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# Introduction

This 2015 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  | 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<br>Thyroid/Adrenal Support: 2x2/day<br>Cellulite Cleanse: 1x3/day<br>Increase water intake   | Body Purifier: 5x5/day<br>Evening Primrose Oil: 3x3/day<br>Digestive Enzyme Blend: 4/meal<br>Probiotic: 2/meal<br>Cellulite Cleanse: 1x3/day<br>Nutritional Shake: 2-4/day          |
| <b>Alkaline Phosphatase<br/>ALP</b> | 30-115   | Body Purifier: 3x3/day<br>Digestive Enzyme Blend: 4/meal<br>Multivitamin/mineral: 2x2/day<br>Calcium: 2x2/day<br>Detox Kit: 3-5 days  | Multivitamin/mineral: 2x2/day   |
| <b>Bilirubin</b>                    | .1-1.12  | Body Purifier: 5x3/day<br>Digestive Enzyme Blend: 4-5/meal<br>Intestinal Cleanser: 3x3/day<br>Fiber Blend: 5x3/day<br>Detox Kit (use 5-10 days)<br>20 Day Rejuvenation Program      | N/A   |
| <b>BUN</b>                          | 10-18    | Body Purifier: 5x3/day<br>Intestinal Cleanser: 5x2/day<br>Digestive Enzyme Blend: 5/meal<br>Probiotic: 2/meal<br>Drink ½ body weight in oz. of water<br>20 Day Rejuvenation Program | Body Purifier: 5x3/day<br>Intestinal Cleanser: 5x2/day<br>Digestive Enzyme Blend: 5/meal<br>Probiotic: 3/meal<br>Drink ½ body weight in oz. of water<br>20 Day Rejuvenation Program |
| <b>Calcium</b>                      | 9.4-10.0 | Vitamin D: 3x3/day<br>Thyroid/Adrenal Support: 3x3/day<br>Digestive Enzyme Blend: 5/meal<br>Multivitamin/mineral: 3x3/day<br>Full Candida Program (5-12 week)                       | Vitamin D: 3x3/day<br>Digestive Enzyme Blend: 5/meal<br>Multivitamin/mineral: 2x2/day<br>Liquid Calcium: 4x4/day  |
| <b>Cholesterol</b>                  | 150-200  | Digestive Enzyme Blend: 5/meal<br>Body Purifier: 5x3/day<br>Intestinal Cleanser: 3x3/day<br>Fiber Blend: 5x3/day<br>Vitamin D: 3x2/day<br>20 Day Rejuvenation Program               | Salmon Oil: 3x3/day<br>Flaxseed Oil: 3x3/day<br>Antioxidant: 2x2/day<br>Nutritional Shake: 2-4 scoops/day<br>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<br>Body Purifier: 5x5/day<br>Cellulite Cleanse: 1x3/day  | Body Purifier: 5x5/day<br>Multivitamin/mineral: 2x2/day<br>Digestive Enzyme Blend: 4/meal<br>Intestinal Cleanser: 3x3/day   |

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|---|--|--|--|
| <b>Glucose</b>  | 70-120   | Appetite Appeaser: 3/day<br>Intestinal Cleanser: 3x3/day<br>Fiber Blend: 5x3/day<br>Probiotic: 2/meal<br>Digestive Enzyme Blend: 4/meal<br>Multivitamin/mineral: 2x2/day<br>Cellulite Cleanse: 2x2/day<br>Thyroid/Adrenal Support: 1/day<br>Nutritional Shake: 1-2/day<br>Full Candida Program (5-12 week) | Appetite Appeaser: 3/day<br>Intestinal Cleanser: 3x3/day<br>Probiotic: 2/meal<br>Digestive Enzyme Blend: 3/meal<br>Nutritional Shake 4-6 scoops/day<br>Full Candida Program (5-12 week)              |
| <b>HDL Cholesterol</b><br><b>Male:</b><br><b>Female:</b><br><b>Greater than is safe:</b>  | 32-60<br>40-50<br>50-59<br>60                          | N/A  | Vitamin D: 4/day<br>Detox Kit (use 3-5 days)<br>Increase Exercise  |
| <b>LDL Cholesterol</b><br>Optimal:<br>Near Optimal:<br>Borderline:<br>High:<br>Very High: | 79-104<br>100<br>100-129<br>130-159<br>160-189<br>189+ | Body Purifier: 3x3/day<br>Intestinal Cleanser: 3x3/day<br>Fiber Blend: 4x4/day<br>Digestive Enzyme Blend: 4/meal<br>Vitamin D: 4/day<br>Appetite Appeaser: 1x3/day<br>Detox Kit (use 3-5 days)<br>Increase Exercise  | N/A  |
| <b>Potassium</b>  | 4.0-4.5  | Body Purifier: 5x5/day<br>Intestinal Cleanser: 3x3/day<br>Thyroid/Adrenal Support: 2x2/day<br>Appetite Appeaser: 1x3/day<br>Increase water intake<br>Detox Kit (use 3-5 days)  | Intestinal Cleanser: 2x3/days<br>Fiber Blend: 4x4/day<br>Digestive Enzyme Blend: 3/meal<br>Multivitamin/mineral: 2x2/day<br>Nutritional Shake: 2-6 scoops/day  |
| <b>RBC</b><br><b>Male:</b><br><b>Female:</b>  | 4.7-6.1<br>4.2-5.4                                     | Cellulite Cleanse: 1x3/day<br>Thyroid/Adrenal Support: 2x2/day<br>Drink ½ body weight in oz. of water<br>Detox Kit (use 3-5 days)<br>Full Candida Program (5-12 week)  | Multivitamin/mineral: 3x3/day<br>Cellulite Cleanse: 1x3/day<br>Thyroid/Adrenal Support: 2x2/day<br>Nutritional Shake: 4-6 scoops/day<br>Detox Kit (use 3-5 days)<br>Full Candida Program (5-12 week) |
| <b>Serum Iron</b>   | 75-140   | Body Purifier: 3x3/day<br>Thyroid/Adrenal Support: 2x2/day<br>Hormone Balance: 4x4/day   | Multivitamin/mineral: 3x3/day<br>Thyroid/Adrenal Support: 2x2/day<br>Nutritional Shake: 3-6 scoops/day<br>Vitamin B12  |
| <b>SGOT (AST)</b>   | 5-41   | Body Purifier: 5x3/day<br>Digestive Enzyme Blend: 4/meal<br>Fiber Blend: 4x4/day<br>Detox Kit (use 3-5 days)   | Body Purifier: 5x3/day<br>Digestive Enzyme Blend: 4/meal<br>Multivitamin/mineral: 2x2/day  |
| <b>SGPT (ALT)</b>   | 7-56   | Body Purifier: 3x3/day<br>Digestive Enzyme Blend: 4/meal<br>Detox Kit (use 3-5 days)   | Digestive Enzyme Blend: 4/meal   |

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

### 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>Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each 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 Essentials: 1 stick pack in 8 oz. of water each day</li> <li>Vitamin B12</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>Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each 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> <li>Vitamin B12</li> </ul>   |

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**Alcoholism:**

## Program(s)

- 12 Week Ultimate Weight Loss Program
- Detox Kit: 10 day detoxification

## Supplement(s)

- Digestive Enzyme Blend: 5 per meal
- Probiotic: 2 per meal
- Intestinal Cleanser: 5 in the morning, 5 in the evening
- Body Purifier: 5 in the morning, 5 in the afternoon, 5 in the evening
- Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day

## Other Recommendations

- Self-Mastery Technology: Freedom from Addictions Series

**Allergies**

## Program(s)

- 5 or 12 Week Candida Program to fix leaky gut
- Detox Kit: 3-5 day detoxification

## Supplement(s)

- Digestive Enzyme Blend: 4-5 per meal
- Probiotic: 2 per meal
- Intestinal Cleanser: 4 in the morning, 4 in the evening
- Body Purifier: 5 in the morning, 5 in the evening
- Appetite Appeaser: 1 in the morning, 1 in the afternoon and 1 in the evening
- Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day

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

**Alopecia (Hair Loss)**

## Program(s)

- 20-Day Rejuvenation Program

## Supplement(s)

- Digestive Enzyme Blend: 4-5 per meal
- Probiotic: 2 per meal
- Vitamin D: 2-4 per day
- Liquid Calcium: 3 in the morning, 3 in the evening
- Evening Primrose Oil: 4 in the morning, 4 in the evening
- Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day

**Alzheimer' Disease  
(Beginning Stage)**

## Program(s)

- 20-Day Rejuvenation Program

## Supplement(s)

- Digestive Enzyme Blend: 4-5 per meal
- Body Purifier: 4 in the morning, 4 in the evening
- Evening Primrose Oil: 4 in the morning, 4 in the evening
- Salmon Oil: 6 in the morning, 6 in the evening
- Nutritional Shake: 4-6 scoops per day (Any flavor)
- Antioxidant: 2 in the morning, 2 in the evening
- Thyroid/Adrenal: 3 in the morning, 3 in the evening
- Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day

