

12-MONTH MAINTENANCE PROGRAM

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12-MONTH MAINTENANCE PROGRAM



The 12-Month Maintenance Program

Congratulations! You've completed your program, and all of your hard work has paid off. Now it's time to maintain your new body!

Our goal at Club Reduce® is to continue to help the body heal itself naturally. When your body is really healthy, you will arrive at your proper weight. The key now is to continue a healthy lifestyle and keep your body healthy and well.

Did you know that 95% of regular people who lose weight gain it back? At Club Reduce® we are determined to help you maintain your weight loss and improve your health for the rest of your life.

It's easy to see why *95 % of people* gain their weight back after they lose it. When someone goes on a "diet" they follow strict guidelines and focus on losing their weight. Once they lose their weight, they stop following "strict" guidelines. Instead, they typically follow NO guidelines at all!

With the 12-Month Maintenance Program you have an exciting new focus that becomes our lifestyle. You will learn to become the happy, healthy, vibrant person you always wanted to be. AND...you will learn how to maintain a healthy lifestyle to ensure that the weight you have lost stays off.

We will help to educate you on how to live and maintain a new and improved lifestyle. Our doctors have spent over 20 years researching and testing methods with thousands and thousands of patients.

The program you are about to embark upon is a result of all that work.

We seek to provide the most natural ingredients in the highest quality possible, in order to offer the nutrition and building ingredients that the body needs most to reach a level of complete wellness. We follow the preventive health approach, using nutrition and wellness to fight off disease and extra body weight.

We strive to beautify and better the body using natural, healthy methods, rather than introducing harmful chemicals, surgery, or addictive drugs.

We want to be a lifetime partner with you in seeking improved health and lifestyle.

We seek constant improvement in our programs, and hope that you will also seek constant improvement in your compliance with a healthy lifestyle.

We are honored to partner with you in the new and exciting adventure into improved health!

Your DAILY Maintenance Plan

Each day you will:

- ✓ Replace one meal a day with a Nutritional Shake to save you Time, Calories, and Money
- ✓ Take your recommended supplements
- ✓ Listen to Self-Mastery Technology to deal with stress and emotional eating
- ✓ Apply Anti-Cellulite Lotion on problems areas to maintain inch loss
- ✓ Apply Exercise Gel before exercising to any problem areas
- ✓ Utilize all the tools on your Club Reduce® Membership Site to track your calories and log your exercise

Your WEEKLY Maintenance Plan

Each week you will continue to develop weight maintenance habits by doing the following:

- ✓ Watch the weekly Learn & Lose Class on your Club Reduce® Membership Site
- ✓ Do the homework associated with each Learn & Lose Class. Knowledge is Power!
- ✓ Listen to Self-Mastery Technology that correlates with each Learn & Lose Class

Your MONTHLY Maintenance Plan

Each month we would love to see you in our office to have a maintenance treatment that includes:

- ✓ TANITA Body Composition Assessment
- ✓ One-on-one Evaluation
- ✓ Exercise with Oxygen Therapy
- ✓ Whole Body Vibration
- ✓ Infrared Sauna
- ✓ Body Wrap + Self-Mastery Technology

Your QUARTERLY Maintenance Plan

Each quarter you will solidify your health and weight maintenance by:

- ✓ Completing an on-line Symptom Assessment
- ✓ Coming in for a free one-on-one Health Assessment to ensure you are on the right track
- ✓ Doing a 3-day Detoxification to rid your body of the toxins that cause you to gain weight.

10 Tools for Weight Maintenance

At Club Reduce®, we combine the tools so you won't ever fall into the trap of gaining your weight back! There are 10 amazing tools that work synergistically together to ensure you keep your weight off, maintain your high energy level, and have the health and vitality you desire!

Maintenance Tool #1:

All-Access Pass to Club Reduce® Membership Site

With this exclusive membership, you'll be able to access multiple tools to help you stay skinny and healthy! Track your weight loss, watch weekly **Learn & Lose** classes, and participate in a national community of other Club Reduce® members! Not to mention, you can purchase your favorite Solutions4 products at a **10% discount**! Your **Club Reduce® Membership Site** will house all the tools you need to keep your weight off.

Maintenance Tool #2:

Replace One Meal a Day with a Solutions4 Nutritional Shake

One great way to maintain your new skinnier and healthier figure is by replacing one meal a day with a delicious **Solutions4 Nutritional Shake**. These shakes can save you money, calories, and time—and don't forget you'll get a **10% discount** when you purchase online through your **Club Reduce® Membership Site**!

Maintenance Tool #3:

Daily Nutritional Supplements to Maintain Your New Look and Health

Help curb your appetite and keep up your energy and your new look with supplements like **Appetite Appeaser**, **Digestive Enzyme Blend**, and **Cellulite Cleanse**. We are more than happy to create a recommended list of daily supplements based on the results of your **Symptom Assessment**. Remember, all of your favorite **Solutions4** products are available at a **10% discount** on your **Club Reduce® Membership Site**!

Maintenance Tool #4:

Self-Mastery Technology

Self-Mastery Technology (SMT) can help you radically change the way you see yourself. Once you have this new and improved self-image, everything else changes...junk food and fast food lose their appeal, you only eat when you are hungry—and so much more!

Maintenance Tool #5:

Daily Application of Inch-Loss Lotions and Non-Toxic Skin Care

With the help of amazing Solutions4 products like **Anti-Cellulite Lotion** and **Exercise Gel**, you can keep the inches from creeping back! Most soaps and makeup are filled with toxic chemicals that will hamper any weight management program. Luckily for you, Solutions4 has a line of **non-toxic doctors-only skin care** to help you stay healthy and skinny! Order all of your Solutions4 products online at your **Club Reduce® Membership Site** and **save 10%** on each item!

Maintenance Tool #6:

Monthly In-Office Treatments

We'd love to see you in our office for a monthly maintenance treatment, which consists of a **one-on-one meeting**, the **whole body vibration platform**, an **infrared sauna session**, and an **SMT session** while enjoying one of our amazing **body wraps**! These monthly in-office treatments are critical to your weight loss maintenance. We will track and review your maintenance progress and give your body a chance to heal and improve with all of our treatments.

Maintenance Tool #7:

Weekly Learn & Lose Classes

Knowledge is POWER! The more you learn about *why* you should lead a healthy lifestyle, the more committed you will be! Each week you will receive a brand new **Learn & Lose** class, along with a **homework assignment**, and a **free SMT Session**! Our goal is to help you be so savvy that you'll never gain weight again! All of your **Learn & Lose** classes will be available right at your fingertips on your **Club Reduce® Membership Site**!

Maintenance Tool #8:

Quarterly Symptom Assessment

Each quarter (every 3 months) it will important to give your body a checkup by answering the **Symptom Assessment**. You can fill out your **Symptom Assessment** from the comfort of your own home on your **Club Reduce® Membership Site**. The results will be sent to our clinic, and you will be invited in for a **free one-on-one** evaluation to make sure you are still on the healthy path!

Maintenance Tool #9: **Quarterly Detoxification**

In order to combat all the things in the environment working against your healthy body, it's a good idea to do a **3-day Cleanse** every quarter. **Detoxification Kits** are available on your **Club Reduce® Membership Site**—don't forget, you will receive a **10% discount** when you order online.

Maintenance Tool #10: **Vital Support to Assist You Along the Way**

We helped you on your way to this new figure, and we are still here to help you through your maintenance! We are always only a phone call, email, or visit away. Not to mention you'll have an entire community of Club Reduce® members to share your maintenance journey with in the **Member-Only Forum** on your **Club Reduce® Membership Site**.

