

Terry Talks Nutrition

IMPROVING THE HEALTH OF AMERICA

Terry's Traditional Diet

- Discover how a low-carbohydrate/high-protein diet can prevent—and even cure—heart disease, diabetes, and gastrointestinal disorders
- Learn how to feel better and live longer by changing the way you eat
- Develop strategies to transition from high-to low-carbohydrate nutrition

If you're sick and tired of being sick, the answer may be changing your diet from one that is high in carbohydrates to a diet high in animal protein and animal fat. Many leading experts have been exploring a low carbohydrate diet to reduce insulin resistance and the metabolic syndrome.

One such expert, Dr. Wolfgang Lutz, M.D., has the following to say: "Today, it seems that the only medically accepted hypothesis about nutrition and disease is that fat is responsible for all that ails us. There is great pressure to conform to this theory in spite of all the evidence to the contrary. Carbohydrates have been completely ignored as a potential problem in human diets. However, as documented in the preceding chapters [referring to his book, title below], the beneficial results of a low carbohydrate diet, as observed by Dr. Lutz on thousands of people in his clinical practice, provide proof that is more than adequate. Loss of weight in obese adults and children; relief of the symptoms of endocrine disturbance; success in treating heart disease, hypertension, diabetes and gastrointestinal diseases—all of these positive outcomes demonstrate the soundness of the low carbohydrate hypothesis. One after another, the diseases of our civilizations were shown to respond favorably to the low carbohydrate diet, and the numbers of satisfied patients provide the reassurance that this route to health was indeed the correct path." (Excerpt from *Life Without Bread, How a Low-Carbohydrate Diet Can Save Your Life* by Christian B. Allan, Ph.D. & Wolfgang Lutz, M.D.)

The traditional diet, otherwise known as the Paleolithic Diet, which man consumed for 2 million years, consisted of high animal protein, high animal fat and low carbohydrates. The diet consisted mainly of meat, fish, fowl, fruits, vegetables, berries, seeds and nuts. The Paleolithic nutrition is based on a given set of circumstances that existed when our genetic constitution was formed millions of years ago. It does not change. However, our diet today is so far from the diet of our ancestors' that our bodies have not been able to adapt to the changes that have been brought on primarily because of commercial reasons. Today, when fats are consumed, they are no longer natural animal fats which are far healthier and free of rancidity. The fats consumed today are from vegetable (omega 6 fatty acids) sources which have only been consumed over the last 50 or 60 years. When they are manufactured, they are highly damaged by heat and chemical processing, leaving them unstable and rancid. Consuming white sugar, grains (especially processed, refined grains), and vegetable oils may be the real causes of cancer, heart disease and a host of other diseases.

Over the last 60 to 70 years, our diet has changed so drastically that it does not represent the traditional diet of mankind. In the early 1900's, there was very little heart disease, diabetes, cancer or many of the other diseases that wracks our bodies today. For example, cancer occurred in one person out of 25. Today cancer occurs in one out of two males and one out of three females. Many doctors in the early 1900's never saw a case of cancer in their lifetime. Today, researchers and scientists are spending billions of dollars looking for cures for modern day diseases that did not exist 50 to 100 years ago. **They are looking for a quick synthetic chemical fix for a problem that is in fact rooted in our lifestyle and diet. The only "fix" for that is to remedy our lifestyles and our diet!**

Why do we have such an epidemic of diseases?

I believe the number one reason why we have so many diseases today is that our diet no longer contains the proper nutrients to maintain our health, let alone achieve ideal health. In the early 1900's, the national average of sugar consumption was 10 pounds annually per person. Today, the national average is over **200 pounds of sugar per person** and many individuals are consuming in excess of 200 pounds. We have gotten away from the original diet of man, which historically was high in animal protein, animal fats and low in carbohydrates. The fear of fat has led to an epidemic of diseases that have occurred primarily because we have *reversed* the ratio of our food groups from high animal protein/animal fat and low carbohydrates, to high carbs and little or no healthy animal protein and animal fats. In fact, many Americans are consuming 60% to 70% of their meals as carbohydrates (mostly refined and processed), and 20% to 30% *unhealthy* fats (omega 6 from vegetable oils, shortening and margarine) and a mere 10% from protein.

Over the years, we have stripped the fat from many of our foods for no good reason. There is absolutely no science that proves fats and cholesterol cause cardiovascular disease, and yet we have foods that are non-fat, low fat and 2% fat that have been highly processed and contain hydrogenated fats and trans fatty acids, the real hidden dangers that contribute to cancer and heart disease. The omega 6 fatty acid group found in soybean, corn, safflower, canola and other unhealthy oils greatly exceeds the ratio of the much healthier, natural omega 3 fatty acids. These high omega 6 oils are significantly processed, causing severe damage and rancidity to the oils, which is one of the reasons why they are primarily responsible for cancer and heart disease. **Rancidity creates a huge amount of oxidative stress in the body, which is one of the main culprits in damaging healthy cells' genetic material, and which can turn them into malignant cells.**

It has been proven in many studies that the proper diet for mankind is the **Traditional Diet**. To restore our superior health and eliminate as much suffering as possible, and return to vitality, freedom of disease and longevity, we must return to the traditional diet supplemented with superior nutritional formulations.

TRADITIONAL DIET

For centuries, the original and traditional diet for everyone was approximately 30% animal protein, 60% animal fat and 10% non-starchy carbohydrates. The 10% of carbohydrates should be from fruits and vegetables. To control your intake of carbohydrates, which will have the most meaningful impact on healing and restoring your health, as well as losing the weight you always wanted to lose (especially your belly fat), consume no more than 72 grams of carbohydrates daily. It is very significant in your new health program that you know the grams of carbohydrates in everything you eat and make sure you select foods that are scored at 50 or less on the Glycemic Index. You can probably find a booklet on the Glycemic Index in natural food stores, as well as one that lists the grams of carbohydrates of each food. You can also easily find this information on the internet, using a search engine like Google.

Believe me, this diet will work for everyone to protect against cancer, heart disease, obesity, diabetes, arthritis, chronic fatigue syndrome and all of the current so-called "modern diseases." The health of America has deteriorated significantly in the last 50 years, and all the while scientists advised everyone to avoid fats, particularly saturated fats and cholesterol. The low fat diet was founded on very flawed research based on rabbits fed large quantities of oxidized and purified cholesterol. The experiment caused significant damage to the rabbits' arteries and heart. Keep in mind that rabbits do not manufacture cholesterol as humans do. Rabbits do not consume foods with cholesterol and therefore do not have a mechanism to handle and control cholesterol. It's amazing to think that researchers used the rabbit to try to understand a human's requirement for fat and cholesterol and their mechanism of action. The human was designed to use saturated fat found in animal protein and cholesterol for many metabolic and biochemical functions. **It is unbelievably ironic that we are told to consume a low fat diet as a heart benefit, when the heart's main energy source for healthy function is primarily based on the intake of saturated fat!**

FOODS YOU MAY EAT

Animal protein: beef, bison, elk, venison, rabbit, pork, bacon, seafood, eggs, chicken, duck, turkey (and skin), and all other birds. **Fats:** cream, lard, butter, flax seed oil, coconut oil and olive oil. Try to consume organic foods when possible, or at least grass fed animal protein as well as butter, and cream from grass fed animals. **Non-starchy Carbohydrates:** fruits, vegetables, occasionally yams or sweet potatoes, millet, buckwheat or quinoa, 1/3 cup of cooked grain.

