the evening</li> </ul>
<b>Protein Deficiency (Metabolism)</b>	Program(s) <ul style="list-style-type: none"> <li>12-Week Candida Program</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>Digestive Enzyme Blend: 5-6 per meal</li> <li>Probiotic: 2 per meal</li> <li>Nutritional Shake: 1-3 scoops per day (Any Flavor)</li> <li>Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Psoriasis</b>	Program(s) <ul style="list-style-type: none"> <li>12-Week Candida Program</li> <li>Note: internal program treats external conditions</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>Digestive Enzyme Blend: 3-4 per meal</li> <li>Probiotic: 2 per meal</li> <li>Intestinal Cleanser: 4 in the morning, 4 in the evening</li> <li>Body Purifier: 5 in the morning, 5 in the evening</li> <li>Tissue Repair Cream: daily as needed</li> <li>Nutritional Shake: 1-3 scoops per day (Any Flavor)</li> <li>Super Berry Greens Powder: 1-3 scoops per day</li> </ul>

<b>Rash (Diaper, Chaffing)</b>	Supplement(s) <ul style="list-style-type: none"> <li>• Tissue Repair Cream: daily as needed</li> </ul>
<b>Restless Leg Syndrome</b>	Program(s) <ul style="list-style-type: none"> <li>• 5-12 Week Candida</li> <li>• Detox Kit: 3-6 day detoxification</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• Multivitamin/Multimineral: 3 in the morning, 3 in the evening</li> <li>• Liquid Calcium: 4 in the morning, 5 before bed</li> <li>• Vitamin D: 3 in the morning, 3 in the evening</li> <li>• Evening Primrose Oil: 3 in the morning, 3 in the evening</li> <li>• Herbal Stress Relief: 1-3 before bed</li> <li>• Nutritional Shake: 1-3 scoops per day (Any Flavor)</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Rheumatoid Arthritis</b>	Program(s) <ul style="list-style-type: none"> <li>• 5-12 Week Candida</li> <li>• Detox Kit: 10 day detoxification</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• Joint and Muscle Relief: 3 in the morning, 3 in the afternoon, 3 in the evening</li> <li>• Evening Primrose Oil: 4 in the morning, 4 in the evening</li> <li>• Salmon Oil: 4 in the morning, 4 in the evening</li> <li>• Body Purifier: 5 in the morning, 5 in the evening</li> <li>• Intestinal Cleanser: 4 in the morning, 4 in the evening</li> <li>• Nutritional Shake: 1-3 scoops per day (Any Flavor)</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> <li>• Cardio Health Powder: 1-3 scoops per day</li> </ul>
<b>Ruptured Disc</b>	Program(s) <ul style="list-style-type: none"> <li>• 20-Day Rejuvenation</li> <li>• Detox Kit: 10 day detoxification</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• Joint and Muscle Relief: 3 in the morning, 3 in the afternoon, 3 in the evening</li> <li>• Evening Primrose Oil: 4 in the morning, 4 in the evening</li> <li>• Salmon Oil: 4 in the morning, 4 in the evening</li> <li>• Body Purifier: 5 in the morning, 5 in the evening</li> <li>• Intestinal Cleanser: 4 in the morning, 4 in the evening</li> <li>• Nutritional Shake: 1-3 scoops per day (Any Flavor)</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> <li>• Cardio Health Powder: 1-3 scoops per day</li> </ul>
<b>Sciatica</b>	Program(s) <ul style="list-style-type: none"> <li>• 20-Day Rejuvenation</li> <li>• Detox Kit: 10 day detoxification</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• Joint and Muscle Relief: 3 in the morning, 3 in the afternoon, 3 in the evening</li> <li>• Evening Primrose Oil: 4 in the morning, 4 in the evening</li> <li>• Salmon Oil: 4 in the morning, 4 in the evening</li> <li>• Body Purifier: 5 in the morning, 5 in the evening</li> <li>• Intestinal Cleanser: 4 in the morning, 4 in the evening</li> <li>• Nutritional Shake: 1-3 scoops per day (Any Flavor)</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> <li>• Cardio Health Powder: 1-3 scoops per day</li> </ul>

<b>Sinusitis</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 12-Week Candida Program</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Body Purifier: 5 in the morning, 5 in the evening</li> <li>• Body Purifier: 5 in the morning, 5 in the mid-morning, 5 in the afternoon, 5 in the evening (If acute)</li> <li>• Multivitamin/Multimineral: 3 in the morning, 3 in the evening</li> <li>• Liquid Calcium: 4 in the morning, 4 in the evening</li> <li>• Thyroid/Adrenal Support: 2 in the morning, 2 in the evening</li> <li>• Evening Primrose Oil: 3 in the morning, 3 in the evening</li> <li>• Antioxidant: 3 in the morning, 3 in the evening</li> <li>• Nutritional Shake: 1-2 scoops per day (Any flavor)</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Sleepiness (Always Tired)</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 5 or 12 Week Candida Program</li> <li>• Detox Kit: 3-5 day detoxification</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Thyroid/Adrenal Support: 2 in the morning, 2 in the evening</li> <li>• DHEA: 3-5 in the morning</li> <li>• Hormone Balance: 5 in the morning, 5 in the evening</li> <li>• Body Purifier: 5 in the morning, 5 in the evening</li> <li>• Nutritional Shake: 2-4 scoops per day (Any flavor)</li> <li>• Cardio Health Powder: 1-3 scoops per day</li> </ul>
<b>Sleeping Trouble (Trouble staying asleep)</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 20-Day Rejuvenation Program</li> <li>• Detox Kit: 10 day detoxification</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Multivitamin/Multimineral: 2-4 before bed</li> <li>• Liquid Calcium: 2-4 before bed</li> <li>• Herbal Stress Relief: 2-3 before bed</li> <li>• Thyroid/Adrenal Support: 2 in the morning, 2 in the evening</li> </ul> <p>Other Recommendations</p> <ul style="list-style-type: none"> <li>• Self-Mastery Technology: Insomnia Series</li> </ul>
<b>Snoring</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 20-Day Rejuvenation</li> <li>• Note: weight loss will decrease swelling body, especially throat</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Salmon Oil: 4 in the morning, 4 in the evening</li> <li>• Evening Primrose Oil: 4 in the morning, 4 in the evening</li> <li>• Body Purifier: 5 in the morning, 5 in the evening</li> <li>• Cellulite Cleanse: 3 in the morning, 3 in the afternoon, 3 in the evening</li> <li>• Nutritional Shake: 1-3 scoops per day (Any Flavor)</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> <li>• Cardio Health Powder: 1-3 scoops per day</li> </ul>

<b>Sore Throat</b>	Program(s) <ul style="list-style-type: none"> <li>12-Week Candida Program</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>Body Purifier: 5 in the morning, 5 in the evening</li> <li>Body Purifier: 5 in the morning, 5 in the mid-morning, 5 in the afternoon, 5 in the evening (If acute)</li> <li>Multivitamin/Multimineral: 3 in the morning, 3 in the evening</li> <li>Liquid Calcium: 4 in the morning, 4 in the evening</li> <li>Thyroid/Adrenal Support: 2 in the morning, 2 in the evening</li> <li>Evening Primrose Oil: 3 in the morning, 3 in the evening</li> <li>Antioxidant: 3 in the morning, 3 in the evening</li> <li>Nutritional Shake: 1-2 scoops per day (Any flavor)</li> <li>Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Sports Injuries</b>	Program(s) <ul style="list-style-type: none"> <li>20-Day Rejuvenation</li> <li>Detox Kit: 10 day detoxification</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>Joint and Muscle Relief: 3 in the morning, 3 in the afternoon, 3 in the evening</li> <li>Evening Primrose Oil: 4 in the morning, 4 in the evening</li> <li>Salmon Oil: 4 in the morning, 4 in the evening</li> <li>Body Purifier: 5 in the morning, 5 in the evening</li> <li>Intestinal Cleanser: 4 in the morning, 4 in the evening</li> <li>Nutritional Shake: 1-3 scoops per day (Any Flavor)</li> <li>Super Berry Greens Powder: 1-3 scoops per day</li> <li>Cardio Health Powder: 1-3 scoops per day</li> </ul>
<b>Staph Infection</b>	Program(s) <ul style="list-style-type: none"> <li>12-Week Candida Program</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>Body Purifier: 5 in the morning, 5 in the evening</li> <li>Body Purifier: 5 in the morning, 5 in the mid-morning, 5 in the afternoon, 5 in the evening (If acute)</li> <li>Multivitamin/Multimineral: 3 in the morning, 3 in the evening</li> <li>Liquid Calcium: 4 in the morning, 4 in the evening</li> <li>Thyroid/Adrenal Support: 2 in the morning, 2 in the evening</li> <li>Evening Primrose Oil: 3 in the morning, 3 in the evening</li> <li>Antioxidant: 3 in the morning, 3 in the evening</li> <li>Nutritional Shake: 1-2 scoops per day (Any flavor)</li> <li>Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Sterility (Male/Female)</b>	Program(s) <ul style="list-style-type: none"> <li>5 - 12 Week Candida Program (May continue for 3-6 months)</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>Digestive Enzyme Blend: 5 per meal</li> <li>Probiotic: 2 per meal</li> <li>DHEA: 2-3 in the morning</li> <li>Hormone Balance: 5 in the morning, 5 in the evening</li> <li>Wild Yam Cream: daily, except on when on period for 5 days</li> <li>Thyroid/Adrenal Support: 2 in the morning, 2 in the evening</li> <li>Body Purifier: 5 in the morning, 5 in the evening</li> <li>Nutritional Shake: 1-3 scoops per day (Any flavor)</li> <li>Super Berry Greens Powder: 1-3 scoops per day</li> </ul>