Healthy Eating Principles

DO

- ✓ **Anchor your diet with fresh vegetables and fruits**
 - At least half of your diet should be *fresh* vegetables and fruits.
- ✓ **Eat 5 or 6 small meals every day**
- ✓ **Eat carbs and protein the RIGHT way**
 - Combine protein with vegetables or healthy carbs with vegetables
 - Avoid combining simple carbs and protein
- ✓ **Drink water**
 - You need to drink at least ½ your body weight in ounces of water each day.
- ✓ **Track what you eat**
 - It is proven that people who write down what they eat lose twice as much weight as people who do not track what they eat.
- ✓ **Stick to proper portion sizes**
 - Overeating stresses out your adrenal glands and will automatically throw your body into “starvation mode.” You will be holding onto that meal for quite a while, in the form of unwanted fat.
- ✓ **Read Labels**
 - If you can’t read or don’t understand the ingredients, you probably shouldn’t be eating them.
 - A good rule of thumb is “Five Ingredients or Less.” If a product has more than five ingredients, you may want to reconsider buying or eating it.
- ✓ **Follow poor eating with a LIQUID DETOX CLEANSE**
 - If you have made less-than-perfect food choices for any reason, including vacations, holidays, etc, do a 3-day cleanse to re-set your body and get back on track.
 - Make sure you give yourself a 2-day prep period of eating only healthy fruits and vegetables before you do a liquid cleanse.
 - Detox Kits are available from **Solutions4**. And, don’t forget, you will receive a **10% discount** when you order from your **Club Reduce® Membership Site**.

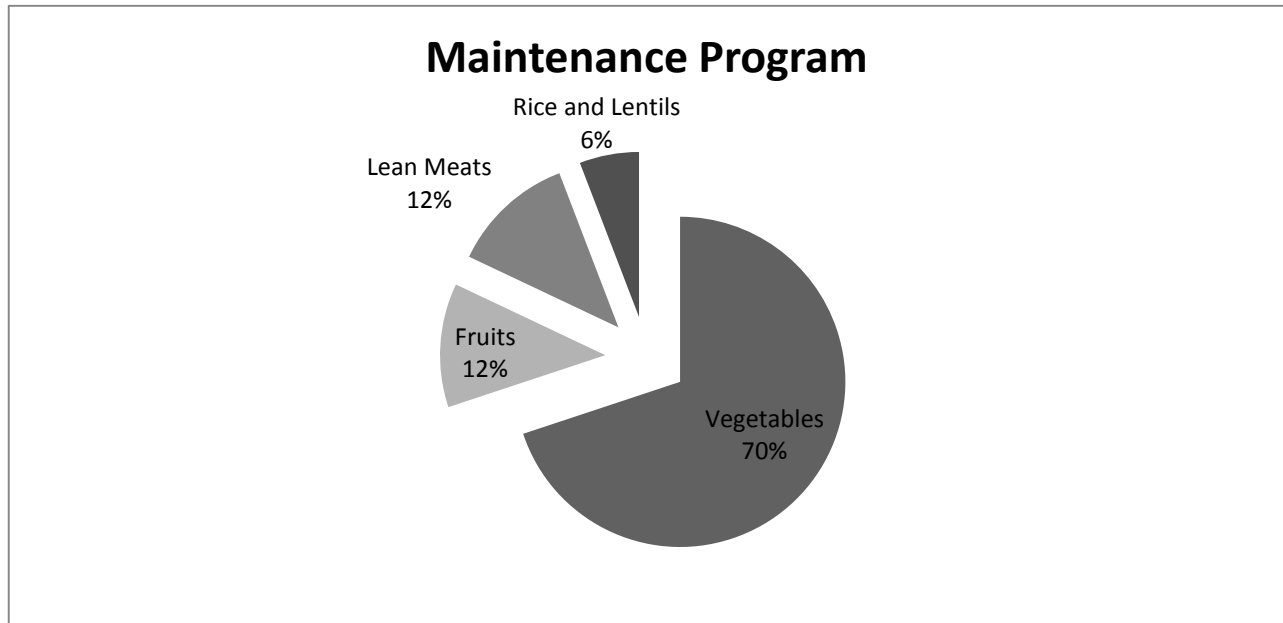
Healthy Eating Principles

AVOID

- × **Avoid all processed and refined foods**
 - You should especially avoid white flour and sugar.
- × **Avoid all chemicals, preservatives, and artificial sugars**
 - These things will make your liver toxic, and direct result is an over-weight body. Your body will stop burning fat, you will stop maintaining a healthy weight, and you will quickly regain a toxic body if you feed it with chemicals, preservatives, and artificial sugars.
- × **Avoid all calorie-dense foods that contain little nutritional value**
 - This will give your body a steady flow of calories to keep your metabolism going strong.
- × **Don't skip meals**
 - Skipping important meals, like breakfast, can actually lead you to consume more calories later in the day because you are hungrier than you normally would be.
- × **Avoid eating after 6pm**

Structuring Your Diet on the 12-MONTH MAINTENANCE PROGRAM

When not detoxing, your diet should consist mostly of green leafy vegetables. Use the graph below to guide your choices when planning meals. The easiest way to incorporate more greens into your diet is to plan meals around salads. An easy way to get your daily amount of fruit is to have it for breakfast in the morning or to add it to a Nutritional Shake. Rice and lentils are allowed on the program, but use them sparingly. Add your rice or lentils to a green salad to get more greens in the meal.



Why should my diet consist mostly of raw green leafy vegetables?

Foods that require cooking to be consumed probably are not very good nutritionally for humans, even before cooking. By cooking them, we further compromise their nutritional value, because the vitamins, minerals, enzymes, co-enzymes, carbohydrates, proteins, and fats are damaged or destroyed by the heat of cooking. What we get with grains after they have been cooked is the maximum amount of calories with the minimum amount of nutrients.

Salads are central to a raw diet and should be used to structure your meals. Structure your diet by building every meal around salads.

FOOD LIST

Now that you have completed your weight loss program you can begin to expand your diet and incorporate other healthy foods back into your nutritional plan. However, always remember that life-style changes, *not diets*, result in wellness maintenance. You need to remember what you have learned about healthy eating and incorporate those practices into your wellness lifestyle. You should always aim to base your diet around the best foods possible.

Best Foods: (these foods should continue to anchor your diet)

Vegetables (Always best eaten raw, but if you must cook, lightly steam them)

Artichokes	Eggplant	Pepper, Red
Alfalfa sprouts	Edamame	Pimentos
Asparagus	Fennel	Radish
Bamboo shoots	Garlic	Rhubarb
Bean sprouts	Green Beans	Rutabaga
Beets	Green Onions	Shallots
Bok Choy	Jicama	Snap Beans (Edible Pods)
Broccoli	Kohlrabi	Snow Peas (Sugar Peas)
Brussels sprouts	Lima Beans	String Beans
Buckwheat sprouts	Leek	Sprouts
Cabbage, Chinese	Mung Bean Sprouts	Sunflower Sprouts
Cabbage, Red	Okra	Tomatillos
Carrots	Olives	Turnips
Cauliflower	Onion	Water Chestnuts
Celery	Parsley	Wheat Grass
Chard	Parsnips	Zucchini
Chives	Peas	
Cucumber	Pepper, Green	

Lettuce and Greens

Arugula	Dandelion Greens	Oakleaf
Beet Greens	Endive	Radicchio
Belgian endive	Endigia (Red Endive)	Red Leaf
Bib lettuce	Escarole	Romaine
Boston lettuce	Green Leaf	Spinach
Butter Lettuce	Iceberg	Swiss chard
Cress	Kale	Watercress
Collard Greens	Mesclun	
Curly Endive	Mustard Greens	

Fruits

Apples	Grapes	Pears
Apricots	Guava	Persimmon
Avocados	Honeydew	Pineapple
Bananas	Kiwi	Plums
Blackberries	Lemon	Pomegranate
Blueberries	Limes	Raspberries
Boysenberries	Mango	Strawberries
Cantaloupe	Melons	Tangelos
Cherries	Mulberries	Tangerines
Coconut	Nectarines	Tomatoes
Dates	Oranges	Watermelon
Figs	Papaya	
Grapefruit	Peaches	