FOODS TO AVOID

All sugar and sweeteners, refined flour, all grains (if you are serious about regaining your health), refined salt (use Celtic Sea Salt), all vegetable oils, vegetable shortening, margarine, soft drinks (sweetened or diet), juice (eat the fruit instead), high fructose corn syrup, fructose, artificial coloring, artificial flavoring.

SPECIAL NOTICE ON DAIRY PRODUCTS

Drink only raw milk, cow or goat, otherwise avoid milk products. Any and all raw dairy products are superior.

RAW FOODS

Raw foods are always superior to cooked foods because they will supply enzymes and nutrients that are susceptible to destruction by heat. A special diet can supply unusual health benefits by consuming raw milk and raw eggs daily. Generations of animals fed pasteurized milk have many defects and die off quickly. Animals fed raw milk thrive in good health and multiply generation after generation. Drinking raw milk and raw eggs is not for the faint of heart but for those who want to enjoy an abundance of good health will soon find this change of menu to be exceptional. Drinking up to a quart of raw milk daily and up to 12 raw eggs will supply a superior form of raw protein and many nutrients and enzymes which are often destroyed in the process of heating.

Warning. Eating raw or undercooked foods can be dangerous especially to children, the elderly and those with a compromised immune system. Eat raw foods at your own risk.

KEEP YOUR BELLY FAT IN CHECK

Keeping your belly fat in check is a good indication that you are improving your overall health. The less belly fat you are carrying, the more you are improving all of your biochemical markers for good health. You don't need a blood test to determine good health. You need a belly fat check.

SAMPLE MENU PLANS

BREAKFAST

2-4 eggs any style cooked in butter, olive oil, coconut oil or lard
 1/2 grapefruit or other low GI (Glycemic Index) fruit
 2 to 4 slices of bacon (health food store)
 1 cup of coffee or tea with whole cream

MID MORNING SNACK

¼ cup raw almonds or walnuts
 Or
 1 boiled egg, 1 fruit choice

LUNCH

Any animal protein
 Non-starchy vegetable and/or fruit
 Unsweetened iced tea with lemon

MID AFTERNOON SNACK

1 serving of goat cheese
 Small handful of walnuts and raisins

DINNER

Unlimited salad (lettuce, tomatoes, cucumbers, avocado, peppers, mushrooms, etc)
 Choice of animal protein
 Broccoli, snow peas, asparagus, zucchini, etc.

DESSERT

Small apple, plum, peach or grapefruit

BEDTIME SNACK

Small handful of nuts or seeds and
 small piece of fruit

Glycemic Index

The Glycemic Index is a measurement of the impact of carbohydrates on blood sugar levels. Foods containing carbohydrates are assigned a number between 1 and 100. The higher the number, the more quickly the food is digested and absorbed, and the higher the resulting spike in blood glucose levels. Low GI foods produce small fluctuations in blood glucose and insulin levels, and are much better for your health and for weight loss.

Make the Switch!

High GI foods push your body to extremes. Switching to a diet that is primarily low GI foods has many benefits, including:

- *Increase the body's sensitivity to insulin*
- *Improve blood sugar control (especially important for people with diabetes)*
- *Reduce the risk of heart disease*
- *Reduce bad LDL cholesterol and increase good HDL cholesterol*
- *Help manage the symptoms of polycystic ovary syndrome*
- *Increase energy and endurance*
- *Reduce hunger and keep you feeling full, longer*

Keep It Under 50

I recommend consuming foods with a GI value of **50 or less**. Foods with a high GI (over 50) should be saved for when you need to refuel after intense exercise.

No Calorie Counting Needed

To eat the low GI way, simply swap your high carb diet and your high GI foods for small portions of healthy proteins (beef, turkey, chicken, eggs, bison and protein drinks) and foods from the low GI index chart on page 4. You don't need to count calories, points, or do any mental math to get your blood sugar under control and your weight loss on track.

Here are a few pointers:

- *Use breakfast cereals based on oats, barley and bran*
- *NO white bread, or bread that is partially whole grain with added white flour*
- *Use breads from only absolutely whole grain or sprouted whole grain*
- *Substitute yam and sweet potato for white potatoes*
- *Use basmati or brown rice*
- *Eat plenty of salads dressed with extra virgin olive oil and/or balsamic vinegar*
- *Freely enjoy the under 50 GI fruits and vegetables*

The following table lists the GI of commonly consumed foods. **For a full list of the GI values of carbohydrate-containing foods please look at these websites: www.ajcn.org/content/76/1/5.full, and www.glycemicindex.com.**

***Foods containing little or no carbohydrates (such as meat, fish, eggs, avocado, wine, beer, spirits, most vegetables) cannot have a GI value. No carbs = no GI.*

Avoid These High GI Foods!	
FOOD	GI Value
Bagel	72
Banana	62
Blueberry Muffin	59
Cake, angel food	67
Carrots (cooked)	92
Cheerios	74
Coca-Cola	63
French Fries (frozen, microwave preparation)	75
Fried Rice	80
Gatorade (orange flavor)	89
Graham Crackers	74
Hamburger (on a bun, ketchup, pickle, onion and mustard)	66
Macaroni and Cheese (boxed)	64
Mashed Potato	83
Microwave Popcorn, butter flavor	62
Oat Bran Muffin	60
Pizza (plain baked dough, parmesan cheese and tomato sauce)	80
Potato (white)	98
Pretzels	83
Pumpkin (peeled and boiled)	75
Raisins	66
Rice, basmati	43-69
Rice, brown	66-87
Rice, white (boiled)	83
Rice Krispies™	82
Sweet Corn	60
Sweet Potato (peeled, cubed and boiled)	59
White Bread	71

Low GI Foods – Eat These!	
FOOD	GI Value
All-Bran™ Cereal	38
Apple	40
Apricots (dried)	30
Baked Beans (canned)	40
Beans (kidney or black)	20-30
Carrots (raw, diced)	35
Cashew Nuts	25
Cherries	22
Chickpeas	36
Fettucini (cooked, 1 cup)	32
Grapefruit	25
Hummus	6
Lasagna (vegetarian)	20
Lentils	29
Lima Beans	32
Milk (full fat, whole)	11-41
Oranges	40
Oat Cereal (hot) with skim milk	40
Peach	28
Peanuts	7
Pear	33
Peas (cooked)	35
Pumpernickel Bread	51
Ravioli Pasta, meat-filled, cooked	39
Sausage	28
Soy Milk (full fat)	41
Spaghetti (with meat sauce)	42
Strawberries	40
Tomato Soup	38
Tomato juice (no added sugar)	38
Yogurt	11-38

Every Day Nutritional Dietary Protocol

Our body requires all the vitamins and minerals on a daily basis to complete its metabolic functions, however, in my 45 years of research and after developing 400 nutritional formulations, I found one ingredient that stands out amongst all other ingredients as having the greatest impact on our health. That one substance is curcumin. It holds more potential for health and well-being than any other substance. If I were allowed only one supplement to take it would be curcumin. I have attached an abstract below that summarizes the powerful medicinal potential that curcumin holds for the elimination of dozens of diseases.