<b>Stomach (Bloating, Burning, Cramps, Nervous, Ulcer, Sores, Pain before or after eating)</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 20-Day Rejuvenation</li> <li>• 5-12 Week Candida</li> <li>• Detox Kit: 5-10 day detoxification</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Digestive Enzyme Blend: 4 before each meal, 3 after each meal</li> <li>• Probiotic: 2-3 per meal</li> <li>• Intestinal Cleanser: 5 in the morning, 5 in the evening</li> <li>• Body Purifier: 5 in the morning, 5 in the evening</li> <li>• Salmon Oil: 3 in the morning, 3 in the evening</li> </ul> <p>Other Recommendations</p> <ul style="list-style-type: none"> <li>• Decrease water with meals</li> <li>• Do not eat after 6:00pm</li> </ul>
<b>Sugar Cravings</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 5-12 Week Candida</li> <li>• Detox Kit: 5-10 day detoxification</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Digestive Enzyme Blend: 5-6 per meal</li> <li>• Probiotic: 3 per meal</li> <li>• Intestinal Cleanser: 4 in the morning, 4 in the evening</li> <li>• Body Purifier: 5 in the morning, 5 in the evening</li> <li>• Appetite Appeaser: 2 in the morning, 2 at noon, 2 in the afternoon</li> <li>• Thyroid/Adrenal Support: 2 in the morning, 2 in the evening</li> <li>• Nutritional Shake: 1-3 scoops per day (Any Flavor)</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul> <p>Other Recommendations</p> <ul style="list-style-type: none"> <li>• Self-Mastery Technology: Freedom from Addictions Series</li> </ul>
<b>Sun Burns</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• Detox Kit: 5-10 day detoxification</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Tissue Repair Cream: daily as needed</li> <li>• Nutritional Shake: 1-3 scoops per day (Any Flavor)</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Surgery (Pre and Post)</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 20-Day Rejuvenation Program</li> <li>• Detox Kit: 5-10 day detoxification</li> </ul>
<b>Swollen Ankles and Feet</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 12-Week Candida Program</li> <li>• Detox Kit: 5-10 day detoxification</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Body Purifier: 5 in the morning, 5 in the mid-morning, 5 in the afternoon, 5 in the evening</li> <li>• Cellulite Cleanse: 3 in the morning, 3 in the afternoon, 3 in the evening</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>
<b>Ulcers (Diabetic, with or without Neuropathy)</b>	<p>Program(s)</p> <ul style="list-style-type: none"> <li>• 12-week Neuropathy Program</li> </ul> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Salmon Oil: 4 in the morning, 4 in the evening</li> <li>• Evening Primrose Oil: 4 in the morning, 4 in the evening</li> <li>• Body Purifier: 4 in the morning, 4 in the evening</li> <li>• Cellulite Cleanse: 3 in the morning, 3 in the afternoon, 3 in the evening</li> <li>• Multivitamin/Multimineral: 4 in the morning, 4 in the evening</li> <li>• Liquid Calcium: 5 in the morning, 5 in the evening</li> </ul>

<b>Urethra (Ureter, UTI, Infection)</b>	Program(s) <ul style="list-style-type: none"> <li>• 5-Week Candida Program</li> <li>• Detox Kit: 5-10 day detoxification</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• Body Purifier: 5 in the morning, 5 in the mid-morning, 5 in the afternoon, 5 in the evening</li> <li>• Antioxidant: 2 in the morning, 2 in the evening</li> <li>• Vitamin D: 2 in the morning, 2 in the evening</li> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul> Other Recommendations <ul style="list-style-type: none"> <li>• Drink half of body weight in ounces of water daily</li> </ul>
<b>Weight Loss</b>	Program(s) <ul style="list-style-type: none"> <li>• Refer to Symptom Assessment for specific program</li> </ul>
<b>Yeast Infection</b>	Program(s) <ul style="list-style-type: none"> <li>• Super Berry Greens Powder: 1-3 scoops per day</li> </ul>

## QUALITY CONTROL ASSURANCE

To Our Trusted Partners,

Solutions4 cherishes our partners and the public's confidence in the company, its products, its programs, and its training network of educators. The company seeks always to honor that confidence by meticulous planning and by adhering to the most exacting standards.

Solutions4 is committed to providing products of the very highest quality. Our adherence to strict quality control guidelines allow our trusted medical partners to provide services confidently. We have taken rigorous steps to ensure that every product you provide your patient is among the safest in the industry.

We strive to do all we can to support your efforts in providing outstanding patient care. The patient's overall happiness and wellness is your passion and ours too. In research, manufacturing, product quality control, and education programs, our commitment to excellence is unsurpassed.

We strive to provide an environment of scientific inquiry. Our formulators are simultaneously original and innovative, and we continue to add new ground-breaking products as they become available and are shown to be safe, natural, effective, and fit within our vision of helping the body to heal, renew and improve itself.

All ingredients and manufacturing processes are subjected to constant surveillance by a quality control system which provides critical analysis at every stage of production. Rigid compliance to these well-defined procedures is the consumer's assurance of safety and quality.

The enclosed documentation details pertinent information for each of the products included in our comprehensive line. If you have inquiries regarding specific products and/or ingredients please contact us directly and we will be happy to assist you.

Sincerely,

The Solutions4 Team

## ANTIOXIDANT

A growing body of scientific research indicates that astaxanthin has the ability to provide exceptionally powerful antioxidant protection to cells and has functional effects on muscle and nerve physiology. Comprehensive studies find astaxanthin to be ten times more effective than beta-carotene and many times more effective than vitamin E.

Astaxanthin is a polyunsaturated free radical quencher and part of a series of compounds including beta-carotene included in the family of carotenoid antioxidants. These compounds add color to vegetables (red, orange, yellow) in which they occur naturally. This specific carotenoid also gives sea foods like salmon and shrimp their red coloration.

Astaxanthin nutrients are the most potent antioxidants in all of nature, and have been proven to work longer than other antioxidants in protecting against photosensitized oxidation. It has been shown that dietary astaxanthin exerts anti-tumor activity through the enhancement of immune response.

**Suggested Use:** 2 capsules two times daily

2 capsules two times daily will last: 15 days

**Size Available:** 60 capsules

**Shelf Life:** 7 years

### Ingredients:

**ASTAXANTHIN**—Has anti-inflammatory properties, stimulates the immune system, and has anti-cancer effects on human cells. Also prevents oxidative damage to blood LDL-cholesterol.

**ANGEL HAIR (MOZUKU)**—A Japanese sea plant that promotes healthy living and helps the body to fight disease.

**GINKGO BILOBA**—Helps ease digestive problems and stomach complaints.

**BILBERRY FRUIT**—Acts as an antioxidant that purifies the blood and can be used as a diuretic.

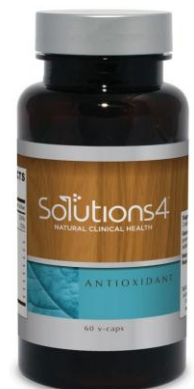
**MILK THISTLE HERB**—Helps relieve the symptoms of hepatitis, cirrhosis, and inflammatory liver conditions. It is one of the most effective herbs known for relieving liver disorders.

**SELENIUM CHELATE**—An important mineral with potent antioxidant properties. Is important for protecting cells from the damaging effects of free radicals.

**MOTHERWORT**—A digestive bitter and as such encourages bile production, healthy digestion and reduces gas pains.

**GREEN TEA EXTRACT**—Inhibits fat-digesting lipase enzymes of the stomach and pancreas.

**RED RASPBERRY EXTRACT**—A blood tonic.



## APPETITE APPEASER

A natural formulation developed to balance blood sugar levels in the body, helping to appease the appetite and increase energy levels. Helps to reduce nervous tension, eliminate hunger pains and support the body's cleansing system. Promotes the metabolism of dangerous fat deposits that adhere to the heart and other vital organs. Solutions4 Appetite Appeaser can be used alone or as a valuable aid to weight loss and cellulite removal.

### Helps the Body To:

- o Produce "fat burning" enzymes
- o Reduce hunger pangs
- o Reduce nervous tension
- o Appease the appetite naturally
- o Calm the nervous system naturally
- o Increase energy levels naturally
- o Eliminate gas & mucus from the system
- o Support the body's cleansing system
- o Purify the blood stream
- o Breakdown and oxidize fat

**Suggested Use:** 2–3 capsules 1/2 hour before each meal, 3 times daily

2 capsules three times daily will last: 15 days

3 capsules three times daily will last: 10 days

**Size Available:** 90 capsules

**Shelf Life:** 7 years

### Ingredients:

**CHICKWEED HERB**—Great value in treating blood toxicity. Particularly useful in reducing excess fat. Used to protect damaged or inflamed tissues.

**BURDOCK ROOT**—Increases flow of urine and acts as a diuretic. Used to treat water retention and infections of the urinary tract. Eliminates excess nervous energy.

**FENNEL SEED**—Relieves gas and pains in the bowels. Has a cooling affect on the bowels. Lubricates the intestines and is very healing.

**HAWTHORNE BERRIES**—Normalizes blood pressure. An anti-spasmodic and sedative. Helps with strain for those under pressure. Good for circulation.

**LICORICE ROOT**—Contains substances similar to the adrenal hormones. Treats adrenal insufficiency. Has a stimulating action and helps counteract stress.

**PARSLEY HERB**—Useful for bladder infections. Builds energy. Helpful for difficult urination. Used to treat water retention. Used as a preventive herb.

**DANDELION ROOT**—Used for blood purification. Has properties to protect the stomach lining. Helps neutralize excess acids.

**KELP (Norwegian)**—Useful in maintaining a healthy condition and overcoming minor imbalances. Recommended for those who are weak and run down. Used in the recovery from acute ailments and in rebuilding energy for those suffering chronic diseases.

**BLADDERWRACK**—Works on the glandular system. A reducing aid to be used in conjunction with other herbs for weight problems.

**GOTU KOLA**—Considered one of the best herb tonics. Used for all ailments of the mind and nerves.



## BODY PURIFIER

Solutions4 Body Purifier is part of a complete Detoxification Program. This is a program that temporarily replaces a normal diet of solid food, utilizing liquid food and cleansing supplements to detoxify the body systems. The role of Body Purifier in this process is to help remove toxins from the body. This supplement may also be used as an individual supplement to strengthen the immune system in times that it may be compromised.

