

PROFESSIONAL TRAINING GUIDE

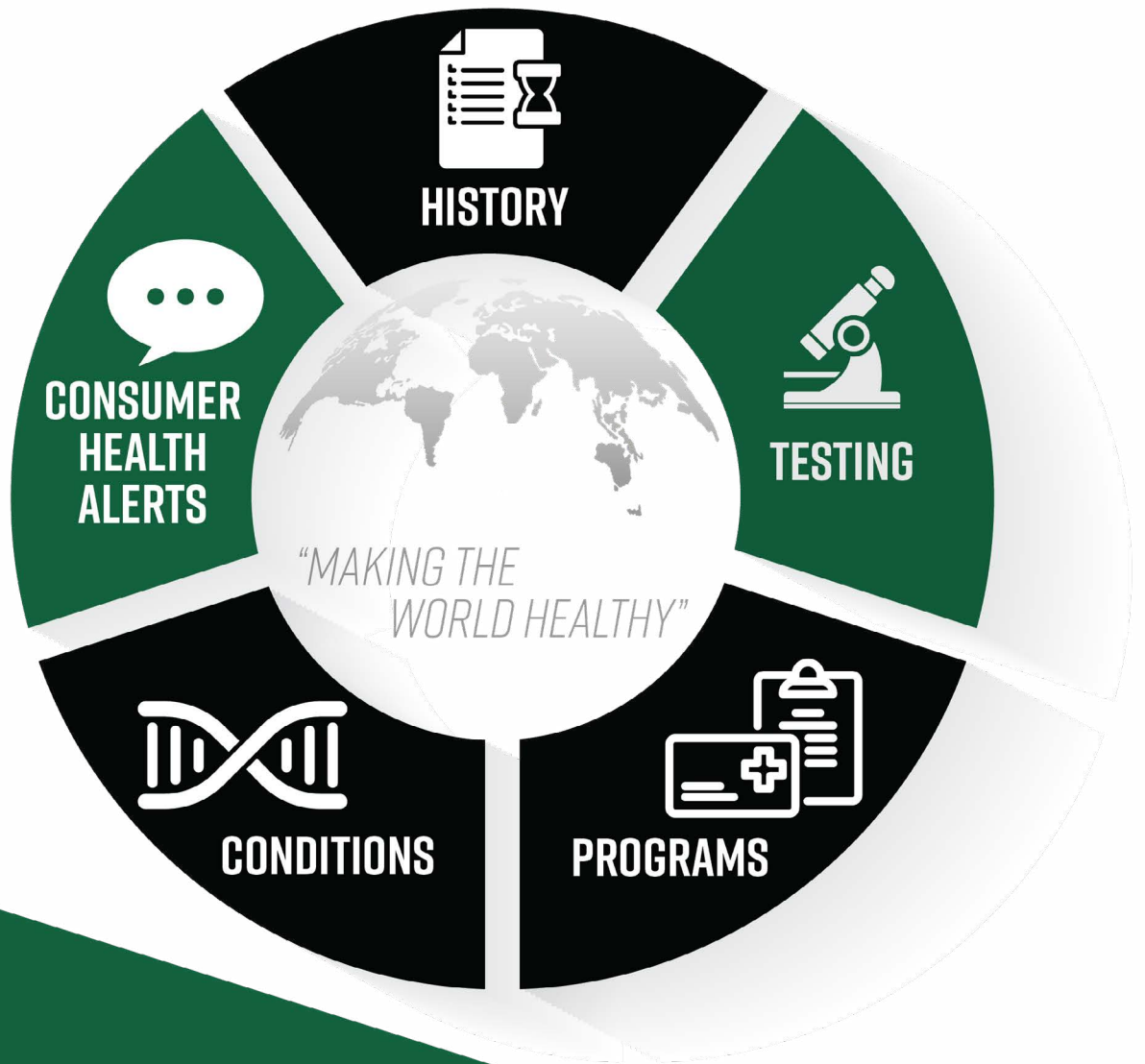
EVALUATE



SUPPORT



PROVIDE



EST. 2008



**NUTRITIONAL
FRONTIERS™**

Making the world healthy

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This book is designed for doctors and healthcare practitioners. The information provided is an introduction to nutrition. This is NOT intended to be a complete discussion on nutrition.

The information contained in this book is a collection of the ideas, literature, books, seminars, and materials that have been accumulated in the pursuit of learning.

The information contained in this book should not be construed as a claim or representation that any procedure or product mentioned constitutes a special cure, palliative, or ameliorative for any condition or disease.

The information and discussions in this book are not for the diagnosis or treatment of disease. They are designed to assist doctors and other healthcare practitioners in evaluating the patient's needs.

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HISTORY



» NUTRIENT DEPLETION FROM PRESCRIPTION MEDICINE

DRUG	NUTRIENT DEFICIENCY	POTENTIAL HEALTH PROBLEMS
ANTACIDS/ULCER MEDICATIONS		
Pepcid, Tagamet, Zantac, Prevacid, Prilosec, Magnesium, Aluminum antacids, Protonix, Nexium	Probiotics Betaine HCL Vitamin B12 Folic Acid Vitamin D Calcium Iron Zinc	Anemia, depression, fatigue, increased cardiovascular risk, birth defects, cervical dysplasia, heart disease, cancer, osteoporosis, muscle weakness, hearing loss, heart and blood pressure irregularities, tooth decay, hair loss, brittle nails, weak immunity, wound healing, sense of taste, sexual dysfunction
ANTIBIOTICS		
Gentomycin, neomycin, streptomycin, cephalosporins, penicillins	Probiotics B Vitamins Vitamin K	Short term depletion affects are minimal, but failure to re-inoculate the GI tract with beneficial bacteria (probiotics) often results in dysbiosis which causes gas and bloating. It decreases digestion and absorption of nutrients and may lead to a variety of other health problems.
Tetracyclines & Gentamicin, Fluoroquinolones Cipro, Leuquin, Aneiox	Calcium Magnesium Iron Vitamin B6 Zinc	Osteoporosis, heart and blood pressure irregularities, tooth decay, cardiovascular problems, asthma, cramps, PMS, slow wound healing, fatigue, anemia, depression, sleep disturbances, increased cardiovascular disease risk, weak immunity, sense of smell and taste, sexual dysfunction
ANTICONVULSANTS		
Phenobarbital & barbiturates Dilantin, Tegretol, Mysoline, Depakane/Depakote	Vitamin D Calcium Folic Acid Biotin Carnitine Vitamin B12 Vitamin B1 Vitamin K Copper Selenium Zinc	Osteoporosis, muscle weakness, hearing loss, heart and blood pressure irregularities, tooth decay, birth defects, cervical dysplasia, anemia, cardiovascular disease, hair loss, depression, cardiac irregularities, dermatitis, weak immune system, low energy, anemia, depression, tiredness, increased cardiovascular risk, irritability, memory loss, muscle weakness, edema, blood coagulation, skeletal problems, fatigue, connective tissue problems, reduced antioxidant protection, wound healing, sense of smell/taste, sexual dysfunction
ANTI-DEPRESSANTS		
Adapin, Aventyl, Elavil, Pamelor & others Major tranquillizers (Thorazin, Mellaril, Prolixin, Serentil & others)	Coenzyme Q10 Vitamin B2	Various cardiovascular problems, weak immune system, low energy, problems with skin, eyes, mucous membranes, nerves, and worsened psychological problems
ANTI-INFLAMMATORIES		
Corticosteroids: Prednisone, Medrol, Aristocort, Decadron NSAIDS (Motrin, Aleve, Advil, Anaprox, Dolobid, Feldene, Naprosyn & others Aspirin & Salicylates	Calcium Vitamin D Magnesium Zinc Vitamin C Vitamin B6 Vitamin B12 Folic Acid Selenium Chromium Folic Acid Vitamin C Calcium Folic Acid Iron Vitamin B5	Osteoporosis, heart and blood pressure irregularities, tooth decay, muscle weakness, hearing loss, cardiovascular problems, asthma, cramps, PMS, weak immunity, wound healing, sense/ taste, sexual dysfunction, lowered immunity, easy bruising, depression, sleep disturbances, increased cardiovascular disease risk, anemia, tiredness, weakness, birth defects, cervical dysplasia, lower immunity, reduced antioxidant protection, elevated blood sugar, cholesterol & triglycerides, diabetes risk, weight gain, and fluid retention. Birth defects, cervical dysplasia, cardiovascular disease Lowered immune system, easy bruising, poor wound healing, osteoporosis, heart and blood pressure irregularities, tooth decay, birth defects, cervical dysplasia, anemia, cardiovascular disease, weakness, fatigue, hair loss, brittle nails, listlessness, and possible problems with skin and nerves

DRUG	NUTRIENT DEFICIENCY	POTENTIAL HEALTH PROBLEMS
ANTIVIRAL AGENTS		
Zidovudine (Retrovir, AZT and other related drugs) & Zovirax	Carnitine Copper Zinc	Increased blood lipids, abnormal liver function and glucose control, Anemia, fatigue, cardiovascular and connective tissue problems, weak immunity, wound healing, sense of smell/taste, sexual dysfunction,
Foscarnet	Vitamin B12 Calcium Magnesium Potassium	anemia, depression, tiredness, weakness, osteoporosis, heart and blood pressure irregularities, tooth decay, asthma, cramps, PMS, irregular heartbeat, muscle weakness, edema
CARDIOVASCULAR DRUGS		
Antihypertensives (Lisinopril, Atenolol, Catapres, Aldomet)	Coenzyme Q10 Vitamin B6 Zinc Vitamin B1	Various cardiovascular problems, weak immune system, low energy, depression, sleep disturbances, increased cardiovascular disease risk, wound healing, sense of smell/taste, sexual dysfunction
ACE Inhibitors (Capoten, Vasotec, Monopril and others)	Zinc	Weak immunity, wound healing, sense of smell/taste, sexual dysfunction
Beta Blockers (Inderal, Corgard, Lopressor and others)	Coenzyme	Various cardiovascular problems, weak immune system, low energy
CHOLESTEROL DRUGS		
Lipitor, Crestor, Zocor and others	Coenzyme Q10	Various cardiovascular problems, muscle pain, muscle weakness, muscle loss, fatigue, dementia, weak immune system, low energy
DIABETIC DRUGS		
Metformin	Coenzyme Q10 Vitamin B12 Folic Acid	Various cardiovascular problems, weak immune system, low energy, Anemia, depression, tiredness, weakness, increased cardiovascular risk, birth defects, cervical dysplasia, anemia, heart disease, cancer risk and kidney failure
Sulfonylureas (Dymelor, Tolinase, Micronase/Glynase/Diabetas)	Coenzyme Q10	Various cardiovascular problems, weak immune system, low energy
DIURETICS		
Loop Diuretics (Lasix, Buinex, Edecrin) Tzide Diuretics (HCTZ, Enduron, Diuril, Lozol, Zaroxolyn, Hygroton and others)	Calcium Magnesium Vitamin B1 Vitamin B6 Vitamin C Zinc Coenzyme Q10 Potassium Sodium	Osteoporosis, heart and blood pressure irregularities, tooth decay, cardiovascular problems, asthma, cramps, PMS, irritability, memory loss, muscle weakness, edema, depression, sleep disturbances, increased heart disease risk, lowered immune system, easy bruising, poor wound healing, weak immunity, sense/taste, sexual dysfunction, low energy, irregular heartbeat, fatigue, dehydration, loss of appetite
Potassium Sparing Diuretics	Calcium Folic Acid Zinc	Osteoporosis, heart and blood pressure irregularities, tooth decay, birth defects, cervical dysplasia, anemia, cardiovascular disease, weak immunity, wound healing, sense of smell/taste, sexual dysfunction
FEMALE HORMONES		
Estrogen/Hormone Replacement Oral Contraceptives	Vitamin B6 Folic Acid Vitamin B1 Vitamin B2 Vitamin B3 Vitamin B6 Vitamin B12 Vitamin C Magnesium Selenium Zinc	Depression, sleep disturbances, increased cardiovascular disease risk, birth defects, cervical dysplasia, anemia, irritability, memory loss, muscle weakness, edema, problems with skin, eyes, mucous membranes and nerves, scaly skin, swollen tongue, diarrhea, depression, tiredness, weakness, lowered immune system, easy bruising, poor wound healing, asthma, osteoporosis, cramps, PMS, reduced antioxidant protection, sense of smell/taste, sexual dysfunction

THE GREAT PYRAMID OF HEALTH



PERSONAL HEALTH ASSESSMENT

Name: _____ Date: _____ Age: _____

Reason for Visit/Main Concern: _____

Prescription Medications: _____

Fruits & Vegetables (*Eat Right*): _____
Pro Reds, Pro Lean Greens, Frontier Multivitamin

Water Intake (*Drink Right*): _____
Eight 8oz. glasses of spring or pure water daily

Daily Activity/Exercise (*Move Right*): _____
Super Shake, Best Whey, Super Creatine, Power Fuel

Trouble Sleeping (*Sleep Right*): _____
Sleep Time, Melatonin, Frontier Full Spectrum Hemp Extract, Relaxation and Sleep Tincture

Bowel Movements (*Eliminate Right*): _____
Frontier Fiber, Frontier Biotics, Mag Citrate, BetaZyme or ProbZyme

Depression/Forgetful/Mood (*Think Right*): _____
Calm Day, Super B Complete, Omega 3D, Mood Lift, Brain Boost, Pro Purples

Stress Levels? (*Love Right*): _____
Calm Day, L-Theanine, AdrenaMax, Adrenal Glandular Plus, Super B Complete, Sleep Time

Sugar/Junk Food/Artificial Sweeteners: _____

Fried Foods/Trans Fats/Fast Foods: _____

Coffee/Tea/Caffeine: _____

Vitamins/Supplements: _____

NOTES: _____

FIT LIFE QUESTIONNAIRE

Name: _____ Date: _____ 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: _____

Prescription Medications: _____

Vitamins/Supplements: _____

MEDICATIONS

- 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 (Hctz, 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:**

VITAMINS & SUPPLEMENTS

- | | | | | |
|---------------------------------------|---|--------------------------------------|---------------------------------------|----------------------------------|
| <input type="checkbox"/> Multivitamin | <input type="checkbox"/> Probiotics | Support | <input type="checkbox"/> Cardio | <input type="checkbox"/> Joint |
| <input type="checkbox"/> Vitamin D | <input type="checkbox"/> Enzymes | <input type="checkbox"/> Adrenal | <input type="checkbox"/> Detox | <input type="checkbox"/> Sleep |
| <input type="checkbox"/> Minerals | <input type="checkbox"/> Essential Fats | <input type="checkbox"/> Allergy | <input type="checkbox"/> Fitness | <input type="checkbox"/> Stress |
| <input type="checkbox"/> Calcium | <input type="checkbox"/> Protein | <input type="checkbox"/> Blood Sugar | <input type="checkbox"/> GI | <input type="checkbox"/> Thyroid |
| <input type="checkbox"/> Magnesium | <input type="checkbox"/> CBD/Hemp | <input type="checkbox"/> Bone | <input type="checkbox"/> Hormone | <input type="checkbox"/> Vision |
| <input type="checkbox"/> Antioxidants | | <input type="checkbox"/> Brain | <input type="checkbox"/> Immune | <input type="checkbox"/> Weight |
| <input type="checkbox"/> CoQ10 | | <input type="checkbox"/> Candida | <input type="checkbox"/> Inflammation | |

NUTRITION/HYDRATION

I eat the following:

- | | | | |
|--------------------|-------------------------------------|---------------------------------------|--------------------------------|
| Vegetables: | <input type="checkbox"/> Frequently | <input type="checkbox"/> Occasionally | <input type="checkbox"/> Never |
| Fruits: | <input type="checkbox"/> Frequently | <input type="checkbox"/> Occasionally | <input type="checkbox"/> Never |
| Grains: | <input type="checkbox"/> Frequently | <input type="checkbox"/> Occasionally | <input type="checkbox"/> Never |
| Protein: | <input type="checkbox"/> Frequently | <input type="checkbox"/> Occasionally | <input type="checkbox"/> Never |
| Dairy: | <input type="checkbox"/> Frequently | <input type="checkbox"/> Occasionally | <input type="checkbox"/> Never |
| Sugar: | <input type="checkbox"/> Frequently | <input type="checkbox"/> Occasionally | <input type="checkbox"/> Never |
| Fast Food: | <input type="checkbox"/> Frequently | <input type="checkbox"/> Occasionally | <input type="checkbox"/> Never |

I eat _____ meals per day

My meals are generally:

- Large Moderate Small

I drink _____ glasses of water per day.

What else do you drink daily?

- Soda Alcohol Juice Tea Coffee

ACTIVITY

My exercise includes:

- Running Walking Weight Lifting Cardio Stretching

I workout _____ times per week.

SLEEP

I sleep through the night:

- Frequently Occasionally Never

I dream:

- Frequently Occasionally Never

I sleep with electronic devices on:

- Frequently Occasionally Never

ELIMINATION

How many bowel movements do you have per day?

- 1 2 3 More

How many times do you typically urinate?

- 1 2 3 4 5 6 More

EMOTIONAL WELLNESS

I use tobacco:

- Frequently Occasionally Never

I use alcohol:

- Frequently Occasionally Never

I use caffeine:

- Frequently Occasionally Never

RECOMMENDATIONS

Eat Right: Pro Reds, Pro Lean Greens, Frontier Multivitamin

Drink Right: Eight 8 oz. glasses of spring or pure water daily

Move Right: Super Shake, Best Whey, Super Creatine, Power Fuel

Sleep Right: Sleep Time, Melatonin, Frontier Full Spectrum Hemp Extract, Relaxation and Sleep Tincture

Eliminate Right: Frontier Fiber, Frontier Biotics, Mag Citrate, BetaZyme or ProbZyme

Think Right: Omega 3D II, Mood Lift, Brain Boost, Pro Purples

Love Right: Calm Day, L-Theanine, AdrenaMax, Adrenal Glandular Plus, Super B Complete

GOALS

Supplements	Wake up	Breakfast	Lunch	Dinner	Bedtime	With or Without Food
1.						
2.						
3.						
4.						
5.						
Food/Water						
Activity/Exercise						
1.						
2.						
3.						
4.						

SUPPLEMENTAL/FOOD SCHEDULE

NON-MEDICAL/NON-CHEMICAL

Recommendations for: _____ Date: _____

Next Appointment: _____ With: _____

Supplemental Support	Arise	Breakfast	Between	Lunch	Between	Supper	Snack	Bedtime	Without Food
1.									
2.									
3.									
4.									
5.									
Activity/Exercise									
Stress/Relaxation									

DO NOT SKIP MEALS – Consume 2-3 meals & 2-3 snacks (1st two categories) per day

Consume Mainly: Raw fruits, Raw vegetables (or lightly steamed), Brown rice, 100% Whole grains, Ezekial bread, oatmeal, Grilled fish (wild), 8 glasses of PURE water daily (no tap or well water, chlorine or fluoride), salads, fiber, olive oil, fish and flaxseed oils

With Moderation: Clean meats (organic, wild game, no hormones or antibiotics), un-processed fruit and vegetable juices, organic eggs, raw nuts and seeds, natural nut butters

Try to Avoid: Refined and processed foods, white sugar, white flour, caffeine, canned foods, pasteurized dairy products, milk, cheese, ice cream, microwave foods, farm raised fish, pasteurized juice

Eliminate: Hydrogenated fats and oils (margarine, commercial peanut butter, fried foods, etc.), artificial sweeteners (aspartame, splenda, etc.), junk foods, fast foods, sodas, sugary drinks

Additional Notes/Recommendations: _____

Recommendations are for nutritional purposes only. They are to upgrade the quality of your diet in order to support normal physiology and biochemistry. Not intended as treatment or prescription for any disease or as a substitute for regular medical care

QUICK NUTRITIONAL ASSESSMENT QUESTIONNAIRE

Please use the following key to indicate your response to the following questions.

1=Never 2=Rarely 3=Sometimes 4=Frequently 5=Daily

Please mark one answer for each question.

Client Name: _____ Date: _____

		RATING
Immune	Are you susceptible to infections, allergies or sensitive to pollution or work environment?	
SP	Do you experience chronic fatigue, recurring infections, lowered immune response, etc.?	
AL	Do you react to pollen, molds, foods, seasonal irritants, perfumes, animal dander, etc.?	
TW	Do you have mood swings, problems sleeping, are you always cold, have chemical imbalances, etc.?	
Metabolism	Do you have slow metabolism, are you always hungry, have low energy at specific times of the day?	
LY	Do you experience recurrent infections, sinusitis, postnasal drip, or swollen lymph nodes, etc.?	
CI	Do you have cold fingers or toes, blood pressure problems, varicose veins, arteriosclerosis, etc.?	
KI	Do you experience edema, gout, pain in the lower back, burning urination, kidney stones, etc.?	
UB	Do you have recurring infections, itching or yeast problems, painful urination, "leaking", etc.?	
LV	Do you experience jaundice, high cholesterol, discomfort in the liver region, blood disorder, etc.?	
GB	Do you have a history of gallstones, discomfort after eating rich foods, low fat metabolism, etc.	
PA	Do you have diabetes, hypoglycemia, irritability, shaking if you skip a meal, etc.?	
ST	Do you experience digestive disturbances, acid reflux, burping or upper digestive bloating after meals, etc.?	
SI	Do you have recurrent yeast infections, frequent antibiotic use, poor diet, gas, bloating, etc.?	
LI	Do you experience bouts of diarrhea or constipation, gas, bloating, etc.?	
HT	Do you experience palpitations, arrhythmia, impairments from prior infections, weak valves, etc.?	
LU	Do you experience recurrent respiratory infections, coughs, bronchitis, pneumonia, asthma, etc.?	
JO	Do you have arthritis, back pain, discomfort when moving, weather triggered ailments, etc.?	
NE	Do you experience irritability, nervousness, trembling, anxiety, or memory problems?	
SK	Do you have rashes, dryness or cracking, scaly patches, eczema, acne, psoriasis, etc.?	
Stress	Do you experience stress from work, finances, society or relationships that you feel cause physical ailments?	
Energy	Do you lack motivation, drive, perseverance, stamina, or endurance?	
Well-Being	Do you lack sense of happiness, joy, feelings of fulfillment, a positive outlook on life?	

PRACTITIONER KEY

FOR QUICK NUTRITIONAL ASSESSMENT

Make recommendations for the sections that have the highest scores – if the client scores a “5” on more than one area, start from the top and work down. Example: someone scores a “5” on Lymph, Heart, Joints & Skin – Lymph would be the highest priority or make one recommendation for each. If the client scores high across the board start with a detox program and have them redo the questionnaire in 2-4 weeks. **NOTE:** Recommended to use Frontier Multivitamin + a powder (reds, oranges, purples or greens) as a nutritional base and build from there.

Immune

- ImmunoMax
- Immune Herbal Tincture
- Buffered C Plus
- D3 or Super K2 Plus or Mega K2 Plus
- Super Zinc-50
- SPM
- Immune Boost

SP - Spleen

- ImmunoMax
- Immune Herbal Tincture
- Lymphatic Herbal Tincture
- Immune Boost

AL - Allergies

- AirMaxx
- Ultimate Shake + Pro Lean Greens + NAC
- BetaZyme + Super B Complete
- NAC
- LivComplete

Endocrine

- Endocrine Herbal Tincture
- Iodine Plus
- AdrenaMax
- Mood Lift
- Thyro Complete

Metabolism

- Pro Oranges
- BetaZyme
- EnerDMG
- NutraGlutide
- Thermogenesis

LY - Lymph

- Get client moving (walking, rebounding, etc.) to help lymph circulate
- Remove dairy products which cause major lymph congestion
- Increase pure water intake
- Lymphatic Herbal Tincture
- Buffered C Plus

CI - Circulation

- Nattokin Plus
- Omega 3D
- CircuCare Herbal Tincture
- CircuCORE
- Power Fuel
- Seven Flowers

KI - Kidneys

- WATER!!
- K&B Herbal Tincture
- Super/Mega K2 Plus
- Ultimate Shake

UB - Urinary/Bladder

- K&B Herbal Tincture
- UT Cleanse
- ImmunoMax
- SBC

LV - Liver

- Ultimate Shake + Pro Lean Greens
- Liver/Gallbladder Herbal Tincture
- LivComplete
- LivClear
- LivClearII

GB - Gallbladder

- BetaZyme
- ProBzyme
- Liver/Gallbladder Herbal Tincture
- LivComplete

PA - Pancreas

- NutraGlutide
- Glucolyze/NutraGlutide
- BetaZyme
- The Best Whey, Super Shake or Net-0 KETO
- Endocrine Herbal Tincture
- Berberine +

ST - Stomach

- BetaZyme
- ProBzyme
- GI Complete
- CybZyme
- IgG

SI - Small Intestine

- CybZyme
- Frontier Biotics
- GI Complete
- IgG

LI - Large Intestine

- Frontier Cleanse
- ProBzyme
- Super Biotics

HT - Heart

- Power Fuel
- Omega 3D
- Ener COQ10
- Cardio Stack
- CircuCORE
- Seven Flowers
- Mag Complete

LU - Lungs

- Eliminate dairy products
- Increase pure water
- ImmunoMax
- N-Acetyl Cysteine
- Lymphatic herbal tincture
- AirMaxx

JO - Joints

- HA Plus
- Omega 3D
- X Flame
- Full Spectrum Hemp Extract
- Green Lipped Mussel

NE - Nervous System

- Omega 3D
- SPM
- Super B Complete
- Mag Complete 300
- Calm Day

SK - Skin

- Beauty Complete
- HA Plus
- Full Spectrum Hemp Extract Cream
- Frontier Flax

Stress

- AdrenaMax
- Calm Day
- Super B Complete
- Full Spectrum Hemp Extract
- Sleep Time

Energy

- Pro Oranges
- Power Fuel
- AdrenaMax
- Ener COQ10
- Adrenal Glandular Plus

Well Being

- Frontier Men's & Women's Complete
- Calm Day
- EnerDMG
- Omega 3D
- SPM
- Super B Complete

NUTRITIONAL QUESTIONNAIRE

Simply put a check mark beside any symptom that applies to you.

Section 1 • Gastrointestinal

Part A (Stomach, Pancreas, Small Intestine)

- Indigestion/gas after eating
- Feel too full after eating, bloating
- Sleepy or low energy after eating
- Uncomfortable or adverse reactions after eating
- Diet consists of mostly processed and cooked food
- The need to eliminate soon after eating
- Diarrhea after eating
- Difficulty breathing after eating
- Food passes through undigested
- Three or more large bowel movements daily

Total

Part B (Colon)

- Hard, small stool
- Mucus in stool
- Constipation or straining during bowel movement
- Rectal pain, itching, burning
- Thin, pencil-like bowel movements
- No urge to move bowels
- Almost continued urge to have bowel movement
- Hemorrhoids or rectal fissure
- Diarrhea/loose stool
- Cramping in lower abdomen

Total

Part C (Microbe, Yeast, Para)

- Repeated use of antibiotics, steroids or birth control pills
- Cravings for sugars, bread, alcohol
- Severe reactions to perfume, tobacco or chemical odors
- Hyper-sensitivity to certain foods (gluten?)
- Teeth grinding
- Recurrent Bladder infections
- Coated or sore tongue
- Feel bad all over without apparent cause
- Hives, psoriasis or skin rash
- Tiredness, feelings of being drained

Total

Section 2 • Liver and Gallbladder

- Fats/greasy foods cause nausea, headaches
- High cholesterol
- Stool appears yellow, clay-colored, foul odor
- Skin oily on nose and forehead
- Constipation
- Bad breath/bad taste in mouth, excess body odor
- Pain/tenderness behind the right lower rib area
- Brown spots on the skin
- History of gallstones
- General poor health

Total

Section 3 • Endocrine

Part A (Thyroid)

- Heart seems to miss beats or turn "flip flops"
- Cold hands or feet/Sensitivity to cold, prefer warm climate
- Hair scanty, dry, brittle, dull, lusterless, lifeless
- Flaky, dry, rough, skin
- High cholesterol
- Constipation, less than one bowel movement a day
- "Go to pieces" easily, cry easily
- Diminished sex drive
- Gain weight easily, fail to lose on diets
- Depression

Total

Part B (Adrenal)

- Eyes sensitive to bright lights, headlights, sunlight
- Fatigue, especially between 2-6pm
- Dizzy when rising or standing up from a kneeling position
- Form "gooseflesh" easily or "cold sweats"
- Prefer being alone, uneasy when center of attention
- Blood pressure fluctuates, sometimes too low
- Allergies, such as skin rash, dermatitis, hay fever, asthma, etc
- Emotional upsets cause complete exhaustion, must go and lie down when under heavy stress
- Unusual craving for salt
- more than usual neck, head, shoulder tension

Total

Section 4 • Glucose

Part A (Glucose High)

- Frequent urination
- Unusual thirst
- Unusual hunger
- Vision blurs
- Sense of drowsiness, lethargy during the day not associated with missing meals or not sleeping
- Loss of hair on your legs
- Slow healing of wounds, cuts, abrasions
- Breath smells sweet or of acetone
- Peculiar sensations in hands or feet – tingling, burning, sharp jabs, numbness, etc.
- Urine contains sugar

Total

Part B (Glucose Low)

- Nervousness, shaky feelings or headaches relieved by eating sweets
- Irritable if late for a meal or miss a meal
- Irritable before breakfast
- Sudden strong craving for sweets, coffee or alcohol
- Get hungry soon after eating
- Wake up at night feeling hungry
- Wake up in the middle of the night and can't go back to sleep
- Mind goes blank at times
- Feel best after a good meal
- Agitation, easily upset, nervous

Total

Section 5 • Cardio

- High blood pressure
- Pain, pressure, tightness or heaviness around the chest
- Exhaustion with minor exertion
- Difficulty catching breath, especially during exercise
- Heart pounding, sensation of heart beating too quickly, too slowly or irregularly
- Swelling in feet, ankles and/or legs comes and goes for no apparent reason
- Fingers and/or toes go cold
- Arms and/or legs "go to sleep"
- Numbness or heaviness in arms or legs
- Sharp, diagonal crease in earlobe

Total

Section 6 • Mood

- Family, friends, work, hobbies or activities you hold dear are no longer of interest
- Cry frequently
- Feeling miserable, sad, unhappy or blue
- Sleep problems – too much or too little sleep
- Does every little thing get on your nerves and wear you out
- Do you feel easily agitated
- Often feel "butterflies in your stomach,"
- Are you easily upset or irritated
- Go to pieces if you don't control yourself
- Little annoyances get on your nerves and make you angry

Total

Section 7 • Immune

- Allergies
- Frequent colds or flu-like symptoms
- Frequent sore throats
- Swollen lymph nodes
- Mucus in eyes when waking up in morning
- Tonsils removed
- Cough up lots of phlegm
- Plugged ears/discharge from ears
- Sinus congestion/problems
- Lung congestion/issues

Total

Section 8 • Urinary

- Cramping or pain on either side of lower back
- Restricted urine flow
- Puffiness around eyes
- Frequent urinary tract infections
- Burning upon urination
- High diastolic blood pressure (above 90)
- Rarely feel the urge to urinate
- Strong smelling urine
- Urine is a rose color
- Generalized sense of water retention throughout your body

Total

Continue to next page »

Section 9 • Musculoskeletal

- Bones ache, feel tender or sore
- Upper or lower back pain
- Pain when sitting down or walking
- Teeth are prone to decay
- Joint swelling, pain or stiffness involving one or more areas (fingers, hands, wrists, elbows, shoulders, toes, arches, feet, knees or ankles)
- A routine exercise program, like daily walking, causes your knees to swell or hurt
- Injure, strain or sprain easily
- Muscles stiff, sore, tense and/or achy
- Muscle cramps or spasms/twitches
- Specific points on the body feel sore when pressed

Total

Section 10 • CNS Brain

- Tremors in hands and feet
- Eyesight, sense of smell and taste or ability to hear not as sharp as it used to be
- Irritability or impatience
- Loss of stamina while doing physical work
- Speaking and forming words does not feel automatic
- Difficulty absorbing new information
- Tend to forget things
- Trouble thinking or concentrating
- Easily distracted
- Inability to sit still for any length of time, even at mealtime

Total

Section 11 • Prostate (Male Only)

- Difficulty urinating – starting, burning
- Above associated with back or leg pains
- Have to urinate more than twice during night
- Sensation of not emptying your bladder completely
- Find yourself needing to start and stop again several times while urinating
- Find it difficult to postpone urinating
- Need to push or strain to begin urinating
- Lost or diminished sex drive
- Impotence
- Premature ejaculation

Total

Section 12 • Hormones (Female Only)

Part A (PMS)

Indicate which conditions apply only if they occur within 14 days prior to and two days after menstrual period. **(Menopausal women skip to Part B)**

- Anxiety, nervous tension
- Irritability, restlessness
- Depression
- Mood swings, emotional outbursts, crying spells
- Headache
- Backache, cramps
- Bloating, weight gain
- Craving for sweets
- Breast tenderness
- Swelling of hands, feet, edema

Total

Part B (Hormones)

- Vaginal discharge
- Vaginal dryness
- Sexual intercourse is uncomfortable
- Interest in having sex is low
- Difficulty with orgasm
- Sense of well-being fluctuates throughout the day for no apparent reason
- Sudden hot flashes
- Chills
- Mental foginess, forgetful or distracted
- Difficulty sleeping

Total

Section 13 • Specific Nutrients

Part A (Essential Fatty Acids)

- Dry, flaky skin
- Dryness or cracks behind the ears
- Brittle hair and/or fingernails
- Acne
- Dry or oily hair
- Eczema/psoriasis/dermatitis
- Alopecia (patchy hair loss)
- Dry patches of scaly skin on the face and/or nose
- Patches of hair which are unmanageable (stick up on end)
- Split ends

Total

Part B (Protein, Aminos)

- Excess fluid retention (edema) in hands or feet
- Nausea or dizziness
- Poor coordination
- General, overall weakness
- Anemia
- Cataracts
- Catch colds, flu, infections easily
- Muscle wasting
- Premature aging
- Hair dull, dry, sparse, loose and falling out

Total

Part E (Vitamin D)

- Poor bone development
- Abnormal number of dental cavities
- Osteoporosis (demineralized bones)
- Osteomalacia (softening of bones)
- Rickets (bowlegs, knock-knees)
- Joint pains
- Muscular cramps
- Nearsightedness, myopia
- Nervousness
- Insomnia

Total

Part C (CoQ10)

- Muscular weakness
- Heart rhythm disturbances
- Enlarged heart
- Chronic unrelenting fatigue
- Bleeding gums
- Receding gums
- High blood pressure
- History of angina and/or coronary artery disease
- History of congestive heart failure
- Experience severe muscle pain, particularly after exercising

Total

Part F (Iodine)

- Dry hair
- Brittle nails
- Slow mental reactions
- High cholesterol in blood
- Enlargement of thyroid gland, goiter
- Heart palpitations
- Irritability
- Overweight, obese
- Sluggish metabolism
- Constipation

Total

Part D (Vitamin C)

- Skin bruises easily, "black & blue" marks
- Gums bleed easily, especially when brushing teeth
- Loose teeth, loss of dental fillings
- Cuts, sores or wounds heal slowly
- "Fleeting" pains in joints or legs, joint tenderness
- Catch infections, colds, flu or viruses easily
- Nosebleeds
- Broken capillaries, hemorrhages or little pink spots on skin
- Anemia
- Fragile bones

Total

Please list any problems, symptoms or conditions that have not been covered in this questionnaire:

Name: _____ Date: _____

	Low	Moderate	High								
1. Gastrointestinal	1	2	3	4	5	6	7	8	9	10	A. Stomach/Pancreas/Small Intestine
	1	2	3	4	5	6	7	8	9	10	B. Colon
	1	2	3	4	5	6	7	8	9	10	C. Microbe/Yeast/Para
2. LV/GB	1	2	3	4	5	6	7	8	9	10	Liver/Gallbladder
3. Endocrine	1	2	3	4	5	6	7	8	9	10	A. Thyroid
	1	2	3	4	5	6	7	8	9	10	B. Adrenal
4. Glucose	1	2	3	4	5	6	7	8	9	10	A. Glucose - high
	1	2	3	4	5	6	7	8	9	10	B. Glucose - low
5. Cardio	1	2	3	4	5	6	7	8	9	10	Heart & Circulation
6. Mood	1	2	3	4	5	6	7	8	9	10	Depression/Anxiety
7. Immune	1	2	3	4	5	6	7	8	9	10	Lymph, Sinus, Lungs
8. Urinary	1	2	3	4	5	6	7	8	9	10	Kidney/Bladder
9. Musculoskeletal	1	2	3	4	5	6	7	8	9	10	Musculoskeletal
10. CNS/Brain	1	2	3	4	5	6	7	8	9	10	CNS/Cognition
11. Male	1	2	3	4	5	6	7	8	9	10	Prostate
12. Female	1	2	3	4	5	6	7	8	9	10	A. PMS
	1	2	3	4	5	6	7	8	9	10	B. Hormones
13. Specific Nutrients	1	2	3	4	5	6	7	8	9	10	A. Essential Fatty Acids
	1	2	3	4	5	6	7	8	9	10	B. Protein/Aminos
	1	2	3	4	5	6	7	8	9	10	C. CoQ10
	1	2	3	4	5	6	7	8	9	10	D. Vitamin C
	1	2	3	4	5	6	7	8	9	10	E. Vitamin D
	1	2	3	4	5	6	7	8	9	10	F. Iodine

NUTRITIONAL QUESTIONNAIRE KEY

Section 1: GI Tract

A. Stomach/Pancreas/Small Intestine

Primary Support

- a. **BetaZyme** 1-2 per meal (do not use if ulcer is present, introduce after ulcer is healed) use
- b. **ProbZyme** if BetaZyme is contraindicated
- c. **GI Complete** 1-2 servings per day
- d. **Super Biotics** 1-2 capsules daily on empty stomach
- e. **Glucolyze** 2 caps twice daily

Additional Considerations

- a. **CandiKill** 2 capsules twice daily

B. Colon

Primary Support

- a. **Frontier Cleanse** 4 capsules twice daily (be sure of adequate fluid intake)
- b. **Super Biotics** 1-2 capsules daily on empty stomach
- c. **GI Complete** 1-2 servings daily
- d. **IgG** 1-2 scoops daily

Secondary Support

- a. **Frontier Fiber** 1-2 servings daily

C. Microbial Imbalance

Primary Support

- a. **ParaKill** 2 caps twice daily on empty stomach
- b. **CandiKill** 4 caps per day
- c. **SBC** 2-4 capsules daily
- d. **Micro-Gone Tincture** 2 droppers twice daily

Secondary Support

- a. **Immune Tincture** 2 droppers 2 times daily
- b. **Frontier Cleanse** 4 capsules twice daily

Section 2: Liver/Gallbladder

*Consider detox program
for 10-30 days*

Primary Support

- a. **BetaZyme** 1-3 per meal to assist in the digestion of lipids/fats
- b. **LivComplete** 3 capsules
- c. **Liver/Gallbladder** 2 droppers 2 times daily

Secondary Support

- a. **Ultimate Shake + Pro Lean Greens** 1-2 servings daily
- b. **EnerDMG** 2 chewables daily

Additional Considerations

- a. **Frontier Cleanse** 4-8 capsules daily to assist detoxification through the bowels
- b. **Power CoQ10** 1-2 tablets daily for liver support and to aid detoxification processes
- c. **Cholesto Red** if cholesterol is a concern

NUTRITIONAL QUESTIONNAIRE KEY CONT.

Section 3: Endocrine

A. Thyroid

Primary Support

- a. **Thyro Complete** 2 caps in the morning on an empty stomach
- b. **AdrenaMax** 3 capsules 1-2 times daily
- c. **Iodine Plus** 1-3 capsules daily for comprehensive thyroid support

Secondary Support

- a. **Endocrine Tincture** 2 droppers 2 times daily
- b. **Frontier Flax** 1 softgel per meal for overall health of the endocrine system
- c. **Adrenal Tincture** 2 droppers 2 times daily

B. Adrenal

Primary Support

- a. **AdrenaMax or Adrenal Glandular Plus** 3 capsules 1-2 times daily
- a. **Thyro Complete** 2 caps in the morning on an empty stomach
- c. **Pro Oranges** 1 serving morning, 1 serving early afternoon to help better manage stress hormones
- d. **Super B Complete** 2 capsules daily

Secondary Support

- a. **DHEA** as directed to help manage cortisol levels
- b. **Adrenal Tincture** 2 droppers 2 times daily
- c. **Endocrine Tincture** 2 droppers 2 times daily

Section 4: Glucose

A. Glucose High

Primary Support

- a. **Glucolyze** 2 capsules 2-3 times per day with food
- b. **NutraGlutide** Twice daily
- a. **Neuropath-ease** 2 capsules 2-3 times per day with food

Secondary Support

- a. **The Best Whey or Super Shake** 1-2 servings daily between meals to help maintain normal insulin levels
- b. **Endocrine Tincture** 2 droppers 2 times daily

Additional Considerations

- a. **EnerDMG** 1 chewable twice daily to aid the body in glucose and fat metabolism
- b. **Tone & Lean** 2 softgel three times daily to help maintain glucose levels
- c. **Super B Complete** 2 capsules daily

B. Glucose Low

Primary Support

- a. **The Best Whey or Super Shake** 1-2 servings daily between meals
- b. **Frontier Fiber** 1/2 hour before meals

Secondary Support

- a. **Pro Oranges** 1-2 servings daily
- b. **AdrenaMax** 1 capsule each meal
- c. **Super B Complete** 2 capsules daily

Section 5: Cardiovascular

Primary Support

- a. **Power Fuel** 1-2 servings daily to increase heart muscle strength and cardiovascular output
- b. **Cardio Stack** 2 caps twice daily to enhance cardiovascular health
- c. **Ener CoQ10** 1-2 per day
- d. **CircuCORE** 4 per day
- e. **Seven Flowers BP** 3-6 per day
- f. **Mega K2 Plus** 1-2 per day

Secondary Support

- a. **Omega 3D** 2-4 softgels daily for heart and circulation health
- b. **Mag Complete 300** 4 caps per day
- c. **CircuCare Tincture** 2 droppers 2 times daily

Additional Considerations

- a. **Cholesto Red** as directed for elevated cholesterol
- b. **Nattokin Plus** 2-4 capsules daily between meals to support healthy blood flow

Section 6: Mood

Primary Support

- a. **Mood Lift** 2 capsules 1-2 times daily for depression and sleep disturbances
- b. **Calm Day** 1-2 caps 1-2 times daily
- c. **Super B Complete** 2 capsules daily
- d. **Full Spectrum Hemp Extract** 4 servings daily

Secondary Support

- a. **Omega 3D** 2-4 softgels daily
- b. **Frontier Minerals** 2 capsules breakfast, 2 dinner

Additional Considerations

- a. **D3** 5,000-10,000 IUs per day
- b. **Iodine Plus** 1-3 capsules if low thyroid is suspected
- c. **Relaxation & Sleep Tincture** 2 droppers twice daily

Section 7: Lymphatic/ Immune

Primary Support

- a. **Lymphatic Herbal Tincture** 2 droppers twice daily
- b. **ImmunoMax** 1-2 capsules or chewables 2-3 times daily
- c. **EnerDMG** 1-3 tablets daily
- d. **Ultimate Shake + Pro Lean Greens + LivComplete** 1-2 servings per day
- e. **Immune Boost** 1-5 daily

Secondary Support

- a. **N-AcetylCysteine** 1 capsule three times daily (especially for lung and mucus issues)
- b. **Airmaxx** 2 caps or chewables
- c. **D3** 5,000-10,000 IU's per day

NOTE: One's lymphatic system is the sewer system of the body. For optimum results, it is vital to work on the elimination organs that eliminate lymph trash from the body. The eliminative organs include your kidneys, colon & skin. Adding support for each of these organs will greatly assist the cleaning process of your sewer (lymph) system. – Consider adding one or a combination of the following: K&B Tincture, Frontier Cleanse, Immune Herbal Tincture, etc.

NUTRITIONAL QUESTIONNAIRE KEY CONT.

Section 8: Kidney/Bladder

Primary Support

- a. **K&B Tincture** 2 droppers twice daily
- b. **UT Cleanse** 1 scoop 1-2 times per day
- c. **LivComplete** 3 capsules daily

Secondary Support

- a. **Frontier Minerals** 2 capsules twice daily
- b. **Mag Complete 300** 2-4 caps daily

Section 9: Musculoskeletal

A. Bones (Questions 1-4)

Primary Support

- a. **Super Cal Plus** 2-4 daily
- b. **BetaZyme** 1-2 capsules each meal – to support proper stomach acid production to help with mineral absorption
- c. **Super K2 Plus/Mega K2 Plus** 1-2 capsules daily

Additional Considerations

- a. **Buffered C Plus** 3 daily to support collagen production to benefit teeth and bone health
- b. **D3** for maintenance of bone density and calcium utilization
- c. **Frontier Minerals** 2 capsules twice daily for bone formation

B. Joints (Questions 5-7)

Primary Support

- a. **HA Plus** 4 capsules daily
- b. **Omega 3D** 2 softgels daily
- c. **X Flame** 1 serving 1-3 times daily
- d. **Full Spectrum Hemp Extract** 1 dropper a day
- e. **SPM** 1-2 softgels daily

Secondary Support

- a. **Buffered C Plus** 3 daily to support collagen production
- b. **Green Lipped Mussel** 2 capsules 1-3 times daily

C. Muscles (Questions 8-10)

Primary Support

- a. **Frontier Minerals** 2 capsules twice daily for proper muscle contraction and relaxation
- b. **ReLAXX** 3 caps as needed
- c. **Power Fuel** 1 scoop 1-2 times daily for muscle strength and recovery
- d. **Full Spectrum Hemp Extract** 1 dropper a day

Additional Considerations

- a. **Mag Complete 300** as directed for proper muscle contraction and relaxation
- b. **Mood Lift** 2 capsules 1-2 times daily to help mood/stress

**Section 10:
Nervous System/
Brain**

A. Central Nervous System (Questions 1-5)

Primary Support

- a. **Frontier Minerals** 4 daily for healthy nerve function
- b. **NeuroMax** as directed for brain and nerve function
- c. **Full Spectrum Hemp Extract** 1 serving 1-4 times daily

Additional Considerations

- a. **Calm Day** 1-2 caps 1-2 times daily
- b. **Omega 3D** 2-4 softgels daily

B. Brain (Questions 6-10)

Primary Support

- a. **Brain Boost** 3 capsules 1-2 times daily for cognitive function, alertness & recall
- b. **Pro Purples** 1 scoop 1-2 times daily
- c. **SPM** 2 softgels 1-3 times daily
- d. **Omega 3D** 2-4 softgels daily

Secondary Support

- a. **Ener CoQ10** 1-2 chewables daily
- b. **NeuroMax** as directed for brain and nerve function
- c. **Calm Day** 1-2 caps 1-2 times daily

NOTE:

Alkalization of the body is essential for brain and nerve regeneration. Acidity causes inflammation, which leads to tissue weakness and deterioration.

**Section 11:
Male**

Prostate

Primary Support

- a. **PSA** 2 capsules 1-2 times daily
- b. **EstroCleanse** 2-3 caps daily
- c. **Frontier Flax** 2-4 softgels daily

Libido

Primary Support

- a. **Testo 180** 2 capsules or 2 droppers twice daily
- b. **EstroCleanse** 2-3 caps daily
- c. **DHEA** as directed
- d. **CircuCore** 2-4 caps daily
- e. **Virility** as directed

NUTRITIONAL QUESTIONNAIRE KEY CONT.

Section 12: Female

A. PMS

Primary Support

- a. **EstroCleanse** 3 caps daily
- b. **Mag Complete 300** 4-8 caps daily
- c. **Super B Complete** 2 capsules daily
- d. **Endocrine Tincture** 1-2 droppers 2 times daily
- e. **Fertility** use as directed

Secondary Support

- a. **Frontier Flax** 2-4 softgels daily
- b. **Calm Day** 2-4 capsules daily
- c. **Frontier Minerals** 2 capsules twice daily

B. Ovarian Function/Hormonal Function

Primary Support

- a. **Women's Complete** 4 caps daily
- b. **EstroCleanse** 3 caps daily
- b. **DHEA** as directed
- c. **Frontier Flax** 2 softgels twice daily

Section 13: Nutrients

A. Essential Fatty Acids

- Omega 3D** 2 softgels daily
- SPM** 2-4 softgels daily
- Frontier Flax** 3-6 softgels daily

B. Protein/Amino Acids

- The Best Whey** 2 servings daily
- Frontier BCAA** 1 serving daily

C. CoQ10

- Power CoQ10 or EnerCoQ10**

D. Vitamin C

- Buffered C Plus** 3 servings daily
- Immune Boost** 5 capsules daily

E. Vitamin D

- D3 5000** 1-2 servings daily
- Super K2 Plus/Mega K2 Plus/D3/K2 Complete** 1 serving daily

F. Iodine

- Iodine Plus** 1-3 servings daily

TESTING



BLOOD CHEMISTRY

QUICK REFERENCE GUIDE

A/G (Albumin/Globulin) Ratio

Reference Range: 1.5-2.5 Optimal Range 2.0

<p>Increased In:</p> <ul style="list-style-type: none"> • Hypogammaglobulinemia (low globulin) • Glucocorticoid excess (low globulin) • Blood toxicity, impaired lymphatic drainage • High carb/high protein diet • Hypothyroidism 	<p>Support:</p> <ul style="list-style-type: none"> • Endocrine Tinc. • Lymphatic Tinc. • ImmunoMax • Super B Complete • Immune Boost 	<p>Decreased In:</p> <ul style="list-style-type: none"> • Liver Dysfunction • Hepatitis B & C • Inflammation 	<p>Support:</p> <ul style="list-style-type: none"> • LivComplete • LV/GB Tinc. • Turmeric Plus • Pro Lean Greens
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ALBUMIN

Reference Range: 3.5-5.5 g/100ml Optimal Range: 4.5-4.8 g/100ml

<p>Increased In:</p> <ul style="list-style-type: none"> • Liver Dysfunction • Congestive Heart Failure • Dehydration • Glucocorticoid excess • Possible poor protein digestion • Congenital • Poor lymphatic drainage 	<p>Support:</p> <ul style="list-style-type: none"> • LivComplete • Increase Water intake 	<p>Decreased In:</p> <ul style="list-style-type: none"> • Malnutrition – protein deficiency • Dehydration • Vitamin C Need • Free radical pathology • Liver dysfunction • Renal losses (Nephrotic Syndrome) • Hypothyroidism 	<p>Support:</p> <ul style="list-style-type: none"> • Super Shake • Buffered C Plus • Pro Reds • LivComplete
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ALDOSTERONE

Reference Range: Use lab range

<p>Increased In:</p> <ul style="list-style-type: none"> • Adrenal hyper-function 	<p>Support:</p> <ul style="list-style-type: none"> • Super B Complete • Mag Complete 300 • Men's/Women's Complete 	<p>Decreased In:</p> <ul style="list-style-type: none"> • Adrenal hypo-function 	<p>Support:</p> <ul style="list-style-type: none"> • AdrenaMax • Super B Complete • Thyro Complete
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ALKALINE PHOSPHATASE

Reference Range: 50-115 Optimal Range: (Male) 45-7 5mg/DL (Female) 45-70 mg/DL

<p>Increased In:</p> <ul style="list-style-type: none"> • Liver/Biliary Conditions • Bone Conditions • Parasites • Shingles • Gastric Inflammation 	<p>Support:</p> <ul style="list-style-type: none"> • BetaZyme • LivComplete <p>Bone loss: see Calcium < Gastric Inflammation: see Gastrin ></p>	<p>Decreased In:</p> <ul style="list-style-type: none"> • Zinc deficiency • Vitamin C need • Hypothyroidism • Incomplete protein assimilation • Digestive incompetence • Folic Acid anemia 	<p>Support:</p> <ul style="list-style-type: none"> • Super Zinc-50 • Buffered C Plus • Thyro Complete • Active B-12 Folate • Immune Boost
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ALPHA 1 GLOBULIN

Reference Range: 0.2-0.3

Increased In: <ul style="list-style-type: none"> • Tissue destruction 	Support: <ul style="list-style-type: none"> • See Albumin 	Decreased In: <ul style="list-style-type: none"> • Emphysema 	Support: <ul style="list-style-type: none"> • Immune Boost • N-Acetylcysteine • Buffered C Plus
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ALPHA 2 GLOBULIN

Reference Range: 0.6-0.9

Increased In: <ul style="list-style-type: none"> • Asthma • Liver dysfunction 	Support: <ul style="list-style-type: none"> • N-Acetylcysteine • AirMaxx • Mag Complete 300 • BetaZyme • LivComplete 	Decreased In: <ul style="list-style-type: none"> • Liver dysfunction 	Support: <ul style="list-style-type: none"> • LivComplete • Pro Lean Greens • Ultimate Shake • Immune Boost
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ALDOSTERONE

Reference Range: Use lab range

Increased In: <ul style="list-style-type: none"> • Adrenal hyper-function 	Support: <ul style="list-style-type: none"> • Super B Complete • Mag Complete 300 • Men's/Women's Complete 	Decreased In: <ul style="list-style-type: none"> • Adrenal hypo-function 	Support: <ul style="list-style-type: none"> • AdrenaMax • Super B Complete • Thyro Complete
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ANION GAP

Reference Range: 8-16 mEq/L Optimal Range: 8-12 mEq/L depending on method of calculation

Increased In: <ul style="list-style-type: none"> • Renal failure • Ketoacidosis • Lactic Acidosis • Toxic agents • Thiamine need 	Support: <ul style="list-style-type: none"> • K&B Tinc. • Super B Complete • Glucolyze • NutraGlutide 	Decreased In: <ul style="list-style-type: none"> • Excess chloride • Possible free radical pathology 	Support: <ul style="list-style-type: none"> • AirMaxx • Pro Reds • K&B Tincture
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BASOPHILS

Reference Range: 0-3% of WBC Optimal Range: 0-1% of WBC

Increased In: <ul style="list-style-type: none"> • Parasites (with elevated eosinophils) • Inflammation • Chronic hypersensitivity reactions 	Support: <ul style="list-style-type: none"> • ParaKill • AirMaxx • X-Flame • SPM 	Decreased In: <ul style="list-style-type: none"> • N/A 	Support: <ul style="list-style-type: none"> • SPM
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BLOOD CHEMISTRY

QUICK REFERENCE GUIDE *CONT.*

BETA GLOBULIN

Reference Range: 0.7-1.0

Increased In: <ul style="list-style-type: none"> • Lipidemia • Biliary dysfunction 	Support: <ul style="list-style-type: none"> • BetaZyme • LivComplete 	Decreased In: <ul style="list-style-type: none"> • Amino Acid need 	Support: <ul style="list-style-type: none"> • Best Whey • Super Shake • Frontier BCAA
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BILIRUBIN

Reference Range: 0.1-0.2 mg/DL; Direct: 0-0.2; Indirect: 0.1-1.0 Optimal Range: 0.1-1.2

Increased In: <ul style="list-style-type: none"> • Liver dysfunction • Infections • Spleen dysfunction 	Support: <ul style="list-style-type: none"> • LivComplete • BetaZyme • ImmunoMax • SPM 	Decreased In: <ul style="list-style-type: none"> • Iron deficiency • Spleen dysfunction • Impaired digestion 	Support: <ul style="list-style-type: none"> • CybZyme • ImmunoMax • SPM • Pro Lean Greens/Ultimate Shake
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BUN (Blood Urea Nitrogen)

Reference Range: 5-25 mg/DL Optimal Range: 12-20 mg/DL

Increased In: <ul style="list-style-type: none"> • Kidney dysfunction • High protein diet • Congestive heart failure (decreased renal circulation) • Gout 	Support: <ul style="list-style-type: none"> • K&B Tinc. • Power Fuel 	Decreased In: <ul style="list-style-type: none"> • Inadequate protein digestion or intake • Pregnancy 	Support: <ul style="list-style-type: none"> • BetaZyme • Super Shake
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C-REACTIVE PROTEIN

Reference Range: <5

Increased In: <ul style="list-style-type: none"> • Inflammation • Infection 	Support: <ul style="list-style-type: none"> • X-Flame • ImmunoMax • SPM 	Decreased In: <ul style="list-style-type: none"> • N/A 	Support: <ul style="list-style-type: none"> • Pro Lean Greens/Ultimate Shake
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CALCIUM, Total Serum

Reference Range: 8.5-10.8 mg% Optimal Range: 9.5-10.2 mg% Ideal: 10.0

Increased In: <ul style="list-style-type: none"> • Thyroid or Parathyroid dysfunction • Malignancy 	Support: <ul style="list-style-type: none"> • Endocrine Tinc. • Super Cal Plus • Super K2 Plus 	Decreased In: <ul style="list-style-type: none"> • Pregnancy • Thyroid or Parathyroid dysfunction • Osteoporosis 	Support: <ul style="list-style-type: none"> • Super Cal Plus • D3 • BetaZyme • Super K2 Plus
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CARBON DIOXIDE (CO₂)

