



# PATIENT PROGRAM

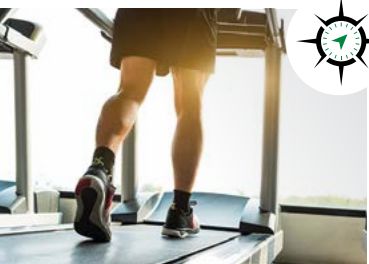
RESET >> REMOVE >> REBUILD >> RECHARGE



120  
DAYS TO  
A BETTER  
YOU

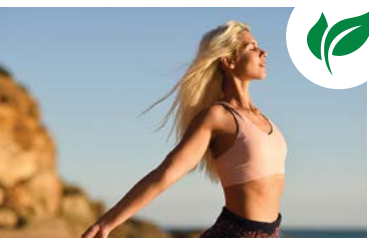


**NUTRITIONAL  
FRONTIERS**



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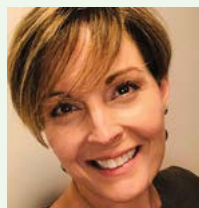
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**JAMIE DORLEY**  
NF OWNER & CEO

*Jamie Dorley* has offered wellness solutions for over 25 years, beginning with creating workout and nutrition protocols for fitness competitions during his college years to constructing a "new frontier in nutrition" at Nutritional Frontiers, LLC. A professional background that encompasses numerous facets of the health care and wellness industries.



**TRACEY STROUP**  
ND, CNHP

*Tracey Stroup, ND, CNHP* has been in the health and wellness field for over 25 years. She has a Bachelor of Science in the field of Exercise Kinesiology and a minor in food science. She is a Naturopathic Doctor, Certified Natural Health Professional and a Level 2 Digestive specialist. She still practices on a limited schedule in Tyrone, PA. Tracey is a wife to Eric, mother of Jon and Luke and a lover of Jesus.



Are you ready to  
**RESET**  
your health?



## PHASE I: DAYS 1-30

# RESET

**RESET** >> REMOVE >> REBUILD >> RECHARGE



# FOUNDATIONS OF HEALTH

Welcome to the first step towards resetting your health & educating yourself on the six areas of building a strong foundation!

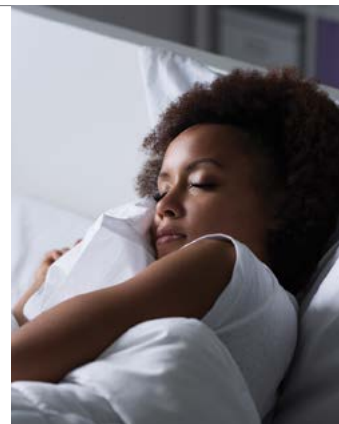
I often say to my clients, "You cannot build your health on quicksand. Eventually, it will sink regardless of how many supplements you take. The foundation is the most important part, giving support to the entire structure."

-Dr. Tracey Stroup



## >> Nutrition

If it falls from a tree, grows from the ground, runs in a field, swims in the water or flies in the sky; **organic and non-genetically modified, EAT IT!** If the 'food' was once able to sustain life on it's own and reproduce, it will sustain and reproduce life in you. Your body needs nutrition not a set amount of calories or gobs of protein, carbs or fat. Yes, macronutrients are what make up the food we eat, but it is the micronutrients that the body needs.



## >> Sleep

**Seven to nine hours of uninterrupted sleep is recommended for optimal health.** Only 21% of the US population sleeps 7 or more hours. Sleep enables our body to detoxify and recover. Quality sleep leads to increased immune system function (greater T-Cell effectiveness), better identification of antigens, increased mental alertness, increased energy, increased wellbeing, and facilitates maintaining a healthy weight.



## >> Hydration

Our body is 60% water. It is the medium for every process in the body. Examples include assimilation, temperature regulation, transport of nutrients, cognitive thinking, mood, oxygenation of the body, keeping mucous membranes moist and detoxification. Our blood is 80% water; our brain is 70% water. **A good guideline for water intake is half your body weight in ounces. Take your body weight in pounds and divide it by two. The result is the number of ounces per day.**



## >> Elimination

We are bombarded with toxins daily! **Having the ability to eliminate these toxins from our body is vital for sustained health.** Our bodies are constructed of built in mechanisms to cleanse toxins. Among these mechanism are the liver, bowels, urinary tract, lungs, and skin. Keeping these organs functioning healthy will help keep our body running at top proficiencies.



## >> Movement

Daily movement is optimal and truly biologically required. But it does not have to be a throw down sweat fest. **We simply need to move throughout the day. Movement should be cumulative.** Of course there are great advantages to pushing the body limits but for the average person who the current system is failing, suggesting small bouts of movement are doable.



## >> Emotional Wellness

**Our emotional wellness is comprised of thoughts, feelings and emotions and how we handle them.** Emotional wellness inspires self-care, stress reduction, relaxation and releasing trapped emotions. Reducing stress may require more personal boundaries or simply saying no. We have become a YES society and it has truly cost us our health. Time management and priorities are key in reducing stress.



# FIT LIFE QUESTIONNAIRE

## PERSONAL INFORMATION

Name: \_\_\_\_\_ Gender:  Male  Female

Age: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Weight Goal: \_\_\_\_\_ Body Mass Index (BMI): \_\_\_\_\_

Body Fat %: \_\_\_\_\_ Lean Body Mass %: \_\_\_\_\_ Daily Caloric Expenditure (DCE): \_\_\_\_\_

New Client:  Yes  No Last Visit: \_\_\_\_\_ Reason for Visit: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

