



# Suggested Supplement Plan

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## The Importance of Supplements

*"There are two types of supplementation required in a wellness program. The first is General Supplementation—designed to give the body the basic building blocks for metabolic or detoxification functions. This provides the adequate vitamins, minerals, enzymes, and amino acids necessary for creating energy. Due to the many environmental poisons, toxins in food, and the challenge of eating a healthy diet, supplementation has become a necessity to maintaining a healthy lifestyle.*

*The second type of supplementation is known as Supplemental Therapy. It is outlined by the practitioner for you, based on your own particular needs. Supplemental Therapy is designed to naturally hone in on one of the many hundreds of functions needed to optimize health and increase healing responses in our body. For example, a product could key in on particular organs or glands, support lymphatic drainage, enhance pH regulation, provide the exact botanical blends for detoxification, or provide the cofactors needed for cellular nutrition and absorption. Both types of supplementation are necessary and are important aids as the body regains its balance and begins working at optimal levels. The Supplemental Therapies may be periodically changed as the body heals."*

-Lee G. Woolley, CBP, BPA, BMD  
Developer of the SpectraVision™ & Bionetic Technologies

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### The Basic Supplement Package

- Probiotics: powder or capsules (*I recommend powder.*)
- Green Drink: Pure Synergy or Vitality Greens (*choose one*)
- Inner Vitality and/or Energy Boost 100% Organic
- Minerals: 1 gallon
- Cod Liver Oil or Sockeye Salmon Oil (*choose one*)
- Master Cell Rejuvenator: 8 oz.
- Pure Radiance C: powder or capsules (*I recommend powder.*)
- Max B 8 oz.

### The Additional Support Package

- Reset!
- Bio-Identical Melatonin
- Alpha Lipoic Acid

### The Complete Cleansing Package

Only use these products during the 48 Days.

- Lymph Care: 2 bottles • Syndrome K: 4 oz.
- GI Restore: 1 bottle • Ultra GL: 8 oz.

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## Basic Supplement Package

- Probiotics: powder or capsules
- Green Drink: Pure Synergy or Vitality Greens
- Inner Vitality and/or Energy Boost
- 100% Organic Minerals: 1 gallon
- Cod Liver Oil or Sockeye Salmon Oil
- Master Cell Rejuvenator: 8 oz.
- Pure Radiance C: powder or capsules
- Max B: 8 oz



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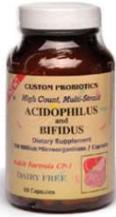
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## Probiotics



**Health benefits attributed to probiotics include:**

- maintenance of the normal gut flora
- alleviation of lactose intolerance
- improvement of digestive processes
- absorption of nutrients
- stimulation of the body's immune system.

**❖ Dosage for Probiotic Capsules:**  
*Start with one capsule first thing in the morning and one at bedtime with one full glass of water, continue for 3 days. If you are not happy with the results, you can raise the dosage to two capsules first thing in the morning and two at bedtime for 3 days. Gradual increase in dosage is the best way to find this optimum personal level. The result you are looking for is a good, full bowel movement before noon each day. Every digestive system is unique. You need to find the dosage that yields the best results for you. It may be 1, 2, 4 or 6 capsules per day. Refrigerate.*

**❖ Dosage for Probiotic Powder:**  
*Start with one scoop first thing in the morning on an empty stomach. Dissolve powder in a glass of clean non-chlorinated water and drink it. Do this once a day only. Stay at this dosage for 3-5 days. (1 scoop of powder is worth 4 capsules.) If you are not happy with the results you can raise the dosage to one scoop in the morning and one at night. Again, your body might do well on one, two, or three scoops a day. Refrigerate.*

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## Green Drink



**PURE SYNERGY GREEN DRINK**

- Enhances vitality and vigor
- Provides sustained and steady energy
- Enhances mental clarity
- Assists purifying detoxification
- Supports healthy immune function
- Enhances athletic endurance and recovery
- Greatly increases sense of wellbeing
- Provides essential support for healthy aging

**Dosage for Pure Synergy Green Drink:** *Start slowly to allow your body to comfortably acclimate to a deeper level of nutrition; work your way up to the recommended serving size. Begin with one tsp. of Pure Synergy and gradually increase to one heaping Tbsp. or more daily. Refrigerate.*

**Vitality Super greens**

- nourishes the inner ecosystem
- very alkalinizing formula
- soothes and helps rebuild the lining of your intestines

**Excellent source of easily assimilated:**

- Protein, Enzymes, Vitamins, Minerals, Lignans, essential fatty acids, Nucleicacids, & beneficial microflora.