**Amenorrhea**

## Program(s)

- 5-Week Candida Program

## Supplement(s)

- Hormone Balance: 3-5 in the morning, 3-5 in the evening
  - Vitamin B12
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| <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 Essentials: 1 stick pack in 8 oz. of water each day</li> <li>Vitamin B12</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>Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> <li>Vitamin B12</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 Essentials: 1 stick pack in 8 oz. of water each day</li> <li>Vitamin B12</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 Essentials: 1 stick pack in 8 oz. of water each day</li> <li>Vitamin B12</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>Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> <li>Vitamin B12</li> </ul>   |

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| <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>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each 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>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Vitamin B12</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>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Vitamin B12</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> <li>• Vitamin B12</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>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each 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> <li>• Vitamin B12</li> </ul>   |

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| <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 Essentials: 1 stick pack in 8 oz. of water each 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>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Vitamin B12</li> </ul> |
| <b>Asthma</b>   | <p>Program(s)</p> <ul style="list-style-type: none"> <li>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each 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>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each 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 Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Vitamin B12</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 Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Vitamin B12</li> </ul>  |



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| <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>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each 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>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each 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>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each 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>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each 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>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each 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>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Vitamin B12</li> </ul> |

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| <b>Bladder Infection</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>• 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>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> </ul> <p>Other Recommendations</p> <ul style="list-style-type: none"> <li>• Drink half of body weight in ounces of water daily</li> </ul> |
| <b>Bladder Leakage</b>                     | <p>Program(s)</p> <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> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> </ul>  |
| <b>Bloating/Gas</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: 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>                | <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 Essentials: 1 stick pack in 8 oz. of water each 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>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Vitamin B12</li> </ul>  |
| <b>Blood Sugar, Low<br/>(Hypoglycemia)</b> | <p>Program(s)</p> <ul style="list-style-type: none"> <li>• 5 or 12 Week Candida</li> </ul> <p>Supplement(s)</p> <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>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Vitamin B12</li> </ul>  |
| <b>Blood Vessel Problems</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>• Cardio Health Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Vitamin B12</li> </ul>   |
| <b>Bowel Flora Restore</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: 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> <li>• Vitamin B12</li> </ul>   |

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| <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> <li>• Vitamin B12</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>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each 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>• Skin Repair Cream: daily, as needed</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each 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 Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Vitamin B12</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> <li>• Vitamin B12</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 Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Nutritional Shake: 2-4 scoops per day (Any flavor)</li> <li>• Vitamin B12</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>  |

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| <b>Chronic Fatigue</b>          | <p>Program(s)</p> <ul style="list-style-type: none"> <li>• 5 - 12 Week Candida Program</li> <li>• Detox Kit: 3-6 day detoxification</li> </ul> <p>Supplement(s)</p> <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>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Vitamin B12</li> </ul>                                       |
| <b>Cirrhosis of Liver</b>       | <p>Program(s)</p> <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> <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>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Nutritional Shake: 2-4 scoops per day (Any flavor)</li> <li>• Vitamin B12</li> </ul> |
| <b>Cold Extremities</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>• Thyroid/Adrenal Support: 2 in the morning, 2 in the evening</li> <li>• Cardio Health Essentials: 1 stick pack in 8 oz. of water each day</li> </ul>  |
| <b>Colic</b>                    | <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Nutritional Shake: 1 stick pack in 8 oz. of water each 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>         | <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>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Probiotic: 2 per meal</li> </ul>  |
| <b>Congestive Heart Failure</b> | <p>Program(s)</p> <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> <p>Supplement(s)</p> <ul style="list-style-type: none"> <li>• Cardio Health Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Cellulite Cleanse: 2 in the morning, 2 in the evening</li> <li>• Vitamin B12</li> </ul>   |
| <b>Constipation</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> </ul>  |
| <b>Cough, Chronic</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>• Body Purifier: 5 in the morning, 5 in the mid-morning, 5 in the afternoon, 5 in the evening</li> <li>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> </ul>   |

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| <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>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each 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>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each 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>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Cardio Health Essentials: 1 stick pack in 8 oz. of water each 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>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Vitamin B12</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>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each 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> </ul> |

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| <b>Diabetes (supplements continued)</b> | <ul style="list-style-type: none"> <li>Fiber Blend: 8 in the morning, 8 in the evening</li> <li>Nutritional Shake: 1 stick pack in 8 oz. of water each day (Any flavor)</li> <li>Cardio Health Essentials: 1 stick pack in 8 oz. of water each day</li> <li>Vitamin B12</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>Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each 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>Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each 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>Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each 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>Skin Repair Cream: daily, as needed</li> <li>Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each 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>Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each 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>                 |

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| <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> Supplement(s) <ul style="list-style-type: none"> <li>• Vitamin B12</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>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Cardio Health Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Vitamin B12</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 Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Salmon Oil: 3 in the morning, 3 in the evening</li> <li>• Vitamin B12</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>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Cardio Health Essentials: 1 stick pack in 8 oz. of water each 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>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Cardio Health Essentials: 1 stick pack in 8 oz. of water each 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>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Vitamin B12</li> </ul>   |

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| <b>Fever</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>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Cardio Health Essentials: 1 stick pack in 8 oz. of water each 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>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each 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>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Cardio Health Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Vitamin B12</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>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Cardio Health Essentials: 1 stick pack in 8 oz. of water each 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>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each 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>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> </ul>   |



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| <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>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Cardio Health Essentials: 1 stick pack in 8 oz. of water each 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>• Skin 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>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each 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>   |

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| <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>Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> <li>Cardio Health Essentials: 1 stick pack in 8 oz. of water each 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>Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each 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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| <b>Heart (Fibrillation Palpitations)</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: 5-8 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>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Cardio Health Essentials: 1 stick pack in 8 oz. of water each day</li> </ul>   |
| <b>Heart 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 Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Vitamin B12</li> </ul>  |
| <b>Heartburn</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>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> </ul>  |
| <b>Hemorrhoids</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>• Intestinal Cleanser: 5 in the morning, 5 in the evening</li> <li>• Body Purifier: 5 in the morning, 5 in the evening</li> <li>• Fiber Blend: 6 in the morning, 6 in the evening</li> <li>• Salmon Oil: 3 in the morning, 3 in the evening</li> <li>• Herbal Stress Relief: 2 in the morning, 2 in the evening</li> <li>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> </ul> <p>Other Recommendations</p> <ul style="list-style-type: none"> <li>• Drink half of body weight in ounces of water daily</li> </ul> |
| <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> </ul>  |

- Herpes (supplements continued)**
- Salmon Oil: 3 in the morning, 3 in the evening
  - Skin Repair Cream
  - Liquid Body Wash
  - Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day

**Hot Disc**

Program(s)

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

Supplement(s)

- Salmon Oil: 5 in the morning, 5 in the afternoon, 5 in the evening
- Joint and Muscle Relief: 5 in the morning, 5 in the afternoon, 5 in the evening
- Cellulite Cleanse: 3 in the morning, 3 in the afternoon, 3 in the evening
- Body Purifier: 5 in the morning, 5 in the evening
- Multivitamin/Multimineral: 2 in the morning, 2 in the evening
- Liquid Calcium: 3 in the morning, 3 in the evening
- Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day

**Hot Flashes**

Program(s)

- 5 - 12 Week Candida Program (May continue for 3-6 months)

Supplement(s)

- Digestive Enzyme Blend: 5 per meal
- Probiotic: 2 per meal
- DHEA: 2-3 in the morning
- Hormone Balance: 5 in the morning, 5 in the evening
- Wild Yam Cream: daily, except when on period for 5 days
- Thyroid/Adrenal Support: 2 in the morning, 2 in the evening
- Body Purifier: 5 in the morning, 5 in the evening
- Nutritional Shake: 1 stick pack in 8 oz. of water each day (Any flavor)
- Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day

**HRT (Hormone Replacement Therapy – Natural)**

Program(s)

- 5 - 12 Week Candida Program (May continue for 3-6 months)
- Digestive Enzyme Blend: 5 per meal
- Probiotic: 2 per meal
- DHEA: 2-3 in the morning
- Hormone Balance: 5 in the morning, 5 in the evening
- Wild Yam Cream: daily, except when on period for 5 days
- Thyroid/Adrenal Support: 2 in the morning, 2 in the evening
- Body Purifier: 5 in the morning, 5 in the evening
- Nutritional Shake: 1 stick pack in 8 oz. of water each day (Any flavor)
- Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day
- Vitamin B12

**Hyperactivity in Children**

Program(s)

- Candida Eating Plan (No sugar, dairy, breads, etc.)