CURCUMIN: THE INDIAN SOLID GOLD

Bharat B. Aggarwal, Chitra Sundaram, Nikita Malani, and Haruyo Ichikawa

Abstract: Turmeric, derived from the plant *Curcuma longa*, is a gold-colored spice commonly used in the Indian subcontinent, not only for health care but also for the preservation of food and as a yellow dye for textiles. Curcumin, which gives the yellow color to turmeric, was first isolated almost two centuries ago, and its structure as diferuloylmethane was determined in 1910. Since the time of Ayurveda (1900 bc) numerous therapeutic activities have been assigned to turmeric for a wide variety of diseases and conditions, including those of the skin, pulmonary, and gastrointestinal systems, aches, pains, wounds, sprains, and liver disorders. Extensive research within the last half century has proven that most of these activities, once associated with turmeric, are due to curcumin. Curcumin has been shown to exhibit antioxidant, anti-inflammatory, antiviral, antibacterial, antifungal, and anticancer activities and thus has a potential against various malignant diseases, diabetes, allergies, arthritis, Alzheimer's disease, and other chronic illnesses. These effects are mediated through the regulation of various transcription factors, growth factors, inflammatory cytokines, protein kinases, and other enzymes. Curcumin exhibits activities similar to recently discovered tumor necrosis factor blockers (e.g., HUMIRA, REMICADE, and ENBREL), a vascular endothelial cell growth factor blocker (e.g., AVASTIN), human epidermal growth factor receptor blockers (e.g., ERBITUX, ERLOTINIB, and GEFTINIB), and a HER2 blocker (e.g., HERCEPTIN). Considering the recent scientific bandwagon that multitargeted therapy is better than monotargeted therapy for most diseases, curcumin can be considered an ideal "*Spice for Life*".

NUTRITIONAL FOUNDATION:

Before we can begin to supplement our diet with remedies for common ailments or specific indications, I believe everyone should take a complete and comprehensive vitamin and mineral supplement containing over 30 vitamins and minerals, a multi formula that should provide a balanced assortment of vitamins and minerals in a proprietary ratio to support complete cellular function. Emphasis should be placed on B vitamins and in particular, the B vitamins that are not required to be converted by the liver into their metabolic form. Minerals that are bound to amino acid chelates in most cases are weak structures that break apart in the digestive tract and are not absorbed easily. A good multivitamin and mineral supplement should contain minerals that are bound to the amino acid glycine which forms a glycinate chelate. These are truly the finest mineral chelates for complete absorption. I highly recommend you find a multivitamin and mineral supplement that provides the basic nutrients in 6 tablets daily. Adults can take 2 tablets with each meal and children can take 3 tablets a day, 1 with each meal. Any vitamin and mineral formula that recommends a dosage from 1 tablet daily will never supply sufficient quantities for complete metabolic function.

NUTRITIONAL REMEDIES FOR COMMON AILMENTS

Supplement #1, Pain relieving formula;

DLPA, boswellia, curcumin, and nattokinase, 2181 mg. Take this formula as needed for pain.

This pain relieving formula is found to be more effective than ibuprofen, acetaminophen, Vicodin, and other drugs used for pain relief. The above formula is fast, safe and effective in relieving any kind of pain, including joint and back pain, headaches and fibromyalgia. There are no known side effects and there are no harmful or damaging effects on the stomach, liver or kidneys. Can be safely taken with prescription or OTC medications.

Supplement #2, Curcumin

375-750 mg per capsule. Take this formula once or twice daily.

Curcumin is a very powerful antioxidant, anti-inflammatory, pain relieving, immune supporting, liver and gall bladder protectant, anticancer, and cancer preventative. See abstract above. CURCUMIN: THE INDIAN SOLID GOLD

When to use: for all inflammatory conditions. Crohn's disease, colitis, irritable bowel syndrome, COPD, bronchitis, sinusitis, arthritis, osteoarthritis, Alzheimers' Disease and other dementias, heart disease, diabetes, cancer. Can be used daily to support disease prevention and healthy aging. Can be safely taken with prescription or OTC medications.

Supplement #3, Omega-3 fatty acids formula

Take this formula once or twice daily.

Omega-3 fatty acids bound to phospholipids, peptides and DHA and EPA which are extracted only from salmon. This type of formula is extremely stable with no rancidity as it is processed only with enzymes and cold water. No chemicals, heat, spiking or manipulating the DHA and EPA. No fishy aftertaste or fish burps. Extremely effective for supporting heart and brain function, reducing cholesterol and triglycerides, and also effective as a mild anti-inflammatory. More effective than krill and more sustainable. Can be safely taken with prescription or OTC medications.

Supplement #4, Iodine (sodium iodide, potassium iodide and molecular iodine)

12.5 mg to 50 mg daily. Take this formula up to four times daily.

All cells have a receptor site for iodine. The thyroid gland requires iodine for normal function. The tissues that require iodine besides the thyroid gland are breast, ovaries, uterus and prostate. Researchers believe that iodine can prevent cysts, nodules and cancer of the breast, ovaries, uterus and prostate. Iodine can destroy bacteria, viruses, and infection. Iodine is one of the most powerful detoxifiers of chlorine, fluoride, bromide and acidine, facilitating its removal from the body. Without sufficient levels of iodine, these four cancer-causing chemicals accumulate in our cells. With whole body iodine sufficiency, these toxic elements are discharged from our cells. Can be safely taken with prescription or OTC medications.

Supplement #5, Thyroid Support formula for underactive thyroid

30 mg of iodine and 400 mg of L-Tyrosine. Take this formula one to two times daily.

- Aching muscles?
- Are you irritable or impatient?
- Do you often feel depressed or anxious?
- Is your hair thinning?
- Puffy face, especially in the morning?
- Protruding lower lip?
- Loss of libido?
- Do you have insomnia?
- Are you losing your enthusiasm for life?
- Muscle cramps?
- More frequent periods?
- Constipation?
- Are you always fatigued or exhausted?
- Are your hands and feet usually cold?
- Is your hair coarse, dry, and lifeless?
- Is your skin dry?
- Puffy eyelids, especially in the morning?
- Loss of outer 1/3rd of eyebrow?
- Gaining weight easily without eating more?
- Slow heartbeat?
- Are you listless, forgetful and anti-social?
- Increased menstrual flow?
- Brain fog?
- Infertility?

Can be safely taken with prescription or OTC medications.

Supplement #6, Weight loss formula

Phaseolamin from Purified White Kidney Bean (*Phaseolus vulgaris*) Extract 120X. 2 mg. Take this formula with each meal. This formula is the only phaseolamin that is highly concentrated and purified so only 2 mg per meal is required, versus 1,000-1,500 mg from other extracts that are not concentrated and are not enteric coated. Sure-Release™ enteric coating guarantees stomach acid survival and intestinal delivery so that the necessary activity of phaseolamin will reach the area of the lower intestines where amylase is released and digesting occurs. Stronger and More Concentrated for Superior Results. Each Sure-Release™ mini tab (patented) may assist in weight control by reducing the enzymatic digestion of dietary starches (carbohydrates). Therefore, the calories found in carbs may not be absorbed, reducing your total intake of grams and calories on a daily basis. Reducing 500-1000 calories per day will assist you in losing 1-2 pounds per week. A long-lasting weight loss program should include a balanced nutrition plan and regular exercise. As with any weight loss program, consult a physician. Allow three to four weeks for your body to adjust to the reduction of carbohydrates before you can expect weight loss. Thereafter, you can expect to lose one to two pounds weekly. No unusual side effects. Can be safely taken with prescription or OTC medications.

Supplement #7, Adrenal formula

Vitamin C 200 mg, pregnenolone 15 mg, DHEA 10 mg, adrenal extract 450 mg, L-Tyrosine 450 mg, licorice extract 125 mg, P-5-P 10 mg, pantothenic acid 100 mg, rehmannia 75 mg. Take this formula several times daily.