Reference Range: 26-31

Increased In: <ul style="list-style-type: none">• Alkalosis	Support: <ul style="list-style-type: none">• K&B Tincture• Men's/Women's Complete• Pro Lean Greens	Decreased In: <ul style="list-style-type: none">• Acidosis	Support: <ul style="list-style-type: none">• GI Complete• K&B Tincture• IgG
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CHLORIDE

Reference Range: 95-109 mEq/L Optimal Range: 101-103 mEq/L

Increased In: <ul style="list-style-type: none">• Metabolic Acidosis• Renal dysfunction• Severe dehydration• Excess Aspirin• Chlorinated drinking water	Support: <ul style="list-style-type: none">• See BUN	Decreased In: <ul style="list-style-type: none">• Metabolic Alkalosis• Loop Diuretics	Support: <ul style="list-style-type: none">• See BUN
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CHOLESTEROL

Reference Range: 130-220 mg/dl Optimal Range: 185-200 mg/dl

Increased In: <ul style="list-style-type: none">• Diet high in refined carbohydrates• Hypothyroidism• Pancreatic dysfunction	Support: <ul style="list-style-type: none">• Cholesto Red• Iodine Plus• Omega 3D• LivComplete• BetaZyme	Decreased In: <ul style="list-style-type: none">• Malabsorption• Hyperthyroidism• Free radicals• Malignancies	Support: <ul style="list-style-type: none">• Net-O-KETO• Super B Complete• ImmunoMax• BetaZyme• Immune Boost
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CO₂ BICARBONATE

Reference Range: Serum pH: 7.35-40; PaCO₂: 35-45 mm/HG; PaO₂: 80-100 mm/HG; HCO₃: 22-32 mEq/l Optimal Range: 24-28 mEq/L

Increased In: <ul style="list-style-type: none">• Alkalosis• Renal dysfunction	Support: <ul style="list-style-type: none">• K&B Tincture• Men's/Women's Complete	Decreased In: <ul style="list-style-type: none">• Acidosis• Chronic renal dysfunction	Support: <ul style="list-style-type: none">• Frontier Minerals• Pro Lean Greens
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CORTISOL

Reference Range: Use lab range

Increased In: <ul style="list-style-type: none">• Adrenal hyper-function	Support: <ul style="list-style-type: none">• Super B Complete• Mag Complete• Men's/Women's Complete	Decreased In: <ul style="list-style-type: none">• Adrenal hypo-function	Support: <ul style="list-style-type: none">• AdrenaMax• Super B Complete• Pro Oranges• Thyro Complete
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BLOOD CHEMISTRY

QUICK REFERENCE GUIDE *CONT.*

CREATININE

Reference Range: 0.6-1.5 Optimal Range: 0.8-1.1

Increased In: <ul style="list-style-type: none"> • Renal dysfunction/obstruction * Muscle degeneration * Congestive heart failure * Uncontrolled diabetes * Body building * Prostate hypertrophy 	Support: <ul style="list-style-type: none"> • K&B Tincture • Cardio Stack • PSA • BetaZyme 	Decreased In: <ul style="list-style-type: none"> • Muscle atrophy * Liver disease * Pregnancy * Protein deficiency 	Support: <ul style="list-style-type: none"> • Super Creatine • Super Shake • Best Whey • Net-O-KETO
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CREATINE PHOSPHOKINASE (CPK/CK)

Reference Range: 30-180

Increased In: <ul style="list-style-type: none"> • Cardiac Damage • Muscle damage • Brain damage 	Support: <ul style="list-style-type: none"> • Cardio Stack • Power CoQ10 • NeuroMax 	Decreased In: <ul style="list-style-type: none"> • N/A 	Support: <ul style="list-style-type: none"> • N/A
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ERYTHROCYTE SEDIMENTATION RATE

Reference Range: <5 Males <10 Females

Increased In: <ul style="list-style-type: none"> • Inflammation 	Support: <ul style="list-style-type: none"> • X-Flame • Inflammation Tincture • SPM 	Decreased In: <ul style="list-style-type: none"> • N/A 	Support: <ul style="list-style-type: none"> • N/A
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DHEA

Reference Range: Use lab range

Increased In: <ul style="list-style-type: none"> • Adrenal hyper-function 	Support: <ul style="list-style-type: none"> • Super B Complete • Mag Complete 300 • Men's/Women's Complete 	Decreased In: <ul style="list-style-type: none"> • Adrenal hypo-function 	Support: <ul style="list-style-type: none"> • DHEA • AdrenaMax/Adrenal Glandular Plus • Super B Complete • Adrenal Tincture
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EOSINOPHILS

Reference Range: 0-6% Optimal Range: 0-3%

Increased In: <ul style="list-style-type: none"> • Allergic reactions • Infection • Fungal infection • Parasites 	Support: <ul style="list-style-type: none"> • AirMaxx • ImmunoMax • CandiKill • ParaKill • SPM 	Decreased In: <ul style="list-style-type: none"> • N/A 	Support: <ul style="list-style-type: none"> • N/A
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ESTRADIOL

Reference Range: Use lab range

Increased In: <ul style="list-style-type: none">• Feminizing tumor/cyst• Ovarian hyper-function	Support: <ul style="list-style-type: none">• EstroCleanse• Iodine Plus• Omega 3D	Decreased In: <ul style="list-style-type: none">• Ovarian hypo-function	Support: <ul style="list-style-type: none">• Thyro Complete• Iodine Plus• Men's/Women's Complete• Active B12 Folate
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FERRITIN

Reference Range: 20-200 Males
10-110 Females < 40 yrs
20-200 Females > 40 yrs

Increased In: <ul style="list-style-type: none">• See Iron	Support: <ul style="list-style-type: none">• See Iron	Decreased In: <ul style="list-style-type: none">• See Iron	Support: <ul style="list-style-type: none">• See Iron
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FIBRINOGEN

Reference Range: 200-400

Increased In: <ul style="list-style-type: none">• Inflammation• Dehydration• Infections	Support: <ul style="list-style-type: none">• X-Flame• Nattokin Plus• SPM	Decreased In: <ul style="list-style-type: none">• Intravascular Coagulation	Support: <ul style="list-style-type: none">• Refer for medical evaluation• SPM
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FOLLICLE STIMULATING HORMONE (FSH)

Reference Range: Use lab range

Increased In: <ul style="list-style-type: none">• Hot flashes	Support: <ul style="list-style-type: none">• EstroCleanse• Men's/Women's Complete• Iodine Plus	Decreased In: <ul style="list-style-type: none">• Anterior Pituitary Hypo-Function	Support: <ul style="list-style-type: none">• Endocrine Tincture• Thyro Complete
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GAMMA GLOBULIN

Reference Range: 1.0-1.5

Increased In: <ul style="list-style-type: none">• Inflammation	Support: <ul style="list-style-type: none">• SPM• X-Flame• Inflammation Tincture	Decreased In: <ul style="list-style-type: none">• Chronic immune deficiency	Support: <ul style="list-style-type: none">• ImmunoMax• Immune Tincture• Pro Reds• SPM
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BLOOD CHEMISTRY

QUICK REFERENCE GUIDE *CONT.*

GASTRIN

Reference Range: 45-90

Increased In: <ul style="list-style-type: none"> • 100-150 Gastric Ulcer • 150-200 Peptic Ulcer • Above 200 Zollinger-Ellison Syndrome 	Support: <ul style="list-style-type: none"> • GI Complete • IgG • Prozyme 	Decreased In: <ul style="list-style-type: none"> • HCL need 	Support: <ul style="list-style-type: none"> • BetaZyme
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GGTP (Gamma Glutamyl Transpeptidase)

Reference Range: 1-70 g/L Optimal Range: 20-30 U/L

Increased In: <ul style="list-style-type: none"> • Hepatic inflammation (virus, alcohol, drugs, trauma) • Biliary Stasis 	Support: <ul style="list-style-type: none"> • LivComplete • BetaZyme • Immune Boost 	Decreased In: <ul style="list-style-type: none"> • Low magnesium • Hypothyroid • Hypothalamic malfunction 	Support: <ul style="list-style-type: none"> • Iodine Plus • Mag Complete 300
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GLOBULINS, Total

Reference Range: 2.2-3.5 g/dL calculated Optimal Range: 2.8-3.0 g/dL
 Reference Range (Alpha Globulin): 0.1-0.4 g/L Optimal Range (Alpha Globulin): 0.2-0.3 g/L
 Reference Range (Beta Globulin)

Increased In: <ul style="list-style-type: none"> • Hypochlorhydria • Chronic infections (parasites, common cases of viral & bacterial infection) • Liver disease 	Support: <ul style="list-style-type: none"> • BetaZyme • Best Whey • LivComplete • ImmunnoMax • Immune Boost 	Decreased In: <ul style="list-style-type: none"> • Digestive inflammation • Liver dysfunction 	Support: <ul style="list-style-type: none"> • ProbZyme • GI Complete • LivComplete • ImmunoMax • Immune Boost
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GLUCOSE

Reference Range: 65-115 mg/DL Optimal Range: 85-100 mg/DL

Increased In: <ul style="list-style-type: none"> • Diabetes • Thiamine need • Endocrine hyperfunction • Pancreatitis • Drugs 	Support: <ul style="list-style-type: none"> • GlucoLyze • AdrenaMax • Super Shake • NutraGlutide • Best Whey/Net-0 KETO 	Decreased In: <ul style="list-style-type: none"> • Hypoglycemia • Endocrine hypofunction • Liver dysfunction 	Support: <ul style="list-style-type: none"> • Pro Oranges • Super B Complete • Super Shake/Best Whey • Net-0 KETO
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GLYCATED HGB

Reference Range: < 6%

Increased In: <ul style="list-style-type: none"> • Diabetes 	Support: <ul style="list-style-type: none"> • Same as Glucose 	Decreased In: <ul style="list-style-type: none"> • N/A 	Support: <ul style="list-style-type: none"> • N/A
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HCT (Hematocrit)

Reference Range: Male; 40-49%; Female; 37-44%
Optimal Range: Male; 42-45%; Female; 40-43%

Increased In: <ul style="list-style-type: none">• See RBC	Support: <ul style="list-style-type: none">• See RBC	Decreased In: <ul style="list-style-type: none">• See RBC	Support: <ul style="list-style-type: none">• See RBC
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HDL (High Density Lipoproteins)

Reference Range: 40-90 Optimal Range: Male: 60-75; Female 60-75

Increased In: <ul style="list-style-type: none">• N/A	Support: <ul style="list-style-type: none">• N/A	Decreased In: <ul style="list-style-type: none">• Obesity• Lack of exercise• Diabetes• Poor diet	Support: <ul style="list-style-type: none">• Omega 3D• Cholesto Red• BetaZyme• Glucolyze
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HEMOGLOBIN

Reference Range: Male 14.0-15.0 Female 13.5-14.5

Increased In: <ul style="list-style-type: none">• See RBC	Support: <ul style="list-style-type: none">• See RBC	Decreased In: <ul style="list-style-type: none">• See RBC	Support: <ul style="list-style-type: none">• See Iron
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HEMATOCRIT (HCT)

Reference Range: Male 40-48 Female 37-44

Increased In: <ul style="list-style-type: none">• See RBC	Support: <ul style="list-style-type: none">• See RBC	Decreased In: <ul style="list-style-type: none">• See RBC	Support: <ul style="list-style-type: none">• See Iron
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IGF-1

Reference Range: Use lab range

Increased In: <ul style="list-style-type: none">• Thyroid hyper-function• Adrenal hyper-function	Support: <ul style="list-style-type: none">• Mag Complete• Men's/Women's Complete• SPM	Decreased In: <ul style="list-style-type: none">• Growth Hormones (HGH) <	Support: <ul style="list-style-type: none">• Best Whey• Omega 3D• DHEA
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IRON

Reference Range: 35-175 mg/ml Optimal Range: 75-150 mg/ml

Increased In: <ul style="list-style-type: none">• Liver disease• Excessive iron intake (water, cookware, supplements)	Support: <ul style="list-style-type: none">• LivComplete• Super Zinc-50• Men's/Women's Complete	Decreased In: <ul style="list-style-type: none">• Iron deficiency• Bleeding• Chronic disease	Support: <ul style="list-style-type: none">• EZ Iron• BetaZyme• Men's/Women's Complete
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BLOOD CHEMISTRY

QUICK REFERENCE GUIDE *CONT.*

LACTIC DEHYDROGENASE (LDH)

Reference Range: > Median of Lab Range and <80% of Lab Range

Increased In: <ul style="list-style-type: none"> • Liver dysfunction • Cardiac stress 	Support: <ul style="list-style-type: none"> • LivComplete • Cardio Stack • Pro Lean Greens 	Decreased In: <ul style="list-style-type: none"> • Reactive hypoglycemia 	Support: <ul style="list-style-type: none"> • AdrenaMax • Pro Oranges • Super B Complete
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LDH (Lactate Dehydrogenase)

Reference Range: 120-240 IU/L Optimal Range: 90-150 IU/L

Increased In: <ul style="list-style-type: none"> • Liver dysfunction • Cardiac stress 	Support: <ul style="list-style-type: none"> • LivComplete • BetaZyme • Cardio Stack 	Decreased In: <ul style="list-style-type: none"> • Reactive hypoglycemia 	Support: <ul style="list-style-type: none"> • See Glucose
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LDL (Low Density Lipoprotein) CHOLESTEROL

Reference Range: 65-130 Optimal Range: <130

Increased In: <ul style="list-style-type: none"> • Omega-3 deficiency • Diabetes • Chronic kidney disease • Oral contraceptives 	Support: <ul style="list-style-type: none"> • Cholesto Red • Omega 3D • SPM 	Decreased In: <ul style="list-style-type: none"> • N/A 	Support: <ul style="list-style-type: none"> • N/A
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LIPASE

Reference Range: Use lab range

Increased In: <ul style="list-style-type: none"> • Pancreatitis 	Support: <ul style="list-style-type: none"> • BetaZyme • Liv/Gall Tincture • LivComplete • Cybzyme 	Decreased In: <ul style="list-style-type: none"> • Hepatic dysfunction 	Support: <ul style="list-style-type: none"> • LivComplete • BetaZyme • Cybzyme
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LUTEINIZING HORMONE (LH)

Reference Range: Use lab range

Increased In: <ul style="list-style-type: none"> • Hot flashes 	Support: <ul style="list-style-type: none"> • See FSH > 	Decreased In: <ul style="list-style-type: none"> • Prostate hypertrophy 	Support: <ul style="list-style-type: none"> • PSA • Frontier Flax • EstroCleanse
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LYMPHOCYTES

Reference Range: 14-46% of WBC

Optimal Range: 30-45% of WBC but depends on absolute counts as well

<p>Increased In:</p> <ul style="list-style-type: none"> • Infection • Stress • Radiation • Food intolerances • Toxins 	<p>Support:</p> <ul style="list-style-type: none"> • ImmunoMax • Immune Tincture • Buffered C Plus • SPM • Immune Boost 	<p>Decreased In:</p> <ul style="list-style-type: none"> • Acute bacterial infection • Free radicals 	<p>Support:</p> <ul style="list-style-type: none"> • ImmunoMax • AirMaxx • Pro Lean Greens • Immune Boost
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MAGNESIUM, Serum

Reference Range: 1.8-2.22 mg/DL Optimal Range: 2.0-3.0 mg/DL

<p>Increased In:</p> <ul style="list-style-type: none"> • Renal dysfunction • Hypothyroidism • Hyperparathyroidism 	<p>Support:</p> <ul style="list-style-type: none"> • K&B Tincture • Thyro Complete 	<p>Decreased In:</p> <ul style="list-style-type: none"> • Renal dysfunction • Hyperthyroidism 	<p>Support:</p> <ul style="list-style-type: none"> • Mag Complete 300 • Pro Lean Greens
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MCH/MCHC (Mean Corpuscular Hemoglobin/ Mean Corpuscular Hemoglobin Concentration)

Reference Range MCH: 27-34 Optimal MCH Range: 26-33

Reference Range MCHC: 31-36% Optimal MCHC Range: 31-35%

<p>Increased In:</p> <ul style="list-style-type: none"> • Pernicious anemia/ folic acid deficiency, B12 deficiency • Liver disease • Hypothyroidism • Drugs 	<p>Support:</p> <ul style="list-style-type: none"> • Active B12 Folate • BetaZyme 	<p>Decreased In:</p> <ul style="list-style-type: none"> • Iron deficiency (blood loss, parasites, low stomach acid) 	<p>Support:</p> <ul style="list-style-type: none"> • EZ Iron • BetaZyme • Men's/Women's Complete
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MCV (Mean Corpuscular Volume)

Reference Range: 80-98 Optimal Range: 88-92

<p>Increased In:</p> <ul style="list-style-type: none"> • Pernicious anemia/ folic acid deficiency/ B12 deficiency • Liver Disease • Hypothyroidism • Drugs 	<p>Support:</p> <ul style="list-style-type: none"> • Active B12 Folate • BetaZyme 	<p>Decreased In:</p> <ul style="list-style-type: none"> • Iron Deficiency (blood loss, parasites, low stomach acid) • Post-splenectomy 	<p>Support:</p> <ul style="list-style-type: none"> • EZ Iron • BetaZyme • Men's/Women's Complete • Super B Complete
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BLOOD CHEMISTRY

QUICK REFERENCE GUIDE *CONT.*

MCH (Mean Corpuscular Hemoglobin)

Reference Range: 27.0-31.9

Increased In: • See MCV	Support: • See MCV	Decreased In: • See MCV	Support: • See MCV
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MCHC (Mean Corpuscular Hemoglobin Concentrate)

Reference Range: 32-36

Increased In: • See MCV	Support: • See MCV	Decreased In: • See MCV	Support: • See MCV
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MONOCYTES

Reference Range: 1-13% Optimal Range: 3-8%

Increased In: • Chronic bacteria • Viral • Parasites • Malignancy • Inflammation	Support: • SPM • ImmunoMax • Immune Tincture • MicroGone Tincture • Inflammation Tincture	Decreased In: • N/A	Support: • N/A
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NEUTROPHILS

Reference Range: 40-74% WBC Optimal Range: 50-60% WBC

Increased In: • Acute inflammation (infections) • Stress (emotional & physical) • Kidney failure • Diabetic acidosis • Thyroid storm	Support: • SPM • Buffered C Plus • AdrenaMax • ImmunoMax • Immune Boost	Decreased In: • Chronic infections • Anemias • Heavy metals	Support: • SPM • ImmunoMax • Immune Tincture • EZ Iron • Immune Boost
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PARATHYROID HORMONE (PTH)

Reference Range: Use lab range

Increased In: • Parathyroid hyper-function (serious problem that often requires surgery)	Support: • Frontier Minerals • Omega 3D	Decreased In: • Parathyroid hypo-function	Support: • D3 5000 • Super K2 Plus • Omega 3D
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PHOSPHORUS

Reference Range: (Adult) 2.5-4.5 Optimal Range: 3.8-4.2
Reference Range (Child) 3.2-6.3

<p>Increased In:</p> <ul style="list-style-type: none"> • Renal dysfunction • Normal bone growth/repair • Vit. D intoxicification • Feeding Cow's milk to premature babies • Oral supplementation 	<p>Support:</p> <ul style="list-style-type: none"> • K&B Tincture • IgG 	<p>Decreased In:</p> <ul style="list-style-type: none"> • Protein/Amino Acid need • Hypochlorhydria 	<p>Support:</p> <ul style="list-style-type: none"> • BetaZyme • Best Whey • Super Shake • IgG • Frontier BCAA's
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PLATELETS

Reference Range: 155-385 cu/mm Optimal Range: 150-350 cu/mm

<p>Increased In:</p> <ul style="list-style-type: none"> • Free radical pathology • Infection 	<p>Support:</p> <ul style="list-style-type: none"> • AirMaxx • LivComplete • ImmunoMax • Lymphatic Tincture 	<p>Decreased In:</p> <ul style="list-style-type: none"> • Immune dysfunction 	<p>Support:</p> <ul style="list-style-type: none"> • ImmunoMax • Immune Tincture
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POTASSIUM

Reference Range: 3.5-5.3 mEq/L Optimal Range: 4.1-4.6 mEq/L

<p>Increased In:</p> <ul style="list-style-type: none"> • Adrenal hypofunction • Renal dysfunction • Acidosis • Medications 	<p>Support:</p> <ul style="list-style-type: none"> • AdrenaMax • Super B Complete 	<p>Decreased In:</p> <ul style="list-style-type: none"> • Diuretic use • Adrenal hyperfunction • Renal dysfunction 	<p>Support:</p> <ul style="list-style-type: none"> • Men's/Women's Complete • Frontier Minerals
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PROGESTERONE

Reference Range: Use lab range

<p>Increased In:</p> <ul style="list-style-type: none"> • Prostate hypertrophy 	<p>Support:</p> <ul style="list-style-type: none"> • PSA • Frontier Flax • EstroCleanse 	<p>Decreased In:</p> <ul style="list-style-type: none"> • Ovarian hypo-function 	<p>Support:</p> <ul style="list-style-type: none"> • Endocrine Tincture • EstroCleanse • Frontier Flax
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BLOOD CHEMISTRY

QUICK REFERENCE GUIDE *CONT.*

PROTEIN, Total Serum

Reference Range: 6.0-8.5 g/100dl Optimal Range: 7.2-7.8 g/100dl

Increased In: <ul style="list-style-type: none"> • Hypochlorhydria • Dehydration • Liver dysfunction • Chronic infection • Adrenal hypofunction • High protein diet 	Support: <ul style="list-style-type: none"> • BetaZyme • Best Whey • AdrenaMax 	Decreased In: <ul style="list-style-type: none"> • Hypochlorhydria • Liver insufficiency 	Support: <ul style="list-style-type: none"> • BetaZyme • Super Shake • Best Whey • Net-0 KETO
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PSA (Prostate Specific Antigen)

Reference Range: 0-4.0 Optimal Range: 0-1.0

Increased In: <ul style="list-style-type: none"> • Prostate cancer • Prostatitis 	Support: <ul style="list-style-type: none"> • PSA • EstroCleanse • Frontier Flax • Detox - LivComplete, Pro Lean Greens, Ultimate Shake, EnerDMG 	Decreased In: <ul style="list-style-type: none"> • N/A 	Support: <ul style="list-style-type: none"> • N/A
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RBC (Red Blood Cell)

Reference Range: 3.8-5.1 million cu/mm

Optimal Range: Male; 4.5-5.0 million cu/mm: Female; 4.0-4.7 million cu/mm

Increased In: <ul style="list-style-type: none"> • Chronic respiratory insufficiency • Emphysema • Respiratory distress • Dehydration • Adrenal hyperfunction 	Support: <ul style="list-style-type: none"> • NAC • Lymphatic Tincture • AirMaxx 	Decreased In: <ul style="list-style-type: none"> • Anemias • Chronic disease • Free radicals 	Support: <ul style="list-style-type: none"> • EZ Iron • BetaZyme • Men's/Women's Complete
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RDW (Red Cell Size Distribution Width)

Reference Range: 11.5-14.5 Optimal Range: 13

Increased In: <ul style="list-style-type: none"> • Anemias • Alcohol abuse 	Support: <ul style="list-style-type: none"> • Active B12 Folate • BetaZyme • EZ Iron 	Decreased In: <ul style="list-style-type: none"> • Iron deficiency (blood loss, parasites, poor absorption) • B6 anemia 	Support: <ul style="list-style-type: none"> • BetaZyme • EZ Iron • Super B Complete
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RENIN

Reference Range: Use lab range

Increased In: <ul style="list-style-type: none"> • Renal hypertension • Adrenal hypo-function 	Support: <ul style="list-style-type: none"> • K&B Tincture • Mag Complete 300 • AdrenaMax • Super B Complete 	Decreased In: <ul style="list-style-type: none"> • Adrenal hyper-function 	Support: <ul style="list-style-type: none"> • Super B Complete • Mag Complete 300 • Men's/Women's Complete
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SGOT/AST (Serum Glutamic Oxaloacetic Transaminase/Aspartate Aminotransferase)

Reference Range: 0-50 Optimal Range: 20-30 U/L

Increased In: <ul style="list-style-type: none"> • Liver dysfunction • Cardiac Stress • Muscle damage 	Support: <ul style="list-style-type: none"> • LivComplete • Pro Lean Greens/Ultimate Shake • Cardio Stack • Power CoQ10 	Decreased In: <ul style="list-style-type: none"> • Vitamin B6 	Support: <ul style="list-style-type: none"> • Super B Complete • Men's/Women's Complete
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SGPT/ALT (Serum Glutamic Pyruvic Transaminase/Alanine Aminotransferase)

Reference Range: 0-45 U/L Optimal Range: 20-30 U/L

Increased In: <ul style="list-style-type: none"> • Liver dysfunction • Congestive heart failure 	Support: <ul style="list-style-type: none"> • LivComplete • Pro Lean Greens/Ultimate Shake • Power Fuel 	Decreased In: <ul style="list-style-type: none"> • B6 deficiency 	Support: <ul style="list-style-type: none"> • Super B Complete • Men's/Women's Complete
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SODIUM

Reference Range: 135-147 mEq/L Optimal Range: 142-145 mEq/L

Increased In: <ul style="list-style-type: none"> • Dehydration • Renal dysfunction • Water softeners 	Support: <ul style="list-style-type: none"> • Increase water • Power Fuel Support as indicated under BUN 	Decreased In: <ul style="list-style-type: none"> • Adrenal hypofunction • Low salt diet • Renal dysfunction 	Support: <ul style="list-style-type: none"> • See Potassium > • Power Fuel
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T3 FREE (Thyroxine, Direct)

Reference Range: 2.3-4.2 pg/ml Optimal Range: 3.1-4.0 pg/ml

Increased In: <ul style="list-style-type: none"> • Hyperthyroidism 	Support: <ul style="list-style-type: none"> • Mag Complete 300 • Thyro Complete 	Decreased In: <ul style="list-style-type: none"> • Hypothyroidism 	Support: <ul style="list-style-type: none"> • Iodine Plus • Endocrine Tincture
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BLOOD CHEMISTRY

QUICK REFERENCE GUIDE *CONT.*

T3 UPTAKE

Reference Range: 0.80-1.20% Optimal Range: .25-.35%

Increased In: <ul style="list-style-type: none"> • Hypothyroidism • Renal dysfunction 	Support: <ul style="list-style-type: none"> • Iodine Plus • Endocrine Tincture 	Decreased In: <ul style="list-style-type: none"> • Hyperthyroidism 	Support: <ul style="list-style-type: none"> • Mag Complete 300 • Men's/Women's Complete
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T3 FREE (Thyroxine, Direct)

Reference Range: 2.3-4.2 pg/ml Optimal Range: 3.1-4.0 pg/ml

Increased In: <ul style="list-style-type: none"> • Hyperthyroidism 	Support: <ul style="list-style-type: none"> • Mag Complete 300 • Men's/Women's Complete 	Decreased In: <ul style="list-style-type: none"> • Hypothyroidism 	Support: <ul style="list-style-type: none"> • Iodine Plus • Endocrine Tincture
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T7 FREE THYROXINE INDEX

Reference Range: 4 parts T4 to 1 part T3

Increased In: <ul style="list-style-type: none"> • Hyperthyroidism 	Support: <ul style="list-style-type: none"> • Mag Complete 300 • Men's/Women's Complete 	Decreased In: <ul style="list-style-type: none"> • Hypothyroidism 	Support: <ul style="list-style-type: none"> • Iodine Plus • Endocrine Tincture
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TBG (Thyroxine Binding Globulin)

Reference Range: 14-30 Optimal Range: 12-28

Increased In: <ul style="list-style-type: none"> • Hypothyroidism • Pregnancy • Ovarian hyperfunction • Liver dysfunction • Estrogen therapy/oral contraceptives 	Support: <ul style="list-style-type: none"> • Mag Complete 300 • Men's/Women's Complete • Frontier Flax 	Decreased In: <ul style="list-style-type: none"> • Hypoproteinemia • Renal protein loss • Liver dysfunction • Ovarian hypofunction • Acidosis 	Support: <ul style="list-style-type: none"> • Super Shake • LivComplete
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TESTOSTERONE

Reference Range: Use lab range

Increased In: <ul style="list-style-type: none">• Prostate hypertrophy	Support: <ul style="list-style-type: none">• PSA• Frontier Flax• EstroCleanse	Decreased In: <ul style="list-style-type: none">• Testicle hypo-function	Support: <ul style="list-style-type: none">• Testo 180• EstroCleanse• Virility
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TOTAL IRON BINDING CAPACITY (TIBC)

Reference Range: 250-350

Increased In: <ul style="list-style-type: none">• See Iron	Support: <ul style="list-style-type: none">• See Iron	Decreased In: <ul style="list-style-type: none">• See Iron	Support: <ul style="list-style-type: none">• See Iron
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TRIGLYCERIDE

Reference Range: 30-150 mg/dl Optimal Range: 70-100 mg/dl

Increased In: <ul style="list-style-type: none">• Omega-3 deficiency• Diabetes• Alcoholism• Pancreatitis• Chronic kidney disease• Oral contraceptives• Excess fructose consumption	Support: <ul style="list-style-type: none">• Omega 3D• Cholesto Red• Glucolyze	Decreased In: <ul style="list-style-type: none">• Hyperthyroidism• "Autoimmune" disorders• Protein malnutrition	Support: <ul style="list-style-type: none">• Mag Complete 300• Men's/Women's Complete• Super Shake
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TSH (Thyroid Stimulating Hormone)

Reference Range: 0.35-5.5 mIU/ml Optimal Range: 1.0-2.5 mIU/ml

Increased In: <ul style="list-style-type: none">• Hypothyroidism• Liver dysfunction• Anterior pituitary hyperfunction	Support: <ul style="list-style-type: none">• Iodine Plus• Endocrine Tincture• Frontier Flax	Decreased In: <ul style="list-style-type: none">• Hyperthyroidism• Anterior pituitary hypofunction• Pregnancy	Support: <ul style="list-style-type: none">• Iodine Plus• Endocrine Tincture• Thyro Complete
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BLOOD CHEMISTRY

QUICK REFERENCE GUIDE *CONT.*

URIC ACID

Reference Range: Male; 3.6-8.0 mg/DL; Female; 2.5-6.8 mg/DL
 Optimal Range: Male; 3.5-5.9 mg/DL : Female; 3.0-5.5 mg/DL

<p>Increased In:</p> <ul style="list-style-type: none"> • Tissue breakdown • Renal dysfunction • Dehydration • Acute inflammation • Arteriosclerosis • Liver dysfunction 	<p>Support:</p> <ul style="list-style-type: none"> • BetaZyme • Mag Complete 300 • K&B Tincture • Frontier Minerals • LivComplete 	<p>Decreased In:</p> <ul style="list-style-type: none"> • Folic acid/B12 anemia • Pregnancy • Hepatobiliary dysfunction 	<p>Support:</p> <ul style="list-style-type: none"> • LivComplete • Active B12 Folate • CybZyme • Men's/Women's Complete
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WBC (White Blood Cell Count)

Reference Range: 3.7-10.5 cu.mm Optimal Range: 4.0-5.5 cu.mm

<p>Increased In:</p> <ul style="list-style-type: none"> • Infection • Adrenal corticosteroid • Asthma • Leukemia 	<p>Support:</p> <ul style="list-style-type: none"> • ImmunoMax • Immune Tincture • Lymphatic Tincture 	<p>Decreased In:</p> <ul style="list-style-type: none"> • Vitamin/mineral deficiencies • Adrenal dysfunction • Hepatitis 	<p>Support:</p> <ul style="list-style-type: none"> • ImmunoMax • Men's/Women's Complete • Best Whey
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DIAGNOSIS BY NAIL SYSTEM



Vertical ridges
ARTHRITIS

HA Plus



Dark ring on tip
LIVER DYSFUNCTION

LivComplete



Extremely narrow nails
BONE/SKELETAL PROBLEMS

Super Cal Plus



Triangle nails
RHEUMATOID ARTHRITIS

Ultimate Shake



Indented nails
FUNGAL OR TINEA INFECTION

CandiKill



Side-view Spoon-like
RESPIRATORY PROBLEMS

AirMaxx



Short, wide nail
POSSIBLE INFERTILITY

EstroCleanse
Fertility



Side-view Spoon-like
**THYROID DISORDER
POSSIBLE ANEMIA**

Iodine Plus
EZ Iron



Bumpy Raise dots
ARTHRITIS OR RHEUMATOID ARTHRITIS

HA Plus



Horizontal ridges
POOR KIDNEY FUNCTION

UT Cleanse



Side-view Horizontal ridges
MAJOR ILLNESS

EnerDMG
Ultimate Shake



Dark line Small splotch
LIVER PROBLEMS, GASTRITIS OR INTESTINAL/INTERNAL BLEEDING

LivComplete
GI Complete



Horizontal ridges
POOR KIDNEY FUNCTION

UT Cleanse



Side-view Horizontal ridges
MAJOR ILLNESS

Ultimate Shake



Dark line Small splotch
LIVER PROBLEMS, GASTRITIS OR INTESTINAL/INTERNAL BLEEDING

LivComplete
GI Complete



Brittle nails Easily Broken
THYROID PROBLEM

Iodine Plus
Thyro Complete



Shoot out like growth out of lunulae
THYROID PROBLEM

Iodine Plus
Thyro Complete



Ridges easily tears or splits
ADRENAL PROBLEM

AdrenaMax
Adrenal Glandular Plus

DIAGNOSIS BY NAIL SYSTEM CONT.

This is the part of the fingernail called the moon. A person with a healthy thyroid have a moon on each finger. The more moons which are missing the more weak the thyroid.

Weak Thyroid can cause fatigue, mood swings, depression thinning of hair or change in hair texture, and skin.

Weak thyroid is associated with weight gain, and can contribute to bi-polarity and Parkinson's if the nervous system is thin..

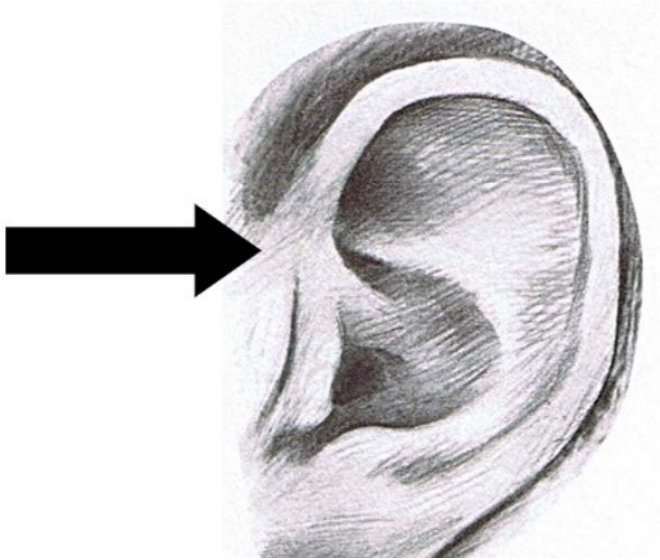
Vertical Ridges
Possible Iron Deficiency
EZ IRON

Horizontal Ridges
Possible Vitamin A or B complex deficiency.
Possible calcium deficiency.
FRONTIER MULTIVITAMIN SUPER B COMPLETE

Hangnails -
Indicates, poor digestion, lack of protein or Vitamin C
BETAZYME BEST WHEY BUFFERED C PLUS

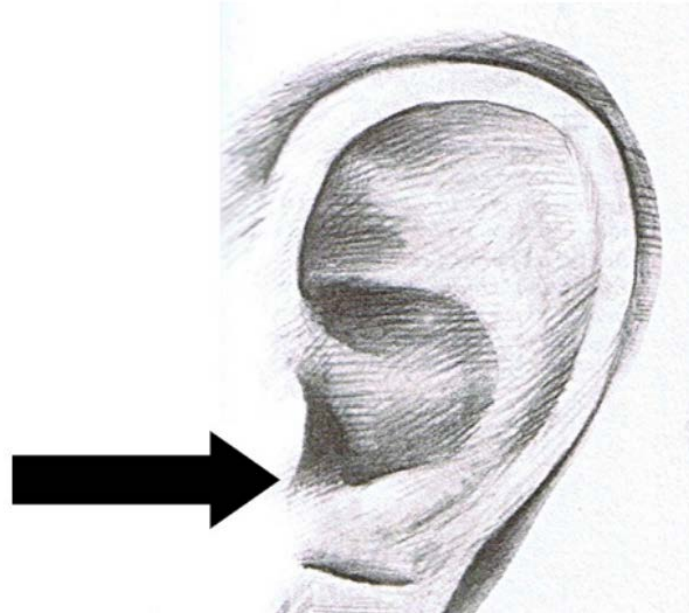
Thick nails possible poor circulation or yeast
Brittle nails possible lack of Vitamin A or calcium
Possible circulatory, thyroid or kidney problems
Waxy or weak nails possible lack of Silicon

DIAGNOSIS BY EARS & EYE SYSTEM



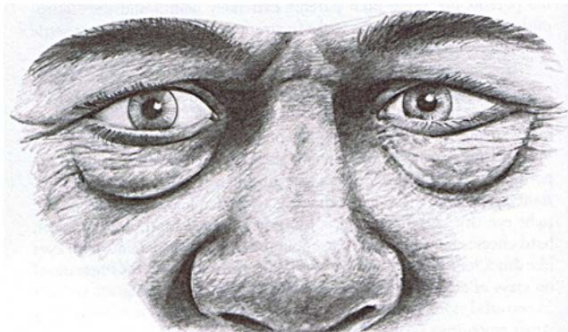
Vertical line in front of the nub near the ear hole: heart problem, high blood pressure

**SEVEN FLOWERS
POWER FUEL
CARDIO STACK
CIRCUCARE**



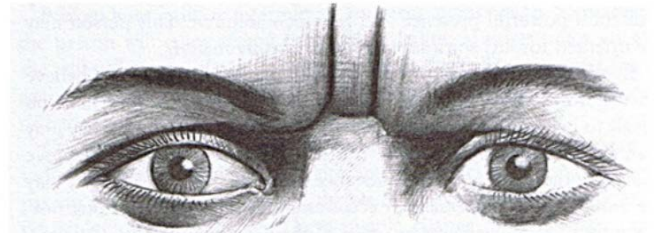
Horizontal line on the earlobe: Diabetic problem

**GLUCOLYZE
PRO ORANGES
BETAZYME
NUTRAGLUTIDE**



Bags under the eyes: kidney weakness - this is becoming increasingly common

**KIDNEY & BLADDER
TINCTURE
LIVCOMPLETE**



Deep, vertical lines between the eyes: tension, anger, nervousness, liver problems

**LIVCOMPLETE
LIVER/GALLBLADDER TINCTURE
CALM DAY**

THE SPINE & NUTRITION

VERTEBRAL INDICATORS

C1: Food Sensitivity

BetaZyme, ProbZyme

2: Sinus

AirMaxx, N-AcetylCysteine
(also see T5)

3: Diaphragm

Buffered C Plus, Frontier Minerals

4: Thyroid

Iodine Plus, Thyro Complete, Omega 3D,
AdrenaMaxx

5: Sugar Handling

Glucolyze, Pro Oranges, Frontier Multi

6: Gastric (see T5)

7: Hepatic (see T8)

T1: Heart

Power Fuel, EnerCoQ10, Cardio Stack

2: Myocardium (See T1)

3: Lungs & Bronchi

N-AcetylCysteine, AirMaxx

4: Gallbladder

BetaZyme, LivComplete

5: Stomach

BetaZyme, ProbZyme

6: Pancreas

Glucolyze, Pro Oranges

7. Spleen/Immune

Lymphatic Tincture, EnerDMG

8. Liver

LivComplete, Pro Lean Greens

9. Adrenals

AdrenaMax, Adrenal Glandular Plus

10: Small Intestines

Frontier Biotics

11/12: Kidneys

UT Cleanse, K&B Tincture

L1: Ileocecal Valve

Betazyme, LivComplete, Frontier Minerals

2: Cecum

Frontier Biotics, ProbZyme

3: Endocrine

EstroCleanse, Testo 180, Omega 3D,
Frontier Multi

4: Colon

Frontier Fiber, Super Biotics

5: Prostate/Uterus

PSA, Frontier Flax, EstroCleanse

Ilium

AdrenaMax

VERTEBRAL LOCATORS

Transverse Process of:

Atlas-C1

Located just below the inferior tip of the Mastoid Process.

Axis-C2

The first large Spinous palpable below the Occiput in posterior midline.

C6

Last freely moveable Spinous in the Cervical Spine on flexion-extension.

C7, T1

This is the biggest bump on the Lower Neck/Upper Back.

T4

Usually the most prominent bump between the Shoulder Blades – Spine of Scapulae slopes into T4 Vertebrae.

T7

Level with the inferior tip of the Scapulae when patient is prone.

T12

Last Vertebrae with ribs.

L4

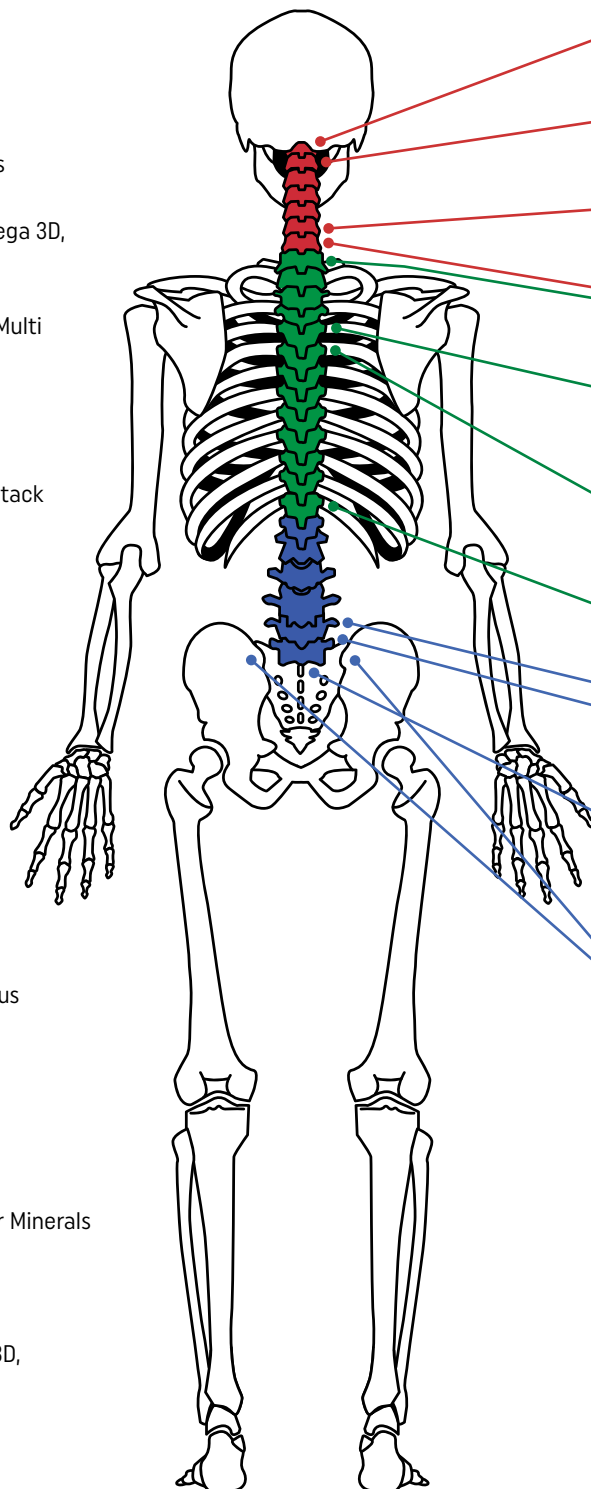
The Spinous Process usually level with Iliac Crests

L5

The last freely movable segment of the Spine. Usually has a short Spinous Process making it difficult to palpate.

PSIS of Ilium

Reflects the inclination of the Pelvis at the Sacrum



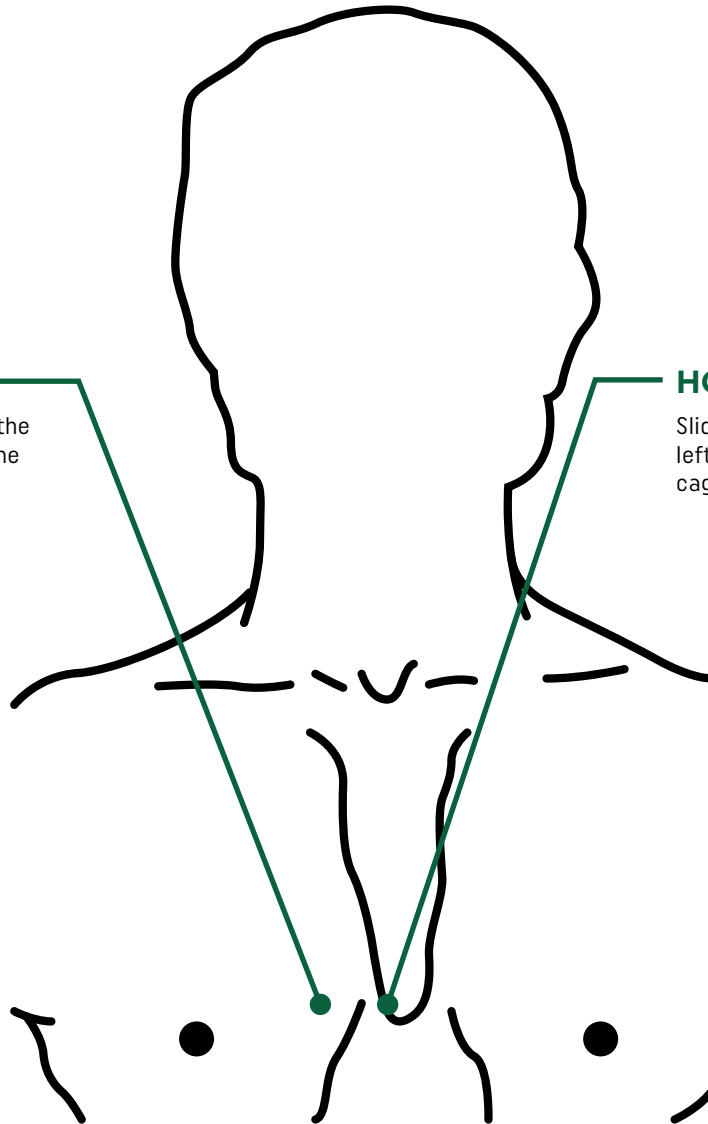
QUICK DIGESTIVE EVALUATION

ENZYME POINT

Slide your thumb about 1.5" to the right and along the border of the rib cage to find this point.

HCL POINT

Slide your thumb about 1.5" to the left and along the border of the rib cage to find this point.



**Palpate enzyme and HCL points to check for tenderness/soreness.
If the area is tender, then support digestion with the appropriate supplement.**

Enzyme Point = **ProbZyme or CybZyme**

HCL Point = **BetaZyme**

SPECIFIC SUPPORT FOR AK TESTING

Reflex	NF Nutritional Support	NF Herbals
Brain	Brain Boost, NeuroMax, Super B Complete, Omega 3D, Frontier Minerals	CircuCare
Pituitary	ThyroComplete	Endocrine
Pineal	Super B Complete, Active B12 Folate	Endocrine
Eyes	Pro Reds, 20/20, Omega 3D	20/20
Sinuses	Buffered C Plus, N-Acetylcysteine, ImmunoMax, AirMaxx	Lymphatic, Immune
Tonsils, Glands	Buffered C Plus, ImmunoMax	Lymphatic, Immune
Thyroid	ThyroComplete, Iodine Plus, Frontier Minerals	Endocrine
Para-Thyroid	Super Cal Plus	Endocrine
Lungs	N-Acetylcysteine, Buffered C Plus, AirMaxx	Lymphatic, Immune
Mediastinum/Thymus	ImmunoMax, Buffered C Plus, N-AcetylCysteine	Immune, Lymphatic
Heart/Circulation	Power Fuel, Cardio Stack, CircuCore, Mag Complete 300, EnerCoQ10, Frontier Minerals, Omega 3D, Nattokin Plus	CircuCare
Liver	LivComplete, Pro Lean Greens, Ultimate Shake	Liver/GB
Gallbladder	BetaZyme, LivComplete	Liver/GB
Stomach	BetaZyme, GI Complete, ProbZyme	MicroGone
Pancreas	ProbZyme, Glucolyze, BetaZyme, Pro Oranges	Endocrine
Spleen	ImmunoMax, Buffered C Plus	Immune
Small Intestine	ProbZyme, GI Complete, IgG	MicroGone
Large Intestine	Super Biotics, Super Biotics, SBC, ParaKill, GI Complete, CandiKill	MicroGone
Ovaries	EstroCleanse, Women's Complete	Endocrine
Testicles	Testo 180, Men's Complete, Virility	Testo 180 Tincture
Uterus	EstroCleanse	Endocrine
Prostate	PSA, Super Zinc, Frontier Flax, EstroCleanse	Endocrine
Bladder	UT Cleanse, Buffered C Plus	K&B
Kidneys	UT Cleanse	K&B
Adrenals	AdrenaMax, Pro Oranges, DHEA, ThyroComplete	Adrenal, Endocrine
Skin	Beauty Complete, Frontier Flax, Net-0-Keto	
Bones, Joints	SPM, HA Plus, Super Cal Plus, Green Lipped Mussel, X-Flame, Omega 3D, Super K2 Plus	
Muscles/Ligaments	Green-Lipped Mussel, Power Fuel, Mag Complete 300, Frontier Minerals, ReLAXX	

THE WATER CURE

Summary

Divide body weight in pounds by two and drink that many ounces of water per day. For example, if one weighs 180 lbs., this is 90 ounces of water per day which is approx. 11 eight ounce cups or nine ten-ounce portions. After each 8 to 10 ounces, sprinkle a pinch of salt (1/16 to 1/8 tsp) on the tongue and let dissolve before swallowing (wash it down with more water if desired). Salt consumed can be as much as 1/4 tsp per 8 ounces of water for severe problems such as detox reaction.

It is best to drink the water at least a half-hour before meals and two hours after. For every 6 ounces of alcoholic beverage or coffee, an additional 10 ounces of water should be drunk due to the dehydrating effects of these.

The Water Cure is described in the book **"Your Body's Many Cries for Water"** by **Dr. F. Batmanghelidj**.

Bob Butts' site at www.watercure.org describes the technique in more detail and how it may be helpful for many illnesses. He states, "The MOST critical elements to a powerful immune system are oxygen, water and then salt. The amount required is what the water cure specifies. Before doing anything else, be certain that you are not violating this biblical recipe. If under a doctor's care, make no changes without consulting him/her. Be certain that your M.D. has a thorough understanding of the effects chronic dehydration has on the human physiology."

This therapy appears valuable to fight many maladies, especially those of insufficient circulation, mineral and toxin deposits, and liver, kidney, and other organs' general function. The Water Cure is also the cheapest and best method to combat and prevent detox reactions which occur in certain therapies.

For salt, try to find **KAL Real Salt or Himalayan Pink Sea Salt**, which are available in many health food stores and online. They come in a half pound shaker bottle and costs around \$3 and are sometimes available in bulk. **Celtic Sea Salt** is also good, but quite a bit more expensive. If either of these cannot be found, plain sea salts like Hain and Baleine brands, available in most supermarkets, are okay. Just don't use any with toxic additives like aluminum, which is found in many salt products. The salt is stated by Batmanghelidj as being safe to take if sufficient water is drunk and he says it is one of the best treatments for heart and circulation disorder, but it would be best to use only with an MD's permission if there are any serious kidney or circulation disorders. I would also ensure adequate mineral consumption in the diet or by supplements. Some people cannot handle this much salt even when drinking a lot of water and in this case, the amount should be decreased to a dose that is comfortable and still effective.



The salt is an important part of the regimen so do not omit it. It appears to indicate to the body that it is okay to "flush the cells," removing harmful metals and other toxins, since there are plenty of electrolytes available for replacement. Batmanghelidj recommends large amounts of salt, one-eighth teaspoon instead of a pinch, after each glass of water. I find that even a pinch, which is approximately 1/16 tsp, works fine. However, people with severe detox reactions find that the larger amounts are necessary. Do not use large amounts of salt without drinking sufficient water or without consuming adequate potassium in the diet.

If salt absolutely cannot be used for this regimen, coral calcium can be used instead. It provides calcium, magnesium, and other trace minerals, and even a little bit of sodium, and probably serves to mineralize and alkalize the body even better. However, it does not have the pathogen-fighting ability of sodium.

Someone on the rife list was discussing detox and had this to say about The Water Cure: "In the discussions of clogged lymph I have not heard anyone deal with the basic cause (and many other problems as well) which is chronic dehydration. If you do not drink enough plain water (coffee, tea, pop or soda, alcohol do not count) you will become dehydrated - you will have clogged lymph and many other problems. If you start drinking 1/2 oz of water per pound of body weight per day, you will notice immediate improvements in the short term. In 2 to 6 months you will be fully hydrated and cleaned of many toxins. A simple test of your level of dehydration is to soak in the tub. If the pads of your fingers crinkle badly you are dehydrated. If they are hardly affected by a 1/2 hour soak you are much improved."

HIATAL HERNIA

There is a big dome-shaped muscle called the diaphragm that separates the organs in the top part of your chest from the stomach and other digestive organs in the bottom half. If there wasn't we would be listening for the heart somewhere in the area of the belly button after working on your feet all day. Well, in the back part of the diaphragm, there's a button-sized hole that allows the esophagus to go from the throat to the stomach. Sometimes this hole gets enlarged for one reason or another and, if it does, the stomach can worm its way up into the hole – a condition known as hiatal hernia.

If the stomach is stuck in the diaphragm, then the first order of business is to get it out.

1. Drink about a glass of room temperature or slightly warm water when you first get out of bed in the morning (no coffee, juice, cold water – just warm water).
2. While standing, bring your arms straight out from your sides and bend your elbows so your hands are touching your chest.
3. Stand up on your toes as high as possible and drop (you should get a pretty good jolt). Drop down like this 10 times in a row.
4. Then, while standing with your arms up, pant short quick breaths for about 15 seconds.
5. The warm water acts like a weight in the stomach. Being warm, it doesn't cause the stomach to cramp. Instead, it relaxes it. Spreading your arms stretches the diaphragm and opens up that hole in the back. Dropping down on your heels jerks the stomach out of the hole and panting tightens up the diaphragm muscle to close the hole.

If you have a hiatal hernia, you need to do this exercise everyday – not just until everything feels normal. It will strengthen the area, and make the hiatal hernia less likely to come back.



THYROID TEMPERATURE TEST (BARNES' THYROID TEST)

This test is an excellent way to determine thyroid function using basal body temperature (the body's temperature at rest). If the thyroid is running low, the body's temperature will drop below normal while the body is at rest-sleep. This test is done by measuring the underarm temperature upon waking after a night's sleep. For accuracy, the test is performed five mornings in a row and then the mean average is calculated. **The instructions for performing the test are as follows:**

1. The night before, shake down the thermometer and set it on the night stand next to the bed.
2. Immediately upon waking, without raising your head from the pillow, place the thermometer under your arm.
3. Leave thermometer under arm for 10 minutes.
4. Move as little as possible, you must remain flat on your back during this entire time otherwise the thyroid gland will be activated and a false reading will be taken.
5. After 10 minutes, remove thermometer and record temperature

The test is invalidated if you expend any energy just before recording the temperature, i.e. getting up for any reason, shaking down the thermometer, etc.