**This formula is great for people with severe digestive conditions, as well as for gas, bloating, constipation, and/or diarrhea.**

**Dosage for Vitality Super Greens:** *Two scoops in 8 oz. filtered water. Refrigerate.*

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**Minerals**



**Energy Boost 70:**

- world's finest electrolyte
- improves energy
- improves function
- increases assimilation
- stimulates metabolism
- restores electrochemical balance
- reduces high blood pressure
- enhances nutrients
- helps rebuild the immune system

**Dosage for Energy Boost 70:** 1-4 oz. a day in 8 oz. of filtered water. This can be added to the green drink. Refrigerate.



**Inner Vitality:**

- All-natural completely organic dietary supplement
- Chelated from ancient plant matter rich in:
  - essential minerals
  - trace elements
  - amino acids
  - pH balanced state
- Inner Vitality is a 4:1 rich source blend of bio-available Fulvic Mineral & Humic Mineral
- Enhance mineral and trace element uptake
- Supports the maintenance of mineral and trace element balances
- No harmful buildup in the body's cells
- Chelates heavy metals along the intestinal tract
- Reducing heavy metal burdens in the digestive system
- Reduces viral loads and toxins
- Helps to rebuild cellular structure
- Speed healing.

**Dosage for Inner Vitality:** 1-4 oz. a day in 8 oz. of filtered water. This can be added to the green drink. Refrigerate.

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**Blue Ice Cod Liver Oil:**



- Sacred in Historical cultures: fermented fish/fish liver oil.
- Cod liver oil is high in EPA/DHA (omega-3 fatty acids) that supports the immune system
- Helps to promote healthy blood lipids since omega-3 fatty acids can lower blood triglyceride levels.
- Supports neurological and brain function
- High in vitamins A & D
- Cod liver oil is great for the eyes
- Higher doses will greatly reduce inflammation and assist weight loss, but must be closely monitored.
- If you are currently taking a higher dose, please lower the amount. (The omega-3 fatty acids must be carefully balanced with other foods when taking more than the recommended amount.)

**For a complete evaluation of your omega-3 fatty acid needs, please make an office appointment, phone consult with Dr. Menzel or your local practitioner.**

**Dosage for Blue Ice Cod Liver Oil:** Take 1 tsp. per day or 6 capsules per day in divided doses with a meal. Refrigerate.

**Fish OIL**

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**Blue Ice Royal Cod Liver Oil:**



- Royal Cod Liver Oil is a combination of high vitamin cod liver oil and high-vitamin butter oil in one.
- Has a synergistic effect between High Vitamin Butter Oil and traditional cod liver oil.
- The high vitamin butter oil in is made from dairy oil extracted without heat from cows that are 100 percent grass-fed

**The speed of the grass growth, timing of the grazing, species of grass, climate, and extraction method are all important to make real High Vitamin Butter Oil.**

**Dosage for Blue Ice Royal Cod Liver Oil:** 6 capsules per day in divided doses with a meal. Refrigerate.

**Fish OIL**

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**Fish OIL**

- Alaskan Sockeye Salmon are among the purest of all ocean fish
- They consistently test free of hazardous levels of contaminants
- Ample omega-3s
- Vitamins A and D,
- full matrix of:
  - fatty acids
  - Phospholipids
  - antioxidants

**Salmon Oil**

*Dosage for Sockeye Salmon Oil: 3 capsules per day in divided doses with a meal. Refrigerate.*

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**Master Cell Rejuvenator**

- ❖ Over eighty different Ayurvedic and Korean herbs
- ❖ Key Benefits:
  - Anti-aging
  - Hormonal balance
  - Overall harmony
- ❖ The New Human Created the Celicore Plus line to activate stem cells for specific organs within the body
- ❖ Celicore 23 taken by itself it is an overall rejuvenator for every cell within the body.
- ❖ This formula, as well as many other New Human Products, is based on micro-tincture blends uniquely formulated to increase absorbability in the body by using the oral tissues rather than digestion for faster distribution.

**MCR is unlike any other product on the market due to it's anti-aging benefits!!**

*Dosage for MCR: 1 tsp. in 8 oz. of water daily. It can be added to Green Drink. Use up to 4 tsp. a day if needed, 1 tsp. to every 8 oz. water. Do not refrigerate.*

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**Vitamin C**

- Supports healthy immune system
- Organic
- Nothing synthetic
- Living blend of wildcrafted camu camu, and organic amla, acerola, blueberries, raspberries, lemons, cranberries, cherries, rose hips, and sprouts — 100%
- Only natural sources of vitamin C
- Pure Radiance C provides immune-supporting phytonutrients that only accompany genuine, 100% natural vitamin C

**Pure Radiance C**

*Dosage for Pure Radiance C: 1/2 tsp. or 2 capsules daily. You may also do more if and when needed. The powder can go in Green Drink.*

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**Max B**

**Dosage for Max B:**  
 Adults take 1 to 2 teaspoons per day.  
 Children Under 4 years take ½ to 1 teaspoons per day, or as directed by your healthcare provider.  
 Shake Well  
 Contents May Settle.