### Helps to:

- o Remove congestion
- o Remove mucus
- o Remove environmental chemicals
- o Remove harmful food additives
- o Purify the blood stream
- o Cleanse the lymphatic system
- o Fight bacteria, virus, yeast, mold, and worms
- o Restore new energy to the entire body
- o Destroy parasites in the digestive system

### Suggested Use: 2–3 capsules twice daily

When utilized in a 30—day program, 132 capsules will be used

2 capsules twice daily will last: 22 days

3 capsules twice daily will last: 15 days

**Size Available:** 90 capsules

**Shelf Life:** 7 years

An important part of the Solutions4 Detoxification program. Dosage will be adjusted accordingly when taken as a part of that program.

### Ingredients:

**RED CLOVER BLOSSOM**—A wonderful blood purifier. Healing to new wounds as well as old ulcers. Effective in spasmodic bronchial troubles and whooping cough. Used to treat cancer because of its effects on protein assimilation.

**DANDELION ROOT**—Improves the function of the liver, as it has the capacity to clear obstructions while stimulating the liver to detoxify poisons. Thus, dandelion serves as a blood purifier. Also high in minerals. Useful for clearing obstructions of the spleen, pancreas, gallbladder and kidneys. Tremendous benefit to the stomach and intestines.

**ECHINACEA**—Echinacea is the king of blood purifiers. The most effective blood and lymphatic cleanser in the botanical kingdom. A valuable alternative to all antibiotics when used properly.

**OREGON GRAPE ROOT (Barberry)**—Oregon grape root stimulates the secretion of bile and thus aids in digestion and blood purification. Useful in rheumatoid arthritis, psoriasis, eczema, acne, and herpes.

**QUASSIA**—Tones up a run down system. Will expel worms. May destroy the appetite for strong drink.

**SARSAPARILLA**—Useful in the treatment of gout, rheumatism, colds, fever, ringworm, and skin eruptions, as well as other ailments requiring a good blood purifier. Will act as a powerful agent to expel gas from the stomach and intestines.

**GINGER ROOT**—Eliminates and counteracts the formation of mucus. Taken to relieve gas and severe pains in the bowels. Destroys parasites in the digestive system. Increases energy of the body. Stimulates circulation and breaks up obstructions.

**BURDOCK ROOT AND SEED**—A valuable purifier. Used in this capacity for the treatment of arthritis, rheumatism, sciatica and lumbago. Promotes kidney function and works through the kidneys to help clear the blood of harmful acids.

**YELLOW DOCK ROOT**—An astringent blood purifier useful in treating diseases of the blood and chronic skin ailments. Stimulates digestion, improving the function of the stomach and liver. Also stimulates elimination, improving flow of bile and acting as a laxative. A nutritive tonic, high in iron. Nourishes the spleen and liver. Effective for the treatment of jaundice, lymphatic problems and skin eruptions.



## LIQUID CALCIUM

Unlike antacid or press tab sources of calcium, the body easily absorbs Solutions4 Liquid Calcium, as it is packaged in a soluble liquid gel form. It provides the necessary 1000-2000 mg of calcium each day, and is free from yeast, corn, wheat, milk, sugar, starch, soy, preservatives, and artificial colors.

### Helps to:

- o Provides strength to bones and teeth
- o Works with magnesium for cardiovascular health
- o Helps prevent osteoporosis
- o Plays an important role in health, as every single cell in the body contains it.

Calcium recommendations

Age Group	Calcium—mg
Birth–6 months	400
6 months–1 year	600
1–10 years	800–1200
11–24 years	1200–1500
25–50 years	1000
51–64 years (women on HRT & men)	1000
51–64 (women not on HRT)	1500
65 or older	1500
Pregnant or nursing	1200–1500



**Suggested Use:** 2–4 softgels daily

2 softgels daily will last: 50 days

4 softgels daily will last: 25 days

**Size Available:** 100 liquid gel capsules (500 mg each)

**Shelf Life:** 3 years

### Ingredients:

**CALCIUM CARBONATE**—Helps eliminate muscle pains, cramps, twitches, and tight muscles. Lessens menstrual cramp pain, alleviates blood clotting problems, reduces nervousness and hyperactivity, helps eliminate insomnia, stops bone and teeth demineralization.

**VITAMIN D**—Aids in preventing colds, helps in treatment of conjunctivitis, properly utilizes calcium and phosphorous necessary for strong bones.

Additional information on natural hormone precursors indicate that Solutions4 Wild Yam Cream, Hormone Balance, and DHEA also play a role in rebuilding bone density.



## CELLULITE CLEANSE

Solutions4 Cellulite Cleanse contains a combination of pure, natural herbs that work together as a mild herbal diuretic to soften and break down cellulite and help stimulate and strengthen the waste elimination system. Cellulite Cleanse works in conjunction with the Solutions4 Detoxification program and Body Contour Wraps to increase the cleansing action of the body, preventing the formation of cellulite and assisting in its removal.

### Helps the Body To:

- o Break down cellulite
- o Eliminate waste materials as a mild, natural laxative
- o Reduce water retention
- o Increase body circulation
- o Appease the appetite naturally

**Suggested Use:** Take 2-3 capsules 1/2 hour before each meal three times daily

2 capsules three times daily will last: 15 days

3 capsules three times daily will last: 10 days

**Size Available:** 90 capsules

**Shelf Life:** 7 years

Best results will be achieved when taken following a 3-day Detoxification program. Naturally, maximum results occur when this procedure is also used in conjunction with an "anti-cellulite" diet and proper exercise program.



### Ingredients:

**JUNIPER BERRIES**—Increases the flow of urine, decreases blood pressure, and helps purify the blood. A stimulating diuretic beneficial in the treatment of urine retention, bladder discharges, and uric acid buildup.

**BUCHU LEAVES**—One of the best natural diuretics known. Used for all acute and chronic bladder and kidney disorders. Combined with uva ursi for the treatment of water retention and urinary tract infection.

**CORN SILK**—Important diuretic herb for the reduction of water in the system. One of the best remedies for kidney and bladder troubles.

**HYDRANGEA ROOT**—Valuable in bladder troubles. Good for chronic rheumatism. Used to release water retention.

**HORSETAIL HERB**—Reliable diuretic historically used for urinary disorders. This herb is rich in minerals and can aid in rebuilding new bone when used in conjunction with calcium.

**UVA URSI**—Aids in the treatment of bladder and kidney infections. When absorbed by the stomach, anti-microbial and astringent properties are derived. Used for vaginal infections and excessive menstruation, and to treat water retention.

**KELP**—Useful in maintaining overall health and balance. Recommended for those who are weak and run down. Used in the recovery of acute ailments and in rebuilding energy for those suffering chronic diseases.

**LECITHIN**—A key building block of cell membranes. Protects cells from oxidation and largely comprises the protective sheaths surrounding the brain. Composed mostly of B vitamins, phosphoric acid, choline, linoleic acid and inositol. A fat emulsifier that supports the circulatory system.

**APPLE CIDER VINEGAR**—Best known for its success in reducing body fat. Improves functioning of the body and promotes re-establishment of a normal diet. Used as a digestant.



## DAILY ESSENTIALS

Solutions4 Daily Essentials convenient grab-and-go packs contain 6 supplements of the highest quality vitamins, minerals and nutrients. These are a must have for anyone balancing great health and a busy life!

The combination of supplements is designed to address deficiencies that many people experience from improper nutrition and/or inability of the body to absorb the vital nutrients provided through a normal diet. Taking Daily Essentials helps to ensure that the body is receiving a consistent balance of vitamins, minerals and nutrients which help to reduce the risks of disease, maintain optimal health and improve the bodies ability to live longer and stronger.

### Includes:

- o Salmon Oil
- o Liquid Calcium
- o Antioxidant
- o Digestive Enzyme Blend
- o Multivitamin/Multimineral

**Suggested Use:** Take 1 Wellness Pack daily

One box of Daily Essentials will last approximately 30 days

**Size Available:** 1 Box (30 packets)

**Shelf Life:** 7 years

### Ingredients:

*Please view the above listed products individual short sheets for an in-depth ingredient listing.*



## DHEA (Dehydroepiandrosterone)

DHEA, produced in the adrenal glands, is the single-most abundant steroid in the human bloodstream. It is often called the “mother” or precursor hormone, because the body readily converts it on demand into active hormones such as estrogen, testosterone, cortisone and progesterone. DHEA declines with age more rapidly in both men and women beginning at the age of 40. This decline triggers age-related issues and increased susceptibility to disease.

**Suggested Use:** 1–2 capsules for women, 2–3 capsules for men

2 capsules daily will last: 45 days

3 capsules daily will last: 22 days

**Size Available:** 90 capsules (25mg each)

**Shelf Life:** 7 years

Do not use during pregnancy, while breast-feeding, or in cases of liver disease or prostate irregularity.

### Ingredients:

**DEHYDROEPIANDROSTERONE (D.H.E.A.)**—27 mg. pure pharmaceutical grade quality per capsule. For anti-aging, hormone balance, fatigue, and immune disorders.

**PIPER NIGRUM EXTRACT (BIOPERINE)**—Maintains the normalcy of the digestive tract and helps in maintaining the proper peristaltic movement in the body. Helps tone the respiratory tract and urinary tract.



## DIGESTIVE ENZYME BLEND

Solutions4 Digestive Enzyme Blend provides a blend of natural digestive enzymes to supplement those provided by foods and the body itself. Taken with each meal, this formula is a preventive tool, assisting digestion, alleviating gastrointestinal discomfort and restoring energy to the body to improve overall health.

### Helps the Body To:

- o Rest vital digestive organs
- o Reduce probability of cancer, diabetes, heart disease, ulcers and other diet-related disorders
- o Restore natural energy
- o Increase immune system efficiency
- o Reduce allergies and arthritis
- o Promote weight control by heightening absorption of vitamins, minerals and other nutrients from food
- o Prevent turmoil caused by poor digestion: gas and bloating, diarrhea, constipation, heartburn, and insomnia
- o Aid proper elimination

### Suggested Use: 1–2 capsules prior to each meal

1 capsule three times daily will last: 30 days

2 capsules three times daily will last: 15 days

**Size Available:** 90 capsules

**Shelf Life:** 4 years

### Ingredients:

**PROTEASE**—Digests proteins (meat, beans, etc.). Implicated in standard cellular function and plays a role in the reproductive system. Involved in the processes of inflammation, infection, blood clotting, and blood purification. Promotes acid balance in the stomach to help prevent ulcers.