Supplement(s)

- Digestive Enzyme Blend: 2-3 per meal
- Appetite Appeaser: 3 per day between meals
- Nutritional Shake: 2-3 scoops per day (Any flavor)
- Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day

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| <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 Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Vitamin B12</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 stick pack in 8 oz. of water each day (Any flavor)</li> <li>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Vitamin B12</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 stick pack in 8 oz. of water each day (Any flavor)</li> <li>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Vitamin B12</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> <li>• Vitamin B12</li> </ul>   |

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| <b>Ileitis</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>• Nutritional Shake: 1 stick pack in 8 oz. of water each day (Any flavor)</li> <li>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> </ul>  |
| <b>Immune Deficiency Support</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 stick pack in 8 oz. of water each day (Any flavor)</li> <li>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> </ul> |
| <b>Impetigo (Skin Disease)</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>• Skin 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>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> </ul>  |
| <b>Impotency (Male)</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</li> <li>• Body Purifier: 5 in the morning, 5 in the evening</li> <li>• Cardio Health Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Vitamin B12</li> </ul>   |
| <b>Incontinence</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: 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>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Cardio Health Essentials: 1 stick pack in 8 oz. of water each day</li> </ul>   |

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| <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>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each 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 stick pack in 8 oz. of water each day (Any flavor)</li> <li>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each 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>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each 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 stick pack in 8 oz. of water each day (Any flavor)</li> <li>• Cardio Health Essentials: 1 stick pack in 8 oz. of water each 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>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> </ul>   |

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| <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 stick pack in 8 oz. of water each day (Any flavor)</li> <li>• Cardio Health Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Vitamin B12</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>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each 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 stick pack in 8 oz. of water each day (Any flavor)</li> <li>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each 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 stick pack in 8 oz. of water each day (Any flavor)</li> <li>• Cardio Health Essentials: 1 stick pack in 8 oz. of water each day</li> </ul>   |



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| <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 stick pack in 8 oz. of water each day (Any flavor)</li> <li>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each 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>• Skin Repair Cream: daily</li> <li>• Cellulite Cleanse: 2 in the morning, 2 in the afternoon, 2 in the evening</li> <li>• Nutritional Shake: 1 stick pack in 8 oz. of water each day (Any flavor)</li> <li>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each 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>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Cardio Health Essentials: 1 stick pack in 8 oz. of water each 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> <li>• Vitamin B12</li> </ul>  |

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| <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 Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Vitamin B12</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 stick pack in 8 oz. of water each day (Any flavor)</li> <li>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each 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 stick pack in 8 oz. of water each day (Any flavor)</li> <li>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Vitamin B12</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>• Skin Repair Cream: daily</li> <li>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each 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> <li>• Vitamin B12</li> </ul>   |

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| <b>Menopausal 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: 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 stick pack in 8 oz. of water each day (Any flavor)</li> <li>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> </ul>   |
| <b>Menstruation, Irregular</b>             | <p>Program(s)</p> <ul style="list-style-type: none"> <li>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> </ul> <p>Supplement(s)</p> <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>                  | <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</li> </ul>  |
| <b>Mono (Mononucleosis)</b>                | <p>Program(s)</p> <ul style="list-style-type: none"> <li>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> </ul>  |
| <b>Multiple Sclerosis</b>                  | <p>Program(s)</p> <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> | <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 Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Nutritional Shake: 1-3 scoops after each workout (Any Flavor)</li> <li>• Vitamin B12</li> </ul> |
| <b>Muscular Dystrophy</b>                  | <p>Program(s)</p> <ul style="list-style-type: none"> <li>• 12-Week Candida Program</li> <li>• Nutritional Shake: 2-4 scoops per day (Any Flavor)</li> <li>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Vitamin B12</li> </ul>  |

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| <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 stick pack in 8 oz. of water each day (Any Flavor)</li> <li>Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each 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>Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each 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 Essentials: 1 stick pack in 8 oz. of water each day</li> <li>Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each 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> <li>Vitamin B12</li> </ul>  |

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| <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> <li>Cardio Health Essentials: 1 stick pack in 8 oz. of water each day</li> <li>Vitamin B12</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 stick pack in 8 oz. of water each day (Any Flavor)</li> <li>Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> </ul> <p>Other Recommendations</p> <ul style="list-style-type: none"> <li>Self-Mastery Technology: Weight Loss Program</li> <li>Vitamin B12</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>Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each 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 stick pack in 8 oz. of water each day (Any flavor)</li> <li>Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> </ul> |

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| <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 Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each 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 stick pack in 8 oz. of water each day (Any flavor)</li> <li>• Cardio Health Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Vitamin B12</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 stick pack in 8 oz. of water each day (Any Flavor)</li> <li>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each 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> <li>• Cardio Health Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Vitamin B12</li> </ul>   |

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| <b>Pneumonia</b>  | Program(s) <ul style="list-style-type: none"> <li>12-Week Candida Program</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>Body Purifier: 5 in the morning, 5 in the evening</li> <li>Body Purifier: 5 in the morning, 5 in the mid-morning, 5 in the afternoon, 5 in the evening (If acute)</li> <li>Multivitamin/Multimineral: 3 in the morning, 3 in the evening</li> <li>Liquid Calcium: 4 in the morning, 4 in the evening</li> <li>Thyroid/Adrenal Support: 2 in the morning, 2 in the evening</li> <li>Evening Primrose Oil: 3 in the morning, 3 in the evening</li> <li>Antioxidant: 3 in the morning, 3 in the evening</li> <li>Nutritional Shake: 1 stick pack in 8 oz. of water each day (Any flavor)</li> <li>Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> </ul> |
| <b>Pregnancy Nutrition (Prior to conception and throughout)</b> | Program(s) <ul style="list-style-type: none"> <li>12-Week Candida Program</li> <li>Detox Kit: 10 day detoxification (prior to conception, NOT during pregnancy or while nursing)</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>DHEA: 1-3 in the morning</li> <li>Hormone Balance: 5 in the morning, 5 in the evening</li> <li>Wild Yam Cream: daily, except when on period</li> <li>Thyroid/Adrenal Support: 2 in the morning, 2 in the evening</li> <li>Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> <li>Evening Primrose Oil: 3 in the morning, 3 in the evening</li> <li>Salmon Oil: 3 in the morning, 3 in the evening</li> </ul>   |
| <b>Prostate Swelling (Cancer potential, High PSA)</b>           | Program(s) <ul style="list-style-type: none"> <li>12-Week Candida Program</li> <li>Detox Kit: 10 day detoxification</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>Salmon Oil: 5 in the morning, 5 in the evening</li> <li>Evening Primrose Oil: 5 in the morning, 5 in the evening</li> <li>Body Purifier: 5 in the morning, 5 in the evening</li> <li>Intestinal Cleanser: 5 in the morning, 5 in the evening</li> </ul>   |
| <b>Protein Deficiency (Metabolism)</b>                          | Program(s) <ul style="list-style-type: none"> <li>12-Week Candida Program</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>Digestive Enzyme Blend: 5-6 per meal</li> <li>Probiotic: 2 per meal</li> <li>Nutritional Shake: 1 stick pack in 8 oz. of water each day (Any Flavor)</li> <li>Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> </ul>  |
| <b>Psoriasis</b>  | Program(s) <ul style="list-style-type: none"> <li>12-Week Candida Program</li> <li>Note: internal program treats external conditions</li> </ul> Supplement(s) <ul style="list-style-type: none"> <li>Digestive Enzyme Blend: 3-4 per meal</li> <li>Probiotic: 2 per meal</li> <li>Intestinal Cleanser: 4 in the morning, 4 in the evening</li> <li>Body Purifier: 5 in the morning, 5 in the evening</li> <li>Skin Repair Cream: daily as needed</li> <li>Nutritional Shake: 1 stick pack in 8 oz. of water each day (Any Flavor)</li> <li>Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> </ul>   |

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| <b>Rash (Diaper, Chaffing)</b> | Supplement(s) <ul style="list-style-type: none"> <li>• Skin 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 stick pack in 8 oz. of water each day (Any Flavor)</li> <li>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each 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 stick pack in 8 oz. of water each day (Any Flavor)</li> <li>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Cardio Health Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Vitamin B12</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 stick pack in 8 oz. of water each day (Any Flavor)</li> <li>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Cardio Health Essentials: 1 stick pack in 8 oz. of water each 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 stick pack in 8 oz. of water each day (Any Flavor)</li> <li>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Cardio Health Essentials: 1 stick pack in 8 oz. of water each day</li> </ul>                      |