Test Results		
	Date	Temperature
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
<p style="text-align: center;">To figure average: Total _____ divided by 5 = _____</p>		
<p style="text-align: center;">A mean average temperature of between 97.8 and 98.2 degrees is considered normal. After 5 days average, if .8 + or - then take Iodine Plus or ThyroComplete</p>		

Iodine Test

1. Apply a 2% brown colored tincture of iodine in a 3" square patch on either the thigh or lower abdomen
2. If sufficient in iodine, a slightly brownish yellow stain should remain after 24 hours
3. If stain fades in less than 24 hours, this indicates that iodine is not sufficient to normalize thyroid secretions to the cells
4. The quicker the stain fades, the greater the deficiency can be assumed to be

ASCORBIC ACID FLUSH

(ALLERGIES, INFECTIONS, IMMUNE)

1. 1000mg of Buffered C Plus
 2. Take every ½ hour, keeping track of how much has been taken, until diarrhea results
 3. Count how much it takes to produce diarrhea. Subtract 1 from this amount and take the resulting drink every four hours for 1-2 days
 4. During therapy, make sure the stool retains a tapioca-like consistency. If it again becomes watery, decrease dosage as necessary
 5. Find your maximum dose (1000mg under the amount that causes diarrhea) and take that amount of vitamin C in capsule form each day (the dose will decrease in time)
 6. Repeat therapy once a month if needed
-

LIVER/GALLBLADDER FLUSH

1. 3 days before the flush, drink four 8-ounce glasses of fresh or organic apple juice or apple cider EACH DAY
2. Take every ½ hour, keeping track of how much has been taken, until diarrhea results
3. Count how much it takes to produce diarrhea. Subtract 1 from this amount and take the resulting drink every four hours for 1-2 days
4. During therapy, make sure the stool retains a tapioca-like consistency. If it again becomes watery, decrease dosage as necessary
5. Find your maximum dose (1000mg under the amount that causes diarrhea) and take that amount of vitamin C in capsule form each day (the dose will decrease in time)
6. Repeat therapy once a month if needed

PROGRAMS



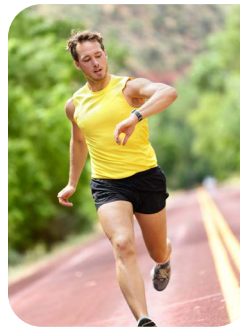
FITNESS

Are you on a training program or are you just working out? Most people quit exercising due to the inability to achieve or maintain results. They don't quit exercising because they found themselves to be in too good of shape. A training program requires a desired goal, plan and discipline to work effectively. Everyone should consult with their doctor for a full physical and then begin with a personal trainer to get started.

Exercise improves your health, reduces stress, relieves tense muscles, sparks creative thinking and helps you sleep. The human body was made to move and function everyday in order to keep it working at an optimal level. As our culture has changed to a more sedentary lifestyle, a consistent fitness program is imperative to keeping the body in peak physical shape. "Exercise is the magic pill," says Dr. Michael R. Bracko, EdD, FACSM, chairman of the American College of Sports Medicine's Consumer Information Committee. "Exercise can literally cure diseases like some forms of heart disease. Exercise has been implicated in helping people prevent or recover from some forms of cancer. Exercise helps people with arthritis. Exercise helps people prevent and reverse depression."

Congratulations! You have decided to start an exercise program. Before you begin, please be aware of the following terms and phrases you will encounter in your program. We recommend that you meet with a certified personal trainer in the beginning to evaluate your fitness level, establish your goals and customize fitness program specifically for you.

Exercise is divided into 3 core areas: aerobic, flexibility and anaerobic. It is important to invest time in all three areas to maximize your results. You must work all 3 core areas for maximum strength, performance and recovery. Our program will allow people to train at their current level and take into account periods of time where active rest is recommended. Active rest is when we remain active with some activities that are less taxing to our body. For example, a runner may walk or swim for a week instead of run.



Aerobic/Cardiovascular Activity

These are exercises that are strenuous enough to temporarily speed up your breathing and heart rate. Running, cycling, walking, swimming and dancing fall into this category. Maximum Heart Rate is based on a person's age and can be obtained by subtracting the age from 220.



Flexibility Training or Stretching

This type of workout enhances the range of motion of joints. Age and inactivity tend to cause muscles, tendons and ligaments to shorten over time. Contrary to popular belief, stretching and warming up are not synonymous. In fact, stretching cold muscles can make them prone to injury.



Strength, Weight, and Resistance Training.

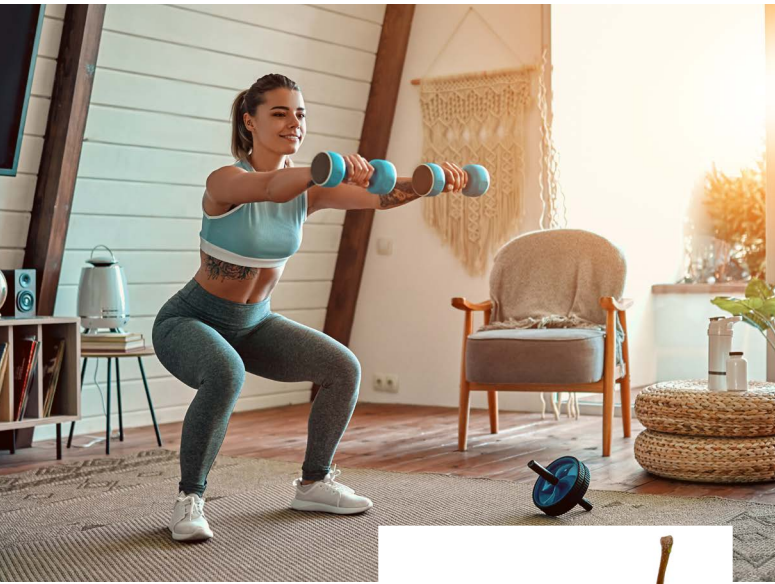
This type of exercise is aimed at improving the strength and function of muscles. Specific exercises are designed to strengthen each muscle group. Weight lifting and exercising with elastic resistance bands are examples of resistance training activities, as are exercises like pushups in which you work against the weight of your own body.

Set: Usually used in discussing strength-training exercises. This term refers to the repetition of an exercise for a set number of times. For example: A weight lifter may do 10 bicep curls, rest a few minutes, then perform another "set" of 10 identical bicep curls.

Repetition/Rep: This represents the number of times you perform the exercise during a set. In the above example, the weight lifter performed 10 reps in the set of bicep curls.

Warm Up: This is the act of preparing your body for the stress of exercise. The body is warmed up with light intensity aerobic movements like walking. This increases blood flow, which in turn heats up muscles and joints. At the end of the warm up it's a good idea to do a little light stretching.

Cool down: This is a less strenuous exercise done to cool the body down after the more intense part of the workout. For example, after a walk on a treadmill, you might walk at a reduced speed and incline for several minutes until your breathing and heart rate slow down. Stretching is often part of the cool down.



Men are more likely to exhibit the apple shape, females the pear shape.



Athletes, whether serious or novice, may have unique nutritional needs. These needs may change depending on workout goals:

- **Weight loss, body composition**
- **Improved fitness in general**
- **Body building**
- **Preparation for competition**
- **Increased stamina**
- **Improved medical outcomes (e.g. cholesterol, osteoporosis, recovery)**

Evaluation: What is body composition and why is it important?

Body Composition = The proportions of fat, bone & muscle in the human body

An individual with a higher percentage of body fat is more likely to suffer from various health problems.

Distribution of fat also plays a role.

'Apple-shaped' bodies (fat concentrated around the abdomen) are more at risk of cardiovascular disease than 'pear-shaped' bodies (fat concentrated around the thighs and buttocks).

Examples of each type of training

Cardiovascular Activity: Start by doing an aerobic activity like walking or running for a sustained 20-30 minute period, four to five times a week. To ensure that you're working at an optimal level, try the 'talk-test.' Make sure that you can carry on a basic level of conversation without being too winded. If you are able to sing a song easily, you are not working hard enough.

Strength Conditioning: Start by doing one set of exercises targeting each of the major muscle groups. Use an amount of weight that will allow you to comfortably perform an exercise 8 to 15 times in a set. When you think you can handle more, gradually increase either the weight, number of reps, or number of sets. To maximize benefits, perform strength training at least twice a week. Never work the same body part two days in a row.

Flexibility Training: The American College on Exercise recommends slow, sustained static stretches, three to seven days per week. Each stretch should last 10 to 30 seconds.

The Training Stack by Nutritional Frontiers contains formulations specifically designed to enhance athletic performance and provide nutritional support for better exercise outcomes.



Best Whey Protein



Pro Oranges



Power Fuel



Super Creatine

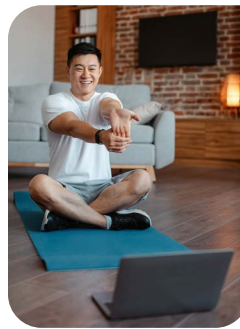
FITNESS

People often ask where is the best place to workout and the answer is always anywhere you can do it consistently and achieve your desired results. So for some people the local fitness gym is appropriate and for others the home will work, otherwise outside. Here are some options for the home workouts:



Treadmill

This best-selling piece of equipment is great for cardiovascular exercise. We recommend starting out walking at a low-intensity pace for 0-30 minutes and apply the 'talk-test.' Depending on how you do, adjust the intensity, incline, and/or time accordingly.



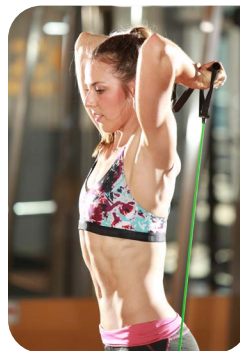
Exercise Videos & DVDs

Before you workout with a home exercise video or DVD, watch through it at least once to observe the structure and proper form of the workout. To improve form, workout in front of a mirror or if possible have someone observe you performing the exercise.



Exercise Ball

An instructional video can be very helpful with this gadget, as many beginners may use the exercise ball improperly. Inexperience may find the user falling off and struggling to keep the ball still, but with a little practice, an exercise ball can provide a great workout.



Other Strength Training Equipment

This includes weight stacks (plates with cables and pulleys), flexible bands and flexible rods. Flexible bands are good for beginners because they come with instructions, however muscles will adapt to the resistance and so long-term benefits are minimal, and muscles will need more challenge eventually.



Free Weights

Barbells and dumbbells make up this category of strength-training equipment. Dumbbells are recommended for beginners. Start by purchasing an 18 pound adjustable dumbbell set, which can be adjusted in 3 pound increments.

PHASE I: BEGINNER

(Cardio- walk, run, swim, aerobic class, hiking, biking, boxing, cardio equipment)

Cardio: 0-15 minutes

Stretching: 5-10 minutes after

Resistance Training: Full body workout 2-3 times per week

PHASE II: INTERMEDIATE

Cardio: 15-30 minutes

Stretching: 10-15 minutes during & after

Resistance Training: Divide body into 2 parts, upper body/lower body or torso/limbs

Train: 3-4 days per week rotating the workouts

PHASE III: ADVANCED

Cardio: 30-60 minutes plus depending on training cycle and event. Stretching during & after 15 minutes, massage, chiropractic and muscle therapy weekly

Resistance Training: Divide body into 4 or more workouts and train each 1 time per week

Train: 4-6 days per week rotating 4 workouts

Staying cool when your training heats you up!

Exercising outdoors should be enjoyable during the summer season. Warmer temperatures and bright rays of sun welcome a variety of activities. Runners leave their treadmills for the open road, the rollerblades get laced up, and the mountain bike visits the local shop for a tune-up. However, certain pitfalls may be hiding in the heat, so a few adjustments may be necessary before you head out.

Training in hot weather will obviously cause you to sweat more, resulting in a greater loss of water and electrolytes, which are necessary for the regulation of body fluids and the transmission of nerve impulses. This could lead to dehydration. Drinking your Power Fuel or Oranges, or even just water will help replenish lost salts and simple sugars.

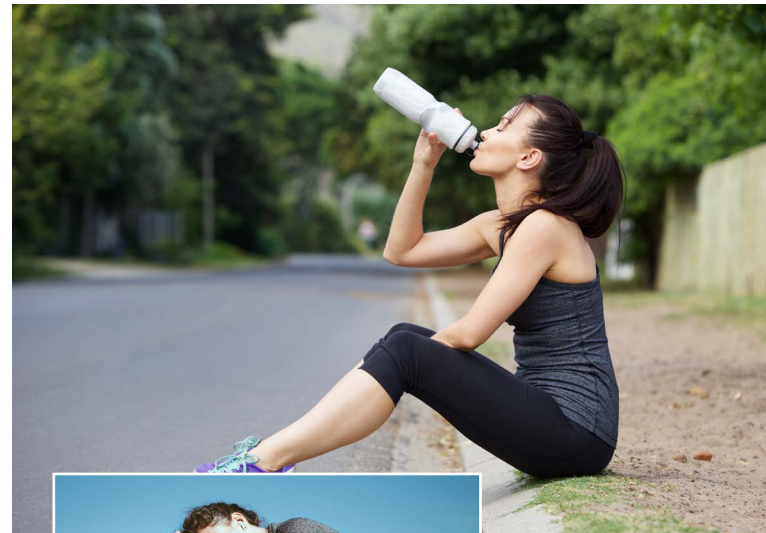
If coffee is part of your routine, replenish your body with two cups of water for every cup of coffee to counteract the dehydration effects of caffeine.

The Perils of Heat Stroke

Another potential problem is heat stroke, which is when the core body temperature reaches 105 degrees. The harder you work out, the higher your core body temperature. Heat stroke can result in death and it should not be disregarded while exercising in hot weather. Symptoms include nausea, dizziness, lightheadedness, sweating, cessation, cool-clammy skin and extremely high body temperature.

If you encounter someone with these symptoms, treat it as an emergency procedure and cool the body down as soon as possible. According to the American Red Cross, immerse the body in a cool bath, or wrap wet sheets around the body and fan it. Also, watch for signals of breathing problems. Keep the person lying down and continue to cool the body any way you can. Get emergency assistance as soon as possible.

If you must train outdoors and the weather forecast is for temperatures of 90 degrees or above with high humidity, train early in the morning, at dusk or at night, since the most extreme heat will occur in the late morning and into the afternoon.



Keep Cool

Here are some tips to help you avoid dehydration and heat stroke:

- **Wear light clothing.** Clothing can seal in body heat, making it more difficult for your body to breathe. Today, many sports clothing manufacturers produce a variety of breathable fabrics and fibers that are designed to keep your body cooler.
- **Warm up and stretch.** Warm up with a light intensity exercise like walking or jumping jacks that is short in duration, (3 to 10 minutes) and then stretch which will help your flexibility and make you less susceptible to injury. After your activity, cool down by again performing a light intensity exercise followed by stretching. By cooling down this way, the body is able to transition back to its pre-activity state.
- **Drink plenty of fluids before, during and after your activity.**

STRESS

Depression rates are soaring according to the National Institute of Mental Health (NIMH). Approximately 18.8 million America adults struggle with depressive disorders per year. That accounts for 9.5% of the US population. According to a study published in 2004, the use of paroxetine (Paxil) and other antidepressants was growing by 10% each year among children and adolescents. In his book *Anatomy Of An Epidemic*, journalist and author Robert Whitaker writes, "As the psychopharmacology revolution has unfolded, the number of disabled mentally ill in the United States has skyrocketed...[and] has accelerated further since the introduction of Prozac and the other second-generation psychiatric drugs. Most disturbing of all, this modern-day plague has now spread to the nation's children."

Health Effects of Environmental Factors

Emotional balance is modulated by many physical factors including hormones, neurotransmitters, blood sugar and more. Balancing mood also involves addressing lifestyle issues (stress, diet, exercise, relaxation techniques) and the use of herbs, vitamins and nutrition. Lifestyle factors such as diet, exercise, living and working conditions, psychological council and stress management must always be considered first, and in conjunction with herbal and nutritional supplementation when considering improving emotional health.

Stress

Stress has wide ranging effects on the body. The stress reaction is a normal physiological reaction in the body, however when someone is under prolonged or extreme stress, it can become pathological and damaging. For example; stress decreases brain-derived neurotrophic factors (BDNF) in the limbic system of the brain. Decreased BDNF is associated with atrophy of some limbic structures and is seen in clinically depressed subjects and people with post-traumatic stress disorder (PTSD).

Diet

Eating a healthy diet with plenty of fruits and vegetables, moderate amounts of protein and whole grains and good fats, can go a long way towards helping someone feel healthy both physically and emotionally. Sugar, caffeine and artificial sweeteners may all play a role in exacerbating mood disorders.

Artificial sweeteners are food additives commonly added to packaged, processed foods to make them sweeter. Artificial sweeteners are especially prevalent in low-fat or non-fat foods.



The most common artificial sweeteners in use today in the USA are sucralose (Splenda), aspartame (NutraSweet, Equal), acesulfame potassium (Nutrinova), saccharin (Sweet'N Low), and neotame (NutraSweet). Artificial sweeteners were originally chemicals being developed for another purpose when it was discovered that they were sweet. Some side effects of aspartame include headaches and depression, especially in people with already established mood disorders. Added to many foods, acesulfame K has been in use since the 1980's, yet controversy surrounds it since it contains a known carcinogen, methylene chloride. Long term exposure to methylene chloride is associated with depression, mental confusion, headaches, nausea, cancer, liver problems and kidney problems.

Sugar and caffeine may contribute to emotional imbalance by causing rapid swings of blood glucose and energy levels. Sugar intake can almost be likened to substance abuse, in that withdrawal from sugar ingestion can cause behavioral and neurochemical signs of opioid withdrawal. Depression, anxiety and dysphoria can occur when withdrawing from sugar intake. Caffeine is linked with mood disorders in a number of ways. First, caffeine interferes with sleep patterns in many people, and disrupted sleep can worsen depression and irritability. Second, while caffeine provides a boost of energy, alertness and a sense of well-being, the subsequent let-down produces the opposite reaction, often requiring a second and third cup of coffee. Also, caffeine interferes with glucose and insulin control, thereby lowering energy levels.

Natural Approach to Stabilizing Mood

Diet

Eat a whole foods diet that is low in refined carbohydrates and sugar, and eliminate processed food. Include plenty of produce in your diet, trying to achieve at least 5 to 9 servings of fresh vegetables and fruit per day. Start your day by eating protein at breakfast: cheese, eggs, nuts or nut butter, meat. Try to avoid packaged, processed foods that contain chemical additives and preservatives. Natural sugar substitutions are more desirable from a health standpoint, although it is best to limit the use of any sweeteners in order to help diminish our taste for sweets. Natural sugar substitutes that could be used in moderation include stevia, sorbitol, xylitol, and mannitol. Agave nectar, honey, brown rice syrup, molasses, backstrap molasses, and barley malt syrup are also sweetening agents that are generally derived rather than synthetic. Beware though, as many of these natural sugar substitutes are like real sugar in that they can cause blood glucose swings resulting in mood and attention problems.

Exercise

You've heard it before! Regular physical activity improves both physical and emotional health. Exercise produces beneficial effects on self-esteem, pain, and one's outlook on life.

Meditation

Meditation has been practiced for thousands of years. Meditation was originally meant to help deepen understanding of the sacred and mystical forces of life. These days, meditation is commonly used for relaxation and stress reduction. It is considered a type of mind-body complimentary medicine producing a deep state of relaxation and a tranquil mind. During meditation, you focus your attention and eliminate the stream of jumbled thoughts that may be crowding your mind and causing stress. This process results in enhanced physical and emotional well-being.

Guided Meditation

Sometimes called guided imagery or visualization, with this method of meditation you form mental images of places or situations you find relaxing. Try to use as many senses as possible, such as smells, sights, sounds and textures. This process may be led by a guide or teacher.

Mantra Meditation

In this type of meditation, a calming word, thought or phrase is silently repeated to prevent distracting thoughts.

Mindfulness Meditation

This type of meditation is based on an increased awareness and acceptance of living in the present moment, known as mindfulness. Designed to broaden conscious awareness, focus is on the experience during meditation, such as the flow of breathing and the observance of thought and emotion without judgment.

Qi Gong

This practice generally combines meditation, relaxation, physical movement and breathing exercises to restore and maintain balance. Qi gong (CHEE-gung) is part of traditional Chinese medicine.

Transcendental Meditation

Utilizing a mantra such as a word or phrase, silently repeated to narrow conscious awareness and eliminate all thought from the mind. Exclusive focus on the mantra is designed to achieve a state of perfect stillness and consciousness.

Yoga

A series of postures and controlled breathing exercises to promote a more flexible body and calm mind. Poses require balance and concentration and focus is encouraged to be more on the moment and less on the busy day.

Reading/Hobbies/Social

Reading has been found to relax and relieve stress, especially in the evening hours before bed. Often times, as age and stress levels rise together, neglected are the hobbies and loved ones enjoyed most, at a time when we need more time to regroup and spend it with family and friends.

FOUNDATION FOOD GUIDE

Basic Dietary Guidelines for Good Health			
Everyday	Moderation	Rare Occasions	Never
<ul style="list-style-type: none"> • Raw Fruits • Raw Vegetables • Lightly Steamed, Stir-Fried, or Roasted Veggies • Legumes • Olive Oil • 6-8 Glasses of Pure Water • Unroasted Nuts & Seeds • Greens or Green Food 	<ul style="list-style-type: none"> • Clean Meats (grass fed, organic wild game — no hormones or antibiotics) • Wild Fish, Shelfish • Unprocessed Fruit & Veggie Juices • Organic & Pastured Eggs • Coconut Oil, High Oleic Unrefined Safflower Oil • Peanuts (raw) 	<ul style="list-style-type: none"> • Pasteurized Dairy • Pizza • Alcohol • Coffee • Canned Foods • Sweets, Cane Sugar 	<ul style="list-style-type: none"> • Hydrogenated and Partially Hydrogenated Fats & Oils (margarine, fried foods, commercial peanut butter, etc.) • Artificial Sweeteners (aspartame, Splenda a.k.a. sucralose, Sweet N'Low, etc.) • Soda • White Bread • Fast Food • High Fructose Corn Syrup

Notes:

- If you carry excess weight in the abdominal area, consider reducing grains and eliminate sugar as much as possible.
- Whenever possible, choose organic foods, especially meat and dairy. Grass fed organic meat is the best. Refer to list of the Top Twelve Most and Least Contaminated Fruits and Vegetables for a guide to the most important produce to buy organic.
- When eating fish, select safe fish that are not over-fished and not contaminated with PCB's, mercury and other toxins. Avoid King Mackerel, shark, swordfish, Bluefin tuna, canned albacore tuna and Atlantic Halibut. Good choices include wild Alaskan Salmon (fresh or canned), herring, sardines, flounder and sole, among others.
- Eat fresh, home-made, unprocessed and non-packaged whole foods as much as possible. Try to avoid unnecessary preservatives, additives and food coloring. Eating a whole foods diet means eating food as close to its natural state as possible.

SUPPLEMENTS FOR HEALTH MAINTENANCE



Women's/Men's Complete
2 breakfast, 2 dinner



Pro Reds:
1 scoop daily



CybZyme:
1-3 each meal (especially if eating foods from the "Rare Occasions" category)



Omega 3D:
1 per meal

CUSTOMIZED FOOD GUIDE

Meal Plan for Weight & Blood Sugar Management		
	Yes	No
Fruits	ALL fresh, frozen, water-packed, or canned, limited to 1-2 per day	Juice , grapefruits, oranges, or citrus
Vegetables	ALL fresh raw, steamed, sautéed, juiced, or roasted	Corn; tomato, creamed vegetables
Starch	Brown rice, sweet potatoes, yams, gluten free oats	Wheat, corn, barley, spelt, kamut, rye; all gluten-containing products, bagels, breads
Bread/Cereal	Limit 1-2 slices per day – Ezekiel bread, 100% whole grain bread, minimum of 3 grams of fiber per slice	Processed carbs, wheat, spelt, kamut, rye, barley; all-gluten-containing products
Legumes	All beans, peas, and lentils	All soy products, soybeans, tofu, tempeh
Nuts & Seeds	Almonds, cashews, walnuts; sesame (tahini), sunflower, and pumpkin seeds; butters made from these nuts and seeds	Peanuts, peanut butter
Meat & Fish	Organic or Free Range, all canned (water-packed), frozen, or fresh fish; chicken; turkey; wild game; lamb, beef	Pork, cold cuts, hot dogs, sausage, canned meats, shellfish
Milk & Dairy Substitutes	Milk substitutes such as rice milk, almond milk, oat milk, coconut milk, other nut milks	NO MILK, cheese, ice cream, pizza, grilled cheese , cottage cheese, cream, yogurt, "non-dairy" creamers
Fats	Cold-pressed olive, flax, coconut, safflower, sunflower, sesame, walnut, pumpkin, almond oils, omega 3 fish oils	Fried foods, fast foods, margarine, butter, shortening, salad dressings, processed (hydrogenated) oils, mayonnaise, spreads
Beverages	WATER: Filtered or pure spring water, herbal tea, seltzer or mineral water	Soda pop or soft drinks, juice , alcoholic beverages, coffee, tea, other caffeinated beverages
Spices/Condiments	All spices unless otherwise indicated. Cinnamon, cumin, dill, garlic, ginger, carob, oregano, parsley, rosemary, tarragon, thyme, turmeric, vinegar	Chocolate, ketchup, relish, chutney, soy sauce, barbecue sauce, other condiments
Sweeteners	Stevia	Artificial sweeteners, high fructose corn syrup, white or brown refined sugar, honey, maple syrup, corn syrup, candy; desserts

CUSTOMIZED FOOD GUIDE

Detox Food Program		
	Yes	No
Fruits	ALL fresh, frozen, water-packed, or canned	Juice , grapefruits, oranges or citrus
Vegetables	ALL fresh, raw, steamed, sauteed, juiced or roasted	Corn, tomato, creamed vegetables
Starch	100% whole grain, sweet potatoes, yams, rice, gluten free oats, oatmeal millet, quinoa, amaranth, tapioca, buckwheat	Wheat, corn, barley, spelt, kamut, rye; all gluten containing products
Bread/Cereal	100% whole grains, high fiber, oatmeal, rice, oat, buckwheat, millet, potato flour, tapioca, arrowroot, amaranth, quinoa	Processed carbs, wheat, spelt, kamut, rye, barley; all gluten containing products, 100% whole wheat bread
Legumes	All beans, peas and lentils	All soy products, Soybeans, tofu, tempeh
Nuts & Seeds	Almonds, cashews, walnuts; sesame (tahini), sunflower and pumpkin seeds; butters made from these nuts and seeds	Peanuts, peanut butter
Meat & Fish	Organic or free-range, all canned (water-packed), frozen or fresh fish; chicken; turkey; wild game; lamb	Beef, pork, cold cuts, hot dogs, sausage, canned meats, shellfish
Milk & Dairy Substitutes	Milk substitutes such as rice milk, almond milk, oat milk, coconut milk and other nut milks	NO MILK, Cheese, Ice Cream, Pizza, Grilled Cheese , cottage cheese, cream, yogurt, "non-dairy" creamers
Fats	Cold pressed olive, flax, coconut, safflower, sunflower, sesame, walnut, pumpkin, almond oils, omega 3 fish oils	Fried Foods, Fast Foods, Margarine, butter, shortening, salad dressings processed (hydrogenated) oils, mayonnaise, spreads
Beverages	WATER: filtered or pure spring water, herbal tea, seltzer or mineral water	Soda pop or soft drinks, juice , alcoholic beverages, coffee, tea, other caffeinated beverages
Spices/Condiments	All spices unless otherwise indicated. Cinnamon, cumin, dill, garlic, ginger, carob, oregano, parsley, rosemary, tarragon, thyme, turmeric, vinegar	Chocolate, ketchup, relish, chutney, soy sauce, barbecue sauce, other condiments
Sweeteners	Brown rice syrup, fruit sweetener, blackstrap molasses, stevia	Artificial sweeteners, High fructose corn syrup, white or brown refined sugar, honey, maple syrup, corn syrup, candy; desserts

CUSTOMIZED FOOD PROGRAM

DAIRY-FREE

Dairy is defined as all milk, cheese, yogurt, butter, & other foods with cow milk in them.

Read Label

The following ingredients mean that milk is present in a product: milk, skim milk, dried milk, butter, powdered milk, whey, lactose, caseinate, lactalbumin, cheese, kurds, milk solids, yogurt, buttermilk, casein, lactate, sour cream, calcium caseinate. The kosher symbol of a circle with the letter "U" inside and the "D" next to it indicates that there may be dairy in the product. A product labeled with the word "Parve" or "Pareve" means that it contains NO dairy.

Dairy is usually found in the following products:

- 1. Biscuits, breads, pancakes, waffles, some pre-made baking mixes**
- 2. Donuts, cakes, cookies, pie crusts, puddings, muffins, popovers, caramel, curds, custards**
- 3. Some scrambled eggs and omelettes**
- 4. Chocolate (milk or some dark), cocoa drinks, Ovaltine, malted milk, ice cream, milkshakes**
- 5. Creamy salad dressings, creamed foods, soups, casseroles, chowders, cream sauces, scalloped dishes, Alfredo sauce**
- 6. Fritters, buttered popcorn, gravies, mashed potatoes, battered items**

Delicious Alternatives to Dairy Products



Milk **Organic, Unsweetened, and GMO-Free**

- Rice Milk
- Hemp Milk
- Almond Milk
- Hazelnut Milk
- Coconut Milk



Cheese **Organic, GMO-Free**

- Veganella and Galaxy that are casein-free
- Rice Milk
- Hemp Milk
- Almond Milk
- Hazelnut Milk
- Coconut Milk



Cream Cheese & Yogurt **Organic**

- Tofutti Brand
- Rice
- Coconut
- Plain Organic



Ice Cream **Special Occasions Only**

- Rice Dream Brand
- Tofutti Brand
- All-fruit Sorbet
- Coconut Oil Based



Butter **Organic**

- Do not use any kind of margarine

CUSTOMIZED FOOD GUIDE

Non-Dairy Sources of Calcium

Vegetables

• Bok Choy, Cooked.....	330 mg
• Bean Sprouts	320 mg
• Spinach, Cooked.....	250 mg
• Collard Greens, Cooked.....	260 mg
• Mustard Greens, Cooked	450 mg
• Turnip Greens, Cooked.....	450 mg

Grains

• Tapioca, Dried	300 mg
• Brown Rice, Cooked20 mg
• Quinoa, Cooked80 mg
• Corn Meal, Whole Grain50 mg
• Rye Flour, Dark40 mg
• Rye Flour, Light20 mg

Nuts

• Almonds.....	660 mg
• Chestnuts.....	600 mg
• Filberts.....	450 mg
• Walnuts	280 mg
• Sesame Seeds.....	900 mg
• Sunflower Seeds.....	260 mg

Beans

• Garbanzo Beans, Cooked	340 mg
• Soybeans, Cooked	450 mg
• Tofu	400 mg

Nut Butters

• Almonds.....	660 mg
• Chestnuts.....	600 mg
• Filberts.....	450 mg
• Walnuts	280 mg
• Sesame Seeds.....	900 mg
• Sunflower Seeds.....	260 mg

Misc

• Blackstrap Molasses (1 tbsp)130 mg
• Carob Flour (2 oz.)110 mg
• Dried Figs (3 oz.)100 mg
• Dried Apricots (3 oz.)80 mg



How to Maximize your Calcium Uptake and Utilization:

- Eat fresh foods
- Add some vinegar or lemon juice to water cooking bones or beans
- D3 5,000 or D3/K2 supplements are helpful
- Exercise builds bones

RDA's

- Children (1-10)..... 800 mg
- Children (11-18)..... 1000 mg
- Men & Women (18+) 800 mg
- Pregnant, lactating & 1200 mg
postmenopausal women

Sources: FOOD VALUES, Harper & Row, Publishers, 1985 Sally Rockwell, Nutritionist, J. Mark Tillotson, N.D. 1990

VEGETARIAN DIETS

You are probably reading this handout because your healthcare practitioner has suggested that you switch to a vegetarian or vegan diet. Alternatively, you might have come to this conclusion on your own, wondering if there are some health benefits to reducing or eliminating intake of animal products. People may opt for a vegetarian diet for health reasons, for ethical reasons, for religious reasons, or simply to save money. You may stick with a vegetarian diet for the long term, or just adhere to this type of diet for several months. Either way, this handout is dedicated to providing you with information about the various types of vegetarian diets and tips on how to make the switch.

There are many different types of vegetarian diets. Vegans eat no animal products whatsoever, including eggs and dairy (milk, cheese, yogurt, butter derived from cow, goat or sheep milk). Some vegetarians (lacto-ovo-vegetarians) will eat dairy and eggs since the animals need not be harmed to obtain these animal products. To that end, one might choose to eat only eggs from free-range chickens and dairy products from pasture-raised cows. Aside from ethical reasons for choosing free range and pasture raised animal products, these foods are also healthier, with higher amounts of Omega 3 versus Omega 6 fatty acids than their conventionally factory farmed cousins. Some vegetarians (pesco-vegetarians or pescetarian) supplement their diets with small amounts of fish and seafood. This might be especially indicated in someone who has diabetes, insulin resistance, or hypoglycemia, as these populations generally fair better on a lower carbohydrate diet than is usually possible on a strictly vegan or vegetarian diet. Individuals should discuss the most suitable diet for them with their healthcare practitioners.

There are a few basic dietary suggestions relevant for nearly everybody. Any diet, vegetarian or not, should focus on reducing or eliminating: refined sugar and flour, partially hydrogenated oils, too many Omega 6 and Omega 9 fatty acids, and packaged products containing artificial colors, flavors, preservatives and chemicals. Portion control should be monitored in people trying to lose weight or gain weight. Finally, lack of produce (fresh fruits and vegetables) is a serious contributor to chronic and acute disease and we should all be increasing our intake of fruits and veggies.



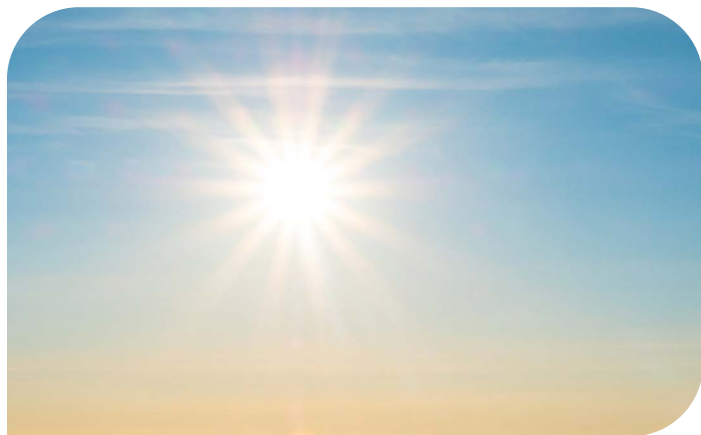
NUTRITIONAL CHALLENGES FOR VEGETARIANS

Getting enough calories and getting adequate amounts of vitamin B12, vitamin D, calcium and iron are the main nutritional challenges facing vegetarians. Plant eaters also need to examine their sources of protein.



Calories

Proteins and carbohydrates provide 4 calories per gram while fat furnishes more than twice as much: 9 calories per gram. Since plant sources of food are generally much lower in fat, vegetarians need to eat a larger amount of food to get the required daily amount of calories. Plant sources of good fats include nuts, nut butters, olive oil, seeds, avocados, and plant oils.



Vitamin D

Vitamin D is needed for the formation of healthy bones and teeth. It can be produced by the skin from sunlight, but at many latitudes there is not enough sun in the winter to produce a sufficient amount of Vitamin D. Milk is fortified with vitamin D and is a good source for vegetarians. Supplements are recommended for those who don't drink milk. Your doctor can test vitamin D levels with a simple blood test. The optimal level in the blood would be around 60 or higher.

Vitamin B12

Some vitamins are absent in plant foods so exclusive plant eaters should get these vitamins from fortified foods or vitamin supplements. Vitamin B12 is needed to make DNA and proteins, for metabolizing carbohydrates and fats and for the proper functioning of the nervous system. Nutritional yeast, fortified breakfast cereals, enriched milk substitutes (like soy, hemp, coconut, almond, hazelnut, etc.) and fortified vegetable margarine spreads are vegetarian sources of vitamin B12. Vegetarians, particularly vegans, need to pay close attention to their vitamin B12 levels.

There is simply not a great non-meat source of this essential vitamin. Most vegans should take a vitamin B12 supplement. You may ask your doctor to test your serum vitamin B12 levels and serum methylmalonic acid to assess and monitor your B12 status. B12 can be taken as an oral supplement or as an intramuscular injection. When selecting a B12 supplement, ideally you should choose one that contains B12 as a methylcobalamin or hydroxycobalamin. Cyanocobalamin is an inferior form of B12, but can be taken orally in a pinch!



Iron

As with calcium, plant sources of iron are much more poorly absorbed than animal sources. Iron is needed to form hemoglobin, which transports oxygen from the lungs to the tissues through the blood. A deficiency of iron can lead to anemia which is characterized by feeling tired, a pale appearance, weight loss, irritability and poor appetite. There are many good plant sources of iron and its absorption from plants can be increased by taking vitamin C rich foods along with iron rich foods. Vitamin C is found in citrus fruits and juices, Brussels sprouts, broccoli, tomatoes, berries and many more. Iron rich foods include dried apricots, cooked lentils, molasses, baked beans, raisins and fortified cereals.



Calcium

Calcium is found in milk, dairy products and salmon bones (in canned salmon). The concern for vegetarians is that plant sources of calcium are generally more poorly absorbed by the digestive tract than animal sources. Calcium is absorbed better by some plants than others. Good plant sources of calcium include radish, turnip greens, okra, soybeans, tempeh, almond butter, bok choy, cabbage and watercress. Spinach contains a lot of calcium but it is poorly absorbed. Vegans and those who don't include milk in their diet should be sure to include good sources of calcium or a calcium supplement in their diet. Non-dairy yogurts (soy, coconut or rice-based) contain calcium, however many of these commercially produced non-dairy yogurts are high in sugar, so these should be used sparingly. Also, people with low thyroid function should minimize or eliminate intake of raw soy. To the right is a table listing the calcium content of some non-dairy foods.



Omega 3 Fatty Acids

Another consideration as far as supplements for vegans and some vegetarians, depending upon concomitant health conditions, is Omega 3 fatty acids- including DHA and EPA. These are found in fatty fish like sardines, wild Alaskan salmon, halibut, mackerel, and kippers, as well as eggs. Also, very small amounts are found in seaweed. The body is capable of converting Omega 6 fatty acids to Omega 3, however this enzymatically-driven process may not be working at optimal levels in everyone. Furthermore, most Americans already eat an overabundance of Omega 6 fatty acids. While on a vegetarian or vegan diet, if one is not willing or able to eat fish, an Omega 3 supplement can be taken if needed. Krill oil (or fish oil, of course) is a good choice.

Rice or coconut milk, commercial, calcium-fortified, plain	8 oz.	200-300 mg
Collard greens, cooked	1 cup	357 mg
Blackstrap molasses	2 TB	400 mg
Tofu, processed with calcium sulfate	4 oz.	200-330 mg
Calcium-fortified orange juice	8 oz.	300 mg
Tofu, processed with nigari	4 oz.	80-230 mg
Kale, cooked	1 cup	179 mg
Tahini	2 TB	128 mg
Almonds	1/4 cup	89 mg

NUTRITIONAL CHALLENGES FOR VEGETARIANS CONT.



Cookbooks

Somebody new to eating a vegetarian diet will find it helpful to peruse vegetarian cookbooks at a local bookstore, library, or online. There are many wonderful cookbooks, websites, and blogs to provide inspiration for new and veteran vegetarians. Here are a few choice vegetarian or vegan cookbooks. Please keep in mind that this is by no means an exhaustive list!

- Any cookbook by Mollie Katzen
- *Nourishing Traditions* by Sally Fallon
- *Recipes From An Ecological Kitchen* by Lorna Sass
- *The Happy Herbivore* by Lindsey S. Nixon
- *The Vegetarian Times* magazine and cookbook
- *The Self Healing Cookbook* by Kristina Turner
- *1000 Vegan Recipes* by Robin G. Robertson
- *Fresh From The Vegetarian Slow Cooker* by Robin Robertson

Pitfalls

Vegetarian pitfalls to be aware of: some vegetarians end up relying too heavily on carbohydrates and cheese for easy availability (e.g., take-out pizza) and to fill themselves up. This is a set-up for weight gain, reduced energy levels, and even increased risk of high blood sugar and high cholesterol. Also, some people on long term vegan diets end up being too thin and too depleted, either because of climate, body type, poor diet choices, or blood type (see Dr.D'adamo's groundbreaking work on this topic: *Eat Right For Your Type*). If your health or energy levels are failing on a vegan diet, by all means find a way to include ethically raised and ethically slaughtered animal products in your diet to enhance your health and sense of well-being.

Another challenge for new vegans or vegetarians is in the social realm. Changing one's diet can be intimidating for family members and friends, who might feel that you are judging them for not making the same dietary changes that you are making. Immediate family can be especially defensive regarding dietary changes taken on by one family member, a situation which calls for tact and sensitivity on all parts. Try not to take it personally! Remember that food is tied up with emotions and eating is a social event, not just a means of obtaining adequate nutrition.



Menu Planning

People following a vegetarian diet should become informed about the principles of good nutrition. These include choosing foods high in fiber, complex carbohydrates, vitamins and minerals, and knowing which foods are best to eat organic, when possible (see "The Dirty Dozen" at www.ewg.org). They should also inform themselves about the specific nutritional challenges of their dietary choices. Vegetarians who include dairy products and eggs are able to obtain all the nutrients they need. Vegans need to examine where they might be lacking and make efforts to meet dietary needs. A good way to do that is to eat a wide variety of foods and to add supplements to the diet if necessary. Vegetarian children, teenagers, athletes, pregnant and lactating women, and the elderly should consult a good reference such as a book or a health care professional. They may be at increased risk for nutritional deficiencies.

Depending on individual health conditions, generally vegetarians and vegans should be eating ample amounts of vegetables, legumes (beans), and whole grains. Whole grains include whole wheat (if tolerated, and in moderation), quinoa, buckwheat, oats, barley, millet, amaranth, teff, spelt, rye, and kamut. Brown rice and wild rice are other wonderful side dishes. For those limiting gluten, the gluten-containing grains are wheat, barley, rye, kamut, and spelt. Oats may or may not have gluten, depending on how it is stored and processed. Healthy fats can be included as avocados, olive oil, nuts, seeds, and fish. Eggs and dairy can be eaten as desired, as long as they come from clean sources (i.e., pastured cow milk, goat milk, and free range hens fed an organic diet). Please keep in mind that many people are intolerant of dairy, and this allergy can arise even late in life. If you have allergies, asthma, chronic sinusitis, chronic digestive problems, and more, consider eliminating dairy to see if this alleviates your symptoms.

Fresh fruit is healthy for most people, a few servings a day. If you have diabetes or Candida infection, ask your doctor how much fruit is beneficial for you.

Below is a list of ideas for different meals, just to give you some inspiration. See other handouts, cookbooks, or various websites for recipes.

Ideas for Breakfast

- Protein smoothie (Super Shake or Ultimate Shake, Pro Lean Greens, nut butter, etc.)
- Oatmeal with cinnamon, ground flaxseed, berries, and non-dairy milk
- Millet, teff, or amaranth make excellent hot breakfast cereals and could be served same as oatmeal (cook easily in rice cooker)
- Scrambled eggs (organic or pastured) with broccoli and fresh herbs
- Whole grain toast with nut butter (peanut, almond, sunflower seed, or cashew nut butter)
- Homemade buckwheat pancakes with real maple syrup
- Any whole grain cereal product with milk
- Homemade granola
- Lox or whitefish, tomatoes, onions, on whole grain crackers



Ideas for Lunch

- Fresh salad with mixed greens (spinach, mesclun greens, Romaine lettuce, radicchio, arugula, Boston lettuce, etc.) and a variety of toppings such as: toasted pine nuts, walnuts, pecans, cranberries, raisins, scallions, any chopped raw vegetable, sunflower seeds, pepitas, pumpkin seeds, soy nuts, hearts of palm, marinated artichoke hearts, goat cheese, feta cheese, grilled salmon, anchovies, etc. The options are virtually endless!
- Asian-style stir fry with onions, cabbage, broccoli, cauliflower, any other veggie, soy sauce, and tofu, aduki beans or kidney beans- served over rice or noodles (rice noodles, buckwheat noodles, etc.)
- Indian-style curry with a variety of vegetables, chick peas or lentils, curry powder. Serve with basmati rice.
- Thai-style curry with a variety of vegetables, tofu or beans, coconut milk. Serve with rice or rice noodles.
- Vegetarian chili with cornbread
- Vegetarian split pea soup with barley, crostini, or rice
- Sandwich with portabella mushroom, roasted red pepper, oregano, sautéed onions, on wholegrain bread or pita or gluten-free bread
- Sandwich with cheese, alfalfa sprouts, lettuce, tomato on wholegrain bread or pita or gluten-free bread
- Anything eaten for dinner can be eaten at lunch



NUTRITIONAL CHALLENGES FOR VEGETARIANS CONT.

Below is a list of ideas for different meals, just to give you some inspiration. See other handouts, cookbooks, or various websites for recipes.

Ideas for Dinner

- Anything eaten for lunch can be eaten for dinner
- Skewered, marinated veggies cooked on the grill served with quinoa and a side of stewed beans
- Diced veggies, sauteed with cumin, oregano, and thyme. Serve with black beans and corn or wheat tortillas.
- Falafel with cucumbers, tomatoes, and tahini in a pita or over rice
- Lentil soup with salad and whole grain bread
- Roasted, marinated root veggies (sweet potato, white potato, parsnip, turnip, rutabaga, beets, carrots with side of stewed chick peas and wild rice)
- Tempeh stir-fried with veggies
- Butternut squash soup, potato latkes, and 4-bean salad
- Sushi
- Polenta, roasted acorn squash, stewed red beans
- Pesto with whole wheat pasta and fresh tomatoes



Ideas for Snacks

- Hummus with whole wheat pita, rice crackers, fresh raw vegetables
- Bean dip (for example, made with white beans and sundried tomatoes) served same as hummus
- Nut butter on celery stalks
- Cream cheese on celery stalks
- Guacamole and tortilla chips
- Cheese and crackers
- Baba ghanoush and pita
- Pico de gallo and tortilla chips
- Berries drizzled with half and half or mixed in yogurt



DIET TO REDUCE INFLAMMATION



People benefit from doing a detox/cleansing food program in order to uncover hidden food sensitivities which are contributing factors for:

- Inflammation
- Autoimmune Conditions
- Most chronic diseases

Common foods that create inflammation include:

- Dairy
- Fast Foods
- Sugars
- Junk Food
- Animal Products

Follow these guidelines strictly until symptoms are reduced. You can also refer to the recipe handout for further ideas.

Your daily diet should consist of small meals more frequently.

Three meals, shakes, or snacks should be consumed by 3 pm and 5 meals, shakes, or snacks should be consumed by 9 pm.

The chart on the left displays a properly proportioned diet. For more information see: choosemyplate.gov



Wild-Caught Fish

Free of PCB's, Mercury, and other heavy metals

- Prepare fish by steaming, baking, broiling, or poaching. Not fried!

Can be consumed once DAILY	Can be consumed once WEEKLY	Can be consumed once MONTHLY
<ul style="list-style-type: none"> • Anchovies, Calamari • Catfish, Clam • Cod (Arctic) • Crab (Domestic) • Crawfish, Crayfish • Flounder*, Haddock (Atlantic) • Hake, Herring • Mackerel (Atlantic, Chub) • Mullet, Oyster • Perch (Ocean), Plaice, Pollock, Sardine, Scallop*, Sole, Tilapia, Trout (Freshwater) • Salmon • Whitefish, Whiting • Tongol Tuna <p>*Overfished</p>	<ul style="list-style-type: none"> • Bass • Carp • Cod (Alaskan) • Croaker (White Pacific) • Halibut • Lobster • Mahi Mahi • Monkfish* • Perch (Freshwater) • Stablefish, Skate*, Snapper* • Tuna (Canned Chunk, Light, Skipjack*) • Sea Trout <p>*Overfished</p>	<ul style="list-style-type: none"> • Bluefish • Chilean Sea Bass • Grouper* • Mackerel (King, Spanish, Gulf) • Marlin* • Orange Roughy • Shark* • Swordfish* • Tilefish* • Tuna (Ahi*, Yellowfin*, Bigeye, Canned Albacore) <p>*Overfished</p>

DIET TO REDUCE INFLAMMATION CONT.



Meat

Organic, free range, grass fed, hormone free

- Limit meat and poultry. These foods are high in arachidonic acid, which increase inflammation.
- Prepare by broiling or baking, not frying! With chicken, avoid eating the skin.
- Wild game meats, lamb, and bison are also acceptable choices.
- Choose the leanest cuts, skinless chicken breast, flank steaks or fillets.
- Do not consume pork, bacon, sausage, lunch meat, processed meats



Vegetables

Should be the bulk of your diet

- Vegetables plus greens will make up the bulk of your diet for the time being
- Eat steam, baked, raw, or roasted veggies. Variety is great! Some especially healthy veggies are dark greens like kale, collards, chard, dandelion leaves, spinach, beet greens, and rapini. Also don't forget about broccoli, cauliflower, squashes, turnips, radish, beets, cabbage, artichokes, parsnip, cucumber, napa, etc.
- Some people feel healthier avoiding vegetables from the nightshade family: tomato, eggplant, mushrooms, potato, bell peppers.



Grains

Unprocessed, naturally occurring

- Eat steel-cut oats, brown rice, yams, sweet potatoes, and baked potatoes.
- Try a variety including: amaranth, quinoa, millet, barley, rye, and teff.
- You may eat up to 2 cups per day.
- For variety (and crunch!), you can add in the occasional rice cracker, rice cake, Finn Crisp, or Wasa cracker (any cracker made from rice or rye).
- Avoid wheat, white grains, and corn



Nuts & Seeds

Raw and unsalted, 1/2 cup max per day.

- Walnuts, pumpkin seeds, sunflower seeds, almonds, Brazil nuts, pistachios, sesame seeds are permissible in moderation.
- About 1/2 a cup of nuts or a few tablespoons of nut butter is okay.
- Rotate the nuts daily,
- It is preferable to buy raw or organic nuts. Store in your fridge and either eat raw, or toast them yourself prior to eating.
- Avoid peanuts, they are a common allergen



Fruit

Fresh or frozen is preferred

- Eat a variety of fruit 1-2 pieces per day or 3/4 of a cup
- Other fruits: You can eat 1 or 2 pieces per day, or 3/4 cup. However, if you have diabetes, pre-diabetes, candida, or insulin resistance, discuss fruit intake with your healthcare practitioner, as you may be required to minimize fruit intake, People with blood sugar dysregulation would do well to eat berries rather than other fruits, as berries contain more bioflavonoids which are beneficial to microcirculation.



Legumes/Beans

Rotate your intake of beans and legumes

- The following legumes are acceptable: lentils, kidney beans, adzuki beans, split peas, garbanzo beans, and black beans.



Sweeteners

Only use natural sweeteners

- Use sparingly
- Acceptable sweeteners include real maple syrup, stevia, xylitol, and raw honey
- Avoid all artificial sweeteners: Splenda, Equal, Sweet and Low, all white sugar, and brown sugar.



Butter & Oil

When cooking at high temperatures coconut oil is preferred

- You may use olive oil, coconut oil, sunflower seed oil, pumpkin seed oil and other nut oils (except peanut).
- If using butter, please ensure that it is organic and from pasture-raised cows,
- Avoid trans fat, hydrogenated fats, and partially hydrogenated fats.
- Avoid fried foods



Drinks

Your body is 70 percent water. It is important to properly hydrate.

- Drink plenty of water: 8-10 glasses a day, or 1/2 your body weight in ounces per day. Fiji water, Evian, or filtered water is preferred.
- Also try herbal teas, seltzer water, and small amounts of rice milk, coconut milk, or hemp milk.

DIET TO REDUCE INFLAMMATION CONT.

MEAL IDEAS

Here is a sample list of options you can choose from for your daily meals during these next few weeks. The items that have an asterisk* beside them have recipes on the other attached document. This list is not exhaustive, it is here merely to provide some examples and guidance.



Breakfast Options

- Protein smoothie with Super Shake or Best Whey Protein by Nutritional Frontiers.
- Any fruit or veggies
- Organic eggs
- Organic veggie omelets
- Steal cut oatmeal with berries
- Cooked quinoa or brown rice (Optional: Serve with cinnamon, ground flaxseed, and unsweetened coconut milk, rice milk, or almond milk.)



Lunch Options

- Salad with spinach, romaine, or mixed greens. Use extra virgin olive oil and vinegar as a dressing.
- You can add grilled fish, chicken, or turkey for a full meal.
- Grilled or canned salmon and salad with olive oil dressing.
- Cucumber stuffed with salmon salad.
- Hummus with sliced raw vegetables and rice crackers, rye crackers, or millet crackers
- Miso soup with bean sprouts & ginger.
- Chicken soup (with brown rice or millet).
- Tuna fish & brown rice with any vegetable
- Sardines with lemon and chopped parsley, served on rye crackers.



Dinner Options

- Veggie shish kebab, served with cooked grains
- Baked haddock with 1 tbsp. each of capers, lemon juice, and olive oil.
- Marinated, roasted vegetables*
- Any cooked legume listed above with any vegetable listed above
- Refer to "The All New Joy of Cooking" for simple, delicious recipes for basic bean preparation, soaking and cooking times, etc. Other excellent cookbooks include the Self-Healing Cookbook, Nourishing Traditions, Recipes from an Ecological Kitchen, and many other vegetarian cookbooks.



Vegetable Side Options

- Green beans with almonds*
- Steamed baby artichokes with lemon & garlic olive oil dipping sauce*
- Kale & watercress steamed and topped with sesame seeds and lemon juice
- Refer to "The All New Joy of Cooking" for simple, delicious recipes for basic vegetables.



Snack Options

- Avocado half with apple cider vinegar, lemon juice, and/or salt and pepper
- Celery with 2 tbsp almond butter
- Protein smoothie
- Nuts (1/4 cup), especially almonds and cashews
- Salmon salad (1/2 cup) with celery sticks or rice crackers
- Hummus with celery sticks, cauliflower, broccoli, rice cakes, etc.
- White bean spread with veggies and/or rye crackers
- Mango and Black Bean Salsa
- Hard boiled eggs

CUSTOMIZED FOOD GUIDE

Meal Plan for Candida		
	Yes	No
Fruits	No fruit for at least 4 weeks, first types to reintroduce are apples and pears	Juice or Fruits
Vegetables	ALL fresh raw, steamed, sautéed, juiced, or roasted	Corn; tomato, creamed vegetables
Starch	Limited- brown rice, sweet potatoes, yams, whole grain pasta, oatmeal	Wheat, corn, barley, spelt, kamut, rye; all gluten-containing products, bagels, breads
Bread/Cereal	100% whole grain or sprouted breads, dark bread at least 3 grams of fiber per slice, Ezekiel bread	White bread, whole wheat, processed carbs, wheat, spelt, kamut, rye, barley; all gluten containing products
Legumes	All beans, peas, and lentils	All Soy products, Soybeans, tofu, tempeh
Nuts & Seeds	Almonds, cashews, walnuts; sesame (tahini), sunflower, and pumpkin seeds; butters made from these nuts and seeds	Peanuts, peanut butter
Meat & Fish	Organic, grass fed, pastured, or wild caught, canned (water packed), frozen, or fresh fish; chicken; turkey; wild game; lamb, beef	Pork, cold cuts, hot dogs, sausage, canned meats, shellfish
Milk & Dairy Substitutes	NONE	NO MILK, Cheese, Ice Cream, Pizza, Grilled Cheese , cottage cheese, cream, yogurt, "non-dairy" creamers
Fats	Cold pressed olive, flax, coconut, safflower, sunflower, sesame, walnut, pumpkin, almond oils, omega 3 fish oils	Fried Foods, Fast Foods, Margarine, butter, shortening, salad dressings processed (hydrogenated) oils, mayonnaise spreads
Beverages	WATER: Filtered or pure spring water, herbal tea, seltzer or mineral water	Soda pop or soft drinks, juice , alcoholic beverages, coffee, tea, other caffeinated beverages
Spices/ Condiments	All spices unless otherwise indicated. Cinnamon, cumin, dill, garlic, ginger, carob, oregano, parsley, rosemary, tarragon, thyme, turmeric	Chocolate, ketchup, relish, chutney soy sauce, barbeque sauce, other condiments
Sweeteners	No sweets, sugars, cookies, cakes, pies, ice cream etc, Stevia or Xylitol only	Artificial Sweeteners, High Fructose Corn Syrup, White or brown refined sugar, honey, maple syrup, corn syrup candy; desserts

CUSTOMIZED FOOD PROGRAM

GLUTEN-FREE



Gluten-Free Grains in Town

Many of these products are found in grocery stores such as Giant Eagle's natural section, Market District, Whole Foods, Trader Joe's, and local health food stores... either on their shelves or in the freezer section.

Breads

Glutino Rudy's, and Food For Life are a few brands offering gluten-free breads/bagels/muffins.

Noodles

Rice, kamut, corn, quinoa. Found in pasta aisle

Crackers

Rice cakes, rice cracker, corn chips, Glutino crackers, many other brands

Tortillas

Corn tortillas instead of flour tortillas

Cold Cereals

Crispy Rice, Amaranth or Kamut Flakes, Enviro-kids cereals (tasty but high in sugar). Nature's Path Cereals, some Barbara's Cereals

Hot Cereals

Gluten-free oatmeal or Cream of Rice or Kamut hot cereal

Miscellaneous

Popcorn, brown rice, millet, barley, quinoa, kamut, amaranth, teff, etc. are all okay.