**AMYLASE**—Digests carbohydrates, starches and sugars (potatoes, fruits, vegetables, breads, pasta, etc.). Rests the pancreas because some of the amylase needed to digest carbohydrates comes from the pancreas.

**LIPASE**—Digests fats and oils (nuts, avocados, olives, etc.). Rests the gall bladder. Promotes cardiovascular health. Assists weight control.

**CELLULASE**—Digests fiber (fruits, vegetables, grain, etc.). Maximizes absorption of anthocyanidins, tremendous antioxidants from blueberries, grapes, and other berries.

**SUCRASE**—Digests sucrose (refined sugar).

**MALTASE**—Digests complex and simple carbohydrates (malt and grain sugars).

**LACTASE**—Digests lactose (milk sugar).

**PANCREATIN**—Aids in digestion and rests the pancreas because it is one of the digestive ferments of the pancreatic juice.

**OMEGA 3 FATTY ACID**—Helps reduce the possibility of cardiovascular disease.

Promotes upper and lower gastrointestinal motility while enhancing nutrient absorption.



## EVENING PRIMROSE OIL

Solutions4 Evening Primrose Oil (EPO), comes from the seeds of the evening primrose plant. Once known chiefly for its beauty, few knew of its healing powers as an herb.

This Omega 6 fatty acid is a rich source of gamma linolenic acid (GLA), an essential fatty acid (EFA) that the body converts to a hormone-like substance called prostaglandin E1 (PGE1). Prostaglandins positively affect every organ of the body, and are especially beneficial to the heart, skin, and immune system. A shortage of prostaglandins results in impaired health. With an increase of GLA in the diet, the body is better able to function and properly fight disease.

### Evening Primrose Oil has been shown to:

- o Lower weight without dieting
- o Lower blood cholesterol
- o Lower blood pressure
- o Heal or improve eczema
- o Lesson rheumatoid arthritis
- o Normalize saliva and tear production
- o Relieve premenstrual pain
- o Slow progression of multiple sclerosis
- o Improve acne when taken with zinc
- o Improve function of hyperactive children
- o Strengthen fingernails
- o Alleviate hangovers

### Suggested Use: Take 3–6 softgels daily

3 softgels daily will last: 66 days

6 softgels daily will last: 33 days

Amount varies according to the nutritional program you are on. Speak to your nutritional counselor.

**Size Available:** 200 softgels (500mg each)

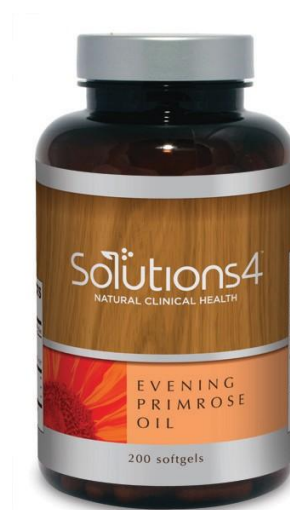
**Shelf Life:** 3 years

### Ingredients:

**EVENING PRIMROSE OIL**—A natural oil known to improve overall health and alleviate discomforts from many health conditions, including PMS, eczema, breast pain and rheumatoid arthritis.

**LINOLEIC ACID**—Enhances muscle growth, lowers cholesterol and triglycerides, reduces food-induced allergic reactions and enhances immune system.

**GAMMA LINOLENIC ACID (GLA)**—May help: heart disease, lupus, osteoarthritis, rheumatoid arthritis, diabetes, eczema, fingernail problems, endometriosis, menstrual cramps, premenstrual syndrome, and sunburn.



## FIBER BLEND

Solutions4 Fiber Blend restores dietary fiber to the system, cleans the bowels and intestines without calories, and helps to lower cholesterol levels. This specialized formula contains both soluble (Psyllium) and insoluble (Bran Powder) fiber, which work together to clean debris from the system by easing the passage of waste through the colon and absorbing toxins.

### This formula helps to:

- o Maximize efficiency without calories
- o Overcome constipation
- o Cleanse bowels and intestines
- o Stimulate natural action of intestines
- o Protect intestinal canal from putrefactive or pathogenic bacteria
- o Lower the cholesterol and triglyceride levels in the body
- o Help prevent diabetes, ischemic heart disease, gallbladder disorders, varicose veins, diverticulitis, and appendicitis

### Suggested Use: 6–8 capsules two to three times daily

6 capsules daily will last: 33 days

7 capsules daily will last: 28 days

8 capsules daily will last: 25 days

**Size Available:** 200 capsules (450mg each)

**Shelf Life:** 7 years

Fiber is an important part of the Solutions4 Detoxification Program.

### Ingredients:

**WHEAT BRAN POWDER**—Insoluble fiber that scrubs the colon and adds bulk to stool.

Does not absorb.

**PSYLLIUM HUSK POWDER**—Soluble fiber that absorbs toxins and helps scrub the colon.

Psyllium provides 8 times more soluble fiber than oat bran.



## FIBER SWEETENER

Solutions4 Fiber Sweetener is a sugar free, low calorie, soluble fiber supplement that tastes as sweet as sugar and provides multiple health benefits. Fiber Sweetener provides 1500 mg of soluble dietary fiber per teaspoon and is made from natural plants extracts.

### Benefits of Fiber Sweetener:

- o Is a sugar substitute that does not contain any artificial sweeteners, colors or flavors
- o Improves digestion
- o Candida friendly
- o Adds a significant amount of necessary dietary fiber to diet

**Suggested Use:** Use as a substitute for sugar

- o In recipes not containing yeast
- o To sweeten drinks
- o On cereal

**Size Available:** 8.4 oz (80 servings)

**Shelf Life:** 3 years

### Ingredients:

- o LO HAN
- o CHICORY ROOT
- o ACACIA FIBER





## FLAX SEED OIL

The seeds and oil of the flax plant contain substances which promote good health. Flax seed oil is rich in algalinolenic acid (ALA), which belongs to a group of substances called omega-3 fatty acids.

Omega-3 is beneficial to the heart, helping to protect against heart disease and control high blood pressure.

Flax seed oil contains lignans, which may have antioxidant actions and protect against breast, colon, prostate, and skin cancer. Studies have shown flaxseed to slow down the division of tumor cells.

Omega-3s have been shown to counter the inflammatory response, which is helpful to those with inflammatory conditions such as lupus and gout.

**Suggested Use:** Take 2–6 softgels daily. For best absorption, take with food.

2 softgels daily will last: 60 days

4 softgels daily will last: 30 days

6 softgels daily will last: 20 days

**Size Available:** 120 softgels (1000mg each)

**Shelf Life:** 3 years

### Ingredients:

#### ORGANIC FLAX SEED OIL

Which typically contains:

- o **ALPHA-LINOLENIC ACID** (omega 3)—585 mg
- o **LINOLEIC ACID** (omega 3)—150 mg
- o **OLEIC ACID** (omega 9)—175 mg
- o **OTHER FATTY ACIDS/PHYTONUTRIENTS**—90 mg



## HERBAL STRESS RELIEF

Offers natural stress relief while helping the body maintain and/or restore maximum performance balance.

Solutions4 Herbal Stress Relief is an enhanced Valerian Root Formula which acts as a natural and relaxing stress-reliever. Valerian is a perennial plant found in New England and Europe. The root has been blended with Hops Flowers, Chamomile Flowers, and Passion Flowers in a synergistic formula. These ingredients have traditionally been used for relaxation.

**Suggested Use:** 2 capsules daily, one capsule morning and one capsule evening (more may be taken if desired but do not exceed 12 capsules in one 24-hour period).

2 capsules daily will last: 45 days

**Size Available:** 90 capsules

**Shelf Life:** 7 years

### Ingredients:

**PASSION FLOWER**—Sedative, calms the nervous system and promotes sleep.

**VALERIAN ROOT**—Very potent tranquilizer, antispasmodic, and mild anodyne.

**CHAMOMILE FLOWER**—Sedative, good for excitement and nervous stomach.

**HOPS FLOWERS**—Sedative, restoring tonic for the nervous system. **CATNIP**—Antispasmodic, digestive stimulant, promotes cooling.

**LAVENDER FLOWER**—Sedative and analgesic; antispasmodic.

**MYRRH GUM**—Immune stimulant, circulatory stimulant.

**SPEARMINT LEAVES**—Antispasmodic, digestive tonic, promotes bile flow. Relaxes peripheral blood vessels.





## HORMONE BALANCE

Solutions4 Hormone Balance is a safe and natural way to stabilize the hormones of the body for both women and men. This formula is an alternative to synthetic hormones, as it allows the body to produce and regulate its own hormonal balance.

### Features and Benefits:

#### **For Women:**

- o Helps assist with a healthy menstrual cycle
- o Helps with symptoms of PMS, including:
  1. Cramping
  2. Menopause
  3. Vaginal dryness

#### **For Men:**

- o Increases effect of testicular hormones

**Suggested Use:** 2–3 capsules twice daily  
 2 capsules twice daily will last: 45 days  
 3 capsules twice daily will last: 30 days

**Size Available:** 180 capsules

**Shelf Life:** 7 years

### Ingredients:

**BLESSED THISTLE**—Used for treating painful menstruation.

**DAMIANA**—Used to improve sexual potency, aphrodisiac, relieves headaches.

**DONG QUAI EXTRACT**—Anti-spasmodic. Treatment of hormone symptoms such as hot flashes, menopause, vaginal dryness, PMS. Increases the effect of ovarian/testicular hormones.

**KAVA KAVA**—Potent analgesic—used for vaginitis and urinary tract. Sedative, muscular relaxant for relief of insomnia, stress, anxiety.

**SERENOA SERRULATA**—Prostate, irritable bladder relief.

**WILD YAM EXTRACT**—Progesterone precursor, treats nausea in pregnancy, active agent in hormone precursors.

**MOTHERWORT**—Used to treat suppressed menstruation and other female disorders, used to treat nervous conditions, thyroid, hypertension.

**LICORICE ROOT**—High in calcium, tissue nourishing tonic, aids hypoglycemia, nausea, promotes adrenal gland function, helps with menopausal ailments. Estrogen effects.