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| <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 stick pack in 8 oz. of water each day (Any flavor)</li> <li>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each 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 Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Vitamin B12</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 stick pack in 8 oz. of water each day (Any Flavor)</li> <li>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> <li>• Cardio Health Essentials: 1 stick pack in 8 oz. of water each day</li> </ul>  |

|                                |   |
|--------------------------------|---|
| <b>Sore Throat</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 stick pack in 8 oz. of water each day (Any flavor)</li> <li>Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> </ul> |
| <b>Sports Injuries</b>         | <p>Program(s)</p> <ul style="list-style-type: none"> <li>20-Day Rejuvenation</li> <li>Detox Kit: 10 day detoxification</li> </ul> <p>Supplement(s)</p> <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 stick pack in 8 oz. of water each day (Any Flavor)</li> <li>Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> <li>Cardio Health Essentials: 1 stick pack in 8 oz. of water each day</li> <li>Vitamin B12</li> </ul>                          |
| <b>Staph Infection</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 stick pack in 8 oz. of water each day (Any flavor)</li> <li>Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> </ul> |
| <b>Sterility (Male/Female)</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 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 stick pack in 8 oz. of water each day (Any flavor)</li> <li>Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> <li>Vitamin B12</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 stick pack in 8 oz. of water each day (Any Flavor)</li> <li>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> </ul> <p>Other Recommendations</p> <ul style="list-style-type: none"> <li>• Self-Mastery Technology: Freedom from Addictions Series</li> <li>• Vitamin B12</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>• Skin Repair Cream: daily as needed</li> <li>• Nutritional Shake: 1 stick pack in 8 oz. of water each day (Any Flavor)</li> <li>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each 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>• Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> </ul>  |

|  |   |
|--|---|
| <b>Ulcers (Diabetic, with or without Neuropathy)</b> | Program(s) <ul style="list-style-type: none"> <li>12-week Neuropathy 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>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>Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each 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>Daily Antioxidant Essentials: 1 stick pack in 8 oz. of water each day</li> </ul>  |

## QUALITY CONTROL ASSURANCE

To Our Trusted Partners,

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

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

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

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

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

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

Sincerely,

The Solutions4 Team

## ANTIOXIDANT

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

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

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

### Helps To:

- Maintain health and prevent disease
- Protect from damage by free radicals

### Concentrated Formula Contains:

Astaxanthin Extract  
Angel Hair Extract  
Ginkgo Biloba Leaf  
Bilberry Leaf

Vitamin C  
Milk Thistle Herb  
Selenium Chelated

Motherwort Herb  
Green Tea  
Red Raspberry Leaf

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

2 capsules two times daily will last: 15 days

Sizes Available: 60 Capsules

**Shelf Life:** 7 years



## APPETITE APPEASER

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

### Helps To:

- Reduce hunger pangs and nervous tension
- Appease the appetite naturally
- Regulate blood sugar level
- Break down and oxidize fat

### Concentrated Formula Contains:

Bladderwrack herb  
Burdok Root  
Chickweed Herb  
Dandelion Root  
Lysine  
Proline  
Tryptophan

Fennel Seeds  
Gotu Kola Herb  
Hawthorn Berry  
Isoleucine  
Methionine  
Serine  
Tyrosine

Kelp  
Licorice Root  
Parsely Leaf  
Leucine  
Phenylalanine  
Theronine  
Valine

**Suggested Use:** 2-3 capsules a half hour before each meal, three times daily

2 capsules three times daily will last: 15 days

3 capsules three times daily will last: 10 days

**Sizes Available:** 90 capsules

**Shelf Life:** 7 years



## BODY PURIFIER

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

### Helps To:

- Remove mucus and congestion
- Purify the blood stream
- Cleanse the lymphatic system
- Fight bacteria, virus, yeast, mold, and worms
- Remove environmental chemicals and harmful food additives

### Concentrated Formula Contains:

|                                |                         |                    |
|--------------------------------|-------------------------|--------------------|
| Burdock Seed                   | Golden Seal Root Powder | Ginger Root Powder |
| Burdock Root Powder            | Oregon Grape Root       | Yellow Dock Root   |
| Dandelion Root Powder          | Red Clover Tops Powder  | Sarsaparilla Root  |
| Echinacea Purpurea Herb Powder |                         |                    |

**Suggested Use:** 2-3 capsules twice daily

2 capsules twice daily will last: 22 days

3 capsules twice daily will last: 15 days

**Sizes Available:** 90 Capsules

**Shelf Life:** 7 years





## LIQUID CALCIUM

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

### Helps To:

- Increase bone strength and cardiovascular health
- Prevent osteoporosis, muscle pains, insomnia, hyperactivity, menstrual cramps and blood clotting problems

Calcium recommendations:

| Age Group                        | Calcium-mg |
|----------------------------------|------------|
| Birth-5 months                   | 400        |
| 6 months-1 year                  | 600        |
| 1-10 years                       | 800-1200   |
| 11-24 years                      | 1200-1500  |
| 25-50 years                      | 1000       |
| 51-64 years (women on HRT & men) | 1000       |
| 51-64 (women not on HRT)         | 1500       |
| 65 or older                      | 1500       |
| Pregnant or nursing              | 1200-1500  |



### Concentrated Formula Contains:

Calcium Carbonate  
Vitamin D3 (Cholecalciferol)

### Capsule Contains:

Gelatin  
Glycerin  
Soybean Oil

**Suggested Use:** 2-4 softgels daily

2 softgels daily will last: 50 days

4 softgels daily will last: 25 days

**Sizes Available:** 100 Liquid Gel Capsules

**Shelf Life:** 3 years

## CARDIO HEALTH ESSENTIALS

Solutions4 Cardio Health Essentials delivers huge heart healthy benefits in just one easy to use power pack. With L-arginine, L-citrulline, and CoQ10, this formula supports the entire cardiovascular system, supporting healthy blood pressure and cholesterol levels, and nourishing the heart and vessels with essential nutrients.

### Helps To:

- Improve circulation
- Repair damaged tissue of the heart and veins
- Lower cholesterol
- Lower blood pressure
- Improve oxygen
- Regulate heartbeat
- Reduce plaque in blood stream

### Concentrated Formula Contains:

|             |                         |                    |
|-------------|-------------------------|--------------------|
| Vitamin C   | L-Arginine (Pure Grade) | Sweet Source Blend |
| Calcium     | L-Citrulline            | Xylitol            |
| Vitamin D   | CoQ10                   | Inulin             |
| Niacinamide | Folic Acid              | Lemon Lime         |
| Vitamin B6  | Vitamin B12             | Xanthan Gum        |
| Citric Acid | Maltodextrin            |                    |

**Suggested Use:** 1 stick pack dropped into 8 oz of water per day  
1 pack daily will last: 15 days

**Size Available:** 1 box containing 15 individual stick packs

**Shelf Life:** 2 years



## CELLULITE CLEANSE

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

### Helps To:

- Break down cellulite
- Stimulate and strengthen the waste elimination system

### Concentrated Formula Contains:

|                          |                  |          |
|--------------------------|------------------|----------|
| Pure Apple Cider Vinegar | Horsetail Powder | Kelp     |
| Buchu Leaves             | Hydrangea Root   | Lecithin |
| Corn Silk Powder         | Juniper Berries  | Uva Ursi |

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

2 capsules three times daily will last: 15 days

3 capsules three times daily will last: 10 days

**Size:** 90 Capsules

**Shelf Life:** 7 years



## DAILY ANTIOXIDANT ESSENTIALS

Getting your daily dose of nutritious super foods has never been so easy. Each serving of Solutions4 Daily Antioxidant Essentials is packed with the essential vitamins, enzymes, antioxidants, and phyto-nutrients that your body needs. Super Berry & Greens help to improve digestion, balance the pH of the body, delivers high-ORAC value antioxidants, and assists in cleaning the blood. Each convenient pack mixes instantly with water.

