



Energetic Wellness
School of Naturopathy

Practitioner Product Guide



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MESSAGE FROM THE FOUNDER



Hello, everyone! Dr. Woolley here—founder of Transformational Technology SpectraVision and Formulator of The New Human Multidimensional Botanicals Bionetics Program. I want to tell you a little bit about my “road less traveled” approach to formulating innovative organic health products that maximize the benefits and effectiveness of homeopathy and herbs.

I have been using homeopathy personally, and with patients at my clinic in Colorado Springs, for over thirty years. What I like about homeopathy is that it doesn’t overcome symptoms, but encourages them to express, or finish out, the healing event. But over the last ten years I have noticed that the higher potencies (which have less biochemical substance, thus more energy) seem to be less effective for my clients, even causing excess symptoms at times, due the client’s ongoing stressors. Thinking on this, I recognized that the constituents of the herbs provide synergistic biochemical and energetic messaging to encourage tissue expression, but if the herbal component is too strong it overrides the symptoms. So, I developed a new way to make homeopathy/herbal blends that combine the two worlds!

More herbal than homeopathic (these products can be imprinted of course), I leave a certain amount of herbal substrate in each formula, so the body is not only getting the benefits of the herbs, but also has the capacity to draw on the herbal constituents without overpowering the symptoms. I call this blossoming, and it works by keeping the main herbal components at their necessary strengths for bodily support, yet attenuated at various concentrations within each formula. This provides a micro-dose effect along with the herbal strength necessary to stimulate and support the tissues. I use trusted herbs that have been around for hundreds of years in traditional applications, and combine them in complex formulas that are designed to offer to your client's body the best of both worlds: functional support at the cellular level, tissue support required for drainage, as well as mineral uptake, all without overpowering the need for tissue expression.

I still use homeopathy, but I prefer to imprint signals into a micro-dose herbal blend as a carrier. Also, with specific needs, such as lymphatic drainage, or immune support, there is probably a unique and dependable New Human Product that you can easily imprint with high potency homeopathic signals to provide the best approach found in meeting the new clinical demands for clients requiring more cellular support than they did twenty years ago. I feel that I am answering the new challenges for the modern-day client—high stress, minimal cellular reserves, and kind of running on empty. The body needs support along with instructions on prioritizing the steps to un-clutter the tissues. We use lymph and immune support, the Genos (noble minerals), and ingredients that support efficient cell apoptosis (making new cells), as well as supporting organ and tissue functions. The products are administered orally, so not only is there is quick absorption, the formula can also bypass the digestive process. It is readily available in the blood and lymph within minutes!

I hope you like my concept. Feedback has been great, especially when the practitioners get a chance to use the products for clients in need—they can tell the difference!



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Creator Formulator of The New Human Multidimensional Botanicals
Bionetics Program Creator/Instructor at the Energetic Wellness School of Naturopathy

Dr. Woolley has had a long career in the wellness field. In 1993, he received training in homeopathy and nutrition at the British institute of homeopathy in London. After earning a bachelor's degree in holistic health from Norwich University, he learned the philosophy of German New Medicine in 2000, and began applying GNM principles in 2002 with his clients. In 2004, he earned a Doctor of Naturopathy and a Doctorate in Bioenergetic medicine from the Institute of Bioenergetic Medicine (IBM) in Denver, CO. He's been a practicing homeopath for 30 years. He is the illustrious Developer of advanced biofeedback technology, and the formulator of innovative organic health products. He has taught wellness protocols in Europe, England, Canada and the US. He founded the New Human Company in 2016 which is based in Brevard, NC. In 2020, he created a nationally recognized certification program for the science of Bionetics, and he continues to teach and research daily. He has 3 children in Colorado, four wonderful grandkids, and no cats or dogs. He likes hiking, the outdoors, and is an avid reader.

INTRODUCTION

Energetic Wellness School of Naturopathy (EWSN) is the official training company for the New Human Botanical product line. As a holistic practitioner, the use of whole food supplementation is vital for your practice.

The training in this guide, covering herbs, blends, vitamins, and minerals (including suggestions for usage and dosage) is for educational purposes. The content and recommendations are based primarily on the traditional/historical use of each herb. Any suggestions for use and benefits are from studies of traditional and historical sources as well as the combined experience of the teachers, and they are offered with the intent to educate.

Disclaimer: This guide is meant for educational training only. The school assumes no responsibility for the use, or recommendations for use, of these products and therapies nor any injury resulting therefrom. Educational training is not intended to treat, diagnose, or cure.

NEW HUMAN -- A DIFFERENT KIND OF COMPANY

New Human is a CFR 111 Certified – FDA Approved/Registered Lab Facility in Brevard NC. We welcome tours, which are available upon request.

New Human products were designed to support the holistic practitioner in conjunction with the use of SpectraVision™ technology. These products are designed to support the natural, intelligent design of the body and its natural God given functions. They are not designed to treat, diagnose, or cure.

Why are these products unique?

New Human (NH) liquid botanical extracts are batched by hand and are available in 1-ounce, 2-ounce, 4-ounce, and 8-ounce sizes, depending on the type of product. We use only organic and wild-crafted herbs that are sourced from all over the world. They are of the highest quality, and they are selected and tested for authenticity.

Our full spectrum herbals are hand-blended and combined in a single-batch method, making them all unique and quality-controlled. All products contain whole ingredients, which enhances absorption and cellular uptake. There are no specific ‘active’ ingredients in these products (isolated components of any aspect of the herbs themselves), only the complete herbals combined in unique blends, offering a synergistic complement to the client. When the complex herbal ingredients are mixed and solidified with organic cane alcohol, the formulation is ready for immediate absorption.

Fractalized and blended for synergistic effects, New Human botanicals are full-spectrum extracts produced through advanced yet traditional methods. The herbal extractions are made with Certified Organic Cane Alcohol using an EZ Water Extraction Process. EZ water is a type of natural electromagnetic energy that water can demonstrate when it has been properly treated. It is a fourth phase of water different from ice, steam, or liquid—it acts like a gel. EZ water has an ‘energy zone’ capacity which is just now being researched for its value in both cellular functions and overall wellness. EZ is basically the way that electrons pass through liquids and become available for tissues.

EZ water extractions are bio-electrically activated so that the extraction is at its most vital state. Fractalization results in dividing the complete herb into minute portions that are cell-ready and highly absorbable. According to the natural laws of healing, too much any herb, even a good one, can stop a healing process. It is important to have the right concentration and the right synergistic blend of herbs to support the body's processes without interfering.

Another important aspect of New Human botanical extracts is that they are formulated into micronized doses for simple absorption. Feeding the cells efficiently starts with a highly absorbable herbal dose that bypasses the liver. In case you are unaware, most pills are designed to compensate for the detoxification process of the liver—pharmaceuticals and herbs alike must calculate 'net effective dosing'. Unless it has been micronized and designed for oral absorption, the amount or strength of a dose must be significant due to some loss in potency through the action of the liver. This master organ first breaks down everything we ingest, after which the metabolism takes over to complete the necessary steps for the food, medication, supplement, etc. to be absorbed. This complex and time-consuming process is easily bypassed, however, with New Human's micronized oral liquids.

When a NH liquid formula is held underneath the tongue for one or two minutes, the herbal components in the extraction absorb into the mucosal lining of the mouth, pass into the lymphatic tissues, then directly into the bloodstream. Organic alcohol is part of this delivery system; it makes the oral mucosal tissues more accepting of the herbal components. (If alcohol is a problem for an individual, you can place drops of the extracts into a teacup and add hot water, allowing it to sit for 6 minutes or so, to burn off some of the alcohol.) The blood accepts the nutrients in our custom formulas easily because they are designed for cell-level absorption. Users feel almost instantaneous effects with oral absorption over the use of dry pills. Also, since our micronized oral doses bypass the liver detoxification process, a little goes a long way!

Microdose herbal formulations offer additional advantages: they support cellular metabolism, and because they are absorbed directly into the bloodstream, the body can utilize the synergistic herbals almost instantly. These advantages are especially helpful in the case of sluggish circulation (thick blood), weakened metabolism, or a need for direct tissue support. Another benefit is that these products can be added to a glass of water (liquescences) and sipped throughout the day—a great way to get support without fuss for those who are tired of the 'too many pills' routine. (Though NH does offer some supplements in pill form for convenience and travel.)

INGREDIENTS

A list of all of the ingredients in each product are included in this guide. (You can also see the New Human Product Guide at www.thenewhuman.com for a picture of each formula showing the label and the complete ingredient list.) This guide is merely for informational and educational purposes, demonstrating some of the specific ingredients that take the lead in each formula.

Note: These products are not intended to diagnose, treat, or mitigate disease. The FDA has not evaluated these statements. Not for children under 12. Not for pregnancy/lactating women. These products do contain organic alcohol. Do not exceed recommended dosages.

Discuss all other questions related to these products with your personal care physician.

PROMOTING GENERAL WELLNESS – Please Note

Promotion of wellness is a personal matter decided by individuals themselves, based on their desire to choose wellbeing as a lifestyle. Understanding the fact that there are products that support wellbeing and optimize functions of the body is key to maintaining an individual's level of wellness.

In promoting wellness, nothing from our perspective and training attempts to regulate, block, or stop biological expression (pathy); that perspective is the practice of Western Medicine—aka allopathy (against pathology). The Practice of Wellness is only concerned with the promotion of continued wellness and does not attempt to block or otherwise 'treat' symptoms. The wellness paradigm recognizes that 'symptoms' are a manifestation of the body recovering from some type of acute stress, situational distress, or relationship/emotional challenge. The recovery period is a natural state including various types of related symptoms, which are necessary for the body/tissues/cells to regenerate. Symptoms are not sicknesses. They are necessary to achieve the full recovery of function.

As such, wellness does not attempt to modify any disease, condition, or biopathy (allopathic terms). These expressions are seen by New Human and Energetic Wellness as a natural process of healing based on the Laws of Nature. To attempt to block an expression of the body, in our eyes, is tantamount to trying to stop an avalanche. There are entire sciences that discuss this paradigm, and we wholeheartedly recommend that all wellness practitioners become well versed in this type of biological support.

Because all healing events (aka symptoms) are unique, however, each one can be classified in a proper way based on psychophysiological repair—note that this is NOT DISEASE. Also, we will use the term 'stress' and 'stressors' as a way to describe the 'type of event' from which the body/cells/tissues are recovering (healing).

It is important to understand that all wellness programs are designed to be supported by a Wellness Lifestyle for their complete success. The body is designed to heal (it can repair itself), but a person can go to the well once too often and drain their resources, such as inner vitality, stored nutrients, vitamins, and reserves, which may not get properly replenished. Additionally, there may be events that are beyond an individual's physiological capacity for recovery. With Big Tech Agriculture, Farming, and Food Production, the toxicity level of our food is not taken into consideration, thus resulting in inadequate access to foods that are free from additives, pesticides, and GMOs, none of which support or aid the body at the cellular level. Conventional food is made to taste very good (with added sugar and homogenized fats), and the food is treated so that it can remain shelf-stable for six months or longer.

In wellness practice, there can be no mention of preventing an illness. This is solely the Western Medical domain (symptom management). In wellness clinical applications from the EWSN standpoint, the concept of 'preventing' must be taken into the appraisal of a person's whole life, including any unresolved issues, which are the root of symptoms, and downgrading the potential symptom before it presents. The attempt to oppose a symptom in any way is allopathic. Holistically speaking, if there is a presenting symptom of some sort, the best use clinically of the symptom is to unwind its nature, discuss its root causes, and determine why the effect is now in motion, using Natural Laws rather than Western Medical rules.

Utilizing New Human products fully supports the wellness paradigm—they are designed to support the effects of healing instead of oppose or kill the supposed bug that caused the symptoms. As such, the school does not teach

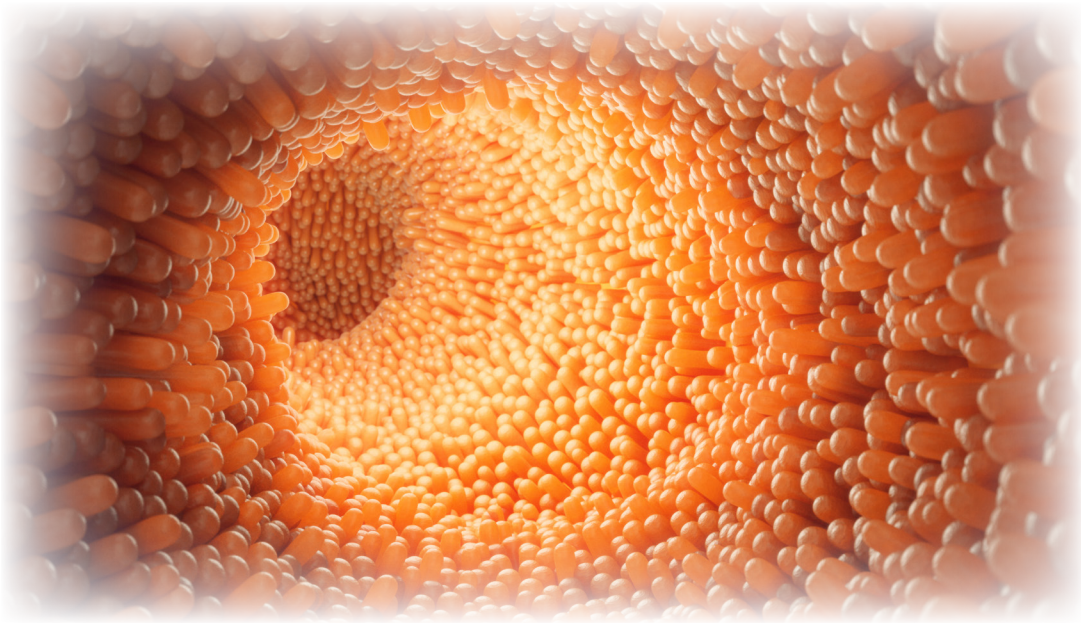
or **support the practice** of medicine as it is implemented in the Western Medical domain; that is, the promotion of vectors and ‘air germs/viruses’ as instigators of all illness and the etiology of pathology. The Western Medical method is solely opposed to the concept that the microbiome could be mutually beneficial to the body, as their scientists seem to keep finding the ‘good bugs’ and trying to isolate them from the ‘bad bugs’ (which is based on the idea that the bad bugs have taken over the good bugs).

To fully grasp this paradigm, we encourage all Holistic Practitioners using SpectraVision™ technology to take The Natural Laws of Healing course as provided by EWSN for further teaching on biological origin. We also encourage all SV practitioners to become Certified in Bionetics (an EWSN program) and go on to take the national Board Certification provided by the American Naturopathic Medicine Board **www.anmcb.org**. These certifications give us the knowledge we need to teach our clients; moreover, it is necessary as Holistic Practitioners to align ourselves with an organization that has a history of using Natural practices.

We also encourage all our student practitioners to become members of the Professional Wellness Alliance: **www.pwai.us**, along with becoming members of the National Center for Life & Liberty: **www.ncll.org**. These two organizations can provide you with the assurance of practicing in the US with confidence and protection.

SECTION 1

PROTOGENX COMPLEX BLENDS



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ProtoGenx Complex Blends

Active Zinc (4/8 oz.) – Essential Mineral

Supports: Immunity, Metabolism, Oxygen Transport, Skin, Burns, Wound Healing, Bacteria on the Skin, and Immune building.

Product Description: Zinc is the second most abundant trace mineral in the human body. You will find zinc in every bodily tissue and tissue fluid. Zinc has many biomechanical functions. Many forms of zinc require optimal digestion to be absorbed and are absorbed through the bowels. Active Zinc uses liquid zinc in the sulfate heptahydrate form for ease of absorption.

Pairs With: VitaCare, Master Mushroom Complex, Wholesome C, Hi D, Iodine Infusion

Suggested Use: 1-2 tsp. a day.

Ingredients: Extracts from Fulvic Acid, organic acids, and trace mineral, elements, amino acids, and polyphenols, Methylsulfonylmethane (MSM), Water, Organic Sugar Cane Ethanol, Sulfur, Citric Acid, Potassium Sorbate

AdaptogenX (1 oz.) – Adaptogen

Supports: Autonomic Nervous System, Brain, and Stress Adaptation, Nervous System Physiology, Neuro Endocrine Imbalances, Adrenal Cortex Stress.