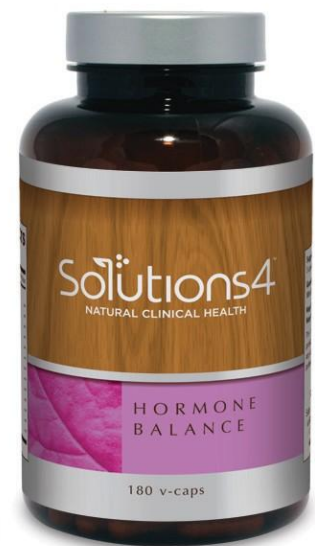
**BLACK COHOSH**—Anti-spasmodic, diuretic, influences the nervous system. Used in menstrual and uterine affections.

**RED RASPBERRY LEAF**—Antispasmodic, for disorders of gastrointestinal tract, morning sickness, hot flashes, cramps, decreases heavy menstrual flow.

**PASSION FLOWER**—For nervous agitation, mild insomnia, depression.

**CRAMP BARK**—Antispasmodic, diuretic tonic, sedative, prevents miscarriage, dysmenorrhea, ovarian irritation, cramps.

**PARSLEY**—Flushing, helpful for urinary tract, bladder inflammation.



## INTESTINAL CLEANSER

Solutions4 Intestinal Cleanser is part of a complete Detoxification program. This is a program which temporarily replaces a normal diet of solid food, utilizing liquid food and cleansing supplements to detoxify the body systems. Intestinal Cleanser is an herbal bowel tonic that helps break down hard encrustation of waste for removal from the colon during Detoxification, as well as on its own for effective and healthy elimination.

### Features and Benefits:

- o Safe tonic-laxative
- o Increases circulation to bowels
- o Lubricates the intestinal tract
- o Aids in healing bowels
- o Relieves gas and pains in the bowels
- o Will expel worms from intestines
- o Powerful anti-inflammatory and anti-irritant for joints and the gastro-intestinal tract
- o High in minerals including iron
- o Improves function of the stomach and liver

### Suggested Use: 2–3 capsules twice daily

2 capsules twice daily will last: 22 days

3 capsules twice daily will last: 15 days

Dosage will be adjusted accordingly when taken as a part of the Detoxification Program.

As a special dietary supplement, take 2-3 capsules twice daily with a large glass of water.

**Size Available:** 90 capsules

**Shelf Life:** 7 years



### Ingredients:

**CASCARA SAGRADA BARK**—One of the safest tonic-laxative herbs known, and can be used on a daily basis without becoming habit forming. Stimulates secretions of the entire digestive system.

**CLOVES**—Increases circulation, improves digestion. Anti-spasmodic, relieving pain by reducing cramping in muscles. Affects nerves directly, reducing pain signals to the brain.

**FENNEL SEED**—Relieves gas and pains in the bowels. Has a cooling affect on the bowels. Lubricates the intestines and is very healing.

**GINGER ROOT**—Eliminates and counteracts the formation of mucus. Taken to relieve gas and severe pains in the bowels. Destroys parasites in the digestive system. Increases energy of the body. Stimulates circulation and breaks up obstructions.

**YELLOW DOCK ROOT**—An astringent blood purifier useful in treating diseases of the blood, and chronic skin ailments. Stimulates digestion, improving the function of the stomach and liver.

**MARSHMALLOW ROOT**—Powerful anti-inflammatory and an anti-irritant for joints and the gastro-intestinal tract. High in minerals, especially easily assimilable calcium. Used for chronic constipation. Protective and healing in intestinal irritations.

**BUTTERNUT BARK**—Will expel worms from intestines. Remedy for chronic constipation.

**LICORICE ROOT**—Helps eliminate built up toxins. Constipation is considered a serious problem because the retention of wastes in the body can lead to more serious diseases. Used to protect damaged or inflamed tissues.

## JOINT & MUSCLE RELIEF

A natural treatment for arthritis, stiffness, swollen joints, and muscular aches and pains. Solutions4 Joint & Muscle Relief assists in body healing through a combination of herbs that help rebuild and strengthen body tissue, increase joint lubrication, and reduce inflammation around the joints.

### Natural treatment for:

- o Arthritis
- o Stiffness of the joints
- o Swollen joints
- o Muscular aches and pains

### Assists Body Healing By:

- o Cleansing accumulated toxins and wastes
- o Strengthening all vital organs
- o Helping glands to revitalize themselves
- o Re-establishing chemical balance in the tissues
- o Rebuilding and strengthening general health of the body

**Suggested Use:** 2–3 capsules three times daily

2 capsules three times daily will last: 33 days

3 capsules three times daily will last: 22 days

**Size Available:** 200 capsules

**Shelf Life:** 7 years

### Ingredients:

**ALFALFA**—Used in the recovery of acute ailments and in rebuilding energy. A blood purifier, used to treat toxicity of blood, arthritis and cancer.

**YUCCA**—Helps flush excess water from the system. Assists in excretion of bile salt and cholesterol into the intestines. Helps in the reduction of swelling.

**LICORICE ROOT**—Treats adrenal insufficiency. Has a stimulating action and helps counteract stress.

**BURDOCK ROOT & SEED**—A valuable purifier, used for the treatment of arthritis, rheumatism, sciatica and lumbago. Promotes kidney function, working through the kidneys to help clear the blood of harmful acids.

**SARSPARILLA**—Useful in the treatment of gout, rheumatism, colds, fever, ringworm, skin eruptions, as well as other ailments requiring a good blood purifier.

**DEVILS CLAW ROOT**—Anti-inflammatory in joints, hepatic tonic, diuretic, sedative, lymphatic stimulant.

**PRICKLY ASH**—Digestive stimulant, alterative especially for the joints, diaphoretic, peripheral circulatory stimulant.

**ASCORBIC ACID (Vitamin C)**—Assists in rebuilding the immune system.



## MULTIVITAMIN / MULTIMINERAL

Solutions4 Multivitamin/Multimineral is the perfect combination of essential vitamins and minerals that are necessary for health. This formula utilizes the process of chelation, which binds minerals with amino acids, making assimilation by the body much more efficient than comparable supplements.

### The Importance of Chelation:

Multivitamin / Multimineral is an important and effective formula because of its chelation [key'lation]. This is the process by which mineral substances are changed into their digestible form. Common mineral supplements such as bone meal and dolomite are often not chelated and must first be acted upon in the digestive process to form chelates before they are of use to the body. The natural chelating process is not performed efficiently in many people, and because of this, many of the mineral supplements they take are of little use.

It is important to understand that the body does not use everything it takes in, and that most of us do not digest our foods efficiently. Additionally, only two to ten percent of inorganic iron taken into the body is actually absorbed, and even with this small percentage, 50 percent is then eliminated. Taking all these factors into account, you can recognize the importance of ingesting minerals that have been chelated. Amino acid-bound chelated mineral supplements provide three to ten times greater assimilation than those that are non-chelated.

**Suggested Use:** 1 capsule twice daily, one morning and night

1 capsule twice daily will last: 45 days

**Sizes Available:** 90 capsules

**Shelf Life:** 2-3 years

### Ingredients:

Vitamins A, C, D, E, B1, B2, B3, B6, B12, Niacin, Calcium Pantothenate, Folic Acid, Biotin, Inositol, Choline, PABA, Lipotropic, Calcium Chelate, Potassium, Magnesium Chelate, Manganese Chelate, Zinc Chelate, Alfalfa, Kelp, Phosphorus, Pantothenic Acid, Iron Chelate, Chromium Chelate, Molybdenum, Iodine, Selenium



## NUTRITIONAL SHAKE

This candida-friendly shake mixes instantly with water or milk, and can be used as a perfectly balanced meal replacement when you are on the go. The Solutions4 Nutritional Shake can also be a part of a healthy weight loss program by becoming a substitute for two out of three meals a day while providing essential nutrients to the body. Available in chocolate, vanilla, strawberry and orange cream.

### Features and Benefits

- o Easy mixing
- o Great taste
- o No artificial sweeteners
- o Low glycemic ratio
- o Contains digestive enzymes, probiotics, omega 3 fatty acids and trace minerals
- o Lactose, soy and gluten free as well as candida friendly

**Suggested Use:** For meal replacement, use 2 level scoops mixed with 8 oz of water. For a healthy snack in-between meals, mix 1 level scoop with 4-6 oz. of water. You may substitute all or some of the water with rice milk or almond milk. For variety, try adding frozen berries, fresh fruit and/or ice.

1 scoop 1 time daily will last: 30 days

2 scoops 1 time daily will last: 15 days

**Size Available:** 22.75 oz (15 meals or 30 snacks)

**Shelf Life:** 6 years

### Ingredients:

VITAMIN A, C, E, K, B1, B2, B5, B6, B12, K, CALCIUM, FOLIC ACID, MAGNESIUM, CLA, ACIDOPHILUS & BIFIDUS, OMEGA 3 FATTY ACIDS, PROBIOTIC BLEND, BIOTIN, CHROMIUM, IRON, NIACINAMIDE, POTASSIUM, XYLITOL, DIGESTIVE ENZYME BLEND





## PROBIOTIC BLEND

This probiotic formulation helps to maintain healthy intestinal activity. The function of the human digestive system is to convert the food we eat into useful body fuel. A necessary and healthful contributor to a properly working digestive system is an abundant supply of the “friendly” bacteria. Solutions4 Probiotic Blend contains 4 friendly bacteria for this purpose.

This is an effective alternative to all candida albicans prescription drugs, and it causes no side effects. The Solutions4 formula is patient-tested and proven effective in chiropractic and wellness clinics.

*Probiotic Blend contains 20 billion units per serving (10 billion units per capsule).*

### Features and Benefits

- o Helps to maintain healthy intestinal activity
- o Prevents the overgrowth of harmful micro-organisms
- o Helps prevent bad breath, gas and bloating
- o Improves the overall health of the skin by combating harmful bacteria

**Suggested Use:** 1–2 capsules four times daily as needed

1 capsule four times daily will last: 22 days

2 capsules four times daily will last: 11 days

**Size Available:** 90 capsules

**Shelf Life:** 4 years

### Ingredients:

**VITAMIN A (BETA-CAROTENE)**—Promotes growth, strong bones, and healthy skin, hair, teeth, eyes, and gums.

**VITAMIN C (ASCORBIC ACID)**—Aids in preventing many types of viral and bacterial infections and generally strengthens the immune system.