Use for fatigue, stress, exhaustion, unnecessary crying spells, negative attitude, muscle weakness, unfounded fears, allergies, hives, low blood pressure, salt and sugar cravings, asthma, respiratory disorders. Can be safely taken with prescription or OTC medications.

Supplement #8, Nighttime pain and sleep formula

Vitamin B6 (from pyridoxal-5-phosphate) 60 mg, Melatonin 5 mg, Proprietary Complex 1400 mg, DLPA (dl Phenylalanine), Boswellia (*Boswellia serrata*) Extract (BosPure®) standardized to contain >70% boswellic acids with AKBA >15%, with less than 5% beta-boswellic acids, Curcumin (*Curcuma longa*) Extract (BCM-95®) standardized for curcuminoid complex (curcumin, demethoxycurcumin and bisdemethoxycurcumin). Take this formula once or twice before bedtime.

An excellent pain reliever and natural sleep aid. For those who cannot sleep due to pain, this formula will help as a natural sedative for sleep with the dual action of pain reduction. Rather than reaching for Advil PM which has numerous side effects, reach for an all-natural and safe product. Can be safely taken with prescription or OTC medications.

Supplement #9, Sinus formula

Proprietary Complex (Bio-Typed Plant oils) containing Eucalyptus (*Eucalyptus globulus*) 70-85% 1,8 cineole, Myrtle (*Myrtus communis cineole*) containing alpha pinene, 1,8 cineole, in a base of Extra Virgin Olive Oil (EVOO), 320 mg. Take this formula several times a day.

This formula is a wonderful product for supporting the structure and function of the sinuses. Some people have found it has a great effect by allowing the softgel capsule to dissolve in the mouth. Be careful, it will have a very prominent and pronounced effect due to the eucalyptus oil, but try it. You might find it highly effective. Swallowing the capsule is completely effective. Some individuals like the strong eucalyptus aroma circulating in their nasal passages. This formula contains eucalyptus oil and oil of myrtle. It is very effective for supporting the bronchi, lungs, sinuses and entire upper respiratory function. Sinus congestion is a very common condition worldwide. This formula is an all-natural, wonderful product, and highly effective for all respiratory functions. 1 capsule daily for maintenance. Can be safely taken with prescription or OTC medications.

Supplement #10, Joint and flexibility formula

Containing Boswellia (*Boswellia serrata*) Extract (BosPure®) standardized to contain >70% boswellic acids with AKBA >15%, with less than 5% beta-boswellic acids, Curcumin (*Curcuma longa*) Rhizome Extract (BCM-95®) with curcuminoid complex (curcumin, demethoxycurcumin and bisdemethoxycurcumin), Devil's Claw (*Harpagophytum procumbens*) Extract standardized to contain >20% harpagosides (by HPLC), Indian Gooseberry (*Emblica officinalis*) Extract standardized to contain >30% total polyphenol content with embilicanins >20%, 1050 mg. Take this formula one or two times a day.

This formula contains curcumin BCM-95, which has been enhanced with a patented process to increase absorption up to 10 times greater than standard curcumin 95%. It also contains boswellia, standardized at 15% AKBA, and less than 1% beta boswellic acids which experts have proven is a pro-inflammatory boswellic acid, Indian Gooseberry and devils claw which is standardized at 20% for the harpagosides whereas standard devils claw is standardized at 2%. This formula is for the treatment of osteo and rheumatoid arthritis, supporting healthy cartilage structure, and can increase hyaluronic acid by almost 50%. Safely inhibits both COX 2 and 5-LOX enzymes to reduce inflammation and pain. Improves joint comfort, flexibility and mobility in joints and back. No stomach irritation or liver and kidney toxicity. No unusual side effects. Can be safely taken with prescription or OTC medications.

Supplement #11, Anxiety formula

Narrow-leaved Coneflower Root 20 mg, Echinacea (*angustifoliae radix*) Extract standardized for biochemical fingerprints of proprietary echinacosides. Take this formula up to several times a day.

This formula contains a specially selected sub-species of echinacea angustifolia. Each batch is tested to assure that a unique set of fingerprints corresponds to supporting the neurons in the brain. It safely and effectively reduces anxiety and panic attacks. It can be used for occasional anxiety such as preparing for a presentation, air travel, or any situation that is upsetting to the individual. It can also be used for GAD (Generalized Anxiety Disorder). It is more effective than Librium, chlordiazepoxide, Xanax or Prozac. Reduction of anxiety can be realized usually within one to two hours. For severe anxiety expect seven to twenty-one days to experience relief of an anxiety disorder. This formula was researched and developed at the Hungarian Academy of Sciences in Budapest. Symptoms of anxiety are nervousness, excessive sweating, especially of the palms of the hands, headache, nausea, excessive fear and worry. Taking formula #7 or formula #12 would also help support the individual with anxiety. There are absolutely no side effects from this formula nor does it cause sedation. Improves mood and feelings of well-being, improves sleep by reducing anxiety, increases energy levels, promotes mental health and emotional well-being, helps restore healthy brain chemistry. No side effects. Can be safely taken with prescription or OTC medications.

Supplement #12, Stress formula

Rhodiola (*Rhodiola rosea*) Root Extract standardized to contain >5% rosavins (rosavins and salidroside), Eleuthero (*Eleutherococcus senticosus*) Root Extract standardized to contain >0.8% eleutherosides, Ashwagandha (*Withania somnifera*) KSM-66® standardized to contain 5% withanolides, Schisandra (*Schisandra chinensis*) Extract standardized to contain >9% schisandrins, 750 mg. Take this formula several times a day.

A very safe and natural herbal formula to reduce stress and depression. It can also support adrenal function in the same manner as formula #7. Formula #7 contains a bovine glandular extract. This stress formula is ideal for those who want to avoid animal extracts. This formula can also improve work performance, increase physical and mental stamina, increase energy levels and libido. No unusual side effects. Can be safely taken with prescription or OTC medications.

Supplement #13, Heartburn formula

D-Limonene, Sea Buckthorn (*Hippophae rhamnoides L.*) Oil (SBA 24) rich in phytosterols, tocopherols, tocotrienols and carotenoids; oil extracted in a specific ratio of berry pulp and seed oil, containing Omega-3, -6, -7 and -9 using supercritical CO2 extraction technology, 600 mg. Take this formula once or twice a day.

This formula provides natural relief from heartburn, acid indigestion, GERD and upset stomach. The proprietary blend of D-limonene and sea buckthorn oil will provide support for the digestive system and relief of acid indigestion. D-limonene is extracted from orange peel. Sea buckthorn oil is extracted from the seeds and fruit pulp in a proprietary ratio from sea buckthorn berries. These ingredients will provide a healthy mucous membrane throughout the digestive tract and prevent or reduce acid indigestion and reflux. Can be safely taken with prescription or OTC medications.

Supplement #14, Stamina formula

Organic Whole Maca (*Lepidium meyenii*) Extract, 1500 mg. Take this formula several times a day.

Increases vitality and stamina. Supports healthy libido and energy levels. Clinically studied. Organic and very high quality. Can be safely taken with prescription or OTC medications.