Product Description: The power of this formula shows up best by supporting the nervous system. Adaptogenic therapy has been proven for many years, especially in extreme sports where athletes under a significant amount of stress require a great deal of endurance and recovery. The fact that the nervous system has no direct ‘food source’ and must rely on biological metabolism for its supply of nutrition from the bloodstream, means it needs extra support under stress. One of the best ways to restore a weakened nervous system is with vitamins and minerals. However, there are times when the stress has been present for so long and the issues of slow recovery are mounting up, a greater synergy is necessary. This formulation contains synergistic extracts from Vidari Kanda Root, Rehmannia (Di Huang) Root, Schisandra (Wu Wei Zi) Berry, Ashwagandha Root, Goldenseal, American Ginseng, Saffron Flower, MSM, and New Zealand Deer Antler Velvet as key players.

This is a great time for AdaptogenX—herbs that have shown great success in nervous system regulation and recovery after stressful events. Neuroendocrine Sparing Formulation keeps the endocrine system more balanced. It preserves natural levels of dopamine and serotonin and supports additional vitamin and mineral therapies. This product will help relieve the Adrenal cortex stress effects.

Pairs With: Melatonin (for better rest/sleep), EndroCare, Vita Care, Gen Vitality, Valerian Care, Total B, Geno 2, 2H (spleen), and Heart Kidney Support if there has been an undue amount of stress on the heart/kidneys. Adrenal Care if there has been added stress or adrenal exhaustion is present.

Suggested Use: 1 dropper up to 3x a day.

Ingredients: Extracts from Rehmannia (Di Huang) Root, Jiaogulan Leaf, Vidari Kanda Root, Barberry Root, Cinnamon Bark, Cordyceps Mushroom, Schisandra (Wu Wei Zi) Berry, Goldenseal Root, Ashwagandha Root, American Ginseng Root, Saffron Flower, MSM, New Zealand Deer Antler Velvet (Cervus elaphus), Water, Organic Sugar Cane Ethanol, Citric Acid, Potassium Sorbate, Natural Flavors, Xylitol, Glycerin, Lemon extract flavoring, Organic Stevia Leaf Extract

Adrenal Care (4/8 oz.) – Endocrine System Optimizer

Supports: Adrenals, Stress Response, Exhaustion, IgG Reactivity (alert response), and Endocrine DTOXification

Product Description: Adrenal Care is our #1 formula for adrenal support. Adrenal Care combines herbs such as Ashwagandha to support emotional well-being with adaptogenic herbs like American Ginseng to support optimal energy.

All too often the stressful life we all have goes on virtually unnoticed. People just keep plugging along, figuring that we must just ‘live with it’ but keep feeling more tired and even ineffective. The power of the adrenals is great—it can get us away from a tiger racing after us and kick in our fight or flight actions—but the fact of the matter is that many people have tigers after them all day long. The issue with adrenaline is that it takes a lot of biochemistry to make it, and then if it’s not used up properly, then it becomes a toxin in the body. The best way to support tired adrenals and hypothalamus activity is to add Adrenal Care to the daily regime. If you wake up tired, then that would be a good time to double up and get at least two doses before 2 p.m. This synergistic formulation includes but is not limited to: Yohimbe, Calamus Root, Blessed Thistle, Rehmannia, and Guarana seed to give the body a gentle boost.

It is important to recover the adrenal cortex post stress with AdaptogenX.

Pairs With: Seven Seas (metabolism), ThyroCare, Melatonin (sleep), and Daily DTOX (cleans out cell toxins), Terrain Factors, and Tissue Calming Support because the body uses its own cortisol to dry up inflammation. Add Andrographis or AdaptogenX.

Suggested Use: 1-4 tsp. a day.

Ingredients: Extracts from Green Coffee Bean, American Ginseng Root, Guarana Seed, Blackberry Fruit, Japanese Chlorella (algae), Pau D’Arco Inner Bark, Ashwagandha Root, Red Maca Root, Elecampane Root, Dandelion Root, Moringa Leaf, Sacred Lotus Leaf, Japanese Honeysuckle Flower, Licorice Root, Yohimbe Bark, Rehmannia (Di Huang) Root, Yerba Mate Leaf, Schisandra (Wu Wei Zi) Berry, Horsetail Aerial, Lemon Peel, Blessed Thistle Aerial, Blueberry Fruit, Fulvic Acid, organic acids, and trace mineral, elements, amino acids, and polyphenols, Red Raspberry Fruit, Calamus Root, European Elderberry Fruit, Vanilla Bean, Water, Organic Ethanol, Silica, Citric Acid, Potassium Sorbate, Organic Stevia Leaf Extract, Lemon Flavor

Brain Balance (1 oz.) – Brain Hydration

Supports: Left/Right Hemisphere Integration

Product Description: The left and right hemispheres of the brain sometimes get out of sync. This usually is due to lack of proper hydration or low minerals. Sometimes shocks and traumas link to one side of the brain or the other. The fact that you can help support either side of the brain with this formula is its key strength. With kudzu (neurotransmitter support), Lion’s Mane mushrooms, and Holy Basil, the brain is vitally supported by this synergistically enhanced blend. The melatonin in the formulation is more for DTOXification than for inducing sleep.

Pairs With: Hydrex, Terrain Factors, Lymph Care, Lymph Complete, Sky Fall. If sleep is an issue, add Valerian Care, Deep Sleep, and/or Melatonin.

Suggested Use: 1 dropper up to 3x a day.

Ingredients: Extracts from: Cordyceps Mushroom, Red Root, Bacopa Aerial, Ginkgo Biloba Leaf, Lion’s Mane Mushroom, Holy Basil Leaf, Moringa Leaf, Red Reishi Mushroom, Chaga Mushroom, Mealy Kudzu (Fen Ke)

Root, Melatonin, Water, Organic Sugar Cane Ethanol, Citric Acid, Potassium Sorbate, Pink Himalayan Salt, Citrus Blossom

Bronchial Care (4/8 oz.) – Upper Respiratory

Supports: Bronchial Stress, Raspy breathing, Coughs, Mucous in the Lungs

Product Description: The bronchioles, according to natural laws of healing, follow cell minus programming and so they will need extra lubrication and support when there is an active program running. The larynx, cough reflexes, and the bronchioles themselves can all feel dry and scratchy. Use Bronchial Care during these times. It can also support dry sore throats. Help the bronchioles when they are trying to complete their cycle by adding organic bone broth to your diet. Elecampane and Lobelia with Thyme and European Elderberry join forces to support the bronchial tissues under duress. Both soothing and supportive, Bronchial Care offers a simple solution for many issues including dry coughs and tickling in the back of the throat.

Pairs With: Mucosal Support (balancing mucous), Lung Care (when lungs need a boost), Geno 4, VitaCare, Recovery Plus, and Dura Care to support internal lubrication of sinus membranes.

Suggested Use: 1-4 tsp. a day.

Ingredients: Extracts from Elecampane Root, Lobelia Aerial, Thyme Leaf, Licorice Root, European Elderberry Fruit, Ginger Root, Moringa Seed, Water, Organic Sugar Cane Ethanol, Vegetable Glycerin from Palm Oil, Citric Acid, Potassium Sorbate

CNT- Liquescence (4/8 oz.) – Connective Tissue

Supports: Connective tissue function

Product Description: The connective tissue is always under duress in the body—there are several ‘emotional programs’ that are at play in the Natural Law, and this is all known as Cell Minus. Because the connective tissue substrate is right in between the lymph vessels, and it surrounds the veins and arteries interlaced with the muscles in the tissues, it is ubiquitous to supporting all the surrounding cells. According to natural laws of healing, since it follows a cell minus programming during duress, the clients will need extra tissue lubrication and support when there is an active program running. Increasing fluid volumes is vital. The connective tissue is a vast network of various cells which all offer various functions that support cell integrity, vascular framework, and muscular/cell tensegrity. To speed repair, support cellular nutrition and aid cell interactions, the formula CNT includes Boswellia, Camu Camu, and Marigold extracts. It is valuable for supporting the connective tissue and keeping those cells nurtured.

Pairs With: Terrain Factors, Tissue Calming Support, Manganese

Suggested Use: 1-4 tsp. a day.

Ingredients: Extracts from Boswellia Resin, St. John’s Wort Aerial, Vidari Kanda Root, Moringa Leaf, Valerian Root, Gotu Kola Aerial, European Ash, Allspice Berry, Club Moss, Guduchi Stem, Olive Leaf, New Jersey Tea, Garlic Bulb, Agaricus Mushroom, Marigold Flower, Turmeric Root, Solomon’s Seal Root, Oatstraw Aerial, Sea Buckthorn Berry, Camu Fruit, White Willow Bark, Shavegrass Aerial, Lemon Peel, Nutmeg Seed, Spirulina Algae, MSM, Echinacea Purpurea Root, Water, Organic Sugar Cane Ethanol, Pink Himalayan Salt, Silica, Sulfur, Citric Acid, Potassium Sorbate

Crypto Care (1 oz.) – Microbiome Balancer

Supports: Healthy Microbiome, Cell + Healing Phases

Product Description: If there is a need to balance the microbiome as in too many bacteria or fungi at the time, then Crypto care will aid the balance and begin to push the pendulum to the other side of the scale due to the nature of Cryptolepis extract. The microbiome is normally balanced by the terrain, but if someone has taken an antibiotic, a fungal prescription, or even a parasitic medication, Crypto Care is a great addition to keep the balance!

Pairs With: Zeptobiotics, CNT, MHB23, Lymph Complete/OpureCare and DAILY DTOX

Suggested Use: 1 dropper 3-4x a day.

Ingredients: Extracts from Cryptolepis Root, Water, Organic Sugar Cane Ethanol, Citric Acid, Potassium Sorbate

CVS (1 oz.) – Cardiovascular Esophageal Epithelial Optimization

Supports: Cardiovascular Epithelial lining, Esophageal lining, Cell minus programs, sore throats, mouth lesions, canker sores

Product Description: When the soft tissues of the throat and sinus seem to act up, at times this will flare up the soft tissue of the esophagus and heart. When the emotional program is over, bacteria will come into the area to repair the tissues as best as possible; CVS will aid this process. CVS can be used for trips prior to dentist before a teeth cleaning. A tissue soothing formulation with Moringa, Shaggy Mane Mushroom extract, and Fo-Ti and Olive Leaf as key ingredients for cell minus and even esophageal tissue impact. It also supports epithelial tissues when under duress.

Pairs With: Teeth and Gum, Crypto Care, Dura Care, Vita Care and Bloodroot.

Secondary Support: Daily DTOX ECD, Terrain Factors, Geno 2H

Suggested Use: 3 sprays 3x a day.

Ingredients: Extracts from Moringa Leaf, One Seed Hawthorn Berry, Olive Leaf, Arjuna Bark, White Willow Bark, Cryptolepis Root, Turkey Tail Mushroom, Fo-Ti (He Shou Wu) Root, Shaggy Mane Mushroom, Mealy Kudzu (Fen Ke) Root, Pomegranate Seed, Chaga Mushroom, Coenzyme Q-10, Water, Organic Ethanol, Citric Acid, Potassium Sorbate, Pink Himalayan Salt

Daily DTOX ECD (4/8 oz.) – DTOXification

Supports: Extra Cellular Cleansing and Liver

Product Description: The onslaught of daily toxicity is of concern especially when clients are not eating properly. The ‘on-the-go’ diets, or pre-packaged foods, and restaurant meals are notoriously low on the essential fatty acids, mineral balance, and they contain high amounts of both sugar and salt (sodium chloride). Daily DTOX supports the natural function of cell cleansing at an extracellular level due to the SAD diet. DTOXification, however, must include more than just this herbal blend. One of the better ways to further support DTOXification is to limit food intake to OMAD (one meal a day). This way the body doesn’t have to spend time digesting. Reduction in

calories is always a factor in greater longevity. Burdock, Stinging Nettle, and Chickweed help this formula to truly optimize cellular DTOXification. Mutually supportive and stimulating, this formula also supports the liver with Dandelion and Cat's Claw. The ICD side means Intercellular Drainage within the cell walls. ECD means Extra Cellular Drainage outside the cells. For all DTOXification processes, be sure that the client is drinking the recommended amount of filtered water or natural mineral water.

Pairs With: Terrain Factors, CNT, Tissue Calming Support, Hydrex

Suggested Use: 1-4 tsp. a day.

Ingredients: Extracts from Burdock Root, Stinging Nettle Root, Baikal Skullcap Root, Basil Leaf, European Elderberry Fruit, Dandelion Root, Red Reishi Mushroom, Guduchi Stem, Schisandra (Wu Wei Zi) Berry, Stinging Nettle Leaf, Rhodiola Root, Dandelion Leaf, Cat's Claw Root, Chickweed Aerial, Marigold Flower, Chamomile Flower, MSM, Water, Organic Ethanol, Silica, Citric Acid, Potassium Sorbate

Daily DTOX ICD (1 oz.) – DTOXification

Supports: Supports (Inner Cell) Cleansing

Product Description: The onslaught of daily toxicity is particularly of concern especially when clients are not eating properly. The 'on-the-go' diets, or pre-packaged, and restaurant meals are notoriously low on the essential fatty acids, mineral balance, and they contain high amounts of both sugar and salt (sodium chloride). Daily DTOX supports the natural function of cell cleansing at an intracellular level.

DTOXification is more than just herbs. One of the better ways to further support DTOXification is to limit food intake to OMAD (one meal a day). This way the body doesn't have to spend time digesting. This is a time when the cells will clean themselves—it is called autophagy. Drinking adequate levels of appropriate water is vital. The ICD side means Intercellular Drainage within the cell walls. ECD means Extra Cellular Drainage.

Pairs With: OpureCare, Terrain Factors, CNT, Tissue Calming, Genos, Geno Matrix and Hydrex

Suggested Use: 1 dropper 3x a day.

Ingredients: Extracts from European Elderberry Fruit, Burdock Root, Stinging Nettle Root, Chickweed Aerial, Guduchi Stem, Red Reishi Mushroom, Baikal Skullcap Root, Holy Basil Leaf, Schisandra (Wu Wei Zi) Berry, Dandelion Root, Rhodiola Root, Dandelion Leaf, Cat's Claw Root, Stinging Nettle Leaf, Marigold Flower, Chamomile Flower, MSM, Water, Organic Ethanol, Citric Acid, Potassium Sorbate, Silica

Digestion Support (4/8 oz.) – Carminative/Bitters

Supports: Low HCl, production of digestive juices, upset stomach

Product Description: Carminatives taken after a meal have been used for over a century to encourage the stomach's production of digestive juices. Although having been a practice to add these after a meal, the most productive time is a teaspoon just after the first few minutes of beginning eating with some hot tea. The stomach gets its messaging from the saliva, Digestion Support is effective either before or after a meal. However, there is a commonly present issue with those with low HCl when the stomach doesn't have the right pH. Oregon Grape, Milk Thistle, and Ginger Root are added to Cinnamon Bark and horehound leaves. These herbs stimulate the digestive process. This is also a valuable product for upset stomachs or dyspepsia.

Because the stomach lining is replaced very often (seven days) be sure to add pasture raised beef bone broth at least twice a week to support the stomach lining.

Pairs With: Terrain Factors (pH) and GB Aide (gallbladder digestion of fats)

Suggested Use: 1 tsp. after first few minutes of eating, or before or after a meal.

Ingredients: Extracts from Aloe Vera, Oregon Grapefruit, Star Anise, Milk Thistle Seed, Moringa Leaf, Lemon Balm Aerial, Slippery Elm Bark, Moringa Seed, Ginger Root, Licorice Root, Horehound Aerial, Cinnamon Bark, Fulvic Acid, organic acids, and trace mineral, elements, amino acids, and polyphenols, Water, Organic Sugar Cane Ethanol, Citric Acid, Potassium Sorbate

Dura Care (4/8 oz.) – Membrane Durability – Fluid side of Elasticity

Supports: Organ and Tissue linings for soothing and hydration including: fascia, ligaments, mucosal linings, joints, and tendons. Carpal Tunnel, Stress Headaches, and hangover. Protects from deterioration. Use for all cell minus tissue programs (sinus/eyelid membranes). Also supports post workout because it will help replenish synovial fluids. The reason Lee named it Dura Care is because it provides Durability for membranes. Aging!