## MEDICATIONS • OVER-THE-COUNTER & PRESCRIPTION

- Allergy**  
Allegra, Benadryl, Claritin, Flonase, Zyrtec, and Others
- Antacids/Ulcer/Digestion**  
Pepcid, Tagamet, Zantac, Prevacid, Prilosec, Magnesium, Aluminum Antacids, & Protonix
- Antibiotics**  
Gentomycin, Neomycin, Streptomycin, Cephalosporins, Penicillins, Tetracyclines & Gentamicin, Fluoroquinolones, Cipco, Leuaquin, Aneiox
- Anti-Depressants**  
Adapin, Aventyl, Elavil, Pamelor, & others. Major tranquilizers (Thorazin, Mellaril, Prolixin, Serentil & Others)
- Anti-Inflammatories**  
Corticosteroids: Prednisone, Medrol, Aristocort, Decadron, NSAIDs: (Motrin, Aleve, Advil, Anaprox, Dolobid, Feldene Naprosyn, Aspirin & Salicylates)
- Blood Thinners / Coumadin/Warfarin**  
Alteplase, Danaparoid, and Others
- Cardiovascular / Blood Pressure**  
Antihypertensives (Catapres, Aldomet), Ace Inhibitors (Capoten, Vasotec, Monopril, & Others), Beta Blockers (Inderal, Corgard, Lopressor And Others), Loop Diuretics (Lasix, Buinex, Edecrin) Tzide Diuretics (Hetz, Enduron, Diuril, Lozol, Zaroxolyn, Hygroton and Others). Potassium sparing Diuretics
- Cholesterol**  
Lipitor, Crestor, Zocor, and Others
- Diabetic**  
Metformin, Sulfonylureas (Dymelor, Tolinase, Micronase/Glynase/Diabeta)
- Female Hormones/Male Hormones**  
Estrogen/Hormone Replacement, Oral Contraceptives, Testosterone, Bio-Identical Hormones
- Sleep**  
Ambien, Lunesta, Rozerem, Sonata, Silenor, and Others
- Thyroid**  
Levothroid, Levoxyl, Synthroid, Cytomel, and Others
- Others:**  
\_\_\_\_\_

Please provide all current health history information.

## SUPPLEMENTS

SUPPORT	BRAND	AMOUNT	DURATION ON SUPPLEMENT

## FOOD

I Eat the Following:

- Vegetables  Frequently  Occasionally  Never
- Fruits  Frequently  Occasionally  Never
- Grains  Frequently  Occasionally  Never
- Protein  Frequently  Occasionally  Never
- Dairy  Frequently  Occasionally  Never
- Sugar  Frequently  Occasionally  Never
- Fast Food  Frequently  Occasionally  Never

I eat \_\_\_\_\_ meals per day.

My meals are generally:

- Large
- Moderate
- Small

## ACTIVITY

My Exercise Includes:

- Running  Walking  Weight Lifting  Cardio  Stretching

I workout \_\_\_\_\_ times per week.

## STRESS

I use tobacco:

- Frequently  Occasionally  Never

I use alcohol:

- Frequently  Occasionally  Never

I use caffeine:

- Frequently  Occasionally  Never

## SLEEP

I sleep through the night:

- Frequently  Occasionally  Never

I dream:

- Frequently  Occasionally  Never

I sleep with electronic devices on (TV, light, radio, etc):

- Frequently  Occasionally  Never



# THE GREAT PYRAMID OF HEALTH

## QUICK TIP

Cover the whole Great Pyramid with two simple products!

PowerCleanse + Lean Greens = **PYRAMID**

### CONDITION SPECIFIC

#### PHYTO NUTRIENTS

- Pro Reds
- Pro Purples
- Pro Oranges
- **Pro Lean Greens**

#### ESSENTIAL FATTY ACIDS

- Omega 3D
- Krill Oil
- Frontier Flax

#### MACRO AND MICRO NUTRIENTS

- Frontier Multivitamin
- Women's Complete
- **Power Cleanse**
- Super Shake / Best Whey / Net-0 KETO

#### PROBIOTICS AND ENZYMES

- Super Biotics
- SBC
- Frontier Biotics
- BetaZyme
- CybZyme
- ProbZyme

#### FOUNDATION

- Nutrition • Hydration • Movement
- Sleep • Elimination • Emotional Wellness

# THE GREAT PYRAMID OF HEALTH: **RESETTING THE SYSTEM FOR SUCCESS**

**Are you Living a Healthy Lifestyle or Just Taking Supplements?** This NF4Life™ Patient Program is an instrument designed to promote positive behavior change and also to help you meet your wellness goals. In order to achieve these goals, you must understand which choices are good for you and which ones are not. There is a lot of misinformation about what is healthy and what is unhealthy, and even the advice from some professionals often seems to change from day-to-day. This program booklet will provide you with the knowledge you need in order to make healthy lifestyle choices each day going forward.



### >> Condition Specific

Once your foundations are all addressed, your body will be able to better target a specific condition going on in an area of the body.



### >> Phytonutrients

Plant foods, like fruits and vegetables, contain thousands of phytonutrients that help protect plants from germs, fungi, bugs and other threats. They may help prevent disease and keep your body working properly.



### >> Essential Fatty Acids

Your brain itself is about 60% fat. Lacking fat can lead to brain fog, fatigue, depression anxiety and more. Good fats are also important for lubricating joints and fueling every cell in your body.



### >> Macro and Micro Nutrients

Macronutrients include carbohydrates (sugar), lipids (fats), fiber and protein. These provide energy to the body in the form of calories. Micronutrients include vitamins and minerals. Vitamins are necessary for energy production, immune function, and other processes. Minerals play an important role in growth, bone health, fluid balance, and several other processes.



### >> Probiotics and Enzymes

As Hippocrates said, "All disease begins in the gut." Your gut microbiome contains trillions of bacteria, many of which are beneficial to human health, and some which can cause health problems. When the bad bacteria start to outnumber the good, it can affect everything.



# SMART GOALS

A good goal-setting strategy is the SMART goal checklist. SMART goals are Specific, Measurable, Attainable, Realistic and Time-bound.

**S Specific:** The first step in developing a good habit is to describe exactly what that new habit will be. Instead of saying I'm going to eat healthier, your goal might be to fill 2/3 of your plate with non-starchy vegetables and fruits at each meal.

**M Measurable:** Measuring your progress and holding yourself accountable along the way will help keep you on track. Please fill out as much of the measurable data as you can below.

**A Attainable:** Keeping goals attainable is the best way to achieve them. People don't fail programs; programs fail people. With that said start out small with your goals like losing five pounds in a month rather than 20 pounds or going to the gym three days a week rather than six days a week. Take small steps and allow them to become habits in your life.

**R Realistic:** Setting a goal that is realistic can help avoid setbacks and false starts. For example, if you know you hate to run, training for a marathon may not be realistic. Aim for something challenging but not impossible. You can always adjust the goal later if it's too easy. Long-term behavior change is more likely if you start small.

**T Time-Bound:** Goals without starting points and deadlines are easier to put off. Spell out when you are going to begin your new behavior or activity and how often you are going to do it. If you want to improve nutrition, put a specific goal to it like eating a fresh fruit with lunch daily, going to bed 30 minutes earlier each night or walking with a friend one day a week.