Lean Meat:

(Standard serving size is 3 oz. cooked. 2-4 servings per day, with 1-2 of those servings being fish)

Organic Poultry – Free range, antibiotic free and hormone free is best

Chicken

Turkey

Duck

Quail

Organic Fish – Wild Caught, not farm raised

Cod

Shellfish

Halibut

Mahi Mahi

Salmon

Sea Bass

Sole

Swordfish

Tilapia

Trout

Tuna

Organic Rabbit

Canned Fish - Water packed tuna

Lentils and Rice:

Quinoa
Brown Lentils
Red Lentils
Brown Basmati Rice
Brown Rice
Wild Rice

Raw Nuts and Raw Seeds:

Almonds	Pumpkin Seeds
Cashews	Sunflower Seeds
Pistachios	Hemp Seeds
Pecans	Flax Seeds
Walnuts	Sesame Seeds
Brazil Nuts	Chia Seeds
Macadamia Nuts	

Dairy and Dairy Substitues:

Organic Eggs or Organic Egg Beaters
Organic Butter – use sparingly
Coconut Milk (raw- no packaged milk)

Oils: (Serving size for oils is 1 tsp, limit to 7 servings per day)

Coconut Oil – (A great substitute for Butter!)
Extra Virgin Olive Oil
Flaxseed Oil – (Great for dressings. Keep refrigerated, do not heat)
Grape Seed Oil

*Use cold-pressed and unprocessed

Salt and Spices:

Salt – Real Salt or Celtic Sea Salt
Any Spice in its whole form. Mixed seasonings generally have sugar or other preservatives.

Dressings: (Sugar-free and Vinegar-free)

Annie's Lemmon and Chive Dressing

Broth:

Low sodium organic vegetable broth
Low sodium organic chicken broth

Nutritional Shakes:

3 scoops a day

Juices:

Fresh Vegetable Juices

Water:

Distilled Water (Use during quarterly cleanses.)

Filtered Water

Pure Water

Spring Water

***Remember to drink a minimum of half your body weight in ounces**

____(body weight)/2= ____ounces of water intake a day

FOODS TO BE EATEN SPARINGLY

- All fruit juices
- Other Whole Grains—including buckwheat, oat-bran, and oatmeal
- Meat: Beef, Lamb, Pork, and Veal. All should be grass-fed and antibiotic-free
- Starchy Vegetables: Hominy, White Rice, Yams, Potatoes and Dried Beans
- Corn and corn products
- Fungus Foods: mushrooms, etc.

AVOID GROUP:

- Alcohol, Caffeine, tobacco or other stimulants
- All Coffee and caffeinated tea
- All Dairy Products— All hard cheese is made from mold. Avoid milk, buttermilk, whipped cream, sour cream, ice cream, etc. (With the exception of organic eggs and organic butter)
- All sugars including: refined sugar, fructose, corn syrup, honey, molasses, date sugar and maple sugar. (Maple syrup is allowed on detox days)
- All white flour and white flour products.
- Processed Grains
- All processed meats- such as bacon, sausage, ham, hot dogs, luncheon meats, corned beef and pastrami.
- Processed or Refined Foods
- MSG or Chemicals

Healthy Food Substitutes

If you would like this ingredient:	Try substituting this ingredient:
Bread, any kind	Sprouted-grain Bread
Bread crumbs, dry	Steel-cut oats
Butter, shortening or oil in baked goods	Mashed avocado, applesauce, prune puree
Cheese	Delia Cheese Substitute
Coffee	Teeccino Coffee Alternative Cafix Coffee Substitute
Cream, for thickening soups	Mashed potatoes or pureed carrots for thickening agents
Croutons	Raw Nuts
Eggs	Two egg whites or 1/4 cup egg substitute for each whole egg
Eggs, for baking	Flax Seed
Milk	Coconut Flour Chickpea Flour Unbleached, unrefined, whole flours
Fruit canned in heavy syrup	Fruit canned in its own juices or in water, or fresh fruit
Fruit Snacks	Freeze-dried sliced fruit, no sugar added
Granola	Raw Nuts Raw, sprouted granola
Ground beef	Extra-lean or lean ground beef, chicken or turkey breast (make sure no poultry skin has been added to the product)
Ice Cream	Non-dairy, sugar-free Coconut Milk Ice cream
Lettuce, iceberg	Arugula, chicory, collard greens, dandelion greens, kale, mustard greens, spinach or watercress
Meat as the main ingredient	Three times as many vegetables as the meat on pizzas or in casseroles, soups and stews

If you would like this ingredient:	Try substituting this ingredient:
Milk	Unsweetened Almond Milk No or Low-sugar Coconut Milk Rice Milk Hemp Milk Oat Milk
Oatmeal	Steel-cut Oats
Pasta, enriched (white)	Quinoa Pasta Brown Rice Pasta Hemp Seed Pasta Zucchini Ribbons Spaghetti Squash
Peanut Butter	Raw, unsalted nut butters
Peanuts	Other RAW nuts and seeds
Rice, white	Brown rice, wild rice, or quinoa
Salad dressing	Sugar-free dressings and flavored vinegars
Seasoning salt, such as garlic salt, celery salt or onion salt	Herb-only seasonings, such as garlic powder, celery seed or onion flakes, or use finely chopped herbs or garlic, celery or onions
Soups, creamed	Mashed potatoes or pureed carrots for thickening agents
Soups, sauces, dressings, crackers, or canned meat, fish or vegetables	Low-sodium or reduced-sodium versions
Soy sauce	Sweet-and-sour sauce or hot mustard sauce
Sugar	Solutions4 Fiber Sweetener Blend. You can further intensify sweetness by adding vanilla, nutmeg or cinnamon. Create a sweet base using unsulphured dried fruits such as dates, raisins, figs, etc.
Syrup	Pureed fresh fruit, such as applesauce, with no added sugar
Table salt	Herbs, spices, citrus juices (lemon, lime, orange), salt-free seasoning mixes or herb blends

Quarterly Detoxification

At Club Reduce® we are committed to your health, vitality and appearance. We continue to research and develop products and programs that offer total body wellness.

We recommend that you cleanse your body at least once every quarter by doing a 3-day Detox.

Detoxification is one of the most important factors in the promotion of good health and disease prevention. The Solutions4 Program helps the body to cleanse itself of toxins, mucus and other waste materials in the intestinal tract and major vital organs, improving the way they function. This not only restores new energy to the vital organs, but to the entire body as well.

Detoxification can be part of a health maintenance and prevention program when used 3 to 4 times per year. Though it is not a “cure-all”, it is a positive way to start addressing many undesirable body conditions, such as allergies, acne, arthritis, skin problems, cellulite, obesity, etc.

Benefits of Detoxification

- An increase in energy is experienced
- The digestive tract can rid itself of accumulated waste and putrefied bacteria. (Typical loss is between 2-8 lbs. of water and waste during a 3 day cleanse.)
- Liver, kidneys and blood are purified and function more effectively.
- The peristaltic action of the colon is strengthened.
- A mental clarity occurs that is not possible under the constant bombardment of chemicals and food additives.
- Physical dependency on habit-forming substances such as refined sugar, caffeine, nicotine, alcohol and drugs is greatly diminished.
- Bad eating habits are broken. As you come off the program, it is easier to make wiser food choices.
- The stomach has a chance to return to normal size, making it easier to control the quantity of food eaten.

HEALING CRISIS

The body has natural cleansing abilities that help to expel unnecessary or harmful substances. Four eliminative organs of the body are: the bowels, the skin, the lungs, and the kidneys. These systems are in use all the time, working to keep the body clean and healthy.