Product Description: There are times when the inner tissues of the body need support. They can effectively dry out. This is a reason to use Dura Care. The ligaments, the mucosal linings, the soft tissues, and the fascia need to stay fluid-bathed to maintain their moisture. Joint capsules and tendons also love the addition of the Dura Care herbs. Made from bark extracts, there are many synergistic ingredients that coat inner tissues and linings that are drying out due to the tissue expression—White Pine, Inner bark of Kudzu, and Juniper Berries aid the tissue linings. Juniper berry extract provides the essential oil coating necessary to retain moisture and reduce expression. Homeopathic Juniper Berry and Thuja have been found helpful for post-conflict repair. Most common homeopathic after illness. It can't do its job as well without regular fluid intake..

Pairs With: Unwind, VitaCare, Recovery Care, CNT (connective tissue), Tissue Calming Support (inflammation), Hydrex, Manganese, Copper, Geno 3 (ligaments), Geno 2 (muscles), and 2H, Silica.

Suggested Use: 1-4 tsp. a day.

Ingredients: Extracts from Honduran Sarsaparilla Root, Poke Root, Japanese Knotweed Root, Mealy Kudzu (Fen Ke) Root, Juniper Berry, Wild Cherry Bark, Birch Bark, Hyssop Herb Aerial, White Pine Bark, Pau D'Arco Inner Bark, Prickly Ash Bark, Jatoba Bark, Slippery Elm Bark, Water, Organic Sugar Cane Ethanol, Citric Acid, Potassium Sorbate

EndroCare (4/8 oz.) – Hormone Metabolism

Supports: Healthy hormones, Endocrine and Nervous System

Product Description: Balancing the endocrine system isn't too difficult if all the clients' basic components of fat metabolism, (liver) are in place. The fact is that healthy fats and a strong liver metabolism do hold the keys to this complex system. Yet toxicity, vaccines, and emotional losses all contribute to the master glands. The Pituitary Hypothalamus and Adrenals must be functioning in harmony. EndroCare supports cellular actions so that hormones are functionally utilized. During stress, hormones get broken down to be used as a metabolic DTOXification step, when they were designed otherwise as messengers. Key support for the endocrine system

includes Wild Cherry bark, Sarsaparilla, and Japanese Knotweed and Poke Root. They are designed to support lymphatic drainage and endocrine system.

The endocrine is one of the many backup systems of the body—when needed—but DTOXification should be handled by supporting the liver, not breaking down the vital hormones that are needed to keep the body going properly when there has been a toxic exposure. Add EndroCare to the mix to provide healthy hormone support and utilization. Significant exposure to bisphenols and BPA is damaging to the endocrine and nervous system.

Pairs With: Daily DTOX, Gen Vitality, Ultra GL, CVS, Brain Balance, Total B

Suggested Use: 1-4 tsp. a day.

Ingredients: Extracts from Jiaogulan Leaf, Ocotillo Bark, Vidari Kanda Root, Siberian Ginseng Root, Sea Buckthorn Berry, Fo-Ti (He Shou Wu) Root, Cordyceps Mushroom, Camu Camu Fruit, Codonopsis Root, Bacopa Aerial, Star Anise, Fennel Seed, Green Tea Leaf, Herb Robert Leaf, Spikenard Root, Nutmeg Seed, Fulvic Acid, organic acids, and trace mineral, elements, amino acids, and polyphenols, Water, Organic Sugar Cane Ethanol, Gold, Silver, Citric Acid, Potassium Sorbate

GB Aide (4/8 oz.) – Emulsifier/Bile Stimulant

Supports: Gallbladder function

Product Description: The gallbladder has some simple functions that need to be optimized. Fat emulsification isn't as easy as it sounds, but should be when the right ingredients are available for the gallbladder. There are many lipids in our foods, requiring a complex hydrolyzing mineral complex. When there is an overabundance of trans fats, the gallbladder takes the biggest hit. Generally, the most common solution is ox bile, with extra sodium/salts (pH); however, that is a subpar solution for all gallbladder functions. Minerals alone won't provide the synergy needed for this complex organ to optimize to its highest level of function. To support this organ, GB Aide is at its best when added to the post-dinner diet! This is also a great product for those who might have had to give up their gallbladder to their doctor, who years earlier thought that removing it was a good idea. The saving grace along with the other work-horse herbs in this formula, is Gold Coin. It's a grass seed that has the capacity to make the gallbladder next level by flushing out stones and smoothing the bile.

You may not hear much about bile, but did you know that it helps you DTOXify? Secreted by your liver and stored in your gallbladder between meals, bile is a complex fluid that optimizes use of soluble vitamins, as well as aiding the digestion of proteins and starches. Gold coin grass is even better for the gallbladder and more effective.

GB Aide (bile stimulant) supports the intestines' level of microflora bacteria and yeast. It encourages peristaltic action in your intestines to help fecal matter move through and out of your body. It is a critical part of your body's DTOXification process.

Your liver also uses bile to get rid of all kinds of waste products that are acidic. Your body then eliminates both bile and waste through the bowels, helping your body cleanse. A bright colored yellowish or clay color stool is indicative of gallbladder insufficiency or what is called 'gallbladder attack' with painful belly and sour stomach. Gold Coin Grass Aerial, Dandelion Root, Burdock Root, Celandine Aerial, Chanca Piedra Aerial, Jujube Fruit, Ginger Root, Turmeric Root, Cinnamon Bark, Catnip Leaf, Artichoke Leaf, Fennel Seed, Yellow Dock Root, Astragalus Root, Barberry Root, and Stinging Nettle Leaf are among the active ingredients that will offer a nice support for the gallbladder when it's unhappy or missing.

Pairs With: Ultra GL, Digestion Support, MHB23, Terrain Factors, Geno 3, Geno Matrix

Suggested Use: 1-4 tsp. a day.

Ingredients: Extracts from Gold Coin Grass Aerial, Dandelion Root, Burdock Root, Celandine Aerial, Chanca Piedra Aerial, Jujube Fruit, Ginger Root, Turmeric Root, Cinnamon Bark, Chinese Thoroughwax (Chai-Hu) Root, Catnip Leaf, Artichoke Leaf, Fennel Seed, Yellow Dock Root, Astragalus Root, Barberry Root, Stinging Nettle Leaf, Rosemary Leaf, Water, Organic Sugar Cane Ethanol, Citric Acid, Potassium Sorbate, Pink Himalayan Salt

Gen Vitality (4/8 oz.) – Testosterone Boost

Supports: Male and Female Bodies

Product Descriptions: Lower testosterone levels have been plaguing modern lives. It seems to be getting worse as the years go by. One of the reasons is due to testosterone being a super-molecule. It can do lot of things! The fact that testosterone can be versatile, supports hormones, and provides for a stronger, firmer body are just a few of its benefits. The fact that it is so metabolically usable means that what testosterone the body does produce often is used to de-stress, DTOXify, and keep the endocrine system in top-notch shape—before it makes it to the tissues like it is supposed to. It's not enough to DTOXify and optimize tissues—low testosterone, particularly due to stress, impacts all areas of performance at work, in the gym, and in the bedroom. It's time to get things up to speed with Gen Vitality! The herb Long Jack is well known as testosterone sparing—providing the best life for testosterone in the body. With Pine Bark and Long Jack and the synergistic blend of the other herbs such as Kudzu Bark and Mucuna, all support the New Zealand Deer Antler Velvet which harmonizes the hormone transport chain. Combined, this formulation helps the whole biocomplex perform with stronger tissues and more verve, both day and night.

Pairs With: MHB, Terrain Factors. Daily DTOX, Manganese, Natural Mag

Suggested Use: 1-4 tsp. a day.

Contraindication: Active Generative (Cell +) Program

Ingredients: Extracts from Long Jack Root, Pine Bark, Tribulus Fruit, Vidari Kanda Root, Pomegranate Seed, Red Maca Root, Kudzu Inner Bark, Mucuna Seed, Dark Cherry Fruit, Pumpkin Seed, Flax Seed, New Zealand Deer Antler Velvet (*Cervus elaphus*), Alpha Lipoic Acid, Water, Organic Sugar Cane Ethanol, Citric Acid, Potassium Sorbate, Xylitol, Glycerin, Lemon extract flavoring, Organic Stevia Leaf Extract

Genophasic 1 (1 fl. oz.) – Mitochondria/Cellular Apoptosis

Supports: Kidney/Bladder, fear, worry, and anxiety. Bone and joints.

Product Description: The Chinese element of Water is associated with the positive qualities of deep knowingness and connection. They represent life itself! When imbalanced it is associated with negative qualities of fear, worry, and anxiety. Genophasic 1 supports cellular apoptosis with a synergistic blend of Nobel Minerals and cellular resources for recovery/support-based herb complex. When cells die, they send minerals and light to the new cell and transfer their energy to the new cell. The old cell dies and must be dismantled or DTOXified. This is an ongoing cellular process, day and night. This is Apoptosis.

The following pairs with Geno 2, 2H, Matrix.

Pairs With: Geno 2, 2H, Matrix, Heart Kidney Support, Kidney DTOX, Daily DTOX, Kidney Care, All lymph products.

Suggested Use: 1 dropper 3x a day.

Ingredients: Extracts from Trailing arbutus Root, Chinese Rhubarb (Da Huang) Root, Beet Root, Garcinia Cambogia Fruit, American Ginseng Root, Red Raspberry Fruit, Pomegranate Seed, Pau D'Arco Inner Bark, Mealy Kudzu (Fen Ke) Root, Turmeric Root, Green Tea Leaf, Chaga Mushroom, Bacopa Aerial, Ashwagandha Root, Gotu Kola Aerial, Astragalus Root, Red Maca Root, Acerola Fruit, Yacon Leaf, Wild Yam Root, Coleus Root, Emblic Fruit, Noni Fruit, Dong Quai Root, Maqui Berry, Red Reishi Mushroom, Oyster Mushroom Fruitbody, Shitake Mushroom Fruitbody, Blueberry Fruit, Cherry Fruit, Fulvic Acid, organic acids, and trace mineral, elements, amino acids, and polyphenols, Water, Organic Ethanol, Gold, Silver, Citric Acid, Potassium Sorbate

Genophasic 2 (1 oz.) – Mitochondria/Cellular Apoptosis

Supports: Spleen – Pancreas – Stomach, exhaustive mental overreach. Too much mind, study, regurgitation. Thinking without sorting. Mental Exhaustion. Muscles and Fascia.

Product Description: The Chinese element of Earth is associated with positive qualities of empathy and sound reasoning. When imbalanced, it is associated with negative qualities of worry, stubbornness, and selfishness. Genophasic 2 supports cellular apoptosis with a synergistic blend of Nobel Minerals and cellular resources for recovery/support-based herb complex.

Pairs with any other Geno.

Pairs With: Geno Matrix, Brain Balance, Tranquil Care, Adaptagenx, Digestion Support, All Lymph Products.

Suggested Use: 1 dropper 3x a day.

Ingredients: Extracts from New Jersey Tea, Spirulina Algae, Barberry Root, Oyster Mushroom Fruitbody, Shitake Mushroom Fruitbody, Beet Root, Garcinia Cambogia Fruit, American Ginseng Root, Red Raspberry Fruit, Pomegranate Seed, Pau D'Arco Inner Bark, Mealy Kudzu (Fen Ke) Root, Turmeric Root, Green Tea Leaf, Chaga Mushroom, Bacopa Aerial, Ashwagandha Root, Gotu Kola Aerial, Astragalus Root, Red Maca Root, Acerola Fruit, Yacon Leaf, Wild Yam Root, Coleus Root, Emblic Fruit, Noni Fruit, Dong Quai Root, Maqui Berry, Red Reishi Mushroom, Blueberry Fruit, Cherry Fruit, Fulvic Acid, organic acids, and trace mineral, elements, amino acids, and polyphenols, Water, Organic Ethanol, Cobalt, Citric Acid, Potassium Sorbate

Genophasic 2H (1 oz) – Mitochondria/Cellular Apoptosis

Supports: Spleen – Pancreas – Stomach, Morsel programs and movement of the morsel. Muscle and Fascia.

The Chinese element of Earth is associated with positive qualities of empathy and sound reasoning. When imbalanced, it is associated with negative qualities of worry, stubbornness, and selfishness. Genophasic 2H is for those who also experience heartburn, occasionally. 2H has added Homeopathic Peppermint for stomach balancing and supports the movement of the morsel through the system. Supports Phase 1 plus cellular apoptosis with a unique synergistic blend of Nobel Minerals and cellular resources for recovery/support-based herb complex.

Pairs with any other Geno.

Pairs With: Geno Matrix, Brain Balance, Tranquil Care, Adaptagenx, Digestion Support, Zeptobiotics, All Lymph Products.

Suggested Use: 1 dropper 3x a day.

Ingredients: Extracts from New Jersey Tea, Barberry Root, Shitake Mushroom Fruitbody, Oyster Mushroom Fruitbody, Peppermint Leaf, Spirulina Algae, Beet Root, Garcinia Cambogia Fruit, American Ginseng Root, Red Raspberry Fruit, Pomegranate Seed, Pau D'Arco Inner Bark, Mealy Kudzu (Fen Ke) Root, Turmeric Root, Green Tea Leaf, Chaga Mushroom, Bacopa Aerial, Ashwagandha Root, Gotu Kola Aerial, Astragalus Root, Red Maca Root, Acerola Fruit, Yacon Leaf, Wild Yam Root, Coleus Root, Emblic Fruit, Noni Fruit, Dong Quai Root, Maqui Berry, Red Reishi Mushroom, Blueberry Fruit, Cherry Fruit, Fulvic Acid, organic acids, and trace mineral elements, amino acids, and polyphenols, Water, Organic Ethanol, Cobalt, Citric Acid, Potassium Sorbate

Genophasic 3 (1 oz.) – Mitochondria/Cellular Apoptosis

Supports: Liver – Gallbladder, anger, and frustration. Ligaments, tendons, and Nervous System.

Product Description: The Chinese element of Wood is associated with positive qualities of generosity and leadership. When imbalanced, it is associated with negative qualities of temper, aggression, and being insensitive. Genophasic 3 supports cellular apoptosis with a synergistic blend of Nobel Minerals and cellular resources for recovery/support-based herb complex.

The following pairs with Geno 2, 2H, matrix.

Pairs With: Geno 2, 2H, Matrix, GB Aide, Ultra GL, CNT, Tissue Calming Support, NervX, Teasel Care, All Lymph Products.

Suggested Use: 1 dropper 3x a day.

Ingredients: Extracts from Artichoke Leaf, Gold Coin Grass Aerial, Barberry Root, Barley Grass Leaf, Spirulina Algae, Beet Root, Garcinia Cambogia Fruit, American Ginseng Root, Red Raspberry Fruit, Pomegranate Seed, Pau D'Arco Inner Bark, Mealy Kudzu (Fen Ke) Root, Turmeric Root, Green Tea Leaf, Chaga Mushroom, Bacopa Aerial, Ashwagandha Root, Gotu Kola Aerial, Astragalus Root, Red Maca Root, Acerola Fruit, Yacon Leaf, Wild Yam Root, Coleus Root, Emblic Fruit, Noni Fruit, Dong Quai Root, Maqui Berry, Red Reishi Mushroom, Oyster Mushroom Fruitbody, Shitake Mushroom Fruitbody, Blueberry Fruit, Cherry Fruit, Fulvic Acid, organic acids, and trace mineral elements, amino acids, and polyphenols, Water, Organic Ethanol, Citric Acid, Potassium Sorbate

Genophasic 4 (1 oz.) – Mitochondrial/Cellular Apoptosis

Supports: Lung - Large Intestine Support, threat of not being able to breathe, not enough oxygen, diagnosis shock (stop breathing). Large intestine, lack of stasis, flow, stuck or get rid of, push out release. Bringing in air as a morsel, then releasing the air and unwanted morsel! One goes up, one goes down!

Product Description: The Chinese element of Metal is associated with the positive qualities of respect, knowing one's own self-worth, and being grounded. When imbalanced, it is associated with negative qualities of being too rigid, controlling, and persistent. Genophasic 4 supports cellular apoptosis with a synergistic blend of Nobel Minerals and cellular resources for recovery/support-based herb complex. The Metal elements most functional awareness link, when under extreme stress, has a cold metal like feeling in the lungs. The cold metal like feeling translates as a two-way signaling; lung signals the bowel; bowel signals the lung. Shivering, shocking! This

formula is especially good for post-traumatic stress, duress, high stress, post-diagnosis shock, post recovery from hospital, extreme circumstances, and even from Chinese model, heat and dry. Sometimes, the bowel will create mucous to get the stool out, inner sweating on the skin (bowel mucous), histamine, to help push it out.

