

Solutions4 Natural Clinical Health

Nutritional Reference Guide

Table of Contents

Introduction	7
How to Use this Guide	8
Nutritional Support for Abnormal Blood Lab Reports	9 - 11
Albumin	9
Alkaline Phosphatase	9
ALP	9
Bilirubin	9
BUN	9
Calcium	9
Cholesterol	9
Creatinine	9
Globulin	9
Glucose	10
HDL Cholesterol	10
LDL Cholesterol	10
Potassium	10
RBC	10
Serum Iron	10
SGOT (AST)	10
SGPT (ALT)	10
Sodium	11
Total Protein	11
Triglycerides	11
Uric Acid	11
Programs and Supplementation to Restore the Body to Natural Health	12 - 44
Acid Reflux	12
Acne	12
Adrenal Exhaustion	12
AIDS	12
Albuminuria Proteinuria	12
Alcoholism:	13
Allergies	13
Alopecia (Hair Loss)	13
Alzheimer' Disease (Beginning Stage)	13
Amenorrhea	13
Amino Acid Deficiency	14
Anemia	14
Aneurysm	14
Angina Pectoris	14
Ankles, Swollen	14

Anorexia	15
Anti-Aging	15
Antibiotic Substitute	15
Anxiety	15
Appetite, Excessive	15
Arrhythmia	15
Arteriosclerosis	16
Arthritis (Osteo, Rheumatoid, Psoriatic, Juvenile)	16
Asthma	16
Ataxia	16
Atherosclerosis	16
Attention Deficit Disorder (Hyperactivity)	17
Autism	17
Back Pain	17
Bedwetting	17
Bell's Palsy	17
Benign Prostate Enlargement	17
Bladder Infection	18
Bladder Leakage	18
Bloating/Gas	18
Blood Pressure, High	18
Blood Sugar, Low (Hypoglycemia)	18
Blood Vessel Problems	18
Bowel Flora Restore	18
Bowel Issues	19
Bowel, Sluggish	19
Bronchitis	19
Burns, External	19
Bursitis	19
C Reactive Protein	19
Calcium Deficiency	19
Candida	19
Cardiovascular Health	19
Cholesterol, Elevated or Low	19
Chronic Fatigue	19
Cirrhosis of Liver	20
Cold Extremities	20
Colic	20
Colitis, Chronic	20
Congestive Heart Failure	20
Constipation	20
Cough, Chronic	20
Cravings, Sweets	20
Crohn's Disease	21
Cystitis	21

Dementia	21
Depression	21
Detoxification	21
Diabetes (General Support)	21
Diarrhea	22
Disc Lesions	22
Diverticulitis	22
Ear Ache	22
Eczema	22
Edema	22
Endometriosis	22
Epstein Barr Virus	22
Erectile Dysfunction	23
Exercise Recovery	23
Fatigue	23
Feet (Burning, Numbness or Pain)	23
Fertility, Female/Male	23
Fever	23
Fibroids (Uterus, Breast)	24
Fibromyalgia	24
Fingers (Burning, Tingling)	24
Flatulence (Gas)	24
Flora Restoration (Post Antibiotic Therapy)	24
Flu	25
Frequent Urination (Male – Nighttime)	25
Fungus (General, Skin Nails)	25
Gallbladder (Dysfunction, Infection, Stones)	25
Gastritis	25
Goiter (Thyroid Weakness)	26
Gynecomastia	26
Hashimoto's Hypothyroidism	26
Hay Fever (Sensitivities, Allergies in General)	26
Headaches	26
Heart (Fibrillation Palpitations)	27
Heart Hypertension	27
Heartburn	27
Hemorrhoids	27
Herpes (Simplex Zoster)	28
Hot Disc	28
Hot Flashes	28
HRT (Hormone Replacement Therapy – Natural)	28
Hyperactivity in Children	29
Hypertension	29
Hypoadrenia (Adrenal Exhaustion)	29
Hypoglycemia	29

