

Solutions4 Natural Clinical Health

# **Nutritional Reference Guide**

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# Introduction

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

Malnutrition can come in many forms:

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

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

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

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

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

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

# How to Use this Guide

This guide is divided into two parts.

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

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

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

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

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



# Nutritional Support for Abnormal Blood Lab Reports:

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

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

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

### Using this Guide

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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



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

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

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**Heart (Fibrillation  
Palpitations)**

Program(s)

- 12-Week Candida Program

Supplement(s)

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

**Heart Hypertension**

Program(s)

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

Supplement(s)

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

**Heartburn**

Program(s)

- 20-Day Rejuvenation Program

Supplement(s)

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

**Hemorrhoids**

Program(s)

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

Supplement(s)

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

Other Recommendations

- Drink half of body weight in ounces of water daily

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

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

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

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

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



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

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

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

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

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

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

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

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



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

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

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

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