It is important to evaluate your goals often and adjust them as needed to maintain your healthy lifestyle. Obstacles and life may happen. You can slow down but don't quit. Start again where you are and go back to defining SMART health goals that work in your life. The SMART goals play into helping make those long-term changes.

## MEASURABLE DATA • COLLECT DATA EVERY 30 DAYS

Date:				
Age				
Weight				
BMI				
Body Composition				
Hours of Sleep				
Number of Steps Per Day				
Ounces of Water Consumed Per Day				
Resting Heart Rate				
Blood Pressure				



## NUTRITION

	CURRENT NUTRITION	GOAL NUTRITION
BREAKFAST		
SNACK		
LUNCH		
SNACK		
DINNER		
SNACK		
CRAVINGS		

	BREAKFAST	BETWEEN	LUNCH	BETWEEN	DINNER	BED TIME
WATER	<input type="checkbox"/> 8 oz. of water	<input type="checkbox"/> 8 oz. of water	<input type="checkbox"/> 8 oz. of water	<input type="checkbox"/> 8 oz. of water	<input type="checkbox"/> 8 oz. of water	<input type="checkbox"/> 8 oz. of water

ACTIVITY/EXERCISE	FREQUENCY	INTENSITY	DURATION	CALORIES BURNED	HOW I FELT BED TIME
1.					
2.					
3.					
4.					
HOW DID I DE-STRESS TODAY?					



# FOUNDATIONAL NUTRITION: 30 DAYS

SUPPORT	EMPTY STOMACH	BREAKFAST	BETWEEN	LUNCH	BETWEEN	DINNER	BEFORE BED
<b>Power Cleanse</b>		<input type="checkbox"/> 1 scoop of Power Cleanse and 1 scoop of lean greens mixed in 16 ounces water or alternative milk with ice		<input type="checkbox"/> 1 scoop of Power Cleanse & 1 scoop of lean greens mixed in 16 ounces water or alternative milk with ice <i>*Second shake may be done for accelerated nutrition and cleansing</i>			
<b>Pro Lean Greens</b> <i>*tastes great mixed together</i>		<input type="checkbox"/> 1 scoop of Power Cleanse and 1 scoop of lean greens mixed in 16 ounces water or alternative milk with ice					
<b>Omega 3D or other EFA</b>		<input type="checkbox"/> 2 Capsules					
<b>Pro Reds</b> <b>Pro Oranges</b> <b>Pro Purples</b>			<b>1 scoop in water:</b> <input type="checkbox"/> Reds <input type="checkbox"/> Oranges <input type="checkbox"/> Purples				
<b>Condition Specific</b> <i>Please see page 23 for NF Solutions.</i>  _____  _____  _____  _____			<b>Practitioner Notes</b>				



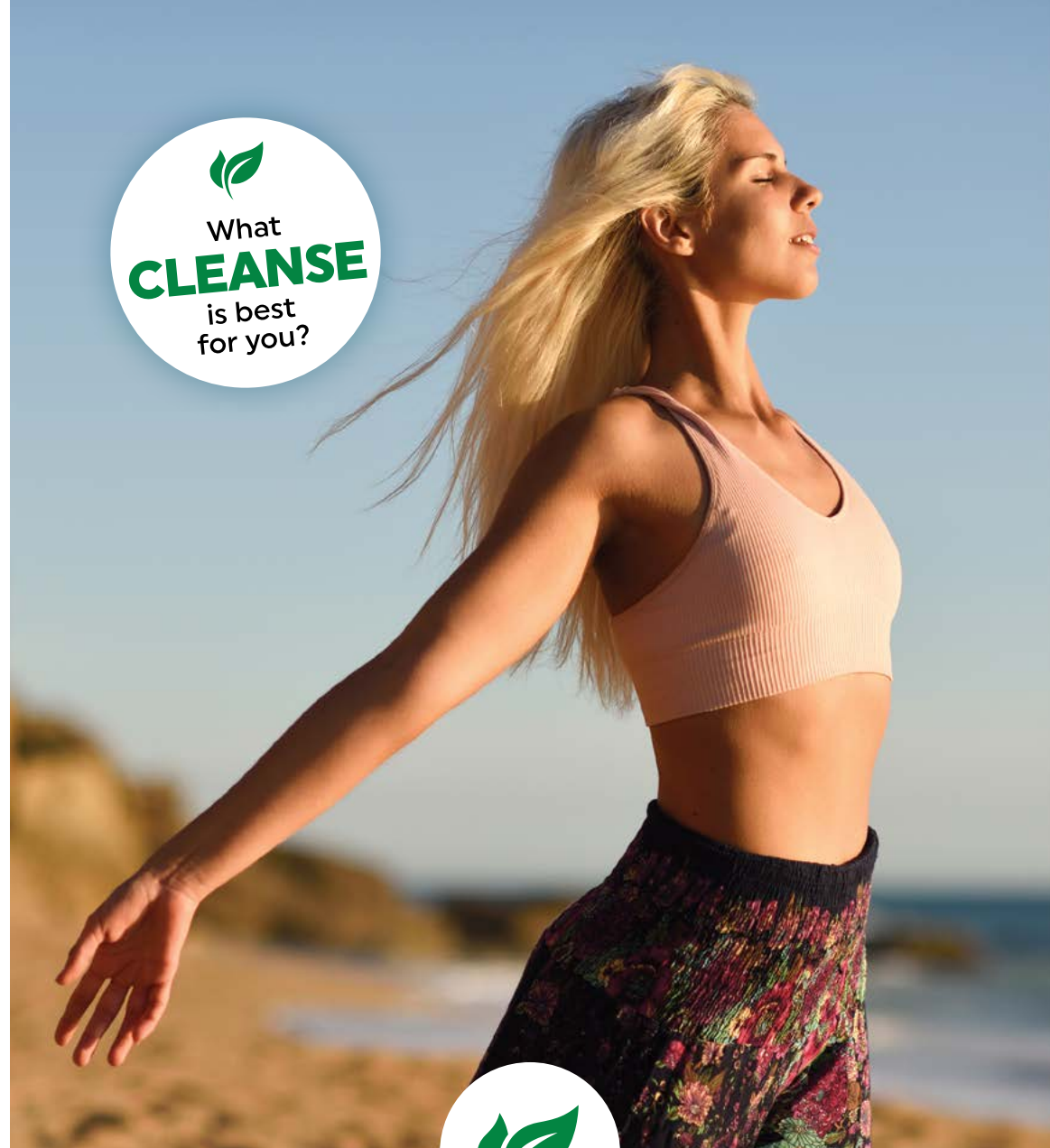
## NUTRITION SUGGESTIONS

### **INCREASE** the following in your daily diet:

- **Essential Fatty acids:** Avocado, raw nuts, nut butters, coconut oil, organic fish, fish oil, ghee
- **Fruits and Vegetables:** increase to five servings per day. Salads, raw veggies with hummus, steamed, stir fried, roasted
- **Whole grain** organic carbohydrate sources such as rice and quinoa, sprouted grains and spelt
- **Lean proteins:** Organic chicken, beef or complementary proteins if vegetarian
- **Fermented foods** such as sauerkraut, fermented beets, fermented carrots, Kevita water or Kombucha, pickles, kimchi
- **Bone broth:** four ounces daily with lemon and Himalayan pink salt or gastric product like GI complete
- **Other Recommendations:**