### Features and Benefits:

- Boost energy
- Cleanse the blood
- Aid in the removal of free radicals
- Manage weight
- Improve skin tone
- Repair cells
- Fight disease
- Improve digestion
- Detoxify the body

### Concentrated Formula Contains:

|                    |                     |                            |
|--------------------|---------------------|----------------------------|
| Vitamin A          | Carrot Powder       | Pomegranate                |
| Vitamin C          | Coconut Milk        | Mangosteen                 |
| Vitamin B6         | Grape Juice Powder  | Red Raspberry Juice Powder |
| Vitamin B12        | Apple Juice Powder  | Goji Berry                 |
| L-Arginine         | Peach Pulp Powder   | Cranberry                  |
| L-Citrulline       | Grape Seed          | Blueberry                  |
| Golden Kiwi        | Grape Skins         | Strawberry Pulp            |
| Banana Powder      | Orange Juice Powder | Acai Berry                 |
| Chlorella          | Spirulina           | Cranberry Powder           |
| Red Beet Root      | Aloe Vera Juice     | Xylitol                    |
| Mixed Berry Flavor | Agave Freeze Dried  | TriCalcium                 |

**Suggested Use:** 1 stick pack daily mixed with 8 oz of water  
1 pack daily will last: 15 days

**Size Available:** 1 box containing 15 individual stick packs

**Shelf Life:** 2 years



## DAILY ESSENTIALS

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

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

### Includes:

- High Omega Fish Oil Concentrate
- Liquid Calcium
- Antioxidant
- Digestive Enzyme Blend
- Multivitamin/Multimineral
- Vitamin D

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

One box will last approximately 30 days

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

**Shelf Life:** 7 years

### Ingredients:

*Please view the individual short sheets for an in-depth ingredient listing of each supplement.*





## DHEA (Dehydroepiandrosterone)

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

*Note: One should not take DHEA unless they are over the age of 40, or have an auto-immune disorder.*

### Helps To:

- Build the adrenal glands
- Strengthen the immune system
- Slow natural changes that comes with age
- Provide more energy
- Increase healthy mood and memory
- Build-up muscle strength

### Concentrated Formula Contains:

DHEA

Bioperine

**Suggested Use:** 1-2 capsules for women, 2-3 capsules for men, once daily

2 capsules daily will last: 45 days

3 capsules daily will last: 22 days

**Sizes Available:** 90 Capsules

**Shelf Life:** 7 years

**Not a Vegan Product**



## DIGESTIVE ENZYME BLEND

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

### Helps To:

- Absorb nutrients from food
- Break down and absorb food, preventing gas
- Restore natural energy
- Reduce allergies and arthritis
- Promote weight control

### Concentrated Formula Contains:

|                |                               |                 |
|----------------|-------------------------------|-----------------|
| Enzyme Pack    | Ginger Root                   | Peppermint Leaf |
| Mineral 72     | Omega Fatty Acid Blend (fish) | Garlic          |
| Pancreatin 8X  | Fennel Seeds                  | Billberry Herb  |
| Dandelion Root |                               |                 |

**Suggested Use:** 1-2 capsules prior to each meal

1 capsule three times daily will last: 30 days

2 capsules three times daily will last: 15 days

**Sizes Available:** 90 Capsules

**Shelf Life:** 4 years

***Not a Vegan product***



## ESSENTIAL GREENS

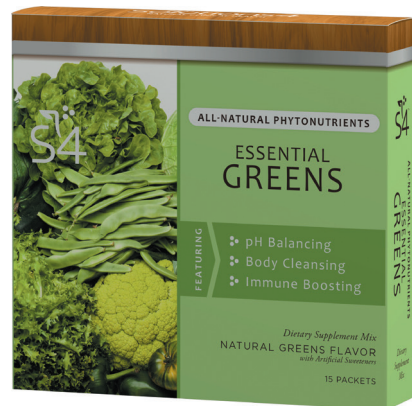
The vitamins and nutrients found in Essential Greens play an important role in the detoxifying process by clearing the digestive tract, eliminating toxins and cleansing the organs. Essential greens also help regulate immune function and protect cells from damaging free radicals. The wide range of greens in Essential Greens stick packs provide necessary nutrients to the body that help convert food into energy and serve as a convenient way to consume a variety of nutrient-dense foods in a single serving while allowing the body to focus on cleansing.

### Helps To:

- Improve the digestive system
- Reduce inflammation
- Cleanse bowels and intestines
- Build-up the immune system
- Manage weight
- Absorb residual toxins along the intestinal walls
- Regulate the pH of the body

### Concentrated Formula Contains:

|                |                  |                |
|----------------|------------------|----------------|
| Spirulina      | Kamut Grass      | Oat Grass      |
| Wheat Grass    | Alfalfa          | Chlorella      |
| Red Beet Root  | Stevia Leaf      | Spinach Leaf   |
| Kombu Seaweed  | Nori Seaweed     | Lemon Grass    |
| Millet Grass   | Kale             | Amaranth Grass |
| Flax Seed      | Siberian Ginseng | Echinacea      |
| Ginger Root    | Olive Leaf       | Shaved Grass   |
| Green Tea Leaf | Turmeric         | Citrus Orange  |
| Rice Creamer   | ProSweet         | Ascorbic Acid  |
| Apple Pectin   |                  |                |



**Suggested Use:** Add one (1) packet to 6 fl. oz of cold water. Mix well. Shake as needed to remix greens.

**Sizes Available:** 15 packets

**Shelf Life:** 2 years



## EVENING PRIMROSE OIL

Solutions4 Evening Primrose Oil (EPO), comes from the seeds of the evening primrose plant. Once known chiefly for its beauty, few knew of its healing powers as an herb. This Omega 6 fatty acid is a rich source of gamma linolenic acid (GLA), an essential fatty acid (EFA) that the body converts to a hormone-like substance called prostaglandin E1 (PGE1). Prostaglandins positively affect every organ of the body, and are especially beneficial to the heart, skin, and immune system. A shortage of prostaglandins results in impaired health. With an increase of GLA in the diet, the body is better able to function and properly fight disease.

### Helps To:

- Lower weight without dieting
- Improve acne when taken with zinc
- Lower blood cholesterol/blood pressure
- Heal or improves eczema
- Stop rheumatoid arthritis (moderate cases)
- Relieve premenstrual pain
- Slow progression of multiple sclerosis
- Improve hyperactive children
- Alleviate hangovers

### Concentrated Formula Contains:

Evening Primrose Oil 500mg

Linoleic Acid

Gamma-Linolenic Acid (GLA)

**Suggested Use:** Take 3-6 softgels daily

3 softgels daily will last: 66 days

6 softgels daily will last: 33 days

**Sizes Available:** 200 Softgels

**Shelf Life:** 3 years



## FIBER BLEND

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

### Helps To:

- Maximize efficiency without calories
- Overcome constipation
- Cleanse bowels and intestines
- Stimulate natural action of intestines
- Protect intestinal canal from putrefactive and/or pathogenic bacteria cancer-causing agents
- Lower the cholesterol and triglyceride levels in the body
- Help diabetes, ischaemic heart disease, gall bladder disorders, varicose veins, diverticulitis, and appendicitis

### Concentrated Formula Contains:

Wheat Bran

Psyllium Husk Powder

**Suggested Use:** 6-8 capsules 2-3 times daily

6 capsules daily will last: 33 days

7 capsules daily will last: 28 days

8 capsules daily will last: 25 days

**Sizes Available:** 200 Capsules (450 mg each)

**Shelf Life:** 7 years

\* Due to the refining process, this product is gluten free



## FIBER SWEETENER

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

### Benefits of Fiber Sweetener:

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

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

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

### Concentrated Formula Contains:

Fibersol  
Xylitol

Acacia  
Sweet Citrus

Fos  
Lo-han

**Sizes Available:** 8.4 oz

**Shelf Life:** 3 years



## FLAX SEED OIL

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

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

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

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

### Helps To:

- Regulate cholesterol and triglyceride levels in the blood
- Improve function of hyperactive children
- Increase metabolic rate, stamina and muscle fatigue recovery
- Reduce inflammation
- Alleviate acne

### Concentrated Formula Contains:

Organic Flaxseed Oil:

*Omega -3*

*Omega -6*

*Omega -9*

*Other Fatty Acids*

**Suggested Use:** Take 2-6 softgels daily

2 softgels daily will last: 60 days

4 softgels daily will last: 30 days

6 softgels daily will last: 20 days

**Sizes Available:** 120 Softgels (1000 mg each)

**Shelf Life:** 3 years



## HERBAL STRESS RELIEF

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

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

### Helps To:

- Restore and maintain maximum performance and balance
- Provide stress and anxiety relief without the use of drugs or chemicals
- Assist the body with the ability to fall asleep without the use of drugs or chemicals

### Concentrated Formula Contains:

|                  |                 |                |
|------------------|-----------------|----------------|
| Catnip Herb      | Lavender Flower | Spearmint Leaf |
| Chamomile Flower | Myrrh Gum       | Valerian Root  |
| Hops Flower      | Passion Flower  |                |

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

2 capsules daily will last: 45 days

**Sizes Available:** 90 Capsules

**Shelf Life:** 7 years



## HORMONE BALANCE

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

### Helps To:

- Assist with a healthy menstrual cycle
- Offer relief to symptoms of PMS, cramping, menopause and vaginal dryness

### Concentrated Formula Contains:

Blessed Thistle Herb  
Damiana Leaf  
Don Quai Root  
Kava Kava  
Wild Yam Root

Motherwort Herb  
Licorice Root  
Black Cohosh Root  
Raspberry Leaf

Passion Flower  
Cramp Bark  
Saw Palmetto Berry  
Parsley Leaf

**Suggested Use:** Take 2-3 capsules twice daily

2 capsules twice daily will last: 45 days

3 capsules twice daily will last: 30 days

**Size:** 180 Capsules

**Shelf Life:** 7 years





## INTESTINAL CLEANSER

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

### Helps To:

- Break down hard encrustation of waste
- Remove parasites and worms within the body
- Restore the peristaltic action of the colon
- Act as an anti-inflammatory and anti-irritant for joints and the gastro-intestinal tract
- Lubricate the intestinal tract
- Relieve gas and pains in the bowels
- Improve the function of the stomach and liver