The following pairs with Geno 2, 2H, matrix

Pairs With: Geno 2, 2H, Matrix, Lung Care, Bronchial Care, Myzmes, GI Restore, GI Clenz, Hydrex, Mucosal Support, Sodium Angstrom, All Lymph Products.

Suggested Use: 1 dropper 3x a day.

Ingredients: Extracts from Triphala Fruit Blend [Amlaki (*Embolica officinalis*) Haritaki (*Terminalia chebula*) and Bibhitaki (*Terminalia bellerica*)], Lobelia Leaf, Barley Grass Leaf, Beet Root, Garcinia Cambogia Fruit, American Ginseng Root, Red Raspberry Fruit, Pomegranate Seed, Pau D'Arco Inner Bark, Mealy Kudzu (Fen Ke) Root, Turmeric Root, Green Tea Leaf, Chaga Mushroom, Bacopa Aerial, Ashwagandha Root, Gotu Kola Aerial, Astragalus Root, Red Maca Root, Acerola Fruit, Yacon Leaf, Wild Yam Root, Coleus Root, Emblic Fruit, Noni Fruit, Dong Quai Root, Maqui Berry, Red Reishi Mushroom, Oyster Mushroom Fruitbody, Shitake Mushroom Fruitbody, Blueberry Fruit, Fulvic Acid, organic acids, and trace mineral, elements, amino acids, and polyphenols, Cherry Fruit, Water, Organic Ethanol, Silica, Citric Acid, Potassium Sorbate

Genophasic 5 (1 oz.) – Mitochondrial/Cellular Apoptosis

Supports: Heart - Small Intestine, Sadness, Sorting, Understanding, coming to an awareness. Overwhelm (Geno 2 – Heart Muscle), vascular system (not good enough).

The Chinese element of Fire is associated with positive and creativity. When imbalanced, it is associated with negative qualities of aggression, hate, and sadness. Genophasic 5 supports cellular apoptosis with a synergistic blend of Nobel Minerals and cellular resources for recovery/support-based herb complex.

The following pairs with Geno 2, 2H

Pairs With: Geno 2, 2H, Natural Mag, CVS, Heart Kidney Support (when heart is weak and kidneys have to pick up extra push), Adaptagenx, Master Mushroom Blend and MHB23.

Suggested Use: 1 dropper 3x a day.

Ingredients: Extracts from Gravel Root, St. John's Wort Aerial, Sloe Berry, One Seed Hawthorn Berry, Beet Root, Garcinia Cambogia Fruit, American Ginseng Root, Red Raspberry Fruit, Pomegranate Seed, Pau D'Arco Inner Bark, Mealy Kudzu (Fen Ke) Root, Turmeric Root, Green Tea Leaf, Chaga Mushroom, Bacopa Aerial, Ashwagandha Root, Gotu Kola Aerial, Astragalus Root, Red Maca Root, Acerola Fruit, Yacon Leaf, Wild Yam Root, Coleus Root, Emblic Fruit, Noni Fruit, Dong Quai Root, Maqui Berry, Red Reishi Mushroom, Oyster Mushroom Fruitbody, Shitake Mushroom Fruitbody, Blueberry Fruit, Cherry Fruit, Fulvic Acid, organic acids, and trace mineral, elements, amino acids, and polyphenols, Water, Organic Ethanol, Cobalt, Citric Acid, Potassium Sorbate

Genophasic Matrix (1 oz.) – Cellular Matrix

Supports: Intercellular Matrix of the Cell, cell nutrition, and enzymatic function. Repair cellular tissue from surgery, provides support for cells to recover.

Product Description: Genophasic 5 works at cellular substrate levels to enhance enzyme function at the cell level. Pre-Cellular metabolism is accomplished through enzyme functions utilizing herbs and minerals in specific concentrations, which provides a perfect way to support the cells. Genophasic Matrix is ideal if cells need a jump-start in enhancing enzyme function. Shitake mushrooms and Oyster mushrooms are key to cellular balance, in addition to fulvic acids and MSM. Clients will want to include enzyme-rich foods and add digestive enzymes to increase complete metabolic synthesis at all levels. Methylation is all intercellular, so can be used to support B vitamin uptake or conversion. Particularly test on left hand in your balance.

It CAN be combined with ANY OTHER GENO.

Pairs With: GB Aide, Digestion Support, Ultra All Genos, MMC, MHB, Oligo Sulfur, Total B, MSM, Seven Seas (if you need mineral support from the sea), ThyroCare (will enhance), Natural Mag, or Calcium Complete.

Suggested Use: Up to 6 droppers a day.

Ingredients: Extracts from: Moringa Leaf, Spirulina Algae, Shitake Mushroom Fruitbody, Oyster Mushroom Fruitbody, Fulvic Acid, organic acids, and trace mineral, elements, amino acids, and polyphenols, MSM, Water, Organic Ethanol, Citric Acid, Potassium Sorbate

Heart Kidney Support (4/8 oz.) – Toner/Astringent – Extracellular support

Supports: Heart, Kidney, fluid balance. Excrete Waste.

Product Description: When there is kidneys stress, there is stress on the heart. They are a team. If the heart is under duress, it puts pressure on the kidneys. Heart Kidney Supports supports both body systems in one product. The need for the heart's 100,000 beats or the kidneys' 180 gallons of filtering blood daily is vital to moving waste and distributing nutrients to the tissues. The kidneys and heart are critical to all body systems, and they need support to optimize and run at their very best. With Hawthorne berry and arjuna there is a strong sense of balance with these herbs which are known contenders in heart support. Then, by adding the synergy of Solomon's Seal, you've got a crowning formula. It also includes Chanca Piedra, which is a stringent and helps remove fluids from the connective tissue.

Pairs With: Any Geno, particularly Geno 1 and 5, Kidney Care, Kidney DTOX (alternates with Kidney DTOX), Tranquil Care (Heart Anxiety), Natural Mag, MHB23.

Suggested Use: 1-4 tsp. a day.

Ingredients: Extracts from Celery Stalk (Fresh), Pomegranate Seed, Marshmallow Root, Astragalus Root, White Willow Bark, Arjuna Bark, Tribulus Fruit, One Seed Hawthorn Berry, Chaga Mushroom, Chanca Piedra Aerial, Moringa Leaf, Solomon's Seal Root, Raspberry Leaf, Water, Organic Sugar Cane Ethanol, Citric Acid, Potassium Sorbate

Hi-D (1 oz.) – Vitamin

Supports: Optimal Vitamin D Levels, Membrane Fluidity, Epithelial Tissues subject to Cell Minus.

Product Description: With the new scientific breakthroughs in capturing Vitamin D2 from mushrooms, we can offer a Hi-D product that is suitable even for vegans. Some vitamin D products have been on the market for

years. These have typically been synthetic or made from ingredients we would not choose to put in our products, such as sheep's wool/lanolin. Our D2 is sourced from *Agaricus bisporus* mushrooms. Like most mushrooms, *Agaricus bisporus* mushrooms are considered a functional food with a broad range of benefits. They are rich in bioactive compounds, including amino acids, fatty acids, beta-glucan, and various antioxidants. This combination makes them useful for maintaining cellular health, immunity, and metabolism along with the benefits of naturally occurring vitamin D. Researchers have found that mushrooms respond to light in the same way humans do, by converting the sun's rays into Vitamin D. Mushrooms have a natural level of Vitamin D. When exposed to sunlight, they synthesize Vitamin D even more. These mushrooms also contain chemicals called chitin and lovastatin, which have cholesterol-lowering effects. Hi-D along with Grass-fed butter supports the Keratin layer of tissue protection.

Pairs well with: Ultra GL, GB Aide (if problem emulsifying fats), Calcium Plus, Geno 1, MHB23, Seven Seas, ThyroCare, Iodine Infusion and Dura Care.

Suggested Use: Can use 1 bottle a week to replenish Vitamin D levels. Otherwise, 1 dropper 2x a day.

Ingredients: Extracts from *Agaricus* Mushroom, Red Maca Root, Vanilla Bean, Water, Organic Sugar Cane Ethanol, Natural Flavors, Citric Acid, Potassium Sorbate

HydreX (1 oz.) – Cellular Hydration

Supports: Hydration, Tissue Membranes, Mineral Transport, and Travel to high altitudes

Product Description: Just about everyone walking around today is dehydrated at some level. They may be at a subclinical level and don't know it. Or they are affected by cellular dehydration, are tired, and have brain fog. Yet, sometimes drinking water isn't enough. Restoring Cellular Hydration isn't as easy as it sounds. Many people drink water, and they still show dehydration—the tissues don't absorb the water. HydreX is designed to help cells hold water!

Do the pinch-your- skin test. If you can pinch ½ inch of skin on the back of your hand and it takes more than one second to get back to normal, that is the beginning signs of dehydration. Also, look at the pads of your fingertips—are there any squiggly lines? If it's on the ring finger or little finger's pads, those show significant dehydration. Also avoid tap water: it has fluoride. When folks say that they hate the taste of water, then for sure they are heading to levels of concern that need to be addressed. Adding lemons to their water will help. Avoid sparkling waters.

HydreX is one of those have-on-hand products that is good for taking camping, hiking, walking, and even shopping. Dehydration isn't good for the kidneys or the brain—let alone all the other trillion cells in the body. Someone said that about 70 percent of the human body is made up of water. How can that be if we are dehydrated? We use an organic food grade natural glycerin to help hold the moisture. The product is made with EZ water, which also helps to adhere to the cells naturally.

HydreX can be added to any wellness appointments. Travel to higher altitudes should include HydreX and Terrain Factors.

Pairs With: Terrain Factors, Natural Mag, MHB23, Seven Seas, ThyroCare, Brain Balance.

Suggested Use: 1-4 droppers a day. Take straight or add to water.

Ingredients: Extracts from Vegetable Glycerin, MSM, Water, Organic Ethanol, Silica, Pink Himalayan Salt, Citric Acid, Potassium Sorbate

Immune Support (1 oz.) - Immunity

Supports: Cold and Flu, tissue expression at the beginning of stress response (Thymus or Spleen 10) or Lymph or Spleen congestion. Upper nasal expression. Ear and Eye epithelial wall, dry eye and ringing in the ears, dizziness. Upper scratchy throat.

Product Description: The upper sinuses and nasal cavity are all affected during a cold or flu, especially when they are at full force. The tissues can feel raw and sore. This product can be sprayed often and can support the soft epithelial layer tissues. Remember that colds (stink conflicts) are cell minus, and they need support for tissue repair. Some of the key herbs include Kudzu (Fen Ke) Root, Baikal Skullcap Root (bacterial/viral involvement), Eucalyptus Leaf, Andrographis Leaf, Astragalus Root, Balloon Flower Root, and Chaga Mushroom. Chaga Mushroom on birch trees offer very strong immune support. Birch bark, energetically, is like spraying silver in the back of the throat. The burel on the Chaga, where there is a sore on the tree, heals the tree, builds a mushroom, and creates “silver.” It’s very rare.

Pairs With: VitaCare, Dura Care, and Tissue Calming, Bronchial Care, or Lung Care, White Willow Care, Wholesome C (antioxidant), and Bone Broth (rich in natural collagen). Teasel Care and Crypto. Baikal single. Skyfall (brain microbiome happy).

Suggested Use: 1 dropper 3x a day.

Ingredients: Extracts from Mealy Kudzu (Fen Ke) Root, Baikal Skullcap Root, Eucalyptus Leaf, Andrographis Leaf, Astragalus Root, Balloon Flower Root, Chaga Mushroom, MSM, Spanish Needle Leaf, Water, Organic Sugar Cane Ethanol, Citric Acid, Potassium Sorbate

Iodine Infusion (1 oz.) – Trace Mineral

Supports: Iodine uptake, cellular functions, metabolism, normalizes thyroid function, electron energy (electromagnetism), Breast

Product Description: Because Iodine is utilized by every cell in the body, it is not uncommon to have a deficiency. There is mounting evidence that iodine deficiency is becoming an alarming statistic in mineral deficiency testing (hair). The fact that iodine is a highly valent mineral, it’s important to know that it also gets pushed around by chlorine, fluorine, and bromine which are stronger and can displace iodine in the thyroid gland. Also, after an Xray or exposure to radiation (EMF) or air travel (ultraviolet microwave etc.) the iodine gets used up and leads to cellular exhaustion. Iodine has been shown to become a wellness preventative—meaning that it supports so many tissues that when it is depleted, many body systems can suffer. Iodine infusion is unique because it offers a trivalent (allows more electrons available for use) aspect for absorption. It seems to test well for everyone. Don’t forget iodine has been shown to protect upper lymph tissues (breast) and build spleen/immunity just as its natural function. Light in a bottle. The reason it’s so healing is that it has 53 electrons and is full of energy!

Pairs With: Immune Support, VitaCare, EndroCare, ThyroCare, Seven Seas, Daily DTOX

Suggested Use: 3-5 sprays 1-3x a day. Can be used daily.

Ingredients: Extracts from White Willow Bark, Kelp Seaweed, Dulse (Seaweed), Bladderwrack (Seaweed), Irish Moss, Fulvic Acid, organic acids, and trace mineral, elements, amino acids, and polyphenols, Vanilla Bean, Water, Organic Ethanol, Citric Acid, Potassium Sorbate, Citrus Blossom, Organic Stevia Leaf Extract, Lemon Oil

Kidney Care (4/8 oz.) – Supportive

Supports: Kidney function, includes filtering.

Product Description: Due to lack of awareness, the loss of kidney function goes on unnoticed—but then it's too late. Usually there is sluggishness, feelings of malaise, and tiredness or brain fog. Generally, people only do something about it after a urine test shows the kidneys are not functioning properly. Prevention is difficult to manage especially when it doesn't seem to the client that life is 'that bad.' It's important to get a blood test annually to determine kidney clearing of toxicity and support the kidneys every six months with a kidney support regime. The Kidney Care formula can be maintained easily long term if the kidneys need extra help, and they seem weak but are still functioning. There has been great success for dialysis reversal once the emotional components have been identified and the imbalance hasn't been going on for a significantly long time. This formula is based on long-term studies in China regarding kidney health—with many herbs, but key ingredients: Astragalus, Cleavers, and Da Huang (Chinese rhubarb) this is a winning combination!

Pairs With: Heart Kidney Support, Kidney DTOX, CVS, Geno 1, Geno 5,

Suggested Use: 1-4 tsp. a day. Can use long term.

Ingredients: Extracts from Chinese Rhubarb (Da Huang) Root, Astragalus Root, Sage Leaf, Pau D'Arco Inner Bark, Coleus Root, Cleavers Aerial, Stinging Nettle Leaf, Echinacea Angustifolia Root, Water, Organic Sugar Cane Ethanol, Citric Acid, Potassium Sorbate

Kidney DTOX (4/8 oz.) – DTOXification

Supports: Kidney DTOXification, fluid balance, fluid elimination, kidney stones, kidney tubular programs.

Product Description: When the body can't seem to get rid of built-up fluids, the ankles swell after the end of a hard workday, or edema is holding in the tissues, the kidneys may not be keeping up in eliminating these fluids. Consider helping the kidneys flush the excess with Kidney DTOX. Kidney DTOX has a profound ingredient list that will be amazing in providing support for ongoing kidney functioning at optimal levels. It has several drainage herbs (quality extracted blends) in the formula such as Spanish needle, Matico, and Bugle Weed. The formula also centers around Chanca Piedra, commonly known as the stone breaker in herbology. Because the diaphragm is important in keeping the lower body circulation returning fluids back to the central vascular system, be sure that there is adequate circulation in feet and lower legs, by regular movement, and deep breathing. Also make sure that the socks aren't too tight that encircle the ankles. Avoid a high sodium chloride diet. Thousands of capillary miles push return fluids out from the connective tissue back up into the lymphatic system in the connective tissue. Walking is vital for keeping the lower body in rhythm with the upper body circulation. They say that 'sitting is the new smoking,' and sitting for long hours could become part of the issue for lower body fluid retention.

Pairs With: Kidney Care, Geno 1, Geno 5, Lung Care, Bronchial Care, any lymph product, CNT. Typically, you would not use Tissue Calming Support with Kidney DTOX because you are giving the body two different messages.