### **LIMIT** or **ELIMINATE** the following:

- **Dairy of any kind:** yogurt, milk, cheese. Find alternative sources of calcium if that is a concern such as cauliflower.
- Processed wheat flour, gluten
- Limit refined sugar, white salt, refined white flour
- Artificial sweeteners of any kind: read labels
- Sugar laden beverages and foods
- Energy drinks or excessive caffeine
- Fast food sources
- Limit alcohol consumption
- Known food sensitivities
- **Others:**



What  
**CLEANSE**  
is best  
for you?



**PHASE II: DAYS 31-60**

# REMOVE

RESET >> **REMOVE** >> REBUILD >> RECHARGE

# WHY, WHEN, & HOW TO CLEANSE

## WHY

We live in a toxic world and our systems have become overwhelmed by overexposure to the toxins found in air and water sources, chemicals and hormones added to food, as well as chemicals in household goods, fabrics, plastics, and personal care products. Symptoms of fatigue, frequent headaches, lack of mental clarity, allergies, food intolerance, mood imbalances, hormonal problems, and more, may be the result of toxic burden. There are many ways we can protect ourselves by limiting excessive exposure to toxic chemicals.

## WHEN

Daily cleansing is a great thing! From your morning shower to brushing your teeth daily, keeping our bodies clean and healthy from toxins is key. The **Clean & Lean Kit from Nutritional Frontiers**

is an excellent way to cleanse daily (effective and gentle) and fill nutrient gaps. Loaded with macro and micro nutrients, super foods and a proprietary detox matrix to enhance pathways of elimination. There may also be times where we need to embrace specific cleansing protocols to help accelerate our path to optimal health.

## HOW

Start every day with a **Power Cleanse** shake, drink plenty of water throughout the day, exercise to enhance detoxifications pathways, sleep well, eat well and select one of Nutritional Frontiers specific cleanses based on the results of your toxicity test. See Detox Questionnaire.



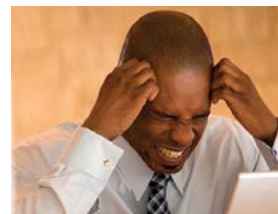
# TYPES OF CLEANSES

**Enhancing pathways of elimination:** Our elimination pathways are called the **BULLS** - bowels, urinary, lungs, lymph and skin. Each pathway is made up of organs and functions to eliminate toxins from the body. Utilizing specific products can help these BULLS stay healthy and open.



## >> Targeted Cleanse

Beyond the whole body cleanse using the Clean & Lean Kit daily, some people require a more targeted cleanse such as a Candida cleanse, parasite cleanse, heavy metal cleanse or cleansing to balance hormones.



## >> Environmental Cleanse

- Start with food by buying organic, non-GMO food with minimal pesticides.
- Switch your household cleaners to natural brands to cut down on known carcinogens and endocrine disruptors
- Personal care products include those items that you put on your body: soap, shampoo, lotion, makeup, etc. When selecting personal care products, that same rules apply as above due to the inclusion of many potentially problematic ingredients.
- Quality supplements which deliver the right forms of the ingredients, the right amounts and nothing else. When spending money to do something good for your body, investing in cheap supplements will only add to toxicity.



## >> Emotional Cleanse

Health is a triangle! Our health is comprised of physical health, emotional health and spiritual health. Today, more than ever, we are seeing the impact of emotional dysfunction on our physical health. Studies on stress and trauma are showing the long-term effects on our brain and cardiovascular health to name a few. When we cleanse our physical body we should also cleanse or detoxify our emotional toxins as well. We hear the saying "you can't out run your fork!" I also think, you can't out run your thoughts! But we can CHANGE them!

Negative People, thoughts or even work environments can detract from your health.

## Ways to Relax:

- Prayer
- Seven Flowers BP
- Sound therapy
- Aromatherapy
- Light therapy
- Sunshine or walk in the grass (earthing)
- Music
- Massage
- Hot bath



# TOXICITY TEST

Rate each of the following symptoms based on your typical health profile for the specified duration:

Past Month  Past Week  Past 48 Hours

**Point Scale:** 0 Never or almost never have the symptom; 1 Occasionally have it, effect is not severe; 2 Occasionally have it, effect is severe; 3 Frequently have it, effect is not severe; 4 Frequently have it, effect is severe