### Concentrated Formula Contains:

|                   |                |                 |
|-------------------|----------------|-----------------|
| Marshmallow Root  | Butternut Bark | Ginger Root     |
| Oregon Grape Root | Cloves         | Cascara Sagrada |
| Yellowdock Root   | Fennel Seeds   |                 |

**Suggested Use:** 2 -3 capsule twice daily

2 capsules twice daily will last: 22 days

3 capsules twice daily will last: 15 days

**Sizes Available:** 90 Capsules

**Shelf Life:** 7 years



## JOINT & MUSCLE RELIEF

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

### Natural treatment for:

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

### Assists Body Healing By:

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

### Concentrated Formula Contains:

Alfalfa Leaf  
Burdock Root  
Devils Claw Root

Licorice Root  
72 Trace Minerals  
Prickly Ask Bark

Sarsaparilla Root  
Yucca Root  
Calcium Ascorbate

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

2 capsules three times daily will last: 33 days

3 capsules three times daily will last: 22 days

**Sizes Available:** 200 capsules

**Shelf Life:** 7 years





## MULTIVITAMIN / MULTIMINERAL

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

### The Importance of Chelation:

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

### Features and Benefits:

- Boost energy
- Cleanse the blood
- Aid in the removal of free radicals
- Manage weight
- Improve skin tone
- Repair cells
- Fight disease
- Improve digestion
- Detoxify the body

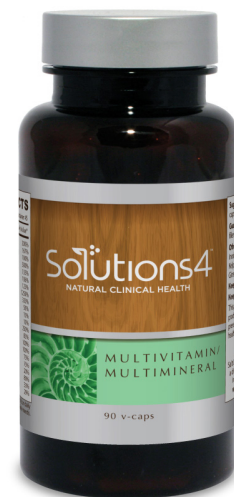
### Concentrated Formula Contains:

|                    |                        |                    |
|--------------------|------------------------|--------------------|
| Vitamin A          | Biotin D               | Manganese Chelated |
| Vitamin A          | Calcium Citrate        | Chromium Chelated  |
| Vitamin D 1%       | Lecithin               | Molybdenum         |
| Vitamin E          | Inositol Monophosphate | Potassium Chelated |
| Vitamin B1         | Calcium Ascorbate      | Hesperidin Complex |
| Vitamin B2         | Calcium Chelated       | Citrus Bioflavins  |
| Niacinamide USP    | Iron Chelated          | Rosemary Herb      |
| Vitamin B6         | Phosphorus USP         | Rose Hips          |
| Vitamin B12        | Iodine                 | Rutin              |
| Folic Acid USP     | PABA                   | Grape Seed         |
| Magnesium Chelated | Ginkgo Biloba Leaf     | Ginseng, Siberian  |
| Zinc Chelated      | Alfalfa Leaf           | Kelp               |
| Selenium           |                        |                    |

**Suggested Use:** 1 capsule twice daily

**Size Available:** 90 capsules

**Shelf Life:** 7 years



## NUTRITIONAL SHAKE

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

### Features and Benefits:

- Easy mixing
- 4 great tasting flavors
- No artificial sweeteners
- Lactose, soy, casein and gluten free
- Candida friendly
- Faster Weight Loss
- Increased Health
- Optimal Daily Nutrition Support



### Concentrated Formula Contains:

|                      |                      |                     |                   |
|----------------------|----------------------|---------------------|-------------------|
| Organic Whey Protein | Iron                 | VitaCell            | Folic Acid        |
| Milk Protein Isolate | Magnesium            | 18 Amino Acid Blend | Biotin            |
| Vitamin A            | Potassium            | Alanine             | Vitamin D         |
| Vitamin E            | Enzyme Pack          | Arginine            | Xanthin           |
| Vitamin B1           | Citrus Bioflavoniods | Aspartic acid       | Sweet Source      |
| Vitamin B2           | CLA                  | Cystine             | 72 Trace Minerals |
| Vitamin B3           | Probiotic Pack       | Glutamic acid       | Lysine            |
| Vitamin B5           | Brown Rice Creamer   | Glycine             | Methionine        |
| Vitamin B6           | Fibersol             | Histidine           | Phenylalaine      |
| Vitamin B12          | Sun Flower Oil       | Isoleucine          | Proline           |
| Vitamin C            | Chickory Fiber       | Leucine             | Serine            |
| Tryptophan           | Tyrosine             | Valine              | Theronine         |

**Suggested Use:** For meal replacement use 2 level scoops mixed with 8 fl oz of water. For a healthy snack in-between meals, mix 1 level scoop with 4-6 fl oz

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

**Shelf Life:** 6 years

**Not a Vegan product**



## PAIN RELIEF Total Anti-Inflammation System

Introducing a set of clinical-grade products designed to work in tandem with your professional treatments: The Solutions4 Pain Relief System. This comprehensive kit includes three products to help reduce inflammation and maximize relief. A potent combination, the system addresses your patients' immediate pain symptoms and supports long-term nutritional rebuilding-while providing you with a natural addition to your practice.

### Products to Help You:

- Tackle pain from the outside
- Nutritional tools to put pain away
- Focus on the inside approach for long-term repair

### Includes:

- Anti-Inflammatory Gel - 1.75 fl. oz.
- Nutritional Shake - 7 Chocolate, 7 Vanilla single-serve packs
- Daily Relief Packet - 14 supplement packs

|                     |                 |            |                        |
|---------------------|-----------------|------------|------------------------|
| Vitamin A           | Vitamin B12     | Vitamin B2 | Vitamin B6             |
| Vitamin B12         | Vitamin C       | Vitamin D  | D-Alpha Vitamin E      |
| Omega 3 Fatty Acids | Probiotic Blend | Biotin     | Calcium Citrate        |
| Chromium            | Folic Acid      | Iron       | Magnesium              |
| Niacinamide         | Potassium       | Xylitol    | Digestive Enzyme Blend |

**Suggested Use:** One kit contains enough product for 14 days. See kit insert for more information.

**Shelf Life:** 2 years



## PROBIOTIC BLEND

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

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

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

### Helps To:

- Maintain healthy intestinal activity
- Prevent the takeover by more harmful micro-organisms
- Prevent bad breath, gas and bloating
- Improve the overall health of the skin by combating harmful bacteria

### Concentrated Formula Contains:

Barberry Root Bark  
Zinc Citrate  
Licorice Root  
Pau D Arco Bark  
Infantis

Garlic Powder Pure  
Beta Carotene USP  
Acidophilus  
Lactobacillus

Vitamin C  
Golden Seal Root  
Biotin D  
Bulgaricus

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

1 capsule four times daily will last: 22 days

2 capsules four times daily will last: 11 days

**Sizes Available:** 90 Capsules

**Shelf Life:** 4 years





## SALMON OIL

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

### Helps To:

- Boost levels of HDL and lower the levels of triglycerides
- Aid in healthy aging
- Lower weight without dieting
- Increase bone and joint health
- Assist in cognitive function
- Increase the health of the eyes, nails and skin
- Promote healthy pregnancies and developing children
- Improve mental health

### Concentrated Formula Contains:

|             |                                     |        |                    |
|-------------|-------------------------------------|--------|--------------------|
| Salmon Oil: | 420 mg of total omega 3 fatty acids | Shell: | Gelatin            |
|             | 150 mg EPA                          |        | Vegetable Glycerin |
|             | 180 mg DHA                          |        | Purified Water     |

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

4 capsules daily will last: 30 days

**Sizes Available:** 100 capsules

**Shelf Life:** 7 years

***Not a Vegan product***



## THYROID

This unique formula was developed to benefit anyone suspecting a thyroid condition, as well as those seeking a daily supplement to ensure nutritional support of the thyroid and adrenals. Solutions4 Thyroid Adrenal Support stimulates healthy glandular function and contains a synergistic blend of herbs including kelp and bladderwrack, two potent sources of iodine which support your body's natural ability to produce thyroid hormones.