**BIOTIN**—A B-vitamin that is needed for the formation of fatty acids and glucose, which are essential for the production of energy. It also helps with the metabolism of carbohydrates, fats and proteins.

**ZINC CITRATE**—Fights infection and stimulates the immune system.

**LACTOBACILLUS ACIDOPHILUS**—Friendly bacteria normally found in the intestinal tract, which are necessary and healthful contributors to a properly working digestive system.

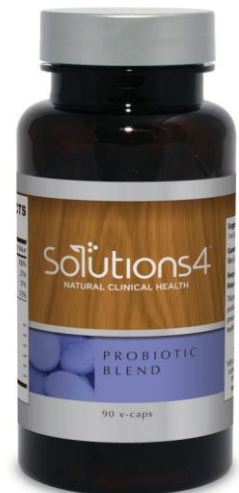
**BARBERRY ROOT**—Helps to build the immune system and prevent yeast overgrowth.

**LICORICE**—Works by promoting the overall health of the gastrointestinal system.

**PAU D'ARCO**—An effective anti-fungal herb.

**GARLIC**—Creates an atmosphere that prohibits bacteria and fungus. (Candida is a form of fungus.)

**GOLDENSEAL ROOT**—Helps to destroy bacteria and viruses, as well as helps to relieve inflammation and congestion.



## SALMON OIL

Wild salmon oil does not suffer from the faults that plague traditional fish oils. A salmon's cold-water habitat and relatively short lifespan dramatically reduce the exposure to common environmental toxins, resulting in a higher quality, higher purity oil. A salmon's high dietary intake of protective carotenoids such as astaxanthin make their oil more resistant to spoilage and rancidity than other fish oils. Salmon are a renewable, self sustaining resource. Other fish oils, which are commonly a blend of several species of fish, have a much less consistent level and blend of healthy omega acids, especially EPA and DHA. Each serving of salmon oil contains 180 mg of EPA and 220 mg of DHA, two of the most beneficial constituents of omega 3 fatty acid.

### Salmon Oil has been shown to:

- Boost levels of HDL (good cholesterol) and lower the levels of triglycerides
- Aid in Healthy Aging
- Lower weight without dieting
- Increase Bone and Joint Health
- Assist in Cognitive Function
- Increase the health of the eyes, nails and skin
- Promotes healthy pregnancies and developing children
- Improve mental health

**Suggested Use:** Take 2 softgels 1/2 hour after breakfast and 2 softgels 1/2 hour after an evening meal.

4 capsules daily will last: 30 days

**Size Available:** 120 capsules

**Shelf Life:** 7 years

### Ingredients:

**SALMON OIL** – Oil derived from Salmon containing high levels of Omega 3 fatty acids which contribute to the improvement of overall health.

During the processing of Solutions4's Salmon Oil, all mercury content was removed.



## THYROID

This unique formula was developed to benefit anyone suspecting a thyroid condition, as well as those seeking a daily supplement to ensure nutritional support of the thyroid and adrenals.

Solutions4 Thyroid Adrenal Support stimulates healthy glandular function and contains a synergistic blend of herbs including kelp and bladderwrack, two potent sources of iodine which support your body's natural ability to produce thyroid hormones.

### This formula helps to:

- o Restore the body's optimal thyroid hormone level
- o Alleviate the symptoms of thyroid disorders, such as: weight gain, low energy, fatigue and depression

**Suggested Use:** 2 capsules, 2-3 times daily

4 capsules daily will last: 15 days

6 capsules daily will last: 10 days

**Size Available:** 60 capsules

**Shelf Life:** 7 years

### Ingredients:

**KELP** - A great source of natural iodine, potassium, magnesium, calcium, iron, B-complex vitamins, and 70 other micronutrients. Stimulates healthy thyroid function and improved metabolism.

**COLEUS FORSKOHLII** -Beneficial in fat loss due to its ability to break down adipose tissue, and discourage the formation of new fatty tissues. Directly stimulates the increased production of thyroid hormones.

**BACOPA** – A potent ayurvedic herb with antioxidant properties, bacopa helps to relieve stress and boost mental function.

**HOPS FLOWER** – An herbal stress reliever and hormonal support agent.

**SAGE** –Helps to control stress, improve digestion, and stimulate pancreatic function.

**ASHWAGANDHA ROOT** – An adaptogenic herb which helps to control stress and anxiety, and acts as a powerful anti-inflammatory, anti-oxidant, and immune system boost.

**ROSEMARY**– Helps to reduce stress, anti-oxidant.

**BLADDERWRACK** – A great source of natural iodine, calcium, magnesium, potassium, and B-complex vitamins. Stimulates healthy thyroid function.

**GINSENG** – An adaptogenic herb that aids in the control of high blood sugar. Boosts sports performance and recovery.

**SCHIZANDRA ROOT** – An adaptogenic, anti-oxidant herb. Helps with stress relief and boosts sports performance and recovery.





## VITAMIN D

Studies have shown that adequate amounts of vitamin D in the body can decrease the risk of diseases, such as cancer, osteoporosis, depression, Alzheimer's and many others. Solutions4 Vitamin D, in an easily-absorbed liquid gel form.

### Features and benefits:

- o Bone strengthening
- o Lower risk of disease and infection
- o Immune boosting
- o Decrease cognitive decline with aging

**Suggested Use:** 1–2 softgels, one time daily

1 softgel daily will last: 150 days

2 softgels daily will last: 75 days

**Size Available:** 150 softgels (1000 IU each)

**Shelf Life:** 7 years

### Ingredients:

**VITAMIN D3 (Cholecalciferol)**—The most potent form of supplemental vitamin D. 1000 IU per day provides enough vitamin D to rectify most deficiencies and supply the body with optimal levels of this beneficial immune-boosting nutrient.



## ALOE ACTIVATOR

The Solutions4 Aloe Activator is a skin freshener and toner with antiseptic properties that help give greater health and color to the skin. It may be used alone or with the Protein Lift Facial Masque and is a great tool to aid in the removal of the Green Clay and Protein Lift Masks. Great for all types of skin by working not only as a hydrator and skin softener but as a natural anti-fungal and anti-biotic.

### Features and benefits when mixed with Protein Lift Masque:

- o Helps masque penetrate more deeply
- o Helps masque draw impurities from the skin
- o Works as a carrying agent for the nutrients of the masque

### Features and benefits when used Alone:

- o Antiseptic properties help give greater health and color to the skin
- o A skin freshener and toner under make-up
- o Can be used as a spritz over make-up

**Size Available:** 4 fluid ounces

**Shelf Life:** 5 years

### Ingredients:

**Pure Aloe Vera Extract:** A botanical extract, which helps to calm, heal and soothe the skin. It is also considered nature's anti-biotic, working as an anti-bacterial, anti-inflammatory, and as an anti-fungal.



## ANTI-CELLULITE LOTION

Solutions4 Anti-Cellulite Lotion has the ability to maximize and preserve the contouring, tightening and inch loss achieved through the Solutions4 Body Contour Wrap. Essential nutrients increase circulation, helping to condition and tone the skin. Active ingredients are retained in concentrated levels to assist in the cleansing and cellulite removal process, leaving the skin with a delicate cinnamon scent.

### Helps to:

- o Increase circulation
- o Soften and condition the skin
- o Tighten and tone
- o Aid in the removal of cellulite

**Suggested Use:** Anti-Cellulite Lotion should be applied immediately after showering or bathing, on all days in between body wraps or as an everyday lotion. (Before initial use it is advised that a patch test be performed at least 8 hours prior to application.) Apply to dry skin in a circular motion, treating the problem areas of the hips, buttocks, thighs, upper arms, etc. Avoid breasts and bikini areas.

**Please Note:** Due to increased circulation the skin may become pink immediately following application, normal coloring will return shortly following use.

**Sizes Available:** 8 fluid ounces & quart

**Shelf Life:** 1 year

### Ingredients:

**ALOE VERA** - A botanical extract which helps to calm, heal and soothe the skin. It is also considered nature's anti-biotic, working as an antibacterial, anti-inflammatory, and as an anti-fungal.

**VITAMIN A** - Improves skin texture and firmness, helps to fade and prevent discolorations. Converts to retinoic acid which renews skin by promoting cell turnover and provides anti-aging benefits.

**CUCUMBER EXTRACT** - Helps to tighten and firm the skin while binding moisture, healing and combating inflammation.



## APPLE STEM CELL MOISTURIZER

This product is changing the skin care industry in ways never before realized through the use of apple stem cells. By combining plant-derived stem cells with other anti-aging actives (such as anti-oxidants, anti-inflammatory botanicals and UV protectors), we can rejuvenate skin cell DNA, the core center for all cell renewal processes, and literally give aging skin a fresh new start.

This product is free from parabens, urea, sulfates, artificial colorants and perfumes. No toxic ingredients were used in the production of this product.

### Helps To:

- o Protect, prevent and repair aging skin
- o Rejuvenate skin cell's DNA
- o Replenish new collagen and elastin
- o Decrease the appearance of wrinkles, particularly crow's feet

**Suggested Use:** Gently massage a small amount of Apple Stem Cell Moisturizer morning and night, into clean skin until invisible. Keep out of eyes.

**Size Available:** 1.75 fluid ounces

**Shelf Life:** 1 year

### Ingredients:

*MALUS DOMESTICA FRUIT CELL (APPLE) CULTURE EXTRACT* - Protects longevity of skin stem cells.

*BUTYROSPERMUM PARKII (SHEA) BUTTER* - Wound-healing (anti-bacterial) properties; soothes sunburned skin and insect bites; improves the overall look of scars and stretch marks.

*COCONUT ALKANES* - Contains vitamins, A, D, E, K, and B; slows the aging process and provides hydration.

*PANTHENOL* - Vitamin B5; penetrating moisturizer, cellular proliferation, and tissue repair.

*ALLANTOIN* - Botanical Extract; healing and soothing properties from the Comfrey root.

*ORGANIC ALOE BARBADENSIS LEAF* - Anti-inflammatory, antibiotic, moisturizing, and soothing properties.