When an invader enters the body, the natural process is for the body to remove that invader through eliminative organs. This can happen through diarrhea, vomiting, perspiration (fever), coughing, mucus, or nasal discharge. These natural healing abilities are often under used, as the common response to illness or discomfort is to take chemical medications for symptom relief. We suppress the body's natural eliminative processes through anti-diarrhea drugs, antihistamines, fever reducers, antibiotics and others to keep our bodies from cleansing in the natural way. The "stuffing drugs" that we use drive the virus and bacteria back into the tissues where it can remain until the next immune system crash. Immediate symptoms are managed, but long-term health problems are often the result. For instance, a steroid (cortisone) ointment used for a skin condition may clear up immediate symptoms, but later a more serious problem may occur, such as asthma. In turn, bronchodilators may control the asthma, but may cause depression. In the effort to relieve a patient's symptoms, the real causes of the patient's condition have been overlooked. In addition to environmental toxins and the unhealthy foods that we consume, these types of chemical stuffers contribute to our need to detoxify regularly. A cleansing process such as Detoxification takes these substances out of storage and into circulation to be eliminated. This occasionally causes unpleasant symptoms for a short time. The consumption of caffeine, refined sugar, alcohol and other substances also contributes to the effect that is known as a "healing crisis."

During detoxification and the days following, many people experience some of the signs of a healing crisis, which may include: headaches, skin breakouts, bowl sluggishness, diarrhea, fatigue, sweating, frequent urination, congestion, nasal discharge, or body aches. A few may also briefly experience anxiety, irritability or mental depression.

You must understand that your body is going through cleansing and detoxification. It is throwing out poisons using the energy it has saved from the hard-to-digest meals that have been discontinued. This is your body's natural way of cleansing, and is a positive occurrence.

The best way to encourage your body's natural cleansing methods is to not use over the counter drugs to stop the cleansing process. (Prescription medication should NOT be discontinued without a medical doctor's approval). They may make you feel better in the short term, but to do so by driving toxins back into the tissues. Drink plenty of water facilitate the process and get some rest.

The healing crisis generally lasts from just a few hours to a few days. The healthier one's body is to begin with, the fewer symptoms there will be. The more the body has to clean up, the harder and longer the cleansing side effects will be. Symptoms will also be more pronounced if the change in the diet is abrupt, and less so if it is gradual. This is why detoxification preparation days are so important. Each healing crisis is followed by increased vitality and improved wellbeing.

Please be aware that it is just as important for your body to come off detoxification correctly as it is to detoxify. Your body is in a cleansing mode and will continue until clogging foods are reintroduced. As you finish Detoxification, continue taking the herbs until they are gone. Many of the ill-feeling

symptoms that you may have been experiencing will have already begun to disappear. In fact, the three day cleanse is pretty dramatic. You will have lost 2-8 pounds, and will have begun eliminating some of the 5-27 pounds of waste that are being stored in the colon. If you are on medication, ask your prescribing doctor to work with you as you go through this program. Start consuming fresh fruit (after day 22), salads and vegetables. Some people choose to juice live foods for a few days before eating solid foods, allowing the body more time and energy to heal and gain strength. Slowly work your way back into foods after detoxification. Your body is now clean and will no longer tolerate abuse. A couple of beers will make you drunk, and may become ill after eating pizza, and a candy bar may give you a headache. All these foods are very unhealthy and your clean body is simply more sensitive to toxins.

Contact your Health Care Practitioner for specific questions on Healing Crisis.

Detoxification is a wonderful way to begin a healthy lifestyle. Done 3-4 times per year, the body is stronger, cleanser, and better able to resist illness.

FREQUENTLY ASKED QUESTIONS ABOUT DETOXING

Will the lemon juice mixture cause too much acid for my sensitive stomach? Although the lemon is an acidic fruit, it turns alkaline as it is digested and aids in attaining a proper pH balance within the body. To further avoid extra acidity, alternate drinking water and the lemonade detox mixture.

Is detoxification safe? Absolutely. Body cleansing for health is a concept that has been in use for thousands of years. This type of internal cleanse has been used safely for periods of up to 2 months over the last 30 years. Herbalogica recommends detoxification for 3-10 days only, 3 to 4 times per year. See your Health Care Practitioner for specific directions.

Can I detoxify if I have hypoglycemia? Detoxifying is especially beneficial to those with hypoglycemia. Just be sure to use only pure maple syrup in the lemon juice mixture. Honey or other sweeteners will trigger an unhealthy insulin response. Herbalogica APPETITE APPEASER will also help to regulate blood sugar levels.

How does detoxification affect cellulite? Cellulite is waste materials trapped in connective tissue and fat cells, and it is very resistant to ordinary dieting and exercise. While Detoxification will not remove cellulite, it does cleanse the intestinal tract and the body's liquid waste system, thereby speeding up the elimination of toxins from the body, which aids in cellulite removal. Improved results can be achieved when done in conjunction with Herbalogica Body Contouring Wraps.

Will I have energy during the lemon cleanse? As toxins are expelled from the system, the energy levels rise. It may take a day or two for this effect to occur. If you are not as energetic as you feel you should be, add a little more maple syrup to the lemon juice mixture to raise and maintain your blood sugar level. It is also helpful to make the mixture last throughout the day rather than drinking it all at once. Herbalogica recommends reducing physical activity on detoxification days.

Why is it important to use distilled water? Distilled water is pure, which means it has no chemicals or bacteria to interfere with the cleansing process. We recommend continuing to use distilled and /or pure spring water after your cleansing program. Do not use bottled mineral water since it may contain concentrations of heavy metals. Soft water is also a poor choice because of its high sodium content.

Will I suffer hunger pains during detoxification? Yes, you might and if you do, simply drink the lemon juice mixture more often. Since this mixture is food already in liquid form, it gets into the bloodstream faster and allays hunger. You might think you are hungry because you aren't chewing food, but with the mixture you are getting the nutrients you need.

Why is it important to use pure maple syrup? First, pure maple syrup contains many minerals and vitamins. For this reason, it will provide the body with energy. Second, pure maple syrup is a balanced, natural sweetener and can be used without causing an insulin response. Because of this, hypoglycemics can use the program without fear of lowering or raising blood sugar levels.

BASIC DAILY RECOMMENDED SUPPLEMENTS

BODY PURIFIER

Solutions4 Body Purifier is a combination of 11 herbs that work together to help rid the liver, kidneys, and bowels of accumulated toxins and other waste materials. Helps purify the blood stream and cleanse the lymphatic system.

DIGESTIVE ENZYME BLEND

Helps the body to digest and assimilate all nutrients necessary for proper, healthy, and permanent weight-loss. DIGESTIVE ENZYME BLEND restores natural energy to the body while promoting weight control by heightening absorption of vitamin, minerals and other nutrients from food.

INTESTINAL CLEANSER

This formula is a superb combination of 9 herbs that have an extremely beneficial effect on the entire intestinal tract. It is also a bowel tonic and rebuilding formula. It helps improve intestinal absorption of vital nutrients while decreasing the absorption of toxins.

NUTRITIONAL SHAKE

An all-natural, 180-calorie, sugar free balanced meal replacement. Used for healthy weight loss and blood sugar management. This shake easily mixes with water and is available in Chocolate, Vanilla, and Orange Cream, and Strawberry.

SALMON OIL

Salmon Oil is the most beneficial source of omega 3 fatty acids. It has been shown to aid in healthy aging, lower weight, increase bone and joint health, assist in cognitive function, increase the health of eyes, nails, and skin and improve mental health.

VITAMIN D

Vitamin D3 (Cholecalciferol) offers many health benefits, including bone strengthening, lower risk of disease and infection, and immune boosting. It comes in an easily absorbable liquid gel-cap form.