### Helps To:

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

### Concentrated Formula Contains:

Kelp

Bacopa

Hops Flower

Sage Leaf

Ashwaganda

Coleus Forskohilii

Rosemary

Bladderwrack

Ginseng Siberian

Shizandra Root

**Suggested Use:** 1 capsule two times per day or as recommended

2 capsules daily will last: 30 days

3 capsules daily will last: 20 days

**Size Available:** 60 capsules

**Shelf Life:** 7 years



## VITAMIN B12

Solutions4 Vitamin B12 sublingual lozenges are the easiest and most affordable way to maintain the healthy functioning of your brain, nerve and blood cells. Vitamin B12 helps to stabilize the body's red blood cells responsible for carrying oxygen to the entire body. Vitamin B12 is known to insulate nerve cells and produce cell-restoring DNA to help your body build new, healthy cells. It also decreases the possibility of Vitamin B12 deficiency-related symptoms, such as: anemia, depression, lethargy, numbness of limbs, memory loss, and nerve and brain damage.

### Helps To:

- Increase energy, preventing fatigue and lethargy
- Improve mental capacity, reducing symptoms of mental foggy and forgetfulness
- Prevent mood swings and depression
- Produce cell-restoring DNA
- Renew hair, skin and nail cells, leaving complexion younger and more replenished

### Concentrated Formula Contains:

Vitamin B12 (methylcobalamin)  
Mannitol

Vegetable Stearic Acid  
Vegetable Magnesium Stearate

Beet Juice

**Suggested Use:** 1 lozenge daily should be placed under the tongue, and allowed to dissolve completely (approximately 30 seconds) before swallowing

1 lozenge daily will last: 60 days

**Size Available:** 60 lozenges

**Shelf Life:** 2 years



## VITAMIN D

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

### Helps To:

- Strengthen bones
- Lower risk of disease and infection
- Boost immune system
- Decrease cognitive decline with aging

### Concentrated Formula Contains:

Vitamin D as Cholecalciferol

**Suggested Use:** Take 1–2 softgels once daily

1 softgel daily will last: 150 days

2 softgels daily will last: 75 days

**Sizes Available:** 150 Softgels

**Shelf Life:** 7 years





## ALOE ACTIVATOR

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

### Mixed With Protein Lift Mask:

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

### Used Alone:

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

### Concentrated Formula Contains:

Aloe Vera

Soluble Collagen

Panthenol

### Suggested Use:

**With Mask-** Mix one teaspoon of the Protein Lift Mask powder with 3/4 teaspoon of Aloe Activator. Form a creamy paste.

Mix thoroughly to ensure there are no lumps in the mixture.

**Without Mask-** Massage into skin in upward strokes.

**Sizes Available:** 4 fl oz

**Shelf Life:** 5 years



## ANTI-CELLULITE LOTION

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

### Helps To:

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

### Concentrated Formula Contains:

|                   |                                |             |
|-------------------|--------------------------------|-------------|
| Aloe Vera         | Avocado Oil                    | Glycerine   |
| Sesame Oil        | Myrrh Extract                  | Allantoin   |
| Stearic Acid      | Avocado Pulp                   | Panthenol   |
| Glyceryl Stearate | Cucumber Extract               | Vitamin-D2  |
| Soybean Oil       | Camellia Sinensis Leaf Extract | Garlic Oil  |
| Ivy Extract       | Sweet Clover Extract           | Niacinamide |
| Tea               |                                |             |

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

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

**Sizes Available:** 8 fl oz

**Shelf Life:** 1 year



## APPLE STEM CELL MOISTURIZER

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

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

### Helps To:

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

### Concentrated Formula Contains:

|                           |                              |                           |
|---------------------------|------------------------------|---------------------------|
| Water                     | Laureth-7                    | Xanthan Gum               |
| C12-15 Alkyl Benzoate     | Vitamin E                    | Ceramide 2                |
| Shea Butter               | Phenoxyethanol               | Peg-10 Rapeseed Sterol    |
| Glyceryl Sterate SE       | Lecithin                     | Palmitoyl Oligopeptide-70 |
| Squalane                  | Carbomer                     | Apple                     |
| Cetearyl Alcohol          | Polysorbate-20               | Jasmine                   |
| Vegetable Based Glycerin  | Ethylhexylglycerine          | Tonka                     |
| Ctearyl Glucoside         | Palmitoyl Oligopeptide       | Pear                      |
| C13-14 Isoparaffin        | Palmitoly Tetrapeptide-7     | Pineapple                 |
| Utweiler Spatlauber Apple | Caprylic/Capric Triglyceride | Vanilla                   |
| Polyacrylamide            | Tribehenin                   | Citric Acid               |

**Suggested Use:** Gently massage a small amount of Apple Stem Cell Moisturizer morning and night, into clean skin until invisible. Keep out of eyes. May be used in place of Solutions4 Vitamin C Hydrator and in conjunction with other S4 skin care products.

**Size Available:** 1.75 fl oz

**Shelf Life:** 1 year



## ANTI-INFLAMMATORY GEL

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

### Helps To:

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

### Concentrated Formula Contains:

|                    |                              |                     |
|--------------------|------------------------------|---------------------|
| Aloe Vera          | Green Tea Extract            | Silica              |
| Carbomer           | Orange Peel Extract          | Vegetable Glycerine |
| Decyl Polyglucose  | Queen of the Prairie Extract | Witch Hazel         |
| Diozized Water     | Rose Water                   | Yucca Extract       |
| Grapefruit Extract | Cetyl Alcohol                |                     |

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

**Sizes Available:** 1.75 fl oz

**Shelf Life:** 1 year



## APRICOT EXFOLIATOR

A grape seed oil based scrub that combines a perfect blend of vitamins, antioxidants, UV protectors, hydrators, moisturizers collagen and elastin builders to provide superior protection and gentle exfoliation through the use of tumbled apricot seeds. This product is free from parabens, urea, sulfates, artificial colorants and perfumes.

### Helps To:

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

### Concentrated Formula Contains:

|                             |                          |                   |
|-----------------------------|--------------------------|-------------------|
| Aqua                        | Grape Seed Powder        | Retinyl Palmitate |
| Caprylic/Caric Triglycerida | Safflower Seed Oil       | Cholcalciferol    |
| Glycerin                    | Aloe Vera Leaf Juice     | Xanthan Gum       |
| Apricot Seed Powder         | Sorbitol                 | Pectin            |
| Grape Seed Oil              | Pink Grapefruit Peel Oil | Vitamin C         |
| Shea Butter                 | Tangerine Peel Oil       | Vitamin E         |
| Stearic Acid                | Lime Peel Oil            | Gluconalactone    |
| Stearyl Alcohol             | Corn Oil                 | Sodium Benzoate   |
| Cetearyl Glucoside          |                          |                   |

**Suggested Use:** Lather a small amount in palms then massage gently onto wet face and neck. Rinse with warm water. Use 2-3 times per week after cleanser. Keep out of eyes. May be used in conjunction of other Solutions4 skin care products.

**Size Available:** 4 fl oz

**Shelf Life:** 1 year



## BODY EXFOLIATOR

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

### Helps To:

- Remove dead cells
- Dilate capillaries which enables nutrients to get to the cells
- Stimulate the metabolism of the skin
- Activate the Body Wrap Cream cream

### Concentrated Formula Contains:

Aloe Extract

Cypruss Extract

Papaya Extract

Geranium Oil

Sage Leaf Extract

**Suggested Use\*:** Apply to the body three times weekly with or without water. May be applied to dry skin before showering, rubbing in circular motion from feet to shoulders, or use on wet skin in the shower for less intensity. For a facial exfoliator use the Apricot Exfoliator.

\*Also available for professional use prior to applying the Body Wrap Cream. This synergistic formula activates the Body Wrap Cream and Anti Cellulite Lotion for deeper penetration to achieve maximum inch loss.

**Sizes Available:** 8 fl oz, Quart, Gallon

**Shelf Life:** 1 year





## BODY WRAP CREAM (Regular and Sensitive formulas)

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

### Helps To:

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

### Regular Concentrated Formula Contains:

|                        |                        |                                |
|------------------------|------------------------|--------------------------------|
| Aloe Extract           | Glyceryl Stearate      | Spiraea Ulmaria Flower Extract |
| Niacinamide            | Soybean Oil            | Clematis Vitalba Leaf Extract  |
| Stearic Acid           | Ivy Leaf/Stem Extract  | Avocado Pulp                   |
| Centella Asiatica Ext. | Sesame Seed Oil        | Cassia                         |
| Panthenol              | White Tea Leaf Extract | Horsetail Extract              |
| Bladder Wrack Extract  | Garlic Bulb Oil        |                                |

### Sensitive Concentrated Formula Contains:

|                   |                 |              |
|-------------------|-----------------|--------------|
| Niacinamide       | Vitamin-E       | Avocado Oil  |
| Stearic Acid      | Panthenol       | Aloe Extract |
| Glyceryl Stearate | Sesame Seed Oil | EGX-250      |
| Soybean Oil       | Peppermint Oil  | Glycerin     |
| Mineral Oil       |                 |              |

**Suggested Use\*:** Patient may have 1 body wrap every 4-7 days by a certified technician.

\*Contraindications: Anyone who is pregnant, is pregnant, on a blood thinner, suffers from seizures, or who has not been in remission from cancer for 2 or more years.