## ANTI-INFLAMMATORY GEL

Calms muscle and nerve pain through natural ingredients that increase circulation and reduce the inflammatory response of the tissue. Anti-Inflammatory Gel warms up the area by increasing circulation, and then cools using a natural antiseptic effect.

### Helps to:

- o Provide long-lasting natural pain relief by reactivating itself throughout the day
- o Treat swelling, inflammation, aches and soreness of muscles and joints caused by injury, sprains, stiffness, arthritis, sciatica, rheumatic pain, and fibromyalgia

**Suggested Use:** Apply to the effected areas no more than three to four times daily. Rub in thoroughly until gel is absorbed.

**Size Available:** 2 fluid ounces

**Shelf Life:** 1 year

### Ingredients:

**PLANT DERIVED MENTHOL 3%** - Is a natural antiseptic which cools the skin while stimulating blood circulation.

**CAMPHOR 3%** - Acts as a natural anesthetic with anti-inflammatory, properties that also stimulates blood circulation.

**CAPSAICIN .03%** - Used for muscle aches and pains, sprains, and arthritis symptoms.

**GREEN TEA EXTRACT** - Provides powerful anti-aging effects. Is also known as a strong antioxidant.

**YUCCA EXTRACT** - Circulatory aid.



## APRICOT EXFOLIATOR

This Exfoliator is a grape seed oil based scrub that combines a perfect blend of vitamins, anti-oxidants, UV protectors, hydrators, moisturizers collagen and elastin builders to provide superior protection and gentle exfoliation through the use of tumbled apricot seeds.

This product is free from parabens, urea, sulfates, artificial colorants and perfumes. No toxic ingredients were used in the production of this product.

### Helps To:

- o Provide deep cleansing to the face and neck
- o Diminish the sun's damaging effects and lessen free radical damage
- o Provide moisture and promote regeneration of skin cells
- o Reduce the appearance of fine lines, wrinkles, uneven texture and irregular pigmentation
- o Naturally boost collagen and elastin
- o Invigorate dull and lifeless skin

**Suggested Use:** Lather a small amount in palms then massage gently onto wet face and neck. Rinse with warm water. Use 3-5 times per week after cleanser. Keep out of eyes.

**Size Available:** 4 fluid ounces

**Shelf Life:** 1 year

### Ingredients:

**NATURAL ALPHA-HYDROXY ACID**—Gently exfoliates the skin to prevent the appearance of wrinkles and fine lines.

**GRAPE SEED OIL**— An antioxidant that is 50% more powerful than Vitamin C and Vitamin E.

**LINOLEIC ACID**—Critical in the health of the cell membranes in the skin.

**PROANTHOCYANIDINS**—Very powerful antioxidants that help diminish the sun's damaging effects and lessen free radical damage.



## BODY EXFOLIATOR

The Solutions4 Body Exfoliator is a superior enzymatic and manual exfoliator that utilizes papaya enzymes which dissolve dead skin and round pumice crystals that exfoliate. This formula is unique and unlike sea salt will not cut or damage the skin's surface. This gentle exfoliant softens the skin and delays the appearance of fine lines and wrinkles.

### Helps to:

- o Remove dead cells
- o Dilate capillaries which enables nutrients to get to the cells
- o Stimulate the metabolism of the skin
- o Activate the Solutions4 Body Contour Cream

**Suggested Use\*:** Apply to the body three times weekly with or without water. May be applied to dry skin before showering, rubbing in circular motion from feet to shoulders, or use on wet skin in the shower for less intensity. Not for use on the face.

**Sizes Available:** 8 fluid ounces, quart, gallon

**Shelf Life:** 1 year

### Ingredients:

**ALOE VERA** - A botanical extract which helps to calm, heal and soothe the skin. It is also considered nature's anti-biotic, working as an anti-bacterial, anti-inflammatory, and as an anti-fungal.

**ROUNDED PUMICE (volcanic origin)** - An abrasive exfoliant used to remove dead skin cells.

**BETA GLUCAN** - Stimulates formation of collagen.

**PAPAIN** - Live papaya enzymes act as a gentle exfoliant which help to dissolve dead skin cells and encourage deeper penetration for additional products.

**GERANIUM EXTRACT** - Works as an astringent while aiding in cell regeneration.

**CYPRESS SAGE EXTRACT** - Has antiseptic and astringent properties helping to soothe the skin.

\*Also available for professional use- Use prior to Body Wrap. This synergistic formula activates the Body Contour Cream and Solutions4's Maintain Lotion for deeper penetration to achieve maximum inch loss.





## BODY WRAP CREAM (Regular and Sensitive formulas)

The Solutions4 Body Wrap Cream promotes a healthy and permanent inch loss of 4-14 inches per treatment while maintaining proper hydration. Since this is not a water loss wrap, the inches lost will remain lost with a healthy diet and exercise. When utilized with a body wrap, excess cream will be absorbed by the skin eliminating the need of a wet room. This cream is very effective for those suffering from poor circulation and fluid retention.

### Helps to:

- o Remove cellulite by targeting and removing the toxins trapped in the connective tissue
- o Soothe, heal and stimulate new tissue growth
- o Increase skin elasticity and improve skin's firmness

**Suggested Use:** Patient may have 1 body wrap every 4-7 days by a technician that has been certified in Solutions4's Body Contour and Inch Loss Programs.

**Sizes Available:** 2 fluid ounces = 1 body wrap

Quart = 16 body wraps

Gallon = 64 body wraps

**Available in regular and sensitive formulas.**

### Professional Use Only

**Shelf Life:** 6 months - 1 year

### Ingredients:

**NIACIN/ NIACINAMINDE**— Niacin/Niacinamide: Increases circulation by dilating blood vessels while encouraging lymphatic flow.

**SOY OIL**— Helps to stimulate the synthesis of collagen, elastin, and structural glyco-proteins. Also helps to soothe the skin while providing essential nutrients such as vitamins A, E and K, phosphates and lecithin.

\* Wrap should never be performed on one who is pregnant, nursing or if one has not been in remission from cancer for 5 years or more. Also those on blood thinning medications such as Coumadin and those who suffer from seizures should not utilize body contouring products.





## EXERCISE GEL

Solutions4 Exercise Gel applied before exercise, improves pre-exercise stretching and encourages mobility and circulation throughout a workout. The ingredients in Solutions4 Exercise Gel are scientifically formulated to cause the blood to flow more quickly and evenly into the connective tissues. Circulation helps the body's waste disposal system to more efficiently expel toxic waste and fluid, sculpting and toning vulnerable cellulite areas. Exercise Gel is also used for sore muscles, fibromyalgia, arthritis, and aching joints, to encourage a more productive and comfortable exercise session. Natural herbal extracts are safe for all skin types and can be used with any kind of exercise, including meditation and yoga.

### Helps to:

- o Keep muscles warm and moveable
- o Increase circulation
- o Expel toxic waste and fluid

**Suggested Use:** Apply Exercise Gel to the problem areas of the body, any sore muscles or joints, or anywhere that the patient wishes to reduce tissue toxins. It can be used up to three times daily with or without exercise for improved circulation and mobility.

**Sizes Available:** 8 fluid ounces & quart

**Shelf Life:** 1 year

### Ingredients:

**ALOE VERA** - A botanical extract which helps to calm, heal and soothe the skin. It is also considered nature's anti-biotic, working as an antibacterial, anti-inflammatory, and as an anti-fungal.

**BLADDERWRACK EXTRACT** - Works on the glandular system.

**ALLANTOIN** - A natural botanical extract which heals and soothes the skin while working to calm irritation and stimulate new tissue growth.

**NIACIN** - Increases circulation by dilating blood vessels while increasing lymphatic flow which assists in removing toxins from connective tissue.



## GREEN CLAY MASK

Our Green Clay Mask is a therapeutic indulgence for acne-prone skin. Tissue respiratory factor, aloe, and pure-French clay combine to absorb excess oils and support the skin in the fight against blemishes. This 30-minute treatment purifies and refines skin texture.

### Helps to:

- o Actively absorb excess oils, purify, refine texture and support the skin in the fight against blemishes, including acne and blackheads
- o Remove the buildup of dead cells and imbedded impurities by acting as a poultice to the skin
- o Identify oily zones by darkening in oil specific areas

**Suggested Use:** May be sold as a take home product, where it should be used twice weekly, or may be offered as a relaxing therapeutic facial service. Apply Green Clay Mask with clean fingers or a sturdy facial brush in upward strokes beginning at the neck. Leave on 30 minutes, flush with warm water to remove (Aloe Activator may be used to assist in the removal of mask).

**Size Available:** 2 fluid ounces

**Shelf Life:** 1 year

### Ingredients:

**MONTREUIL GREEN CLAY** - Works as a poultice to help clarify the skin by drawing out impurities. Also works as an anti-septic.

**ALOE VERA** - A botanical extract, which helps to calm, heal and soothe the skin. It is also considered nature's anti-biotic, working as an anti-bacterial, anti-inflammatory, and as an anti-fungal.

**BASIL EXTRACT** - Stimulates and purifies the skin while adding antibacterial properties.

**PAPAIN** - Live papaya enzymes act as a gentle exfoliant which help to dissolve dead skin cells and encourage deeper penetration for additional products.

**HAWAIIAN WHITE GINGER** - Works to stimulate circulation.



## GREEN TEA CLEANSER

Green Tea Cleanser will leave the skin clean, soothed and moisturized. Studies show that green tea is effective in the prevention and treatment of abnormal skin conditions, such as acne, psoriasis and eczema. Green tea's anti-oxidant power protects the skin from environmental factors and free radicals that lead to accelerated aging of the skin. This cleanser was formulated for all skin types and helps promote balanced protection on a daily basis.

This product is free from parabens, urea, sulfates, artificial colorants and perfumes. No toxic ingredients were used in the production of this product.

### Helps to:

- o Gently cleanse the skin while removing make-up and environmental buildup
- o Prevent and treat abnormal skin conditions such as acne, psoriasis and eczema
- o Protect and assist in the prevention of skin cancer

**Suggested Use:** Apply a light film over the face and neck. Using the fingertips gently work into pores. Rinse with warm water. Keep out of eyes.