Supplement #15, Acne formula

Vitamin A (as retinyl acetate) 5000 IU, Vitamin C (as ascorbic acid) 50 mg, Vitamin B-6 (Pyridoxal-5-Phosphate) 5 mg, Niacin 5 mg, Zinc (Glycinate) 15 mg, Potassium (Chloride) 100 mg, Sulfur (sublimed) 100 mg, Lactoferrin (Freeze-dried) 50 mg. Take this formula twice a day.

Many teens, both male and female, and even a number of adults, complain of acne, pimples, and in the teen language, zits. If you're having difficulty with facial blemishes, this formula will provide you with tremendous benefits to clear your complexion. The primary function of this formula is to detoxify the intestinal tract of the bacteria that's responsible for acne. Absolutely avoid refined carbohydrates, sugars and soft drinks as this will give you extra benefits. You can expect great to fantastic results with this formula within 2 weeks to 2 months. It is highly effective for both genders. Can be safely taken with prescription or OTC medications.

Supplement #16, P-5-P and magnesium formula

30 mg pyridoxal-5-phosphate (or P-5-P, the biologically active form of vitamin B6); 100 mg magnesium glycinate (does not cause diarrhea). Take this formula several times a day.

Use for neuralgia, tendonitis, carpal tunnel, tennis elbow, vitamin B6, PMS, premenstrual syndrome, nerve pain, neuropathy, stroke, CVA, heart attack, angina, chest pains, diabetic neuropathy, autism, morning sickness, depression, Alzheimer's Disease, Parkinson's Disease, edema, water retention, migraine, pregnancy, celiac disease, neurotransmitter, anti-stress, anti-inflammatory, asthma, reduces high acid load. Can be safely taken with prescription or OTC medications.

Supplement #17, Blood pressure formula

Olive Leaf (*Olea europaea L.*) Extract standardized to contain 18% Oleuropein, Hibiscus (*Hibiscus sabdariffa*) Extract (25:1), 750 mg. Take this formula twice daily.

Clinically studied olive leaf extract and hibiscus to lower and support healthy blood pressure. Helps promote smooth flexible arteries and healthy circulation. Protects blood vessels from free radical damage. Supports healthy blood viscosity. Can be safely taken with prescription or OTC medications.

Supplement #18, Inflammation response formula

Containing Boswellia (*Boswellia serrata*) Extract (BosPure®) standardized to contain >70% boswellic acids with AKBA > 15%, with less than 1% beta-boswellic acids, bound to a phospholipid complex, Curcumin (BCM-95®) Micronized (*Curcuma longa*) Rhizome Extract, phospholipids, turmeric essential oil, 725 mg. Take this formula once or twice daily.

This formula contains a highly concentrated extract of boswellia standardized at >70% boswellic acids and greater than 15% AKBA which leading scientists believe is the active component of boswellia. Most boswellia extracts contain around 2% AKBA. Beta boswellic acid, considered to be a pro-inflammatory boswellic acid normally occurring between 25 and 30% in all extracts of boswellia, has been reduced to less than 1%. The formula also includes a highly concentrated curcumin extract, (BCM-95®), which has been proven to be 8-10 times more concentrated and effective than curcumin 95%. This combination inhibits the enzyme 5-lipoxygenase (5-LOX) which can suppress the formation of leukotrienes of the 4-series which are inflammatory mediators that can induce allergic and inflammatory responses. The 5-LOX enzyme is involved in a variety of disorders and estimated to affect at least 60 different diseases such as inflammation of the intestinal tract (colitis, Crohn's disease and IBS). Other diseases that can be significantly improved are bronchitis, asthma, emphysema, sinusitis and all upper respiratory disorders. It can also reduce edema associated with brain tumors. No unusual side effects. Can be safely taken with prescription or OTC medications.

Supplement #19, Upper respiratory formula

Containing Thyme (*Thymus vulgaris*) Extract standardized to contain 2% essential oil, Climbing Ivy (*Hedra helix*) Extract standardized to contain 10% hederacosides C by HPLC, 250 mg. Take this formula several times daily. Safe for children over 6 years of age.

Clinically proven ingredients, ivy and thyme, are able to support upper respiratory tract function including the lungs and support of the bronchi. Bronchial Clear soothes occasional irritation. One of the top 10 herbal medicines in Germany. It can be safely used for all ages—children and adults—for colds, bronchitis and asthma. Extremely effective for bronchitis and asthma. No known side effects. Can be safely taken with prescription or OTC medications.

Supplement #20, Joint flexibility formula

Sweet Cherry (*Prunus avium*) Freeze-Dried Extract standardized to contain > 0.7% anthocyanins, 1500 mg. Take this formula once or twice daily.

The formula has COX 1 and COX 2 inhibiting factors, very similar to dosing with aspirin. It supports joint structure and function, lowers uric acid levels, relieves the symptoms of gout, improves eye function, regulates blood sugar levels and supports a better sleep cycle due to its natural form of melatonin. It is very similar to dosing with aspirin without irritating the stomach or causing other side effects. This extract is freeze-dried which retains 100% of its nutritional content. Drum drying this extract reduces 45% of its nutritional value and spray drying, another method of drying the fruit, destroys 70% of the nutritional value. Each capsule contains 750 mgs of pure cherry fruit extract, 30% more than other cherry fruit extract formulas. No unusual side effects. Can be safely taken with prescription or OTC medications.

Supplement #21, Cholesterol formula

Indian Gooseberry (*Emblica officianalis*) Fruit Extract standardized to contain greater than 30% polyphenol content with emblicanins >20%, 500 mg. Take this formula once or twice daily.

This formula lowers total cholesterol and significantly increases healthy HDL based on four clinical studies. Lowers cholesterol safely with no side effects. Increases healthy HDL an average of 14%. Lowers LDL, the bad cholesterol, by 21% and lowers total cholesterol by 17%. Also lowers triglycerides by 24%. Is an excellent antioxidant that reduces free radical damage. Supports the immune system and lowers CRP levels (inflammatory biomarkers) by greater than 30%. CRP is a biomarker to determine the level of inflammation in the body including inflammation of the cardiovascular system. As effective as statin drugs without side effects. Can be safely taken with prescription or OTC medications.

Supplement #22, Cold and flu formula

Andrographis (*Andrographis paniculata*) Extract clinically studied and standardized to contain > 30% andrographolides, Pelargonium Root (*Pelargonium sidoides radix*) Extract standardized for > 30% umckalin, 280 mg. Take this formula several times a day.

A blend of pelargonium root (umcka) and andrographis. This blend has been clinically proven to reduce and shorten the duration of cold and flu. A very safe combination, therefore, can be used in larger quantities if desired. Some subjects found dramatic relief in 24 to 36 hours by taking this formula several hours throughout the day. Can be safely taken with prescription or OTC medications.

Supplement #23, Silica

20 mg bound to natural plant bioflavonoids and marine lipids. 1 to 6 times daily.

Supports healthy hair, skin, nails, ligaments, tendons and muscles. Increases calcium absorption in the bones by up to 50% and increases bone density by 15%. Excellent for osteoarthritis, bone health and the repair of fractures, or other bone damage, and successful jaw incorporation of dental implants. Can be safely taken with prescription or OTC medications.

Supplement #24, Probiotic formula

Proprietary Probiotic Blend 12 Billion, Lactobacillus acidophilus, Bifidobacterium longum, Bifidobacterium bifidum, Bifidobacterium lactis with 50 mg Fructooligosaccharides (FOS), Deglycyrrhizinated Licorice (DGL) (*Glycyrrhiza glabra*) Root Extract standardized to contain 3.5% glabridin, >10% total flavonoids, 300 mg. Take this formula twice daily.