Avoiding Wheat/Gluten

Gluten is a protein found in the following grains: wheat, rye, spelt, kamut, triticale, barley, and most oats. While oats do not technically contain gluten, processing and manufacturing methods allow for gluten contamination unless the product is specified to be "gluten free." Many people need to avoid gluten due to food allergies, food sensitivities, or Celiac disease.

Foods Containing Wheat

Flours — whole wheat, white, all-purpose, semolina, durum, all-purpose, unbleached. Bleached; wheat gluten/bran/germ, MSG; semolina; hydrolyzed vegetable protein; biscuits, breads, cakes, cookies, crackers, crepes, croutons, dumplings, pancakes, pie crusts, pretzels, waffles, bouillon cubes, soy sauce (wheat-free tamari is available), processed meats, soups wheat alcohol products, breaded foods.

Foods Containing Rye

Rye bread and rye crackers, multi-grain breads, gin, vodka, scotch, whiskey.

Foods Containing Barley

Ales, barley corn, barley malt, beer, malt liquor, caramel coloring, bourbon, whiskey, pops (with caramel coloring), etc.

Gluten-Free Flours

These flours are gluten-free and can be used in baking. White or brown rice flour, millet flour, sorghum bean flour, buckwheat flour, soy flour, garbanzo bean flour, coconut flour, potato starch, corn starch, tapioca starch, teff flour, quinoa (pronounced "keen-wa") flour. Xanthan gum is also useful for gluten-free baking. These flours are widely available at grocery stores such as Giant Eagle, Market District, Whole Foods, Trader Joe's, and local health food stores or co-ops.

For Thickening Sauces or Gravies

1 TBSP flour = ½ TBSP potato starch, tapioca starch, corn starch, or arrow- root starch

For Breading

Crushed millet, sesame seeds, rice bran, cassava meal, flaxseed meal.

CUSTOMIZED FOOD PROGRAM

GLUTEN-FREE RECIPES



Mock Oatmeal Bread (Gluten-Free)

This loaf has the taste, texture and color of oatmeal bread with the addition of cinnamon and brown sugar. To crush the almonds, place in a plastic bag and crush with a rolling pin to the size of oatmeal

- 1 cup white rice flour
- 1 cup sliced almonds, crushed
- 1 cup brown rice flour
- 1½ t. salt
- ½ potato starch flour
- 1¾ cups water
- ½ tapioca flour
- 4 T. butter, melted
- 2½ t, xanthan gum
- 1 t. vinegar
- ¾ cup non-instant milk powder or nondairy substitute
- 3 eggs, beaten slightly
- 1½t . egg replacer (optional)
- 4 T. brown sugar
- 1 T. dry yeast granules
- 1 t. cinnamon

1. Mix together the flours, xanthan gum, milk powder, salt, egg replacer (if used), and cinnamon. Stir in the almonds.
2. Mix together the eggs, water (warm or cool as your bread maker's manual suggests), butter and vinegar.
3. Measure sugar and yeast.
4. Place the ingredients in the baking pan of your bread maker in the order suggested by your manual. Use the machine setting at medium crust.



Boston Brown Bread (Gluten-Free)

A baked bread that tastes like our old steamed brown bread – moist, heavy, sweet and delicious.

- 1 cup brown rice flour
- 1 cup white rice flour
- ½ cup potato starch flour
- ½ cup tapioca flour
- ½ cup cornmeal
- 3 t. xanthan gum
- ½ cup (scant) dry buttermilk
- 1 t. baking soda
- 1½ t. egg replacer (optional)
- 1½ t. salt
- 2/3 cup raisins
- 3 eggs
- 1 t. vinegar
- ¾ cup molasses
- 4 T. vegetable oil
- 1 2/3 cup water
- 2 T. brown sugar
- 1 T. yeast

1. Blend together the flours, xanthan gum, buttermilk powder, baking soda, egg replacer (if used), salt and raisins.
2. Beat eggs slightly, add vinegar, molasses, oil and water (warm or cool, as your bread make's manual suggests). Blend thoroughly.
3. Measure sugar and yeast.
4. Place the ingredients in the baking pan of the bread maker in the order suggested in your manual. Bake on regular bread setting on light or medium heat.



Pumpkin Cookies (Gluten-Free)

- ½ cup honey
- 1 t. vanilla
- ½ cup safflower oil or spectrum spread
- 1 t. lemon extract (optional)
- 2 cups rice flour
- 1 cup pumpkin
- 2 t. baking powder

1. Preheat oven to 350° F.
2. Mix honey, oil, vanilla, pumpkin and lemon extract together.
3. Mix rice flour and baking powder together.
4. Blend wet mix with dry to a drop cookie consistency.
5. Place dough onto a greased cookie sheet and flatten with a fork.
6. Bake for 20 minutes.



Ginger Snaps (Gluten-Free, Dairy Free)

- ½ cup blackstrap molasses
- ½ cup soy or rice milk
- 1 t. allspice
- 1 cup gluten-free oat flour
- 3 T. oil
- ½ t. ginger
- 1 t. flax seed meal
- 2 t. baking powder
- 3 T. sucanat
- 1 t. cinnamon
- 1 cup rice flour

1. Preheat oven to 400° F.
2. Mix molasses, oil, sucanat, rice milk, spices and flax seed meal together.
3. Mix flours and baking powder together.
4. Mix the wet ingredients with the dry.
5. Drop dough onto greased cookie sheet.
6. Bake for 15 minutes.



Ginger Carrot Breakfast Cookies (Gluten-Free, Dairy-Free)

- ¾ cup rolled gluten-free oats
- 2 cups cooked millet
- 1 t. vanilla
- ½ cup water
- ½ cup oat gluten-free flour
- 1½ T. safflower oil
- 1 t. finely grated ginger
- 1 T. poppy seeds or sunflower seeds
- ¼ cup brown rice flour
- 1 cup shredded carrot
- ¼ t. sea salt

1. Preheat oven to 350° F.
2. Mix all ingredients together to make a moist (not mushy) dough.
3. Shape into cookies on a greased cookie sheet.
4. Bake for 30 minutes.



Buckwheat Breakfast Bake (Gluten-Free, Dairy-Free)

- ½ cup raisins
- ¾ cup arrowroot powder
- 1 2/3 cups water
- ½ t. allspice
- ½ cup chopped walnuts
- 1 cup buckwheat flour
- ½ cup dried apricots, chopped
- 1 t. cinnamon
- 2 T. lemon juice
- ½ cup prunes, chopped
- 1 t. baking soda
- ¼ cup oil
- 1/8 t. salt

1. Preheat oven 375° F.
2. Combine water and dried fruits in a saucepan. Bring to a boil and then let simmer for about ten minutes. Let cool a bit, then add oil and lemon juice. (For a smoother cake, blend these ingredients in a blender until smooth.)
3. Sift the dry ingredients into a medium sized bowl. Add the liquid ingredient and mix well. Stir in the chopped walnuts.
4. Spread into an oiled pie dish or a 9" square baking pan. Bake approximately 25 minutes, or until the top of the cake springs back.



No-Wheat Pie Crust (Gluten-Free, Dairy Free)

- 1 cup gluten-free oat flour
- ¾ cup water
- 2 T. oil (walnut oil is great)
- ¼ t. salt
- 1 cup brown rice flour
- 1 T. honey

1. Preheat oven to 350° F.
2. Combine the dry ingredients in a bowl. Add sweetener and oil and stir. Then add the water and stir well.
3. Press the mixture into an oiled pie dish, pressing from the center outward to the edges. The crust will be fairly thin.
4. Prebake the crust for 10-15 minutes. Let cool before adding the filling.



Very Blueberry Muffins (Gluten-Free, Dairy Free)

- 1 cup light oil
- 1 t. baking powder
- 1/3 cup orange juice
- 1 ½ cup brown rice flour
- 1 egg or substitute
- 2/3 cup blueberries
- 1/3 cup honey
- ½ t. salt
- ½ t. grated orange rind

1. Mix oil, honey, egg and orange juice.
2. Sift in the flour, baking powder and salt. Add orange rind. Mix until just blended. Add blueberries.
3. Spoon batter into greased muffin tins, about 2/3 full.
4. Bake for approximately 20 minutes or until golden brown.



Peanut Lover's Cookies (Gluten-Free, Dairy-Free)

- 1½ cups unsalted peanuts
- ½ cup natural peanut butter
- ½ t. baking soda
- 1/3 cup maple syrup
- ¼ t. salt
- 1 egg or egg substitute
- 2/3 cup arrowroot powder
- ¼ cup oil

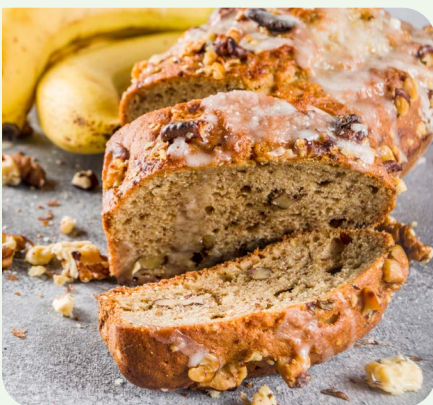
1. Preheat oven to 350° F.
2. Grind the peanut in a blender, until well ground. Mix with the arrowroot powder, salt and baking soda in a bowl.
3. In a blender, mix maple syrup, peanut butter, oil and egg or egg substitute until smooth and well blended. Add to dry mixture and mix well. Chill for at least an hour.
4. Form small balls out of the chilled dough, then roll them in the chopped nuts, if desired. Place on a greased cookie sheet & flatten them with a water-dipped fork.
5. Bake for 20 minutes or until the underside of the cookie is golden brown.
6. Almond lover's cookies - follow the recipe above, but substitute the word almond wherever the word "peanut" appears.



Tofu Carrot/Apple Muffins (Gluten-Free, Dairy Free)

- 3 cups brown rice flour
- 1 lb. grated carrot and apple
- 2 t. cinnamon
- 1 T. vanilla
- 8 oz. tofu
- 1 t. baking soda
- 1 cup honey
- ¼ cup lemon juice
- 2 t. baking powder
- ¾ cup oil
- 1 t. salt
- ¼ cup orange juice concentrate

1. Preheat oven to 325° F.
2. Beat tofu, grated carrot and apple, oil, honey, vanilla, orange juice concentrate and lemon juice together.
3. Mix dry ingredients into wet just before baking.
4. Heap batter high into muffin tins.
5. Bake 35 minutes - midway into baking cover muffins with foil to prevent browning.
6. Let muffins cool in pans.



Banana Bread (Gluten-Free, Dairy Free)

- 2 T. tapioca
- 4 T. oil
- pinch of salt
- 2 medium bananas
- ½ cup millet, sorghum, or coconut flour
- 2 eggs or egg replacer
- 1 cup rice flour
- 2 t. baking powder
- ¾ cup honey

1. Preheat oven to 350° F.
2. Mix wet ingredients together.
3. Add flours, tapioca and baking powder.
4. Combine wet ingredients with dry ingredients until just blended.
5. Bake 1 hour.



Gluten-Free Pizza Crust

- Oat Pizza Crust**
- ¼ cup tomato puree
 - 1 cup dry oats (gluten-free)

1. Combine ingredients.
2. Pat into an oiled pan.
3. Bake 15 minutes
4. Add toppings.
5. Bake with toppings

- Polenta Pizza Crust**
- ¾ cup boiling water
 - ¼ cup polenta
 - ¼ cup cold water
 - ¼ t. salt

1. Combine polenta, cold water and salt - whisk into boiling water.
2. Stir until thick.
3. Pour into oiled pan, shaping polenta.
4. Cool in freezer or refrigerator until firm.
5. Brush with olive oil and add toppings and bake.



Macaroni & Cheese (Gluten-Free, Dairy Free)

- ½ lb, rice, corn, or quinoa pasta - cooked
- ¾ cup rice flour
- Salt, pepper and garlic powder to taste
- ¾ cup Earth Balance or Spectrum spread
- 3 cup unsweetened rice milk

1. Melt spectrum spread, whisk in flour.
2. Gradually add milk - cover.
3. Stir often while sauce thickens.
4. Add seasonings and pasta.
5. Mix together and put into a prepared baking dish.
6. Bake 350° F for 30 minutes (check @ 20 minutes).



Nut Loaf (Gluten-Free, Dairy Free)

- 2 ½ cups walnuts (finely chopped)
- ½ cup oil
- ¼ cup water
- ½ cup tofu
- ¼ cup sesame seeds
- 1 T. minced garlic/powder
- 2 T. nutritional yeast
- Salt and pepper to taste
- ½ cup rice flour
- 1 ½ cups dry oats (gluten-free)
- ¼ cup onions (finely chopped)
- 2 T. tamari
- 1 ½ cups cooked rice
- 1 t. dried parsley

1. Combine walnuts, rice, oats, flour, seeds, onion, yeast, garlic, thyme, salt, pepper and parsley.
2. Blend tofu, water, oil and tamari together and add to above mixture.
3. Mix together and put mixture in a loaf pan.
4. Bake 350° F for approximately 1 hr.



Vegan Cornbread (Gluten-Free, Dairy-Free)

- 1 1/3 cup yellow cornmeal
- 2 T. plus 2 tsp. (8 tsp.) sugar
- 2 t. baking powder
- 1/2 t. baking soda
- 1 T. ground flaxseed
- 2/3 cup boiling water
- 1 T. lemon juice plus nut or soy milk to make 2 cups
- 2 T. melted Earth Balance (or Organic Smart Balance)
- 1 t. salt
- Another 2/3 cup cornmeal

1. Preheat oven to 350° F.
2. Mix together the first cornmeal, sugar, salt, baking powder, and soda in a medium bowl.
3. In another bowl mix together the 2/3 cup cornmeal and the boiling water and stir well, Stir in the lemon juice/soymilk mixture, flaxseed and melted EB.
4. Pour this into the dry mixture and mix briefly Pour into a well-greased 9" square baking pan.
5. Bake for 25 minutes or until it tests done and is crusty on top.



Creamy Gravy (Gluten-Free, Dairy Free)

- 1/3 cup Spectrum or Earth Balance spread
- 2 cups plain soy, rice, or almond milk
- 1/3 cup rice flour or millet flour
- Salt, pepper, sage, thyme and Marjoram to taste

1. Melt spectrum spread over medium-low heat.
2. Stir in flour.
3. Add milk gradually while whisking.
4. Season to taste.



Brownies (Gluten-Free)

- 1 cup water
- 1 cup sugar
- 1 t. baking powder
- 1 t. vanilla
- 1/2 cup cream of rice
- 1 egg
- 1/2 cup Earth Balance
- 3 T. unsweetened cocoa
- 1/4 cup walnuts (optional)

1. In a medium saucepan, heat the water and butter substitute to a boil. Sprinkle in the cereal.
2. Cook for 1 minute. Remove the pan from the heat, cover it, and let it sit for 4 minutes.
3. Stir in the egg and vanilla.
4. In a medium bowl, combine the sugar, cocoa and baking powder.
5. Stir in the cereal mixture until well blended. Stir in the nuts, if used.
6. Spread the mixture evenly in a greased 8X8X2 inch baking pan. Bake at 350° for 40-50 minutes. Cool and cut.

(This recipe can be doubled and baked in a 9x13" pan).



Rice Waffles (Gluten-Free, Dairy Free)

- 2 cups rice flour
- 4 t. baking powder
- 1 T. maple syrup
- 2 cups rice or soy milk
- 3 T. oil

1. Sift the dry ingredients together.
2. Add the milk and oil gradually, stirring the mixture.
3. Bake on a hot oiled waffle iron.



Rice Pancakes (Gluten-Free, Dairy Free)

- 1½ cup ground cashews
- 1 t. baking powder
- 1 T. maple syrup
- 2 T. oil
- 1½ cups amaranth, quinoa or rice flour
- ¼ t. salt
- 1¼ cup water

1. Combine dry ingredients, mix well.
2. Combine liquid ingredients in a small bowl, mix well and stir into dry ingredients.
3. Cook pancakes on a preheated, non-stick pan.
4. As batter thickens, add water, a tablespoon at a time to keep cakes thin.



Gluten-Free Toll House Cookies (Gluten-Free)

- 1 cup butter (2 sticks)
- 2 eggs
- ½ cup potato flour (not potato starch flour)
- 1 t. salt
- chopped nuts and/or coconut optional
- ½ cup brown sugar
- 1 t. vanilla
- 1 pkg. chocolate chips
- 1 cup granulated sugar
- 1½ cups brown rice flour
- 1 t. baking soda

1. Cream butter, sugars, eggs and vanilla together.
2. Mix in dry ingredients, then chocolate chips and optional items if you choose.
3. Drop by the rounded teaspoon onto ungreased cookie sheets.
4. Bake 350° for approximately 12 minutes until lightly browned.



Rice Pilaf

- 1½ cups sliced mushrooms
- 1 large onion, coarsely chopped
- ¼ cup wild rice
- 2 finely chopped garlic cloves
- 1½ cups water with: ½ t. thyme + ½ t. sage + ½ t. cumin
- 1 cup brown rice
- 1 t. wheat-free tamari soy sauce

1. Combine all ingredients in saucepan, Stir well, cook 45 minutes over low heat (or until rice is tender and water absorbed).

Makes 10 Servings



Really Easy Peanut Butter Cookies (Gluten-Free)

- 2 cups peanut butter
- 2 cups sugar
- 1 T. vanilla
- 1 egg

1. Mix ingredients together.
2. Roll batter into balls and press flat with a fork.
3. Bake 350° for approximately 10 minutes.

Grains served with a salad and/or cooked vegetables can be considered a complete and nutritious meal. With the exception of the Quinoa Salad, the recipes below follow the rules of proper food combining when served this way. Most of these recipes store well in the refrigerator for up to one week and are easily re-heated by placing a serving in a covered saucepan with $\frac{1}{4}$ cup of water.



Amazing Amaranth Pancakes

- 1 beaten egg
- 1 tsp. sunflower oil (or flax oil)
- $\frac{1}{4}$ cup tapioca flour
- $\frac{1}{4}$ cup apple juice (or other sweet juice)
- $\frac{1}{4}$ t. baking powder (wheat free)
- 3 T. arrowroot flour
- $\frac{1}{4}$ t. cinnamon
- $\frac{1}{4}$ cup amaranth flour
- $\frac{1}{8}$ t. sea salt

1. Lightly oil frying pan with sesame oil and get medium hot.
2. Beat wet ingredients together. Mix in dry ingredients one at a time and beat well.
3. Pancakes cook quickly, so keep pan hot and watch carefully. Re-oil pan with paper towel before each batch.

Makes (10) 3-inch Pancakes



Nutty Quinoa Salad

- 1 cup quinoa
- $\frac{1}{4}$ cup flax oil and sesame oil mixed
- 1 orange, peeled and chopped
- 2 cups water
- 1 green onion, sliced
- 2 T. mint leaves, chopped
- $\frac{1}{2}$ cup raisins
- $\frac{1}{2}$ cup almonds, chopped
- 2 t. grated organic orange peel

1. Combine quinoa and water in large saucepan and bring to boil. Reduce heat, cover and simmer 10 minutes.
2. Add raisins and continue cooking until liquid is absorbed.
3. Put in large bowl or spread on cookie sheet and let cool.
4. Add remaining ingredients and toss gently.

Makes 4-6 Servings



Black-Eyed Pea Loaf

- 2 cups black-eyed peas, cooked
- 2 t. mixed herbs of choice
- 2 cups water
- 1/3 cup millet
- 1 large onion
- 1 ½ cups corn meal

1. Blend first five ingredients in blender. Mix with corn meal.
2. Bake in loaf pan at 350 degrees for 1-1.5 hours.



Paella Garbanzos

- 2 cups brown rice
- 2 carrots, sliced thin
- 4.5 cups boiling water
- 1 large onion, minced
- 1 cup cooked garbanzo beans

1. Fry uncooked rice in heavy, ungreased skillet until brown and popping.
2. Sauté onion and carrots in a little water for 3 minutes.
3. Put all ingredients into boiling water and boil 30 minutes.
4. Pour paella into casserole dish, cover and bake at 350 for 1 hour (uncover last 5 min).

Makes 6-8 Servings

DIET SUGGESTIONS FOR GOUT

Gout is a disease characterized by high uric acid levels in the blood (hyperuricemia) which crystallize and deposit in soft tissues and joints. This deposition of uric acid crystals causes pain, swelling, and inflammation.

Gout has historically been thought to be related to dietary intake of purines, which are protein compounds that are building blocks of amino acids. More recently other theories have been presented to explain the causes and distribution of this disease, especially pinpointing high fructose corn syrup and fructose as culprits.

There are several strategies to address gout from the nutritional and supplemental perspective. One common theory holds that reducing dietary purines will reduce or prevent gout symptoms. Purine rich foods include meat, seafood and certain vegetables. However, not all foods high in purines have the same impact on gout. Meat and fish have a more deleterious effect on gout than purines derived from vegetables and dairy. Nutrition Supplements containing Pure Cherry Extract, Protease and Pantothenic Acid have been proven to provide key nutrients to help support conditions associated with GOUT.

Another approach that is gaining in popularity is eliminating intake of high fructose com syrup (HFCS) and fructose. Fructose and HFCS are found in a vast array of processed, packaged foods, as well as fruits, Some people with gout also find benefit in reducing or eliminating refined carbohydrates from the diet, including things like sugar, white flour, white rice, and any food with a high glycemic index.

This approach of treating gout along the same lines as insulin resistance, metabolic syndrome or diabetes, goes along with the observation that gout occurs more commonly in overweight or obese individuals in communities where intake of high carbohydrate, processed foods is significant. While weight loss should be encouraged, do not lose weight too quickly as extreme or rapid weight loss can increase the amount of uric acid in the body, Finally, some alternative healthcare practitioners are having success treating people with gout by also addressing intestinal Candida issues in their patients.



Dietary Guidelines

Purine Avoidance

Purine Avoidance should be practiced by anyone experiencing gout. The list of foods containing purines is long and somewhat confusing. Research indicates that probably the most important purine-rich foods to avoid are meat, fish, and shellfish. Anchovies, sardines, organ meats (liver, kidneys, brain), shellfish, and gravies are particularly high in purines. People with gout should also avoid alcoholic drinks.

High Fructose Corn Syrup and Fructose Avoidance

Avoidance of these substances should be incorporated into the dietary strategy of those with gout. HFCS (High Fructose Corn Syrup) is found in numerous commercially prepared products: some brands of juice, soda, ketchup, applesauce, candies, cookies, breads, crackers, breakfast cereals, some yogurts and ice creams, baked beans, relish, pancake syrup, jelly, salad dressings, sauces, processed meats like hot dogs and dell meat, and more. Always read ingredient lists to identify the presence of HFCS. Restaurant food tends to be high in HFCS, especially fast food. Fructose is also sometimes added to packaged foods as a sweetener, Fruit contains fructose, and therefore fruit and fruit juice should be ingested in moderation (1-2 servings per day at most). High fructose fruits and other foods include apples, oranges, raisins, honey, dates, figs, grapes, pears, and plums.

Schlesinger, N. Dietary Factors and Hyperuricaemia. Curr Pharm Des. 2005;1(32):3122-8.

Choi, HK, Atkinson, K, Karlson, E, Willett, W, Curhan, G. Purine-Rich Foods, Dairy and Protein Intake, and the Risk of Gout in Men. N Engl J Med 2004; 350:1093-1103.

Refined Carbohydrates

Refined Carbohydrates include bread, cookies, crackers, and pasta made from refined (white) flour and sugar. Refined carbs convert to glucose very quickly in the bloodstream, and this blood sugar spike can be difficult for the body to handle, particularly in someone who has insulin resistance. Therefore, refined carbohydrates should routinely be avoided in people with diabetes, insulin resistance, and metabolic syndrome. More and more people with gout are also noticing improvements in their condition with adherence to a diet low in refined carbohydrates.

Whole grains, vegetables, fruits, and legumes are examples of "good" carbohydrates that contain plenty of fiber to blunt the blood sugar spike that can occur after carb ingestion. These foods also provide a wealth of necessary vitamins and minerals, of course. Whole grains include such things as whole wheat, rye, spelt, kamut, triticale, and steel cut or rolled (not instant) oats. These grains are the gluten-containing grains. Healthy whole grains that do not contain gluten include brown rice, wild rice, quinoa, teff, millet, amaranth, and gluten-free oats, among others. As mentioned above, fruits should be eaten only in moderation if you have gout. For people trying to reduce refined carbohydrates, some vegetables are higher in carbohydrates than others and should be minimized. White potatoes, sweet potatoes, carrots, tomatoes, tomato paste/sauce, and onions are examples of veggies that tend to cause higher elevations in blood sugar than others.

Any dietary suggestions for gout must be tailored to the individual. Not everyone with gout necessarily needs to avoid the same foods, so experiment to find which foods are triggers for you. For example, some people with gout may tolerate peas and other legumes, eggs, and dairy without a problem, while for others, daily ingestion of legumes, eggs and dairy will increase symptoms. The key for some of these foods may be 'moderation' (i.e., one egg a week rather than one egg a day!) In addition, the diet one eats during an acute gout attack will likely need to differ from the regular maintenance diet. It can be helpful to keep a detailed "diet and symptom diary" to monitor food intake and correlations with flares of gout symptoms.

Sample Menu Ideas

PLEASE NOTE: not everyone with gout will be able to eat all of the foods listed below. These are merely ideas based upon the above principles.

Breakfast

Cooked oatmeal, teff, or millet with cinnamon, pecans, ground flaxseed, milk or non-dairy milk alternative like unsweetened coconut milk, hemp milk, hazelnut milk, or almond milk. Sprouted whole grain toast with butter or nut butter.

Lunch

Hummus with celery sticks, carrot sticks, rye crackers. Corn tortilla with black beans, lettuce, brown rice, a little cheese. Lentil soup with brown rice. Salad with mesclun greens or Romaine lettuce, chopped bell peppers, cucumber, walnuts, bean sprouts, sunflower seeds, etc. Sandwich with sliced natural deli turkey breast, rye bread, lettuce, alfalfa sprouts.

Dinner

Whole grain pasta with olive oil, lemon, garlic, pine nuts, capers. Veggie burger made with lentils and vegetables, served over a cooked grain or whole grain bun. Baked chicken breast with a side of veggies and quinoa. Stir fried veggies with chicken or turkey, served over rice or rice noodles. Vegetable soup, bean soup, split pea soup, or vegetarian chili.



WELLNESS SOLUTIONS



Adrenal, Thyroid, & Hormone

- AdrenaMax
- Adrenal Glandular +
- Super B Complete
- Thyro Complete
- Iodine +
- Frontier Flax
- EstroCleanse
- Testo 180
- DHEA



Fitness

- Best Whey
- Frontier BCAA's
- Power Fuel
- Pro Oranges
- Super Creatine
- Super Shake



Blood Sugar

- Pro Oranges
- GlucoLyze
- Berberine +
- NutraGlutide



Gastrointestinal Tract

- CandiKill
- Frontier Biotics
- ProbZyme
- GI Complete
- Super Biotics
- IgG



Bone, Inflammation, & Joint

- Super Cal Plus
- BetaZyme
- Super/Mega K2 Plus
- HA Plus
- Green Lipped Mussel
- Omega 3D
- SPM
- X Flame
- Inflamm



Healthy Aging, Skin, & Vision

- 20/20 Capsules
- Omega 3 Liquid 2800
- EstroCleanse
- Men's Complete
- Pro Purples
- Omega 3D
- Beauty Complete
- Women's Complete



Brain, Mood, & Sleep

- Brain Boost
- Calm Day
- EnerCoQ10
- Mag Complete
- Mood Lift
- NeuroMax
- Re-LAXX
- Sleep Time
- Super B Complete



Immune

- AirMaxx
- Immune Tincture
- Buffered C Plus
- Cherry Chews
- EnerDMG Liquid
- ImmunoMax
- Immune Boost
- NAC
- Super Zinc 50



Cardiovascular

- Cardio Stack
- Power Fuel
- Seven Flowers BP
- EnerCoQ10
- CircuCORE
- Cholesto Red



Family

- Cherry Chews
- ProbZyme
- Immunomax Chewables
- NeuroMax
- AirMaxx
- Pro Colors
- Omega 2800 Liquid
- EnerDMG Liquid
- Frontier Multi
- Fertility/Virility



Detoxification

- Ultimate Shake
- Pro Lean Greens
- LivComplete
- Super Shake



Weight

- Super Shake/ Best Whey
- NutraGlutide
- Tone & Lean
- Control
- Thermogenesis Complete

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GENERAL DIET ADVICE

Rather than repeating dietary advice for each condition listed in this manual, the following are general guidelines that everyone should be following, especially if dealing with a health condition. Implement these guidelines with whatever condition the client is facing unless otherwise noted or an obvious allergy exists.

Consume foods that will do one of two things, Cleanse - Nourish

- A. Make the bulk of diet fresh fruits and vegetables (more of vegetables)**
- B. Eat whole grains such as brown rice, whole wheat (less frequently), quinoa, etc.**
- C. Minimize meat consumption and try to make it clean (no hormones or antibiotics)**
- D. Minimize or eliminate pasteurized dairy products**
- E. Drink at least six to eight glasses of pure water daily (no fluoride or chlorine)**
- F. Avoid sugar, caffeine, excess alcohol, fried foods and processed foods with added chemicals**
- G. Avoid hydrogenated fats and oils and artificial sweeteners (aspartame, splenda, etc.)**

ACID REFLUX / GERD / DYSPEPSIA

Disturbed or deranged digestion, sour stomach, acid stomach, indigestion, poor assimilation

1. Possible Causes and Contributing Factors:

- a. Hiatal Hernia (see hiatal hernia exercise)
- b. Not producing enough stomach acid
- c. Dehydration
- d. Liver and/or gallbladder congestion
- e. Eating processed and devitalized foods

2. Suggested Dietary Changes:

- a. Water Cure
- b. Low HCl symptoms can be aggravated by mixing animal protein (meat, fish, fowl, eggs, milk) with the high starch grains, vegetables and fruit

3. Core Supplemental Support:

- a. Consider doing GI Complete and ProbZyme for 1-2 weeks to promote healing before starting protocol if damage has been done to stomach lining
- b. BetaZyme 1 per meal with the last bite of your food (in place of or addition to ProbZyme)
- c. LivComplete – increases bile flow

4. Herbal Support:

- a. Liver/Gallbladder as directed

ACIDOSIS (Metabolic)

1. Possible Causes and Contributing Factors:

- a. Diet high in refined carbohydrates, alcohol, soft drinks
- b. Renal dysfunction
- c. Hepatic dysfunction
- d. Diabetes
- e. B vitamin, Mg, K deficiency

Note: Dry mouth is a common subjective finding with Metabolic Acidosis. The dry mouth is usually due to either a potassium need or prescription drugs that cause hypokalemia. If present, chelated minerals (Frontier Minerals) should be considered as primary supplemental support.

2. Supplement Support:

- a. Super B Complete
- b. K&B
- c. Frontier Minerals
- d. Pro Lean Greens

ACNE

Skin condition characterized by reddened, inflamed lesions (sometimes called pustules or "whiteheads") on the face, neck, shoulders, and elsewhere

1. Possible Causes and Contributing Factors

- a. Bad fats (fried foods, hydrogenated/trans-fats)
- b. Hormonal Imbalance
- c. Too much Iron in diet
- d. Vitamin & mineral deficiencies (A, E, Zinc, Magnesium)
- e. Poor intestinal health (possible candida)

2. Suggested Dietary Changes:

- a. Do the water cure – very important to flush toxins
- b. Avoid Iron cooking utensils and Iron containing supplements
- c. Increase raw foods high in fiber
- d. Experiment by eliminating wheat and dairy

3. Core Supplemental Support:

- a. Frontier Flax 1 each meal to reduce skin inflammation and promote healing or CocoFlax
- b. Frontier Multi, Frontier Men's Complete, OR Women's Complete 4-8 daily w/ food
- c. ProbZyme 1 each meal
- d. GI Complete

4. Additional Considerations:

- a. Consider detox using Remove Complete Kit
- b. EstroCleanse (if hormone imbalance)
- c. Essential E-400
- d. EnerDMG
- e. Frontier Biotics
- f. Zinc Lozenge

ADRENAL HYPO-FUNCTION

1. Possible Causes and Contributing Factors:

- a. Chronic illness
- b. Reactive hypoglycemia
- c. Chronic stress
- d. Decreased cortisol production

2. Suggested Dietary Changes:

- a. Good quality protein and raw vegetables. Vegetables high in sodium such as green beans, celery, zucchini, onions, and tomatoes are helpful
- b. Avoid stimulants

3. Core Supplemental Support:

- a. AdrenaMax 1 each meal
- b. Pro Oranges 2 servings daily
- c. Super B Complete 2-4 daily
- e. Adrenal Glandular Plus
- f. Thermogenesis Complete

4. Herbal Support:

- a. Endocrine as directed
- b. Adrenal as directed

Common findings with adrenal hypo-function:

- a. Low blood pressure (a sure sign)
- b. Sensitivity to sunlight
- c. A significant drop in systolic blood pressure from recumbent to the standing position
- d. Chronic illness such as a virus, candida, arthritis, allergy, etc.

AEROBIC EXERCISE

1. Core Supplemental Support:

- a. Power Fuel 1-2 servings daily
- b. Pro Oranges 1-2 servings daily
- c. Frontier Multi, Frontier Men's Complete, OR Women's Complete 48-8 daily w/ food

2. Additional Considerations:

- a. EnerDMG
- b. EnerCoQ10
- c. Power CoQ10
- d. Tone and Lean CLA

AIDS / HIV

1. Possible Causes and Contributing Factors

- a. Sex with an infected partner
- b. Blood-to-blood contact with an infected person
- c. Transfusion of infected blood
- d. In the womb, at birth or during breastfeeding

2. Core Supplemental Support:

- a. Pro Reds *and/or* Pro Lean Greens 1-2x daily to supply mega-nutrients and antioxidants
 - b. Men's/Women's Complete 4 daily
 - c. The Best Whey to help prevent tissue wasting
 - d. Super B Complete 2-4 daily – found to be deficient in most people with HIV
 - e. EnerDMG 500 mg - 1000 mg daily
 - f. SPM 4-6 softgels daily
-

3. Herbal Support:

- a. Immune as directed
- b. Adrenal as directed

4. Additional Considerations:

- a. ImmunoMax 1-3 per meal
 - b. Buffered C Plus – extra immune support
 - c. Super Biotics – support immunity
 - e. Immune Boost
-
-
-

ALCOHOLISM (Recovery From)

Extreme dependence on alcohol which can lead to mental changes, cirrhosis of the liver, nerve damage and heart problems. A majority of people who have been drinking alcohol and decide to stop (often for health-related reasons) are able to do so without much trouble. Alcohol withdrawal typically becomes difficult only when problem drinkers such as alcoholics—attempt to quit. Blood sugar issues are usually involved.

1. Suggested Dietary Changes:

- a. Have small frequent meals throughout the day
- b. If possible, reduce or eliminate caffeine and tobacco
- c. Drink 8 full glasses of water daily
- d. Insure diet is high in protein and fresh vegetables

2. Core Supplemental Support:

- a. Pro Lean Greens, LivComplete and Ultimate Shake
- b. Super B Complete 2-4 daily for mood and energy support
- c. EnerDMG 2-4 daily
- d. Control 3 daily
- e. See hypoglycemia recommendations

3. Herbal Support:

- a. Liver/Gallbladder as directed
- b. Endocrine as directed

4. Additional Considerations:

- a. LivComplete
 - b. The Best Whey between meals to help maintain blood sugar
 - c. Buffered C Plus to assist detoxification
 - d. Pregnenolone - Researchers at the University of North Carolina at Chapel Hill find that pregnenolone plays an important role in alcohol tolerance and withdrawal.
-
-

ALKALOSIS (Metabolic)

1. Possible Causes and Contributing Factors:

- a. Renal dysfunction
- b. Lung dysfunction

2. Core Supplemental Support:

- a. K&B
 - b. BetaZyme
 - c. N-Acetylcysteine
-

ALLERGY / SENSITIVITY

Physical discomfort, irritation or reaction to specific substances, which cause no hypersensitivity in the non-sensitive

1. Possible Causes and Contributing Factors:

- a. Adrenal and/or immune weakness
- b. Food allergy/sensitivity
- c. Environmental sensitivity (exhaust, perfume, synthetic materials, etc.)
- d. Low stomach acid/poor digestion
- e. Parasites (sometimes involved w/food allergies)

2. Suggested Dietary Changes:

- a. Do the water cure

3. Core Supplemental Support:

- a. BetaZyme + Super B Complete
- b. EnerDMG
- c. Buffered C Plus 4 times per day – natural antihistamine
- d. Frontier Minerals (for alkaline minerals)

If constipation is present add:

- a. Frontier Fiber 2-3 servings daily
- b. ParaKill

If food allergy/sensitivity is present add:

- a. ProbZyme
- b. Micro-Gone
- c. ParaKill

If airborne/environmental sensitivity is present add:

- a. AirMaxx
 - b. N-AcetylCysteine
-
-
-

ALOPECIA

1. Possible Causes and Contributing Factors

- a. Juvenile alopecia is usually caused by antibiotics
- b. Thyroid/Endocrine dysfunction

2. Core Supplemental Support:

- a. Frontier Biotics
- b. Super B Complete
- c. Iodine Plus

3. Herbal Support:

- a. Endocrine
- b. Beauty Complete

4. Additional Considerations:

- a. EZ Iron
- b. Frontier Flax

ALZHEIMER'S DISEASE

Alzheimer's disease is a brain disorder that generally occurs later in life. Individuals with Alzheimer's disease develop progressive loss of memory and gradually lose the ability to function and to take care of themselves

1. Possible Causes and Contributing Factors:

- a. Heavy metals
- b. Vitamin B-12, Folic Acid and/or B1 deficiency
- c. Immune dysfunction
- d. Zinc deficiency
- e. Reduced blood supply to the brain (carotid artery blockage, low blood pressure, cardiac insufficiency, etc.)
- f. Exposure to industrial chemicals, pesticides, etc.
- g. Free radicals

2. Suggested Dietary Changes:

- a. Experiment by eliminating gluten and dairy for a few weeks
- b. Avoid exposure to automobile and industrial fumes, tobacco smoke, aluminum cooking utensils, under arm deodorant and cosmetics
- c. Use only pure water for cooking and drinking

3. Core Supplemental Support:

- a. Begin with detox using Frontier Cleanse + Pro Lean Greens + LivComplete if toxicity problem is suspected
- b. Brain Boost 6 daily
- c. Omega 3D 2 each meal
- d. Super B Complete 2-4 times daily, and Net-0 KETO
- e. EnerCoQ10

4. Herbal Support:

- a. CircuCare as directed
- b. Liver/Gallbladder as directed

5. Additional Considerations:

- a. Pro Purples 2 servings daily
- b. Super B Complete 2 daily
- c. DHEA – important hormone for cognitive function
- d. Pregnenolone: helps raise brain levels of acetylcholine, the neurotransmitter needed for thought processes that is typically low in Alzheimers patients.
- e. Turmeric Plus - shown to slow progression

ANEMIA

1. Possible Causes and Contributing Factors:

- a. Poor diet
- b. Low stomach acid
- c. Inability to absorb Folic acid/B12
- d. Parasites
- e. Heavy menstruation
- f. Medication
- g. Food allergies

2. Dietary Suggestions:

- a. Include in diet: apples, apricots, bananas, broccoli, egg yolks, kelp, leafy greens, parsley, peas, plums, prunes, purple grapes, raisins, rice bran, whole grains
- b. AVOID soda, dairy, coffee, black tea as these are iron blockers

3. Core Supplemental Support:

- a. EZ Iron
- b. BetaZyme
- c. ParaKill (if parasites are suspected)
- d. Methyl B12 Spray

ANGINA

Chest pain due to reduced blood flow to the heart is known as angina or angina pectoris. Hardening of the coronary arteries (atherosclerosis) that supply the heart with blood is usually a contributing factor to this health issue

Three types of Angina exist, they are as follows:

STABLE ANGINA: This type of chest pain (Angina) occurs during exercise and is usually quite predictable. This kind of Angina is usually associated with atherosclerosis.

VARIANT ANGINA: This kind of chest pain (Angina) may occur during rest or exercise. The primary cause of this is mainly because of a sudden coronary artery spasm.

UNSTABLE ANGINA. This is the most serious of the three types of Angina. This type generally occurs with little to no predictability and can rapidly move towards a heart attack.

1. Possible Causes and Contributing Factors:

- a. Atherosclerosis
- b. Coronary insufficiency
- c. Oxygen deficiency (lung disease)
- d. Hypothyroidism
- e. Hypoglycemia

2. Core Supplemental Support:

- a. Power Fuel 2 servings daily
- b. EnerCoQ10 1-2 daily
- c. Nattokin Plus (monitor if taking blood thinners)
- d. CircuCORE

3. Herbal Support:

- a. CircuCare as directed

4. Additional Considerations:

- a. Cardio Stack
- b. Omega 3D 2 each meal
- c. Seven Flowers BP
- d. Essential E-400 2 daily

ANOREXIA NERVOSA BULIMIA

1. Possible Causes and Contributing Factors

- a. Psychological stress
- b. Zinc deficiency

2. Core Supplemental Support:

- a. Men's/Women's Complete 2 caps 2x daily – basic support
 - b. Super Zinc 50
 - c. Super B Complete 2-4 caps daily to help balance mood
 - d. The Best Whey **OR** Super Shake 2 servings daily
-
-
-

ANXIETY / NERVOUSNESS / PHOBIAS

Anxiety describes any feeling of worry or dread, usually about potential events that might happen. Some anxiety about stressful events is normal. However, in some people, anxiety interferes with the ability to function. Severe anxiety usually lasts more than six months, though it may not be a problem every day.

1. Possible Causes and Contributing Factors:

- a. Reactive hypoglycemia
- b. B Complex deficiency
- c. Calcium/Magnesium deficiency
- d. Psychological stress
- e. Food allergy/sensitivity
- f. Adrenal and/or thyroid disorders
- g. Environmental toxins

2. Core Supplemental Support:

- a. Calm Day
- b. Full Spectrum Hemp Extract
- c. Super B Complete
- d. Mag Complete 300

3. Herbal Support:

- a. Adrenal as directed
- b. Relaxation & Sleep as directed

4. Additional Considerations:

- a. Consider Iodine Plus
 - b. Control - mood, stress & sleep
 - c. Frontier Minerals
 - d. Mood Lift
 - e. Omega 3D
 - f. Pregnenolone: Several studies, including two at the University of California, San Francisco, show that pregnenolone can help relieve depression and anxiety.
-
-

ARRYTHMIA

1. Possible Causes and Contributing Factors:

- a. Thiamine, Copper or Magnesium deficiency
- b. Cardiac damage

2. Suggested Dietary Changes:

- a. Eat all kinds of dark green vegetables and fruits (also consider adding Pro Reds and/or Pro Lean Greens to the diet)

3. Core Supplemental Support:

- a. Power Fuel 2 servings daily
- b. Cardio Stack
- c. Mag Complete 300
- d. Frontier Minerals 4 daily

4. Additional Considerations:

- a. Ener CoQ10 1-2 daily
- b. Men's Compelte or 20/20 1-2 daily
- c. Omega 3D 1-2 daily

ARTHRITIS (Osteo) Joint Pain Associated with Arthritis

Osteoarthritis is commonly known as the arthritic disease that tends to develop when the linings of joints no longer maintain their normal structure, which leads to pain and decreased mobility. It has been known by many as "wear and tear arthritis."

1. Possible Causes and Contributing Factors:

- a. Diet high in refined carbohydrates, alcohol, caffeine
- b. Thyroid and/or parathyroid dysfunction
- c. Excessive use of antacids

2. Suggested Dietary Changes:

- a. Avoid calcium carbonate supplements and antacids
- b. Water Cure
- c. Try vegetable juice fasting if pain is severe

3. Herbal Support:

- a. Endocrine as directed
- b. Adrenal as directed

4. Additional Considerations:

- a. HA Plus
- b. X Flame
- c. SPM
- d. BetaZyme
- e. Omega 3D
- f. Pregnenolone: Some scientists believe it can relieve joint pain as well as rheumatoid arthritis and gout, even when conventional therapies may not help.

ARTHRITIS (Rheumatoid)

Rheumatoid arthritis (RA) is a chronic inflammatory condition; it is said to be an "autoimmune" disease, in which the immune system attacks the joints and sometimes other parts of the body. Natural practitioners will realize that the body does not just attack itself. There is a trigger that the immune system is reacting to (most often a food).

1. Possible Causes and Contributing Factors:

- a. Virus
- b. Yeast
- c. Parasites (bowel or systemic amoebic)
- d. Food/environmental sensitivity resulting in inflammation (very common)
- e. Low stomach acid resulting in antigen protein absorption and digestive inflammation (leaky gut)
- f. Heavy metal body burden

2. Suggested Dietary Changes:

- a. Experiment by eliminating all dairy and gluten and check for other food allergies

3. Core Supplemental Support:

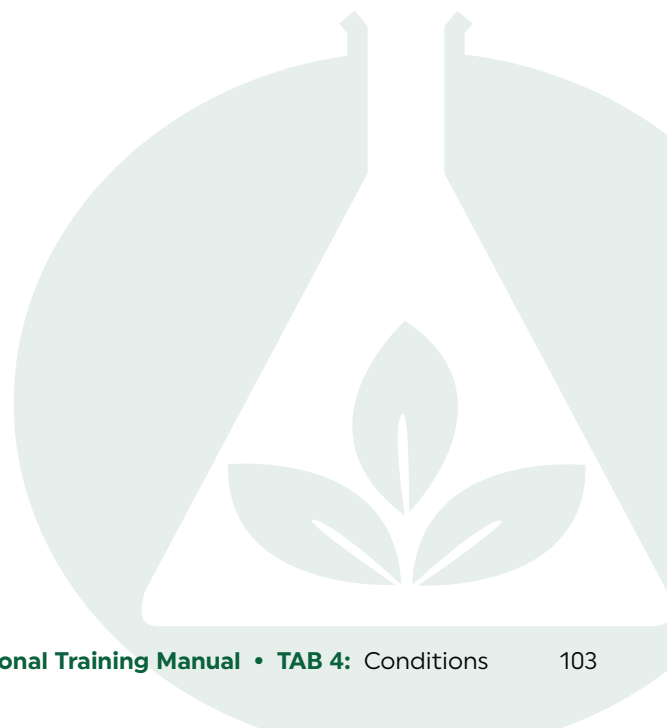
- a. Strongly consider GI restoration program (ProbZyme, Super Biotics, GI Complete)
- b. BetaZyme 1 per meal
- c. Omega 3D 2 each meal
- d. EnerDMG 2 daily
- e. Full Spectrum Hemp Extract
- f. X-Flame or Inflamm

4. Herbal Support:

- a. Micro-Gone as directed
- b. Lymphatic as directed
- c. Liver/Gallbladder as directed
- d. Adrenal as directed

5. Additional Considerations:

- a. HA Plus and/or Green Lipped Mussel – to repair damage
- b. Super Cal Plus
- c. Pregnenolone: Some scientists believe it can relieve joint pain as well as rheumatoid arthritis and gout, even when conventional therapies may not help.
- d. SPM



ASTHMA

Asthma is a respiratory disorder in which spasms of the bronchial passages restrict the flow of air in and out of the lungs.

1. Possible Causes and Contributing Factors:

- a. Intestinal parasites
- b. Low stomach acid
- c. Heavy metal body burden
- d. Food/environmental sensitivity
- e. Adrenal cortical hypo-function
- f. Adrenal cortical hyper-function

NOTE: Critical for the adrenals to work properly in order to breathe adequately (adrenals control the sphincter muscles at each of the openings of the alveoli – alveoli are small air bags inside the lungs where the exchange of oxygen and carbon dioxide take place)

2. Suggested Dietary Changes:

- a. Eliminate all dairy
- b. Water Cure

3. Core Supplemental Support:

- a. AirMaxx - as directed
- b. NAC 4 daily to help liquefy mucus in the bronchial tubes and sinuses
- c. BetaZyme 1 each meal – low stomach acid levels have been found in people with asthma
- d. AdrenaMax 1 per meal
- e. Buffered C Plus 1000 mg daily

4. Herbal Support:

- a. Adrenal as directed
- b. Immune as directed
- c. Lymphatic as directed
- d. Micro-Gone as directed
- e. Liver/Gallbladder as directed

5. Additional Considerations:

- a. Pro Reds and/or Pro Oranges and/or 20/20 – antioxidants help decrease inflammatory response
- b. Super B Complete 2-4 daily
- c. EnerDMG 2 daily
- d. Mag Complete 300 relaxes bronchial tubes and improves lung function

ATHEROSCLEROSIS / ARTERIOSCLEROSIS

Atherosclerosis is commonly known as the hardening of the arteries, which is a very common disease of the major blood vessels. Oftentimes, it's described by fatty streaks along the vessel walls, along with deposits of cholesterol and calcium. The hardening of arteries that supply the heart muscle, is known as coronary artery disease. Atherosclerosis of the arteries, which supply the legs with life sustaining blood, then causes a condition known as intermittent claudification

1. Possible Causes and Contributing Factors:

- a. Genetic pre-disposition
- b. Diet high in refined carbohydrates, alcohol, red meat
- c. Endocrine dysfunction (thyroid hypo-function most common)
- d. Diabetes or carbohydrate sensitivity resulting in dysinsulinism
- e. Homocysteine (need for B6, B12, betaine or folic acid)
- f. Milk may be a predominant factor

2. Core Supplemental Support:

- a. Nattokin Plus
- b. EnerCoQ10 1-2 daily
- c. Omega 3D 2 each meal
- d. Buffered C Plus - Vitamin C very important
- e. Super K2 Plus

3. Herbal Support:

- a. CircuCore as directed
- b. Liver/Gallbladder as directed

4. Additional Considerations:

- a. Men's/Women's Complete, 4 caps 2x daily
 - b. Iodine Plus
 - c. EnerDMG 2 daily
 - d. Full Spectrum Hemp Extract
 - e. SPM 2-4 daily
-
-
-

ATHLETE'S FOOT

A number of contagious different parasitic fungi that infect the skin and nails of the toes. This results in the condition known as athlete's foot. The most common symptoms of Athlete's Feet are itching, blistering, cracking, and scaling of the skin in the affected areas, which are usually around the feet area and sometimes in the hands.

1. Possible Causes and Contributing Factors:

- a. Lack of beneficial gut bacteria
- b. Poor digestion/elimination
- c. Depressed immune system (diabetes)
- d. High sugar diet

2. Suggested Dietary Changes:

- a. Avoid sugars (including fruit for a while)

3. Core Supplemental Support:

- a. CandiKill 4 with breakfast
 - b. SBC 3 at night
 - c. ProbZyme 1-2 each meal
 - d. ImmunoMax 1 each meal
-
-

Also see **Candida**

ATTENTION DEFICIT DISORDER

Attention deficit–hyperactivity disorder (ADD or ADHD) is defined as age inappropriate impulsiveness, lack of concentration, and sometimes excessive physical activity. ADD has been associated with learning difficulties and lack of social skills. The main neuroleptic (mind altering) prescription drug treatment for ADD, Ritalin (methylphenidate), is similar to amphetamine drugs.

1. Possible Causes and Contributing Factors:

- a. Birth trauma
- b. Heavy metal body burden
- c. Intestinal parasites
- d. Malnutrition/Excess sugar consumption
- e. Iron, B6, or magnesium deficiency
- f. Food/environmental sensitivities (dairy #1)
- g. Carbohydrate sensitivity with resulting dysinsulinism
- h. Brain virus
- i. Endocrine hypo or hyper-function

2. Core Supplemental Support:

- a. Calm Day
- b. Super B Complete
- c. NeuroMax as directed
- d. Frontier Multivitamin
- e. Omega 3D
- f. Full Spectrum Hemp Extract Oil

3. Herbal Support:

- a. Liver/Gallbladder as directed

4. Additional Considerations:

- a. Mag Complete 300 to help relax nervous system
- b. EnerDMG 1-2 daily
- c. Super Zinc 50 or Zinc Lozenges – deficiency can contribute to ADHD symptoms

AUTISM

1. Suggested Dietary Changes:

- a. Eliminate dairy and wheat and of course all junk food
- b. Consider candida diet and protocol

2. Core Supplemental Support:

- a. NeuroMax as directed
- b. ProbZyme 1 each meal
- c. Frontier Biotics or Super Biotics
- d. EnerDMG 2 daily

3. Herbal Support:

- a. Liver/Gallbladder as directed

4. Additional Considerations:

- a. Omega 3D 1-2 each meal
- b. Pro Reds and/or Pro Lean Greens
- c. Full Spectrum Hemp Extract

BAKER'S CYST

1. Possible Causes and Contributing Factors:

- a. Arthritis
- b. Torn Cartilage/Injury
- c. Tight muscles in leg

2. Core Supplemental Support:

- a. ReLAXX 6 Per Day
- b. X-Flame or Inflamm
- c. HA Plus

Consider Trigger Point Muscle Therapy

BELL'S PALSY

1. Possible Causes and Contributing Factors:

- a. Viral infection of the facial nerve
- b. Trauma
- c. Inflammation and swelling of the facial nerve, or of the cranial nerves

2. Core Supplemental Support:

- a. ImmunoMax 1-2 each meal
- b. Men's/Women's Complete 4 caps daily
- c. Omega 3D
- d. Re-LAXX
- e. Frontier Minerals

3. Herbal Support:

- a. Micro-Gone as directed
 - b. EnerDMG 500 mg - 1000 mg daily
-
-
-

Trigger Point Muscle Therapy

BIPOLAR – See Depression

BLADDER INFECTION

Urinary tract infections or bladder infections are infections of the kidney, bladder, and urethra. They are generally triggered by bacteria, which tend to be more common with partial blockage of the urinary tract

1. Possible Causes and Contributing Factors:

- a. Possibly allergies or yeast
- b. Poor diet
- c. Hormonal imbalance

2. Suggested Dietary Changes:

- a. No coffee, caffeine, sugar, alcohol, chocolate, soda, refined or processed foods, citrus or pepper – chemicals on food, drugs & impure water have an adverse effect on the bladder
- b. Perform 1-3 day cleansing fast
- c. Plenty of fluids – 8 ounces steam distilled water every hour

3. Core Supplemental Support:

- a. UT Cleanse as directed
- b. SBC 2-4 daily
- c. Buffered C Plus 3 daily

4. Herbal Support:

- a. Micro-Gone as directed
- b. Immune as directed
- c. Kidney & Bladder as directed

BLOATING / FLATULENCE

1. Possible Causes and Contributing Factors:

- a. Biliary stasis/insufficiency
- b. Low stomach acid
- c. Pancreatic insufficiency
- d. Bacterial imbalance of colon
- e. Food sensitivity

2. Suggested Dietary Changes:

- a. If food sensitivity is suspected, eliminate all dairy and gluten

3. Core Supplemental Support:

- a. BetaZyme 1-2 per meal
- b. LivComplete
- c. Frontier Fiber and/or Frontier Cleanse as directed
- d. Frontier Biotics as directed
- e. ProbZyme 1 per meal

4. Herbal Support:

- a. Liver/Gallbladder as directed
 - b. Micro Gone
-
-

BLOOD CLOTS

1. Suggested Dietary Changes:

- a. Plenty of garlic, ginger, onions – use garlic on regular basis
- b. Use cod liver oil, fish for omega-3's
- c. Avoid all sugar

2. Core Supplemental Support:

- a. Nattokin Plus (monitor if taking blood thinners)
- b. Omega 3D 2 each meal or Krill Oil
- c. Essential E 2 daily
- d. Super K2 Plus

3. Herbal Support:

- a. CircuCare as directed
-
-

4. Additional Considerations:

- a. SPM 2-4 daily

BLOOD PRESSURE DECREASED

1. Pre-Disposing Factors:

- a. Endocrine hypo-function (adrenal, thyroid, anterior pituitary)
- b. Thiamine deficiency
- c. Allergy/sensitivity
- d. Genetic pre-disposition
- e. Iron anemia

2. Core Supplemental Support:

- a. AdrenaMax - 2 breakfast, 2 lunch
- b. Super B Complete - 1 per meal
- c. DHEA Spray

3. Herbal Support:

- a. Adrenal
- b. Endocrine

BLOOD PRESSURE ELEVATED

The pressure exerted by blood upon the walls of the arteries, depending upon the force of the heartbeat, the elasticity of the vessel walls, the resistance of the capillary network and the volume and viscosity of the blood.