## SYMPTOMS QUESTIONNAIRE (SQ)

<b>Head</b>	<input type="checkbox"/> Headaches <input type="checkbox"/> Faintness <input type="checkbox"/> Dizziness <input type="checkbox"/> Insomnia	<b>Total:</b>	<b>Digestive Tract</b>	<input type="checkbox"/> Nausea, vomiting <input type="checkbox"/> Diarrhea <input type="checkbox"/> Constipation <input type="checkbox"/> Bloating feeling <input type="checkbox"/> Belching, passing gas <input type="checkbox"/> Heartburn <input type="checkbox"/> Intestinal/stomach pain	<b>Total:</b>
<b>Eyes</b>	<input type="checkbox"/> Watery or itchy eyes <input type="checkbox"/> Swollen, reddened, or sticky eyelids <input type="checkbox"/> Bags or dark circles under eyes <input type="checkbox"/> Blurred or tunnel vision	<b>Total:</b>	<b>Joints/Muscle</b>	<input type="checkbox"/> Pain or aches in joints <input type="checkbox"/> Arthritis <input type="checkbox"/> Stiffness or limitation of movement <input type="checkbox"/> Feeling of weakness or tiredness <input type="checkbox"/> Pain or aches in muscles	<b>Total:</b>
<b>Ears</b>	<input type="checkbox"/> Itchy ears <input type="checkbox"/> Earaches, ear infections <input type="checkbox"/> Drainage from ear <input type="checkbox"/> Ringing in ears, hearing loss	<b>Total:</b>	<b>Weight</b>	<input type="checkbox"/> Binge eating/drinking <input type="checkbox"/> Craving certain foods <input type="checkbox"/> Excessive weight <input type="checkbox"/> Water retention <input type="checkbox"/> Underweight <input type="checkbox"/> Compulsive eating	<b>Total:</b>
<b>Nose</b>	<input type="checkbox"/> Stuffy nose <input type="checkbox"/> Sinus problems <input type="checkbox"/> Hay fever <input type="checkbox"/> Sneezing attacks <input type="checkbox"/> Excessive mucus formation	<b>Total:</b>	<b>Energy/Activity</b>	<input type="checkbox"/> Fatigue, sluggishness <input type="checkbox"/> Apathy, lethargy <input type="checkbox"/> Hyperactivity <input type="checkbox"/> Restlessness	<b>Total:</b>
<b>Mouth/Throat</b>	<input type="checkbox"/> Chronic coughing <input type="checkbox"/> Gagging, frequent need to clear throat <input type="checkbox"/> Sore throat, hoarseness, loss of voice <input type="checkbox"/> Swollen or discolored tongue, gums, lips <input type="checkbox"/> Canker sores	<b>Total:</b>	<b>Mind</b>	<input type="checkbox"/> Poor memory <input type="checkbox"/> Confusion, poor comprehension <input type="checkbox"/> Difficulty in making decisions <input type="checkbox"/> Stuttering or stammering <input type="checkbox"/> Slurred speech <input type="checkbox"/> Learning disabilities <input type="checkbox"/> Poor concentration <input type="checkbox"/> Poor physical coordination	<b>Total:</b>
<b>Skin</b>	<input type="checkbox"/> Acne <input type="checkbox"/> Hives, rashes, dry skin <input type="checkbox"/> Hair loss <input type="checkbox"/> Flushing, hot flashes <input type="checkbox"/> Excessive sweating	<b>Total:</b>	<b>Emotions</b>	<input type="checkbox"/> Mood swings <input type="checkbox"/> Anxiety, fear, nervousness <input type="checkbox"/> Anger, irritability, aggressiveness <input type="checkbox"/> Depression	<b>Total:</b>
<b>Heart</b>	<input type="checkbox"/> Chest pain <input type="checkbox"/> Irregular or skipped heartbeat <input type="checkbox"/> Rapid or pounding heartbeat	<b>Total:</b>	<b>Other</b>	<input type="checkbox"/> Frequent illness <input type="checkbox"/> Frequent or urgent urination <input type="checkbox"/> Genital itch or discharge	<b>Total:</b>
<b>Lungs</b>	<input type="checkbox"/> Chest congestion <input type="checkbox"/> Asthma, bronchitis <input type="checkbox"/> Shortness of breath <input type="checkbox"/> Difficulty breathing	<b>Total:</b>	<b>GRAND TOTAL:</b>		

## TOLERABILITY TEST (TT)

<b>1. Are you presently using prescription drugs?</b> <input type="checkbox"/> Yes (1 pt.) If yes, how many are you currently taking? ____ (1 pt. each) <input type="checkbox"/> No (0 pt.)	<b>6. Do you commonly experience "brain fog," fatigue, or drowsiness?</b> <input type="checkbox"/> Yes (2 pt.) <input type="checkbox"/> No (0 pt.)
<b>2. Are you presently taking one or more of the following over-the-counter drugs?</b> <input type="checkbox"/> Cimetidine (2 pt.) <input type="checkbox"/> Acetaminophen (2 pt.) <input type="checkbox"/> Estradiol (2 pt.)	<b>7. Do you develop symptoms on exposure to fragrances, exhaust fumes, or strong odors?</b> <input type="checkbox"/> Yes (2 pt.) <input type="checkbox"/> No (0 pt.) <input type="checkbox"/> Don't know (0 pt.)
<b>3. If you have used or currently use prescription drugs, which of the following scenarios best represents your response to them?</b> <input type="checkbox"/> Experience side effects, drug(s) is (are) efficacious at lowered dose(s) (3 pt.) <input type="checkbox"/> Experience side effects, drug(s) is (are) efficacious at usual dose(s) (2 pt.) <input type="checkbox"/> Experience side effects, drug(s) is (are) usually not efficacious (3 pt.) <input type="checkbox"/> Experience <b>no</b> side effects, drug(s) is (are) usually efficacious (0 pt.)	<b>8. Do you feel ill after you consume even small amounts of alcohol?</b> <input type="checkbox"/> Yes (2 pt.) <input type="checkbox"/> No (0 pt.) <input type="checkbox"/> Don't know (0 pt.)
<b>4. Do you currently use or within the last 6 months had you regularly used tobacco products?</b> <input type="checkbox"/> Yes (2 pt.) <input type="checkbox"/> No (0 pt.)	<b>9. Do you have a personal history of:</b> <input type="checkbox"/> Environmental and/or chemical sensitivities (5 pt.) <input type="checkbox"/> Chronic fatigue syndrome (5 pt.) <input type="checkbox"/> Multiple chemical sensitivity (5 pt.) <input type="checkbox"/> Fibromyalgia (3 pt.) <input type="checkbox"/> Parkinson's type symptoms (3 pt.) <input type="checkbox"/> Alcohol or chemical dependence (2 pt.) <input type="checkbox"/> Asthma (1 pt.)
<b>5. Do you have strong negative reactions to caffeine or caffeine containing products?</b> <input type="checkbox"/> Yes (2 pt.) <input type="checkbox"/> No (0 pt.) <input type="checkbox"/> Don't know (0 pt.)	<b>10. Do you have a history of significant exposure to harmful chemicals such as herbicides, pesticides, or organic solvents?</b> <input type="checkbox"/> Yes (2 pt.) <input type="checkbox"/> No (0 pt.)
<b>11. Do you have an adverse or allergic reaction when you consume sulfite containing foods such as wine, dried fruit, salad bar vegetables, etc?</b> <input type="checkbox"/> Yes (2 pt.) <input type="checkbox"/> No (0 pt.) <input type="checkbox"/> Don't know (0 pt.)	
<b>GRAND TOTAL:</b>	