Suggested Use: 1-4 tsp. a day.

Ingredients: Extracts from Sheep Sorrel Aerial, Burdock Root, Anamu Leaf, Spanish Needle Leaf, Jatoba Bark, Chanca Piedra Aerial, One Seed Hawthorn Berry, Poke Root, Bugleweed Aerial, Moringa Leaf, Fo-Ti (He Shou Wu) Root, Raspberry Leaf, Cleavers Aerial, Lobelia Leaf, Kelp Seaweed, Chinese Rhubarb (Da Huang) Root,

Red Clover Flower, Collinsonia Root, Watercress Aerial, Slippery Elm Bark, Water, Organic Sugar Cane Ethanol, Citric Acid, Potassium Sorbate, Natural Flavors, Ceylon Cinnamon Leaf Essential Oil

Lung Care (1 oz.) – Supportive

Supports: Lungs, lobes, hold oxygen, transfer oxygen to the blood, lung programs, can't breathe enough, can't breathe deep enough, fear...

Product Description: Oxygenation is vital. When the lungs need some extra help, use Lung Care for lung tissue support. Vitality of the lungs also supports the large intestines. So at times of chronic breathing irritation, and bowel stress, consider Lung Care to support the lung's capacity to function more fully and eliminate acids at the cellular level. Red Oak bark and Mansa Leaf are mainstays in supporting the lungs, but they are supported by many other critical herbs such as Wild Cherry Bark and Red Reishi Mushroom extract. Red herbs support the blood and oxygenation.

Pairs With: Geno 4, Kidney Care and Kidney DTOX, Lymph Complete, OpureCare (drain), Bronchial Care, Mucosal Support, Micronized Chlorella (builds blood).

Suggested Use: 1-4 tsp. a day.

Ingredients: Extracts from Oak Bark (Red), Wild Cherry Bark, Yerba Mansa Root, Lobelia Leaf, Stoneroot, Red Reishi Mushroom, Spanish Needle Leaf, Ginger Root, Turmeric Root, Red Bell Pepper Fruit, Water, Organic Sugar Cane Ethanol, Stevia Extract Powder, Citric Acid, Potassium Sorbate

Lymph Care (1 oz.) – Supportive

Supports: Lymphatic Drainage and Immune building efforts of the whole body, extracellular matrix.

Product Description: A general whole body lymphatic drainage support for overall body tissues. Added with the immune building efforts of the thymus, Lymph Care is great for extra cellular drainage. Marshmallow Root, Poke Root, New Jersey Tea, and Mexican Sarsaparilla are supported by Speedwell, Thuja, and Thyme leaves. Other supporting herbs are uniquely blended into the formulation so that a deep cleaning action activates and stimulates lymphatic flow, yet stimulates the immune functions of the lymph nodes. The supporting herbs of Sage leaf, Mistletoe, and Gentian Root, are key ingredients for Thymus, all blended at an extracellular concentration to focus on external cell wall and tissue matrix level support.

Very similar to Vita Care, the greens work on the emotional component, gives the body the ability to push the cytokine storm. Major effect for the whole body!

Pairs With: All Genos, Terrain Factors, MHB, Total B, Iodine Infusion, Immune Support, Mucosal Support, Geno Matrix, Daily DTOX ICD, or Daily DTOX ECD.

Suggested Use: 1 dropper 3x a day.

Ingredients: Extracts from Celery Stalk (Fresh), New Jersey Tea, Yellow Dock Root, Mexican Sarsaparilla Root, Boldo Leaf, Speedwell Aerial, Horsetail Aerial, Watercress Aerial, Marigold Flower, Figwort Herb Aerial, Poke Root, Thuja Herb Aerial, Herb Robert Leaf, Echinacea Angustifolia Aerial, Pine Bark, Thyme Leaf, Eyebright Herb Aerial, Kale Leaf, Cucumber Fruit, Oyster Mushroom Fruitbody, Sage Leaf, Shitake Mushroom Fruitbody,

European Mistletoe Aerial, Cayenne Fruit, Gentian Root, Icelandic Moss, Marshmallow Root, Water, Organic Sugar Cane Ethanol, Sulfur, Pink Himalayan Salt, Citric Acid, Potassium Sorbate

Lymph Care II (1 oz.) – Supportive

Supports: Gentle Lymphatic Drainage and Immune building efforts of the body. Intercellular drainage. Prolonged illness of cellular tissue. Elderly.

Product Description: A general use whole-body lymphatic drainage product: With added immune building efforts in support of the thymus, Lymph Care II is great for INTRA CELLULAR, gentle drainage. It carries the same formula as Lymph Care itself, but all ingredients are at a strength density designed for inner cell support.

Pairs Well with: All Genos, Terrain Factors, MHB, Total B, Iodine Infusion, Immune Support, Mucosal Support, Geno Matrix, Daily DTOX ICD (depending on how toxic the cells are)

Suggested Use: 1 dropper 3x a day.

Ingredients: Extracts from Oyster Mushroom Fruitbody, Shitake Mushroom Fruitbody, Celery Stalk (Fresh), New Jersey Tea, Yellow Dock Root, Mexican Sarsaparilla Root, Boldo Leaf, Speedwell Aerial, Horsetail Aerial, Watercress Aerial, Marigold Flower, Figwort Herb Aerial, Poke Root, Thuja Herb Aerial, Herb Robert Leaf, Echinacea Angustifolia Aerial, Pine Bark, Thyme Leaf, Eyebright Herb Aerial, Kale Leaf, Cucumber Fruit, Sage Leaf, European Mistletoe Aerial, Cayenne Fruit, Gentian Root, Icelandic Moss, Marshmallow Root, Water, Organic Sugar Cane Ethanol, Sulfur, Pink Himalayan Salt, Citric Acid, Potassium Sorbate

Lymph Complete (1 oz.) – Supportive

Supports: Lymph tissues encouraging them to clean lymphatic tissues.

Product Description: Sometimes the lymphatic system becomes sluggish and doesn't flow properly. Various parts of the body can accumulate fluids around the joints and underneath the arms. Combining exercise with adequate water intake supports the lymphatic as it "cleans" out debris. Lymphatic drainage is important. Good for both upper and lower lymphatic drainage, this complex can be considered a 'whole body' lymphatic support with Figwort, Andrographis, and Barberry Root to lead the way. Clients will like this formula. Be sure to move the body and get adequate hydration. This is good for peripheral and inguinal lymph. Lymphoreticular support.

Pairs Well with: All Genos, Geno Matrix, Hydrex, Kidney DTOX, Kidney Care, Heart Kidney Support, and UltraGL

Suggested Use: 1 dropper 3x a day.

Ingredients: Extracts from Cherry Fruit, Figwort Herb Aerial, Kudzu Outer Bark, Andrographis Leaf, Barberry Root, New Jersey Tea, Oregon Grapefruit, Burdock Root, Dandelion Root, Yellow Dock Root, Moringa Leaf, Poke Root, Stillingia Root, Blue Flag Root, Common Echinacea Root, Vanilla Bean, MSM, Water, Organic Sugar Cane Ethanol, Organic Lemon Stevia, Citric Acid, Potassium Sorbate, Silver

Master Mushroom Complex/MMC (1 oz.) – Functional Foods/Adaptogen

Supports: All body systems including brain for cellular nutrition, communication, and productivity. Bowel function and bowel wall. Can excrete heavy metals. Multi-use tool.

Product Description: Eight traditional medicinal and body-system supporting mushrooms considered as master mushroom extracts are combined within this synergistic blend. Extracts from Enoki Mushroom, Cordyceps Mushroom, Chaga Mushroom, Turkey Tail Mushroom, Shitake Mushroom Fruitbody, Lion's Mane Mushroom, Red Reishi Mushroom, and Agaricus Mushroom are combined to support the whole body—brain, body, and immune. Mushrooms have many qualities of their own and when combined with All Genos, Terrain Factors, MHB, Total B, Iodine Infusion, Immune Support, Mucosal Support, Geno Matrix, Daily DTOX ICD (depending on how toxic the cells are) they can be used to support metabolic processes and cellular functions. Consider this as a whole body 'cellular matrix' support product.

Mushrooms are delicate and need a two-phase extraction method to get all the greatness from each extraction. Each mushroom extraction is uniquely matched to its weight, texture, and constituents for a complete liquid extraction. Following the New Human design of oral liquid-based formulas, MMC follows the guidelines with completely extracted mushroom material in such a way to preserve all the inner constituents. This formula is packed with the right concentrations and contains the complete mushroom extract. Many if not most of all these extracts start out with water extraction, then finish with the second cycle of traditional herb extraction using organic alcohol.

Pairs With: MHB23, Micronized Chlorella, Skyfall, UltraGL, GB Aide, Lung Care, Bronchial Care, CNT, Tissue Calming Support, and Geno Matrix.

Suggested Use: 1 dropper 3x a day.

Ingredients: Extracts from Enoki Mushroom, Cordyceps Mushroom, Chaga Mushroom, Turkey Tail Mushroom, Shitake Mushroom Fruitbody, Lion's Mane Mushroom, Red Reishi Mushroom, Agaricus Mushroom, Water, Organic Sugar Cane Ethanol, Citric Acid, Potassium Sorbate

Melatonin (1 oz.) – Supportive/DTOXification/Hormone

Supports: Pineal gland promoting sleep and DTOXification; hydroxyl molecule (free radical) in the brain. Clears oxidative stress in the brain. Parasympathetic Phase.

Product Description: Melatonin is one of nature's strongest, naturally made antioxidants. It is produced in the brain by signals from the tiny pineal gland. During the day this gland is mostly inactive, but once the sun goes down it gets turned on and begins to release melatonin into your bloodstream.

Because the body makes its own melatonin, it should be a natural fact that we all have enough; however, the busy lifestyle of too much blue screen at night, late night TV, and prolonged lack of sleep during stressful times, keeps the body from producing the proper amount. With toxicity of the brain also on the rise, the pineal is supposed to signal the production of melatonin, but it needs to be all made in the dark at night. When we have low level lights or a TV on in the room, and it's not pitch black, then melatonin production is lowered. Melatonin is a hormone, and it is responsible for DTOXification of the brain as well as promoting sleep. Recognize that just starting out, many times taking the product can cause sleeplessness to occur (as it DTOXifies the brain first) then aids in sleep.

If needed, add Natural Sleep. Do not recommend it to babies or children.

Pairs With: Natural Sleep, Brain Balance, Valerian Care, St. John's Care, ReLife, Terrain factors (cellular ph), Dura Care (if a lot of surgeries), or Skyfall (chemo)

Suggested Use: 1-2 dropper at bedtime.

Ingredients: Extracts from Melatonin, Water, Organic Sugar Cane Ethanol, Organic Stevia Leaf Extract, Citric Acid, Potassium Sorbate, Lemon Flavor, Natural Flavors

MHB 23 (4/8 oz.) – Cellular Nutrition

Supports: Build Cellular Enzymes, Enzymatic function, extracellular matrix, connective tissue, optimize cellular function, cellular multi-vitamin. Sympathetic/Parasympathetic Phase.

Product Description: Build Cellular Enzymes! The complexity of the body's cellular functions is unparalleled, and it is a dynamic situation. Inside our cells thousands of cellular activities go on unnoticed—until for some reason 'things' just seem to slow down. To keep the energy flow high the way the body works, is to utilize enzymes to 'charge up' the cellular metabolism events. Enzymes are doers in 'taking action,' but things can get in the way: enzyme function is interfered with due to GMO, pesticides, additives, flavor enhancers, preservatives, and lowered natural enzyme activity due to high shelf life—packaged foods. Raw, unpasteurized, low processed, and natural foods bring their own 'enzyme package' which aids in its own digestion—providing the necessary utilization for gaining both the nutrition and energy from the foods we eat. But the SAD diet and chemicals in our environment take their toll. Eating grains that are not properly prepared also slows down digestion due to excess phytates. Over time, the cells just slow down. A proper diet is important in maintaining cell energy and MHB aids in that support. MHB also aids metabolic function so that the body can optimize energy production at the cellular level. If you have heard of Cell Danger Response (CDR), this product is the first of its kind to support the cells under stress. The main formulation is based on a unique and complex set of herbs derived from an ancient formula. Using modern day research this formula provides cellular substrate support with vital cell nutrition. Moringa, Aloe vera, Barberry, and Jiaogulan (longevity herb) are foundational to restoration of vital cell energy. For the best success, begin a DTOXification process and avoid GMO and toxic foods.

Pairs well: all Genos, Geno Matrix, Daily DTOX, Terrain Factors, Total B, UltraGL

Suggested Use: 1-4 tsp. a day. Can take daily.

Ingredients: Extracts from Aloe Vera, Emblic Fruit, Barberry Root, Fulvic Acid, organic acids, and trace mineral elements, amino acids, and polyphenols, Jiaogulan Leaf, Solomon's Seal Root, Sea Buckthorn Berry, Red Maca Root, Moringa Leaf, Matcha Green Tea Leaf, Mexican Sarsaparilla Root, Fennel Seed, Camu Fruit, MSM, Cinnamon Bark, Black Peppercorn, Fo-Ti (He Shou Wu) Root, Spirulina Algae, New Zealand Deer Antler Velvet (Cervus elaphus), Cordyceps Mushroom, Hydrangea Root, Thyme Leaf, Olive Leaf, Boswellia Resin, Yarrow Aerial, Turmeric Root, Anamu Leaf, Rosemary Leaf, White Willow Bark, Coenzyme Q-10, Alpha Lipoic Acid, Water, Organic Sugar Cane Ethanol, Silica, Citric Acid, Potassium Sorbate, Xylitol, Glycerin, Lemon extract flavoring, Organic Stevia Leaf Extract

Micronized Chlorella (4/8 oz.) – Cleanser

Supports: Oxygen and Reduces Heavy Metals, healthy blood, brain, and liver. (Blood volume)

Product Description: The constituents of the blood are very similar to the biology of chlorella and magnesium. When the body needs to clean and mop up toxins and there is a desire to fully DTOX, add Micronized Chlorella to the mix. Said to also support heavy metal DTOX processes in the body. Chlorella supports healthy blood and brain functions and is also a great support for the liver.

Pairs well with: Skyfall, Daily DTOX ICD, Daily DTOX ECD, UltraGL, Natural Mag, Hydrex (blood volume)

Suggested Use: 1-4 tsp. a day.

Ingredients: Extracts from Parsley Leaf, Chlorella (algae), Burdock Root, Agaricus Mushroom, Stinging Nettle

Root, Stinging Nettle Leaf, Cilantro Leaf, Spirulina Algae, Kelp Seaweed, Barley Grass Leaf, Yellow Dock Root, Alfalfa Leaf, Water, Organic Sugar Cane Ethanol, Citric Acid, Potassium Sorbate

Mucosal Support (4/8 oz.) – Drainer

Supports: Normal and healthy mucosal system including sinus and enteric bowel. Excessive phlegm in lungs.

Product Description: Having excessive phlegm can be a very bothersome problem and may lead to hours of unrelenting, constant throat clearing and coughing. For some people this is a temporary problem. For others, excessive phlegm becomes an ongoing problem for which there is often little relief for how to best get rid of it. On the other hand, the bowel does make mucous so that it can allow for the better elimination of bowel substances. The fact that irritated bowels, or stress bowels, also increase mucous production or reduce its production level can be a cause for concern. In either case, Mucosal Support has soothing herbs such as Marshmallow Root, Elecampane, Angelica, Coltsfoot, and Ivy to offer relief to stressed mucosal linings.

Pairs well with: VitaCare, Dura Care, and Tissue Calming (if buildup of mucus may not use).

Suggested Use: 1-4 tsp. a day.