A blend of a clinically studied probiotic and clinically studied DGL for gastrointestinal disorders. Soothes the stomach, supports and promotes a healthy stomach lining, heals stomach lining with or without ulceration, Crohn's disease, colitis, inflammation and IBS. The probiotic is shelf stable for up to 2 years. Does not require refrigeration but refrigeration can increase shelf life. Can be safely taken with prescription or OTC medications.

Supplement #25, Healthy hair formula

Vitamin A (as retinyl palmitate) 4000 IU, Vitamin E (natural mixed tocopherols) 45 IU, Riboflavin (Vitamin B2) 4 mg, Vitamin B6 (as Pyridoxine HCl) 20 mg, Folic Acid 400 mcg, Biotin 1000 mcg, Pantothenic Acid (Vitamin B5) from calcium pantothenate 20 mg, Zinc (gluconate) 10 mg, L-Cysteine 100 mg, L-Methionine 100 mg, Millet (*Panicum miliaceum*) Seed Oil CO2 Extract 3200 mg, standardized to contain >6 mg of miliacin, Essential Fatty Acids and Phospholipids Complex from Sunflower Seed (*Helianthus annuus*) Oil and Soy Silica from Horsetail (*Equisetum arvense*) Extract 7 mg. Take this formula twice daily.

The hair formula contains B vitamins, sulfur bearing amino acids, silica and a very special extract from millet. The oil of millet contains a high concentration of miliacin. This product has been used in clinical studies in patients receiving chemotherapy and has proven to sustain hair during treatment and to restore hair more quickly after treatment. The oil contains valuable squalene and is an excellent source of sterols and tocotrienols. Used for beauty from within. This hair formula increases cell metabolism, stimulates cell proliferation and tissue regeneration. It supports hair growth, has anabolic activity and leads to bright, shiny and lustrous hair. No unusual side effects. Can be safely taken with prescription or OTC medications.

Supplement #26, Knee and joint flexibility formula

Vitamin D-3 (Cholecalciferol) 3000 IU, Proprietary Complex Curcumin (*Curcuma longa*) Rhizome Extract (BCM-95®) with curcuminoid complex (curcumin, demethoxycurcumin and bisdemethoxycurcumin) phospholipids and turmeric essential oil, Boswellia (*Boswellia serrata*) Extract (BosPure®) standardized to contain >70% boswellic acids with AKBA >15%, with less than 5% beta-boswellic acids, Fructoborate. 1341 mg. Take this formula 3 times daily.

A combination of four clinically studied ingredients, vitamin D3, curcumin BCM-95, boswellia Bos-Pure and calcium fructoborate to improve the structure and function of the knees. The study was done specifically on osteoarthritis of the knee. The study proved that Healthy Knees & Joints was significantly more effective than Celebrex. Another small pilot study reported 79% increased joint flexibility and 66% greater knee comfort. Can be safely taken with prescription or OTC medications.

Supplement #27, Ligament and tendon strengthening formula

Vitamin B6 (as pyridoxal-5-phosphate) 40 mg, Vitamin B12 (as methylcobalamin) 500 mcg, Magnesium (as amino acid chelate) 75 mg, Manganese (as amino acid chelate) 36 mg, Bromelain (2400 GDU) 100 mg, Zinc (as amino acid chelate) 10 mg, Vitamin C (ascorbic acid) 500 mg, Niacinamide 200 mg, Boswellia (*Boswellia Serrata*) Extract 250 mg, (Bos-Pure®) standardized to contain >70% boswellic acids with AKBA >15%. Take this formula twice daily, or as needed.

For all weak ligaments, tendons and muscles. Supports conditions such as carpal tunnel syndrome, tennis elbow (tendonitis), golfers shoulder (bursitis), flat feet, ruptured discs and spine injuries. Can be safely taken with prescription or OTC medications.

Supplement #28, Oral health formula

Peppermint (*Mentha piperita*) Oil, Clove Bud (*Eugenia caryophyllata*) Oil, Cinnamon (*Cinnamomum cassia*) Oil, Oregano (*Origanum compactum*) Oil, 55mg. Take this formula 1-3 times daily. Chew or dissolve softgel in mouth and swish for 15 to 30 seconds, then swallow.

This plant oil softgel with bio-typed oils has been designed to clean the mouth after eating or anytime as desired. It's like having a mouthwash or toothbrush handy in a softgel. Harmful bacteria are at the root of our dental and gum deterioration, and this formula will destroy all the harmful bacteria in the mouth. It is an antibacterial having anti-inflammatory properties. There are absolutely no excipients except that which is found in the softgel capsule. You can use as often as you wish. It's an excellent way to ensure a healthy mouth and gums. Can be safely taken with prescription or OTC medications.

Supplement #29, Healthy skin and mucosal formula

Sea Buckthorn (*Hippophae rhamnoides L.*) Oil (SBA 24) rich in phytosterols, tocopherols, tocotrienols and carotenoids; oil extracted in a specific ratio of berry pulp and seed oil, containing Omega-3 -6 -7 and -9 using supercritical CO2 extraction technology, 1000 mg. Take this formula twice daily based on clinical evidence.

Sea Buckthorn oil is rare and wonderful. It is produced from both the seed and pulp in a very specific ratio that has been clinically studied to improve internal and external mucous membranes. Although it is expensive, it is well worth the cost. It contains omega-3 -6 -7 and -9. Clinical studies have shown it to be effective to relieve dry skin, mouth, eyes and vagina. Clinical trials were conducted and shown to be effective to support individuals with Sjögren's syndrome. The berries are handpicked which is a very laborious process due to the thorns on the trees. Some companies use picking processes that destroy the trees. Sea buckthorn oil in this formula is obtained using very sustainable practices to save the Sea buckthorn trees. This formula has extremely excellent benefits for improving all mucous membranes which includes the skin. Sea buckthorn oil is sold in Europe as an internal cosmetic for women who want beautiful, hydrated, wrinkle free skin. In fact it improves skin hydration by 48% after three months, while increasing softness of the skin and elasticity. No unusual side effects. Can be safely taken with prescription or OTC medications.

Supplement #30, Immune formula

Zinc (TRAACS® zinc glycinate chelate) 15 mg, Selenium (as selenium glycinate complex) 60 mcg, Proprietary Immune Complex, Containing Black currant (*Ribes nigrum*) concentrate standardized at 10%, Elderberry (*Sambucus nigra*) concentrate standardized at 10%, freeze-dried Elderberry (*Sambucus nigra*) Extract standardized at 13%, naturally Microencapsulated Probiotic Lactobacillus Sporogenes (Bacillus coagulans, lactic acid bacteria) 300 million, Lactoferrin (TrueActive™), 626 mg. Take this formula once or twice daily or for more intense support take the formula up to 6 times daily.

This formula contains high concentrations of black currant and elderberry extracts combined with zinc, selenium and a highly effective probiotic which is resistant to stomach and bile acids. It is shelf stable for up to three years. A highly effective lactoferrin is also added to round out the powerful immune enhancing formula. Enhances immunity, improves intestinal environment. Maintains regularity. Suppresses harmful intestinal bacteria. Produces only natural L (+)- lactic acid. Balances intestinal flora. Decreases lactose intolerance. Improves digestion. Detoxification of harmful bacteria. Clinically studied ingredients. Increases calcium absorption. Acid and bile resistant. No unusual side effects. Can be safely taken with prescription or OTC medications.