**Sizes Available:** 2 fl oz, Quart, Gallon

**Professional Use Only**

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



## EYE SERUM

Solutions4 Eye Serum is formulated with all-natural extracts, and proteins to help reduce puffiness, dark circles, bags and wrinkles, common around the eyes. These conditions are caused by a number of precursors: genetics, allergies, anemia, water retention, blood dilating medications, and more. Eye Serum strengthens the connective tissues (collagen), reduces the visibility of inflammation and puffiness, and contains UV protection to help protect against sun and environmental damage.

### Helps to:

- Decrease the visibility of blood vessels near the eyes
- Visibly reduce dark circles, puffiness and skin textures under the eyes
- Increase oxygenated blood flow to the eye area to decrease bluish discoloration and inflammation
- Stimulate the growth of healthy cells to keep skin looking replenished and youthful
- Improve micro circulation to prevent blood stagnation around the eyes
- Protect the skin against UV light and daily environmental buildup
- Prevent age spots and melanin formulation
- Moisturize the skin to prevent the appearance of premature aging, fine lines, and wrinkles

### Concentrated Formula Contains:

|                              |                            |                          |
|------------------------------|----------------------------|--------------------------|
| Water                        | Ethylhexylglycerin         | Carbomer                 |
| Hydrolyzed Rice Bran Protein | Shiitake Extract           | Polysorbate-20           |
| Oxido Reductases             | Utweiller Spatlauber Apple | Palmitoyl Oligopeptide   |
| Soybean Protein              | Hesperidin Methyl Chalcone | Palmitoyl Tetrapeptide-7 |
| Lysolecitin                  | Steareth - 20              | Lecithin                 |
| Sclerotium Gum               | Dipeptide - 2              | Xanthan Gum              |
| Pullulan                     | Palmitoyl Tetrapeptide - 3 | Glycerin                 |
| Phenoxyethanol               |                            |                          |

**Suggested Use:** Gently apply a small drop of serum to the upper eyelid and below the eye, beginning from the inner corner of the eye and extending to the outer corner. Apply both morning and night. Can be used over or under makeup.

**Size Available:** 1 ounce

**Shelf Life:** 1 year





## EXERCISE GEL

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

### Helps To:

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

### Concentrated Formula Contains:

|                     |                             |             |
|---------------------|-----------------------------|-------------|
| Aloe Vera           | Ivy Leaf/Stem Extract       | Vitamin - E |
| Lecithin            | Algae Extract               | Allantoin   |
| Mucopolysaccharides | Horsetail Leaf/Stem Extract | Niacinamide |

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

**Sizes Available:** 8 fl oz, Quart

**Shelf Life:** 1 year



## GREEN CLAY MASK

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

### Helps To:

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

### Concentrated Formula Contains:

|                  |                           |           |
|------------------|---------------------------|-----------|
| Clay             | Basil Extract             | Chloride  |
| Aloe Barbadensis | Tissue Respiratory Factor | Bromide   |
| Bentonite        | Lecithin                  | Iodine    |
| Sodium           | Mucopolycaccharides       | Sulfate   |
| Potassium        | Hawaiian White Ginger     | Carbonate |
| Magnesium        | Calcium                   |           |

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

**Sizes Available:** 2 fl oz

**Shelf Life:** 5 years (If product dries up, it can be reconstructed by adding Aloe Activator)

**Approximately 10-12 Treatments**



## GREEN TEA CLEANSER

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

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

### Helps To:

- Gently cleanse the skin while removing make-up and environmental buildup
- Prevent and treat abnormal skin conditions such as acne, psoriasis and eczema

### Concentrated Formula Contains:

|                                |                              |                          |
|--------------------------------|------------------------------|--------------------------|
| Aqua                           | White Tea Leaf Extract       | Vegetable Based Glycerin |
| Cocamidopropyl Hydroxysultaine | Matricaria Flower Extract    | Polyquaternium-10        |
| Sodium C14-16 Olefin Sulfonate | Porphyra Umbilicalis Extract | Sodium Chloride          |
| Disodium Cocoamphodiacetate    | Aloe Vera                    | Polysorbate 20           |
| Cocamidopropyl Betaine         | Green Tea Extract            | Potassium Sorbate        |
| CoQ10                          | Geranium Flower Oil          | Sodium Benzoate          |
| Allantoin                      | Lavender Oil                 | Citric Acid              |
| Bisabolol                      | Caprylic Triglyceride        | Vitamin C                |

**Suggested Use:** Apply a light film over the face and neck. Using the fingertips gently work into pores. Rinse with warm water. Keep out of eyes. May be used in place of the Herbal Body Wash and in conjunction with other Solutions4 skin care products.

**Size Available:** 4 fl oz

**Price:** 4 fl oz \$ \_\_\_\_\_

**Shelf Life:** 1 year



## HERBAL BODY WASH

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

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

### Helps To:

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

### Concentrated Formula Contains:

|                             |                               |                         |
|-----------------------------|-------------------------------|-------------------------|
| Deionized Water             | Cocomide DEA                  | Citric Acid             |
| Sodium Lauryl Ether Sulfate | Cocamideopropyl Betaine       | Collagen                |
| Ammonium Chloride           | Hydroxypropyl Methylcellulose | Food Grade Preservative |
|                             | White Oak Bark                |                         |

**Suggested Use:** Use morning and night and follow with other Solutions4 skin-feeding products. Apply in upward strokes to the face and neck and/or body.

**Sizes Available:** 8 fl oz

**Shelf Life:** 5 years



## PROTEIN LIFT MASK

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

### Helps To Lessen:

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

### Concentrated Formula Contains:

|                    |                         |                 |
|--------------------|-------------------------|-----------------|
| Albumen            | RNA Factor              | Lysine          |
| Egg Protein        | Hydrolyzed Elastin      | Wheat           |
| Soybean Protein    | Milk Powder Protein     | Hazelnut Powder |
| Lanalbine          | Aloe Barbadensis Powder | Vitamin C       |
| Bee Pollen Extract | Hydrolyzed Oat Flower   |                 |

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

**Sizes Available:** 2 oz

**Shelf Life:** 5 years



## SKIN REPAIR CREAM

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

### Helps To:

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

### Concentrated Formula Contains:

|                     |               |                   |
|---------------------|---------------|-------------------|
| DI Water            | Allantoin     | Eucalyptus Oil    |
| Sesame Seed Oil     | Panthenol     | Methyl Salicylate |
| Stearic Acid        | Petrolatum    | Beta Carotene     |
| Glyceryl Stearate   | Glycerine     | Triethanolamine   |
| Isopropyl Myristate | Cetyl Alcohol |                   |

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

**Sizes Available:** 1/4 fl oz, 1.75 fl oz

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





## TONER SPRAY

Botanical extracts and Aloe Vera are combined in a spritz formula to enliven the skin while softening the appearance of facial lines. The skin is invigorated, refreshed, and hydrated. Especially beneficial when traveling for skin prone to dehydration.

### Helps To:

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

### Concentrated Formula Contains:

|                        |                    |                    |
|------------------------|--------------------|--------------------|
| Aloe Vera Juice        | Peppermint Extract | Glycerine          |
| White Oak Bark Extract | Comfrey Extract    | SD Alcohol-40      |
| Witch Hazel Extract    | Chamomile Extract  | Sodium Hyaluronate |

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

**Sizes Available:** 4 fluid ounces

**Shelf Life:** 5 years



## VITAMIN C HYDRATOR

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

### Helps To:

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

### Concentrated Formula Contains:

Deionized Water  
Glycerin  
Ethylhexyl Palmitate  
LTC Complex

Jojoba Seed Oil  
Grape Seed Oil  
Vitamin C  
Squalane

Cetyl Alcohol  
Dimethicone  
Hyaluronic Acid  
Aloe Vera

**Suggested Use:** After cleansing, press Vitamin C Hydrator into the delicate skin of the décolleté gently working upward onto the face while skin is still moist.

**Sizes Available:** 1 fl oz

**Shelf Life:** 5 years





## WILD YAM CREAM

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

### Helps To:

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

### Concentrated Formula Contains:

|                    |               |                  |
|--------------------|---------------|------------------|
| Allantoin          | Glycerine     | Wild Yam Extract |
| Panthenol          | Aloe Juice    | Phenolic         |
| Jajoba Oil         | Vitamin E     | Triethanolamine  |
| Apricot Kernel Oil | Veresen – 100 |                  |

**\*Progesterone – 600 mg (or .60 grams) (YAM SOURCE)**

**\*DHEA – 600 mg (or .30 grams) (YAM Source)**

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

**Size Available:** 1.75 fl oz

**Shelf Life:** 1 year