B vitamins are essential nutrients for growth, development, and a variety of other bodily functions. They play a major role in the activities of enzymes, proteins that regulate chemical reactions in the body, which are important in turning food into energy and other needed substances. Deficiency of certain B vitamins can cause anemia, tiredness, loss of appetite, abdominal pain, depression, numbness and tingling in the arms and legs, muscle cramps, respiratory infections, hair loss, eczema, and poor growth in children.

Our Max B is a live source of the B vitamins, meaning they deliver a high cellular redolence. We also use a sublingual formulation so you can feel the effects instantly being absorbed 100%.

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**The Additional Support Package**



- Reset!
- Bio-Identical Melatonin
- Alpha Lipoic Acid

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**RESET**

**Dosage for Reset:** 3-5 sprays in mouth 3 times a day, especially at night and for sugar cravings. Take this supplement as needed throughout the 48 Days and as needed after The Transformation.

**What Can RESET! Do For You?**

- Increased Energy Levels
- Counteract Stress
- Improved Focus
- Reverse Long-Term Trauma
- Calm Mood
- Increased Growth Hormone
- Levels
- Improved Immune System



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**What can Bio-identical Melatonin do for you?**

- Restore your body and mind
- Boost your immune system
- Help you deal with daily stresses
- Promote muscle repair
- Give yourself the mental, emotional, and physical energy, and the focus and alertness you need to get through your day
- Prevent and overcome the effects of Jet lag
- Increase your feeling of sleepiness
- Help you fall asleep more quickly
- Lengthen total sleep duration
- Enhance overall sleep quality
- Improve morning alertness
- Reduce daytime fatigue



**Bio-Identical Melatonin**  
Get The Restful Night Sleep Of Your Dreams  
Natures Strongest Antioxidant

**Dosage for Bio-Identical Melatonin:**  
1 dropperful at bedtime. Hold under your tongue 30 seconds. Stay on this supplement the entire 48 Days and as needed after The Transformation. (Children under 9 years take 5 drops before sleep)

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**Alpha Lipoic Acid**



- One of the most potent antioxidants
- Required for the reduction of many enzyme functions for detoxification
- a potent free-radical scavenger itself.
- Without this critical substance, the body cannot produce cellular energy.

**Without cellular energy, natural detoxification is not possible**

- Helps build a healthy liver
- Helps eliminate toxic heavy metals
- Only substance able to allow a cell to uptake glucose without the presence of insulin

⚡ How does this affect you?

- Smoother blood sugar
- fewer cravings
- Greater weight loss

**Dosage for Alpha Lipoic Acid:** 3 capsules daily, 1 with each meal. Take this supplement through the entire 48 Days and as needed after The Transformation.

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**The Complete Cleansing Package**  
Only use these products during the 48 Days.






- Lymph Care: 2 bottles
- Syndrome K: 4 oz.
- GI Restore: 1 bottle
- Ultra GL: 8 oz.

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❖ The ingredients in this remedy have been shown to support deep lymphatic drainage and building the immune system. They also aid in support and recovery of weakened or stressed immune metabolism.

- The lymphatic system aids the immune system in destroying pathogens and filtering waste so that the lymph can be safely returned to the circulatory system.
- The lymphatic system removes excess fluid, waste, debris, dead blood cells, pathogens, cancer cells, and toxins from these cells and the tissue spaces between them.
- The lymphatic system also works with the circulatory system to deliver nutrients, oxygen, and hormones from the blood to the cells that make up the tissues of the body.
- Important protein molecules are created by cells in the tissues

**Dosage for Lymph Care:** 1 dropper 3 times a day, stay on throughout the 48 Days.  
 For maximum effectiveness: Take remedy 15 minutes apart from food or anything strong in the mouth like peppermint or garlic. Hold liquid under the tongue for 30 seconds.

## Lymph Care

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## GI Restore X

- Cleanses the bowel
- releases stored acid.
- Provides results within 12 to 24 hours
- helps rid the intestinal tract of excess waste
- reduce bloating
- increase energy
- may provide several pounds of weight loss within a few days.