1. Possible Causes and Contributing Factors:

- a. Endocrine hyper-function (adrenal secondary to anterior pituitary)
- b. Obesity and/or lack of exercise
- c. Elevated blood lipids and increased cortisol levels
- d. Renal dysfunction - need more water
- e. Liver/portal congestion
- f. Stress (physiological or psychological)
- g. Diabetes (Type II)
- h. Mis-aligned vertebrae
- i. Mineral deficiency
- j. Hardening of arteries

2. Core Supplemental Support:

- a. Seven Flowers BP 2 each meal
- b. Cardio Stack
- c. CircuCORE
- d. Mag Complete 300 1 per meal
- e. Power Fuel

3. Herbal Support:

- a. CircuCare as directed
- b. Liver/Gallbladder as directed

4. Additional Considerations:

- a. EnerCoQ10 1 daily
 - b. Essential E-400 2 daily
 - c. Frontier Minerals 3-4 daily
 - d. Omega 3D 2 each meal
 - e. Active B12 Folate
-
-
-

BLOOD SHOT EYES

- Super B Complete (vasodilator vitamins)

BODY ODOR

- Mag Complete 300
- Pro Lean Greens + LivComplete

5. Additional Considerations:

- a. Infrared Sauna

BOILS / FOLLICULITIS / CARBUNCLES

A pus making skin infection in a gland or hair gland, marked by pain, redness and swelling.

1. Possible Causes and Contributing Factors:

- a. Infection/impaired immune system
- b. Poor diet and food sensitivities
- c. Improper drainage of tissues
- d. Poor personal hygiene

2. Suggested Dietary Changes:

- a. Insure pure water intake – consider detox diet

3. Core Supplemental Support:

- a. Pro Lean Greens 2 servings daily
- b. LivComplete 2 breakfast, 2 dinner

4. Herbal Support:

- a. Lymphatic as directed
- b. Immune as directed

5. Additional Considerations:

- a. Buffered C Plus 3 daily – supports immune function and reduces inflammation
 - b. Super Zinc-50 – supports immune function and promotes skin healing
-
-
-

BONE HEALING (Fractures)

1. Possible Causes and Contributing Factors:

- a. Trauma
- b. Osteoporosis

2. Core Supplemental Support:

- a. Super Cal Plus 4-6 daily
- b. Super K2 Plus
- c. HA Plus 4 daily
- d. Omega 3D 2 each meal
- e. Frontier Multi OR Men's/Women's Complete

BONE SPURS

1. Possible Causes and Contributing Factors:

- a. Thyroid and adrenal hypo-function
- b. Mineral insufficiency (primary) or secondary to digestive dysfunction
- c. Ligament weakness (heal spurs)

2. Core Supplemental Support:

- a. BetaZyme
- b. Super K 2 Plus
- c. Omega 3D 1-2 each meal
- d. HA Plus
- e. Frontier Minerals

BOWEL DYSFUNCTION

1. Possible Causes and Contributing Factors:

- a. Psychological stress
- b. Food allergy/sensitivity (especially dairy, gluten, citrus, shell fish, tobacco, red peppers, tomatoes, potatoes, eggplant, gelatin)
- c. Infection
- d. Parasites
- e. Bowel inflammation and bacterial imbalance (primary or secondary to HCL insufficiency and biliary/pancreatic insufficiency)

2. Suggested Dietary Changes:

- a. Drink 10 full glasses of pure water daily
- b. Increase fresh vegetables, however, avoid lettuce and foods in the cabbage family (broccoli, Brussels sprouts, cabbage, collard greens, kale) until the flatulence and diarrhea are under control
- c. Experiment by eliminating dairy and gluten

3. Core Supplemental Support:

- a. ProbZyme or BetaZyme
- b. Frontier Cleanse 4 capsules 1 hour after dinner
- c. GI Complete 2 servings daily
- d. IgG 2 servings daily
- d. Super Biotics 1-2 daily

4. Herbal Support:

- a. Micro-Gone as directed
- b. Liver/Gallbladder as directed

5. Additional Considerations:

- a. ParaKill

BRADYCARDIA

1. Possible Causes and Contributing Factors:

- a. Endocrine hypo-function
- b. Food allergy/sensitivity
- c. Thiamine deficiency
- d. Genetic pre-disposition
- e. Normal finding for an aerobic athlete

2. Core Supplemental Support:

- a. Power Fuel
- b. AdrenaMax
- c. Super B Complete

3. Herbal Support:

- a. Endocrine
- b. Adrenal

5. Additional Considerations:

- a. EnerCoQ10 1-2 chews daily
- b. ThyroComplete

BRONCHITIS

Bronchitis is commonly known as an inflammation of the trachea and the bronchial tree (acute or chronic). Acute bronchitis may be caused by viral or bacterial infections. These are the main causes; however, environmental conditions, such as pollutions, fumes, solvents, etc. also contribute to this health issue. This type of bronchitis is often preceded by an upper respiratory tract infection.

The second type of bronchitis is known as chronic bronchitis. This ailment may result from prolonged exposure to irritants to the bronchial. Among these are the following: cigarette smoking (second hand smoke is just as harmful), environmental toxins and poisonous fumes, etc. The cells lining the bronchi produce excess mucus in response to the chronic irritation. This lifestyle can lead to many other health issues.

1. Possible Causes and Contributing Factors:

- a. Acute – food or environmental allergens causing excess mucus
- b. In the chronic phase, iodine deficiency should be considered
- c. In the chronic phase, food and environmental sensitivity should be considered
- d. In the acute phase, the problem generally develops after a cold or flu. If fever is present or mucous production is significant, a bacterial infection is probable, with need for anti-biotics ruled out
- e. Diet high in refined carbohydrates and processed foods
- f. Fatigue with subsequent adrenal dysfunction

2. Suggested Dietary Changes:

- a. 8 full glasses of pure water daily
- b. Eliminate mucous producing foods such as dairy, gluten, gelatin

3. Core Supplemental Support:

- a. ImmunoMax 3 each meal
- b. NAC 4 daily – reduces the viscosity of phlegm so it is easier to expectorate
- c. Airmaxx
- d. Buffered C Plus 3 daily
- e. EnerCoQ10 1-2 chews daily – improves circulation and breathing

4. Herbal Support:

- a. Lymphatic as directed
- b. Immune as directed
- c. Adrenal as directed

5. Additional Considerations:

- a. Iodine Plus
- b. AdrenaMax 1 per meal
- c. SPM

BRUXISM (Grinding of Teeth)

1. Pre-Disposing Factors:

- a. Parasites
- b. Calcium and/or Magnesium deficiency
- c. Primary mis-alignment of the jaw or mis-aligned secondary to TMJ dysfunction
- d. Psychological stress
- e. Diet high in refined or processed foods
- f. Food or environmental sensitivity

2. Core Supplemental Support:

- a. ParaKill 3 tablets twice daily on empty stomach
- b. Frontier Minerals 2 caps twice daily
- c. Mag Complete 300
- d. Micro-Gone Tincture

BRUISES

This is a condition when the smallest blood vessels, capillaries, become weak or are damaged by an outside force. When they break they form bruises. These are wounds to the skin common in childhood...a bruise results from forceful pressure against some object, where the skin is not broken so the blood rushes to the damaged tissue beneath the surface.

1. Possible Causes and Contributing Factors:

- a. Vitamin C & K deficiency
- b. Alcoholism
- c. Antacids
- d. Diabetes
- e. Blood thinning drugs

2. Core Supplemental Support:

- a. Airmaxx
- b. Buffered C Plus
- c. Essential E-400 2 daily
- d. Pro Reds 1-2 servings daily
- e. CircuCore

BURNING FEET

1. Possible Causes and Contributing Factors:

- a. Portal congestion
- b. Liver/biliary dysfunction
- c. Fat soluble vitamin deficiency
- d. With foot odor, magnesium insufficiency

3. Herbal Support:

- a. Liver/Gallbladder as directed
-
-
-

2. Core Supplemental Support:

- a. Detox using Frontier Cleanse + Livcomplete + Pro Lean Greens
- b. Omega 3D 1-2 each meal
- c. BetaZyme
- d. Mag Complete 300

BURSITIS / TENDONITIS

A swelling of the bursa, the connective tissue structure surrounding a joint.

1. Possible Causes and Contributing Factors:

- a. Injury
- b. Bone spurs
- c. Tissue alkalinity
- d. Inflammation

3. Additional Considerations:

- a. Omega 3D 2 each meal
 - b. SPM
 - c. Frontier Multi
 - d. Super Cal Plus 4 daily
-
-

2. Core Supplemental Support:

- a. X-Flame or Inflamm
- b. HA Plus 4 daily
- c. Green Lipped Mussel

CANCER

1. Dietary Suggestions:

a. Strict vegetarian diet (see Gerson therapy www.gerson.org)

Sample Menu:

Breakfast

- 1 glass orange juice (8 oz.) – (fresh)
- Large portion oatmeal with choice of fruit sauce
- Organic 100 percent rye bread, unsalted and fat-free, toasted and spread honey if desired

Lunch

- Plate of salad
- **1 glass of warm special soup (8 oz.)
- 1 glass apple/carrot juice
- Baked potato or other (broiled in jacket, potato salad, casserole, etc.) with yogurt dressing, when permitted
- Freshly cooked vegetables
- Dessert: raw or stewed fruit

Dinner

- Same as lunch. Vary meals by using different vegetables, different methods of preparing potatoes, and other kinds of salads
- Organic brown rice may be used once a week
- Organic sweet potatoes may be used once a week in the place of potatoes

“Hippocrates” Soup

This special soup is extremely important. Try to have it at lunch and dinner. The following vegetables should be used, thoroughly washed, not peeled, cut into cubes, covered with water, and cooked for 1 ½ to 2 hours. Put through a food mill and allow only the fibers and peels to remain. Allow soup to cool before storing in the refrigerator. Make only enough for about two days.

Ingredients:

1 medium celery knob (root), 2 medium onions (if not in season substitute a little parsley only and 3-4 stalks of branch celery), 1 ½ lbs. tomatoes, 1 lb. potatoes, 1 medium parsley root, 2 small leeks (can substitute 2 medium onions if not available), several cloves of garlic.

Begin to drink LOTS of fresh, organic juice

(NOTE: Not all juicers are created equal. In order to benefit fully from juicing, you must use a masticating juicer. A liquefier or centrifugal juicer will kill the enzymes needed in the juice and you will lose the benefits.) The Champion Juicer is affordable and recommended.

Apple & Carrot juice

- Use apples & carrots in approximately equal proportions
- Wash apples; do not peel – cut and remove core
- Wash carrots; use a brush but do not peel or scrape
- Apple/carrot juice may be kept for 2-3 hours in a thermos

Green Leaf Juice

Obtain as many of the items mentioned below as possible. During certain seasons, only two or three may be available. Do not substitute items not on the green leaf juice materials list.

Escarole, Endive, Romaine, Green Pepper, Lettuce, Red Lettuce, Beet Tops (young inner leaves), Watercress, Swiss Chard, Red Cabbage (2-3 leaves)

- Add 1 medium apple per glass when juicing – drink immediately

2. Core Supplemental Support: (in no particular order)

- a. EnerDMG 3-4 chews by 3pm
- b. Immunomax 6 Per Day
- c. LivComplete 6 Per Day
- d. D3/K2 Complete 2 daily
- e. CybZyme if Tumors
- f. ParaKill
- g. EstroCleanse (especially breast)
- h. Pro Reds – unlimited
- i. Pro Lean Greens – unlimited
- j. Iodine Plus 1-2 daily
- k. Omega 3D 6 or more daily
- l. Men's/Women's Complete 4 daily
- m. Lymphatic + Immune herbal tinctures
- n. Turmeric Plus

CANDIDA

Candida albicans is a type of pathogenic yeast-like imperfect fungi. Historically speaking, the leading cause of yeast infections would be improper diet. *Candida albicans* mainly thrive on sugar and other refined or processed foods. Thus, by removing their primary food source, the over-growth of these fungi tend to be lessened.

1. Dietary Suggestions:

- a. Avoid all sources of sugar – cake, pie, ice cream, cookies, vinegar, alcohol, honey, fruit and fruit juice

2. Core Supplemental Support:

- a. CandiKill 4 with breakfast
- b. SBC for 1 month then Super Biotics 3 after dinner

3. Herbal Support:

- a. Liver Gallbladder Tincture
- b. Micro-Gone as directed
- c. Immune Tincture

4. Additional Considerations:

- a. ParaKill 3 daily

If candida fails to clear, check for mercury toxicity

CANKER SORES (Herpes Simplex)

Ulceration, chiefly of the mouth and lips.

1. Possible Causes and Contributing Factors:

- a. Food sensitivity that will often exacerbate the virus. Citrus, dairy, shell fish, gluten, night shades are most common
- b. Low stomach acid or bacterial imbalance in colon
- c. Psychological stress
- d. Biliary insufficiency or biliary stasis
- e. Iodine deficiency
- f. Calcium or magnesium deficiency
- g. Adrenal cortical hyper-function
- h. B Vitamin deficiency

2. Suggested Dietary Changes:

- a. No meat of any kind for 2 weeks (increases the body's acidity which slows healing)

3. Core Supplemental Support:

- a. L-Lysine 6 per day
- b. ImmunoMax 6 per day
- c. Buffered C Plus 6 per day
- d. EnerDMG 500 mg - 1000 mg

4. Herbal Support:

- a. Micro-Gone as directed
- b. Immune as directed

5. Additional Considerations:

- a. ProbZyme and/or BetaZyme 1 each meal
- b. LivComplete 1 each meal
- c. Iodine Plus 1 daily
- d. Super Cal Plus 2-4 daily

CAPILLARY FRAGILITY / VARICOSE VEINS

1. Possible Causes and Contributing Factors:

- a. Portal/liver congestion
- b. Occupational (standing or sitting for long periods)
- c. Increased blood viscosity (too thick)
- d. Anemia
- e. Hormonal imbalance
- f. Vitamin C/bioflavonoid deficiency

2. Core Supplemental Support:

- a. CircuCare Tincture 2 full droppers before breakfast and dinner
- b. Airmaxx 2 each meal
- c. CircuCORE
- d. Buffered C Plus 3 daily
- e. Pro Reds 1-2 servings daily

3. Herbal Support:

- a. Liver/Gallbladder as directed

4. Additional Considerations:

- a. Omega 3D 1-2 each meal
 - b. Nattokin Plus
 - c. EstroCleanse
 - d. LivComplete
-
-
-

CARBOHYDRATE SENSITIVITY / SYNDROME X

1. Possible Causes and Contributing Factors:

- a. Often excess carbohydrate ingestion
- b. Candida or fungal infection
- c. Adrenal hypo-function
- d. Digestive dysfunction
- e. Thiamine, magnesium or potassium deficiency, generally seen as complete fatigue after eating a meal containing carbohydrates
- f. Reactive hypoglycemia

2. Core Supplemental Support:

- a. Adrenal Glandular Plus as directed
- b. The Best Whey, Super Shake or Net-0 KETO 1-3 servings daily
- c. Glucolyze 2 capsules twice daily
- d. ProbZyme 1 each meal
- e. Thermogenesis Complete and Nutraglutide twice daily with meals
- f. Berberine + as directed

3. Herbal Support:

- a. Endocrine as directed
 - b. Adrenal as directed
-
-
-

CARDIOVASCULAR DISEASE

Enzyme deficiency may result in "sticky" blood leading to blood clots, sticky blood may also lead to excessive fibrin – Dr. Hallquist

1. Suggested Dietary Changes:

- a. Endocrine hyper-function (adrenal secondary to anterior pituitary)
- b. Obesity and/or lack of exercise
- c. Elevated blood lipids and increased cortisol levels
- d. Renal dysfunction - need more water
- e. Liver/portal congestion
- f. Stress (physiological or psychological)
- g. Diabetes (Type II)
- h. Mis-aligned vertebrae
- i. Mineral deficiency
- j. Hardening of arteries

3. Herbal Support:

- a. CircuCare as directed
- b. Liver/Gallbladder as directed

2. Core Supplemental Support:

- a. Cardio Stack
- b. Seven Flowers BP 2 each meal
- c. CircuCORE
- d. Mag Complete 300
- e. EnerCoQ10 3 daily
- f. Power Fuel
- g. Mega K2 Plus

4. Additional Considerations:

- b. Essential E-400 2 daily
- c. Frontier Minerals 3-4 daily
- d. Omega 3D 2 each meal
- e. Active B12 Folate
- f. Nattokin Plus
- g. Full Spectrum Hemp Extract

CATARACTS

Cataracts are the condition of the eyes when damage to the protein of the lens become cloudy and vision is impaired.

1. Possible Causes and Contributing Factors:

- a. Exposure to ultraviolet/infrared light
- b. Poor light
- c. Lack of antioxidants
- d. Mineral deficiency
- e. Poor digestion
- f. Smoking
- g. Radiation
- h. Heavy metals
- i. Steroids
- j. Medications
- k. Diabetes
- l. Down's syndrome

2. Suggested Dietary Changes:

- a. Avoid fried foods, hydrogenated fats, charred meats, dairy
- b. Eat apples, blueberries, coconuts, beets, broccoli, cabbage, carrots, onions, turnips, romaine lettuce –strengthen weak eyes – build diet around deeply colored fruits & vegetables

3. Core Supplemental Support:

- a. 20/20 capsules
- b. Omega 3D
- c. Men's/Women's Complete
- d. Pro Reds OR Pro Purples 1-2 servings daily

4. Herbal Support:

- a. 20/20 Tincture
- b. Lymphatic Tincture as directed

CELIAC PROBLEMS

Celiac disease is also known as the gluten-induced disease. This is an intestinal disorder that results from intolerance to gluten, which is a protein commonly found in many grains: wheat, oats, barley and rye. Many believe that celiac disease actually developed when an infant. The generally accepted cause for this disorder amongst the masses is the ingestion of gluten containing grains. This is not necessarily the cause, rather it is most likely the effects of a cause. The health and vitality of the intestinal tract must have assistance. Dairy has also been known to help trigger symptoms of this disorder.

1. Suggested Dietary Changes:

- a. Avoid gluten, sugary products, processed foods, dairy, chocolate, bottled salad dressing, hot dogs, gravies, luncheon meat, beer, mustard, catsup, non-dairy creamer, white vinegar, curry powder or seasonings
- b. Eat fresh vegetables, legumes (lentils, peas, beans), rice bran, nuts, sunflower seeds, raisins, figs and black "seedy" fruits such as strawberries, raspberries, blackberries – use blackstrap molasses (B vitamins , Iron)
- c. Read labels for hidden gluten – caramel, gum, hydrolyzed plant protein (HPP), hydrolyzed vegetable protein (HVP), malt, maltodextrin, modified food starch, mono-& diglycerides, natural flavoring, soy sauce, textured vegetable protein (TVP), vinegar

2. Core Supplemental Support:

- a. GI Complete 1-2 servings daily
- b. IgG 1-2 servings daily
- d. CybZyme OR ProbZyme each meal
- c. Frontier Cleanse 4-8 daily
- d. Super Biotics

3. Herbal Support:

- a. Micro-Gone as directed

4. Additional Considerations:

- a. ParaKill
- b. Frontier Multi OR Men's/Women's Complete
- c. Omega 3D 1 each meal

"Is Candida albicans a trigger in the onset of celiac disease?"

This interesting study compares a specific amino acid sequence found in Candida cell wall protein to a gliadin amino acid sequence that triggers the immune response in celiac disease. The researchers found that the sequences are "identical or highly homologous to known celiac disease-related alpha-gliadin and gamma-gliadin T-cell epitopes," and **PROPOSE THAT CANDIDA IS THE TRIGGER FOR CELIAC DISEASE.**

Lancet. 2003 Jun 21; 361(9375):2152-4.

To clarify, this research shows that a protein found in the cell wall of Candida is very similar to gluten. As a result, the immune system can confuse gluten found in grains for the cell wall of the Candida and then mount a response against the gluten! The immune cell bound gluten then damages the small intestinal wall as in Celiac Disease!

CHILDHOOD DISEASES

(Measles, Mumps, Chicken Pox)

1. Possible Causes and Contributing Factors:

- a. Viral infection
- b. Psychological stress resulting in lowered resistance
- c. Malnutrition resulting in lowered resistance

2. Suggested Dietary Changes::

- a. Increase fluid intake (avoid citrus). Use only pure water
- b. Avoid refined carbohydrates, processed foods, caffeine
- c. Until problem clears, avoid mucous producing foods such as dairy, gluten, gelatin
- d. Increase raw foods, vegetable juice and quality proteins

3. Core Supplemental Support:

- a. ImmunoMax chewables
- b. ProbZyme
- c. Cherry Chews or Buffered C Plus
- d. Super K2 Plus

4. Herbal Support:

- a. Micro-Gone as directed
- b. Immune as directed
- c. Lymphatic as directed

CHILDREN WITH SPECIAL NEEDS

(Intellectual Disabilities)

1. Possible Causes and Contributing Factors:

- a. Birth trauma
- b. Iron anemia
- c. Decreased serum cholesterol
- d. Intestinal parasites
- e. Food/environmental sensitivity
- f. Malnutrition
- g. Vitamin B12 anemia

2. Core Supplemental Support:

- a. Frontier Multi
- b. Omega 3D 1-2 each meal
- c. NeuroMax
- d. EnerDMG
- e. Methyl B-12 Spray

CHOLESTEROL (Increased)

A monohydric alcohol found in the body as a glistening white, crystalline substance. It is insoluble in water and found in bile, gall stones, and nerve tissue.

Be sure to supplement with Power CoQ10 if already taking cholesterol lowering medication.

1. Possible Causes and Contributing Factors:

- a. Diet high in carbohydrates and saturated fats.
Dietary intake of cholesterol is almost never totally responsible for elevated blood cholesterol
- b. Lack of exercise and/or obesity
- c. Endocrine dysfunction (pituitary, adrenal, and/or thyroid)
- d. Prolonged bowel transit time
- e. Carbohydrate sensitivity

2. Core Supplemental Support:

- a. Cholesto Red as directed
- b. Omega 3D 1-2 each meal
- c. Frontier Fiber 1-2 servings daily
- d. Active B12 Folate

3. Herbal Support:

- a. Liver/Gallbladder as directed
- b. CircuCare as directed
- c. Endocrine as directed
- d. Adrenal as directed

4. Additional Considerations:

- a. ProbZyme each meal
- b. LivComplete
- c. Turmeric Plus
- d. Tone and Lean CLA
- e. Pregnenolone: In one study, pregnenolone helped decrease subjects' total average cholesterol levels from 263.5 mg/dl. to 187.9 mg/dl., suggesting that balanced hormone levels may stabilize the body's production of excess cholesterol.

CHRONIC FATIGUE SYNDROME

Chronic Fatigue Syndrome or CFS is a condition of prolonged and often severe tiredness or excessive weakness or fatigue, which is usually not relieved simply via rest.

1. Possible Causes and Contributing Factors:

- a. Viral infection (Mono., Hepatitis, Epstein-Barr, CMV, etc)
- b. Candida or other fungal infections
- c. Parasites
- d. Carbohydrate sensitivity
- e. Magnesium deficiency
- f. Heavy metal body burden
- g. Digestive dysfunction resulting in "leaky gut syndrome"
- h. Impaired detoxification
- i. Hypoglycemia
- j. Hypothyroidism

2. Core Supplemental Support:

- a. Power Fuel 2 scoops before noon
- b. ImmunoMax 1-2 each meal
- c. Pro Oranges 2 servings daily
- d. EnerDMG 2 daily
- e. LivComplete + Pro Lean Greens

3. Herbal Support:

- a. Endocrine as directed
- b. Adrenal as directed
- c. Micro-Gone as directed
- d. Liver/Gallbladder as directed

4. Additional Considerations:

- a. Consider Iodine Plus
- b. Mag Complete 300
- c. EnerCoQ10 1 daily
- d. ProbZyme each meal
- e. Omega 3D 2 each meal
- f. SPM
- g. ParaKill
- h. Pregnenolone

CIRCULATION REDUCED (Cold Hands and Feet)

1. Possible Causes and Contributing Factors:

- a. Anemia
- b. Atherosclerosis
- c. Thyroid hypo-function
- d. Adrenal hypo-function
- e. B vitamin deficiency

2. Core Supplemental Support:

- a. Iodine Plus
- b. Nattokin Plus
- c. Omega 3D 1-2 each meal
- d. Turmeric Plus

3. Herbal Support:

- a. CircuCare as directed

4. Additional Considerations:

- a. EnerCoQ10 1 daily
 - b. Super B Complete 2-4 daily
 - c. Active B12 Folate
 - d. CircuCore
-
-
-

CIRRHOSIS (Hepatic)

1. Possible Causes and Contributing Factors:

- a. Alcoholism
- b. Drug abuse (recreational or script)
- c. Diabetes
- d. Viral infection (hepatitis)
- e. Exposure to chemicals and/or heavy metals
- f. Malnutrition

2. Herbal Support

- a. Liver Gallbladder Tincture

3. Core Supplemental Support:

- a. Ultimate Shake
- b. LivComplete
- c. NAC
- d. Airmaxx 4-6 daily
- e. ImmunoMax 2-3 each meal

4. Additional Considerations:

- a. Pro Lean Greens
-

COLD SORES

Ulceration, chiefly of the mouth and lips.

1. Possible Causes and Contributing Factors:

- a. If re-occurring, possible low thyroid

2. Suggested Dietary Changes:

- a. Plenty of raw vegetables as well as yogurt

3. Core Supplemental Support:

- a. L-Lysine
- b. ImmunoMax
- c. Buffered C Plus
- d. Super B Complete
- e. EnerDMG

COLDS / FLU / FEVER

1. Possible Causes and Contributing Factors:

- a. Lowered resistance
- b. Physical or psychological stress
- c. Diets high in refined, canned or processed foods

2. Suggested Dietary Changes:

- a. 12 glasses of pure water daily
- b. Increase raw vegetables and protein
- c. Juice and soups

3. Core Supplemental Support:

- a. ImmunoMax 2-3 per meal
- b. Buffered C Plus 4-6 daily
- c. Zinc Lozenges OR Super Zinc-50
- d. Men's/Women's Complete 4 caps daily

4. Herbal Support:

- a. Immune as directed
- b. Lymphatic as directed

5. Additional Considerations:

- a. D3/K2 Complete 2 daily
 - b. EnerDMG 500 mg - 1000 mg daily
-

COLIC

Acute abdominal pain or gas pains, often due to improper combination of food and retention of waste matter in the system. In all cases, this is due to improper diet, digestive disorder, and poor elimination.

1. Possible Causes and Contributing Factors:

- a. Intestinal flora imbalance
- b. Thymus dysfunction
- c. Milk sensitivity

2. Suggested Dietary Changes:

- a. Use different formula (goat's milk is closest to human)
- b. Change mother's diet if breastfeeding - mother should avoid refined carbohydrates, fried foods, processed foods, increase pure water intake

3. Core Supplemental Support:

- a. ProbZyme (crush into little pieces or powder for very young children/infants)
 - b. Frontier Biotics
-
-

COLITIS

Ulcerative colitis (UC) is a chronic disease characterized by bloody diarrhea and an inflamed colon.

1. Possible Causes and Contributing Factors:

- Food allergies – **strongly consider dairy**
- Yeast/Fungus
- Parasites

2. Suggested Dietary Changes:

- Try a large glass of water for acute pain
- Consume only soft foods during flare up
- Plenty of dark green leafy vegetables, for vitamin K
- Try eating Jr. baby food for 2 weeks
- Fast once a month
- Avoid alcohol, coffee, wheat
- Eat steamed vegetables, rice, fish, fruit

3. Core Supplemental Support:

- GI Complete 2 servings daily
- Betazyme
- Super Biotics 2 per day
- SPM
- IgG

4. Herbal Support:

- Micro-Gone as directed

5. Additional Considerations:

- Omega 3D 1-2 each meal
- Frontier Cleanse 4-8 daily
- ParaKill
- CandiKill

Probably need Candida protocol and/or parasite cleanse.

CONGESTIVE HEART FAILURE

Congestive heart failure is a disorder that is a result of not having the heart muscle pump a sufficient quantity of blood to various parts of the body as needed. Oftentimes, resulting in edema.

1. Possible Causes and Contributing Factors:

- Defect in hormonal balance
- Heavy metals

2. Suggested Dietary Changes:

- Eliminate salt - pickles, soy sauce, table salt, most smoked fish and meat
- Severe cases also eliminate commercially made bread, canned vegetables, soups, cheese, beets, celery, spinach
- Avoid animal fats: butter, lard, refined sugar, caffeine, tobacco, alcohol

3. Core Supplemental Support:

- CircuCORE
- Cardio Stack
- Frontier Minerals
- Power Fuel 2 servings daily
- EnerCoQ10 3 daily
- Omega 3D 2 each meal

4. Herbal Support:

- Liver/Gallbladder as directed
- CircuCare Tincture

5. Additional Considerations:

- Frontier Multi
- EnerDMG 1000 mg - 1500 mg daily

CONSTIPATION

1. Possible Causes and Contributing Factors:

- a. Food allergy/sensitivity
- b. Pyloric or ileocecal valve dysfunction
- c. Insufficient water intake
- d. Diet high in refined carbohydrates, low in fiber
- e. Lack of exercise
- f. Low stomach acid
- g. Parasites
- h. Lack of beneficial bacteria
- i. Low thyroid
- j. Liver problems
- k. Magnesium deficiency
- l. Medications
- m. Stress

2. Core Supplemental Support:

- a. ProbZyme OR BetaZyme
- b. Frontier Cleanse 4 capsules twice daily
(lots of water throughout the day)
- c. Super Biotics 1-2 daily
- d. Frontier Fiber
- e. Mag Citrate

3. Herbal Support:

- a. Micro-Gone as directed
- b. Liver/Gallbladder as directed

4. Additional Considerations:

- a. Frontier Flax 1-2 each meal – lubricates colon for easier passage
- b. LivComplete
- c. Frontier Minerals
- d. ParaKill

COUGH

1. Core Supplemental Support:

- a. ImmunoMax
- b. Airmaxx
- c. NAC
- d. Buffered C Plus

2. Herbal Support:

- a. Immune as directed
- b. Lymphatic as directed
- c. Micro-Gone

CROHN'S DISEASE

Crohn's disease is an inflammatory condition that affects the final part of the small intestine and the beginning section of the colon.

1. Possible Causes and Contributing Factors:

- a. Food allergies
- b. Yeast
- c. Lack of enzymes
- d. Intestinal infection
- e. Poor lifestyle choices – smoking, drinking, high fatty, refined carb & low fiber diet

2. Suggested Dietary Changes:

- a. Fresh or cooked vegetables – steam, boil, broil or bake
- b. Plenty of steam-distilled water, herbal teas & fresh juices
- c. Cut down/eliminate sugar, meat, dairy, margarine, butter, fatty meals, avoid caffeine, coffee, & all stimulant drugs, beer, baked goods (could be allergic to brewer's yeast)
- d. During acute attack – eat organic baby food, steamed vegetables, cooked brown rice, millet & oatmeal

3. Core Supplemental Support:

- a. GI Complete 2 servings daily
- b. IgG 2 servings daily
- c. Betazyme
- d. Super Biotics 1-2 daily
- e. CandiKill
- f. SPM

4. Herbal Support:

- a. Micro-Gone as directed

5. Additional Considerations:

- a. Omega 3 2800 Liquid – reduces inflammation
- b. Frontier Cleanse 4 capsules twice daily
- c. ParaKill
- d. X-Flame or Inflamm

Probably need Candida protocol and/or parasite cleanse

CYSTIC FIBROSIS

1. Suggested Dietary Changes:

- a. Large amounts of raw fruits and vegetables – 75% of diet
- b. Eliminate all dairy, sugar, white flour products

2. Core Supplemental Support:

- a. NAC between meals
- b. Betazyme
- c. Super B Complete
- d. Buffered C Plus

3. Herbal Support:

- a. Lymphatic as directed

4. Additional Considerations:

- a. Omega 3 2800 Liquid
 - b. Airmaxx
 - c. D3 5000
-

CYSTITIS – See Bladder Infection (If protocol fails, see Candida)

DANDRUFF

Dead skin (scaly material) shed from the scalp.

1. Suggested Dietary Changes:

- a. Avoid fried foods, dairy, chocolate, refined sugar & flour

2. Core Supplemental Support:

- a. Frontier Flax
- b. Hair products with no chemicals
- c. Beauty Complete
- d. CandiKill

NOTE: *Can be a candida issue if so take 4 caps of CandiKill at breakfast and 3 caps of SBC after Dinner*

DEMENTIA

1. Suggested Dietary Changes:

- a. 50-75% raw foods
- b. Plenty of water
- c. Avoid stimulants, fried foods, alcohol
- d. 3 tablespoons coconut oil daily

2. Core Supplemental Support:

- a. Brain Boost 6 per day
- b. Omega 3D 2 each meal
- c. EnerCoQ10 1 daily
- d. Full Spectrum Hemp Extract

3. Herbal Support:

- a. CircuCare as directed

4. Additional Considerations:

- a. Pro Purples
- b. Super K2 Plus

NOTE: *Power CoQ10 and EZ Iron help mitochondrial activity*

DEPRESSION (Bipolar, Unipolar, Manic)

An emotional state where there are extreme feelings of dejection, emptiness, sadness and lack of self-worth.

1. Possible Causes and Contributing Factors:

- a. Food allergy/sensitivity
- b. Psychological stress
- c. Thiamine deficiency
- d. Endocrine hypo-function
- e. Carbohydrate sensitivity resulting in dysinsulinism
- f. Lack of sunlight
- g. Medications
- h. Heavy metal toxicity
- i. Candida
- j. Chronic illness or pain
- k. Nutritional deficiencies (particularly B12, folic acid, B6, B1, tyrosine & tryptophan)

2. Suggested Dietary Changes:

- a. Eliminate gluten, dairy for 2 weeks
- b. Avoid aspartame (blocks serotonin to the brain)

3. Core Supplemental Support:

- a. Mood Lift 4 daily in divided doses
- b. Frontier Minerals 4 daily
- c. Omega 3D 2 each meal
- d. Full Spectrum Hemp Extract
- e. Iodine Plus (if thyroid is suspected)

4. Herbal Support:

- a. Liver/Gallbladder as directed
- b. CircuCare as directed

5. Additional Considerations:

- a. Super B Complete 2-4 daily
- b. Calm Day
- c. ParaKill
- d. L-Lysine (low levels found in people with depression)
- e. Control - for mood, stress & sleep
- f. Pregnenolone: Several studies, including two at the University of California, San Francisco, show that pregnenolone can help relieve depression and anxiety.

DERMATITIS

1. Possible Causes and Contributing Factors:

- a. Contact allergy (metals, perfumes, cosmetics, soaps, shampoos, detergents)
- b. Food allergies (dairy, wheat)
- c. Acrodermatitis primarily caused by zinc deficiency

2. Suggested Dietary Changes:

- a. Try gluten free/dairy free diet for 6 weeks
- b. Vegan type diet (fish is alright) with enough essential fats from seeds
- c. Keep colon clean

3. Core Supplemental Support:

- a. ProbZyme OR Betazyme
- b. Frontier Flax 1 each meal
- c. Frontier Multi OR Men's/Women's Complete
- d. SPM

4. Herbal Support:

- a. Lymphatic as directed
- b. Micro-Gone as directed

DIABETES

The origin of this disease, as is known so far, can be traced back to derangement of the functions of the pancreas gland. Contributing factors, however, are undoubtedly severe nervous disturbances, or improper function of stomach, liver and bowels. The patient feels tired and weak. Usually complains about pains in the limbs, feeling depressed and down-hearted, and an abnormal thirst is often experienced. Dizziness and headaches are common. The skin is dry and often itchy. The digestion is often upset, due to the unusually abnormal increased appetite. The eyesight may be impaired or weak. The urine is generally very pale and plentiful. Sugar is present in the urine in more or less quantities.

Today diabetes is said to be one of the top killers in the world. It is supposedly one of the incurable diseases, but it can be definitely cleared if one approaches it properly. Diabetes stems from a disorder in the pancreas, so you shouldn't just treat it by giving insulin, which is working on the effect; you should instead go to the cause of the disease. Pancreatic malfunction can manifest in one of two ways: diabetes, which is high blood sugar, or hypoglycemia, which is low blood sugar. Though they are completely different, they both stem from the same cause, a malfunction of the pancreas, which is what we have to treat.

1. Suggested Dietary Changes:

- a. Eat steamed vegetables for breakfast
- b. Several small meals throughout the day – don't go more than 3 hours without eating
- c. High fiber diet (vegetables, nuts, seeds, whole grains) – consume vegetable protein or lean animal protein – protein drinks
- d. Avoid sugar, white flour, cow's milk, alcohol, caffeine
- e. 80% raw foods – stimulate pancreas

2. Core Supplemental Support:

- a. Glucolyze 2 breakfast, 2 dinner
- b. Pro Oranges 2 servings daily
- c. Omega 3D
- d. Best Whey, Super Shake, or Net-0 KETO, Ultimate Shake
- e. NutraGlutide

3. Herbal Support:

- a. Endocrine as directed

4. Additional Considerations:

- a. EnerDMG 2 daily
- b. Frontier Fiber 1-2 servings daily
- c. Neuropath Ease - for neuropathy
- d. Frontier Multi
- e. Berry Tone
- f. Tone and Lean CLA

DIARRHEA

1. Possible Causes and Contributing Factors:

- a. Food allergy/sensitivity
- b. Infection/inflammation
- c. Psychological stress
- d. Parasites
- e. Digestive dysfunction/Low stomach acid

2. Suggested Dietary Changes:

- a. At least 10 glasses of pure water daily
- b. Increase fresh food in diet; however, avoid lettuce and foods in the cabbage family (broccoli, Brussels sprouts, cabbage, kale) until flatulence and diarrhea are under control
- c. Avoid excess protein and insure red meat consumption is limited to not more than once per week. Use chicken, fish, veal, lamb
- d. Eliminate dairy, alcohol, gluten, refined carbohydrates and hydrogenated fats and oils

3. Core Supplemental Support

- a. SBC 2 capsules taken immediately after irregular bowel movement, OR 4 daily
- b. GI Complete as directed
- c. IgG as directed
- d. ProbZyme and/or BetaZyme 1-2 each meal
- e. ParaKill

4. Herbal Support:

- a. Micro-Gone as directed
-
-
-

DISC REGENERATION (Spine and TMJ)

1. Possible Causes and Contributing Factors:

- a. Intestinal parasites, resulting in spinal disc problems
- b. Constipation resulting in spinal disc symptoms
- c. Ligament weakness (spine or TMJ)
- d. Spinal dysfunction
- e. Inflammation

2. Core Supplemental Support:

- a. HA Plus
 - b. Super Cal Plus 4 daily
 - c. X-Flame
 - d. Full Spectrum Hemp Extract
 - e. SPM
-

DISLOCATIONS

1. Core Supplemental Support:

- a. HA Plus
- b. Men's/Women's Complete
- c. Green Lipped Mussel
- d. Omega 3D

2. Additional Supplement Support:

- a. Pro Reds
- b. The Best Whey
- c. SPM

DIVERTICULITIS

1. Possible Causes and Contributing Factors:

- a. Not enough fiber & exercise

2. Suggested Dietary Changes:

- a. Increase soluble fiber and lots of water – at least 30 grams of fiber daily
- b. Do not eat grains, seeds or nuts (well cooked rice is o.k.) – eliminate meat, dairy, fried foods, spices, processed foods
- c. If inflammation is severe, eat lightly steamed vegetables, oats – stay away from hard fibers like wheat bran
- d. Regular exercise such as swimming

3. Core Supplemental Support:

- a. Frontier Cleanse 4-8 daily
 - b. GI Complete 2 servings daily
 - c. IgG 2 servings daily
 - d. ProbZyme
 - e. Frontier Fiber 2-3 servings daily
 - f. Super Biotics 2 per day
 - g. SPM
-
-

DIZZINESS

1. Pre-Disposing Factors:

- a. Motion sickness
- b. Wax build up in ear canal
- c. Low blood sugar
- d. Circulatory disorders (high blood pressure, arteriosclerosis, hypothyroidism, diabetes)
- e. Brain tumor
- f. Allergies
- g. Adrenal exhaustion

2. Dietary Suggestions:

- a. Basic whole foods – small meals throughout the day
- b. Avoid sodium, processed, canned, packaged foods, sweets
- c. Try hypoglycemic diet for 2 weeks

3. Core Supplemental Support:

- a. AdrenaMax
- b. Super B Complete
- c. EnerCoQ10 1 daily
- d. CircuCore

4. Herbal Support:

- a. CircuCare
 - b. Endocrine
 - c. Adrenal
 - d. Lymphatic
-
-
-

DOWN'S SYNDROME

Helpful Supplemental Support:

If headache occurs at any dosage, discontinue and then resume at lower dosage

- EnerCoq10 1 daily
- Frontier Cleanse
- ProbZyme
- Cardio Stack
- NeuroMax
- EnerDMG Liquid

The following may help to raise levels of serotonin and acetylcholine in the brain – people with DS have impaired neurotransmitter functioning

- Brain Boost
 - Calm Day
 - Sleep Time
 - Pro Purples
-
-

DRY HAIR

1. Possible Causes and Contributing Factors:

- a. Lack of good quality protein
- b. Harsh shampoos, colorings, perms

2. Core Supplemental Support:

- a. Frontier Flax 1 per meal
- b. Men's/Women's Complete
- c. Beauty Complete

DYSMENORRHEA / AMENORRHEA / MENORRAGIA

1. Possible Causes and Contributing Factors:

- a. Tumors, cysts, endometriosis
- b. Hormonal imbalance
- c. Diets high in refined carbohydrates
- d. Lack of essential fatty acids
- e. Anemia
- f. Extremely low body fat level

2. Core Supplemental Support:

- a. EstroCleanse 3-6 daily
- b. Mag Complete 300 4-8 daily
- c. Frontier Flax 1 per meal

3. Herbal Support:

- a. Lymphatic as directed
- b. Endocrine Tincture

2. Additional Supplement Support:

- a. Thyro Complete
- b. EZ-Iron

Scanty menses indicate increased thyroid while heavy menses indicate decreased thyroid.

Heavy viscous discharge indicates increased progesterone (unlikely) or decreased iodine (more likely).

Thin watery discharge indicates too much estrogen (most likely) or too much iodine (less likely)

EAR INFECTIONS

1. Possible Causes and Contributing Factors:

- a. Food allergy/sensitivity, especially dairy
- b. Adrenal hypo-function
- c. Bacterial or viral infection
- d. Diets high in refined carbohydrates
- e. Wax build-up
- f. Upper respiratory infections
- g. Environmental allergy
- h. Smoking
- i. Not being breastfed
- j. Birth trauma
- k. Nutritional deficiencies (A, C, Essential Fatty Acids)

2. Suggested Dietary Changes:

- a. Eliminate all dairy (very important)
- b. Lots of pure water

3. Core Supplemental Support:

- a. ImmunoMax
- b. Buffered C Plus or Cherry Chews
- c. CybZyme without food 3 caps 2-3 daily
- d. CandiKill 3 caps in AM
- e. Super Biotics 2 per day at before bed

4. Herbal Support:

- a. Lymphatic tincture as directed
- b. Immune tincture as directed

5. Additional Considerations:

- a. ProbZyme – 1 each meal
 - b. Frontier Flax (if excessive wax build up)
-
-

ECZEMA (Dermatitis)

EczeMa is an inflammatory skin disease--sometimes a rash with watery discharge or development of scales and crusts.

1. Possible Causes and Contributing Factors:

- a. Sensitivity to dairy and gluten (or other foods)
- b. Excess exposure to sunlight
- c. Digestive dysfunction resulting in digestive inflammation and bacterial imbalance in the colon - candida
- d. Excess consumption of fried foods and hydrogenated fats and oil
- e. Calcium/magnesium deficiency
- f. Steroids
- g. Low levels of stomach acid
- h. Deficiency or inability to process essential fatty acids

2. Core Supplemental Support:

- a. CandiKill 3 daily in AM
- b. Frontier Flax 1 per meal
- c. Super Biotics 2 daily at bed
- d. ProbZyme OR BetaZyme
- e. SPM

3. Herbal Support:

- a. Lymphatic as directed
- b. Immune as directed

4. Additional Considerations:

- a. Mag Complete 300
- b. Pro Purples
- c. Frontier Biotics 2-4 daily

EDEMA (Water Retention)

1. Pre-Disposing Factors:

- a. Cardiac or renal dysfunction
- b. Food allergy or sensitivity
- c. Adrenal hypo-function
- d. Liver cirrhosis (ascites)
- e. Tissue inflammation
- f. B vitamin deficiency
- g. Problem w/protein absorption
- h. Possible parasites

2. Dietary Suggestions:

- a. Do the "water cure"

3. Core Supplemental Support:

One Ankle:

- a. Kidney & Bladder
- b. Super B Complete

Both Ankles:

- a. Lymphatic Tincture
- b. Power Fuel
- c. Cardio Stack

Prolonged Standing:

- a. AdrenaMax
- b. Super B Complete
- c. Adrenal Tincture
- d. Buffered C Plus

Hot Weather:

- a. Mag Complete 300
- b. Frontier Minerals
- c. Frontier Flax
- d. Possible need for Iodine Plus

Consider:

- The Best Whey or Super Shake – sometimes edema is caused by poor protein assimilation
 - ParaKill – sometimes caused by parasitic infection (especially in one ankle)
 - Lymphatic Tincture
-
-

EMPHYSEMA

1. Possible Causes and Contributing Factors:

- a. Environmental sensitivity
- b. Lung destruction due to overuse of tobacco
- c. With emphysema the alpha 1 anti-trypsin factor will be reduced. This indicates that proteolytic enzymes containing trypsin should not be used. NOTE: With asthma, the alpha 1 anti-trypsin factor will generally not be reduced; therefore, the alpha 1 anti-trypsin factor is an excellent way to differentiate emphysema from asthma
- d. Adrenal hypo-function
- e. Increased red blood count, hemoglobin and/or hematocrit

2. Suggested Dietary Changes:

- a. Eliminate all dairy
- b. 8 full glasses of pure water daily

3. Core Supplemental Support:

- a. AirMaxx 6 per day
- b. Buffered C Plus
- c. NAC helps thin mucus and clear the lungs
- d. EnerCoQ10 1 daily
- e. EnerDMG 2 daily
- f. CircuCore 2-4 daily
- g. Fertility as directed

4. Herbal Support:

- a. Lymphatic as directed
- b. Adrenal as directed

5. Additional Considerations:

- a. Omega 3D 1-2 each meal
 - b. SPM
-

ENDOMETRIOSIS

1. Possible Causes and Contributing Factors:

- a. Infertility
- b. Stress, both psychological and physical
- c. Hormonal imbalance resulting in menstrual dysfunction (high estrogen, low progesterone)
- d. Obesity/lack of exercise
- e. Genetic defect
- f. Poor liver function
- g. Flora imbalance (dysbiosis)

2. Suggested Dietary Changes:

- a. Avoid commercially raised chicken and beef (increased estrogen content)

3. Core Supplemental Support:

- a. EstroCleanse for 3 months
- b. Turmeric Plus
- c. Consider Iodine Plus
- d. LivComplete as directed to assist liver in estrogen detoxification
- e. Frontier Flax 1-2 each meal – decreases inflammation

4. Herbal Support:

- a. Endocrine as directed
- b. Liver/Gallbladder as directed

5. Additional Considerations:

- a. Pro Lean Greens – aids detoxification
- b. Frontier Biotics
- c. Women's Complete
- d. Super B Complete 2-4 daily – B vitamins are involved in estrogen metabolism
- e. Fertility

EPILEPSY

A group of nervous system disorders which are marked by repeated episodes of convulsive seizures, blackouts and sensory disorders. Epilepsy is a health issue characterized by seizures, which is caused by electrical impulses that tend to build up and suddenly discharge, leaving the surrounding cells overwhelmed. There are two main types of seizures. The first is a sensory seizure, which is the milder of the two. It tends to manifest itself as a minor loss of consciousness. This form of a seizure is also known as petit mal. The second type of seizure is known as a severe convulsion, which manifests itself with abnormal muscular behavior, strong & uncontrollable spasms. This type of seizure is known as grand mal.

1. Possible Causes and Contributing Factors:

- a. Metal body burdens (aluminum, mercury, lead, cadmium, copper are most common)
- b. Intestinal parasites
- c. Food sensitivity (dairy, gluten, night shades most common)
- d. Reactive hypoglycemia
- e. Manganese, magnesium or B6 deficiency

2. Core Supplemental Support:

- a. EnerDMG 2 daily
- b. NeuroMax as directed
- c. Frontier Minerals 4 daily
- d. Full Spectrum Hemp Extract
- e. Net-0 KETO

3. Herbal Support:

- a. Liver/Gallbladder as directed

4. Additional Considerations:

- a. Super B Complete 2-4 daily
 - b. Omega 3D 2 each meal
 - c. EnerCoQ10 1 daily
 - d. The Best Whey
 - e. ParaKill
 - f. LivComplete
-
-

EPSTEIN BARR

1. Possible Causes and Contributing Factors:

- a. Viral infection
- b. Poor immune function

2. Core Supplemental Support:

- a. ImmunoMax 2-3 each meal
- b. Buffered C Plus 4-6 daily
- c. GI Complete and Super Biotics
- d. SPM 4-6 daily
- e. EnerDMG 1000 mg - 1500 mg daily

3. Herbal Support:

- a. Lymphatic as directed
- b. Immune as directed

4. Additional Supplemental Support:

- a. Pro Lean Greens 1-2 servings daily
 - b. ProbZyme 1-2 each meal
 - c. Frontier Multi OR Men's/Women's Complete
 - d. GandiKill
 - e. Full Spectrum Hemp Extract
-
-

EYE CONDITIONS (Glaucoma, Cataracts, Macular Degeneration, Reduced Night Vision, Floaters)

1. Possible Causes and Contributing Factors:

- a. Atherosclerosis
- b. Zinc, B6, Vitamin A or C/bioflavonoid deficiency
- c. Food/environmental sensitivity
- d. Genetic pre-disposition
- e. Diet deficient in antioxidants
- f. Poor calcium metabolism resulting in calcium formation

2. Core Supplemental Support:

- a. 20/20 capsules 6 per day
- b. 20/20 tincture as directed
- c. Airmaxx 4-6 daily
- d. Pro Reds OR Pro Purples
- e. Men's/Women's Complete

3. Herbal Support:

- a. 20/20 as directed
- b. Lymphatic as directed

4. Additional Considerations:

- a. EnerDMG
 - b. Zinc Lozenges or Super Zinc-50
 - c. Buffered C Plus
 - d. CircuCore
-
-
-

FAINTING

1. Possible Causes and Contributing Factors:

- a. Heart exhaustion
- b. Excessive fluid loss
- c. Fear
- d. Fatigue
- e. Anxiety
- f. Low blood sugar
- g. Low blood pressure
- h. Iron deficiency
- i. Allergies
- j. Magnesium deficiency

2. Core Supplemental Support:

- a. Power Fuel
- b. Pro Oranges
- c. AdrenaMax
- d. Mag Complete 300

4. Additional Considerations:

- a. Glucolyze
- b. EZ-Iron

See hypoglycemia

FEMALE INFERTILITY, LACK OF SEX DRIVE, INABILITY TO CONCEIVE

1. Possible Causes and Contributing Factors:

- a. Hormonal imbalance (low progesterone)
- b. Thyroid hypo-function
- c. Reactive hypoglycemia
- d. Psychological stress (adrenal hypo or hyper function)
- e. Diet high in refined carbohydrates and processed foods

2. Core Supplemental Support:

- a. Women's Complete
- b. EstroCleanse 3 daily
- c. Testo 180 Caps
- d. DHEA
- e. Fertility/Virility

3. Herbal Support:

- a. Endocrine as directed
- b. Adrenal as directed

4. Additional Considerations:

- a. Iodine Plus
 - b. AdrenaMax
 - c. Super B Complete
-
-
-

FIBROID CYSTS, BENIGN TUMORS, BENIGN SPACE OCCUPYING LESIONS

1. Possible Causes and Contributing Factors:

- a. Genetic pre-disposition
- b. Hormonal imbalance (relatively high estrogen and low progesterone)
- c. Injury
- d. Diet high in refined carbohydrates and processed foods
- e. Under-active thyroid (Iodine deficiency)

2. Core Supplemental Support:

- a. EstroCleanse 3 daily
- b. AdrenaMax 1 each meal
- c. If the cyst, fibroid or space occupying the lesion is located where iodine can be applied topically, use a sterile cotton swab and apply liquid iodine once each day before bedtime. If the cyst, fibroid or space occupying lesion is located in the vaginal tract (uterine, ovarian), place 50 drops of liquid iodine in a pint of warm distilled water and douche every third day for three weeks
- d. Iodine Plus
- e. GlucoLyze

3. Herbal Support:

- a. Endocrine as directed
 - b. Adrenal as directed
-
-
-

FIBROIDS, UTERINE

1. Possible Causes and Contributing Factors:

- a. High levels of estrogen and low levels of progesterone
- b. Obesity
- c. Underactive thyroid
- d. Perimenopause
- e. Low fiber, high fat diet
- f. Oral contraceptives

2. Suggested Dietary Changes:

- a. Eat organic foods as much as possible due to estrogenic effects of pesticides, herbicides, hormone-laden meats
- b. Avoid meat, dairy, alcohol, caffeine (inflammatory)
- c. See endometriosis recommendations

3. Core Supplemental Support:

- a. EstroCleanse 3 daily
- b. Turmeric Plus
- c. GlucoLyze
- d. Frontier Multi
- e. Women's Complete

4. Herbal Support:

- a. Endocrine as directed
 - b. Adrenal as directed
-
-

FIBROMYALGIA / MYOSITIS (Muscle Inflammation)

A rheumatic syndrome indicating widespread pain in fibrous tissues, nerves, muscles, tendons, and other connective tissues, resulting in painful muscles without weakness. Excessive tiredness or fatigue may also be manifested. Dr. Lee Cowden says most fibro patients have Lyme.

1. Possible Causes and Contributing Factors:

- a. Food allergy/sensitivity
- b. Carbohydrate sensitivity
- c. Physiological lithium deficiency
- d. Magnesium or potassium deficiency
- e. Thiamine deficiency resulting in lactic acidosis
- f. Over-exertion or poorly toned muscles
- g. Insufficient water intake
- h. Excess use of hydrogenated fats and oils, processed foods, caffeine, refined carbohydrates, alcohol
- i. Sleep disorder (most all sufferers need tryptophan)
- j. Serotonin imbalance
- k. Virus
- l. Hormonal imbalance
- m. Candida
- n. Blood sugar imbalance
- o. Parasites/Lyme bacteria

2. Suggested Dietary Changes:

- a. Possible need of candida diet/protocol

3. Core Supplemental Support:

- a. Mag Complete 300
- b. Power Fuel 2 scoops by noon
- c. ReLAXX
- d. Frontier Minerals
- e. LivComplete and Pro Lean Greens

4. Additional Considerations:

- a. ProbZyme
- b. Active B12 Folate
- c. Omega 3D
- d. Super Cal Plus
- e. EnerDMG
- f. ParaKill
- g. X-Flame

FLATULENCE

Gassy condition in the alimentary canal, especially the gastrointestinal tract.

1. Possible Causes and Contributing Factors:

- a. Indigestion and fermentation
- b. Biliary insufficiency
- c. Bacterial imbalance
- d. Excessive consumption of sweeteners
- e. Eating too quickly

2. Core Supplemental Support:

- a. ProbZyme OR BetaZyme
- b. Frontier Biotics 2-4 daily
- c. CandiKill

3. Herbal Support:

- a. Liver/Gallbladder – as directed
-
-

GALLBLADDER DYSFUNCTIONS (Biliary Stasis, Biliary Insufficiency, Stones)

1. Possible Causes and Contributing Factors:

- a. Diet high in refined carbohydrates, hydrogenated fats and oils, fried foods, dairy products
- b. Female hormone imbalance (thyroid, ovarian)
- c. Obesity/lack of exercise
- d. Insufficient water intake
- e. Low stomach acid resulting in biliary insufficiency
- f. Genetic pre-disposition
- g. Food sensitivity (dairy, gluten) – root cause for gallbladder attacks
- h. Contraceptives
- i. Low fiber

2. Suggested Dietary Changes:

- a. Eat at least one serving daily of raw/grated beets covered with the juice of one-half of a lemon and two tablespoons of raw, unprocessed flaxseed oil

3. Core Supplemental Support:

- a. Liver/Gallbladder Tincture
 - b. Frontier Fiber 1tsp every hour while awake – go through 2 containers
 - c. BetaZyme 1-2 each meal
 - d. LivComplete 1-2 each meal – increases bile flow
 - e. Turmeric Plus
 - f. Frontier Biotics 2 capsules twice daily – good bacteria are involved with cholesterol and bile acid metabolism
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GASTRIC OR DUODENAL ULCERS

Gastric or peptic ulcers are erosions in the stomach or duodenum, which is the first part of the small intestine

1. Possible Causes and Contributing Factors:

- a. Excess or insufficient production of HCL
- b. Biliary and/or pancreatic dysfunction
- c. Bacterial infection (helicobacter pylori)
- d. Pyloric or ileocecal valve dysfunction
- e. Stress (physical or psychological)
- f. Inflammation from food allergy/sensitivity resulting in ulceration
- g. Aspirin abuse, severe trauma or chronic illness

2. Core Supplemental Support:

- a. GI Complete 2 servings daily
- b. Super Biotics 2 daily
- c. IgG

3. Additional Considerations:

- a. Omega 3D 1-2 per meal
- b. BetaZyme (after ulcer is healed)

GERIATRIC CONDITIONS

(Loss of Memory/Reduced Circulation, Digestive Distress, Fatigue, Stroke Recovery, Recovery from Debilitating Illness)

1. Possible Causes and Contributing Factors:

- a. Excess refined and processed food in diet (especially if the patient is a widow, widower or is house-bound)
- b. Insufficient water intake
- c. Because the elderly patient often gets gas and bloating from protein ingestion, they will avoid protein with resulting insufficient protein intake
- d. Lack of physical exercise
- e. Psychological stress
- f. Reduced circulation of aging

2. Helpful Supplemental Support:

- a. Frontier Multi – overall support
- b. Brain Boost - memory
- c. Omega 3D – loss of memory/reduced circulation
- d. ProbZyme – digestive distress
- e. The Best Whey (amino acids) – overall support/recovery
- f. Frontier BCAA

GLAUCOMA

Glaucoma is a group of diseases which consists of elevated intraocular pressure, optic nerve injury, and visual loss. Glaucoma is more common in older patients and in certain ethnic groups.