RECOMMENDED TREATMENT SERVICES

LIPO-LIGHT

Our Lipo-Light utilizes LED light technology for spot fat reduction, inch loss and body contouring in almost any area of the body. The Lipo-Light is 100% noninvasive, with no known side effects. The Lipo-Light was designed to specifically target subcutaneous fat, reducing the appearance of cellulite, resulting in inch loss and body contouring.

Why Was it Designed?

The Lipo-Light was designed to specifically address spot fat reduction or inch loss and body contouring. It is administered in relaxing 10-30 minute sessions. There is no surgery or pain or extensive recovery time.

Who is an Ideal Lipo-Light Candidate?

The Lipo-Light is the ideal treatment for all body types when combined with a healthy diet and lifestyle. It works *synergistically with the body's natural weight loss mechanisms*. It specifically targets troublesome areas to remove inches.

How Does a Lipo-Light Work?

The LED energy safely penetrates the skin targeting the fat cells (Subcutaneous layer). Once the cells are permeated, they release fatty acids, water and glycerol, or triglycerides. The triglycerides are released from the fat cells and the body uses them as an energy source. The fat cells then “**shrink**” significantly resulting in inch loss and the removal of cellulite.

Where Can the Lipo-Light Be Used?

The Lipo-Light offers a safe and effective spot fat reduction solution that can be applied to a multiple of problem areas:

- Waistline
- Mid and lower abdomen
- Upper mid and lower back
- Buttocks and thigh areas
- Arms and underarms

What Should I Expect During a Treatment?

You can relax in a comfortable position while a Lipo-Light technician secures the paddles to the target area. In 10 minute intervals, you are free to relax, read and listen to music.

What Happens After a Treatment?

You are free to resume normal activities immediately after each session—including exercise. Remember: Lipo-Light is safe, noninvasive and you will experience no pain or side effects.

DETOXIFYING BODY WRAPS

Our Body Wraps are unlike anything you've heard about or experienced...

This specific inch loss and cellulite reduction wrap was developed by a bio-chemist from the ULCA medical center. This wrap process was formulated to encourage circulatory and lymphatic flow in patients. Research showed that because of this increased flow of both the lymphatic and circulatory systems, the patients experienced cleansing of the tissues. This, in turn, caused healthy inch loss through internal cleansing.

It's very typical to lose 4" to 14" in one hour. This is NOT weight loss, this is permanent inch loss! Not only does your body benefit internally from this Body Wrap, but the external benefits of contouring and inch loss make this wrap ideal!

Our Body Wraps use herbal formulations which work externally to internally. This type of wrap aids in the removal of wastes that have become trapped in vulnerable parts of your body. It's basically a painless cleansing process of the tissue underneath the skin, and helps restore elasticity to loose, flabby skin. It does not dehydrate and age the skin. This is the healthiest type of wrap there is!

With our Body Wrap you will experience inch loss, diminishing of cellulite, and body contouring. These results can be permanent and are completely safe.

This particular Body Wrap has been helping people lose inches for over 30 years!

Our Body Wraps increase circulation and remove toxins from all areas of your body, two causes of that nasty cellulite!

INFRARED SAUNA

Keep Your Body in Fat Burning Mode to Keep Your Weight Off for Good!

One of our goals is to help you learn how to trigger your fat-burning hormones, this gives you the most effective leverage over fat-burning hormones. Your fat-burning hormones work through your live - that's why it's so important to do a cleansing program two to four times a year.

An essential part of cleansing and detoxifying your body is utilizing an Infrared Sauna.

What is Infrared?

Infrared is the band of light you perceive as heat. You can't see infrared with the naked eye, but you can feel this type of light in the form of heat. The sun produces most of its energy output in the infrared segment of the light spectrum. Infrared rays heat your body without having to heat the air around you.

How Does an Infrared Sauna Aid Weight Loss?

Your body expends energy (calories) to produce sweat - 1 gram of sweat requires approximately 0.586 calories. A moderately-conditioned person can easily sweat of 1000 grams or more in one Infrared Sauna session. **That's the equivalent to running 10-15 kms!** While this weight loss can be regained by rehydration with water, the calories expended in the process will not come back. Sweating also allows the body to release built up toxins naturally, keeping

your body cleansed even when not on a cleansing program.

How Safe is an Infrared Sauna?

Because infrared is part of natural sunlight, Infrared Saunas are completely safe! Health professionals have used infrared heat lamps for decades to treat muscle and joint problems. In hospital baby care units, incubators are often equipped with infrared heating systems to keep newborn babies warm.

What is the Difference Between an Infrared Sauna and the Conventional Sauna at my Gym?

Whereas conventional saunas transfer heat by circulating hot air to warm your body from your head down, infrared saunas warm your body directly. This allows an **in-depth heat in a more pleasant temperature, thus providing more health benefits and a highly enjoyable and comfortable environment.**

EXERCISE WITH OXYGEN

Burn More Calories and Make Your Workout Worth It!

Exercising with oxygen therapy (EWOT) can increase strength lines up to 20% and increase weight loss by an additional 20%. EWOT has been known to increase basic cellular life, making you feel **20 years younger!**

EWOT increases the amount of oxygen in your blood, plasma and tissues. This increased level of tissue oxygen has several beneficial effects. It has been used successfully for a multitude of conditions, including: heart failure, cardiomegaly, high blood pressure, wellness and **anti-aging**, emphysema and **stress of all types.**

How Does EWOT Work?

EWOT allows your body to get more oxygen during your workouts, this in turn gives your body more energy during your workout which can help you push yourself and ***burn more calories than ever before.***

WHOLE BODY VIBRATION

Accelerate Weight Loss and Cellulite Reduction in 10 Minutes!

What Does Whole Body Vibration Do?

Whole Body Vibration (WBV) offers a low-impacts way to increase strength, flexibility, and rejuvenate your body - in addition to **increasing metabolism.** WBV causes the muscles to experience an involuntary contraction at the same rate that the platform is vibrating. The mechanical stimulus produces a stretch reflex in 100% of your muscles. This means your muscles react to the vibration by contracting and relaxing automatically (like when the doctor hits your knee with a little hammer).

How Did WBV Come About?

WBV training was used in the 1960s by the Russian space program to help cosmonauts recover more quickly from muscle atrophy. Since then, **Olympic athletes** have adapted WBV into their workouts. Trainers and doctors have been using WBV for well over 40 years.

What Makes WBV Unique?

It's a noninvasive workout that you don't have to change into workout clothes for! It's also a multifaceted tool that complements aerobics and strength training. It's simply a great tool for a **healthy lifestyle!**

The Benefits of WBV

- Accelerated Weight Loss
- Reduces Cellulite
- Reduces Varicose Veins
- Increase Energy
- Improves Muscle Strength
- Enhances Wellness
- Enhances Detoxification
- Improves Circulation
- Improves Relaxation

SELF-MASTERY TECHNOLOGY

Discover What You can Achieve When You Dare to RELAX!

How long have you dreamed of having a trim, fit body... kicking your smoking habit for good... living your life stress free... gaining freedom for your chronic pain... or otherwise changing your life? What if you discovered a way to achieve your goals in just a few minutes a day? Well now you can with an exciting new technology called

ZenFrames.

The power of the mind is nothing new to science. Doctors have known for decades that the mind has the power to help people **lose weight**, stop smoking, manage pain, overcome phobias, accelerate learning, and enhance athletic performance. The only problem was finding a way to harness that potential.

But now there's ZenFrames, a new technology based on the research of the world's leading universities.

ZenFrames uses synchronized pulses of light and sound to deeply relax you while promoting optimum brainwave activity for learning, focus and memory. While the lights and tones soothe you, SMT (self-mastery technology) audio-sessions help focus your mind so you can finally **release unwanted habits** and get more of what you want out of life. And, because the effects are cumulative, there's virtually no limit to how good you can feel or what you can achieve!