Formula consists of:

- Natural laxatives
- Fiber
- herbs to help soothe the intestinal lining
- acidophilus
- Bentonite clay, which has been used for centuries to bind and pull bacteria, metals, radiation, and harmful byproducts from the colon.

**This unique formulation is designed to cleanse, nourish, and repair the colon for optimum nutrient absorption and vibrant health.**

**Dosage for GI Restore X:** Start on day 1.  
 3 capsules a day—  
 1 with breakfast, 2 with dinner—  
 until the bottle is finished in 30 days.

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## Syndrome K

**Deep kidney cleanse and emotional balance, including fear.**  
**Balances the four main components of kidney health: the brain stem, mid-brain, neocortex, and the emotional abandonment stressors.**

- Increases the potassium balance in the body
- Aides in the neurogenetic regulation of the nervous system
- Lowers Blood Pressure
- Feel refreshed
- Increased energy levels
- Improved healing
- Improved metabolism
- Improved immunity
- Removes harmful toxins
- Promotes vitality and longevity for men and women
- It reduces signs of aging

**Dosage for Syndrome K:** 1 tsp. daily on an empty stomach between breakfast and lunch until bottle is finished (24 days). Start on Day 1.

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# Ultra GL



*Ultra GL is known to be the most potent Gallbladder/Liver conditioner and detoxifier available. Ultra GL is especially useful for conditions where the liver gets stressed due to the toxicity of certain chemicals*

**Benefits:**

- Glucose Regulation
- Immune System Health
- Enzyme Production And Storage (Improved Digestion)
- Glycogen Production And Storage
- Improved Filtration (For Nutrients And Your Blood)
- Increased Energy Levels

**Dosage for Ultra GL:** Start on day 25! 2 tsp. with dinner until bottle is finished in 24 days.

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# Additional Supplements

*These additional products will assist you through The Transformation and for life.*



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# Magnesium

**Magnesium baths:**

- Relieves back pain
- Relieves muscle pain
- Relieves arthritic pain and stiffness

**Natural vitality: Natural Calm**  
A relaxing magnesium supplement  
"The Anti-Stress Drink"

- restores a healthy magnesium level
- balances your calcium intake
- natural stress relief



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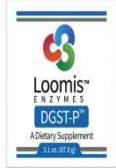
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# Enzymes

## ❖ Formula 30-P: Powdered Multiple Food Enzymes

I highly recommend taking digestive enzymes when you have to eat out and while traveling. Formula 30-P aids assimilation when enzyme-deficient food is consumed. It is also a powder formula. I recommend it in smoothies when you are using pasteurized yogurt or kefir to aid in the absorption of minerals. A powder is also a great option for children.



## ❖ Assist full spectrum Enzymes:

Assist Full Spectrum is a powerful, fast-acting, high potency enzyme formula. It is specially formulated to provide the widest range of useful digestive enzymes to help break down food, absorb nutrients, and prevent gas and bloating.



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# Olbas Oil

- ❖ Essential oils of peppermint, eucalyptus, cajeput, wintergreen, juniper, and clove.
- ❖ This oil helps keep the lungs open.
- ❖ Great to use with children—but first must be mixed with a carrier oil (like coconut oil).
- ❖ Olbas Oil originated in Basel, Switzerland, over 100 years ago
- ❖ The essential oils are extracted from six medicinal herbs
- ❖ These oils are carefully blended by Swiss herbalists

**The synergistic combination of these six essential oils provides amazing sensations to your body at multiple levels.**



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# Essential Oils

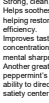
Increase feelings of strength, courage, and self-esteem. Helps energy alignment in the body.



Fresh, sweet, floral, herbaceous aroma. Most versatile of all essential oils. Lavender is an adaptogen. Aid for relaxing and winding down before bedtime. Highly regarded for skin and beauty. Used to soothe and cleanse common cuts, bruises, and skin irritations.



Powerful antioxidant. Refreshing in water. Beneficial for the skin. Enhances the flavor of foods.



Strong, clean, fresh, minty and helps soothe digestion, and helping restore digestive efficiency. Improves taste, smell, concentration, and mental sharpness. Another great benefit is peppermint's ability to directly affect the brain's safety center.



Great cleansing abilities. It is highly effective in supporting the immune system and good health.



Sweet, spicy fragrance. Wonderful immune-enhancing properties. Used in the dental industry to numb the gums. Clove is the highest-scoring single ingredient ever tested for its antioxidant capacity.



Helps to replace negative beliefs with uplifting thoughts, which changes your overall attitude, emotions, and behavior.



Sacred Frankincense is ideal for those who wish to take their spiritual journey and meditation experiences to a higher level.



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Green Drink Demonstration

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