Hypothyroidism	29
Ileitis (Crohn's Disease)	30
Immune Deficiency Support	30
Impetigo (Skin Disease)	30
Impotency (Male)	30
Incontinence	30
Indigestion	31
Infections	31
Infertility (Male and Female)	31
Inflammation	31
Inflammatory Bowel Disease	31
Insomnia	32
Insulin Resistance	32
Irritable Bowel Syndrome	32
Jaundice	32
Joint Stiffness	32
Kidney (Detox, Infection, Stones, General Health)	33
Laxative (Natural)	33
Leaky Gut	33
Leg Ulcers	33
Legs (Swollen)	33
Libido	34
Liver Detox	34
Liver Disease	34
Lyme's Disease	34
Memory Loss	34
Menopausal Hot Flashes	35
Menstruation, Irregular	35
Migraine Headaches	35
Mono (Mononucleosis)	35
Multiple Sclerosis	35
Muscle (Fatigue, Spasms, Stiffness)	35
Muscular Dystrophy	35
Myasthenia Gravis	36
Nails (Dry, Brittle, Soft, Support)	36
Nausea	36
Neuralgia Neuritis	36
Neuropathy	36
Numbness	37
Obesity	37
Osteoarthritis	37
Osteoporosis	37
Ovarian Cysts	37
Pain	38
Pancreatitis	38

Parasites	38
Parkinson's Disease	38
Peripheral Neuropathy	38
Pneumonia	39
Pregnancy Nutrition (Prior to conception and throughout)	39
Prostate Swelling (Cancer potential, High PSA)	39
Protein Deficiency (Metabolism)	39
Psoriasis	39
Rash (Diaper, Chaffing)	40
Restless Leg Syndrome	40
Rheumatoid Arthritis	40
Ruptured Disc	40
Sciatica	40
Sinusitis	41
Sleepiness (Always Tired)	41
Sleeping Trouble (Trouble staying asleep)	41
Snoring	41
Sore Throat	42
Sports Injuries	42
Staph Infection	42
Sterility (Male/Female)	42
Stomach (Bloating, Burning, Cramps, Nervous, Ulcer, Sores, Pain before or after eating)	43
Sugar Cravings	43
Sun Burns	43
Surgery (Pre and Post)	43
Swollen Ankles and Feet	43
Ulcers (Diabetic, with or without Neuropathy)	43
Urethra (Ureter, UTI, Infection)	44
Weight Loss	44
Yeast Infection	44
Solutions4 Product Short Sheets Guide	45

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
Title	Nutritional Support for Abnormal Blood Lab Reports	Programs and Supplementation to Restore the

		Body to Natural Health
Purpose	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.
Use	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.
Column 1	Blood Labs	Ailment / Condition
Column 2	Optimal Range	Recommended Treatment
Column 3	Recommendations for When Its Too High	n/a
Column 4	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:**

Albumin	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
Alkaline Phosphatase ALP	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
Bilirubin	.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
BUN	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
Calcium	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
Cholesterol	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
Creatinine	.5 – 1.5	Same as BUN above	Same as BUN above
Globulin	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

Glucose	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)
HDL Cholesterol	32-60	N/A	Vitamin D: 4/day Detox Kit (use 3-5 days) Increase Exercise
Male:	40-50		
Female:	50-59		
Greater than is safe:	60		
LDL Cholesterol	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
Optimal:	100		
Near Optimal:	100-129		
Borderline:	130-159		
High:	160-189		
Very High:	189+		
Potassium	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
RBC	4.7-6.1	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)
Male:	4.7-6.1		
Female:	4.2-5.4		
Serum Iron	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
SGOT (AST)	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
SGPT (ALT)	7-56	Body Purifier: 3x3/day Digestive Enzyme Blend: 4/meal Detox Kit (use 3-5 days)	Digestive Enzyme Blend: 4/meal

Sodium	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
Total Protein	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
Triglycerides	60-160	Appetite Apeser: 1x3/day	Antioxidant: 1x3/day
Desirable:	150	Body Purifier: 3x3/day	
Borderline:	150-199	Digestive Enzyme Blend: 4/meal	
High:	200-499	Intestinal Cleanser: 3x3/day	
Very High:	500	Thyroid/Adrenal Support: 2x2/day Vitamin D: 4/day Fiber Blend: 4x4/day Detox Kit (use 3-5 days) Increase Exercise	
(these are based on fasting levels)			
Uric Acid		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
Male:	3.5-5.9		
Female:	3.0-5.5		