Supplement #31, Synergistic Factors Optimize Iodine Absorption formula

Niacin (inositol hexaniacinate) 1000 mg, Magnesium (amino acid chelate) 200 mg, Riboflavin (vitamin B2) 200 mg, Manganese (amino acid chelate) 10 mg, Selenium (amino acid chelate) 200 mcg. Take this formula three times daily.

Iodine is a very important mineral and has significant health benefits for thyroid and entire cell and metabolic function.

Iodine can support thyroid, breast, ovaries, uterus and prostate function. Iodine is one of the most alkaline substances and detoxifies the body of bromide, chlorine and fluoride. Dr. Szent-Györgyi, discoverer of vitamin C, said it was the most magical and miracle medicine in the world. Many holistic doctors believe it is impossible to lead a good healthy life without iodine.

However, some people have a cellular resistance to iodine, similar to insulin resistance. This formula does **not** contain iodine but contains the necessary elements that are required to increase iodine absorption and assimilation. No unusual side effects. Can be safely taken with prescription or OTC medications.

Supplement #32, Joint and muscle formula

Boswellia (*Boswellia serrata*) Oil, Curcumin BCM-95® (*Curcuma longa*) Extract standardized to contain >85% curcuminoid complex (curcumin, demethoxycurcumin and bisdemethoxycurcumin), BosPure® (*Boswellia serrata*) Oil standardized to contain > 70% boswellic acids with 10-15% AKBA bound to phospholipids complex, OmegaFlax, liquid paraffin, camphor, oil of wintergreen, menthol.

Spray on joints and muscles as often as needed. Very useful after excessive physical or athletic activity.

A very highly effective and absorbable boswellia and curcumin topical spray for all injuries and sore muscles and joints.

Results can be felt in minutes if not seconds. Needs to be repeated often but very effective. Can be safely taken with prescription or OTC medications.

Supplement #33, Blood pressure and cholesterol formula

Calories 42, Calories from Fat 11, Total Fat 1 g, Sodium 0, Total Carbohydrate < 1 g, Dietary Fiber 2 g, Protein 2 g, Calcium (citrate) 250 mg, Potassium (citrate) 500 mg, Plant Sterols 1.8 g, blended with (6 g) crushed Nordic flax seed powder and standardized to a minimum of 40 mg of flax lignans. Take this (powder) once a day mixed into your favorite food or beverage. It's a great way to get valuable nutrients into your everyday diet without having to swallow tablets or capsules. Mixes well, tastes great, flavored with Finnish bilberry powder.

Is a blend of plant sterols with crushed Nordic flax seed powder standardized to a minimum of 4 mg of flax lignans. Also contains calcium and 500 mg of potassium per serving. This formula is a convenient and effective way to manage healthy blood pressure and cholesterol. **Heart Health**—reduces the absorption of cholesterol by the body. Significant levels of potassium and calcium to support healthy blood pressure and cholesterol balance. **Bone Health**—flax lignans support healthy bone remineralization helping to maintain strong healthy bones. Calcium plays an important role in bone health.

Digestive Health—crushed Nordic flax seed has proven to be useful for colon health and soothes the digestive tract. Flax fiber as a prebiotic nourishes healthy intestinal flora. Fiber promotes regularity and reduces occasional constipation. Flax fiber promotes daily detoxification. **Cellular Immune Health**—research shows that flax lignans support healthy breast and prostate cells. Promotes healthy cellular development and supports hormonal balance. Can be safely taken with prescription or OTC medications.

Supplement #34, Energy and stamina formula

Vitamin B12 (methylcobalamin) 1000 mcg, Liver Fractions 20X (predigested and concentrated, containing natural heme iron) 1300 mg, Folic Acid 200 mcg. Take this formula up to 3 times daily.

Liver Extract provides high levels of heme iron combined with B12 and rhodiola. The liver extract is highly concentrated (20:1) providing a fat free and cholesterol free freeze-dried liver extract. Liver contains a natural form of iron called heme iron which is necessary to carry the oxygen throughout the blood circulation. Liver extract, with its superior source of iron and other blood building nutrients, provides energy, stamina and an excellent sense of well being. People who have gone through a serious illness or a series of stress conditions would have lost a great deal of iron as happens during chemotherapy and radiation. The drug, Procrit, has been developed to help replace the iron lost during these stressful times. One out of every five women and 50% of all pregnant women are deficient in iron. A lack of iron causes fatigue, exhaustion, cold extremities and headaches. Liver extract contains a natural source of iron attached to hemoglobin which is absorbed up to 33% versus 1% for iron salts. 6 capsules contain approximately 10 mg of iron providing 3 mg of absorbable iron. 200 mg of iron salts, such as fumarate or sulfate, would only provide 1 mg of iron. This formula contains predigested liver from animals raised in Argentina without the use of steroids or antibiotics. The animals are range fed. The liver fraction is non-toxic and non-constipating. Animal studies have proven that when fed liver extract they are able to live longer and healthier than with any other food. Animals subjected to a swimming test in cold water were able to swim approximately 15 minutes before tiring. When the same animals, after being rescued and fed liver extract for two weeks, were retested in the cold water study, their swimming time had increased on average to 90 minutes and some were able to swim until the test concluded which was approximately three hours. While liver extract contains an excellent source of natural vitamin B12, the formula is fortified with extra B12 using the biologically active form of methylcobalamin. The content of vitamin B12 in this formula will vary from batch to batch so in order to call out the benefits of the B12, 1000 mcg was added per 2 capsules. This potency was added to have a consistent potency on every label. Can be safely taken with prescription or OTC medications.

Supplement #35, Menopause formula

Pomegranate (*Punica granatum*) Extract standardized to contain > 60% polyphenols, patented Hop Cone (*Humulus lupulus L.*) Extract standardized for 8-prenylnaringenin, Black Cohosh (*Cimicifuga racemosa*) Root and Rhizome Extract standardized to contain 2.5% triterpene glycosides, 560 mg. Take this formula twice daily.

Contains patented hop extract which is an herbal extract that has been shown to have phytoestrogen properties. It has also been shown to have significant benefits for calming the nerves and supporting a sound restful sleep. Black cohosh has a long history dating back to the Native American Indians who used this excellent herb for women's health. The combination of these three herbs are a powerful synergistic complex that provides complete care for the menopausal woman by reduction of hot flashes, control of weight gain, anti-aging effects, blood sugar level control, improved skin health, reducing fine lines and wrinkles, and reducing the risk of osteoporosis. The menopausal woman can also greatly benefit by adding iodine to her menopause protocol. No unusual side effects. Can be safely taken with prescription or OTC medications.

Supplement #36, Memory and concentration formula

Vitamin D-3 2000 IU, Proprietary Complex Curcumin (BCM-95®) Micronized (*Curcuma longa*) Rhizome Extract with phospholipids and turmeric essential oil, Spanish Sage (*Salvia lavandulifolia*) Oil, Rosemary (*Rosmarinus officinalis*) Oil, 600 mg. Take this formula two or three times daily or as desired.

An excellent combination of curcumin BCM-95 containing the 10x absorbable curcumin with vitamin D, Spanish sage oil and oil of rosemary. Current research suggests that vitamin D and curcumin can prevent and reduce significantly the beta amyloid plaque and TAU which causes disruption of cellular communication in the brain. Spanish sage oil and rosemary oil prevent the destruction of acetylcholine, the messenger that improves communication between brain cells. Useful for all mental disorders, prevention and diminishing the effects of Alzheimer's disease, dementia, short term memory loss and memory recall. Can be safely taken with prescription or OTC medications.