**Size Available:** 4 fluid ounces

**Shelf Life:** 1 year

### Ingredients:

**GREEN TEA LEAF EXTRACT** - Known for it's anti-inflammatory, anti-oxidant, and anti-carcinogenic properties.

**ALLANTOIN** - Botanical extract from Comfrey root – healing and soothing properties.

**ALOE BARBADENSIS LEAF JUICE** - Anti-inflammatory, natural antibiotic, moisturizing, and soothing properties.

**ASCORBIC ACID** - Vitamin C; Anti-oxidant and UV protector.

**LAVANDULA ANGUSTIFOLIA (LAVENDER OIL)** - Used for aromatherapy, anti-inflammatory, anti-bacterial, antiseptic, and healing properties.



## HERBAL BODY WASH

Our Herbal Body Wash is a natural botanical cleanser, formulated to penetrate the pores to properly and deeply cleanse, with a full spectrum bactecept to protect the skin from bacteria and fungus. A natural astringent helps tighten the skin and pores, yet is not drying. Solutions4 Herbal Body Wash is very gentle, preserving the skin's natural protective mantle. Used for all-over cleansing, this product is pH balanced for every skin type.

This product is free from parabens, urea, sulfates, artificial colorants and perfumes. No toxic ingredients were used in the production of this product.

### Helps to:

- o Control acne conditions
- o Relieve ingrown hairs
- o Cleanse and tighten the skin and pores without drying
- o Flush away excess oils, waste materials from perspiration, soot, smog residues, and other pollutants from the air; colognes, perfumes, and other applied substances, as well as bacteria and fungus

**Suggested Use:** Use morning and night and follow with other Solutions4 skin-feeding products. Apply in upward strokes to the face and neck. Allow to dry for 1-2 minutes before flushing off with cold water. May also be used all over the body for bathing, instead of soap.

**Size Available:** 8 fluid ounces

**Shelf Life:** 5 years

### Ingredients:

**ALOE VERA EXTRACT** - A botanical extract, which helps to calm, heal and soothe the skin. It is also considered nature's anti-biotic, working as an anti-bacterial, anti-inflammatory, and as an anti-fungal.

**WHITE OAK BARK EXTRACT** - A natural bactecept, fungicide and astringent.

**SODIUM** - Exists naturally in skin and helps to bind moisture.

**BETA CAROTENE** - A powerful antioxidant that provides nutrients to the skin and is known for its photo protection properties.

**COLLAGEN** - This is a primary building protein of the skin.



## PROTEIN LIFT MASK

A superior lifting and tightening facial masque that stimulates cell renewal without dehydrating. Solutions4 Protein Lift Mask draws imbedded impurities out of the pores of the skin through reverse osmosis. Specialized enzymes and amino acids help induce the fibroblast cells to start reproducing new collagen fibers and elastin strands. This is essential for progressive results in the restoration of skin elasticity and resilience. Protein Lift Mask is a natural alternative to a surgical face lift. May be used prior to an event for it's immediate lifting results.

### Helps to reduce:

- o Wrinkles
- o Enlarged pores
- o Acne
- o Blackheads
- o Drooping and sagging skin

**Suggested Use:** Mix 1 teaspoon powder with 3/4 teaspoon of Solutions4 Aloe Activator. Form a creamy paste. Apply the mask in upward strokes with a facial brush. Remove the mask by wetting with warm water and wiping gently with facial sponges and plenty of tepid water (Aloe Activator may be used and assist in the removal of mask).

**Size Available:** 2 ounce

**Shelf Life:** 2 years

### Ingredients:

**EGG PROTEIN CONCENTRATE** -Tightens and softens the skin while creating a film to retain moisture.

**SOY PROTEIN** - Helps to stimulate the synthesis of collagen, elastin, and structural glyco-proteins. Also helps to soothe the skin while providing essential nutrients such as vitamins A, E and K, phosphates and lecithin.

**BEE POLLEN EXTRACT** - Injects new life into cells while providing 16 vitamins 16 minerals 18 enzymes 18 proteins and all 22 amino acids.

**RNA FACTOR** - Naturally helps stimulate healthy cell renew, is also a powerful anti-oxidant which is essential for formation of new cell growth.

**POWERFUL ANTIOXIDANTS** - Fight free radical damage.



## SKIN REPAIR CREAM

Originally formulated to minimize scar tissue formation following surgery, Solutions4 Skin Repair Cream can help to reverse the scarring process and diminish most types of newly formed scar tissue. Our Skin Repair Cream also helps with all types of dry and damaged skin, including burns, scars, eczema, psoriasis, stretch-marks, abrasions, poison oak, poison ivy, and sunburn. This amazing cream combines the most powerful natural tissue re-builders available. It is chemical-free and safe for use on any type of skin. This cream will penetrate up to 25 cell layers to moisturize and provide nutrients to help healthy skin to naturally restore itself.

### Helps to:

- o Protect and soothe damaged skin
- o Minimize and reverse the scarring process
- o Rebuild tissue naturally

**Suggested Use:** For best results apply evenly several times a day to problem areas. The cream must be used once or more daily, until problem is alleviated. To extend the shelf life of the cream, keep opened product in the refrigerator.

**Size Available:** 1.75 fluid ounces

**Shelf Life:** 1 year unopened  
6 months opened

### Ingredients:

**DNA/RNA** - Essential components of all living matter, which help to naturally stimulate healthy cell renewal, assist with retaining moisture and nutrients.

**ALOE VERA** - A botanical extract, which helps to calm, heal and soothe the skin. It is also considered nature's anti-biotic, working as an anti-bacterial, anti-inflammatory, and as an anti-fungal.

**EUCALYPTUS OIL** - Encourages Blood Circulation, works as an anti-septic and provides aromatherapy properties.

**ALLANTOIN** - A natural botanical extract which heals and soothes the skin while working to calm irritation and stimulate new tissue growth.

**POWERFUL ANTIOXIDANTS** - Fight free radical damage.





## TONER SPRAY

Botanical extracts and Aloe Vera are combined in a spritz formula to enliven the skin while softening the appearance of facial lines. The skin is invigorated, refreshed and hydrated. Use throughout the day to refresh and revitalize, over makeup to set color. Especially beneficial when traveling for skin prone to dehydration.

### Helps to:

- o Invigorate and refresh the skin
- o Enliven the skin while softening the appearance of facial lines
- o Set makeup
- o Refresh and revitalize the skin

**Suggested Use:** Use in morning and evening routine. Also may be used throughout the day to refresh, revitalize, and hydrate the skin.

**Size Available:** 4 fluid ounces

**Shelf Life:** 5 years

### Ingredients:

**ALOE VERA** - A botanical extract, which helps to calm, heal and soothe the skin. It is also considered nature's anti-biotic, working as an anti-bacterial, anti-inflammatory, and as an anti-fungal.

**WHITE OAK BARK EXTRACT** - A natural bactericide, fungicide and astringent.

**WITCH HAZEL EXTRACT** - Promotes wound healing through anti-inflammatory and anti-oxidant properties.

**COMFREY EXTRACT** - Is a healing astringent which helps to fight inflammation and itching. Contains Allantoin.

**HYALURONATE** - A natural moisturizer that gives the epidermis greater suppleness (from cock's comb).



## VITAMIN C HYDRATOR

The antioxidant benefits of vitamin C in topical products are well known, but because of an unstable nature, it can lose up to 90% of potency in the first 30 days; until now. Ester-C is a technological break-through, retaining its vitamin C activity for up to two years. Additionally, Solutions4 Vitamin C Hydrator is effectively absorbed through the skin because of its unique skin penetrating properties.

### Helps to:

- o Prompt cell renewal by stimulating the formation of essential collagen and elastin
- o Assist in absorption of all other ingredients
- o Reduce the appearance of fine lines and wrinkles
- o Protect the skin against sun (UV) and environmental damage
- o Prevent and reverse the effects of aging on human skin

**Suggested Use:** Use each morning. Gently apply in upward strokes to the face and neck. May also be used in the evening if desired.

**Size Available:** 1 fluid ounces

**Shelf Life:** 1 year

### Ingredients:

**OCTYL PALMITATE** - Moisturizing compound and UVB sunscreen.

**JOJOBA OIL** - Moisturizer and emollient that promotes rapid penetration of product providing the skin with suppleness and softness.

**GRAPESEED OIL** - Moisturizing and nourishing properties due to high Linoleic Acid content (fatty acid – omega 6).

**ASCORBIC ACID (Vitamin C)** - Anti-oxidant, collagen builder .

**SQUALENE** - An excellent moisturizer and lubricant occurring naturally in human sebum (shark liver oil source).

**HYALURONIC ACID** - A naturally occurring part of the human skin that has the uncanny ability to absorb 1,000 times its own weight in water when applied to the skin.





## WILD YAM CREAM

A transdermal cream formulated with natural ingredients and hormone precursors to help maintain a balance of estrogen and testosterone in the body. When an imbalance is experienced, especially during menopause, it is often treated with synthetic hormones that have been shown to increase the risk of many serious health issues. The body has the ability to achieve its own balance when supplied with precursors and nutritional support. Solution4's Wild Yam Cream is a topical treatment that provides these key precursors when applied to the soft tissue areas of the body (neck, chest, stomach, and inside of arms and thighs). Progesterone combined with wild yam extract assist in the ultimate formation and balance of progesterone in the body. Wild Yam Cream can be used alone or as an essential tool in the Solutions4's Hormone Balancing Program.

### Helps to:

- o Relieve night sweats and hot-flashes
- o Balance estrogen and testosterone
- o Provide relief from menopausal symptoms

**Suggested Use:** This balancing cream is a trans-dermal skin supplement. It is absorbed quickly and is transported to areas of need. Apply 1/4 tsp. daily to a soft skin area of the body (neck, chest, stomach and the inside of arms and thighs.) Rotate area of application for maximum results. For best results, combine with Solutions4's DHEA internal supplement.

**Size Available:** 1.75 fluid ounces

**Shelf Life:** 1 year

### Ingredients:

**MEXICAN WILD YAM** - Helps to balance estrogen and testosterone hormones.

**DHEA** - The most dominant hormone in the body and is known as the mother hormone. It is used for anti-aging hormone balancing managing fatigue and immune disorders.