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<p>Did I follow the Club Reduce® nutrition guidelines for the day? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Did I replace a meal with a Solutions4 Nutritional Shake? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Did I drink ½ body weight in ounces of water? <input type="checkbox"/> Yes <input type="checkbox"/> No _____ oz.</p> <p>Did I track my calories? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Did I use Self-Mastery Technology? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Did I exercise? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>From what I did yesterday, am I closer to my goal? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Hours of sleep I received last night: _____</p> <p>Rate stress level today (1=low, 10-high): 1 2 3 4 5 6 7 8 9 10</p> <p>My weight today: _____</p>		

Club Reduce® Daily Success Planning Worksheet

It has been proven that people who keep a daily food diary lose twice as much weight.

Date: __/__/__		
Breakfast:	Calories	Assess Your Hunger Before Eating: 0 1 2 3 4 5 6 7 8 9 10 After Eating: 0 1 2 3 4 5 6 7 8 9 10
Mid-morning snack:	Calories	Assess Your Hunger Before Eating: 0 1 2 3 4 5 6 7 8 9 10 After Eating: 0 1 2 3 4 5 6 7 8 9 10
Lunch:	Calories	Assess Your Hunger Before Eating: 0 1 2 3 4 5 6 7 8 9 10 After Eating: 0 1 2 3 4 5 6 7 8 9 10
Mid-Afternoon:	Calories	Assess Your Hunger Before Eating: 0 1 2 3 4 5 6 7 8 9 10 After Eating: 0 1 2 3 4 5 6 7 8 9 10
Dinner:	Calories	Assess Your Hunger Before Eating: 0 1 2 3 4 5 6 7 8 9 10 After Eating: 0 1 2 3 4 5 6 7 8 9 10
CALORIES YOU ARE ALLOTTED FOR THE DAY		
TOTAL CALORIES YOU ATE		
SUPPLEMENTS FOR THE DAY:		
<p>Did I follow the Club Reduce® nutrition guidelines for the day? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Did I replace a meal with a Solutions4 Nutritional Shake? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Did I drink ½ body weight in ounces of water? <input type="checkbox"/> Yes <input type="checkbox"/> No _____ oz.</p> <p>Did I track my calories? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Did I use Self-Mastery Technology? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Did I exercise? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>From what I did yesterday, am I closer to my goal? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Hours of sleep I received last night: _____</p> <p>Rate stress level today (1=low, 10-high): 1 2 3 4 5 6 7 8 9 10</p> <p>My weight today: _____</p>		

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Dinner:	Calories	Assess Your Hunger Before Eating: 0 1 2 3 4 5 6 7 8 9 10 After Eating: 0 1 2 3 4 5 6 7 8 9 10
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Club Reduce® Daily Success Planning Worksheet

It has been proven that people who keep a daily food diary lose twice as much weight.

Date: __/__/__		
Breakfast:	Calories	Assess Your Hunger Before Eating: 0 1 2 3 4 5 6 7 8 9 10 After Eating: 0 1 2 3 4 5 6 7 8 9 10
Mid-morning snack:	Calories	Assess Your Hunger Before Eating: 0 1 2 3 4 5 6 7 8 9 10 After Eating: 0 1 2 3 4 5 6 7 8 9 10
Lunch:	Calories	Assess Your Hunger Before Eating: 0 1 2 3 4 5 6 7 8 9 10 After Eating: 0 1 2 3 4 5 6 7 8 9 10
Mid-Afternoon:	Calories	Assess Your Hunger Before Eating: 0 1 2 3 4 5 6 7 8 9 10 After Eating: 0 1 2 3 4 5 6 7 8 9 10
Dinner:	Calories	Assess Your Hunger Before Eating: 0 1 2 3 4 5 6 7 8 9 10 After Eating: 0 1 2 3 4 5 6 7 8 9 10
CALORIES YOU ARE ALLOTTED FOR THE DAY		
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DETOX (Day 1)

Date: __/__/__

To be done at least once per quarter.

AM SUPPLEMENTS: Take up to 3 Appetite Appeasers

☐ Body Purifier: 2 ☐ Fiber Blend: 8 ☐ Intestinal Cleanser: 2

9:00 a.m. to 2:00 p.m.

☐ Lemon Mixture #1

☐ Water Bottle #1

2:00 p.m. to 7:00 p.m.

☐ Lemon Mixture #2

☐ Water Bottle #2

PM SUPPLEMENTS:

☐ Body Purifier: 2 ☐ Fiber Blend: 8 ☐ Intestinal Cleanser: 2

V = YES x = NO (Check Daily)

- ☐ Did you follow the DETOX guidelines?
- ☐ Did you take all of your supplements?
- ☐ Did you drink half of your body weight in ounces? ____ oz.
- ☐ Hours of Sleep received last night ____ hrs
- ☐ If stressed, did you use any relaxation techniques?
Rate your stress level today (1=low, 10=high)
1 2 3 4 5 6 7 8 9 10

DETOX (Day 2)

Date: __/__/__

To be done at least once per quarter.

AM SUPPLEMENTS: Take up to 3 Appetite Appeasers

☐ Body Purifier: 3 ☐ Fiber Blend: 8 ☐ Intestinal Cleanser: 2

9:00 a.m. to 2:00 p.m.

☐ Lemon Mixture #1

☐ Water Bottle #1

2:00 p.m. to 7:00 p.m.

☐ Lemon Mixture #2

☐ Water Bottle #2

PM SUPPLEMENTS:

☐ Body Purifier: 3 ☐ Fiber Blend: 8 ☐ Intestinal Cleanser: 2

✓ = YES x = NO (Check Daily)

- ☐ Did you follow the DETOX guidelines?
- ☐ Did you take all of your supplements?
- ☐ Did you drink half of your body weight in ounces? ____ oz.
- ☐ Hours of Sleep received last night ____ hrs
- ☐ If stressed, did you use any relaxation techniques?
Rate your stress level today (1=low, 10=high)
1 2 3 4 5 6 7 8 9 10

DETOX (Day 3)

Date: __/__/__

To be done at least once per quarter.

AM SUPPLEMENTS: Take up to 3 Appetite Appeasers

☐ Body Purifier: 4 ☐ Fiber Blend: 8 ☐ Intestinal Cleanser: 2

9:00 a.m. to 2:00 p.m.

☐ Lemon Mixture #1

☐ Water Bottle #1

2:00 p.m. to 7:00 p.m.

☐ Lemon Mixture #2

☐ Water Bottle #2

PM SUPPLEMENTS:

☐ Body Purifier: 4 ☐ Fiber Blend: 8 ☐ Intestinal Cleanser: 2

✓ = YES x = NO (Check Daily)

- ☐ Did you follow the DETOX guidelines?
- ☐ Did you take all of your supplements?
- ☐ Did you drink half of your body weight in ounces? ____ oz.
- ☐ Hours of Sleep received last night ____ hrs
- ☐ If stressed, did you use any relaxation techniques?
Rate your stress level today (1=low, 10=high)
1 2 3 4 5 6 7 8 9 10