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

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

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

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

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

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

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

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

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

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

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

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

**For Children less than 100 pounds, use half the dose*

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

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

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

Heart (Fibrillation Palpitations)	<p>Program(s)</p> <ul style="list-style-type: none"> • 12-Week Candida Program <p>Supplement(s)</p> <ul style="list-style-type: none"> • 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	<p>Program(s)</p> <ul style="list-style-type: none"> • 12-Week Candida Program • Detox Kit: 10 day detoxification <p>Supplement(s)</p> <ul style="list-style-type: none"> • 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	<p>Program(s)</p> <ul style="list-style-type: none"> • 20-Day Rejuvenation Program <p>Supplement(s)</p> <ul style="list-style-type: none"> • 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	<p>Program(s)</p> <ul style="list-style-type: none"> • 20-Day Rejuvenation Program • Detox Kit: 10 day detoxification <p>Supplement(s)</p> <ul style="list-style-type: none"> • 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 <p>Other Recommendations</p> <ul style="list-style-type: none"> • Drink half of body weight in ounces of water daily

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

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

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

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

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

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

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

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

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

- Salmon Oil: 4 in the morning, 4 in the evening
- Evening Primrose Oil: 4 in the morning, 4 in the evening
- Body Purifier: 4 in the morning, 4 in the evening
- Cellulite Cleanse: 3 in the morning, 3 in the afternoon, 3 in the evening
- Multivitamin/Multimineral: 4 in the morning, 4 in the evening
- Liquid Calcium: 5 in the morning, 5 in the evening

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

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

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

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

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

- 12-Week Candida Program

Supplement(s)

- Body Purifier: 5 in the morning, 5 in the evening
- Body Purifier: 5 in the morning, 5 in the mid-morning, 5 in the afternoon, 5 in the evening (If acute)
- Multivitamin/Multimineral: 3 in the morning, 3 in the evening
- Liquid Calcium: 4 in the morning, 4 in the evening
- Thyroid/Adrenal Support: 2 in the morning, 2 in the evening
- Evening Primrose Oil: 3 in the morning, 3 in the evening
- Antioxidant: 3 in the morning, 3 in the evening
- Nutritional Shake: 1-2 scoops per day (Any flavor)
- Super Berry Greens Powder: 1-3 scoops per day

Sports Injuries	<p>Program(s)</p> <ul style="list-style-type: none"> • 20-Day Rejuvenation • Detox Kit: 10 day detoxification <p>Supplement(s)</p> <ul style="list-style-type: none"> • Joint and Muscle Relief: 3 in the morning, 3 in the afternoon, 3 in the evening • Evening Primrose Oil: 4 in the morning, 4 in the evening • Salmon Oil: 4 in the morning, 4 in the evening • Body Purifier: 5 in the morning, 5 in the evening • Intestinal Cleanser: 4 in the morning, 4 in the evening • Nutritional Shake: 1-3 scoops per day (Any Flavor) • Super Berry Greens Powder: 1-3 scoops per day • Cardio Health Powder: 1-3 scoops per day
------------------------	---

Staph Infection	<p>Program(s)</p> <ul style="list-style-type: none"> • 12-Week Candida Program <p>Supplement(s)</p> <ul style="list-style-type: none"> • Body Purifier: 5 in the morning, 5 in the evening • Body Purifier: 5 in the morning, 5 in the mid-morning, 5 in the afternoon, 5 in the evening (If acute) • Multivitamin/Multimineral: 3 in the morning, 3 in the evening • Liquid Calcium: 4 in the morning, 4 in the evening • Thyroid/Adrenal Support: 2 in the morning, 2 in the evening • Evening Primrose Oil: 3 in the morning, 3 in the evening • Antioxidant: 3 in the morning, 3 in the evening • Nutritional Shake: 1-2 scoops per day (Any flavor) • Super Berry Greens Powder: 1-3 scoops per day
------------------------	--

Sterility (Male/Female)	<p>Program(s)</p> <ul style="list-style-type: none"> • 5 - 12 Week Candida Program (May continue for 3-6 months) <p>Supplement(s)</p> <ul style="list-style-type: none"> • Digestive Enzyme Blend: 5 per meal • Probiotic: 2 per meal • DHEA: 2-3 in the morning • Hormone Balance: 5 in the morning, 5 in the evening • Wild Yam Cream: daily, except on when on period for 5 days • Thyroid/Adrenal Support: 2 in the morning, 2 in the evening • Body Purifier: 5 in the morning, 5 in the evening • Nutritional Shake: 1-3 scoops per day (Any flavor) • Super Berry Greens Powder: 1-3 scoops per day
--------------------------------	--

Stomach (Bloating, Burning, Cramps,	<p>Program(s)</p> <ul style="list-style-type: none"> • 20-Day Rejuvenation
--	---

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

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