Ingredients: Extracts from Cranesbill Root, Gotu Kola Aerial, Spanish Needle Leaf, Andrographis Leaf, Angelica Root, Balloon Flower Root, European Elderberry Fruit, Coltsfoot Leaf, Hyssop Herb Aerial, Ginger Root, Chickweed Aerial, Honduran Sarsaparilla Root, Barley Grass Leaf, Elecampane Root, Maidenhair Fern Leaf, Common Plantain Leaf, Barberry Root, American Ginseng Root, Mullein Leaf, Dark Cherry Fruit, Mulberry Leaf, Mulberry Fruit, Broccoli Sprout, Yerba Santa Leaf, Water, Organic Sugar Cane Ethanol, Silica, Silver, Citric Acid, Potassium Sorbate

Natural Mag (4/8 oz.) – Mineral

Supports: Enzymatic function, remineralizer, relaxation, achy muscles, Use to balance hormone, heart, and organ points. (Good replacement for Cell Salts All)

Product Description: On its own, magnesium has been found to offer cellular and tissue aid to over 300 metabolic and enzymatic functions. However, taking it as a single mineral is difficult to absorb because it is opposed by calcium. Also, too much magnesium in the diet can push out the vital calcium; in excess can cause diarrhea, plus the many forms of magnesium which are chelated with amino acids, miss targeting the overall metabolic balance. Magnesium is difficult to take when it is chelated with an amino acid because it takes a horse pill's worth it seems. Magnesium should be ubiquitous in the whole body; every cell uses it. It's not just in some isolated tissues that need it—so how do you get it to absorb into all the tissues? When the mineral can be bound to an amino acid, that seems to make a small solution for a big problem, but how can the body 'make a balance' if magnesium sits in just one area? Also, the fact that we need more than we think, taking too much as a concentration, can cause other mineral depletion, such as calcium.

When Magnesium is needed to work the balance, because of a common magnesium deficiency, one of the best ways to get quick absorption is to use herbs that naturally bear, magnesium. They will offer quick absorption of a naturally occurring mineral complex, avoiding pushing against the calcium balance. When natural mag is used, the body can utilize functional magnesium (magnesium in its natural state) along with all the inherent other minerals all in balance. Clients who use Natural Mag find they have less body aches and more relaxed muscles

as a result, and they don't suffer from the 'loose stool' scenario other magnesium products create. Many of the culinary herbs such as Spirulina, Basil Leaf, Celery Root, Fennel Seed, Japanese Chlorella, and Stinging Nettle are all magnesium-rich herbs, and they combine into a great tasting formula.

Pairs With: Micronized Chlorella, Terrain Factors (lactic acid), Wholesome C, Oligo Magnesium and Ancient Seabed Salts (deeper body aches) CNT, Relax, Melatonin, Natural Sleep

Suggested Use: 1-4 tsp. a day.

Ingredients: Extracts from Parsley Leaf, Celery Stalk (Fresh), Dandelion Root, Coriander Seed, Birch Bark, Stinging Nettle Root, Icelandic Moss, Oatstraw Aerial, Basil Leaf, Stinging Nettle Leaf, Spirulina Algae, Burdock Root, Celery Root, Amaranth Seed, Ginger Root, Spearmint Leaf, Japanese Chlorella (algae), Fennel Seed, Red Clover Flower, Raspberry Leaf, Fulvic Acid, organic acids, and trace mineral, elements, amino acids, and polyphenols, Licorice Root, Peppermint Leaf, Chrysanthemum Flower, Chamomile Flower, Vanilla Bean, Water, Organic Sugar Cane Ethanol, Silica, Citric Acid, Potassium Sorbate

Natural Sleep (1 oz.) – Relaxation

Supports: Parasympathetic phase, restful sleep, mental relaxation. Pre-conflict resolution.

Product Description: Because sleep is so vital for tissue repair at night, getting to sleep and keeping from it being fitful is important—especially when a person is overly tired. They say, 'tired but wired.' Turn off the computer and TV early in the evening. Prepare for the nighttime routine by 9 p.m. Take a soak, or listen to calming music. But when your client needs more support, consider the Natural Sleep Herbal blend for sustained sleep at night. This herbal complex is designed to synergistically support mental relaxation, taking advantage of American Skullcap, Catnip Leaf, Hops Flowers, and Chamomile Flower. If needed, you can add extra Valerian as a body de-stressor. DO NOT TAKE AND THEN OPERATE MACHINERY.

Pairs With: Natural Mag, Valerian Care, Melatonin, Relax, and Unwind (waking with headaches).

Suggested Use: 1-2 dropper at bedtime. Can take in the middle of the night.

Ingredients: Extracts from Valerian Root, American Skullcap Aerial, Silk Tree (He-Huan-Pi) Flower, Vidari Kanda Root, Rooibos Tea Leaf, Passionflower Aerial, Ashwagandha Root, Black Cohosh Root, Oatstraw Aerial, Catnip Leaf, Orange Peel, Poppy Seed, Lemon Balm Aerial, Milk Thistle Seed, One Seed Hawthorn Berry, Dandelion Root, Hops Flower, Artichoke Leaf, Marshmallow Root, Chamomile Flower, Water, Organic Sugar Cane Ethanol, Pink Himalayan Salt, Citric Acid, Potassium Sorbate

Nerve Support (1 oz.) – Nervous System

Supports: Dual Phase Process of the Nervous System, PTSD, High Stress, hyper vigilance, tired and wired toxicity.

Product Description: The nervous system is bioelectrical in nature and for it to be fully effective, the two phases of the autonomic nervous system, which is dialectic; sympathetic (action/go) is paired with the para-sympathetic (rest/digest). The two can't operate simultaneously, so one side must give into the other side. When our lives get so involved that we eat on the run, don't get 'ready for bed' to really get true rest, then we are keeping the sympathetic system 'on.' The need to support the Nervous System switching is vital because the nerves must

respond to our inner lives as well as our physical stress. The two-phase process is important for healing. The rest and digest also include sleep and peaceful thinking. This is why meditation has been found to be useful. Nerve support using synergistic herbs includes extracts from: Passionflower, Icelandic Moss, Jujube Fruit, Magnolia Bark, American Skullcap, White Pine Bark, Muira Puama, Wood Betony, and Black Cohosh Root.

Pairs well with: Total B, Seven Seas, Relax, ReLife, Unwind, St Johns' Care, Brain Balance, Tranquil Care, Footbaths, Ancient Seabed Salt Baths.

Suggested Use: 1-3 dropper 3x a day.

Ingredients: Extracts from Passionflower Aerial, Icelandic Moss, Jujube Fruit, Magnolia Bark, American Skullcap Aerial, White Pine Bark, Muira Puama, Wood Betony Herb Aerial, Black Cohosh Root, Water, Organic Sugar Cane Ethanol, Citric Acid, Potassium Sorbate

Opure Care (4/8 oz.) – Drainer

Supports: Deep organ cleansing and tissue drainer. Deep lymphatic drainer.

Product Description: Opure Care is a very deep cleansing tissue drainer. A bridge between Genos and Lymph, this formula is very profound. The reader may not be aware of this, but all organs have an 'excess toxins drain' function which is termed the 'organ sinus.' This drain is used to DTOX the organ at the deeper mesenchyme layer. (Inside the organ, Parenchyma is the outer layer.) This formula is directly linked to the lymphatic system—hence the word drain. Opure Care is a very profound deep cleanser support used for direct organ drainage. But just because it is considered a lymphatic drainer, does not preclude its use as a deep extracellular cleanser. The formulation is unique because it includes: extracts of Garlic Root, Chickweed, Stone Root, Barberry Root, and Heal All to name a few. It also is endowed with two Nobel minerals: Gold and Silver.

Pairs With: All Genos, MHB23, Terrain Factors, Skyfall, Micronized Chlorella and Dura Care (if you need to push up to blood brain barrier)

Suggested Use: 1-4 tsp. a day.

Ingredients: Extracts from Garlic Bulb, Gravel Root, Fo-Ti (He Shou Wu) Root, Red Clover Flower, Parsley Leaf, Panax Ginseng, Heal All Aerial, Chickweed Aerial, Barberry Root, Stoneroot, Fulvic Acid, organic acids, and trace mineral, elements, amino acids, and polyphenols, Chives, Water, Organic Sugar Cane Ethanol, Silica, Silver, Gold, Citric Acid, Potassium Sorbate, Natural Flavors

Recover Plus (4/8 oz.) – Restorative

Supports: Immune system, cellular recovery, cold, cough, conflict active and repair, and symptomatic/repair phase. Bacterial and viral recovery.

Product Description: After the flu or a recent sickness, Recover Plus offers cell vitality in an herbal concentrate designed to speed up cell action in a uniquely blended herb support product. Also, if someone had to 'fight the flu' for a long time, as in a losing battle, Recover Plus offers what the body needs to regain its optimal state. Also, some people may feel they are tired of suffering and not feeling like it's going away fast enough. For times when the flu or a cold seems to just hang on, this will support the cell minus tissue balance. Blended with amazing vitality herbs such as Thuja, Figwort, Siberian Ginseng, Baikal Skullcap.

Pairs With: ReLife, VitaCare, Valerian Care, St John's, Immune Support, Lung Care, Bronchial Care, Kidney DTOX and Kidney Care

Suggested Use: 1-4 tsp. a day.

Ingredients: Extracts from Figwort Herb Aerial, Siberian Ginseng Root, Prickly Ash Bark, Baikal Skullcap Root, Star Anise, Cryptolepis Root, Camu Camu Fruit, Fulvic Acid, organic acids, and trace mineral, elements, amino acids, and polyphenols, Thuja Herb Aerial, Water, Organic Sugar Cane Ethanol, Citric Acid, Potassium Sorbate, Pink Himalayan Salt.

ReLife (1 oz.) – Relaxation/Mood

Supports: Nervous system encouraging relaxation, mental tension and stress, emotional setback. Helping get the person back to parasympathetic. Imprint flower essences and Emotox hold files. ReLife—resetting life. Recovering in between steps. After or before stress. Downgrading stress effects! Long duration healing.

Product Description: This formulation will support clients during times of stress or recovery from emotional setbacks and can help regain balance in the nervous system. Expertly hand crafted with the synergistic blend of naturally calming and biological supporting herbs such as Ashwagandha, Lemon Balm, Passionflower (all three of them), Ginkgo Biloba (blood flow), St John's Wort, Rhodiola (adaptogen), and Valerian. Few formulations offer the building plus calming benefits of adaptogens and relaxation in one formula. Many people now swear by it as their emotional teddy bear and go-to for a rough day!

Pairs With: any Geno, Geno Matrix, AdaptogenX (accident, big trauma, giving birth), Natural Sleep, Melatonin, Nerve Support, MHB (post conflictolysis)

Suggested Use: 1 dropper 3x a day.

Ingredients: Extracts from Ashwagandha Root, St. John's Wort Aerial, Rhodiola Root, Valerian Root, Passionflower Aerial, Ginkgo Biloba Leaf, Lemon Balm Aerial, Hops Flower, Water, Organic Sugar Cane Ethanol, Citric Acid, Potassium Sorbate

Relax (4/8 oz.) – Relaxation and Restorative

Supports: Muscle pain, relaxation, and internal nervous tension, tone down sympathetic reactions to pain. Helps support/downgrade cell minus programs. Connective tissue.

Product Description: Relax is a great alternative approach for pain med to reduce Muscular Pain and Muscle Tension. It is a natural muscle relaxer. Relax helps to reduce muscular tension and internal nervous tension. Muscular tension often results from excessive muscular contractions due to physical and a hard day's work, a strained muscle or cramp. Mental strain (exertion), however, is different. (See ReLife for mental tension.)

When the cells feel that they are under stress, that is when cellular dysfunction occurs. (This is called Cell Danger Response or CDR.) The biological activities within the cells are overridden by the mitochondria, and functions may become obstructed, unresponsive, or impeded. Relax supplies the right amount of vital nutrients to the cells to keep them stable. Relax supports reduced muscular tension and calming nerves without causing drowsiness! RLX has been found by many as an alternative to some prescription pain medications. Many people have trouble sleeping at night due to back pain or muscular tension; therefore, they turn to sleep aids to find the answer to their

problem. This profound formula contains an effective blend of tissue supporting herbs such as: Guduchi, Kudzu, Rue, Turmeric, Ginger, Wood Betony, Celery, and Water Cress. Of course, it contains favorites such as Valerian Root, Passionflower, and Lion's Mane extracts, (calm brain during pain) as well.

Pairs Well With: All Genos, Natural Sleep, Melatonin and Terrain Factors (removes cellular acids), CNT (tissue damage).

Suggested Use: 1-4 tsp. a day.

Ingredients: Extracts from Boldo Leaf, White Willow Bark, Devils Claw, Barberry Root, Poppy Seed, Ginger Root, Lemon Balm Aerial, Turmeric Root, Baikal Skullcap Root, Mealy Kudzu (Fen Ke) Root, Passionflower Aerial, Valerian Root, Watercress Aerial, Rue Herb Leaf, Guduchi Stem, Lion's Mane Mushroom, Celery Stalk (Fresh), Wood Betony Herb Aerial, Chickweed Aerial, Fulvic Acid, organic acids, and trace mineral, elements, amino acids, and polyphenols, Broccoli Aerial, Water, Organic Sugar Cane Ethanol, Citric Acid, Potassium Sorbate

Seven Seas (4/8 oz.) – Ionic Sea Minerals/Antioxidant

Supports: Thyroid, mineralization, including trace minerals, natural sodium.

Product Description: Made to support the thyroid and mineralization in general, Seven Seas is a sea-based mineral complex that may be more appropriate for some clients if they can't absorb earth-based minerals. Seven Seas is comprised of seven sea-based vegetables; most are sourced from pristine waters of Nova Scotia and the Nordic seas. We feel that the power of the sea is filled in this bottle based on synergistic and full spectrum methods of these unique seven seaweed extractions with EZ water. There is much discussion also regarding the power of the sun in creating this product because of seaweeds, daily sunlight enrichment, floating in the ocean, which we feel is just like 'light in bottle.' This formula contains heavy hitters like Sea Buckthorn, Icelandic Moss, Nori, and Dulse to name a few. We've also added artichoke leaf for enhanced mineralization and the added benefit of astaxanthin as a sea-based antioxidant.

Pairs Well with: Iodine Infusion, Terrain Factors, Total B, ThyroCare

Suggested use: 1-4 tsp. a day.

Ingredients: Extracts from Dulse (Seaweed), Icelandic Moss, Bladderwrack (Seaweed), Sea Buckthorn Berry, Nori Seaweed, Artichoke Leaf, Fulvic Acid, organic acids, and trace mineral, elements, amino acids, and polyphenols, Astaxanthin, Vanilla Bean, Water, Organic Ethanol, Silica, Pink Himalayan Salt, Citric Acid, Potassium Sorbate, Organic Stevia Leaf Extract, Lemon Oil

Skyfall (1 oz.) – DTOXification/Lymphatic Drainer

Supports: Lymphatic drainage (could work anywhere in the body but specific for the brain), skull-meninges-brain axis, including skull marrow, the protective lining (dura), the connective tissue matrix interactions with the skull tissues and fluids that surround the brain, possible support for heavy metal reduction in the nerves/brain.

Product Description: Designed as a Tissue Support and Upper lymphatic drainer, it can also support immune function that supports the tissues and fluids that surround the brain itself. The natural herb blend offers a synergistic way to provide balanced DTOXification and immune support in a unique blend of Cordyceps mushrooms, Baikal Skullcap, and Astragalus for immune support; blackberry, pomegranate, and spirulina for cleansing; and Pine Bark, Pinella Pine Needle, and Parsley to remove toxins. This is a great addition to melatonin which is a perfect

brain DTOXification support product. The skullcap herb (microbiome qualities for bacteria and virus) is very beneficial if a person is wanting to remove any residual toxins from a toxic shot/vaccine.

Pairs With: Terrain Factors, Micronized Chlorella, Natural Mag (mineralization), Seven Seas

Suggested Use: 1-4 droppers a day.

Ingredients: Extracts from Parsley Leaf, Blackberry Fruit, Pomegranate Seed, Spirulina Algae, Cordyceps Mushroom, Rhodiola Root, Baikal Skullcap Root, Pine Bark, Pinellia Tuber, Red Reishi Mushroom, Andrographis Leaf, Astragalus Root, Water, Organic Sugar Cane Ethanol, Citric Acid, Potassium Sorbate

Teasel Care (1 oz.) – Supportive

Supports: Connective Tissue, Microbiome balance, Muscular/skeletal programs, including muscles, tendons, bones, joints, and joint pain. Also, supports the skin and hormone production. Can be used to open the lymph (usually mid-sternum/navel).

Product Description: Teasel has been used for connective tissue support and lifting the ‘weave’ so to speak during the tissue cleansing process. It supports skeletal muscles, tendons, bones, joints, and joint pain. Functions as a diuretic and will aid in the elimination of excess fluids. Supports the skin and hormone production.

The bacteria *Borrelia burgdorferi* is known as an instigator of what is called Lyme. Lyme symptoms include fatigue, joint and muscle pain, fever, swollen lymph nodes, and arthritis.