1. Possible Causes and Contributing Factors:

- a. Accumulation of wastes
- b. High blood pressure
- c. Some prescription drugs (steroids, antidepressants, blood pressure)
- d. Nutritional deficiencies

2. Suggested Dietary Changes:

- a. Avoid caffeine, alcohol
- b. Whole grains, fresh fruit and veggies – plenty of orange, yellow and green leafy vegetables – fresh juices everyday – also blackberries, blueberries, raspberries
- c. Glass of water every 2 hours to flush toxins

3. Core Supplemental Support:

- a. Seven Flowers BP 2-3 each meal – improves blood flow to the eye
- b. 20/20 caps as directed
- c. Mag Complete 300 – relaxes blood vessel walls and improves blood flow to the eye
- d. Buffered C – studies show that vitamin c reduces eye pressure
- e. Full Spectrum Hemp Extract

4. Herbal Support:

- a. 20/20 Tincture
- b. CircuCare as directed
- c. Lymphatic as directed

5. Additional Considerations:

- a. Omega 3D 1-2 each meal – animal studies show a significant drop in intraocular pressure
- b. Pro Reds - antioxidants
- c. Airmaxx 4-6 daily
- d. Men's/Women's Complete

GOITER (Simple/Euthroid/Non-toxic)

An overgrown thyroid gland, usually seen as a swelling in the neck.

1. Possible Causes and Contributing Factors:

- a. Tumor (benign or malignant)
- b. Manganese and/or riboflavin deficiency
- c. Excess consumption of foods in the cabbage family (cabbage, kale, Brussels sprouts, broccoli) resulting in thyroid hypo-function
- d. Iodine deficiency or excess

2. Core Supplemental Support:

Although many goiters are simple, non-toxic and associated with normal thyroid function, this diagnosis should be made by a qualified doctor. In many cases of simple goiter there is an increased need for iodine; however, in some rare cases of goiter, the patient may be iodine toxic or sensitive and the administration of iodine will exacerbate the problem.

- a. Iodine Plus
- b. Thyro Complete
- c. Men's/Women's Complete
- d. Omega 3D – 1-2 per meal
- e. Super B Complete – 2-4 daily
- f. X Flame

GOUT

Gout is commonly known as a form of arthritis that occurs when uric acid crystallize and accumulate in joints, which then leads to the sudden development of pain and inflammation. Gout sufferers tend to either overproduce uric acid or are less efficient at eliminating this toxic substance. The improper diet and lifestyle can lead to uric acid problems.

1. Possible Causes and Contributing Factors:

- a. Stress
- b. Diets high in purines
- c. Low stomach acid
- d. Renal or biliary/liver dysfunction
- e. Improper metabolism of proteins resulting in uric acid causing inflammation
- f. People who suffer from yeast have increased levels of uric acid
- g. Aspirin and diuretics can trigger attack

2. Suggested Dietary Changes:

- a. 8 full glasses of pure water daily

3. Core Supplemental Support:

- a. CybZyme 3 caps 1-3 times daily without food
- b. X Flame
- c. Betazyme 1 each meal
- d. Omega 3D 2 per meal – reduces inflammation

4. Herbal Support:

- a. K&B as directed

5. Additional Considerations:

- a. Men's/Women's Complete
 - b. Pro Reds
 - c. Pregnenolone: Scientists believe it can relieve joint pain as well as rheumatoid arthritis and gout, even when conventional therapies may not help.
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HAIR LOSS

1. Possible Causes and Contributing Factors:

- a. Low thyroid function
- b. Poor digestion
- c. Nutritional deficiencies
- d. Hormonal problems
- e. Iron and/or biotin deficiency
- f. Metal toxicity

2. Core Supplemental Support:

- a. Iodine Plus (if thyroid problem)
- b. Frontier Multi OR Men's/Women's Complete
- c. Super B Complete 2-4 daily
- d. Frontier Flax 1 each meal

3. Herbal Support:

- a. CircuCare as directed
- b. Beauty Complete as directed

4. Additional Considerations:

- a. Power CoQ10 improves scalp circulation
 - b. ProbZyme OR BetaZyme
 - c. Super Zinc-50 zinc is required for hair development
-
-

HAIR AND FINGERNAIL PROBLEMS

(Ridges, White Spots, Cracked, Flaking, Hair Brittle, Falls Out, Gray Hair – Premature)

1. Possible Causes and Contributing Factors:

- a. Iron anemia
- b. Calcium need or inability to use calcium
- c. Zinc deficiency or an inability to use zinc (unsaturated fatty acids, magnesium, B6 need)
- d. Need for unsaturated fatty acids

2. Core Supplemental Support:

- a. Frontier Multi OR Men's/Women's Complete
- b. Omega 3D
- c. Super Cal Plus
- d. Super Zinc

3. Herbal Support:

- a. Beauty Complete

HAY FEVER

Physical discomfort, irritation or reaction to specific substances, which cause no hypersensitivity in the non-sensitive.

1. Suggested Dietary Changes:

- a. Do the "water cure"
- b. More fruits, especially bananas, eat plenty of antioxidant rich fruits and vegetables – high fiber diet
- c. Avoid or at least limit wheat, dairy products, alcohol

2. Core Supplemental Support:

- a. AirMaxx 2 chewable tablets 2-3x daily
- b. NAC 6 per day
- c. Immunomax
- d. BetaZyme + Super B Complete

3. Additional Considerations:

- a. Power CoQ10 - improves oxygenation and immunity
- b. Pro Reds 1-2 servings daily
- c. EnerDMG 2 daily
- d. Frontier Multi OR Men's/Women's Complete
- e. Buffered C Plus

HEADACHE

1. Possible Causes and Contributing Factors:

- a. Emotional stress
- b. Fatigue
- c. Allergies
- d. Sinusitis
- e. Eye strain
- f. Poor posture and spinal mis-alignments
- g. Excessive intake or withdrawal from drugs (alcohol, caffeine, nicotine)
- h. Low blood sugar
- i. Hormonal imbalance
- j. Constipation and poor digestion/detoxification
- k. Nutritional deficiencies (magnesium, B6, Essential fats)

2. Suggested Dietary Changes:

- a. Five small portions throughout the day
- b. Glass of water every 2 hours
- c. Whole foods –eat almonds, almond milk
- d. Avoid caffeine, alcohol, sugar, artificial sweeteners
- e. Rule out food allergies

3. Core Supplemental Support:

- a. Full Spectrum Hemp Extract Transdermal Cream or Liquid
- b. Mag Complete 300 6 a day
- c. Frontier Minerals 4 daily
- d. EnerDMG 2 daily

4. Herbal Support:

- a. Neuro as directed
- b. CircuCare as directed

5. Additional Considerations:

- a. Omega 3D 1 each meal
 - b. EnerCoQ10 2 daily
 - c. Mood Lift – studies have shown 5-HTP to be effective in preventing migraine and tension headaches
 - d. Melatonin – shown in preliminary research to help migraine headaches
-
-

HEART ATTACK

1. Suggested Dietary Changes:

- a. High fiber diet – vegetarian is best
- b. No red meat, salt, sugar, white flour, fried foods, coffee, black tea, colas, other stimulants
- c. Fast 3 days a month to cleanse and detoxify

2. Core Supplemental Support:

- a. Power CoQ10
- b. Cardio Stack 4 a day
- c. Power Fuel 2 servings daily
- d. Power CoQ10 600 2 daily
- e. Omega 3D 2 each meal

3. Herbal Support:

- a. CircuCare as directed
- b. Liver/Gallbladder as directed (dissolves lipids)

4. Additional Considerations:

- a. Frontier Minerals 4 a day
 - b. Airmaxx 2-4 daily
 - c. Pro Reds 1-2 servings daily
 - d. Essential E-400 2 daily
 - e. Buffered C (especially if patient is a smoker)
-
-

HEAVY METAL BODY BURDENS (Elimination Of)

1. Possible Causes and Contributing Factors:

- Environmental exposure (pollution, work place, home to close to heavily traveled roadway, etc.)
- Excess use of aluminum cooking utensils, deodorants, tobacco smoke, canned foods, etc.
- Excess consumption of fatty fish or shellfish
- Dental fillings
- Lead containing paints
- Well water and some municipal water supplies

2. Suggested Dietary Changes:

- Avoid fatty fish and shellfish
- Use only pure water for drinking and cooking
- Have a qualified D.D.S. check for amalgam leakage or sensitivity
- Eliminate canned foods, processed foods and where possible frozen foods and hydrogenated fats and oils
- Increase raw foods, especially those high in sulfur bearing amino acids such as legumes, foods in the cabbage family, radishes, etc.

Consider any of the following supplements depending on the individual to assist in heavy metal detoxification:

Supplement	Reason
Frontier Cleanse	Helps bind substances for easier excretion
LV/GB Tincture	Detox liver
Pro Lean Greens LivComplete	Enhance body's detoxification abilities.
NAC	Sulfur is needed in the liver detox pathway to hook onto metals and clear them from the body
Frontier Minerals Super Cal Plus Mag Complete 300	Adequate amounts of minerals are necessary in order to let go of metals. Most need one of these supplements during the course of detox.
The Best Whey	Essential amino acids are needed in order for the body to detox metals
Omega 3D	EFA's help protect and restore the phospholipids layer of the cell
ProbZyme BetaZyme	Digestion
Buffered C Plus	Repairs cellular integrity
Frontier Multi Men's/Women's Complete Pro Reds	General nutrition
Frontier Fiber	To assist bowel clearance

HEMOPHILIA (Reduced ability of the blood to clot)

1. Suggested Dietary Changes:

- a. Diet high in vitamin K - broccoli, cauliflower, egg yolks, kale, spinach, all green leafy vegetables
- b. Green drinks
- c. Don't take aspirin

2. Core Supplemental Support:

- a. Super K2 Plus
- b. Nattokin Plus
- c. Pro Lean Greens 1-2 daily
- d. Super Cal Plus 2-4 daily

3. Additional Considerations:

- a. Men's/Women's Complete
- b. Pro Reds 1 serving daily

HEMORRHOIDS

An enlarged vein in the lower rectum or anus caused by blockage in the veins of the area.

1. Possible Causes and Contributing Factors:

- a. Liver/portal congestion
- b. Occupational (long hours standing or sitting)
- c. Insufficient water intake
- d. Insufficient dietary fiber
- e. Pregnancy
- f. Obesity
- g. Allergies
- h. Hypothyroidism

2. Core Supplemental Support:

- a. CircuCare as directed
- b. Frontier Fiber 2 servings daily
- c. Frontier Flax
- d. Buffered C Plus
- e. Airmaxx 1-2 each meal

3. Herbal Support:

- a. Liver/Gallbladder as directed
- b. Lymphatic as directed

Peel one clove of garlic, lightly break open the skin by slicing vertically, cover in vegetable oil and insert into rectum, replace every bowel movement until hemorrhoids are gone.

HEPATITIS

Hepatitis is termed as a liver disease that generally results from prolonged exposure to infections, chemical drugs, alcohol abuse, and prescription drugs.

1. Possible Causes and Contributing Factors:

- a. Adverse reaction to drugs and other toxins
- b. Viral infection
- c. Alcohol
- d. Weakened immune system

2. Suggested Dietary Changes:

- a. 8 ounce glass of water every two hours
- b. Avoid alcohol, sugar, fruit juice, honey, maple syrup, saturated fats
- c. Best to restrict solid foods to brown rice, steamed vegetables, fish
- d. Eat high fiber, high sulfur foods – garlic, onions, eggs, pears, oat bran, apples
- e. Eat all cabbage family – broccoli, Brussels sprouts, beets, carrots, turnips, cinnamon, licorice

3. Core Supplemental Support:

- a. LivComplete as directed
- b. ImmunoMax 2-3 each meal
- c. Buffered C Plus 1-2 capsules 3-4 times daily
- d. Pro Lean Greens 2 servings daily

4. Herbal Support:

- a. Micro-Gone as directed
- b. Immune as directed
- c. Liver/Gallbladder as directed

5. Additional Considerations:

- a. EnerDMG
 - b. Pro Reds
 - c. N-Acetylcysteine
-
-

HERPES

1. Possible Causes and Contributing Factors:

- a. Sexual contact
- b. Immune system suppression
- c. Nutritional deficiencies

2. Suggested Dietary Changes:

- a. Avoid sugar – suppresses immune system
- b. Legumes, fish, turkey, chicken, vegetables – rich in L-lysine which inhibits herpes virus replication
- c. Avoid peanuts, almonds, other nuts, whole wheat, chocolate – contain L-arginine that may stimulate HSV replication

3. Core Supplemental Support:

- a. L-Lysine 1000mg three times daily between meals
- b. ImmunoMax 2 each meal
- c. Buffered C Plus 3-6 daily
- d. Super Zinc 50

4. Herbal Support:

- a. Micro-Gone as directed
- b. Lymphatic as directed
- c. Immune as directed

5. Additional Considerations:

- a. Super B Complete 2-4 daily
- b. Pro Reds 1-2 servings daily

HIVES

1. Possible Causes and Contributing Factors:

- a. Response to allergy or irritant
- b. Certain drugs (especially antibiotics and aspirin)
- c. Infectious agent
- d. Poor digestion
- e. Jewelry containing nickel
- f. Chronic hives may be linked to candida
- g. Sometimes allergy to nitrites, yellow dye #5, sulfites

2. Suggested Dietary Changes:

- a. High fiber diet – oats, brown rice, beans, raw fruits & veggies – improve digestion and reduce the necessity of expelling toxins through the skin
- b. If triggered by sunlight, eat deeply colored vegetables
- c. Glass of water every 2 hours
- d. Avoid all junkfood, refined foods, alcohol, caffeine, additives
- e. Avoid fried foods, meat, dairy to improve digestion
- f. Avoid aspirin and steroids

3. Core Supplemental Support:

- a. AirMaxx 2 chewable tablets 2-3x daily
 - b. SPM
 - c. BetaZyme 1 each meal
 - d. Buffered C Plus 6 daily
 - e. Pro Lean Greens 2 servings daily
 - f. Active B12 Folate
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HYPOGLYCEMIA (The brain is the first organ affected.)

Pancreatic malfunction can manifest in one of two ways: diabetes, which is high blood sugar, or hypoglycemia, which is low blood sugar. Though they are completely different, they both stem from the same cause, a malfunction of the pancreas, which is what we have to treat.

1. Possible Causes and Contributing Factors:

- a. Diet high in carbohydrates
- b. Endocrine hypo-function (adrenal, thyroid, pancreas, pituitary)
- c. Liver/biliary dysfunction
- d. Low stomach acid

2. Suggested Dietary Changes:

- a. Insure three meals a day. Use low carbohydrate vegetables and protein (nuts, seeds, etc.) if between meal snacks are required

3. Core Supplemental Support:

- a. The Best Whey, Super Shake, or Net-0 KETO 2-3x daily between meals
- b. Men's/Women's Complete
- c. AdrenaMax 1 per meal
- d. Super B Complete 2-4 daily
- e. Frontier Fiber ½ hour before meals

4. Additional Considerations:

- a. Endocrine as directed
- b. Adrenal as directed

HYSTERECTOMY RELATED PROBLEMS

(See Also Menopause)

1. Suggested Dietary Changes:

- a. Adopt a hypoglycemic diet

3. Core Supplemental Support:

- a. EstroCleanse 3 daily
 - b. Frontier Flax oil 1 per meal
 - c. Frontier Men's/Women's Complete
 - d. Full Spectrum Hemp Extract
 - e. Endocrine Tincture
-
-

IMMUNE DEPRESSION (General Support)

1. Possible Causes and Contributing Factors:

- a. Heavy metal body burden
- b. Allergy/sensitivity (food or environmental)
- c. Diet high in refined carbohydrates, processed foods, hydrogenated fats
- d. Overuse of alcohol, tobacco or recreational drugs
- e. Overuse of prescribed drugs, antibiotics, over-the-counter drugs
- f. Viral or bacterial infections
- g. Parasites
- h. Undiagnosed free radical pathology
- i. Physical or psychological stress

2. Core Supplemental Support:

- a. ImmunoMax 1-3 each meal
- b. Buffered C 3-6 daily
- c. EnerDMG 1-2 daily
- d. GI Complete
- e. Super Biotics
- f. Immune Boost

3. Herbal Support:

- a. Lymphatic as directed
- b. Immune as directed

4. Additional Considerations:

- a. D3
- b. Airmaxx
- c. Pro Reds
- d. Super Zinc 50

IMPOTENCE

Impotence is the inability of a male to attain or sustain an erection sufficient for intercourse. This disorder is also known as erectile dysfunction. This condition can be persistent, and many men experience this occasionally.

1. Pre-Disposing Factors:

- a. Low levels of DHEA and Testosterone
- b. Medications (blood pressure), street drugs
- c. High fat/low fiber diet
- d. Underlying illness (arteriosclerosis, high blood pressure, diabetes)
- e. Hormonal imbalance
- f. Stress/anxiety
- g. Depression
- h. Heavy metals

2. Dietary Suggestions:

- a. Fresh raw vegetables, apples, oats, whole grains
- b. Avoid hydrogenated fats, red meat, junk and processed food

3. Core Supplemental Support:

- a. Testo 180 4 per day
- b. CircuCORE 4 per day
- c. EstroCleanse 3 per day
- d. DHEA Spray

4. Herbal Support:

- a. CircuCare as directed
- b. Testo 180 Tincture as directed

5. Additional Considerations:

- a. DHEA
 - b. Virility
-
-

INCONTINENCE

1. Possible Causes and Contributing Factors:

- a. Mis-aligned vertebrae
- b. Food allergies (irritate urinary tract)
- c. Obesity
- d. Feminine hygiene sprays, tampons, douches, bubble bath, etc. – irritating chemicals

2. Suggested Dietary Changes:

- a. Avoid alcohol, caffeine, carbonated beverages, coffee, chocolate, refined or processed foods, simple sugars, chemicals in food, impure water – all have adverse effect on the bladder

3. Core Supplemental Support:

- a. UT Cleanse
 - b. EstroCleanse
 - c. K&B Tincture
 - d. The Best Whey amino acids help strengthen bladder muscle
 - e. Men's/Women's Complete
-
-
-

INDIGESTION

1. Possible Causes and Contributing Factors:

- a. Too much or too little stomach acid
- b. Hernia
- c. Lack of enzymes
- d. Bacterial imbalance
- e. Fungal infection

2. Core Supplemental Support:

- a. BetaZyme and/or ProbZyme
- b. Frontier Biotics 2-4 daily
- c. GI Complete
- d. IgG

3. Herbal Support:

- a. Micro-Gone as directed

INFANT DIGESTIVE PROBLEMS (Constipation, Diarrhea, Colic)

1. Possible Causes and Contributing Factors:

- a. Milk or formula sensitivity
- b. Breast feeding mother has poor diet (excess refined carbohydrates, dairy, refined grains, alcohol)
- c. Thymus hypo-function
- d. Bacterial imbalance in bowel
- e. Viral or bacterial infection
- f. Parasites
- g. Physiological problem in bowel (kink, bleeding, etc)

2. Suggested Dietary Changes:

- a. Attempt a different formula (goat's milk, soy)
- b. Change mother's diet – eliminate refined carbohydrates, alcohol, fried foods, processed foods, hydrogenated fats and oils, caffeine
- c. If infant is taking water, make sure it is pure water only – same for mother if breastfeeding
- d. Eliminate Dairy

3. Core Supplemental Support:

- a. ProbZyme (break apart tablet)
- b. Frontier Biotics

INFECTIONS

1. Suggested Dietary Changes:

- a. Eat and drink plenty of fruit, vegetables and their juices
- b. Plenty of water, herb teas (3 cups Cat's claw tea daily)
- c. Avoid mucous forming foods – dairy, meat, eggs

2. Core Supplemental Support:

- a. ImmunoMax 3 each meal
- b. Buffered C Plus 6 daily
- c. Zinc Lozenges
- d. GlucoLyze

3. Herbal Support:

- a. Lymphatic as directed
 - b. Immune as directed
 - c. Micro-Gone as directed
-
-
-

INFLAMMATION (General)

1. Possible Causes and Contributing Factors:

- a. Infection
- b. Trauma
- c. Allergy/sensitivity

2. Core Supplemental Support:

- a. SPM
 - b. X-Flame or Inflamm
 - c. Full Spectrum Hemp Extract
 - d. Inflammation Tincture
 - e. Omega 3D 2 each meal
 - f. ImmunoMax (if infection) 2-3 each meal
-

INFLAMMATORY BOWEL DISEASE

1. Suggested Dietary Changes:

- a. Check for food allergies
- b. No dairy / sugar / processed foods

2. Core Supplemental Support:

- a. GI Complete 2 servings daily
- b. SBC for 1 month then Super Biotics
- c. Prozyme
- d. IgG

3. Additional Considerations:

- a. ParaKill
 - b. Omega 3D 1-2 each meal
 - c. X-Flame or Inflamm
-
-

INSOMNIA

Chronic inability to sleep or to stay asleep throughout the night. When you are wakeful and sleepless.

1. Possible Causes and Contributing Factors:

- a. Reactive hypoglycemia
- b. Thiamine deficiency
- c. Alkaline mineral deficiency
- d. Stress (physical and psychological)
- e. Pineal dysfunction
- f. Lack of exercise
- g. Stimulants
- h. Hormonal changes
- i. Vitamin deficiencies (B12, Iron)
- j. Hypoglycemia
- k. Low thyroid
- l. Medications

2. Suggested Dietary Changes:

- a. Avoid caffeine
- b. Avoid foods containing Tyramine (brain stimulant) – bacon, cheese, chocolate, eggplant, ham, potatoes, sauerkraut, sugar, sausage, spinach, tomatoes, wine

3. Core Supplemental Support:

- a. Sleep Time as directed
- b. Frontier Minerals 4 daily
- c. The Best Whey (one hour before bed)
- d. Mood Lift as directed – promotes serotonin production in the brain for relaxation - Also consider Control II (contains L-Tryptophan)
- e. Adrenamaxx

4. Herbal Support:

- a. Relaxation & Sleep as directed
- b. Endocrine as directed
- c. Immune as directed

IRRITABLE BOWEL SYNDROME

Inflammation of the colon or large intestine, especially its mucous membrane.

1. Possible Causes and Contributing Factors:

- a. Diet high in refined foods and sugars
- b. Food allergies (wheat & dairy)
- c. Candida
- d. Parasites
- e. Poor stress coping mechanism

2. Suggested Dietary Changes:

- a. High fiber diet is an absolute must, it will regulate bowels and soothe digestive tract – whole grains, raw or lightly cooked vegetables, legumes – slowly increase so body can adjust (avoid wheat germ)
- b. Water every 2 hours
- c. Consider food allergies (dairy, wheat, sugar)

3. Core Supplemental Support:

- a. Super Biotics 2 daily
- b. Betazyme or ProBZyme each meal
- c. GI Complete 2 daily
- d. IgG

4. Herbal Support:

- a. Micro-Gone as directed
- b. Liver/Gallbladder as directed

5. Additional Considerations:

- a. ParaKill
- b. CandiKill
- c. Omega 3D 1-2 each meal
- d. LivComplete as directed

Strongly consider Candida protocol and/or parasite cleanse. Also a liver/gallbladder flush.

JAUNDICE

Jaundice is due to absorption of bile into the blood vessels, a disposition of bile pigment in the skin and mucous membrane.

1. Possible Causes and Contributing Factors:

- a. Signal of disease of liver/gallbladder systems (hepatitis)

2. Suggested Dietary Changes:

- a. Only raw vegetables and fruits for one week
- b. Drink the following juices – lemon and water, beet /beet greens, dandelion or black radish extract – all good for rebuilding and cleansing liver
- c. No alcohol

3. Core Supplemental Support:

- a. LivComplete
- b. BetaZyme
- c. Ultimate Shake

4. Herbal Support:

- a. Liver/Gallbladder – as directed
-
-

KIDNEY DISEASE / RENAL FAILURE

1. Dietary Suggestions:

- a. 75% raw foods – asparagus, bananas, celery, cucumbers, garlic, papaya, parsley, potatoes
- b. 6-8 ounces water every hour – very important
- c. Avoid animal protein – stresses kidneys, eat beans, lentils, millet, peas, soybeans, whole grains instead
- d. 3 day cleansing fast

2. Core Supplemental Support:

- a. LivComplete
- b. Frontier Multi OR Men's/Women's Complete
- c. Glucolyze
- d. UT Cleanse

3. Herbal Support:

- a. K&B as directed

4. Additional Considerations:

- a. N-Acetylcysteine
-
-

KIDNEY STONES

1. Pre-Disposing Factors:

- a. Genetic pre-disposition
- b. Inability to correctly metabolize calcium
- c. Thyroid hypo-function
- d. Diets high in purines, oxalates, processed foods, refined carbs, alcohol
- e. Insufficient water intake
- f. Renal dysfunction
- g. Diet high in hydrogenated fats
- h. Infections that disturb flow of fluids
- i. Magnesium and potassium deficiency

2. Dietary Suggestions:

- a. 8 glasses or more of pure water daily
- b. Limit total protein until problem is solved

3. Core Supplemental Support:

- a. K&B Tincture
- b. Mag Complete 300
- c. UT Cleanse

4. Herbal Support:

- a. Kidney and Bladder tincture as directed

LEGIONNAIRE'S DISEASE (Bronchial Tube Infection)

1. Suggested Dietary Changes:

- a. 75% raw foods and lightly steamed vegetables
- b. No alcohol, dairy, fried foods, sugar, tobacco
- c. Use cool mist humidifier

2. Core Supplemental Support:

- a. NAC 6 per day
- b. Airmaxx
- c. ImmunoMax 2-3 each meal
- d. Buffered C Plus 3-6 daily

3. Herbal Support:

- a. Lymphatic as directed
- b. Immune as directed
- c. Micro-Gone as directed

4. Additional Considerations:

- a. EnerCoQ10
- b. Super B Complete

LIGAMENT INSTABILITY (Subluxation)

1. Possible Causes and Contributing Factors::

- a. Trauma
- b. Adrenal hypo-function (stress)
- c. Primary manganese deficiency or a manganese deficiency secondary to an inability to properly digest dietary manganese (biliary insufficiency)

2. Core Supplemental Support:

- a. HA Plus
- b. Full Spectrum Hemp Extract
- c. X Flame
- d. Green Lipped Mussel

LIPOPROTEINS (Increase HDL, Decrease LDL) APOLIPOPROTEIN A-1 (Increase)

1. Possible Causes and Contributing Factors:

- a. Obesity
- b. Lack of exercise
- c. Diabetes or developing diabetes
- d. Genetic pre-disposition
- e. Diet high in carbohydrates, hydrogenated fats and oils, processed foods

2. Core Supplemental Support:

- a. Cholesto Red as directed
- b. Omega 3D 4-6 daily
- c. Ultimate Shake

3. Herbal Support:

- a. Liver/Gallbladder – as directed

LIVER / COLON DETOXIFICATION

1. Possible Causes and Contributing Factors:

- a. Post flu, virus, cold, infection
- b. Excess use of alcohol, refined carbohydrates, processed foods, caffeine, hydrogenated fats
- c. Food poisoning
- d. Environmental toxins (solvents, incinerators, metals, pollution in general)
- e. Chronic constipation

2. Suggested Dietary Changes:

- a. 10 glasses of pure water daily

3. Core Supplemental Support:

- a. Ultimate Shake
- b. Pro Lean Greens 1-2 servings daily
- c. LivComplete

4. Herbal Support:

- a. Liver/Gallbladder as directed

5. Additional Considerations:

- a. ParaKill
 - b. CandiKill
 - c. Super Biotics
 - d. Turmeric Plus
-
-

LOU GEHRIG'S DISEASE

1. Possible Causes and Contributing Factors:

- a. Toxic metal overload
- b. B complex deficiency
- c. Immune dysfunction

2. Suggested Dietary Changes:

- a. Eliminate all dairy, gluten, hydrogenated oils
- b. Increase protein – cold water fish, all dark green vegetables

3. Core Supplemental Support:

- a. LivComplete + Leans Greens
- b. LV/GB Tincture
- c. ImmunoMax

4. Herbal Support:

- a. Adrenal as directed

5. Additional Considerations:

- a. D3/K2 Complete
 - b. Men's/Women's Complete
 - c. Super B Complete
-
-
-

LUNG PROBLEMS (Difficult Breathing, Not Asthma or Emphysema)

1. Possible Causes and Contributing Factors:

- a. Excess smoking, pollution, auto exhaust, etc.
- b. Allergy/sensitivity
- c. Mucous
- d. Parasites
- e. Inability to recover from chest cold or bronchitis

2. Suggested Dietary Changes:

- a. Water Cure
- b. Eliminate dairy
- c. Consider installing air filters
- d. Avoid tobacco

3. Core Supplemental Support:

- a. NAC
- b. AirMaxx
- c. ImmunoMax (if viral)
- d. SPM

4. Herbal Support:

- a. Lymphatic as directed
- b. Adrenal as directed

5. Additional Considerations:

- a. EnerDMG 2 daily
 - b. ParaKill
-
-

NOTE: Critical for the adrenals to work properly in order to breathe adequately (adrenals control the sphincter muscles at each of the openings of the alveoli – alveoli are small air bags inside the lungs where the exchange of oxygen and carbon dioxide take place)

LUPUS

1. Possible Causes and Contributing Factors:

- a. Immune insufficiency with subsequent inflammation
- b. Allergic reaction to medications or vaccines
- c. Viruses/bacteria (especially streptococcus)
- d. Extreme prolonged physical and emotional stress
- e. Estrogen disruption related to pregnancy or birth control pills
- f. Synthetic hormones
- g. Deficiency of certain hormones (especially DHEA, progesterone, testosterone, growth hormone) – most women have high testosterone levels
- h. Food allergies (almost all sufferers)
- i. Candida
- j. Poor digestion and detoxification (All sufferers lack digestive enzymes)
- k. Heavy metal toxicity
- l. Occurs predominantly in females and begins frequently before the fourth decade of life
- m. Often the first system to fail is renal function
- n. Often confused with rheumatoid arthritis in the early phase

2. Suggested Dietary Changes:

- a. Look for food allergies, especially wheat
- b. Vegetarian diet is best
- c. Water Cure

3. Core Supplemental Support:

- a. LivComplete + Pro Lean Greens
- b. Omega 3D 1-2 each meal
- c. EnerDMG 2 daily before 3 pm
- d. GI Complete 2 daily
- e. Super Biotics 2 Daily
- f. Power Fuel

4. Additional Considerations:

- a. ImmunoMax
- b. Cyb-Zyme
- c. Calm Day
- d. DHEA (studies show it to improve condition in women)
- e. ParaKill

LYME'S DISEASE

Borellia mimics or contributes to 350 different illnesses. Most fibromyalgia patients have Borrelia.

- **Toxins in the body will increase the microbial growth**
- **If you kill the bugs but do not detox, the bugs will re-grow**
- **Patient will usually have multiple co-infections (mycoplasma, babesia, bartonella, etc.)**
- **Protozoa will produce a biofilm in the gut where bugs hide**

1. Suggested Dietary Changes:

- a. Water Cure (lots of water is important to help flush toxins)
- b. Plenty of garlic to enhance immune system
- c. Use green drinks to help detoxification (Pro Lean Greens)
- d. Eliminate dairy, wheat & sugar

2. Patient needs ALL of the following:

- a. **Magnesium:** Use Mag Complete 300
- b. **Multi Vitamin/Mineral:** Use Frontier Multi or Women's Complete
- c. **Proteolytic Enzymes:** Use Nattokin Plus II 2 daily on empty stomach (helps eat away biofilm)
- d. **Detox Support:** Consider any of or a combination of the following:
 - Liver/Galbladder Tincture
 - Super Foods Tincture
 - EnerDMG 6 chews in the morning
 - LivComplete
 - K&B Tincture
 - Lymphatic Tincture
- e. **Anti-Microbials:** Consider any or a combination of the following:
 - CandiKill
 - Inflammation Tincture (contains cat's claw)
 - Micro-Gone Tincture
 - Immune Tincture

3. Additional Considerations:

- a. X Flame 12 per day (for pain)
- b. SPM
- c. Brain Boost 6 per day
- d. ImmunoMax in the morning
- e. Omega 3D
- f. Pro Reds
- g. Super K2 Plus in the morning

Use anti-microbials for 12-13 days then stop treatment for 38-48 hrs. Start treatment again with different herbs and repeat. Having patient avoid EMF's as much as possible may have a considerable effect on the outcome. Consider food & environmental allergies, nutritional deficiencies, parasite and mold problems, exercise, NAET treatments, Rife machine treatments, Laser Energetic Detox, etc.

MACULAR DEGENERATION

The macula is a portion of the retina in the back of the eye. The degenerative health of the macula is known as macular degeneration.

1. Possible Causes and Contributing Factors:

- a. Aging
- b. Smoking
- c. Low antioxidant diet
- d. Arteriosclerosis
- e. High blood pressure
- f. Exposure to ultra violet light
- g. Environmental toxins (especially metals)
- h. Poor digestion and detoxification
- i. Nutritional deficiencies

2. Core Supplemental Support:

- a. 20/20 Capsules
- b. Omega 3D 4 per day
- c. Pro Reds – antioxidants and nutrients for the eyes
- d. Men's/Women's Complete

3. Herbal Support:

- a. Lymphatic as directed
- b. CircuCare as directed
- c. 20/20 Tincture as directed

MEMORY PROBLEMS

1. Possible Causes and Contributing Factors:

- a. Poor diet (high fats, low nutrients)
- b. Free radicals
- c. Inactivity both physical and mental
- d. Medications, street drugs
- e. Candida
- f. Heavy metal poisoning
- g. Depression
- h. Hypoglycemia
- i. Low thyroid
- j. Nutritional deficiencies (DHA, B12, Folic Acid)
- k. Food allergies

2. Core Supplemental Support:

- a. Brain Boost 6 daily
- b. Omega 3D
- c. Active B12 Folate
- d. Super B Complete
- e. Ultimate Shake
- f. Net-0 KETO

3. Herbal Support:

- a. CircuCare as directed
- b. Liver/Gallbladder as directed

4. Additional Considerations:

- a. Pro Purples 2 servings daily
 - b. Men's/Women's Complete
 - c. Pregnenolone - It can not only boost memory but also prevent its loss and support memory-protecting sleep, according to animal studies.
-
-

MENOPAUSE

1. Suggested Dietary Changes:

- a. Diet high in plant foods for hormone balancing affect – 50% raw foods
- b. No animal products except for salmon, sardines, white fish – dairy and meat promote hot flashes and contribute to calcium loss
- c. Avoid alcohol, caffeine, sugar, spicy foods, hot soups and drinks – can trigger hot flashes and also make blood acidic
- d. Water every 2 hours

2. Core Supplemental Support:

- a. Frontier Multi OR Men's/Women's Complete
- b. Fertility as directed
- c. EstroCleanse 3 daily
- d. Frontier Flax 1 each meal
- e. Adrenamax as directed

3. Herbal Support:

- a. Adrenal as directed
- b. Endocrine

4. Additional Considerations:

- a. Super Cal Plus
- b. Progesterone cream
- c. DHEA
- d. Pregnenolone: Researchers conclude that pregnenolone plays a promising role in the pathophysiology of PMS, and according to Ray Sahelian, M.D., it can help alleviate PMS and menopause symptoms, particularly hot flashes and loss of libido.

MIGRAINE HEADACHES

Migraine is a neurological disorder which usually is displayed by recurrent attacks of disabling headache, which can cause vomiting and malaise. It is estimated that 24 percent of females and 12 percent of males in the general population are affected by some form of migraine.

1. Possible Causes and Contributing Factors:

- a. Food allergy/sensitivity
- b. Biliary/liver dysfunction
- c. Hormonal imbalance
- d. Thyroid dysfunction
- e. Lactic acidosis
- f. Heavy metal body burdens
- g. T.M.J., cranial, spinal dysfunction
- h. Reactive hypoglycemia/carbohydrate sensitivity

2. Suggested Dietary Changes:

- a. Water Cure
- b. Eliminate dairy and gluten

3. Core Supplemental Support:

- a. Mag Complete 300
- b. Full Spectrum Hemp Extract Oil or Cream
- c. LivComplete + Pro Lean Greens
- d. Frontier Minerals 4 daily

4. Herbal Support:

- a. CircuCare – as directed
- b. Liver/Gallbladder – as directed

5. Additional Considerations:

- a. EnerDMG
- b. EnerCoQ10
- c. Melatonin
- d. EstroCleanse if before cycle

MITRAL VALVE PROLAPSE

The mitral valve is one of the four valves of the heart. Usually, under normal conditions, the mitral valve is kept from opening too far via string like cords. Unfortunately, sometimes these cords are too long. Therefore, the valve is allowed to open too far during heart beats.

1. Possible Causes and Contributing Factors:

- a. Thiamine deficiency
- b. Magnesium deficiency
- c. Scoliosis
- d. Diet high in refined carbohydrates and hydrogenated fats
- e. Food allergy/sensitivity

2. Core Supplemental Support:

- a. Cardio Stack
 - b. Ener CoQ10 2 per day
 - c. Power Fuel 2 servings daily
 - d. Omega 3D 2 each meal
 - e. Mag Complete 300
 - f. Super K2 Plus
 - g. Super B Complete
-
-

MONONUCLEOSIS (MONO)

1. Core Supplemental Support:

- a. ImmunoMax 2-3 each meal
- b. Pro Lean Greens 2 servings daily
- c. Airmaxx 2 each meal

2. Herbal Support:

- a. Lymphatic as directed
 - b. Immune as directed
 - c. Micro-Gone as directed
-
-

MULTIPLE SCLEROSIS

Multiple Sclerosis or MS, is a chronic progressive condition that affects the nervous system. Some believe that MS is a form of autoimmune disease that attacks the central nervous system.

1. Possible Causes and Contributing Factors:

- a. Genetic pre-disposition
- b. Heavy metal body burden
- c. Parasites (amoebic)
- d. Bacterial/viral/candida infection
- e. Food/environmental sensitivity
- f. Exposure to chemicals, environmental toxins, pollution, etc.
- g. Vitamin D and other deficiencies
- h. Vaccinations
- i. Aspartame
- j. Iodine deficiency
- k. Meat intolerance

2. Suggested Dietary Changes:

- a. Try eliminating foods that may trigger reactions – start with eliminating all dairy for 2 months – if that doesn't help, try wheat, corn, soy, sugar, citrus fruits, one group at a time
- b. Water Cure

3. Core Supplemental Support:

- a. Ultimate Shake
- b. LivComplete + Pro Lean Greens
- c. EnerDMG 2 daily
- d. Omega 3 2800 Liquid – use anywhere from 5-20 grams daily
- e. Active B12 Folate
- f. Full Spectrum Hemp Extract

4. Herbal Support:

- a. Endocrine as directed
- b. Adrenal as directed
- c. Micro-Gone as directed
- d. Liver/Gallbladder as directed

5. Additional Considerations:

- a. Pro Reds 1-2 servings daily
- b. Consider Iodine Plus
- c. Super B Complete

MUSCLE SPASM / CRAMPS

1. Possible Causes and Contributing Factors:

- a. Iron anemia
- b. Insufficient water intake
- c. Need for calcium, magnesium vitamin E
- d. Lack of exercise
- e. Over-exertion of poorly conditioned muscles
- f. Lack of B vitamins

2. Suggested Dietary Changes:

- a. Water Cure

3. Core Supplemental Support:

- a. Mag Complete 300
- b. ReLAXX
- c. Frontier Minerals 4 daily
- d. Super B Complete 2-4 daily
- e. Men's/Women's Complete
- f. Full Spectrum Hemp Extract
- g. Power Fuel

MUSCULAR DYSTROPHY

1. Helpful Supplemental Support:

- a. EnerCoQ10 2 daily
- b. Men's/Women's Complete

MYASTHENIA GRAVIS

1. Possible Causes and Contributing Factors:

- a. Auto-immune dysfunction
(thyroid hyper-function is common)
- b. Acetylcholine receptor dysfunction, possibly due to excess production of cholinesterase
- c. Prominent in women between 20 and 40 years old
- d. Muscular fatigue
- e. Ocular muscle fatigue
- f. Yeast/parasites

2. Suggested Dietary Changes:

- a. Water Cure

3. Core Supplemental Support:

- a. Frontier Minerals 4 daily
- b. Omega 3D 1-2 each meal
- c. Essential E-400 2-3 daily
- d. Mag Complete

4. Additional Considerations:

- a. ProbZyme
 - b. SBC
 - c. ParaKill
-
-

NARCOLEPSY

1. Dietary Suggestions:

- a. Low fat diet – high in green leafy vegetables
- b. Eat high protein foods in the middle of the day and save complex carbs for evening – carbs have calming effect

2. Core Supplemental Support:

- a. ReLAXX
- b. Super B Complete
- c. Brain Boost

NAUSEA

1. Possible Causes and Contributing Factors:

- a. Dehydration
- b. Excess refined or processed food
- c. Digestive insufficiency (hypochlorhydria, hyperchlorhydria, biliary stasis, biliary insufficiency, pancreatic dysfunction)
- d. Constipation or diarrhea
- e. Thyroid or adrenal dysfunction
- f. Ulcer

2. Suggested Dietary Changes:

- a. 8 glasses pure water daily

3. Core Supplemental Support:

- a. BetaZyme and/or ProbZyme 1-2 each meal
- b. Frontier Fiber 1-2 servings daily
- c. Frontier Biotics 4 daily

NEUROPATHY

1. Core Supplemental Support:

- a. Neuropath-Ease 6 per day
- b. Glucolyze 2 breakfast, 2 dinner
- c. Omega 3D 2 each meal
- d. Essential E-400 1 daily
- e. Active B12 Folate

OBESITY / OVERWEIGHT

1. Possible Causes and Contributing Factors:

- a. Poor diet
- b. Inactivity
- c. Hormone imbalance
- d. Toxins
- e. Neurotransmitter imbalance (serotonin)
- f. Hypothyroidism
- g. Medication
- h. Food allergies

2. Suggested Dietary Changes:

- a. Instead of counting calories, the best bet is to start eating foods that are fresh, whole and nutritionally dense
- b. Have one meal a day consisting of only fresh fruits or vegetables – lots of raw foods
- c. 6-8 glasses of water daily

3. Core Supplemental Support:

- a. Thermogenesis Complete
- b. Super Shake, Best Whey, or Ultimate Shake
- c. ThyroComplete
- d. Glucolyze
- e. Tone and Lean CLA

4. Herbal Support:

- a. Endocrine as directed

5. Additional Considerations:

- a. Frontier Fiber
- b. Control

Consider beginning program with detox

OSTEOPOROSIS

1. Possible Causes and Contributing Factors:

- a. Diet high in refined carbohydrates or hydrogenated fats
- b. Excess use of tobacco or alcohol
- c. Obesity
- d. Genetic pre-disposition (slender, small boned females)
- e. Excess use of aluminum containing antacids
- f. Primary calcium, magnesium, vitamin K manganese insufficiency or insufficiency secondary to low stomach acid
- g. Endocrine dysfunction (thyroid, parathyroid)
- h. Lack of exercise

2. Core Supplemental Support:

- a. Super Cal Plus 4 daily
- b. Super K2 Plus
- c. BetaZyme each meal
- d. Full Spectrum Hemp Extract

3. Herbal Support:

- a. Endocrine as directed

PAGET'S DISEASE OF BONE

1. Dietary Suggestions:

- a. Calcium rich foods – all green leafy vegetables, tofu, whey, yogurt
- b. Include garlic in diet – beneficial for circulation and keeps inflammation down

2. Suggested Supplementation:

- a. Super Cal Plus
- b. Frontier Minerals - aids in formation of bones
- c. Super K2 Plus

PANCREATITIS (Sub-Acute)

1. Possible Causes and Contributing Factors:

- a. Alcoholism
- b. Digestive dysfunction (pancreas, biliary/liver, hypo or hyperchlorrhya)
- c. Type I or V hyperlipoproteinemia
- d. Excess consumption or refined carbohydrates
- e. Food allergy/sensitivity
- f. Parathyroid dysfunction
- g. Psychological stress
- h. Viral infection

2. Core Supplemental Support:

- a. Betazyme
- b. ImmunoMax 2-3 each meal
- c. LivComplete 1 each meal
- d. Buffered C Plus 3-6 daily
- e. CandiKill
- f. CircuCORE
- g. BerryTone

3. Herbal Support:

- a. Micro-Gone as directed
- b. Immune as directed

PARASITES

1. Often Mis-Diagnosed

- a. Amebiasis for Crohn's Disease
- b. Roundworm infection for peptic ulcers
- c. Food allergies, Irritable Bowel & lung problems have all been found to have parasitic causes

2. Dietary Suggestions:

- a. High fiber diet – raw vegetables, whole grains
- b. Eat garlic, ginger, onions, raw pumpkin seeds (¼ to ½ cup daily with 8 oz. water)
- c. Avoid sugar, refined carbs, fruits, pork – worms thrive on sugar
- d. For tapeworms – fast 3 days on raw pineapple – bromelain destroys tapeworms
- e. For pinworms – eat bitter melon 1-2 a day for 7-10 days – repeat in 2 months to ensure infestation has not returned

3. Supplemental Support:

- a. ParaKill – 2 caps twice daily on empty stomach for 2 months
- b. Frontier Biotics
- c. CandiKill

4. Herbal Support:

- a. Micro-Gone as directed
- b. Immune as directed

Intestinal Parasite Symptoms

By Dr. Edward F. Group III, DC, ND, DACBN

Over half of all Americans will have an intestinal parasite infection at some point in their lives. Yet, many of us do not recognize the signs and symptoms of a parasite infection because they can occur weeks or even years after the initial infection, and because a parasitic infection often mimics other similar conditions. The most common symptoms of a parasite infection include constipation, diarrhea, gas and bloating, irritable bowel syndrome, joint and muscle aches, anemia, allergies, skin conditions, tumors, nervousness, sleep disorders, teeth grinding, chronic fatigue, and immune dysfunction.

Constipation

Some parasitic worms are actually large enough to physically block the passage of nutrients and waste at certain points in the digestive system. Severe parasitic infections in the bile duct or the intestines can make bowel movements difficult, leading to constipation.

Diarrhea

This intestinal parasite symptom is the development of diarrhea, or frequent, loose, watery stools. Many parasites produce a prostaglandin that leads to a sodium and chloride loss in the body. This in turn causes diarrhea. This process is especially true in the case of protozoan infection.

Gas and Bloating

Parasites that live in the upper small intestines can cause intestinal symptoms such as inflammation that leads to gas and bloating. Frequent occurrences of gas and bloating are classic signs of an intestinal parasite infection. The discomfort is aggravated by the consumption of hard to digest foods such as beans and non-organic meats.

Irritable Bowel Syndrome

Intestinal parasites dig in and attach themselves to the intestinal wall. This often causes irritation and inflammation that can in turn lead to muscle spasms, intestinal blockage, and a malabsorption of nutrients. Fatty substances in particular can be difficult to digest.

Joint and Muscle Aches

Intestinal parasites can also move and migrate throughout the body. It is not uncommon for them to become encysted in joint fluids or even in the muscles themselves. This causes pain, aching and irritation that are often mistaken for arthritis. Joint and muscle pain can also be caused by the body's own immune system response to the parasite infection.

Continue to next page for more information on Intestinal Parasite Symptoms

PARASITES

Anemia

There are several varieties of intestinal parasites that attach themselves to the lining of the intestines and divert nutrients away from the human body. In severe infections, these parasites can lead to blood loss sufficient enough to cause anemia.

Allergies

Intestinal parasites cause irritation and inflammation. This in turn can make it difficult to digest certain types of foods. The body's response to these undigested food particles may be to produce increased levels of eosinophils, which are one of the body's immune system defenders. These eosinophils then inflame the body's tissue and cause an allergic reaction.

Skin Conditions

Intestinal parasites can cause the release of hormones and immune system defenders that can in turn irritate the skin. Hives, rashes, weeping eczema, and other allergic reactions are common with intestinal parasites. Protozoan infections can also cause ulcers, swelling, sores, lesions, and dermatitis.

Tumors

The body may develop a tumor like mass in response to the parasitic infection that is also known as a granuloma. The tumor is developed to encase parasitic larvae or eggs. Granulomas most often develop in the colon or on the rectal wall, but they are also found in the lungs, liver, peritoneum, and the uterus.

Nervousness

Intestinal parasites release waste products and other toxic substances into the body's system. In chronic or severe parasitic infections, these toxins may irritate the central nervous system resulting in restlessness, nervousness, and anxiety.

Sleep Disorders

Intestinal parasites can cause irritation that can disturb sleep patterns making it difficult to fall asleep and to stay asleep. In the night, the body works to eliminate toxins via the liver. Parasitic infections can interrupt this process and upset the rhythms of the body. Some parasites also migrate out of the anus at night causing itching, discomfort, and irritation.

Teeth Grinding

This intestinal parasite symptom can also cause a condition known as bruxism, or the abnormal grinding, clenching, and gnashing of the teeth. This condition occurs most often at night, and it may be linked to the restlessness and anxiety caused in the body by the parasite's release of waste and other toxins.

Chronic Fatigue

Parasites can exhaust and deplete the body, on physical, mental, and emotional levels. It can lead to the mal-absorption of protein, carbohydrates, fats, and vitamins, draining the body of both nutrients and energy. Chronic fatigue can develop with symptoms such as exhaustion, aches, apathy, depression, difficulty concentrating, and impaired cognitive ability.

Immune Dysfunction

Parasites leech vital nutrients from the body, forcing the immune system to operate with a poor supply of vitamins, minerals, and energy sources. Parasites also stimulate the production of immunoglobulin A, which is a defender against foreign substances. Over time, this over stimulation can exhaust the body's supply of immunoglobulin A, leaving the body susceptible to attacks from bacteria, yeast, fungus, virus, and other foreign invaders.

PARKINSON'S DISEASE

1. Possible Causes and Contributing Factors:

- a. Heavy metal body burden. Aluminum, mercury, cadmium are most common
- b. Neurological damage from trauma, inflammation, chemicals, etc.
- c. Immune dysfunction
- d. Significant B complex deficiency
- e. Poor nutrition
- f. Food allergies
- g. Carbon-monoxide poisoning

2. Suggested Dietary/Lifestyle Changes:

- a. On a 21 day trial basis, eliminate dairy and gluten and see if there's improvement
- b. Avoid exposure to automobile and industrial fumes, tobacco smoke, aluminum cooking utensils, under arm deodorant and cosmetics
- c. Eliminate refined carbohydrates, canned foods, processed foods, hydrogenated fats and oils and frozen foods where possible
- d. Use only pure water for cooking and drinking

3. Core Supplemental Support:

- a. EnerCoQ10 4-8 daily
- b. Frontier CBD
- c. Omega 3D 4-8 daily
- d. Super B Complete 2-4 daily
- e. Net-0 KETO
- f. Full Spectrum Hemp Extract 1 full dropper at night

4. Herbal Support:

- a. Endocrine as directed
- b. Adrenal as directed
- c. Liver/Gallbladder as directed

5. Additional Considerations:

- a. Pro Lean Greens + LivComplete
 - b. NAC – increases levels of glutathione
 - c. Turmeric Plus - Neuroprotective agent - crosses blood brain barrier
-
-

PERIODONTAL DISEASE (Bleeding Gums, Receding Gums)

1. Possible Causes and Contributing Factors:

- a. Genetic pre-disposition
- b. Poor dental hygiene
- c. Diet high in refined carbohydrates or hydrogenated fats
- d. Infection
- e. Insufficient water intake

2. Core Supplemental Support:

- a. EnerCoQ10 1-2 daily
- b. Cherry Chews
- c. Super Cal Plus 2-4 daily
- d. ImmunoMax (if infection) 1-2 each meal

3. Additional Considerations:

- a. Pro Reds
- b. Buffered C Plus

4. Perioral Dermatitis

- a. Peroxide Water
 - b. ProbZyme
 - c. EnerCoQ10
 - d. Cherry Chews
 - e. Super Biotics open capsule add water to create paste
-

PNEUMONIA

A swelling of the lungs. Parts of the lungs become plugged with a fiber-like fluid.

1. Possible Causes and Contributing Factors:

- Bacterial and/or viral infection
- Alcoholism
- Environmental allergy/sensitivity
- Debilitating illness
- Post gastro-intestinal surgery

2. Core Supplemental Support:

- Airmaxx 6 per day
- ImmunoMax 2-3 each meal
- NAC
- Buffered C Plus 3-6 daily

3. Herbal Support:

- Lymphatic as directed
- Immune as directed
- Micro-Gone as directed

POLYCYSTIC OVARIAN SYNDROME (Type 1)

One of the reasons that there is so much confusion about PCOS is that it is not one condition. PCOS can be divided into 2 main types. This is important, because each requires a different treatment.

Classic PCOS has the symptoms of weight gain, failure to ovulate, infrequent periods, infertility, facial hair, acne, hair loss and a predisposition to diabetes. The key feature is high testosterone on blood test.

The high testosterone is actually the side effect, rather than the cause. In type 1 PCOS, the real underlying issue is insulin resistance and leptin resistance. Improper signalling from these metabolic hormones inhibit ovulation and cause the ovaries to produce testosterone. It is a problem with the metabolic hormones that is the main cause of weight gain. The symptoms of excessive testosterone, such as acne and facial hair growth will improve when insulin and leptin sensitivity improve.

1. Possible Causes and Contributing Factors:

Insulin resistance caused by:

- Leptin resistance
- Too many refined carbohydrates in diet, especially flour & sugar
- Trans fats
- Smoking
- Environmental toxins such as BPA
- Birth control pill

2. Suggested Dietary / Lifestyle Changes:

- Restrict carbohydrates for 6 weeks
- Lots of vegetables and good fats
- Eliminate refined sugar

3. Core Supplemental Support:

- Frontier Multi or Men's/Women's Complete
- Glucolyze 4 daily
- EstroCleanse 6 daily

4. Herbal Support:

- Endocrine

5. Additional Considerations:

- Mag Complete 300
- LivComplete
- Glucolyze – improves sensitivity to insulin and leptin

POLYCYSTIC OVARIAN SYNDROME (Type 2)

What if you have confirmed PCOS but your insulin and blood sugar are normal?

The ultrasound may show multiple, underdeveloped follicles. LH may be elevated and periods do not occur regularly. Testosterone may be high to normal. If testosterone is normal, the acne and facial hair exist because estrogen is too low (compared to testosterone). Bodyweight can be normal.

1. Possible Causes and Contributing Factors:

- a. History of birth control pill
- b. Vitamin D deficiency
- c. Environmental chemicals that mimic estrogen
- d. Trans fats
- e. Adrenal stress
- f. Thyroid disease
- g. Low fat intake
- h. Leptin deficiency

2. Suggested Dietary / Lifestyle Changes:

- a. Avoid cow's milk
- b. Do not take birth control pills
- c. Reduce exposure to hormone disrupting chemicals

In insulin-resistant Type 1 PCOS, the ovaries are prevented from ovulating because of insulin. In Type 2 PCOS, the ovaries are prevented from ovulating because of something else.