For Practitioner Use Only

## OVERALL SCORE TABULATION

<b>Recommended protocols based on new detoxification questionnaire (SQ and TT)</b>		SQ Score: _____ (High >50; moderate 15-49; Low <14)	TT Score: _____ (High >50; moderate 15-49; Low <14)	
SQ Score	TT Score	Description	Functional Medicine Protocol	
			Meal Replacement Powder (MRP)	Additional Nutraceutical Support
50 or >	10 or >	High level of general symptoms and indicated symptoms of elevated toxic load	<ul style="list-style-type: none"> <li>• Power Cleanse</li> <li>• Pro Lean Greens</li> </ul>	<ul style="list-style-type: none"> <li>• LivComplete</li> <li>• Liver/Gallbladder Tincture</li> </ul>
15-49	5-9	Moderate level of general symptoms with moderate symptoms of toxic load	<ul style="list-style-type: none"> <li>• Super Shake or Best Whey</li> <li>• Pro Lean Greens</li> </ul>	<ul style="list-style-type: none"> <li>• LivComplete</li> <li>• Liver/Gallbladder Tincture</li> </ul>
14 or <	4 or <	Low level of general symptoms & minimal indicators of toxic load	<ul style="list-style-type: none"> <li>• Super Shake or Best Whey</li> <li>• Pro Lean Greens</li> </ul>	<b>Maintenance</b> <ul style="list-style-type: none"> <li>• LivComplete</li> </ul>



# TARGETED CLEANSSES: 30 DAYS

## How did this happen?

Many people ask the question, "How did I get X?" or "How did this happen?" The answer is simple: life. Many issues with health come from simple deficiency or toxicity. By RESETing the foundational health and removing toxicity, restoring healthy function of the body becomes simple.

Some things to watch out for which can disrupt health and create an environment conducive to Candida, parasites and endocrine disruption is heavy medication use, high sugar diets, heavy antibiotic use, xenoestrogens and stress! Stay ahead of the game by embracing a healthy lifestyle.

## Can I do more than one cleanse at a time?

While the Whole Body Cleanse is recommended at one shake a day for the entire length of the program you can do 1-2 targeted cleanses as well. We don't normally recommend more than 1-2 additional since the body needs time to process out toxicity and heal. You can however add an additional targeted cleanse upon completion of the current cleanse for another 30 days.

## WHOLE BODY CLEANSE • CLEN & LEAN KIT

During your RESET phase you experienced this whole body cleanse and nutrient builder. It is suggested you remain on one shake a day consisting of the **Power Cleanse**, **Pro Lean Greens** and **LivComplete**. This powerful combination will enhance more targeted cleanses you may need.



### Clean & Lean Kit:

1 scoop of each powder in 16 oz water or alternative milk with ice. Enjoy 1 or 2 shakes a day. Take 3 Capsules of LivComplete daily with food.

## CANDIDA CLEANSE

Candida is a type of yeast that naturally exists in your body. It's a normal part of your gut bacteria, and is present in mucous membranes, on the skin, and in the birth canal. This overgrowth can occur in your digestive system and can spread throughout the rest of your body. When Candida goes systemic we refer to it as Candida overgrowth.

**Symptoms of Candida Overgrowth include:** Sugar cravings, digestive issues and stomach pain (gas, bloating, constipation, diarrhea, mucus in stool), cravings for processed carbs, such as bread, pasta and pastries, brain fog and poor memory, anxiety and/or depression, mood swings and irritability, vaginal yeast infections (itching, swelling, discharge) poor focus and concentration, food sensitivities/intolerances, white coating on your tongue, athlete's foot, skin issues (acne, eczema, psoriasis), itchy ears, low libido, fatigue syndrome or unexplained exhaustion, skin or nail fungal infections, flu-like symptoms or sensitive to wet environments. **If you are experiencing any of these symptoms embracing the Candida Cleanse protocol for 30 days may be the choice for you.**



**CandiKill:** 2-4 capsules in the morning with food

**SBC:** 3 capsules at bedtime

**GI Complete:** 1 scoop of powder in water with ice once a day between meals

## PARASITE CLEANSE

A parasite infection occurs when parasites grow, reproduce, or invade organ systems that make their hosts ill. It is estimated that 60 million Americans have parasites. Parasite infections can range from intestinal parasites to blood parasites.

**Symptoms of parasitic infections include:** Common symptoms of a parasitic infection include: general fatigue, mental fog, headaches, bloating, gas, stomach pain, diarrhea, constipation, nausea, vomiting, skin symptoms, such as rashes, having diarrhea while traveling, unexplained weight loss, and even passing worms in the stool. **If you are experiencing any of these symptoms embracing the Parasite Cleanse protocol for 30 days may be the choice for you.**



**ParaCleanse:** 2 tablets twice a day

**Micro-Gone Tincture:** 1-2 dropperfuls twice a day

**Super Biotics:** 1 capsule at bedtime

## HORMONE BALANCING

Endocrine disruptors are everywhere. The question is, how much damage can they truly cause? The endocrine system controls a multitude of processes in the body. This is a system of glands that produce hormones and regulate metabolism, growth and development, tissue function, sexual function, reproduction, sleep and mood to name a few. If a toxin is overstimulating this system or keeping a natural hormone from binding to the correct site, the spiral of issues can be major. We can see everything from development issues, reproductive issues, neurological issues, immune issues and disease of certain glands such as thyroid disease. Cleansing and balancing this system is crucial for healthy growth, development and function.

**Signs you may need to cleanse & balance the endocrine system are:**

- Fatigue, weight gain, mood issues such as anxiety, depression
- Insomnia or disrupted sleep patterns, changes to the skin, nails or hair, low libido, irregular menstruation or PMS.

**If you are experiencing any of these symptoms embracing the Hormone Balancing protocol for 30 days may be the choice for you.**



### WOMEN

**EstroCleanse:** 3 capsules per day with food

**Women's Complete:** 4 capsules a day with food

**Endocrine Tincture:** 1 dropperful twice a day



### MEN

**EstroCleanse:** 3 capsules per day with food

**Frontier Men's Complete:** 4 capsules a day with food

**PSA:** 2 capsules once or twice a day

## YOU HAVE COME ALL THIS WAY! LET'S TAKE CARE OF WHAT IS LEFT.

Check up to three issues.