CALORIE INDEX

Vegetables	Serving Size	Raw
Artichokes	½ Cup	30
Alfalfa sprouts	½ Cup	28
Asparagus	1 Cup	27
Bamboo shoots	1 Cup	41
Bean sprouts	1 Cup	53
Beets	1 Cup	58
Bok Choy	½ Head	50
Broccoli	1 Cup	30
Brussels sprouts	1 Cup	38
Buckwheat sprouts	1 Cups	583
Cabbage, Chinese	1 Cup Shredded	9
Cabbage, Red	1 Cup Shredded	28
Carrots	1 Cup Chopped	52
Cauliflower	1 Cup	25
Celery	1 Cup Diced	19
Chard, Swiss	1 Cup	7
Chives	1 Tbsp Chopped	1
Cucumber	1 Cup	16
Eggplant	1 Cup Cubes	20
Edamame	½ Cup	100
Fennel, Bulb	1 Cup	27
Garlic	1 Clove	4
Green Beans	1 Cup	40
Green Onions	1 Cup Chopped	32
Jicama	1 Cup	46
Kohlrabi	1 Cup	36
Lima Beans	1 Cup	176
Leek	1 Cup	54
Mung Bean Sprouts	1 Cup	31
Okra	1 Cup	31
Onion	1 Cup	64
Parsley	1 Cup	22
Parsnips	½ Cup	100
Pepper, Green	1 Cup	30
Pepper, Red	1 Cup	48
Pimentos	2 Tbsp	80
Radish	1 Cup	19
Rhubarb	1 Cup	26
Rutabaga	1 Cup	50
Shallots	½ Cup	60
Snap Beans (Edible Pods)	1 Cup	34
Snow Peas (Sugar Peas)	1 Cup	41
String Beans	½ Cup	30

Sprouts	1 Cup	56
Tomatillo	½ Cup	21
Turnips	1 Cup	36
Water Chestnuts	1 Cup	80
Wheat Grass	100 ml	14
Zucchini	1 Cup	20

Greens	Serving Size	Raw
Arugula	½ Cup	3
Beet Greens	1 Cup	8
Belgian endive	1	15
Bib lettuce	1 Cup	7
Boston lettuce	1 ½ Cup	15
Butter Lettuce	1 Cup	7
Cress	1 Cup	16
Collard Greens	1 Cup	11
Curly Endive	½ Cup	4
Dandelion Greens	1 Cup	25
Endive	½ Cups	4
Endigia (Red Endive)	½ Cup	4
Escarole	1 ½ Cup	15
Green Leaf	1 ½ Cup	15
Iceberg	1 Cup	8
Kale	1 Cup	34
Mesclun	1 Cup	10
Mustard Greens	1 Cup	15
Oakleaf	½ Cup	4
Radicchio	1 Cup	9
Red Leaf	1 ½ Cup	15
Romaine	½ Cup	5
Spinach	1 Cup	7
Swiss chard	1 Cup	7
Watercress	1 Cup	4

Fruit	Serving Size	Raw
Apples	1 Cup	65
Apricots	1 Cup	74
Avocados	1	240
Bananas	1 Cup	200
Blackberries	1 Cup	62
Blueberries	1 Cup	83
Boysenberries	1 Cup	66
Cantaloupe	1 Cup	60
Cherries	1 Cup	90
Coconut Meat	1 Cup	283

Dates	1	35
Figs	1	47
Grapefruit	1 Cup	97
Grapes	1 Cup	62
Guava	1	45
Honeydew	1 Cup	64
Kiwi	1 Cup	108
Lemon	1 Cup	61
Limes	1	20
Mango	1	130
Melons	1	60
Mulberries	1 Cup	80
Nectarines	1	70
Oranges	1 Cup	80
Papaya	½ Cup	70
Peaches	1 Cup	66
Pears	1 Cup	96
Persimmon	1	32
Pineapple	1 Cup	78
Plums	1 Cup	76
Pomegranate	1	105
Raspberries	1 Cup	64
Strawberries	1 Cup	49
Tangelos	1	60
Tangerines	1 Cup	80
Tomatoes	1	15
Watermelon	1	46

Lean Meat	Serving Size	Raw	Cooked
Organic Poultry- Free range, antibiotic free and hormone free is best			
Chicken	½ Cup	-	200
Turkey	½ Cup	-	190
Duck	½ Cup	-	245
Quail	1	-	209
Organic Fish- Wild caught, not farm raised			
Cod	½ Cup	-	113
Halibut	½ Cup	-	158
Mahi Mahi	½ Cup	-	120
Salmon	½ Cup	-	206
Sea Bass	½ Cup	-	140
Sole	½ Cup	-	133
Swordfish	½ Cup	-	173
Tilapia	1 Cup	-	93
Trout	½ Cup	-	170
Tuna	½ Cup	-	133
Organic Rabbit	½ Cup	-	128
Canned Fish- Water packed tuna	½ Cup	-	133

Lentils and Rice	Serving Size	Raw	Cooked
Brown Lentils	1 Cup	-	232
Red Lentils	½ Cup	-	340
Brown Basmati Rice	½ Cup	-	300
Brown Rice	1 Cup	-	218
Wild Rice	1 Cup	-	166

Dairy and Dairy Substitutes			
Organic Free-range eggs	1	-	70
Organic butter	1 Tbsp	100	-
Coconut Milk	½ Cup	276	

Oils			
Coconut Oil- (A great substitute for Butter)	1 Tbsp	125	-
Extra virgin olive oil	1 Tbsp	120	-
Flaxseed Oil- (Great for dressings. Keep refrigerated, do no heat)	1 Tbsp	130	-
Grape seed oil	1 Tbsp	120	-

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ANTIOXIDANT

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

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

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

Suggested Use: 2 capsules two times daily

2 capsules two times daily will last: 15 days

Size Available: 60 capsules

Shelf Life: 7 years

Ingredients:

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

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

GINKGO BILOBA—Helps ease digestive problems and stomach complaints.

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

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

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

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

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

RED RASPBERRY EXTRACT—A blood tonic.



APPETITE APPEASER

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

Helps the Body To:

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

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

2 capsules three times daily will last: 15 days

3 capsules three times daily will last: 10 days

Size Available: 90 capsules

Shelf Life: 7 years

Ingredients:

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

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

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

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

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

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

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

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

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

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



BODY PURIFIER

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

Helps to:

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

Suggested Use: 2–3 capsules twice daily

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

2 capsules twice daily will last: 22 days

3 capsules twice daily will last: 15 days

Size Available: 90 capsules

Shelf Life: 7 years

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

Ingredients:

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

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

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

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

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

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

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

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

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



LIQUID CALCIUM

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

Helps to:

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

Calcium recommendations

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



Suggested Use: 2–4 softgels daily

2 softgels daily will last: 50 days

4 softgels daily will last: 25 days

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

Shelf Life: 3 years

Ingredients:

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

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

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

CELLULITE CLEANSE

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

Helps the Body To:

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

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

2 capsules three times daily will last: 15 days

3 capsules three times daily will last: 10 days

Size Available: 90 capsules

Shelf Life: 7 years

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



Ingredients:

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

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

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

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

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

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

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

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

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

DAILY ESSENTIALS

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

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

Includes:

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

Suggested Use: Take 1 Wellness Pack daily

One box of Daily Essentials will last approximately 30 days

Size Available: 1 Box (30 packets)

Shelf Life: 7 years

Ingredients:

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



DHEA (Dehydroepiandrosterone)

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

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

2 capsules daily will last: 45 days

3 capsules daily will last: 22 days

Size Available: 90 capsules (25mg each)

Shelf Life: 7 years

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

Ingredients:

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

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



DIGESTIVE ENZYME BLEND

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

Helps the Body To:

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

Suggested Use: 1–2 capsules prior to each meal

1 capsule three times daily will last: 30 days

2 capsules three times daily will last: 15 days

Size Available: 90 capsules

Shelf Life: 4 years

Ingredients:

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

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

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

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

SUCRASE—Digests sucrose (refined sugar).

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

LACTASE—Digests lactose (milk sugar).

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

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

Promotes upper and lower gastrointestinal motility while enhancing nutrient absorption.



EVENING PRIMROSE OIL

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

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

Evening Primrose Oil has been shown to:

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

Suggested Use: Take 3–6 softgels daily

3 softgels daily will last: 66 days

6 softgels daily will last: 33 days

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

Size Available: 200 softgels (500mg each)

Shelf Life: 3 years

Ingredients:

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

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

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



FIBER BLEND

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

This formula helps to:

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

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

6 capsules daily will last: 33 days

7 capsules daily will last: 28 days

8 capsules daily will last: 25 days

Size Available: 200 capsules (450mg each)

Shelf Life: 7 years

Fiber is an important part of the Solutions4 Detoxification Program.