3. Core Supplemental Support:

- a. EstroCleanse 6 per day
- b. Super K2 Plus
- c. AdrenaMax
- d. EstroCleanse
- e. Natural Progesterone

4. Herbal Support:

- a. Endocrine
- b. Adrenal

POLYPS

1. Suggested Dietary Changes:

- a. High fiber diet with no animal fats is important – variety of fruits and vegetables, whole grains
- b. Avoid fried foods, highly processed foods, caffeine, alcohol

2. Core Supplemental Support:

- a. X Flame
- b. Frontier Fiber 2 servings daily
- c. GI Complete
- d. EstroCleanse

POOR CIRCULATION

1. Possible Causes and Contributing Factors:

- a. Low iron
- b. Arteriosclerosis
- c. Hypo-thyroid and/or adrenals
- d. Blood pressure
- e. Cholesterol

2. Core Supplemental Support:

- a. CircuCORE as directed
- b. Nattokin Plus
- c. Power CoQ10 2 daily
- d. Iodine Plus
- e. Omega 3D 1-2 each meal
- f. Turmeric Plus

3. Herbal Support:

- a. CircuCare Tincture as directed
 - b. Endocrine Tincture as directed
 - c. Liver/Gallbladder Tincture as directed (dissolves lipids)
-
-
-

POSTPARTUM DEPRESSION

1. Possible Causes and Contributing Factors:

- a. Decreased manganese causes loss of mothering instinct
- b. Fatty acid deficiency
- c. Endocrine imbalance

2. Core Supplemental Support:

- a. Omega 3D 4-8 daily
- b. AdrenaMax and/or Adrenal Tincture
- c. Super B Complete
- d. Endocrine Tincture
- e. Thyro Complete
- f. Mag Complete 300
- g. Mood Lift

PRE-MENSTRUAL SYNDROME

Many women suffer from symptoms of premenstrual syndrome (PMS), which usually start at the beginning of the monthly cycle and resolve with the start of menstruation. PMS is also known as premenstrual tension or PMT.

1. Possible Causes and Contributing Factors:

- a. Carbohydrate sensitivity
- b. B vitamin, Calcium or magnesium deficiency
- c. Hormonal imbalance
- d. Obesity
- e. Excessive use of alcohol, tobacco or hydrogenated fats and oils
- f. Food allergies and/or environmental toxins
- g. Stress, depression
- h. Thyroid problems
- i. Poor liver function

2. Core Supplemental Support:

- a. Frontier Multi OR Men's/Women's Complete
- b. ReLAXX
- c. EstroCleanse 3 daily
- d. Super B Complete 2 daily
- e. Mag Complete 300
- f. Pregnenolone: Researchers conclude that pregnenolone plays a promising role in the pathophysiology of PMS

3. Herbal Support:

- a. Endocrine as directed

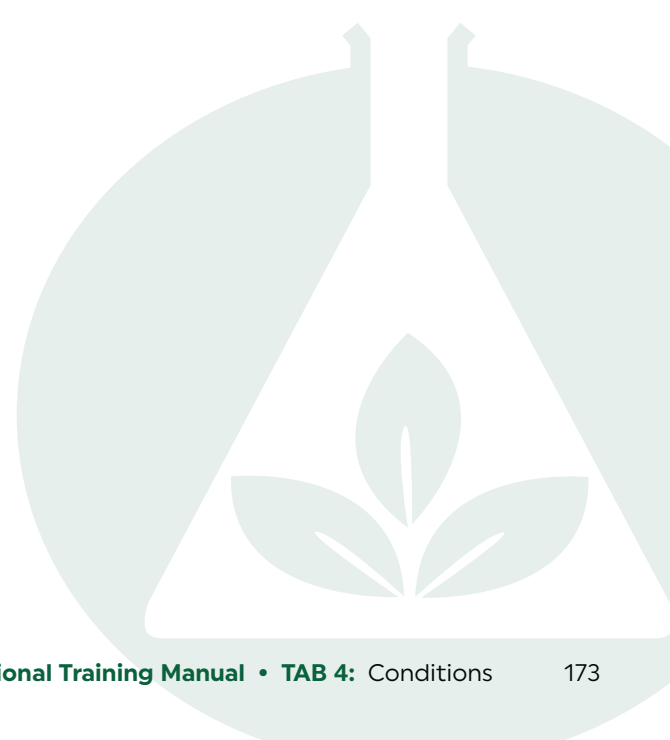
4. Additional Considerations:

- a. LivComplete
- b. Iodine Plus
- c. Calm Day
- d. Omega 3D

Scanty menses indicate increased thyroid while heavy menses indicate decreased thyroid.

Heavy viscous discharge indicates increased progesterone (unlikely) or decreased iodine (more likely).

Thin watery discharge indicates too much estrogen (most likely) or too much iodine (less likely)



PREGNANCY RELATED PROBLEMS

1. Anemia

Dietary Suggestions:

- Consume molasses, green leafy vegetables, leeks, cashews, cherries, strawberries, dried fruits, figs, eggs – for iron
- Avoid spinach, rhubarb, tomatoes, chocolate – contain oxalic acid which blocks iron, caffeine, soda, dairy

Supplemental Support:

- a. EZ Iron
- b. Men's/Women's Complete
- c. Buffered C Plus – enhances iron absorption

2. Bleeding Gums

Dietary Suggestions:

- Good sources of calcium – see vegetables, green leafy vegetables, soy, unsweetened yogurt
- Citrus and green vegetables for vitamin C
- Avoid spinach, rhubarb, tomatoes, chocolate – inhibit calcium absorption

Supplemental Support:

- a. Ener CoQ10
- b. Prozyme
- c. Cherry Chews

3. Constipation

Dietary Suggestions:

- Fiber – fresh fruit and vegetables, whole grains, beans, dried fruits, prunes
- Water every 2 hours
- Avoid fatty, greasy, fried foods

Supplemental Support:

- a. Frontier Fiber
- b. Frontier Biotics
- c. Mag Citrate

4. Fluid Retention

Dietary Suggestions:

- Apples, asparagus, cabbage, oranges, tomatoes, bananas, kelp, alfalfa – for potassium
- Avoid or restrict salt intake – processed and junk food

Supplemental Support:

- a. Super B Complete
- b. Buffered C Plus

5. Gas

Dietary Suggestions:

- Several small meals throughout the day
- Easier to digest foods – soups, steamed vegetables
- Avoid cow's milk, beans, spicy foods, sugar

Supplemental Support:

- a. Prozyme
- b. Frontier Biotics

6. Heartburn

Dietary Suggestions:

- Drink water to flush acid back down into stomach
- Drink papaya juice
- Small meals throughout the day
- Avoid fried, greasy foods, heavy sauces, minty foods
- Check for food allergies

Supplemental Support:

- a. Prozyme
- b. Frontier Biotics
- c. GI Complete

7. Hemorrhoids

Dietary Suggestions:

- Increase fiber – whole grains, fresh or dried fruits, vegetables, beans
- Water every 2 hours
- Avoid greasy, fried and junk foods – cow's milk is constipating

Supplemental Support:

- a. Frontier Fiber 2 servings daily
- b. Frontier Flax
- c. Frontier Biotics
- d. Buffered C Plus – reduce swelling and prevent bleeding
- e. Pro Reds – provides fiber and antioxidants

8. Insomnia

Dietary Suggestions:

- Whole grains, green leafy vegetables, wheat germ each meal – for B vitamins
- Have turkey, chicken, tuna, tofu, unsweetened yogurt for dinner – stimulate serotonin – helps sleep
- Avoid caffeine, sugar

Supplemental Support:

- a. Frontier Minerals - relaxes nervous system
- b. Calm Day
- c. Sleep Time
- d. ReLAXX

9. Leg & Foot Cramps

Dietary Suggestions:

- See vegetables, green leafy vegetables, soy, unsweetened yogurt
- Avoid caffeine, alcohol, sugar – depletes body of minerals

Supplemental Support:

- a. Mag Complete 300
- b. Frontier Multivitamin OR Men's/Women's Complete
- c. Super B Complete – to ensure proper nerve function
- d. ReLAXX
- e. Omega 3D – supports proper blood flow

10. Morning Sickness

Dietary Suggestions:

- Listen to your body when it tells you what to eat and what not to eat
- Whole grain toast or crackers for breakfast – B-vitamins ward off queasiness – also brown rice, oats, wheat germ
- Several small meals throughout the day
- Leafy greens – for vitamin K which prevents nausea

Supplemental Support:

- a. Prozyme
- b. The Best Whey - use as meal replacement
- c. Women's Complete

11. Preeclampsia

Dietary Suggestions:

- Plenty of water and adequate protein – fish, nuts, seeds
- Avoid foods that are high in trans fatty acids – fried foods, margarine, packaged foods

Supplemental Support:

- a. Super Cal Plus – studies show risk reduction using calcium, magnesium lowers blood pressure, reduces preclampsia risk
- b. Women's Complete

12. Stretch Marks

Supplemental Support:

- a. Omega 3D

13. Varicose Veins

Supplemental Support:

- a. Frontier Flax
- b. Buffered C Plus

PROLAPSE OF UTERUS

1. Suggested Dietary Changes:

- a. 75% raw fruits and vegetables plus whole grains such as brown rice, millet
- b. 8-10 glasses of water daily

2. Core Supplemental Support:

- a. Women's Complete
- b. Super Cal Plus 2-4 daily
- c. HA Plus

PROSTATE, ENLARGED (Benign Prostatic Hyperplasia)

1. Suggested Dietary Changes:

- a. Buy organic whenever possible
- b. Consume cooked tomato products for lycopene
- c. Eat pumpkin seeds daily
- d. Drink a glass of clean water every 2 hours to keep fluid moving through urinary tract (better yet do the water cure)

2. Core Supplemental Support:

- a. PSA as directed
- b. EstroCleanse
- c. Ultimate Shake
- d. Consider detox program (Pro Lean Greens, LivComplete, etc.) – the prostate gland is highly sensitive to environmental toxins
- e. Super Zinc 50
- f. Frontier Flax 1 softgel each meal – helps inflammation

3. Herbal Support:

- a. Liver/Gallbladder

PROSTATITIS

1. Possible Causes and Contributing Factors:

- a. Infection
- b. Food Allergies
- c. Dehydration
- d. Prostate enlargement (contributing to infection)

2. Core Supplemental Support:

- a. UT Cleanse as directed
- b. Buffered C Plus 4-5 capsules daily
- c. Super Biotics 1-2 capsules daily
- d. PSA
- e. CybZyme 3, 2-3 times daily without food

3. Herbal Support:

- a. Micro-Gone as directed
- b. Immune as directed
- c. Adrenal as directed
- d. Endocrine as directed
- e. K&B as directed

PSORIASIS

Psoriasis is a common disease that produces silvery, scaly plaques on the skin. This health issue is mainly due to the imbalances within the body, which are due to the improper diet and lifestyle.

1. Possible Causes and Contributing Factors:

- a. Biliary/liver or pancreatic dysfunction resulting in an inability to correctly metabolize fats
- b. Psychological stress (problem will always exacerbate under stress)
- c. Adrenal hypo-function
- d. Genetic pre-disposition
- e. Constipation
- f. Sensitivity to synthetic fibers, bleach, soap, etc.
- g. Exposure to sun light will generally help; however, vitamin D and ultra-violet light therapy generally do not help
- h. Food allergy/sensitivity (dairy, grains and alcohol most prominent)
- i. Candida (very common)
- j. Poor digestion of protein
- k. Body is toxic

2. Suggested Dietary Changes:

- a. Candida diet is probably best

3. Core Supplemental Support:

- a. CandiKill as directed
- b. BetaZyme 1-2 each meal
- c. SBC for 1 month then Super Biotics

4. Herbal Support:

- a. Micro-Gone as directed
- b. Liver/Gallbladder as directed
- c. Lymphatic as directed

5. Additional Considerations:

- a. Frontier Fiber 2 servings daily
 - b. Omega 3D 2 each meal
 - c. LivComplete
-
-

RESTLESS LEG SYNDROME

This disorder is the uncomfortable feeling of needing to move the legs is known as restless legs syndrome. Occasionally, this condition may also involve the arms. It can cause sudden quick twitches of the legs and can also occur during sleep.

1. Possible Causes and Contributing Factors:

- a. Diabetes
- b. Thyroid
- c. Kidneys
- d. Arthritis
- e. Low blood sugar (common)
- f. Parasites

2. Suggested Dietary Changes:

- a. Avoid stimulants

3. Core Supplemental Support:

- a. Full Spectrum Hemp Extract
- b. Mag Complete
- c. Frontier Minerals 4 daily
- d. Power Fuel
- e. The Best Whey (between meals)
- f. ParaKill as directed

4. Herbal Support:

- a. Relaxation & Sleep – as directed

ROSACEA

1. Possible Causes and Contributing Factors:

- a. Low levels of stomach acid
- b. High fat/low fiber diet
- c. Food allergies
- d. B vitamin deficiency
- e. Imbalance of gut bacteria (dysbiosis)
- f. Hormone imbalance
- g. Reaction to synthetic hormones
- h. Repeated exposure to wind, sun

2. Suggested Dietary Changes:

- a. Check for food allergies
- b. Steroid creams worsen condition

3. Core Supplemental Support:

- a. BetaZyme 1-2 each meal
 - b. Frontier Cleanse 4-8 capsules daily
 - c. Frontier Biotics 2-4 daily
 - d. Super B Complete + Active B12 Folate
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SARCOIDOSIS

Sarcoidosis is a systemic granulomatous disease characterized by the formation of noncaseating granulomas. Sarcoidosis primarily involves inflammation that produces tiny lumps of cells in various organs. The lumps are called granulomas because they look like grains of sugar or sand. They are very small and can be

seen only with a microscope. These tiny granulomas, over time, enlarge and join each other. If many granulomas form in an organ, they can affect how the organ works. This leads to the symptoms and diagnosis of sarcoidosis. Any organ can be affected, but most often sarcoidosis affects the lungs and lymph nodes.

1. Possible Causes and Contributing Factors:

- a. Food and/or environmental allergies (consider wheat)
- b. Mycobacterial or other infections
- c. Pollution or exposure to dust and particles

2. Suggested Dietary Changes:

- a. Check for food allergies
- b. Anti-inflammatory diet

3. Core Supplemental Support:

- a. AirMaxx
- b. X-Flame or Inflamm

4. Consider GI Support:

- a. SBC and/or Frontier Biotics
- b. GI Complete
- c. CandiKill

5. Consider Immune Support:

- a. Inflammation Tincture
- b. ParaKill
- c. Immune, Lymphatic Tinctures

SCIATICA (Structural and Chemical)

1. Possible Causes and Contributing Factors:

- a. Inability to properly metabolize carbohydrates resulting in nerve inflammation from lactic acidosis
- b. Insufficient water intake
- c. Spine, pelvis or spinal disc problems requiring manipulation

2. Core Supplemental Support:

- a. X-Flame or Inflamm or Full Spectrum Hemp Extract
 - b. Frontier Multi OR Men's/Women's Complete
 - c. Omega 3D 1-2 each meal
 - d. Full Spectrum Hemp Extract
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SCHIZOPHRENIA

1. Possible Causes and Contributing Factors:

- a. Many causes – the majority of which can be alleviated by nutrition
- b. Often glucose imbalance and/or allergies

2. Suggested Dietary Changes:

- a. Experiment for 2 weeks without gluten and dairy
- b. See hypoglycemia for diet recommendations

3. Core Supplemental Support:

- a. Mood Lift as directed – increases production of serotonin
- b. Frontier Minerals 4 daily
- c. Super B Complete 2-4 daily
- d. Omega 3D 1-2 each meal
- e. Frontier Multi
- f. Brain Boost

4. Additional Considerations:

- a. The Best Whey or Super Shake
 - b. Pro Oranges
 - c. Pregnenolone: Schizophrenia patients, who are very anxious, generally have the lowest levels of pregnenolone.
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SHINGLES

Shingles consists of a very painful rash that often appears on the side of the body in a narrow band. This disorder usually affects individuals with compromised immune systems. The same virus (varicella zoster) that causes chicken pox also causes shingles. The nerve pain that lingers after the rash has cleared is known as postherpetic neuralgia.

1. Possible Causes and Contributing Factors:

- a. Renal dysfunction
- b. Psychological stress with subsequent adrenal hypo-function
- c. Virus
- d. B-12 deficiency

2. Core Supplemental Support:

- a. L-Lysine
- b. Active B12 Folate
- c. ImmunoMax 2-3 each meal
- d. Buffered C Plus 3-6 daily
- e. Super B Complete 2-4 daily

3. Herbal Support:

- a. Micro-Gone as directed
- b. Immune as directed

4. Additional Considerations:

- a. Essential E-400
 - b. Zinc Lozenges/Super Zinc 50
 - c. Men's/Women's Complete
-
-

SHORT TERM MEMORY LOSS

1. Possible Causes and Contributing Factors:

- a. Food allergy/sensitivity
- b. Atherosclerosis
- c. Heavy metal body burden
- d. Normal memory loss associated with aging
- e. Lack of exercise
- f. Thyroid hypo-function
- g. Reactive hypoglycemia

2. Core Supplemental Support:

- a. Brain Boost 6 daily
- b. Omega 3D 4-6 daily
- c. Men's/Women's Complete
- d. Super B Complete
- e. Full Spectrum Hemp Extract

3. Herbal Support:

- a. CircuCare as directed

SINUSITIS / SINUS INFECTION

Sinusitis is an upper respiratory condition, which involves inflammation of the sinus passages. There are four pairs of sinuses in the human skull that help circulate moist air throughout the nasal passages.

1. Possible Causes and Contributing Factors:

- a. Bacterial or viral infection
- b. Food or environmental sensitivity (especially milk)
- c. Blockage (tumor, polyp, cyst, etc.)
- d. Constipation or biliary/liver dysfunction
- e. Fungal infection inside sinus cavity
- f. Systemic candida

2. Suggested Dietary Changes:

- a. Avoid dairy

3. Core Supplemental Support:

- a. ImmunoMax 2-3 each meal
- b. NAC 500mg 3x daily on empty stomach – thins mucus so that sinuses can drain more effectively
- c. CandiKill 3 in the AM
- d. SBC 3 in the evening

4. Herbal Support:

- a. Lymphatic Tincture as directed
- b. Immune Tincture as directed
- c. Micro-Gone Tincture as directed

5. Additional Considerations:

- a. Airmaxx
 - b. Pro Reds
 - c. Buffered C Plus
 - d. ParaKill
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SPINAL STENOSIS

A painful back condition caused by the narrowing of an area in the spine that can put pressure on the spinal cord or on the nerves around it.

1. Dietary Suggestions:

- a. Anti-Inflammatory Diet
- b. Gentle exercise (pilates, yoga, etc.) to help increase flexibility and relieve tight muscles

2. Suggested Dietary Changes:

- a. Avoid dairy

3. Core Supplemental Support:

- a. ImmunoMax 2-3 each meal
- b. NAC 500mg 3x daily on empty stomach – thins mucus so that sinuses can drain more effectively
- c. CandiKill 3 in the AM
- d. SBC 3 in the evening

4. Core Supplemental Support:

- a. HA Plus 4 capsules daily to replenish strength of ligaments and tendons
 - b. Frontier Minerals 4 daily
 - c. Omega 3D
 - d. X-Flame or Inflamm
 - e. Full Spectrum Hemp Extract
-
-

Consider Trigger Point Muscle Therapy (tight muscles almost always present with Spinal Stenosis).

SPRAINS AND STRAINS

1. Dietary Suggestions:

- Lean protein to rebuild strong, elastic muscles and ligaments – reasonable amounts of turkey, chicken, fish, beans
- Deeply colored fruits and vegetables for antioxidants
- Avoid fast food, processed food, fried food, salt, sugar – makes inflammation and swelling worse

2. Core Supplemental Support:

- X-Flame or Inflamm
- HA Plus 4 daily
- Green Lipped Mussel as directed
- Super Cal Plus 2-4 daily
- Full Spectrum Hemp Extract

STREPTOCOCCAL PHARYNGITIS (Strep Throat)

1. Dietary Suggestions:

- Eliminate all sugar, honey, fruit juice, candy, etc.
- Eliminate carbs which break down into sugar
- Increase fluids

2. Herbal Support:

- Immune Tincture
- Lymphatic Tincture
- MicroGone Tincture

3. Core Supplemental Support:

- ImmunoMax
- Buffered C Plus
- Super Biotics
- Gargle with hydrogen peroxide

STROKE (See Cardiovascular Disease)

1. Possible Causes and Contributing Factors:

- Poor diet
- High blood pressure
- Smoking
- Diabetes
- Obesity
- Irregular heartbeat
- Damaged heart valve
- Oral contraceptives
- Synthetic hormone replacement

2. Suggested Dietary Changes:

- Eat fresh fruits and vegetables, whole grains, beans, legumes, fish, nuts, seeds
- Avoid hydrogenated and saturated fats, red meat, fried greasy food and ALL junk foods
- Decrease amount of simple sugars (they increase inflammation of artery walls) – white bread, pasta, candy, soda, etc.

3. Core Supplemental Support:

- Omega 3D 2 each meal
- Nattokin Plus
- EnerCoQ10
- Full Spectrum Hemp Extract
- Cardio Stack
- Mag Complete 300

4. Herbal Support:

- CircuCare Tincture as directed

5. Additional Considerations:

- Turmeric Plus
-
-

TACHYCARDIA

1. Possible Causes and Contributing Factors:

- a. Endocrine hyper-function
- b. Potassium or magnesium insufficiency
- c. Food allergy/sensitivity
- d. Toxemia
- e. Organic heart problem

2. Core Supplemental Support:

- a. Power Fuel 2 servings daily
 - b. Power CoQ10 3-4 daily
 - c. Omega 3D 1-2 each meal
 - d. Frontier Minerals 4 daily
-
-

THROMBOPHLEBITIS (Inflammation of Veins)

1. Core Supplemental Support:

- a. X Flame or Inflamm
 - b. AirMaxx 1-2 each meal
 - c. Omega 3D 1-2 each meal
 - d. Essential E-400 1-2 daily
-

THYROID HYPER-FUNCTION

1. Possible Causes and Contributing Factors:

- a. Iodine insufficiency or excess
- b. Hormonal imbalance, rule out a thyroid space occupying lesion
- c. Hashimoto's Thyroiditis or other auto-immune dysfunction
- d. Food allergy/sensitivity
- e. Water containing halogens (fluoride and chlorine)

3. Herbal Support:

- a. Hyper-Thyroid Tincture as directed

4. Additional Considerations:

- a. Men's/Women's Complete
 - b. Super K2 Plus
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-

2. Core Supplemental Support:

- a. Consider Iodine Plus
- b. Thyro Complete
- c. Frontier Flax
- d. Mag Complete 300

THYROID HYPO-FUNCTION

Hypothyroidism (or Low Thyroid) is a condition in which the thyroid gland fails to function adequately, which results in reduced levels of thyroid hormone in the body.

1. Possible Causes and Contributing Factors:

- a. Iodine insufficiency
- b. Fatty acid or protein insufficiency
- c. Hormonal imbalance (estrogen/progesterone – cortisol/DHEA)
- d. Ingesting water containing halogens (fluoride or chlorine)
- e. Diets high in carbohydrates
- f. Stress
- g. Certain medications (lithium, synthetic estrogen)
- h. Failure of pituitary gland

2. Suggested Dietary Changes:

- a. Drink and cook only with pure water (no fluoride or chlorine)
- b. Avoid commercial toothpaste
- c. Avoid soy
- d. Limit foods in the cabbage family (broccoli, cauliflower, Brussels sprouts, etc.)

3. Core Supplemental Support:

- a. Iodine Plus 1 capsule twice daily
- b. Thyro Complete
- c. AdrenaMax 1 each meal
- d. Frontier Flax 1 each meal

4. Herbal Support:

- a. Endocrine as directed
- b. Adrenal as directed

5. Additional Considerations:

- a. DHEA
 - b. Power CoQ10
 - c. Men's/Women's Complete
 - d. L-Lysine (low levels found in people with low levels of thyroid hormone)
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TINNITUS

1. Suggested Dietary Changes:

- a. Avoid caffeine, nicotine (can aggravate tinnitus) and dairy
- b. Try hypoglycemic diet

2. Pre-Disposing Factors:

- a. Spine, cranial or TMJ dysfunction
- b. Hyper or hypotension
- c. Damages or reduced circulation resulting in nerve damage
- d. Food allergy
- e. Hypoglycemia
- f. Over 400 drugs can cause tinnitus as a side effect
- g. Deficiencies such as vitamins A, C, E and minerals magnesium and potassium.
- h. Hidden jaw or tooth infections

3. Supplemental Support:

- a. CybZyme 3 caps 2-3 daily without food
 - b. Airmaxx
 - c. CircuCORE
 - d. Men's/Women's Complete
 - e. If you're not seeing results, take CandiKill 3 per day in the morning and Super Biotics in the evening
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TONSILLITIS

Tonsillitis is the inflammation of the tonsils, acute catarrhal infection, redness and swelling, the result of overworking them. Tonsils, many authorities say, are the first line of defense. Their job is to control the entrance into the body of large armies of germs--invited when the waste matters in the body accumulate too heavily.

1. Suggested Dietary Changes:

- a. Avoid all sources of dairy (usually the main cause)
- b. Cleansing fast
- c. Rest and plenty of fluids
- d. Avoid smoke

2. Core Supplemental Support:

- a. ImmunoMax 2 each meal
- b. Buffered C Plus 3-6 daily
- c. ProBZyme 1 each meal

3. Herbal Support:

- a. Lymphatic Tincture as directed
 - b. Immune Tincture as directed
 - c. Micro Gone Tincture
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TOURETTE SYNDROME

A neurological disorder believed to be caused by a malfunctioning in the way the brain uses its neurotransmitters, particularly dopamine, serotonin and norepinephrine.

1. Possible Contributing Factors:

- a. Food sensitivities
- b. Heavy metal toxicity
- c. Candida
- d. Hypoglycemia

2. Suggested Dietary Changes:

- a. Eliminate sugar, caffeine, refined foods
- b. Increase quality protein

3. Core Supplemental Support:

- a. Super B Complete
- b. Best Whey
- c. NeuroMax
- d. Omega 3D
- e. Calm Day
- f. Brain Boost

TRIGLYCERIDES (High)

Much of the population within the United States have elevated amounts of TGs or triglycerides in the blood, which are primarily composed of three fatty chains linked together.

1. Suggested Dietary Changes:

- a. Avoid refined carbohydrates and sugars – anything white - alcohol
- b. Cut back on meat and dairy
- c. High fiber diet – fruit, beans, oats
- d. Exercise

2. Core Supplemental Support:

- a. Frontier Fiber 2 servings daily
- b. Omega 3D 1 each meal or 1 teaspoon of Omega 3 2800 Liquid twice daily
- c. Cholesto Red- as directed
- d. GlucoLyze
- e. Super Shake

TUBERCULOSIS

A long term grainy tumorous infection caused by an acid-fast bacillus. Exposure is usually by breathing in or eating infected droplets. Usually affects the lungs, although the infection of other organ systems by other ways of getting the disease occurs.

1. Suggested Dietary Changes:

- a. 50% raw vegetables and fruits – green drinks
- b. Avoid smoking, alcohol, stress
- c. Vegetarian diet is best

2. Core Supplemental Support:

- a. ImmunoMax – 2-3 each meal
- b. NAC
- c. CandiKill
- d. Super Biotics

3. Herbal Support:

- a. Micro-Gone as directed
- b. Immune as directed
- c. Lymphatic as directed

4. Additional Considerations:

- a. Pro Lean Greens
- b. Power CoQ10

ULCERS

1. Possible Causes and Contributing Factors:

- a. Stress
- b. Medications – aspirin, non-steroidal anti-inflammatory drugs
- c. Food allergies
- d. Smoking, alcohol
- e. H. pylori infection caused by lack of stomach acid
- f. Possible roundworm infection

2. Suggested Dietary Changes:

- a. Quart of cabbage juice daily – very healing
- b. Check for food allergies – milk allergies strongly linked to gastric problems

3. Core Supplemental Support:

- a. GI Complete 2 servings daily
- b. ProbZyme 1 each meal
- c. Omega 3D 1-2 each meal

4. Additional Considerations:

- a. BetaZyme (after ulcer is healed)
- b. ParaKill as directed

UNDERWEIGHT

1. Suggested Dietary Changes:

- a. Eat only whole grain breads, pasta, crackers, hot & cold cereals
- b. Drink herbal teas, fruit & vegetable juices and mineral water
- c. Eat frequent small meals and snacks – eat them slowly
- d. Don't eat fried or junk foods for extra calories
- e. Eliminate caffeine

2. Core Supplemental Support:

- a. The Best Whey OR Super Shake between meals
- b. Super Creatine
- c. Frontier BCAA's
- d. Omega 3D 1 each meal
- e. ProbZyme
- f. Men's/Women's Complete

VAGINITIS

1. Often Mis-Diagnosed

- a. Antibiotics
- b. Poor diet (simple sugars)
- c. Pregnancy
- d. Stress
- e. Birth control pills
- f. Sexually transmitted disease
- g. Tight clothing
- h. Excessive douching
- i. Poor hygiene
- j. Food allergies
- k. Systemic Candida
- l. Diabetes
- m. Suppressed immune system
- n. HIV
- o. Hormone imbalance

2. Dietary Suggestions:

- a. Unsweetened live yogurt daily
- b. Garlic and onions for their antifungal properties
- c. Water every 2 hours
- d. Avoid sugar, fruit, vinegar, alcohol
- e. Check for food allergies

3. Supplemental Support:

- a. SBC
- b. CandiKill
- c. Immune Tincture
- d. EstroCleanse
- e. Women's Complete

VARICOSE VEINS

A twisted, widened vein with incompetent valves.

1. Possible Causes and Contributing Factors:

- a. Diet high in fatty and refined foods/low in fiber
- b. Obesity
- c. Inactivity
- d. Liver disease
- e. Hormone imbalance
- f. Nutritional deficiencies

2. Suggested Dietary Changes:

- a. High fiber/low fat diet – vegetables, fruits, whole grains

3. Core Supplemental Support:

- a. AirMaxx 2 each meal – strengthens integrity of vein wall
- b. Buffered C Plus 3 daily
- c. Super K2 Plus

4. Herbal Support:

- a. CircuCare as directed
- b. Liver/Gallbladder as directed

5. Additional Considerations:

- a. Consider Ultimate Shake using LivComplete + Pro Lean Greens (can be a sign of liver congestion, especially in the lower extremities)
 - b. Power CoQ10 2 daily
 - c. Pro Reds 1-2 servings daily
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VIRAL INFECTIONS (Hepatitis, Mono, Epstein Barr)

1. Possible Causes and Contributing Factors:

- a. Diets high in refined carbohydrates, processed foods, hydrogenated fats
- b. Stress (physical, psychological)
- c. Previous hepatitis or mono infection not completely resolved
- d. Chronic endocrine hypo-function
- e. I.V. drug use, sexual contact with an infected person
- f. Ingesting food or water contaminated with hepatitis

2. Core Supplemental Support:

- a. ImmunoMax 3 each meal
 - b. Buffered C Plus 3-6 daily
 - c. D3 5,000
 - d. Zinc Lozenges
-

3. Herbal Support:

- a. Micro-Gone as directed
 - b. Lymphatic as directed
 - c. Immune as directed
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-
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VITILIGO (Loss of Skin Pigmentation)

1. Possible Causes and Contributing Factors:

- a. Genetic pre-disposition (common with African Americans)
- b. Physical trauma to the head
- c. Inability to convert tyrosine to melanin
- d. Vitamin B12 or folic acid anemia
- e. Diabetes
- f. Adrenal and/or thyroid dysfunction
- g. Calcium, magnesium and/or essential fatty acid deficiency

2. Core Supplemental Support:

- a. Omega 3D 4 per day or 2 teaspoons of Omega 3 2800 Liquid 2 times daily
 - b. Super Cal Plus 2-4 daily
 - c. Frontier Flax Oil 1 each meal
 - d. Frontier Multi OR Men's/Women's Complete
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WARTS (Viral)

1. Core Supplemental Support:

- a. ImmunoMax 2 each meal
- b. Buffered C Plus 3 daily
- c. Super Biotics

2. Herbal Support:

- a. Micro-Gone as directed
- b. Immune as directed

CONSUMER HEALTH ALERTS



TARGETED NUTRITION

To help heal the organs, nerves, muscles and bones

Adrenal Glands

- Avoid stimulants such as caffeine, sugar, and nicotine.
- Take chlorella and spirulina (**Pro Lean Greens**), which are high in RNA and DNA, amino acids, and chlorophyll. They rejuvenate and cleanse the adrenal glands.
- Eat raw nuts and seeds. Soak the nuts & seeds for twenty-four hours, they will be easier to digest & the nutrients will be more fully available. Blend them to make dips & salad dressings
- Eat licorice root, dulse and kelp.
- Ingest ionic trace minerals.
- Take vitamin B complex, pantothenic acid, calcium, magnesium, and zinc to keep the nervous system calm and support the adrenal glands.
- If you are suffering from exhaustion, take tablets of raw bovine adrenal.

Appendix

- Eat cabbage and drink cabbage juice
- Eat foods that are rich in sodium, such as celery, mineral whey, strawberries, and okra.
- Eat foods that are high in fiber, such as ground flaxseeds, oat bran, rice bran, whole grains, raw vegetables, alfalfa tablets, and chlorella.
- Include slippery foods, such as aloe vera juice, slippery elm tea, and flaxseed tea in your diet.
- Eat foods that are high in friendly bacteria, such as yogurt and raw sauerkraut.
- Include antiparasitic foods, such as garlic and onions in your diet.
- Practice colon cleansing once or twice per year, and take parasite-fighting herbs (**ParaKill, MicroGone**). The cecum is often called a "worm nest" because it's where parasites tend to lodge.
- Work on preventing constipation. When the colon becomes backed up with old fecal matter, it can become impacted and block the opening of the appendix into the cecum.

Blood

- Eat foods that are high in chlorophyll, such as green leafy vegetables, green vegetable juices, and wheatgrass juice.
- Eat foods that are high in organic iron, such as green vegetables, red beets, black cherries, black berries, figs, and prunes.
- Use red clover, chaparral, and Pau d'arco teas to cleanse the blood.

Bones

- Include almonds, sesame seeds, kale, millet, celery, raw goat's milk, and raw vegetable juices in your diet
- Take calcium, magnesium, sodium, sulfur, silicon, potassium, and phosphorus. (Super Cal Plus)
- Combine boneset, horsetail, and oat straw into a mineral-boosting tea.

Eyes

- Eat lots of green leafy vegetables, including spinach and raw juices from these vegetables, as well as carrots and carrot juice.
- Eat blueberries, celery and celery juice, cabbage, and egg yolk.
- Include soaked nuts and seeds in your diet.
- Take vitamins A, B complex, C, ionic trace minerals, and zinc.
- Eat whole grains, especially brown rice.
- Eat egg yolks soft-boiled or raw in shakes.
- Eat plenty of fish, kale, raw goat's milk, and brewer's yeast.
- Do a liver cleanse once or twice per year.
- 20/20 Caps or Tincture

Heart

- Avoid foods fried in fat or hydrogenated oils.
- Cook only with olive, grapeseed, or coconut oil.
- Eat only oils that have been cold-pressed.
- Include flaxseed oil in your nutritional program.
- Avoid heavily processed cheeses and creams.
- Avoid margarine and eat organic butter sparingly.
- Eat lots of raw and steamed vegetables, raw nuts and seeds, and whole grains.
- If you eat meat, eat only lean meats sparingly, baked or broiled fish, chicken and turkey.
- Eat foods high in potassium.
- Drink hawthorn berry tea.
- Take vitamin E, magnesium and CoQ10.

Immune System

- Drink raw vegetable juice.
- Take vitamins A, B, C, E, zinc, and selenium.
- Take CoQ10, a powerful antioxidant that fights free radicals.
- Take propolis.
- Take probiotics if you have had a round of antibiotics.
- Take colostrum.

Kidneys

- Drink lots of purified water with ionic trace minerals, at least eight glasses per day. If you are not used to drinking water, start with one or two glasses and build up.
- Drink eight ounces of water with a tablespoon of raw apple cider vinegar to cleanse the kidneys.
- Eat cucumbers, watermelon, carrots, green leafy vegetables, parsley, lemons, limes, apples, pears, and pomegranates.
- Avoid high-protein diets. Uric acid crystals build up in the kidneys from processed foods and high amounts of animal proteins.
- Avoid processed milk. The body is unable to absorb the calcium, and the calcium goes into the kidneys via the blood and creates stones.
- Drink raw vegetables juices such as carrot, celery, cucumber, and parsley.
- Drink herbal teas such as juniper berry, uva ursi, corn silk, alfalfa, and shavegrass.
- Avoid caffeine and alcohol. Caffeine pulls calcium out of the bones and causes it to pass through the kidneys.
- Eat foods high in magnesium, potassium, and natural sodium to keep the urine's pH alkaline and to hold calcium in the bone.

Liver and Gallbladder

- Eat lots of bitter greens such as kale, beet tops, cilantro, and arugula.
- Eat beets, raw or steamed, or take beet tablets.
- Drink raw juices such as wheatgrass, parsley, spinach, and beet.
- Take digestive enzymes with meals (BetaZyme).
- Take chlorella.
- Use olive oil and lemon juices as a salad dressing.
- Take milk thistle, burdock, and yellow dock.
- Avoid heated oils, hydrogenated oils, rancid oils, and fried foods.

Lungs

- Avoid dairy products, wheat and sugar
- Eat turnips, peppers, radishes, onions, and garlic to cleanse mucus from the lungs.
- Take echinacea, poke, and lobelia in small amounts and only when needed to relieve lung congestion.
- Avoid smoking. Tar and nicotine irritate the lungs and create congestion.

TARGETED NUTRITION CONT.

To help heal the organs, nerves, muscles and bones

Lymph Fluids and Nodes

- Avoid table salt.
- Eat foods high in natural sodium such as okra, green leafy vegetables, and mineral whey.
- Drink celery juice.
- Drink potato peeling broth

Muscles

- Eat foods that are high in potassium, such as olives, bananas, green leafy vegetables, and potato peeling broth.
- Eat foods that are high in protein, such as soaked nuts and seeds, beans, eggs, goat's milk, goat cheese, fish, chicken and turkey.
- Eat whole grains and root vegetables, both release carbohydrates that create energy for muscles.
- Include ionic trace minerals, calcium, magnesium, and potassium in your diet.

Nerves, Brain, and Spinal Cord

- Eat whole grains, especially brown rice.
- Eat egg yolks soft-boiled or raw in shakes because they are high in lecithin.
- Eat soaked nuts and seeds because they are high in essential fatty acids necessary for nerve function.
- Eat plenty of fish, kale, raw goat's milk, and brewer's yeast.
- Take vitamin B complex. (Super B Complete)
- Herbs that soothe the nerves are kava-kava, valerian root, blue vervain, and lady's slipper.

Ovaries and Uterus

- Eat soaked nuts and seeds, almond cream, and seed sauces.
- Use flaxseed, borage, and olive oils.
- Take vitamin e and evening primrose oil.
- Drink red raspberry leaf tea to reduce menstrual cramping and tone the uterus.

Pancreas

- Avoid refined white sugar, high fructose corn syrup, and hydrogenated oils.
- Use natural sugars in moderation.
- Chew on licorice root if you don't have high blood pressure and drink blueberry or dandelion leaf tea.
- Eat whole grains and soaked nuts and seed-foods that metabolize slowly.
- Eat raw honey, dates, molasses, and maple syrup in small amounts.
- Use stevia to sweeten herbal teas.
- Take chromium picolinate with trace minerals.
- Take gymnema sylvestre to regulate insulin and blood sugar levels. (Glucolyze)
- Other herbs that help the pancreas are bitter melon, agrimony, and cinnamon.

Prostate and Testes

- Eat soaked nuts and seeds whole or blended into creams, nut butters, and some nuts and seeds that have not been soaked. Grind unsoaked nuts and seeds or chew them really well in order to digest them properly.
- Take magnesium, calcium, silicon, zinc, vitamin E, lecithin, B complex and B6.
- Use saw palmetto for the prostate, and damiana and ginseng for the testes.
- Use flaxseed and borage oil.
- Drink red raspberry leaf tea.
- Take pygeum, gravel root, and hydrangea.
- Drink herbal teas made from buchu, cornsilk, and juniper berry.

Skin, Hair, Fingernails, and Connective Tissue

- Eat foods that are high in silicon, such as oat straw tea, horsetail herb, and bell peppers.
- Take bioflavonoids including rutin to build connective tissue and help heal varicose veins, hemorrhoids, and hernias.
- Include ionic trace minerals in your diet.
- Include cabbage and cabbage juice and white pulp from grapefruits and oranges in your diet.
- Use oils rich in essential fatty acids, such as flaxseed and borage oil.
- Take juniper berry, parsley, and corn silk teas.

Stomach and Intestinal Tract

- Eat cabbage and drink cabbage juice.
- Eat foods that are rich in sodium, such as celery, mineral whey, strawberries, and okra.
- Eat foods that are high in fiber, such as ground flaxseeds, oat bran, rice bran, rice bran, whole grains, raw vegetables, alfalfa tablets, and chlorella.
- Include slippery foods that contain mucilage, such as aloe vera juice, slippery elm tea, and flaxseed tea in your diet.
- Eat foods that are high in friendly bacteria, such as yogurt and raw sauerkraut.
- Include antiparasitic foods, such as garlic and onions in your diet.

Thymus

- Eat carrots, cabbage, green vegetables, and seaweeds.
- Include red clover tea, vitamins A and E, zinc, and selenium in your diet.

Thyroid

- Eat plenty of green leafy vegetables.
- Eat seaweeds that are high in minerals and iodine, such as dulse, kelp capsules, and powder for seasoning.
- Include trace minerals in your diet.
- Include herbs such as Irish moss, watercress, and sarsaparilla.

Tonsils and Adenoids

- Avoid dairy products, wheat (gluten) and sugar.
- Eat lots of fiber and vegetables to keep the bowels moving. When the bowels are constipated, the tonsils and adenoids must work harder to collect and filter poisons from the blood.
- Drink mullein tea. Take propolis and echinacea (only when you have a sore throat).

POSSIBLE IMBALANCES FROM MEDICATIONS

Supplement suggestions to offset problems created by meds or to help correct underlying conditions covered by meds.

BIG 4 = Frontier Multi, Frontier Minerals, Power CoQ10, Probiotics

Antacids

Usually given to prevent stomach acid when the problem is not enough stomach acid which allows putrefaction and fermentation of foods causing burning, gas, bloating, etc.

- Betazyme
- GI Complete
- Prozyme

Antibiotic/Antifungal

- Frontier Biotics
- Frontier Multi
- Frontier Cleanse
- SBC
- CandiKill

Antidepressants

- Super B Complete
- Frontier Minerals
- Best Whey
- AdrenaMax – if adrenal problem present

Antidiabetic/Insulin

- Glucolyze
- AdrenaMax
- Frontier Flax
- Pro Oranges
- Berberine+

Aspirin/Tylenol

- GI Complete
- Frontier Multi
- SPM

Chemotherapy

- Frontier Multi
- ImmunoMax
- LivComplete
- IgG

Cortisone/Anti-Inflammatories

- AdrenaMax
- ThyroComplete

Diuretics

- Frontier Multi + Frontier Minerals
- LivComplete
- Kidney & Bladder

Heart Medications

- Cardio Stack
- Power CoQ10
- Frontier Minerals

High Blood Pressure

- Mag Complete 300
- LivComplete
- CircuCore

Hormones

- Frontier Multi
- EstroCleanse
- Frontier Biotics
- Endocrine Tincture

Laxatives

- Frontier Cleanse
- Betazyme
- GI Complete

Lithium

- Frontier Minerals
- Super B Complete

Oral Contraceptives

- Mag Complete 300
- Super Zinc 50
- Super B Complete
- Possibly Iodine Plus

Radiation

- Buffered C Plus
- Mag Complete 300
- Iodine Plus

Relaxants/Sleeping Pills

- Mag Complete + Potassium
- Sleep Time
- Calm Day

Recreational Drugs

- Super B Complete
- Frontier Minerals
- Best Whey
- Adrenamax
- LivComplete

Thyroid

- Frontier Flax
- Iodine Plus
- Thyro Complete

Ulcer Medication

- GI Complete
- Prozyme

DIET & LIFESTYLE

Supplements to help offset damage created by poor diet & lifestyle.

Alcohol

- LivComplete
- Glucolyze
- Frontier Minerals
- Super B Complete

Candy

- Glucolyze
- Super B Complete
- Control

Carbonated Beverages

- Glucolyze
- Frontier Minerals

Chlorinated and Flouridated Water

- LivComplete
- Consider Thyroid Support

Cigarettes

- Buffered C Plus
- AirMaxx
- NAC
- Control

Coffee

- LivComplete
- Frontier Minerals

Distilled Water

- Frontier Minerals

Eat At Fast Food Restaurants Regularly

- Frontier Multi
- LivComplete
- Glucolyze

Fried Foods

- Betazyme
- LivComplete
- AirMaxx
- Nattokin Plus

Refined Flour Products

- Frontier Multi
- Glucolyze

Margarine

- Frontier Flax
- Nattokin Plus

Refined Sugars

- Glucolyze
- Super B Complete

Milk Products

- Frontier Biotics
- Lymphatic tincture

Artificial Sweeteners

- Glucolyze

Chew Tobacco

- AirMaxx
- Cherry Chews
- Control

Diet Often

- Frontier Multi
- Super Shake or Best Whey
- Frontier Flax

Salt Food Without Tasting

- AdrenaMax
- Mag Complete 300
- Super B Complete

Are Exposed To Chemicals at Work

- AdrenaMax
- Frontier Multi OR LivComplete
- Calm Day

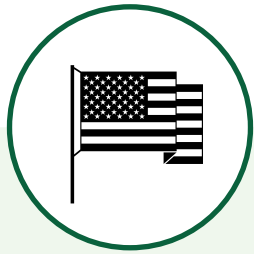
Are Exposed To Cigarette Smoke

- AdrenaMax
- NAC
- Buffered C Plus

Luncheon Meats

- LivComplete
- AirMaxx

IS YOUR CBD...



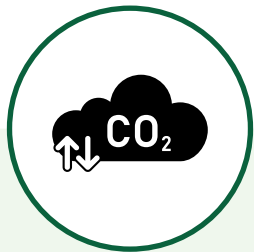
PRODUCT

- ✓ Full Spectrum Hemp Extract
- ✓ Grown on USA Organic Farms
- ✓ Single Sourced from Farm to Bottle



QUALITY CONTROL

- ✓ USDA Certified Organic*
- ✓ 3rd Party Independently Tested*
- ✓ Backed by a Certificate of Analysis*



PROCESS

- ✓ Super Critical CO₂ Extraction
- ✓ Chemical, Solvent, Herbicide, and Pesticide Free
- ✓ Distilled for Purity, Odor, and Bioavailability



FLAVORS



Available in a
Wide Variety
of Flavors

Mint • Lemon • Cinnamon • Original

* See CBDNF.com for all certifications and testing.

www.CBDNF.com • 412-922-2566

QUALITY, PURITY, & POTENCY OF NUTRITIONAL SUPPLEMENTS

Recently, New York State Attorney General found 4 out of 5 supplements at big box retailers such as GNC, Target, Walmart, and Rite Aid were selling fraudulent supplements. Many times fraudulent supplements won't include the actual ingredients that are listed on the label and in some cases have harmful ingredients such as allergens. The article aimed to tear down the

entire supplement industry in an attempt to smear a bad name on a good thing. The truth is, supplements aren't the problem, it's the source, and finding the best supplements requires a good reputable supplier. Supplements come in many forms and as you may or may not know some are effective and some aren't. The difference is in the quality and the potency.

TOP INGREDIENTS • TOP FACILITIES

Qualifications to check before buying nutritional supplements

IFOS <i>(International Fish Oil Standard)</i> Testing Before & After Production	cGMP <i>(current Good Manufacturing Practices)</i> Testing Before, During, & After	HEALTHCARE PRACTITIONERS <i>(ex: Winer Wellness Center)</i> Testing After Implementation
<p>Requires the following for IFOS Certification:</p> <ul style="list-style-type: none"> • Passes All CRN (Council for Responsible Nutrition)/WHO (World Health Organization) Testing • Greater than 60% Omega-3 Concentration • PCB Levels Less Than 50% of CRN Standard • Oxidation Level Less Than 75% of CRN Standard • Dioxin Levels Less than 0% of WHO Standard 	<p>Requires the following for cGMP Certification:</p> <ul style="list-style-type: none"> • Quality product produced in a safe and healthy environment • Facility is inspected regularly to ensure cGMP is being maintained • Ensures quality equipment, employees, and workspaces are being maintained. • Adherence to the cGMP regulations assures the identity, strength, quality, and purity of supplement products by requiring that manufacturers adequately control manufacturing operations 	<p>First hand knowledge:</p> <ul style="list-style-type: none"> • Thousands of patient testimonials about the safety, potency, and effectiveness of the supplements • Actual hands-on, visual evidence of supplement success vs. supplements from big-box retailers • Patient experience with store bought supplements vs. high quality supplements.

Nutritional Frontiers always guarantees their supplements for quality and potency and prides itself on offering only the highest professional grade supplements. Their supplements are free from pesticides, herbicides, and solvents. In addition to being competitively priced to help patients achieve a high degree of compliance with their doctors' treatment plans, all of our products are free of artificial sweeteners and colors. The pyramid shows the level of quality based on the purity and potency per the supplements provided by different retailers.

THE SUPPLEMENT PYRAMID

1. Professional Providers

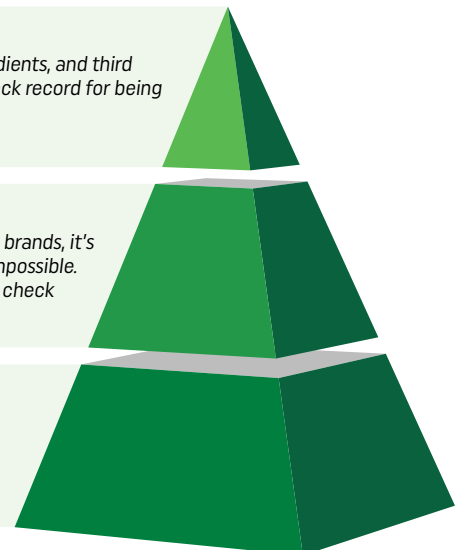
Reliable supplements with backing research, patent ingredients, and third party testing. Highest quality supplements with proven track record for being effective, pure, and high potency.

2. Mass Retailers

This includes major chain retailers. With so many different brands, it's hard to find good supplements that are reliable, but not impossible. Most have no research or patented ingredients. Be sure to check the bottle before purchasing.

3. Low End Supplements

Unreliable, with no research, patented ingredients, or third party testing. Generally they are not safe or have false labels. Be sure to review the label before purchasing any supplement.



QUALITY & PATENTED RESEARCH

It is important to note that most of Nutritional Frontiers supplements have had extensive research for quality and results as well as patented ingredients.

- **Omega 3D II** by Nutritional Frontiers has been given five out of five stars for the IFS (International Fish Oil Standard). This rating included passing all Council for Responsible Nutrition requirements as well as all the requirements for the World Health Organization.
- **EnerDMG** has 3 United States patents for the treatment of melanoma, arthritis, and modulating immune response for inflammatory disease.

“Well that costs a lot of money.”

Many people say, “Those supplements cost a lot of money though. I can buy them at a big-box retailer for a lot less. The short answer to this is: no, you can't. Supplements fall under the category of “you get what you pay for.” At a lower price you may be able to buy the same supplement in name only. Along with the cheaper supplement you get: Low potency, poorer quality ingredients, unsanitary manufacturing, and the list goes on.... Remember, the most expensive supplement is the one that does not work. When purchasing supplements it is a good idea to find companies that manufacture under GMP (Good Manufacturing Practices) qualification, GMP's cover everything about supplements including cleanliness and potency, With this qualification the price for the manufacturer is more, resulting in a slightly higher retail. The investment however, is worth the quality, as proven by this recent article from New York Times (*Anahad O'Connor, NY Times, Feb, 3rd, 2015*),

Beware of the fillers!

Low end manufacturers get in trouble when they use fillers, and inferior ingredients, Because they do not use GMP qualified ingredients, they often times cut corners or put out an inferior product and try to pass it off as something better than what it is. To complicate matters these fillers can be dangerous, especially if the person consuming the product is allergic and unaware of the ingredients. Regularly testing the product, and offering the best quality is the goal of top-notch supplement suppliers. When it comes to price, the supplements you buy that don't work are the most expensive even though the price tag may trick you into believing otherwise. Not all supplements are created equal, which is why Nutritional Frontiers is proud to offer you the highest quality of products in the industry. Next time you're looking to make a natural and healthy difference in your life and you aren't willing to sacrifice quality look for Nutritional Frontiers!

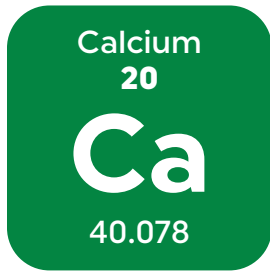


Nutritional Frontiers Multi VS Over the Counter Multivitamins (OTC)

Ingredients	Amount in NF Formulas	Amount in OTC Brands
Vitamin A	3,750 IU	3,500 IU
Vitamin C	350 mg	60 mg
Vitamin E	100 IU	30 IU
Thiamin	25 mg	1.5 mg
Riboflavin	12.5 mg	1.7 mg
Niacin	47.5 mg	20 mg
Vitamin B6	25 mg	2 mg
Vitamin B12	200 mcg	6 mcg
Biotin	150 mc	30 mcg
Pantothenic Acid	125 mg	10 mg
Magnesium	125 mg	50 mg
Manganese	2.5 mg	2.3 mg
Chromium	50 mcg	35 mc
Additives & Preservatives		
Corn Starch	✓ No	✗ Yes
Talc	✓ No	✗ Yes
Crospovidone	✓ No	✗ Yes
Hydrogenated Oil	✓ No	✗ Yes
Food Colorings	✓ No	✗ Yes
Polyethylene Glycol	✓ No	✗ Yes
Polyvinyl Alcohol	✓ No	✗ Yes
BHT	✓ No	✗ Yes

These fillers and additives provide NO health benefits!

CONSUMER HEALTH ALERT: CALCIUM



DID YOU KNOW?

1 out of 2 females and 1 out of 8 males will suffer osteoporotic fracture in their lifetime.

2 Types of Osteoporosis:

- Postmenopausal
- Senile

2 Factors Contribute to Osteoporotic Fractures:

- Peak bone mass you build by 30
- Rate of Bone Loss after 30

A lifestyle approach for bone health and maintenance such as food intake, exercise, and nutritional supplements is the safest, most effective method for increasing and maintaining healthy bones.

How Much & What Form?

The Institute of Medicine recommends that premenopausal women and adult men up to age 71 obtain a Recommended Daily Allowance of 1000 mg of calcium per day to achieve optimal bone health. Post-menopausal women (i.e., women over age 51) should aim for 1200 mg of calcium a day, along with men aged 71 years and over. Pregnant and lactating women may have different calcium needs which can be discussed with a midwife or obstetrician. Children and teenagers aged 9-18 have increased calcium needs, at a dose of 1300 mg daily. The dose of calcium necessary for children younger than age 9 varies depending on age and your child's pediatrician or naturopathic doctor can best advise you on the optimal dose and how to achieve that.

Some forms of calcium are more easily absorbed in the body than others. Calcium carbonate is the least expensive form of calcium, but also the least well absorbed at between 1 and 8% at best. Mineral salts of calcium (like calcium carbonate) are not as well absorbed as chelated forms, such as calcium citrate. Also keep in mind that calcium absorption is inhibited by low stomach acid antacid medication. Aside from calcium citrate, another beneficial and popular form of calcium found in supplements is MCHC, which stands for microcrystalline hydroxyapatite compound. This type of calcium is derived from purified animal bone and is rich not only in calcium but also phosphorus and other natural factors. Some studies show that MCHC is effective at reducing and preventing bone loss.

Types of Calcium	Contains Calcium and Magnesium in 2:1 Ratio	Contains Vitamin D3	Contains K2	Complete Bone Food Containing All Minerals & Growth Protein Factors	% Aporption
MCHC	Yes	Yes	Yes	Yes	95%
Calcium Citrate	No	No	No	No	55%
Calcium Carbonate	No	No	No	No	1-8%

Calcium has long been thought to be a health-promoting supplement for all, particularly during childhood, menopause, and pregnancy. Calcium is known to support bone health and is used to prevent and treat osteoporosis in both women and men. However, recent research claims to find that calcium supplementation is associated with an increased risk of cardiovascular disease. What do we make of this new information that flies in the face of years of research that demonstrates the health benefits of this mineral?