<input type="checkbox"/> Hormonal Issues	<input type="checkbox"/> Cardiovascular Disease
<input type="checkbox"/> Thyroid Issues	<input type="checkbox"/> Weight Gain
<input type="checkbox"/> Fatigue	<input type="checkbox"/> Muscle Loss
<input type="checkbox"/> Blood Sugar Issues	<input type="checkbox"/> Slow Recovery
<input type="checkbox"/> Osteoporosis	<input type="checkbox"/> Bloating
<input type="checkbox"/> Arthritis	<input type="checkbox"/> Gas
<input type="checkbox"/> Joint Pain	<input type="checkbox"/> Reflux
<input type="checkbox"/> Joint Inflammation	<input type="checkbox"/> Constipation
<input type="checkbox"/> Anxiety	<input type="checkbox"/> Brittle Hair or Nails
<input type="checkbox"/> Depression	<input type="checkbox"/> Saggy Skin
<input type="checkbox"/> Mood Issues	<input type="checkbox"/> Wrinkles
<input type="checkbox"/> Sleep Issues	<input type="checkbox"/> Constantly Sick
<input type="checkbox"/> High Blood Pressure	<input type="checkbox"/> Autoimmune
<input type="checkbox"/> High Cholesterol	<input type="checkbox"/> Family Nutritional Support



## PHASE III: DAYS 61-90 REBUILD

RESET » REMOVE » **REBUILD** » RECHARGE

Thus far we have **RESET** the body, mind and lifestyle, **REMOVED** toxicity, and now it is time to **REBUILD** the systems. Several organs and functions of the body can be compromised by long-term distress. While lifestyle (Foundations of Health) is the number one priority when it comes to the **REBUILD** phase, the body may have a greater need than what we can consume with healthy food choices alone. The **REBUILD** phase is the best time for quality supplementation because the body is ready and able to assimilate all of the nutrition provided.

# ON Life™ CONDITION SPECIFIC PROTOCOL RECOMMENDATIONS



Use your smart phone camera to scan this code and discover the full Solution Guide for each category.



## Adrenal, Hormone, and Thyroid

**Recommended for:**

- Hormone imbalances
- Female or Male

### Product Recommendations:

- Adrenamax
- Estrocleanse
- Thyro Complete
- Testo 180 Capsules
- PSA
- Iodine Plus



## Fitness

**Recommended for:**

- Better performance and recovery

### Product Recommendations:

- Pro Oranges
- NF Shakes
- Power Fuel
- Super Kreatine
- Frontier BCAAs



## Blood Sugar

**Recommended for:**

- Unstable Blood Sugar

### Product Recommendations:

- Glucolyze
- NF Shakes
- Pro Oranges



## Gastrointestinal

**Recommended for:**

- Digestive issues
- Constipation

### Product Recommendations:

- ProbZyme
- BetaZyme
- CybZyme
- GI Complete
- CandiKill
- Super Biotics



## Bone, Inflammation, and Joint

**Recommended for:**

- Any joint or bone associated issue

### Product Recommendations:

- HA Plus
- X Flame/Inflam
- Super K2 Plus
- SPM
- Omega 3D
- Full Spectrum Hemp Extract



## Healthy Aging, Skin, and Vision

**Recommended for:**

- Anti-aging
- Healthy, beautiful skin

### Product Recommendations:

- EstroCleanse
- Omega 3D
- Beauty Complete
- Pro Purples
- 20/20 Capsules
- HA Plus



## Brain, Mood, Stress, and Sleep

**Recommended for:**

- Mood enhancement
- Better sleep

### Product Recommendations:

- Brain Boost
- Calm Day
- Full Spectrum Hemp Extract
- Mood Lift
- Super B Complete
- Sleep Time



## Immune

**Recommended for:**

- Immune boosting
- Recovery from illness

### Product Recommendations:

- Immunomax
- Buffered C
- D3 5,000
- Quercetin
- SPM
- NAC
- Airmaxx
- 20/20 Capsules
- IgG
- Super Zinc



## Cardiovascular

**Recommended for:**

- Cardiovascular support
- Circulation

### Product Recommendations:

- Cardio Stack
- CircuCORE
- Power Fuel
- Omega 3D
- EnerCoQ10
- MagComplete



## Family

**Recommended for:**

- Nutrition focused for family

### Product Recommendations:

- Omega 2800 Liquid
- Cherry Chews
- ProbZyme
- Neuromax
- Women's Complete
- Frontier Men's Complete



## Detoxification

**POWER CLEANSE**

- Phase I, II, III, IV Detoxification Support
- Macronutrient Matrix
- Vitamin and Mineral Matrix
- Proprietary Detox Matrix

### Product Recommendations:

- Power Cleanse
- Pro Lean Greens
- LivComplete



## Weight

**Recommended for:**

- Healthy weight management
- Proper carbohydrate metabolism

### Product Recommendations:

- Berry Tone
- Garcinia Cambogia
- Tone & Lean CLA
- Control
- NF Shakes

# BECOMING A NEW, HEALTHY YOU

Health is a journey, not a destination. There are no truer words as we come to our last phase of the NF4Life program. Thus far we have RESET our thoughts about health, our foundations of health, and our foundational nutrition through the Great Pyramid of Health. We have REMOVED toxic foods, thoughts, invaders and emotions, and anything that hindered our progression in the health process. During the REBUILD phase, we have supported the recovery of our body systems and functions with nutrient density and full assimilation. **At last, we are prepared to move into the final phase of the progression of the NF4Life program – RECHARGE.**

**But what does this mean?** To RECHARGE means to bump up, increase, advance from the level where you are at this moment, to where you are meant to be! In health, this means to RECHARGE your Foundations of Health. Step up the game of your entire lifestyle to RECHARGE who YOU are. In the natural health business it means to take that next giant step, look at something new, embrace new technology or add that next great product. And sometimes RECHARGE means rest and unplug. To RECHARGE in life is to unplug OR plug into anything that builds your mind, body, and spirit. **This is the final phase of the NF4LIFE program but the first phase in your RECHARGED life!**



  
Let's keep  
challenging our  
**HEALTH  
GOALS!**



## PHASE IV: DAYS 91-120

# RECHARGE

RESET » REMOVE » REBUILD » **RECHARGE**

Let's take a look at how far we have come. In every category we have come from foundational to exceptional. Congratulations you are living a healthy lifestyle, accomplished goals and are feeling great. Time to **RECHARGE** it all.