Supplement #37, Energy and vitality oral spray formula

Rhodiola (*Rhodiola Rosea*) Extract standardized to contain 5% rosavins, 50 mg. Shake Well Before Using. Spray directly into mouth, 5 pumps, or as needed. May be added to water.

Rhodiola can be used for reducing stress, depression and enhancing libido. Boosts energy levels, supports mental and physical performance, promotes endurance and stamina. Rhodiola improves the body's ability to cope with internal and external stresses. The oral delivery enhances the absorption of rhodiola, and benefits can be felt in minutes. Can be safely taken with prescription or OTC medications.

Supplement #38, Blood sugar formula

Purslane extract and mulberry leaf extract 1280 mg, chromium 500 mcg, and vanadium 1.5 mg. Take this formula once or twice daily.

This formula supports the control and regulation of blood sugar levels. The broken biochemical functions that initiate most diseases are imbalances in blood sugar levels and improper release and utilization of insulin. **Our diets are largely made up of refined carbohydrates (white sugar, white rice, corn syrup, and white flour) and all foods made from these four ingredients. Our bodies are constantly flooded with carbohydrates. With the decrease of fats in our diet and the low fat brain-washing, America has reached for carbohydrates to satisfy their cravings.** A high fat/low carbohydrate diet will balance the body chemistry and stop cravings, thereby reducing obesity and all the diseases associated with obesity (heart disease, high blood pressure, stroke, diabetes type 1 and type II, Alzheimer's disease, rheumatoid arthritis, osteoarthritis, cancer, etc.) Can be safely taken with prescription or OTC medications.

Supplement #39, Trace mineral for bone health

Strontium (citrate) 340 mg. Take this formula once or twice daily. Studies suggest that, for better bioavailability, Strontium should be taken more than two hours before or two hours after taking a calcium supplement. Strontium is absorbed using calcium transport mechanisms, and should not be taken at the same time as calcium supplements. However, calcium should be taken on a daily basis if taking Strontium.

Strontium is a wonderful product for improving bone health. It's a trace mineral and essential for bone health. There are studies that show it improves calcium absorption and assimilation. It reduces the damaging effects of osteoporosis dramatically. In Europe, strontium has been clinically studied and is prescribed for bone health. Strontium has 340 mgs per capsule. 2 capsules (680 mgs) is a very excellent dosage for people experiencing very severe osteoporosis. Using OsteoStrong and Strontium would make an excellent combination for those suffering from very severe osteoporosis. The only advice is to take strontium at a different time than you take the calcium supplement. Strontium should be taken at least 2 hours away from any calcium supplement. Strontium and calcium fight for the same pathway and strontium will win. If you're going to take strontium, you should always take it with formula #43 or you can take it by itself, but if you're going to take Strontium, then you should always take formula #43 with it. Can be safely taken with prescription or OTC medications.

Supplement #40, Sustained energy level formula

Proprietary Formula (Bio-Typed plant oils) Scots Pine (*Pinus sylvestris*), Black Spruce (*Picea mariana*), Thyme (*Thymus saturoides*), 125 mg. Take this formula once or twice at breakfast, or use as needed.

Useful for hormonal balancing, adrenal pituitary and thyroid function. Can be used as a general tonic. Mental, physical, adrenal and sexual strain, apathy, nervous exhaustion, fatigue, anxiety, headache, neuralgia and depression, low blood pressure, chronic fatigue, improves focus and concentration. Does not contain stimulants, caffeine or sugar. Three pure plant oils diluted in extra virgin olive oil. For people with low levels of energy it can significantly increase energy levels. For people with above average levels of energy it will have no added benefits since it is not an artificial stimulant. Can be safely taken with prescription or OTC medications.

Supplement #41, Urinary tract function formula

Proprietary Complex Hibiscus (*Hibiscus sabdariffa*) Extract (25:1), Cranberry (*Vaccinium macrocarpon*) Extract (4:1), Cranberry (*Vaccinium macrocarpon*) Extract 30% proanthocyanidins, 700 mg. Take this formula once a day.
An herbal combination of cranberry and hibiscus for bladder and urinary tract health. Can be safely taken with prescription or OTC medications.

Supplement #42, Immune support formula

Proprietary Formula Ravensara (*Ravensara aromatica*), Myrtle (*Myrtus communis*), Thyme (*Thymus satureioides*), Bay Laurus nobilis), 200 mg. For everyday use and especially during winter. Take this formula one to three times daily.
This essential oil formula in softgel contains the wonderful and fantastic Ravensara. This oil is exceptional in every way; efficiency, safety, tolerability and potential. It is most powerful for increasingly strengthening the body and immune system. It is a must for everyday use during the winter months. Its wide range of benefits and therapeutic properties are not surpassed by any other essential oil. It is truly a pharmacy of health promoting benefits. Ravensara is combined with thyme which has an extraordinary power and tolerability of its own. With eucalyptus, this formula is indispensable aiming to support all immune system functions. It also can clear the accumulation of mucous in the respiratory tract and the area of ear, nose and throat. It supports upper respiratory tract, sinuses and bronchi. The last essential oil in this formula is clove oil which is a very powerful and effective essential oil protecting the immune system. It can be used for a wide range of viral infections, cold and flu, mononucleosis, herpes I and II, shingles, hepatitis, viral enteritis, severe immunodeficiency, bronchitis, sinusitis, lymphatic congestion, lymphedema, insomnia, depression and deep nervous and physical strain. If you only choose one oil to take as a healing oil it would have to be Ravensara. Can be safely taken with prescription or OTC medications.

Supplement #43, Vitamin D formula

Vitamin D3, 4000 IUs; vitamin K1, 300 mcg; calcium, 450 mg; magnesium, 200 mg; zinc, 20 mg; copper, 2 mg; manganese, 2 mg; vitamin K2, 45 mcg; bacillus coagulans, 1 billion, silicon, 50 mg. Take this formula twice daily.
Researchers believe that this kind of formulation can reduce the risk of heart attack by as much as 50%; reduce the risk of common cancers of the colon, prostate and breast by as much as 50%; reduce the risk of infectious diseases including influenza by as much as 90%; reduce the risk of type 1 diabetes and type 2 diabetes by 78%; decrease the risk of dementia and depression, and wipe out most cases of fibromyalgia, and decrease the risk of Parkinson's disease and multiple sclerosis. Can be safely taken with prescription or OTC medications.

MY RECOMMENDED BOOK LIST

Know Your Fats, author **Mary Enig**

Eat Fat to Lose Fat, author **Mary Enig**

The Great Cholesterol Con By **Dr. Malcolm Kendrick**

Lipitor® Thief of Memory By **Dr. Graveline**

Statin Drugs Side Effects and the Misguided War on Cholesterol By **Duane Graveline M.**

Life Without Bread: How a Low-Carbohydrate Diet Can Save Your Life By **Christian B. Allan (Author), Wolfgang Lutz.**

Vitamin B6 Therapy: Nature's Versatile Healer By **John Marion Ellis**

The Paleo Diet: Lose Weight and Get Healthy by Eating the Food You Were Designed to Eat By **Loren Cordain, Ph.D.**

Overcoming Thyroid Disorders By **David Brownstein, M.D.**

Iodine, Why You Need it Why You Can't Live Without It By **Dr. David Brownstein**

Breaking the Vicious Cycle By **Elaine Gottschall**