A 2010 meta-analysis of 15 randomized, controlled trials found that subjects taking calcium supplements had a higher incidence of heart attacks compared with participants taking a placebo pill. The problem with this meta-analysis is that the evidence

linking calcium supplements with heart attacks relies on data from studies whose primary endpoint was the effect of calcium on osteoporosis. The studies were not designed to detect the relationship between calcium supplements and cardiovascular risk. This calls into question the validity of their negative conclusions about calcium supplements. Furthermore, according to Dr. Alan Gaby's comments on the study, the cardiovascular risk was only of borderline statistical significance, and in secondary analyses like this, findings of borderline statistical significance are more likely to be due to chance than to be of legitimate concern.

Bone health is optimized not just by calcium alone; it is preferable to take calcium with magnesium and vitamin D, among other nutrients.

CONSUMER HEALTH ALERT: CALCIUM

Dr. Gaby and other healthcare professionals also point out that taking high dose monotherapy (only taking one nutrient) is often not a good idea! Bone health is optimized not just by calcium alone; it is preferable to take calcium with magnesium and vitamin D, among other nutrients. Calcium alone may cause magnesium deficiency, and magnesium may protect heart health. Therefore it is important when taking calcium supplements to combine the calcium with other key nutrients.

A panel of experts in the fields of nutrition, cardiology, bone health, epidemiology, and integrative medicine researched this question of the relationship between calcium and cardiovascular health. Their conclusions after a year of investigation were published in the November 2012 edition of *Advances in Nutrition*: according to the collected evidence available so far, calcium supplementation is not associated with an increased risk of cardiovascular disease.

Additionally, a 2012 study published in the *American Journal of Clinical Nutrition* by Samelson and colleagues assessed 690 women and 588 men for an association between calcium intake (both diet and supplements) and coronary artery calcification. Their conclusions: "our study does not support the hypothesis that high calcium intake increases coronary artery calcification, which is an important measure of atherosclerosis burden."

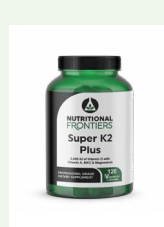
Furthermore, a recent 2013 clinical trial called the Women's Health Initiative studied 36,282 women taking either calcium-plus-vitamin D or placebo. This study, published in *Osteoporosis International* found a substantial beneficial effect of long term calcium and vitamin D supplementation on the risk of hip fracture. This study also concluded that there was no effect of calcium plus vitamin D supplementation on the risks of heart attack, coronary heart disease, total heart disease, stroke, overall cardiovascular disease, colorectal cancer, or total mortality.

Clearly then, patients should get healthcare advice from qualified practitioners who stay current in nutritional scientific literature (such as some medical doctors, osteopaths, and chiropractors as well as naturopathic doctors, nutritionists, dieticians), Relying on the media to provide accurate information on healthcare and commentary on the latest studies is ill advised.

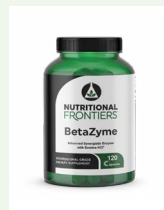
Nutritional Frontiers offers several supplements to SUPPORT BONE HEALTH.



Super Cal Plus contains MCHC, magnesium, boron, copper, vitamin D3, and vitamin K2 – all of which have been shown to support healthy bone growth.



Super/Mega K2 Plus is a dietary supplement that supports bone structure, bone density & integrity, proper bone remodeling, calcium utilization, and cardiovascular function.



BetaZyme can be helpful in those people who have low stomach acid, which can interfere with calcium absorption.

Ask about our bone solutions for optimal bone health and a complete regimen to promote healthy bones.

Bolland MJ, et al. Effect of calcium supplements on risk of myocardial infarction and cardiovascular events: meta-analysis. *BMJ*. 2010;241:c261.

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CONSUMER HEALTH ALERT:

Why Choose Nutritional Frontiers Vegetable Protein Over Competing Brands

Nutritional Frontiers meal replacement is free from the most common food allergens, including gluten, dairy, and soy. Formulas are 100% guaranteed for purity, free of any contaminants, and meet label claim for potency every time. The protein blend used includes pea, rice, and pumpkin proteins.

These vegetable protein sources provide amino acids required by the body for people who are vegetarians, have food allergies, or those who are looking for a hypoallergenic meal replacement. These essential amino acids must be obtained through diet; the human body does not synthesize them.

	Super Shake (Vanilla, Chocolate, Banana Strawberry, & Cafe Mocha)	Other Leading Brand (Chocolate)	Other Leading Brand (Chocolate Royale)	Other Leading Brand (Natural Dutch Chocolate)	Other Leading Brand (Creamy Chocolate)
Protein Source	Pea, Rice, & Pumpkin	Whey & Pea	Milk Protein Concentrate	Soy	Pea Protein
Protein	20 g	17 g	14 g	15 g	17 g
Protein Per Container	600 g	510 g	14 g / bottle	210 g	238 g
Fat	2 g (from MCT Oil)	2 g	6 g	2 g	4.5 g
Carbs	5 g	17 g	24 g	22 g	16 g
Fiber	3 g	6 g	4 g	4 g	8 g
Sugar	0 g	6 g	18 g	16 g	5 g
Calories	137	160	190	170	150
Sodium	219 mg	150 mg	210 mg	180 mg	330 mg
Potassium	46 mg	0 mg	600 mg	660 mg	330 mg
Cost per Serving	\$1.98	\$4.33	\$1.45	\$2.49	\$2.53
MCT Oil	YES	NO	NO	NO	NO
Artificial Sweeteners	NO	NO	YES	NO	YES
Soy	NO	YES	YES	YES	NO
Dairy	NO	YES	YES	NO	NO
Wheat	NO	YES	YES	NO	NO
Gluten	NO	YES	YES	NO	NO
Fructose	NO	YES	YES	YES	NO

THE INs AND OUTs OF WHEY PROTEIN

Whey protein is a mixture of proteins found naturally in cow milk. About 20% of the protein in milk is whey, with the remaining 80% being casein. Whey protein supplements for humans provide essential and nonessential amino acids to support healing, muscle building, muscle and tissue recovery, energy and immune health.

Some of its constituents include beta-lactoglobulin and alpha-lactalbumin. These substances are rapidly and easily digested in comparison, especially as compared to the other milk protein, casein. Whey protein is a great source of branched chain amino acids for muscle integrity and as precursors for glutathione production. In fact it is one of the best ways to naturally boost glutathione, which plays a critical role in the liver's ability to detoxify.

Anyone supplementing with whey protein powder should ensure that the product they choose is tested and guaranteed free from heavy metals and other contaminants. Consumer Reports reported in July 2010 that certain popular whey protein supplements were found to have worrisome levels of lead, cadmium, mercury, and arsenic.

In addition to worrying about contaminants, one should also be wary of the fact that many commercially produced whey protein powders contain unhealthy artificial sweeteners, artificial colors, and other additives. Furthermore, the cows from which the whey protein is processed should ideally be healthy, grass-fed, and not administered hormones or unnecessary medications. Grass-fed cows produce whey that is of higher quality and nutritionally superior to dairy products from grain-fed, conventionally farmed cows.

Nutritional Frontiers' BEST WHEY PROTEIN **which comes in chocolate & vanilla, and mixes easily for smoothies or shakes.**

It also includes Fibersol-2 to promote regularity. This product is excellent for athletes and body builders, as well as being a helpful addition in low-calorie diets. Whey protein helps build people back up after debilitating diseases, both in terms of boosting caloric intake and immune system support. This supplement is low carb, so it could be appropriate even for people with diabetes or insulin resistance. People have had fantastic results using it as a breakfast smoothie, meal or snack anytime.



CONSUMER HEALTH ALERT: ANTIBIOTICS

Antibiotics are common medications that are prescribed to treat various infections and are used today in many commonly eaten foods. These foods include meat and dairy products. Antibiotics work by disrupting the biological processes of microorganisms (bugs). Antibiotics are over prescribed with varying degrees of success to treat diseases like sinus infections, ear infections, urinary tract infections, bronchitis, pneumonia, infections with *H. pylori*, Strep throat, before dental procedures in some populations, for pregnant women infected with Group B Strep, and for many, many more conditions.

Many doctors and patients alike feel that antibiotics are overprescribed, which results in reduced effectiveness because of increased resistance of bacteria. While they can be very useful medications in certain specific circumstances, antibiotics can also be problematic, creating new symptoms while eradicating existing ones. Because antibiotics work by killing bacteria, they can be rather indiscriminate in their eradication, killing both beneficial as well as detrimental microorganisms.

The Digestive Tract: Beneficial Bacteria

The human digestive tract is lined with trillions of beneficial bacteria, called "gut flora." There are 10 times as many microorganisms in the intestines as there are cells in the human body! Somewhere between 300 and 1000 different species of bacteria live in the gut performing important metabolic activities. Human hosts and their gut flora have a symbiotic relationship, with both parties benefiting from the coexistence.

One well-known side effect of antibiotics is diarrhea. This diarrhea is caused by the antibiotics killing the good flora in the gut along with the disease-causing bacteria. When the good gut flora are eliminated by antibiotics, this reduces competition in the intestines causing an imbalance of microorganisms in the gut, allowing for bad bacteria and yeast to thrive! Probiotics are supplements containing good bacteria to replenish the population of beneficial flora in the GI tract.

HOW TO KEEP YOUR GUT FLORA THRIVING!

- Use antibiotics only when absolutely necessary. Discuss alternatives with your doctor.
- When you must take antibiotics, always supplement with a probiotics formulation



Frontier Biotics

Containing 6 billion CFU



ProbZyme

Containing 2.3 billion CFU plus digestive enzymes



SBC

Containing *Saccharomyces boulardii* + probiotics. Especially helpful to prevent the diarrhea caused by antibiotic use.



Super Biotics

Containing 50 billion CFU Proprietary blend and 50 billion CFU's per capsule.

CONSUMER HEALTH ALERT:

BLOOD PRESSURE MEDICATION & MINERAL DEPLETION

Pharmaceutical Treatment of Hypertension

Blood pressure medications, also called anti-hypertensive medications, are prescribed by some doctors to lower blood pressure in people whose blood pressure is elevated, a condition called hypertension." Antihypertensives work in several different ways.

- Diuretics work to increase urination and flush excess water by acting on the kidneys. Thiazide diuretics include chlorothiazide and hydrochlorothiazide. Potassium-sparing diuretics include spironolactone (Aldactone), eplerenone (Inspra), and triamterine (Dyrenium).
- ACE inhibitors prevent a hormone called Angiotensin I from performing its normal job which is to constrict blood vessels. This allows for more relaxed vessels and a decrease in blood pressure, Examples include captopril (Capoten), lisinopril (Prinivil, Zestril) and ramipril (Altace)
- ARB's or angiotensin antagonist medications, also target Angiotensin II. Examples include losartan (Cozaar), olmesartan (Benicar) and valsartan (Diovan).
- Beta blockers cause the heart to work less hard, reduce heart rate, and reduce heart contractility, thereby reducing blood pressure. Examples include metoprolol (Lopressor, Toprol XL), carvedilol (Coreg), atenolol (Tenormin), propranolol (Inderal), etc.
- Calcium Channel Blockers relax blood vessels and reduce blood pressure by preventing calcium from entering some cells in the heart and vessels. Examples include amlodipine (Norvasc), diltiazem (Cardizem, Dilacor XR) and nifedipine (Adalat, Procardia).
- Renin inhibitors interfere with production of rennin, which is a substance produced by the kidneys that sets off a cascade of steps to increase blood pressure.

Frontier Minerals by Nutritional Frontiers provides a balanced multi-mineral formula that contains 9 key minerals in easily assimilate forms

NUTRITION DEPLETION

Blood pressure medications can cause depletion of important minerals in the body, The different classes of antihypertensive medications cause different nutrient depletions depending on their mechanism of action. Loop diuretics like furosemide (Lasix) and other potassium-wasting diuretics like bumetanide (Bumex) may deplete calcium, magnesium, phosphorus, potassium, and vitamins B1 B6, and C. ACE inhibitors may deplete zinc. Angiotensin II Receptor Antagonists may deplete calcium, magnesium, zinc, phosphorus, and CoQ10, Thiazide diuretics may deplete some potassium, zinc, and magnesium, Please note: potassium-sparing diuretics (amiloride, triamterine, spironolactone, eplerenone) can cause an excess of potassium, leading to toxicity.



CONSUMER HEALTH ALERT: COENZYME Q10

Coenzyme Q10, also called CoQ10, is a vital nutrient for the formation of ATP, the basic energy molecule. Found mainly in the mitochondria, CoQ10 plays a role in the electron transport chain and cellular aerobic respiration, generating ATP.

CoQ10 possesses antioxidant activity since it readily gives up electrons. It prevents lipids & proteins both from being oxidized and also regenerates vitamin E.

CoQ10 supports cardiovascular health. CoQ10 prevents oxidation of LDL. Oxidation of LDL may play a role in the development of atherosclerosis. CoQ10 has also been shown to reduce blood pressure, reduce complications after a heart attack, and improve angina, congestive heart failure, and cardiomyopathy.

Other benefits of CoQ10 supplementation include benefits to periodontal health, carbohydrate metabolism, stamina, migraines, & early Parkinson's disease. CoQ10 is a fat-soluble substance and is best absorbed when taken with food.

Coenzyme Q10 & Statin Drugs (Lipitor, etc.)

The cholesterol lowering drugs called statins block CoQ10 production in the body. CoQ10 is made within the body via the same pathway as cholesterol. Statin drugs inhibit the enzyme HMG CoA reductase, the very enzyme used in the synthesis of both cholesterol and CoQ10. Lipitor and other statins have been shown to be the cause of a 10% reduction in the levels of CoQ10! There is much to be gained and little to risk in supplementing at least 100 mg CoQ10 in anyone who is taking a statin drug like Lipitor, Crestor, Zocor, Mevacor, Vytorin, etc. (These drugs are also called atorvastatin, rosuvastatin, simvastatin, lovastatin.)

NUTRITIONAL FRONTIERS OFFERS 4 DIFFERENT COQ10 DELIVERY SYSTEMS



Power CoQ10 Chews

*Chewable wafer
with 100 mg CoQ10*



EnerCoQ10

*Chewable wafer
with 300 mg CoQ10
& 300 mg DMG*



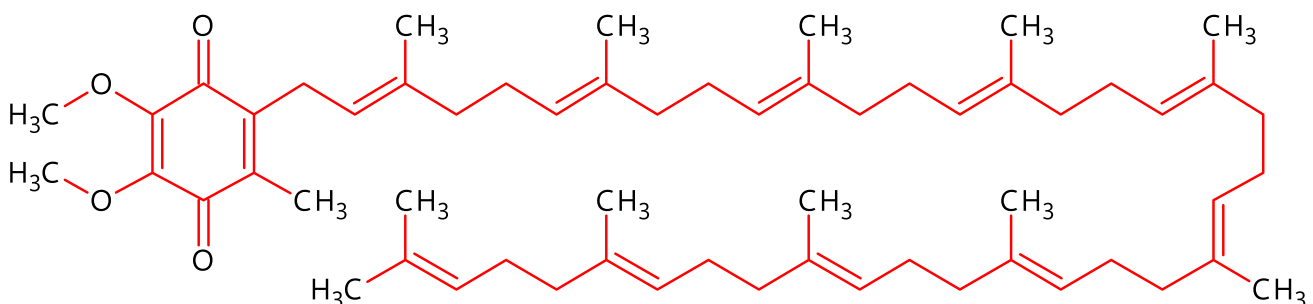
Power CoQ10 (ubiquinol)

*Liquid filled capsule
with 100 mg CoQ10*



Power CoQ10 Softgels

100 mg CoQ10 softgel



CONSUMER HEALTH ALERT:

THE BENEFITS OF MULTIVITAMIN USE SUBSTANTIATED *by Peer Reviewed Journal*

Advocates of natural medicine have long known the importance of using nutritional supplementation to prevent and treat certain acute and chronic diseases. Consumers who are concerned with their health often take a multivitamin whether or not their healthcare practitioners have advised it. These people intuit that vitamins may provide their bodies with extra support during times of stress or illness, though they may wonder sometimes if it is really "doing any good."

The Journal of the American Medical Association has corroborated what so many have purported all along, that multivitamin supplementation is beneficial even in the absence of outright extreme deficiency symptoms like scurvy (lack of Vitamin C) or pellagra (lack of Vitamin B3).

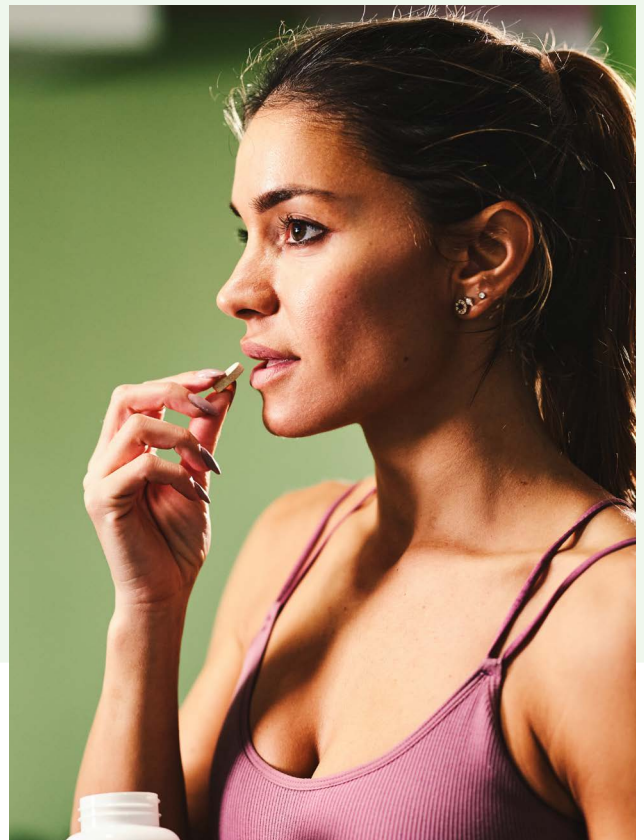
Suboptimal Levels vs. Deficiency

The article, printed in the June 19, 2002 issue of JAMA (Vol, 287, No. 3), asserts that most Americans do not consume optimal amounts of all vitamins by diet alone. This may be due to dietary choices, such as not eating the recommended 5-6 servings of fruits and vegetables a day. Other contributing factors to suboptimal nutritional status include methods of food preparation (i.e. excessive or prolonged heat), genetic susceptibilities, alcohol and tobacco use, and changes to soil health by deleterious farming practices.

Suboptimal levels of certain nutrients increase risk factors for diseases, even when the patient is not expressing overt deficiency symptoms. To illustrate, elevated blood levels of the amino acid homocysteine are indicative of cardiovascular risk. Regular intake of Vitamin B12, Vitamin B6 and/or folate cause homocysteine levels to fall the levels within the normal range. This may have a profound impact on reducing risk of heart attack.

FRONTIER MULTI MEN'S COMPLETE WOMEN'S COMPLETE by Nutritional Frontiers

Frontier Multi is a complete multivitamin and mineral product that also contains antioxidants, bioflavonoids, enzymes, and amino acids in "whole foods complex" base which contains kale, spinach, broccoli, carrots, apple, cranberry, and more. Frontier Multi features therapeutic levels of many nutrients along in their most bioavailable forms, with no extra excipients.



CONSUMER HEALTH ALERT: THE DANGERS OF OVER-THE-COUNTER PAIN MEDICATIONS

According to the July 1998 issue of The American Journal of Medicine:

- 107,000 patients are hospitalized annually for nonsteroidal anti-inflammatory drug (NSAID)-related gastrointestinal (GI) complications (Conservative calculations estimation)
- At least 16,500 NSAID-related deaths occur each year among arthritis patients alone.

(The figures of all NSAID users would be overwhelming, yet the scope of this problem is generally under-appreciated.)¹⁾

And again a year later (June 1999) in the prestigious New England Journal of Medicine there is a similar statement:

"It has been estimated conservatively that 16,500 NSAID-related deaths occur among patients with rheumatoid arthritis or osteoarthritis every year in the United States. This figure is similar to the number of deaths from the acquired immunodeficiency syndrome and considerably greater than the number of deaths from multiple myeloma, asthma, cervical cancer, or Hodgkin's disease. If deaths from gastrointestinal toxic effects from NSAIDs were tabulated separately in the National Vital Statistics reports, these effects would constitute the 15th most common cause of death in the United States. Yet these toxic effects remain mainly a "silent epidemic," with many physicians and most patients unaware of the magnitude of the problem. Furthermore the mortality statistics do not include deaths ascribed to the use of over-the-counter NSAIDs." 2

What these journal articles are stating is shocking. Over 100,000 people are hospitalized for GI bleeding and of those 16,500 die every year. And these values are considered "conservative". Also the figures only include prescription NSAIDs used to treat only arthritis and only in the United States. If prescription and over the counter NSAID-related hospitalizations and death rates were counted for not only arthritis, but for all conditions, and throughout the world, the figures would no doubt be enormous. Taking those figures and applying them over the many years that this class of drug has been available since the early 1970s and the numbers would be horrific. And yet, no study to date has attempted to quantify these figures. A graph from the same article shows this alarming statistic relative to other causes of deaths.



Pain medications known as NSAIDs (non-steroidal anti-inflammatory drugs) are associated with numerous serious side effects. NSAIDs are medications used to reduce inflammation and pain. They work by blocking the action of the COX (cyclooxygenase) enzymes resulting in reduced prostaglandin production. Over-the-counter NSAIDs include aspirin, ibuprofen (Advil, Motrin), diclofenac, and naproxen (Naprosyn, Aleve).

Prostaglandins are substances that perform numerous important roles influencing virtually every organ in the body. There are three types of prostaglandins: PG1, PG2 and PG3. PG1 and PG3 are considered the "good" prostaglandins while PG 2 are labeled "bad" prostaglandins. The PG1 series of prostaglandins act to decrease blood pressure, reduce inflammation, improve the function of certain immune cells, relax blood vessels, improve nerve function, inhibit blood clotting, and prevent the release of arachidonic acid from cells.

PG2 prostaglandins promote inflammation, platelet aggregation (blood clotting), sodium retention, constriction of blood vessels, pain, and fever. In many respects these are all normal, biological responses to insults like injuries and infections. For example, these functions are vital when a person suffers a wound so that he or she does not bleed to death. However, in excess this class of prostaglandins can be harmful, especially to someone with heart disease.

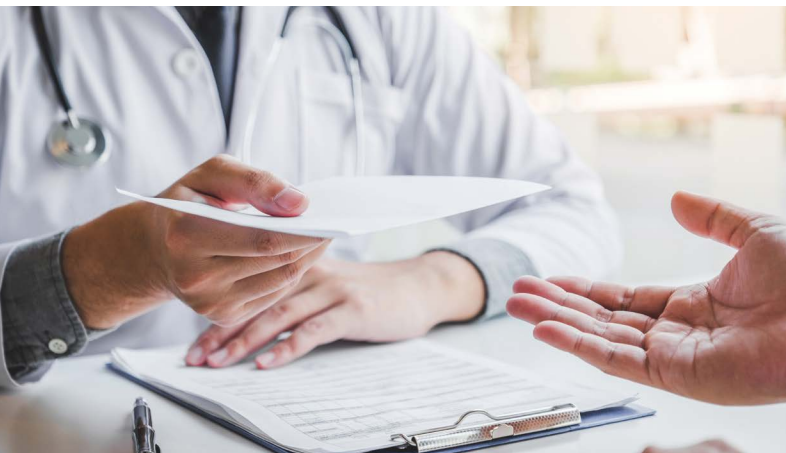
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CONSUMER HEALTH ALERT: THE DANGERS OF OVER-THE-COUNTER PAIN MEDICATIONS CONT.

NSAIDs like aspirin and ibuprofen are non-selective inhibitors of COX enzymes, meaning they inhibit all 3 of the prostaglandin series. This across-the-board reduction in COX activity results in several harmful side effects. Since prostaglandins also protect the lining of the stomach and intestines as well as promote blood clotting, predictably some of the side effects of NSAIDs include damage to the digestive tract, heartburn (reflux), irritation of the stomach lining, peptic ulcers, and excessive bleeding. Another adverse effect of these types of medications is kidney failure.

There is a class of prescription drugs called COX-2 inhibitors which includes Vioxx, Bextra, Celebrex (celecoxib), and Mobic (meloxicam). The first two are no longer used in the USA due to dangerous side effects. COX-2 inhibitors target only one type of enzyme involved in prostaglandin synthesis, thereby resulting in a reduction of some of the side effects associated with NSAIDs.

However, while COX-2 inhibitors do not cause the gastric irritation described above, they are associated with increased risk for serious cardiovascular problems like heart attack, stroke and, atrial fibrillation/flutter. Like the other NSAIDs, they also the risk of causing renal failure. Furthermore, even ibuprofen and diclofenac in high doses are associated with increased risk of these cardiovascular problems. Those people at greatest risk of an adverse cardiovascular event from use of these drugs are those who are age 80 or older, those with prior heart attack, previously existing cardiovascular disease, high blood pressure, rheumatoid, arthritis, chronic renal disease, and/or COPD.



NATURAL PAIN RELIEF & NATURAL ANTI- INFLAMMATORY AGENTS

Nutritional Frontiers offers several options for relieving inflammation and its effects such as X-Flame, Omega 3 & SPM, Inflamm, CybZyme, Turmeric Plus, Full Spectrum Hemp Extract Oil, Green Lipped Mussel, and HA Plus.

- Select ingredients in **X-Flame** have been researched and proven to reduce pain and swelling, increase mobility, and decrease the need for over-the-counter pain medication. X-Flame contains Kre-Celazine® DMG HI, Turmeric, Boswellia serrata, Ginger, Quercetin, Rutin, Luteolin (from Perilla Leaf Extract), and Cayenne.
- Nutritional Frontiers has several Omega 3 & 6 Fatty Acid products including **SPM, Omega 3D and Omega 3D Liquid, and Frontier Flax.**
- When taken with meals, digestive enzymes provide support for the digestion and absorption of food. When taken between meals, however, digestive enzymes can help reduce inflammation. Nutritional Frontiers offers several digestive enzyme formulations: **CybZyme, BetaZyme, and ProbZyme.**
- **HA Plus and HA Plus Powder** are excellent supplements to assist in joint repair and increase joint comfort. HA stands for Hyaluronic acid, which is a substance found through the body especially in cartilage, synovial fluid, skin, and the eyes. It supports connective tissue structures. HA Plus also contains Glucosamine sulfate and MSM (methylsulfonylmethane) which are well known to support joint health and proper joint function.
- **Green Lipped Mussel** is clinically researched and found to reduce joint pain and increase joint mobility. GlycOmega™ provides a rich source of all major classes of glycosaminoglycans (GAGs), which are principal components of cartilage and the synovial fluid found in joints.

CONSUMER HEALTH ALERT:

NUTRITIONAL FRONTIERS PURITY & POTENCY:

Guaranteed free of gluten, dairy, artificial sweeteners, artificial colors, and preservatives

Nutritional Frontiers- Quality Products

Nutritional Frontiers offers nutritional and herbal supplements that are guaranteed for purity and potency. Nutritional Frontiers prides itself on offering excellent products at reasonable prices to increase patient access to professional quality supplements.

Our supplements are also free from pesticides, herbicides, and solvents. In addition to being competitively priced to help patients achieve a high degree of compliance with their doctor's treatment plans, all of our products are gluten-free and contain no artificial sweeteners or colors. Certain formulations contain oats and wheat grass. These ingredients are sourced in such a way as to confirm that they too are gluten-free and safe for those with an allergy or intolerance to gluten.

All of our formulas are also dairy-free, with the exception of The Best Whey protein powders which contain 100% whey protein from grass fed cows with 3 grams of added fiber per serving. This allows patients with gluten and dairy allergies to confidently use our products without fear of exposure to allergens.



CONSUMER HEALTH ALERT: ARTIFICIAL SWEETENERS

Artificial sweeteners are food additives commonly added to packaged, processed foods to make them sweeter. They are particularly prevalent in low-fat or non-fat foods, as well as foods marketed towards people with diabetes. Also called sugar substitutes, artificial sweeteners were designed and synthesized to taste like sugar without having the calories or carbohydrate content of real sugar.

The most common artificial sweeteners in use today in the USA are sucralose (Splenda), aspartame (NutraSweet, Equal), acesulfame potassium (Nutrinova), saccharin (Sweet'N Low), and neotame (NutraSweet).

Artificial sweeteners were originally chemicals being developed for another purpose when it was discovered that they were sweet. Now, they are prevalent in processed and packaged foods. There is an Acceptable Daily Intake (ADI) limit for each sweetener, established to help protect consumers from the possible health risks of excessive. While the issue of health risks from artificial sweeteners remains hotly debated in the medical community, we feel that it is prudent to limit exposure and to emphasize whole, unprocessed foods and minimal sweets in the diet.

Health Effects of Ingesting Artificial Sweeteners

Saccharin – Several animal studies have shown an increase in bladder cancer from ingestion of saccharine. Human studies have not shown a clear cut increased risk of cancer. However, children and fetuses in particular are at risk for excessive exposure to saccharine beyond the ADI. This could potentially result in increased risk of the toxic effects of saccharin, including bladder distention, elevated urine osmolality and perhaps even bladder cancer.

Aspartame – Agencies in the USA and Europe have recognized aspartame as being safe, with an ADI of 40 mg/kg/day, except for people with a disease called phenylketonuria (also called PKU, this is an inherited disorder usually diagnosed in infancy). One of the main controversies surrounding aspartame is that many of the safety studies performed on this substance were funded by the aspartame industry. Obviously this presents a conflict of interest, as these studies unanimously asserted its safety for human consumption. Some aspartame side effects that are supported by other research include headaches and depression (especially in people with already established mood disorders).

Acesulfame K – Added to many foods, this sweetener has been in use since the 1980's yet controversy surrounds it since acesulfame K contains a known carcinogen, methylene chloride. Long-term exposure to methylene chloride is associated with mental confusion, headaches, depression, nausea, cancer, liver problems, and kidney problems. Neotame is similar to aspartame but does not contain phenylalanine, so it is safe for people with PKU. It may carry the same risks as aspartame, and long term studies by independent researchers have not been conducted.





Sucralose – This chemical was discovered while researchers were trying to invent a new insecticide. While it is advertised as being made from sugar (insinuating that it is more *natural*), sucralose is not natural. It is made from sugar that is treated with trityl chloride, acetic anhydride, hydrogen chloride, thionyl chloride, and methanol in the presence of dimethylformamide, 4-methylmorpholine, toluene, methyl isobutyl ketone, acetic acid, benzyltriethylammonium chloride, and sodium methoxide. It is the chloride component of sucralose that is suspected as having the most health risks. Long term studies of the health risks of sucralose are lacking. Some possible side effects may include digestive problems, skin irritations, mood swings, wheezing, cough, heart palpitations, and more. Another problem with Splenda is that it actually contains a significant amount of carbohydrates for diabetics. 1 cup of Splenda contains 32 grams of carbs- and ingesting 1 cup of Splenda is entirely plausible due to the presence of Splenda in so many different products. Furthermore, there is some evidence that suggests Splenda may reduce good bacteria in the gut and interfere with the absorption of some prescription medications.

Weight gain – Some animal studies and at least one human study have shown clearly that ingestion of artificial sweeteners (particular diet soda) is associated with weight gain and obesity. Some studies do not show weight gain, but neither was weight loss achieved. This is obviously counterproductive to the stated intention of introducing artificial sweeteners into the food supply, since most people using them are seeking low calorie substitutes! The reason behind the lack of weight loss may be that artificial sweeteners could increase sugar cravings.

WHAT TO USE

Natural sugar substitutes are more desirable from a health standpoint, although the less sweetener added to the diet, the better, to help diminish our collective taste for sweets! In particular, people with metabolic syndrome (Syndrome X), diabetes, pre-diabetes, PCOS, obesity, and insulin resistance should minimize or eliminate sugar and sugar substitutes from their diets as much as possible- even natural sugar substitutes. Natural sugar substitutes include stevia, sorbitol, xylitol, and mannitol. Agave nectar, honey, brown rice syrup, molasses, blackstrap molasses and barley malt syrup are also sweetening agents that are naturally derived rather than synthetic.

CONSUMER HEALTH ALERT:

WHAT'S IN YOUR MULTIVITAMIN?

A comparison of Nutritional Frontiers' Frontier Multi with the top selling retail multi

Multivitamins are an important part of maintaining health.

Due to diet variations, soil quality issues, and nutrient depletions caused by medications, disease, stress, and aging, many could benefit from taking a daily multivitamin. Not all multivitamins are the same, however! There are 3 basic characteristics to look at when evaluating a multivitamin:

- The forms of the nutrients
- The dose of the nutrients
- The other, "extra" ingredients in the multivitamin.

Nutrients are absorbed and utilized by the body in certain forms more easily than others. For example, chelating (attaching) a nutrient to a Krebs's cycle intermediate often aids absorption. The Krebs's cycle is a natural part of the body's metabolism, so the body more easily recognizes and breaks down that nutrient.

- Calcium citrate, not dicalcium phosphate; magnesium aspartate not magnesium oxide; zinc amino acid chelate not zinc oxide. Frontier Multi contains the former, superior ingredients whereas the top selling retail multi provides the latter, cheaper forms.

Vitamins can also be provided in their active forms as opposed to precursor forms:

- Vitamin B12 as cyanocobalamin is not as beneficial as methylcobalamin. Frontier Multi uses methylcobalamin whereas top selling retail multivitamins provide the inferior form.
- P-5-P (Pyridoxal 5 phosphate), an activated form of B6, is more utilizable than the precursor form pyridoxine hydrochloride, found in the top selling retail multi.
- The top selling retail multi contains the cheaper DL form of vitamin E which is synthetic. The body is better able to utilize vitamin E as natural D-alpha tocopherol succinate.
- Selenomethionine is preferred to sodium selenate
- Cupric sulfate should be avoided! A better choice is amino acid chelates like the Frontier Multi.

FRONTIER MULTI by Nutritional Frontiers

Frontier Multi is a complete Multi vitamin/mineral formula that also contains amino acids, bioflavonoids, antioxidants, & enzymes along with a "Whole Food" Powder Base. Veggie Caps make it suitable for vegetarians and are easier to swallow than large tablets.

Nutritional Frontiers' Frontier Multi provides higher amounts of the following:

- Almost 6 times as much vitamin C & B2
- More than 3 times as much vitamin E
- More than twice as much niacin and Mg
- 4 times as much biotin
- 12 times as much B5 and B6
- 33 times as much B12

Additives and Preservatives: Unnecessary

The top selling retail multi and other non-professional supplement lines contain additives & preservatives like corn starch, talc, croscopovidone, hydrogenated oil, food colorings, polyethylene glycol, polyvinyl alcohol, & BHT. These fillers and additives provide NO health benefits!

Frontier Men's Complete & Women's Complete

Frontier Men's Complete by Nutritional Frontiers is a high quality multivitamin-mineral designed for men. The easy-to-swallow vegetarian capsules provide vitamins, minerals, antioxidants, and other nutrients in bioavailable forms and nutritionally meaningful amounts.

Women's Complete contains activated vitamins, chelated minerals and the best form of specialty ingredients including DMG, inositol and super foods, along with a unique, proprietary probiotic complex.

"More" doesn't always mean "better," but keep in mind that many of the daily RDA's are set merely to prevent deficiency rather than to promote optimal health or provide therapeutic levels of nutrients.

CONSUMER HEALTH ALERT: VITAMIN D DEFICIENCY

Many people are concerned about vitamin D these days. Vitamin D is a fat-soluble vitamin that the body produces when the skin is exposed to ultraviolet light (specifically UVB) from the sun.

The skin, the liver, and the kidneys are all involved in vitamin D production. Vitamin D3, also called cholecalciferol, is made in the skin when a cholesterol-based compound in our body called 7-dehydrocholesterol reacts with ultraviolet light. Cholecalciferol, whether made in the skin from sun exposure or ingested as a supplement, is then turned into 25-hydroxycholecalciferol by the liver. This substance is then bound to a protein in the blood and carried to the kidneys, where it forms calcitriol (also called 1,25-dihydroxycholecalciferol). Calcitriol binds to vitamin D receptors in the body and mediates the physiological actions of vitamin D. If your doctor orders a blood test to check your vitamin D levels, you will likely see several of these names on the blood test results. The most important one to look at clinically is 25-hydroxyvitamin D, sometimes called "25 (OH)D."

The ideal reference range for vitamin D blood tests is debated in the medical community. The Vitamin D Council proposes an optimal reference range of 25(OH)D of 50-80 ng/mL (125-200 mol/L). This is higher than the typical laboratory value of 30 ng/mL (70 nmol/L), which the Vitamin D Council considers to be outdated and not reflective of the latest research on vitamin D deficiency. If your blood test shows that you are deficient in vitamin D and you start to take a supplement, you should get your 25 (OH)D levels retested every few months to assess the adequacy of your dosing regimen.

Vitamin D deficiency can be prevalent in certain populations, geographical locations, and is also noticed in several disease states. Since sun exposure is necessary for endogenous ('within the body') vitamin D production, sunscreen can reduce the ability of the body to synthesize vitamin D from sun exposure. This occurs only when the sunscreen is applied liberally and frequently, though. More and more people are avoiding sun exposure due to fears of skin cancer or depletion of the ozone layer. Also, many people work indoors during the day and in that way do not get as much sun exposure as necessary for vitamin D production. Combine these elements with living in a northern latitude where adequate sun exposure is limited to a few months of the year and you are left with many people who would likely benefit from vitamin D supplementation.

Many diseases are associated with low vitamin D status, including the following:

- Cancer of the colon, breast, ovaries, cervix, uterus, esophagus, bladder
- Osteoporosis and osteopenia
- Multiple sclerosis
- Vitiligo
- Crohn's disease
- Rheumatoid arthritis
- Tuberculosis
- Diabetes
- Syndrome X / Metabolic Syndrome
- Psoriasis
- Pancreatitis
- SAD (Seasonal Affective Disorder)
- Parkinson's
- Sjogren's syndrome
- Schizophrenia
- High blood pressure
- Arteriosclerosis
- Fibromyalgia
- Osteoarthritis
- Autism
- IBS

Vitamin D is a fat-soluble vitamin that is essential for maintaining normal calcium metabolism. Vitamin D3 (cholecalciferol) can be synthesized by humans in the skin upon exposure to ultraviolet-B (UVB) radiation from sunlight, or it can be obtained from the diet.

NUTRITIONAL FRONTIERS VITAMIN D SUPPLEMENTS

We offer 3 different products containing a range of vitamin D dosing and delivery methods to meet your needs.



D3 5,000 Liquid

This liquid supplement provides 5,000 IU of vitamin D3 per serving



D3 5,000 IU

This product provides 5,000 IU of vitamin D3 per capsule.



D3/K2 Complete

This product provides 10,000 IU of vitamin D3 per capsule, including 90 mcg of vitamin K2.



Super K2 Plus

This product provides 5,000 IU of vitamin D3, 5,000 mcg of Vitamin A, & 500 mcg Vitamin K2 per capsule.

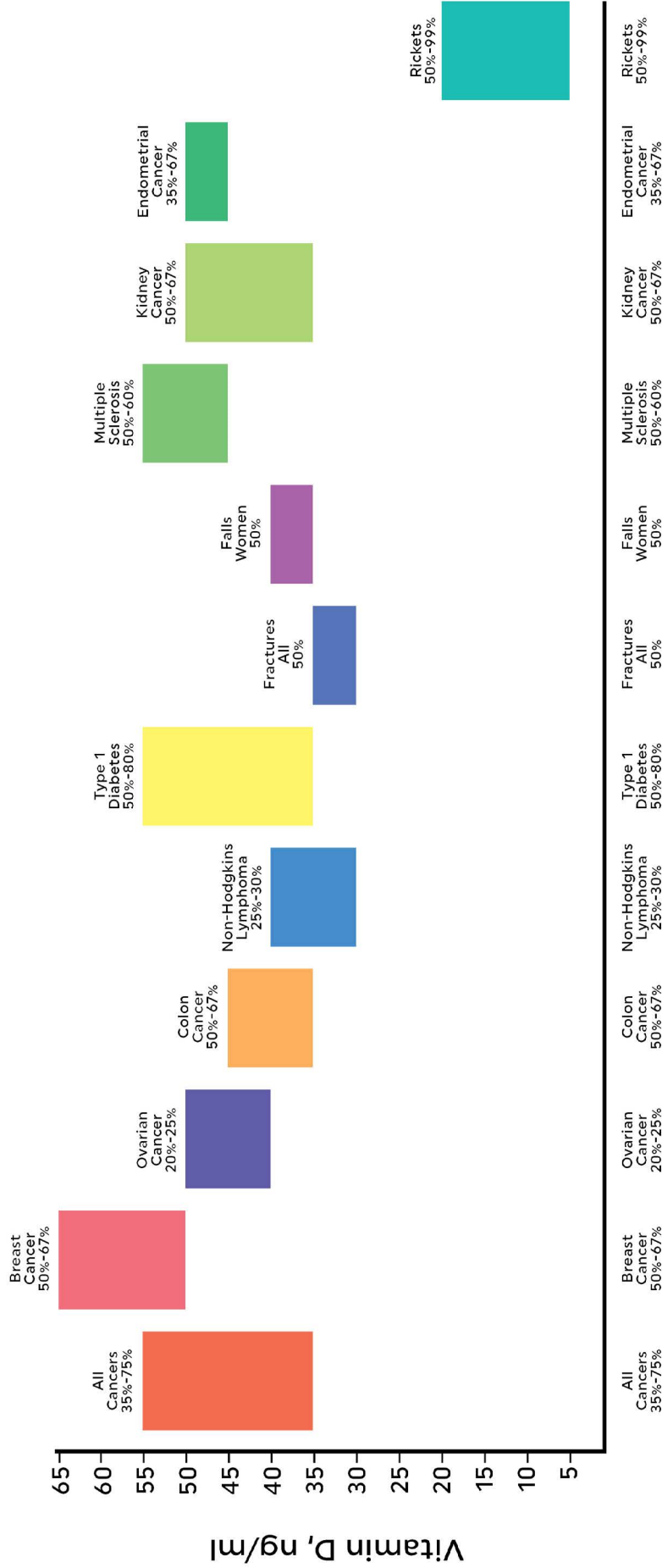
CONSUMER HEALTH ALERT: VITAMIN D DEFICIENCY CONT.

Conditions Associated with Suboptimal Vitamin D Status

Cancers	Autoimmune	Endocrine
Colon Cancer	Multiple Sclerosis	Diabetes Mellitus
Breast Cancer	Vitiligo	Syndrome X
Ovarian Cancer	Crohn's	Low Epinephrine/Norepi
Osteoporosis	Rheumatoid Arthritis	Low Dopamine
Cervical Cancer	Sjogren's Syndrome	Obesity
Bladder Cancer		
Esophageal Cancer		
Uterine Cancer		
Musculoskeletal	Neurologic	Cardiovascular
Myalgia	Parkinson's	Hypertension
Fractures	Schizophrenia	Arteriosclerosis
Osteopenia	Seasonal Affective Disorder	MI
Osteoarthritis	Autism	
Fibromyalgia		
Rickets		
Gastrointestinal	Dermatology	
Pancreatitis	Psoriasis	
IBS	Senile warts	



DISEASE INCIDENCE PREVENTION BY VITAMIN D LEVEL



Diseases

References:

All Cancers: Lappe JM, et al. *Am J Clin Nutr*. 2007;85:1586-91. Breast: Garland CF, Gorham ED, Mohr SB, Grant WB, Garland FC. Breast cancer risk according to serum 25-Hydroxyvitamin D: Meta-analysis of Dose-Response (abstract). American Association for Cancer Research Annual Meeting, 2008. Reference serum 25(OH) D was 5 ng/ml. Garland, CF, et al. *Amer Assoc Cancer Research Annual Mtg*, April 2008. Colon: Gorham ED, et al. *Am J PREV Med*. 2007;32:210-6. Diabetes: Hypponen E, et al. *Lancet*. 2001;358:1500-3. Endometrium: Mohr SB, et al. *Prev Med*. 2007;45:323-4. Falls: Broe KE, et al. *J Am Geriatr Soc*. 2007;55:234-9. Fractures: Bischoff-Ferrari HA, et al. *JAMA*. 2005;293:2257-64. Heart Attack: Giovannucci et al. *Arch Intern Med/Vol 168 (No 11) June 9, 2008*. Multiple Sclerosis: Munger KL, et al. *JAMA*. 2006;296:2882-8. Non-Hodgkin's Lymphoma: Purdue MP, et al. *Cancer Causes Control*. 2007;18:989-99. Ovary: Tworoger SS, et al. *Cancer Epidemiol Biomarkers Prev*. 2007;16:763-8. Renal: Mohr SB, et al. *Int J Cancer*. 2006;119:2705-9. Rickets: Aमाud SB, et al. *Pediatrics*. 1976 Feb;57(2):221-5.

**All percentages reference a common baseline of 25 ng/ml as shown on the chart.

CONSUMER HEALTH ALERT: ASPIRIN & STROKE

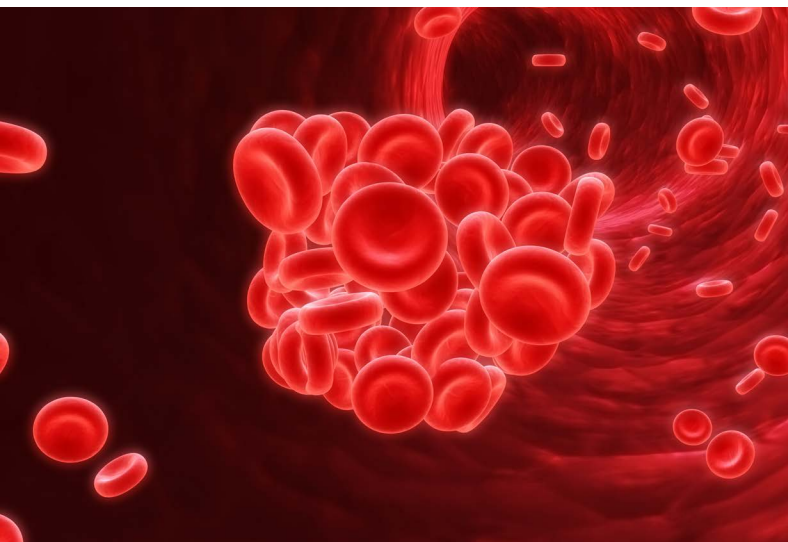
Aspirin is routinely recommended by medical doctors to people who have a high risk of stroke or heart attack to purportedly decrease their risk for these catastrophic cardiovascular events. Stroke occurs when blood supply to the brain is disturbed, causing temporary or permanent loss of some brain function.

Depending on which area of the brain is affected, the stroke survivor may have paralysis, speech problems, visual problems, numbness or other changes in sensation, altered smell, taste or hearing, problems with balance, and numerous other symptoms. A stroke is a medical emergency. It is the leading cause of disability in adults in the USA and Europe; it is the second leading cause of death worldwide.

Strokes can be categorized as either ischemic or hemorrhagic. **Ischemic stroke** is characterized by lack of blood flow to the brain (ischemia) caused by blockage: thrombosis or embolism. **Hemorrhagic stroke** is the result of leakage of blood in the skull, sometimes associated with high blood pressure. **Aspirin interferes with the ability of blood to clot and therefore reduces the risk of ischemic stroke.** Blood normally clots at wound sites; clots form a 'plug' that stops bleeding. This becomes problematic when someone has atherosclerosis and the blood vessels are narrowed from the buildup of oxidized fatty deposits. If a blood clot forms in an already narrow vessel to the brain or heart, this impedes the flow of life-sustaining blood and can cause a stroke or heart attack. **Since aspirin prevents clots from forming as easily, it can therefore lower the risk of ischemic events.**



However, aspirin is not a panacea for eliminating stroke risk. Doctors should only be **recommending daily aspirin use to patients at high risk of heart attack or ischemic stroke because daily aspirin can actually increase the risk of hemorrhagic stroke in older people!** According to a study published in the medical journal *Lancet Neurology* in 2007, researchers in the United Kingdom found that while the incidence of ischemic stroke has decreased over time with use of antithrombotic therapy like aspirin, the incidence of hemorrhagic stroke due to antithrombotic medications in people over age 75 has increased! **This suggests that people over age 75 the risks of aspirin outweigh the benefits. In addition to the increased risk of hemorrhagic stroke in the elderly, regular aspirin use can be problematic in all ages due to the increased risk of bleeding, bruising, and stomach ulcers.** Furthermore, a new analysis of randomized controlled trials by researchers in the UK concludes that aspirin prophylaxis in people without previous heart disease does not lead to reductions in cardiovascular death or cancer mortality. **Furthermore, any benefits (like, reducing non-fatal heart attacks) are offset by adverse bleeding events.**





SPM

This unique **SPM** omega-3 derived supplement was designed to help modulate and resolve inflammation. **SPM** stands for "Specialized Pro-resolving Mediators" which are recently discovered, naturally occurring substances derived from omega-3.



NATTOKIN PLUS

Nutritional Frontiers offers several formulas that help support normalized blood clotting ability.

Nattokin Plus contains the fibrinolytic enzymes nattokinase and serratiopeptidase as well as rutin, an antioxidant bioflavonoid that may help support the structure of blood vessel walls.



OMEGA 3 FATTY ACID

Omega 3 fatty acid products also support healthy cardiovascular function, and there are numerous formulas and delivery systems to best meet your needs: **Omega 3D & Omega 3D Liquid**

Lovelock CE, Molyneux AI, Rothwell PM; Oxford Vascular Study. Change in incidence and aetiology of intracerebral hemorrhage in Oxfordshire, UK, between 1981 and 2006: a population-based study. *Lancet Neurol*. 2007 Jun;6(6):487-93

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CONSUMER HEALTH ALERT: FOOD ALLERGIES

Food Allergies Of Our Time

Food allergies and food sensitivities hold a prominent place in family life these days. Children and adults both deal with reactions to some of the foods they eat: reactions that range from mild discomfort to life-threatening anaphylaxis. Food allergies, skin allergies (like eczema) and respiratory allergies (like hay fever) are all on the rise. Why food allergies seem to be more common these days is a subject of debate. There are those that wonder about the role of modern agricultural techniques in North America, genetically modified organisms, and various causes of immune system malfunction.

The "hygiene hypothesis" is a compelling theory suggesting that excessive cleanliness in the developed world, seen particularly among higher income level populations and those living in urban or suburban areas, disrupts normal immune system development. Exposure to germs, soil, and certain infections contribute to normal immune system development, whereas cultural/social choices that excessively avoid exposure to germs and dirt allow different parts of the immune system to dominate, promoting an allergic constitution. Also, the recent trend of delaying introduction of potentially allergenic foods (like peanuts) to infants' and toddlers' diets may actually increase the incidence of food allergies!

Whether the immune dysfunction seen in food allergies and food sensitivities is related to environmental contaminants (such as pollutants or tobacco smoke), genetic susceptibility, repeated exposure to the same foods again and again, the hygiene hypothesis, overuse of certain medications, or something else, the fact is that food allergies are a troubling reality for many families.

Food Allergies Vs. Food Sensitivities

You may hear people speak about food allergy, food intolerance, or food sensitivity. The term "allergy" is generally limited to the recruitment of certain antibodies in the immune system. An antibody, also called an immunoglobulin, is simply a protein in the bloodstream that is produced in response to antigens (foreign bodies). Strictly speaking, food allergies are mediated by an antibody called IgE. An IgE food reaction is classified as an "immediate hypersensitivity" reaction, in which the allergic reaction occurs shortly after ingestion and manifests as some or all of the following symptoms: hives, itching of the skin or mucous membranes (e.g., in the mouth, lips, throat), difficulty breathing, and, in severe cases, anaphylaxis.

In contrast, other antibodies (IgG, IgA, etc.) are thought to mediate a delayed hypersensitivity response, in which the reaction to food occurs 24-48 hours after consumption, or even longer. Delayed food reactions can include such far-ranging symptoms as headaches, intestinal cramps, stool changes, arthritis, muscle spasms, and more.

After repeated exposure to the offending food, the IgG antibody levels increase. Over time, the IgG antibodies can result in excessive food-antibody complexes which may tax the immune system. This delayed hypersensitivity reaction is commonly referred to as a food intolerance or food sensitivity.

People suffering from food allergies or food sensitivities can help repair their bodies' adverse reactions to foods in a number of ways. First, they need to avoid the food allergens for awhile in order to rest their gut and immune systems. While avoiding the offending foods, people can eat healthy foods and take certain supplements to help repair the digestive tract and immune system, in order to promote a healthy response to foods.



CONSUMER HEALTH ALERT: FOOD ALLERGIES CONT.

Nutritional Frontiers provides helpful gastrointestinal and immune support for people with food sensitivities. Your healthcare practitioner may discuss the necessity of some of these supplements with you.

Food allergies and food sensitivities hold a prominent place in family life these days. Children and adults both deal with reactions to some of the foods they eat: reactions that range from mild discomfort to life-threatening anaphylaxis. Food allergies, skin allergies (like eczema) and respiratory allergies (like hay fever) are all on the rise. Why food allergies seem to be more common these days is a subject of debate. There are those that wonder about the role of modern agricultural techniques in North America, genetically modified organisms, and various causes of immune system malfunction.

The "hygiene hypothesis" is a compelling theory suggesting that excessive cleanliness in the developed world, seen particularly among higher income level populations and those living in urban or suburban areas, disrupts normal immune system development. Exposure to germs, soil, and certain infections contribute to normal immune system development, whereas cultural/social choices that excessively avoid exposure to germs and dirt allow different parts of the immune system to dominate, promoting an allergic constitution. Also, the recent trend of delaying introduction of potentially allergenic foods (like peanuts) to infants' and toddlers' diets may actually increase the incidence of food allergies!

Whether the immune dysfunction seen in food allergies and food sensitivities is related to environmental contaminants (such as pollutants or tobacco smoke), genetic susceptibility, repeated exposure to the same foods again and again, the hygiene hypothesis, overuse of certain medications, or something else, the fact is that food allergies are a troubling reality for many families.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Probiotics and digestive enzymes, such as **Frontier Biotics**, **Super Biotics**, **ProbZyme**, or **Cybzyme** might have a role in the healing process for people with allergies and food sensitivities. **G.I. Complete** powder may be used to support the digestive tract lining.



Super Shake is a hypoallergenic protein powder that can provide necessary calories and protein for people dealing with adverse reactions to foods.



Fish oil can reduce signs and symptoms of inflammation, potentially of great benefit in moderating allergic reactions. Nutritional Frontiers offers several fish oil products, like **Omega 3D & SPM**.



Finally, immune support in the form of immune modulators may be called for, such as **Immunomax**.

Again, your doctor or naturopath can discuss which, if any, of these supplements would be appropriate for a specific case.

CONSUMER HEALTH ALERT: DIETARY SOY INTAKE

Soy Food Controversy

Soy foods are derived from the soybean, a common legume whose use originated in East Asia but whose consumption is now widespread in the Western world as well. Eating soy has become controversial recently due to several factors.

First, soy has been introduced into so many packaged, processed foods that it is rapidly becoming a common allergen, especially among children. In fact, according to FARE (Food Allergy Research and Education) soy is among the top 8 most commonly allergenic foods in the USA. The more that a person is exposed to a potential allergen the more likely they are to develop an allergy. Therefore it is prudent to avoid over-exposure to common allergens.

Second, soybeans grown in the USA are often genetically modified - also called "GMO." Many consumers would prefer not to eat genetically modified foods.

Furthermore, some people express concern that soy is estrogenic, and that it will increase estrogen levels in the body. The truth is somewhat more complex than that: soy does, indeed, contain phytoestrogens, which are plant compounds that are structurally similar to estrogen. However, soy does not actually contain the estrogenic hormones estradiol, estriol, or estrone. Soy's estrogenic activity is quite weak compared to endogenous estrogen—that is, the estrogen that the human body produces itself.

In fact, soy's phytoestrogenic activity can be used to benefit health in some cases. Consumption of traditional soy foods may be protective against breast and prostate cancer, may lower cholesterol, may reduce the risk of coronary heart disease, may reduce hot flashes in menopausal women, and may decrease fracture risk.

One health risk of soy foods is that soy can interfere with thyroid function, worsening hypothyroidism (low thyroid function) in sensitive populations. In addition, early exposure to phytoestrogens (like infant soy formula) may have negative consequences on reproductive health, such as early puberty in girls. Research on the risks of soy intake and reproductive development is still inconclusive, however.

Clearly then, While soy and other phytoestrogens may confer some health benefits, there are some risks associated with soy intake - namely endocrine disruption, as in effects on thyroid function and potential effects on reproductive development. Until more research is collected, the best approach to dietary soy intake is probably to eat soy only in moderation, and to eat traditional soy foods as they have been consumed in East Asia for centuries. Processed soy analog foods (fake soy "meats" like soy hot dogs, soy lunch meat, etc.) are not the best way to consume soy. When eating soy, it's preferable to select fermented soy foods like tempeh and miso, as well as tofu and edamame.



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