# RECHARGING YOUR FOUNDATIONS OF HEALTH

	RESET	REMOVE
 <b>Nutrition</b>	What is food vs. Non-Food Five essentials the body needs	Using food/nutrition to fuel processes of detoxification
 <b>Hydration</b>	Hydration as the medium for every process in the body	Hydration to flush and purify
 <b>Movement</b>	Any daily activity, 20-30 minutes	Movement to detoxify the BULLS: Bowels, Urinary, Lungs, Lymph and skin
 <b>Sleep</b>	Resting the mind to make Elimination as a daily natural habit	Eliminating toxic environmental influences, toxic thoughts, toxic foods and toxic people
 <b>Elimination</b>	Resetting our circadian rhythm by adjusting our bedtime and environment for sleep	Removing sleep disruptors such as cell phones, light, sound and other distractions
 <b>Emotional Wellness</b>	Resetting the mindset to focus in on our emotional wellness and managing stress through nutritional support and emotional support	Removing stressors, indoctrinated thoughts, traumas, trapped motions

## CONGRATULATIONS on how far you've come!

This is a reminder of how much you have grown in your goals and health education. This chart is for you to reference if you ever need help in any of the phases again!

REBUILD	RECHARGE
Using food/nutrition to rebuild structures and functions of the body	Using food to target specific areas that were affected from long term depletion
Hydration to deliver nutrients and lubricate	Hydration to complement and amplify specific protocols
Movement to condition the heart and musculoskeletal system	Movement for a specific goal or sport
Eliminating concepts like calorie restriction and calorie burning and rebuilding the body through abundance of nutrients and energy	Recharging elimination pathways with specific protocols such as intermittent fasting and specific nutrition to emphasize detoxification
Rebuilding the hypothalamus, serotonin and dopamine for optimal sleep through nutrition and supplementation	Recharging our sleep by embracing a lifestyle to stay in a good sleep pattern.
Rebuilding I AM statements through active management of emotional wellness	Recharging the limiting beliefs to abundance believes with the Selfie Upgrade!

# ONF Life™: RECHARGE

**Now it is time to do something out of your comfort zone to Recharge who you are.** In health and in life we must move forward and become someone new: a better version of yourself. I call this a Selfie Upgrade.

**And now it is your turn.** This chart provides a pathway to identify limiting beliefs holding you to the person you currently are. The chart also provides a guideline to become who you are meant to be. Walk through this process personally or with your clients to RECHARGE your life.

<b>PROBIOTICS &amp; ENZYMES</b>	<ul style="list-style-type: none"> <li>• Recharges the immune system, digestive system, mood and energy</li> <li>• Recharge with enzyme therapy.</li> <li>• Taking a daily regimen of enzymes before, after and in between meals can assure for proper assimilation of nutrients and detoxification of the body.</li> </ul>
<b>VITAMINS, MINERALS &amp; AMINO ACIDS</b>	<ul style="list-style-type: none"> <li>• Vitamins/Minerals nourish your adrenals and thyroid, your chief organs of energy production.</li> <li>• Energy from amino acids.</li> <li>• Amino acids can be broken down into precursors for glycolysis or the Krebs cycle.</li> </ul>
<b>ESSENTIAL FATTY ACIDS</b>	<ul style="list-style-type: none"> <li>• Recharge your endocrine system and function with essential fatty acids.</li> <li>• High fat diets contribute to proper liver function and oxygenation of the body and increased energy.</li> </ul>
<b>PHYTONUTRIENTS</b>	<ul style="list-style-type: none"> <li>• Benefits antioxidant and anti-inflammatory activities.</li> <li>• Enhances immunity and intercellular communication,</li> <li>• Repairs DNA damage from exposure to toxins</li> <li>• Detoxifies carcinogens and alter estrogen metabolism.</li> </ul>
<b>CONDITION SPECIFIC</b>	<ul style="list-style-type: none"> <li>• Selfie upgrade</li> <li>• Specific recharge diet</li> <li>• Specific recharge products</li> <li>• Recharge the foundations</li> <li>• Recharge the great pyramid of health</li> </ul>

## #SELFIEUPGRADE

### Goals:

- Move forward and become who you were created to be.
- Find your identity and purpose without limiting beliefs.

### STEP 1: Remove limiting beliefs

#### What are limiting beliefs?

- Thoughts and beliefs that constrain us in some way...
- These are beliefs about our identity and you.
- Can be beliefs about others as well...

#### Where do limiting beliefs come from?

- |              |   |              |
|--------------|---|--------------|
| • Experience | • Faulty Logic (investment of time, money, poor estimation of time) | • Family     |
| • Education  |   | • Society    |
| • Excuse     | • Fear  | • The Haters |



Share your journey with us @nutritional\_frontiers



See next pages to complete your #SelfieUpgrade Assessment >>

# #SELFIEUPGRADE IDENTIFY YOUR LIMITING BELIEFS

*What We Think...We Become!*

1. I do/don't:

2. I can/can't:

3. I must/mustn't:

4. I am/am not:

5. Others are/will:

6. How the world works:

*Recreate the statements above by changing the negative word to a positive word.*

The smallest changes can make the **BIGGEST** difference!

# #SELFIEUPGRADE PERSONAL UPGRADES

	WHAT YOU WANT	HOW IT WILL POSITIVELY IMPACT YOUR LIFE
Fashion		
Behavior		
Social Interaction		
Social Life		
Friends		
Partner		
Hobbies		
Feel		
Spirituality		
Music		
Hairstyle		
Makeup		
Health		
Emotional Wellbeing		

## #SELFIEUPGRADE HOME & OFFICE UPGRADES

HOME	WHAT YOU WANT	HOW IT WILL POSITIVELY IMPACT YOUR LIFE
Dining Room		
Office/Sitting Room		
Bathrooms		
Bedrooms		
Playroom		
Living Room		
Other		

OFFICE	WHAT YOU WANT	HOW IT WILL POSITIVELY IMPACT YOUR LIFE
Color		
Picture		
Lighting		
Plants		
Organization Whiteboard/ Shelves		
Inviting/Joyful		
Other		

## #SELFIEUPGRADE RELATIONSHIP UPGRADES

	WHAT YOU WANT	HOW IT WILL POSITIVELY IMPACT YOUR LIFE
Time		
Intimacy		
Parenting		
Communication		
Boundaries		
Trust		
Honor		
Respect		
Other		

Each week choose one and put action to it! 

# SUMMARY

# 120 DAYS TO A BETTER YOU

You did it! Congratulations! You successfully completed 120 days of the NF4Life program. Make sure you go and fill in your final numbers and celebrate how far you have come.

Health is a constant journey of challenging yourself to be better than you were yesterday and a constant learning process on how to do it! We hope you will continue this new and exciting lifestyle and we are so fortunate to have shared it with you. From our team to yours, a sincere and heart felt...BOOM!

***"Nothing tastes as good as healthy feels!"***

***God bless and congratulations on your journey in health."***

*~ Dr. Tracey Stroup*



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