It is well known that teasel root can support the body against “Lyme” disease. Teasel roots contain active ingredients that are effective balancing parasites and bacteria that are thought to cause the original infection. The extracts present in teasel roots push the microbiome into a healing phase out of the stuck tissues so they can enter the blood. Once in the bloodstream, macrophages (the body’s natural cleaner of blood and tissues) come to balance the biome.

Pairs well with: Relax, Boswellia, Turmeric and Seven Seas, Tissue Calming Support

Suggested Use: 1-4 droppers a day.

Ingredients: Extracts from Teasel Root, Water, Organic Sugar Cane Ethanol, Citric Acid, Potassium Sorbate

Terrain Factors Cinnamon or Citrus (4/8 fl. oz) – Restorative

Supports: Cellular pH Restoration, Aids fluid hydration and utilization

Product Description: This formulation is one of the most unique of its kind. Use this product for intracellular and extracellular pH balancing, hydration, and cellular mineral recovery. Mixed in a base of important natural minerals that are entirely colloidal (bioavailability). This product is vital for overcoming chronic acid buildup in the tissues and in aiding short-term pH regulation/ balance. It can be most beneficial to remove cellular acids, increase cell respiration, and replace essential electrolytes while enhancing a healthy cellular zeta-charge potential to keep the connective tissue vital and cleansing as it helps to remove acids (toxins).

There are many misconceptions today regarding proper pH balance. Many believe that the pH balance is managed mostly by foods. However, many factors, including diet, stress, and popular drinks, can alter your body’s pH and reduce cellular hydration. Extracellular is the fluid outside of the cell that collectively equates to around 40 percent of the body’s water. In comparison, intracellular is the fluid inside the cell, representing up to 30 percent of the body’s total weight. Many Americans are dehydrated, plus they are increasingly becoming more acidotic. Five percent or more do not even drink water.

With a powerhouse formulation, it is great for post-gym workouts to eliminate excess acids in the tissues. Proper cellular hydration is important for many body functions, all cell activities to balance pH, and to combat daytime fatigue. This product will kick-start normal pH in a balanced way and help avoid chronic issues of acidosis. This product has been a mainstay at NH for over twenty years. It includes wonderful ingredients that support connective tissue, muscles, and extracellular pH by using Dulse, Arjuna, Bladderwrack, Irish Moss, Chaga Mushroom, Humic Minerals plus (Calcium lime), and Fulvic Acid.

Pairs well with: Hydrex, Ultra GL, Gen Vitality, RLX, Tissue Calming, MHB, Boswellia

Suggested Use: 1-4 tsp. a day.

Ingredients: Extracts from Dulse (Seaweed), Arjuna Bark, Bladderwrack (Seaweed), Irish Moss, Fulvic Acid, organic acids, and trace mineral, elements, amino acids, and polyphenols, Chaga Mushroom, Coenzyme Q-10, Water, Lime Water, Vegetable Glycerin from Palm Oil, Mineral Water, Organic Ethanol, Citric Acid, Potassium Sorbate, Cinnamon Oil

ThyroCare (4/8 oz.) – Supportive

Supports: Thyroid metabolism, body temperature

Product Descriptions: The thyroid, as you know, has been given the role of metabolism. We all know that it is more than just that, but when the metabolism or body temperature is consistently low (cold hands and feet), thyroid support is important to help the body's overall metabolism rise. Although not completely responsible for weight gain/loss, the thyroid has been implicated in the speed of metabolic processes. This is a gently warming formula, and clients will notice that effect in the taste. Extracts from: Ashwagandha Root, Bladderwrack (Seaweed), Kelp Seaweed, Jujube Fruit, Schisandra (Wu Wei Zi) Berry, N-Acetyl L-Tyrosine, Cayenne Fruit also feed the thyroid tissues naturally. The cayenne makes a slight warming effect when swallowed.

Pairs with: Total B, MHB, EndroCare, UltraGL

Suggested Use: 1-4 tsp. daily.

Ingredients: Extracts from Ashwagandha Root, Schisandra (Wu Wei Zi) Berry, Bladderwrack (Seaweed), Jujube Fruit, Kelp Seaweed, Cayenne Fruit, Vanilla Bean, Water, Organic Ethanol, Citric Acid, Potassium Sorbate, Organic Molasses, Organic Cane Sugar fermented in a probiotic culture inactivated after fermentation preserved with organic alcohol

Tissue Calming Support (4/8 oz.)- Supportive

Supports: Connective Tissues, Fascia, and Muscles from temporary states of inflammation

Product Description: Tissue agitation is common after a biological program completes and floods the tissues with lymph fluids, blood, and plasma. This is commonly called 'inflammation'. It has been given a bad rap because so many people are caught in the 'inflammation zone' and can't get out---meaning that they don't supply the body with the proper essential fatty acids that balance the prostaglandins, aka inflammation. Because it is so prevalent it has been thought to be the cause of their illness or condition, but it is a natural biological process to bring in the support team and flood the area so that vital nutrients can be supplied and toxins released.

The concept that healing a localized area is isolated to one kind of resolution is a western idea. Ongoing stresses and prolonged healing due to weak prostaglandins may need tissues to calm down for them to fully recover. This is one of the best ‘inflammatory balancing’ products around. With a complex blend of many herbs synergistically supporting the tissues, this formula stands alone in its capacity to aid tissues to finish out the healing cycle. Tissue Calming Support brings many herbs to the forefront in tissue balance.

Pairs With: All Genos, All Lymph, Terrain Factors, MHB23, Seven Seas, Iodine Infusion, Serrapeptase

Suggested Use: 1-4 tsp. a day.

Ingredients: Extracts from Japanese Chlorella (algae), Kelp Seaweed, Matcha Green Tea Leaf, Common Echinacea Root, Guduchi Stem, Moringa Leaf, Pau D’Arco Inner Bark, King Oyster Mushroom, American Skullcap Aerial, Irish Moss, Hyssop Herb Aerial, Fulvic Acid, organic acids, and trace mineral, elements, amino acids, and polyphenols, Oregano Leaf, Sacred Lotus Leaf, Red Raspberry Fruit, Echinacea Purpurea Root, Yerba Mate Leaf, *Fermented Organic Milk Thistle Blend [Milk Thistle (seed) Extract, Organic Milk Thistle (seed)], *Fermented Organic Turmeric Blend [Turmeric (rhizome) Extract, Organic Turmeric (rhizome)], Water, Organic Sugar Cane Ethanol, Citric Acid, Potassium Sorbate, Natural Flavors, Pink Himalayan Salt, Organic Lemon Stevia, Organic Molasses, fermented in a probiotic culture inactivated after fermentation; preserved with organic alcohol.

TNG (Teeth and Gums) (1 oz.) – Cleanser/Restorative

Supports: Lymphatic Soft Tissue, epithelial tissue, mouth (morsel conflicts), cell minus activity, cancer sores, tooth, and soft tissue infections.

Product Description: The soft tissues of the mouth need extra support at times of stress and anxiety. The breakdown of gum tissue or teeth has been found to be stressful events that cause tooth decay. The fact that the tissues need support is due to the ‘cell minus’ activity of the soft tissue under times of duress. Take this formula to support the oral cavity. Additional help comes from bloodroot, which plays a valuable role in the restoration of tissues and teeth. Includes several herbs: Plantain Leaf, Marigold Flower, Cryptolepis Root, Poke Root, Birch Bark, Bloodroot, Astragalus Root, White Willow Bark, and Red Clover.

Pairs With: Skyfall, CVS

Suggested Use: 1 dropper 3x a day.

Ingredients: Extracts from Common Plantain Leaf, Marigold Flower, Cryptolepis Root, Poke Root, Birch Bark, Bloodroot, Astragalus Root, White Willow Bark, Red Clover Flower, Water, Organic Sugar Cane Ethanol, Citric Acid, Potassium Sorbate

Total B (4/8 oz.) - Metabolic

Supports: Cellular nutrition for B Vitamin maximum absorption, daily stress, nervous system, brain function, and metabolism (energy)

Product Description: Total B is made with whole foods and naturally cultured nutritional yeast providing the complete B complex within the formula. It does not use folic acid*.

Because it is multidimensional it has several layers, which include traditional B vitamin chemistry (at both tissue and homeopathic levels) to nurture and DTOXify. Cultured B vitamins are ultra-absorbable. Due to a prevalent B

deficiency and historical synthetic B vitamin use, it provides whole food nutrition, and at the homeopathic level to retrain the cells for better utilization in metabolic functions, if needed to DTOXify. This dual aspect of the formula is critical when there is excess (toxicity), due to prolonged synthetic vitamin use. It also aids in retraining cells which is necessary because of B vitamin depletion, which is very common. Those two aspects of nutrition and homeopathic type levels, target the cell membranes—supporting nerves and maintaining liver functions.

Total B is a bridge-type product which includes true cellular nutrition of the B vitamins which are in their natural form coming from whole foods such as asparagus, parsley extracts, and nutritional yeast. The formula speaks for itself with a unique approach for supporting the complete B vitamin complex, in a cultured form. Significant amounts of the B vitamins should come from grass-fed beef, eggs, mackerel, and salmon, etc. But due to challenges that everyone faces, supporting B vitamin uptake is a vital step in supporting the daily stress, nervous system, and brain functions.

*In MTHFR reactions, be sure to check MSM for nutritional sulfur. Many are depleted as well. It is not a genetic trigger but is based on cellular depletion and prolonged folic acid use. The inability to absorb B vitamins can also be from epigenetic stress, or deep emotional challenges.

In summary: Total B fills an especially important transition role and targets cellular absorption and metabolism. It provides cellular nutrition for B vitamin absorption. It DTOXifies any overages or excesses that have been accumulated by taking synthetics in their past. It retrains the cells for maximum absorption, and provides natural nutrition at a previous or ideal cellular level, to prime the pump for the whole food to be recognized. To do this and to offer DTOXification at that same time takes this unique blend.

It is a great formula for transitioning from Vit B depletion to full B utilization and ongoing B support.

Pairs with: Seven Seas, ThyroCare, Nerve Support, Geno 3, MHB

Suggested Use: 1-4 tsp. a day.

Ingredients: Extracts from Asparagus Aerial, Spinach Leaf, Nutritional Yeast: Dried Yeast, Niacin, Pyridoxine Hydrochloride (Vitamin B6), Thiamine Hydrochloride (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid (Vitamin B9), Cyanocobalamin (Vitamin B12), Parsley Leaf, Ginkgo Biloba, Chlorella (algae), Barley Grass Leaf, Cilantro Leaf, Coenzyme Q-10, Alpha Lipoic Acid, Water, Organic Sugar Cane Ethanol, Citric Acid, Potassium Sorbate, Organic Molasses, Organic Cane Sugar, Sea Mineral Complex, fermented in a probiotic culture inactivated after fermentation; preserved with organic alcohol.

Tranquil Care (1 oz.) – Supportive

Supports: Anxiety, emotional stress, daily stress, mental rest

Product Description: Anxiety isn't easy to overcome; sometimes it takes a good night's rest, meditation, or most likely a solution to a problem that has not reached its resolution. When there is an outstanding issue, maybe the support of Tranquil Care will provide that extra help needed to get through the day's stress. This formula includes Silk tree flower, Echinacea, Chaste Tree Berry, Oat Straw, Passionflower, and Hops. It is not addictive and provides what the brain needs for functional mental rest. Best when taken in the evenings. Don't operate machinery while on this product. Not for children.

Pairs With: Geno 2 (worry), Total B (nervous system support), Valerian Care, St John's Care. Natural Sleep, AdaptagenX, Nerve Support, RLX

Suggested Use: 1 dropper 3x a day.

Ingredients: Extracts from Silk Tree (He-Huan-Pi) Bark, Echinacea Angustifolia Aerial, Passionflower Aerial, Oatstraw Aerial, Chaste Tree Berry, Hops Flower, Water, Organic Sugar Cane Ethanol, Citric Acid, Potassium Sorbate

Ultra GL (4/8 oz.) – DTOXification

Supports: Liver/gallbladder vital functions, toxicity from toxic medications

Product Description: The liver offers the most important role in the DTOXification process because it helps to filter toxins. It is the first to break down foods once the digestion passes the stomach. Toxins can enter the body from different sources such as air, water, and foods. Toxins can then easily accumulate in the body, which leads to fatigue (parenchymal outer levels), headaches, and other innumerable gastric pains of a chronic nature. Prolonged toxins reach the parenchymal tissues (outside wall) but the first level of impact is mesenchyme (basic liver tissues). This is especially true if we use excessive alcohol, cigarettes, and sugar or high fructose foods, consumption of processed foods and those that contain preservatives. AGES (glycation due to sugars and proteins) also weigh heavily on the liver.

The liver has a direct impact on many metabolic functions. Plus, both the liver and gallbladder suffer from ingesting the wrong fats and stress from the separation caused by close relationships; therefore, permanent fatigue can set in and impair liver function.

There are many metabolic processes that the liver accomplishes along with making up to 1.5 liters of bile per day, but as a chemical/metabolic processing plant, the liver is a perfect chemical factory that DTOXifies and supports the creation of many enzymes important for the digestion of food. Two phases of DTOXification are processed by oxidation and conjugation. Ultra GL is a great support for those processes. Bile acids are formed in the liver cells, which affect digestion, especially fats. The liver also stores B vitamins and creates glycogen and cholesterol.

Healthy fats don't generate cholesterol or what is called cholesterol damage. The body needs cholesterol to make hormones and provide healing. Healthy cholesterol levels are supported by cream, butter, and eggs. There is false attention given to statin drugs in reducing cholesterol levels that has no true science to prove that statins aren't deadly.

Usually, people do an annual liver cleanse, but constant liver support is vital, instead. Ultra GL, as a tonic, will dramatically support the body's liver functions with a complex herbal blend. Some of the herbs include Beet Root, Celery Stalk (Fresh), Blackberry Fruit, Chaga Mushroom, Burdock, Japanese Chlorella, Quinine Bark, Milk Thistle, Schisandra Berry, Boldo Leaf, Cinnamon Bark, Astragalus Root, Chinese Rhubarb (Da Huang) Root, Fo-Ti (He Shou Wu) Root, Turmeric Root, Chicory Root, Artichoke Leaf, and Chanca Piedra (takes stones out of the liver).

Pairs With: Geno 3, Gen Vitality, Total B, GB Aide, and EndroCare

Suggested Use: 1-4 tsp. a day.

Ingredients: Extracts from Blackberry Fruit, Beet Root, Celery Stalk (Fresh), Chaga Mushroom, Burdock Root, Milk Thistle Seed, Quinine Bark, Japanese Chlorella (algae), Schisandra (Wu Wei Zi) Berry, Boldo Leaf, Cinnamon Bark, Astragalus Root, Chinese Rhubarb (Da Huang) Root, Fo-Ti (He Shou Wu) Root, Turmeric Root, Chicory Root, Artichoke Leaf, Chanca Piedra Aerial, Agrimony Aerial, Green Coffee Bean, Honduran Sarsaparilla Root, Lemon Peel, Raspberry Leaf, Small-Flowered Willow Aerial, Goldenseal Root, Fringe Tree Bark, Gentian Root, Vanilla Bean, MSM, Water, Organic Sugar Cane Ethanol, Citric Acid, Potassium Sorbate, Organic Stevia Leaf Extract, Natural Flavors

Unwind (4/8 oz.) – Special Use

Supports: Neck and Shoulder Tension – Waking with Headaches – Back of head

Product Description: The discovery of this exclusive product, Unwind, comes about through the work of chiropractic research. For years now, they have studied Dura Mater and what it does. In case you are unfamiliar with the dura, Dura Mater literally means “tough mother.” It is the dense, leathery membrane covering and protecting the brain and spinal cord. It has been shown that this dense membrane also prevents some people from fully releasing and coping with situations such as deep emotional stress of a long duration. Sometimes the dura can hold deep tensions and cause waking up with headaches. Unwind aids the body in releasing this wound-up tension while providing the herbal support and nutrients to help the brain/body release those deep thoughts that we stay hung up on—feelings that we cannot seem to let go of. Contains Extracts from: Ashwagandha Root, Asparagus Aerial, Lemon Balm Aerial, Cinnamon Bark (for the tissues), Celandine Aerial (fluid that surrounds it), Boswellia Resin, Southern Prickly Ash Bark, Lavender Flower, Horehound Aerial, Lady’s Mantle Leaf (soften emotional wounds), Wood Betony Herb Aerial (Dura), Tropical Almond, Fulvic Acid, Fennel Seed, Licorice Root, Valerian Root, MSM, and Japanese Knot Weed.