Ingredients:

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

Does not absorb.

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

Psyllium provides 8 times more soluble fiber than oat bran.



FIBER SWEETENER

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

Benefits of Fiber Sweetener:

- 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

Size Available: 8.4 oz (80 servings)

Shelf Life: 3 years

Ingredients:

- *LO HAN*
- *CHICORY ROOT*
- *ACACIA FIBER*



FLAX SEED OIL

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

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

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

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

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

2 softgels daily will last: 60 days

4 softgels daily will last: 30 days

6 softgels daily will last: 20 days

Size Available: 120 softgels (1000mg each)

Shelf Life: 3 years

Ingredients:

ORGANIC FLAX SEED OIL

Which typically contains:

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



HERBAL STRESS RELIEF

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

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

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

2 capsules daily will last: 45 days

Size Available: 90 capsules

Shelf Life: 7 years

Ingredients:

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

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

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

HOPS FLOWERS—Sedative, restoring tonic for the nervous system.

CATNIP—Antispasmodic, digestive stimulant, promotes cooling.

LAVENDER FLOWER—Sedative and analgesic; antispasmodic.

MYRRH GUM—Immune stimulant, circulatory stimulant.

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



HORMONE BALANCE

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

Features and Benefits:

For Women:

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

For Men:

- Increases effect of testicular hormones

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

Size Available: 180 capsules

Shelf Life: 7 years

Ingredients:

BLESSED THISTLE—Used for treating painful menstruation.

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

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

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

SERENOA SERRULATA—Prostate, irritable bladder relief.

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

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

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

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

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

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

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

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



INTESTINAL CLEANSER

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

Features and Benefits:

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

Suggested Use: 2–3 capsules twice daily

2 capsules twice daily will last: 22 days

3 capsules twice daily will last: 15 days

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

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

Size Available: 90 capsules

Shelf Life: 7 years

Ingredients:

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

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

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

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

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

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

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

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



JOINT & MUSCLE RELIEF

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

Natural treatment for:

- 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

Suggested Use: 2–3 capsules three times daily

2 capsules three times daily will last: 33 days

3 capsules three times daily will last: 22 days

Size Available: 200 capsules

Shelf Life: 7 years

Ingredients:

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

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

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

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

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

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

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

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



MULTIVITAMIN / MULTIMINERAL

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

The Importance of Chelation:

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

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

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

1 capsule twice daily will last: 45 days

Sizes Available: 90 capsules

Shelf Life: 2-3 years

Ingredients:

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



NUTRITIONAL SHAKE

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

Features and Benefits

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

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

1 scoop 1 time daily will last: 30 days

2 scoops 1 time daily will last: 15 days

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

Shelf Life: 6 years

Ingredients:

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



PROBIOTIC BLEND

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

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

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

Features and Benefits

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

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

1 capsule four times daily will last: 22 days

2 capsules four times daily will last: 11 days

Size Available: 90 capsules

Shelf Life: 4 years

Ingredients:

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

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

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

ZINC CITRATE—Fights infection and stimulates the immune system.

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

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

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

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

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

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



SALMON OIL

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

Salmon Oil has been shown to:

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

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

4 capsules daily will last: 30 days

Size Available: 120 capsules

Shelf Life: 7 years

Ingredients:

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

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



THYROID

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

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

This formula helps to:

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

Suggested Use: 2 capsules, 2-3 times daily

4 capsules daily will last: 15 days

6 capsules daily will last: 10 days

Size Available: 60 capsules

Shelf Life: 7 years

Ingredients:

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

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

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

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

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

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

ROSEMARY– Helps to reduce stress, anti-oxidant.

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

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

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



VITAMIN D

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

Features and benefits:

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

Suggested Use: 1–2 softgels, one time daily

1 softgel daily will last: 150 days

2 softgels daily will last: 75 days

Size Available: 150 softgels (1000 IU each)

Shelf Life: 7 years

Ingredients:

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



ALOE ACTIVATOR

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

Features and benefits when mixed with Protein Lift Masque:

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

Features and benefits when 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

Size Available: 4 fluid ounces

Shelf Life: 5 years

Ingredients:

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



ANTI-CELLULITE LOTION

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

Helps to:

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

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

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

Sizes Available: 8 fluid ounces & quart

Shelf Life: 1 year

Ingredients:

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

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

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



APPLE STEM CELL MOISTURIZER

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

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

Helps To:

- 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

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

Size Available: 1.75 fluid ounces

Shelf Life: 1 year

Ingredients:

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

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

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

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

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

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



ANTI-INFLAMMATORY GEL

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

Helps to:

- 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

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

Size Available: 2 fluid ounces

Shelf Life: 1 year

Ingredients:

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

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

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

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

YUCCA EXTRACT - Circulatory aid.



APRICOT EXFOLIATOR

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

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

Helps To:

- 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

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

Size Available: 4 fluid ounces

Shelf Life: 1 year

Ingredients:

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

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

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

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



BODY EXFOLIATOR

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

Helps to:

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

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

Sizes Available: 8 fluid ounces, quart, gallon

Shelf Life: 1 year

Ingredients:

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

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

BETA GLUCAN - Stimulates formation of collagen.

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

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

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

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



BODY WRAP CREAM (Regular and Sensitive formulas)

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

Helps to:

- 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

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

Sizes Available: 2 fluid ounces = 1 body wrap

Quart = 16 body wraps

Gallon = 64 body wraps

Available in regular and sensitive formulas.

Professional Use Only

Shelf Life: 6 months - 1 year

Ingredients:

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

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

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



EXERCISE GEL

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

Helps to:

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

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

Sizes Available: 8 fluid ounces & quart

Shelf Life: 1 year

Ingredients:

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

BLADDERWRACK EXTRACT - Works on the glandular system.

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

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



GREEN CLAY MASK

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

Helps to:

- 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

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

Size Available: 2 fluid ounces

Shelf Life: 1 year

Ingredients:

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

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

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

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

HAWAIIAN WHITE GINGER - Works to stimulate circulation.



GREEN TEA CLEANSER

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

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

Helps to:

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

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

Size Available: 4 fluid ounces

Shelf Life: 1 year

Ingredients:

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

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

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

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

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



HERBAL BODY WASH

Our Herbal Body Wash is a natural botanical cleanser, formulated to penetrate the pores to properly and deeply cleanse, with a full spectrum bacticept 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, and other applied substances, as well as bacteria and fungus

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

Size Available: 8 fluid ounces

Shelf Life: 5 years

Ingredients:

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

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

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

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

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



PROTEIN LIFT MASK

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

Helps to reduce:

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

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

Size Available: 2 ounce

Shelf Life: 2 years

Ingredients:

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

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

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

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

POWERFUL ANTIOXIDANTS - Fight free radical damage.



SKIN REPAIR CREAM

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

Helps to:

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

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

Size Available: 1.75 fluid ounces

Shelf Life: 1 year unopened
6 months opened

Ingredients:

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

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

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

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

POWERFUL ANTIOXIDANTS - Fight free radical damage.



TONER SPRAY

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

Helps to:

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

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

Size Available: 4 fluid ounces

Shelf Life: 5 years

Ingredients:

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

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

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

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

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



VITAMIN C HYDRATOR

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

Helps to:

- 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

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

Size Available: 1 fluid ounces

Shelf Life: 1 year

Ingredients:

OCTYL PALMITATE - Moisturizing compound and UVB sunscreen.

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

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

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

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

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



WILD YAM CREAM

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

Helps to:

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

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

Size Available: 1.75 fluid ounces

Shelf Life: 1 year

Ingredients:

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

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