Pairs With: RLX, Geno 2, Valerian Care, Dura Care, Tissue Calming, Terrain Factors, VitaCare, Serrapeptase (secondary aspect of fibrin in the blood)

Suggested Use: 1-4 tsp. a day.

Ingredients: Extracts from Ashwagandha Root, Asparagus Aerial, Lemon Balm Aerial, Cinnamon Bark, Celandine Aerial, Boswellia Resin, Southern Prickly Ash Bark, Lavender Flower, Horehound Aerial, Lady’s Mantle Leaf, Wood Betony Herb Aerial, Tropical Almond, Fulvic Acid, organic acids, and trace mineral, elements, amino acids, and polyphenols, Fennel Seed, Licorice Root, Valerian Root, MSM, Water, Organic Sugar Cane Ethanol, Citric Acid, Potassium Sorbate

VitaCare (1 fl. Oz.) – Supportive

Supports: fatigue, run down, achiness, nasal tissues, sinus, lungs, cold, flu, during and after illness, stress

Product Description: When the body feels achy, tired, and run down, there are some vital nutritional herbs that can help. VitaCare has those herbs, and it is based on Cinchona Bark which is a great tissue alkalizer. VitaCare supports the nasal tissues, the sinus, and the lungs. If there is a ‘scratchy’ feeling, use VitaCare before, during, and after any situation that seems like the FLU or a COLD. Also uses additional extracts from: Chaga Mushroom, Moringa Leaf, European Elderberry Fruit, Yellow Dock Root, Honduran Sarsaparilla Root, Star Anise, Juniper Berry, Shiitake Mushroom Fruit Body, Angelica Root, Rosemary Leaf and Hops Flower.

Pairs With: MHB, Iodine Infusion, Dura Care, Recover Plus, Immune support, Active Zinc, Wholesome C, Hi D

Suggested Use: 1 dropper 3x a day.

Ingredients: Extracts from Cinchona Bark, Chaga Mushroom, Moringa Leaf, European Elderberry Fruit, Yellow Dock Root, Honduran Sarsaparilla Root, Star Anise, Juniper Berry, Shiitake Mushroom Fruit Body, Angelica Root, Rosemary Leaf, Hops Flower, Vanilla Bean, Water, Organic Ethanol, Citric Acid, Potassium Sorbate

Wholesome C (4/8 oz.) – Vitamin/Antioxidant

Supports: Immunity (white blood cell production), collagen synthesis, healthy skin, the absorption of iron, free radical stress, serotonin release, wound healing, joint flexibility, active and healing phases, nose bleeds, soft tissues, gums, connective tissue repair (bruising), post workout

Product Description: Wholesome C is made with wholefood sources and herbs that are the high in vitamin C and bioflavonoids. Whole food vitamin C provides a combination of nutrients, bioactive compounds, and fiber that work synergistically to support overall health compared to Vitamin C synthetic counterparts!

Our top extract in this formula is Camu Camu berries because they are one of the richest natural sources of vitamin C. Wholesome C is a powerful antioxidant that helps protect the body against free radicals, supports the immune system by enhancing the production and function of white blood cells, promotes collagen synthesis for healthy skin, and aids in the absorption of iron (red blood cell production and oxygen transport). Vitamin C is involved in the production of neurotransmitters like serotonin, which promote a happy mood, sleep, and appetite. Overall, Wholesome C can be used for our overall well-being.

If we have adequate vitamin C intake, it can help to downgrade and reduce the duration and severity of cold symptoms. Consuming natural vitamin C from Camu Camu can contribute to reducing oxidative stress and protecting cells from damage. Vitamin C is necessary for the synthesis of collagen, a protein that provides structural support to the skin, bones, tendons, and blood vessels. Adequate vitamin C intake can promote skin health, improve wound healing, and support joint flexibility.

Some research suggests that vitamin C may play a role in mood regulation. It is involved in the production of neurotransmitters like serotonin, which is linked to mood, sleep, and appetite. Adequate vitamin C levels may contribute to improved mood and overall well-being. Vitamin C enhances the absorption of iron from plant-based sources, such as beans, lentils, and spinach. Iron is crucial for the production of red blood cells and the transportation of oxygen throughout the body. Combining natural vitamin C with iron-rich foods can optimize iron absorption. Wholefood vitamin C can help to decrease the length and severity of illnesses (healing phases).

Pairs With: Vita Care, Active Zinc, Dura Care, Tissue Calming Support, RLX. CNT, Terrain Factors, Skyfall, Teeth and Gum, Immune Support

Suggested Use: 1-4 tsp. a day.

Ingredients: Extracts from Camu Camu Fruit, Acerola Fruit, Lemon Peel, Rose Hip Fruit, Wild Cherry Bark, Cranberry Fruit, Buckwheat Seed, European Elderberry Fruit, Pomegranate Fruit, Raspberry Leaf, Black Peppercorn, Water, Organic Sugar Cane Ethanol, Citric Acid, Potassium Sorbate

SECTION 2

OLIGO IONIZED MINERALS



For Educational Training Use Only

Introduction - Oligo Ionized Minerals

Minerals are essential for human health. The body requires a variety of minerals (often called trace minerals or microminerals) in different amounts to accomplish complex physiological tasks. An oligo mineral is created by taking a small quantity of a mineral, ionizing it, then suspending it in an aqueous solution (such as sterile water), resulting in an ionic mineral that is available at the molecular weight (MOL) level—i.e at an ultra-small, nano-sized, cell-communication level. Additionally, since ions (and “ionic” particles) are formed through the exchanging of electrons at the molecular level, which creates positive/negative attractions, ionic particles are in a “ready for use” state. Because minerals that are formulated as oligos are ultra-small and ionized, they are fast-acting and, therefore, highly beneficial in the clinical model. Minerals are typically classified based on their chemical composition and crystalline structure, and oligos are most often found as singles or uniquely combined in ionized pairs. **(Note, because the minerals are ionically suspended, they do not need to be shaken prior to use; the mineral will not settle to the bottom of the bottle. It is easy to imprint into the bottle as well because of the aqueous base.)**

Oligo therapy is a great addition to your clinic—it can become that extra “key component” that you’re looking for in unique situations such as activating specific metabolic functions, enhancing tissue repair, or supporting a client’s particular metabolic pathways. As far as providing targeted support, the bio-individuality of an oligo preparation is supreme. And, due to the simplicity of the preparations, it is easy to match specific minerals, either singly or in combination, to a client’s immediate needs.

Clinical experience has shown that oligo minerals may be used to not only support metabolic processes, but also improve wellbeing. Here are some additional benefits:

- Oligo minerals are **quickly absorbed** by the mucosal tissues of the mouth, entering the bloodstream almost instantly.
- They enhance the **movement of ions** into and out of cells—an essential process within the body.
- They may be used to improve **wellness functions** by operating as a catalyst for several physiological processes. As biological catalysts, oligo minerals activate aspects of metabolism and specific enzymatic functions at both the intracellular and extracellular levels, so you can target your therapy. **For example, manganese can be used for tendon and fascia repair.**
- Oligos form part of the linkages in every DNA protein configuration, and they serve as secondary building blocks **during protein synthesis.**
- They enhance functional **tissue performance and tensegrity** at tissue junctures as well as when bonds are adhering.
- Oligo minerals are uniquely versatile in that they are reused over and over by the body as catalysts in metabolic and enzymatic processes such as **detoxification or absorbing healthy fats.**
- Because mineral deficiencies are becoming more common due to poor diet, using oligos is critical since they bind DNA peptides to allow for **better immune functionality.**
- In regulating the **homeodynamics of the body**, oligos increase effectiveness in enzyme and hormonal functions.
- Oligos, such as **sulfur**, aid in reducing inflammation, heavy metals, and toxicity in connective tissues.
- The oligo **calcium-boron** supports coagulation of the blood and rhythmic functions of the heart and intestines.

- **Cobalt** can regulate the sympathetic and parasympathetic nervous system.
- The oligo preparation of **magnesium** can control membrane permeability, muscular contraction, nerve impulse condition, and the regulation of protein synthesis.

Minerals have been used for centuries in diathesis* therapies by TCM practitioners to correct various imbalances; support cellular repair and modulation; facilitate uptake utilization, enzymatic function, and electron transport; and more—this is not an exhaustive list! Minerals contribute to the expansion of cellular energy (aka valiance) in order to maintain a cell's integrity. Supplying oligo mineral cofactors at precise concentration levels supports many metabolic pathways, thus allowing the body's ongoing healing and detoxification mechanisms to operate without delays.

* “diathesis” is a term meaning various illness patterns

How Oligo Therapy Works

Because biological reactions require enzymes (acting as biological catalysts), concentrations of oligo-level minerals are needed in hundreds, or even thousands, of biochemical-based reactions every minute of the day and night. In order for these reactions to occur at the rate which the body requires for health and survival, the right minerals must be available for immediate use in a free (unbound) state. Some enzymes depend on specific mineral blends acting as cofactors for proper functions in the tissues. These minerals need to be present, but in low concentrations, and they need to be able to be absorbed quickly, thereby allowing the minerals to do their work by normalizing the enzyme and hormonal functions that are necessary to support homeostasis in the body. The body is able to break down minerals into oligos, but, since most minerals are not pure, they have to be isolated through body processes and have ions appended to them before being utilized. Minerals that are already formulated into oligos speed up the process for the body and do not require additional ionization energy to make them available for use.

“Oligo therapy is a simple, noninvasive way to provide the patient with vital trace elements in a simple way. Because the body uses the minerals as catalysts, they bounce [over and over again] from required tissues or enzyme configurations.” Brackets added.

Dr. Caitlin Policastro, NP

General Description and Suggested Use for all Oligos

Supports: Mineral deficiency/excess and catalyst in balancing extracellular matrix.

Product Description: Oligo ionic minerals are designed to be instantly available for absorption through the cell wall and used immediately by the body. They augment cellular and enzymatic functions, each mineral performing a different function—please read the individual descriptions. The best use of Oligo Ionized Minerals is to run a client’s mineral category and test the top three or bottom three of MPR or Duration, particularly if they are in the top MPR of all categories. Oligos are designed to fill in the gaps!

Emotional Pairing: There is a unique and direct pairing between emotions and minerals. Minerals are connected to specific emotions and they impact each other directly. To apply this in the clinical setting, if a person resonates with one or more of these minerals, check to see if it is a deficiency or a toxicity. The emotions connected to a deficiency are noted under each mineral; toxicity would be the opposite emotion. For example, people with toxic calcium can’t let things go, but if they are deficient, they can’t hold things together. Toxicity resonates at a 4Wave; deficiency at 2-8V; and balanced at 1V. To understand this way of thinking—and the Biological Laws—more thoroughly, we encourage you to take the course The Natural Laws of Healing 1 & 2. To gain a deeper understanding of Waves, please attend Voll 2.

Pairs with: Natural Mag, Seven Seas, Ancient Seabed Salt baths

Suggested Use: 1 dropper 3 x a day.

Individual Oligo Descriptions

Oligo - Boron (1 fl. oz.) - “The Integrator”

Supports: Bone metabolism, bone loss, and cell minus bone programs.

Boron is important for bone metabolism; it seems to increase calcium absorption and utilization. It reduces the amount of calcium and magnesium lost through the urine, and it is particularly helpful in postmenopausal women if they are going through age-related self-devaluation (a biological cell minus program; bone loss—osteoporosis).

Emotional Pairing: Working together

Oligo - Calcium (1 fl. oz.) - “The Knitter”

Supports: Bone metabolism, bone loss, and cell minus bone programs.

Calcium is the most abundant mineral in the body; in fact, it comprises as much as 2% of a person’s total body weight. It combines with phosphorus to create calcium phosphate crystals, which form the bulk of the bone matrix. Bones are a dynamic living tissue, constantly being broken down and rebuilt at the cellular level. Through a continual interplay of nutrition and hormonal factors, both bones and teeth can repair themselves to remain vital and healthy. A key part of this interplay, however, is the availability of the right minerals in the body and saliva to maintain healthy rebuilding and repairing processes.

Emotional Pairing: Needing to hold things together.

Oligo - Chromium (1 fl. oz.) - “The Energizer”

Supports: Blood sugar - insulin sensitivity and enhances protein, carbohydrate, and lipid metabolism.

In the 1950s, it was discovered that chromium stabilizes blood sugar levels. Scientists have since learned that it is an active component in what is known as the glucose tolerance factor. Chromium is vital to the function of insulin, which is required by most cells for glucose uptake. Glucose is the primary form of sugar used in the body, and glucose intolerance, the inability to uptake glucose, is the main symptom of diabetes. It is estimated that as much as 90% of the US population is deficient in chromium.

Emotional Pairing: The Energizer.

Oligo - Cobalt (1 fl. oz.) - “The Anti-Fatigue Element”

Supports: Absorption and processing of vitamin B12, red blood cell production (hemoglobin), and an integral part of the smooth functioning of the nervous system (creating myelin sheath).

Cobalt, which is present in vitamin B12, is required for red blood cell reproduction and the normal functioning of cells. It is particularly important in bone marrow, the nervous system, and the gastrointestinal tract. Cobalt plays a role in protecting against pernicious anemia, which is the direct result of the body’s inability to absorb vitamin B12. Low levels of B12 can cause fatigue, nervous disorders, permanent nerve damage, or even death. In addition, cobalt interacts with iodine to promote normal thyroid function, and it also helps establish a healthy day/night rhythm.

Emotional Pairing: Low motivation.

Oligo - Copper (1 fl. oz.) - The “Helper”

Supports: Iron and carries oxygen to every cell.

The role of copper in the blood parallels that of iron. Copper assists iron as it carries oxygen in both hemoglobin (blood) and myoglobin (tissues) for delivery to every cell in the body. A copper deficiency can lead to anemia, resulting in the blood’s decreased capacity to carry oxygen throughout the body.

Emotional Pairing: Needing to cooperate. Excess of copper—known as a “hot head.”

Oligo - Iodine (1 fl. oz.) - The “Metabolizer”

Supports: Thyroid and metabolism.

Almost half of the body’s iodine resides in the thyroid gland. Thyroid hormones control energy metabolism as well as body temperature, reproduction, and growth. Iodine has been found to concentrate in the gastric mucosa, salivary glands, and lactating mammary glands. In addition, evidence suggests that breast tissues require elemental iron and iodine to modulate estrogen.

Emotional Pairing: Needing to make things happen.

Oligo - Iron (1 fl. oz.) - The “Frisky Horse”

Supports: Healthy blood and oxygen transport.

Most of the body’s iron is used to make hemoglobin, but iron is also important in energy release, immune function, and cholesterol metabolism. Myoglobin, which is present in muscles and helps deliver oxygen—therefore, energy—to working muscles, also contains iron.

Emotional Pairing: Consider the energy maker—loss of purpose or will.

Oligo - Magnesium (1 fl. oz.) - “The Relaxer”

Supports: Metabolic processes, muscle relaxation, and enzymatic functions.

Magnesium is involved in the activation of at least 300 different enzymes in the body. It activates the B vitamins, plays a role in protein synthesis, muscle excitability, and energy release. Magnesium is found in the mitochondria, which are the energy centers of the cell. It also regulates the absorption of calcium and adds to the integrity of bones and teeth.

Emotional Pairing: Needing to relax, emotional stress.

Oligo - Manganese (1 fl. oz.) - “The Love Element”

Supports: Energy metabolism.

Manganese is a key component in energy metabolism. It is found in the mitochondria (the powerhouses of the cells), and when manganese is present, more energy is made. It is also a component of many enzymes, including the antioxidant superoxide dismutase (SOD), which participates in the body’s natural anti-inflammatory and detoxification reactions. Manganese supports soft tissues and ligaments during repair as well.

Emotional Pairing: Needing love.

Oligo - Manganese • Cobalt (1 fl. oz.)

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Cobalt, which is present in vitamin B12, is required for red blood cell reproduction and the normal functioning of cells. It is particularly important in bone marrow, the nervous system, and the gastrointestinal tract. Cobalt plays a role in protecting against pernicious anemia, which is the direct result of the body’s inability to absorb vitamin B12. Low levels of B12 can cause fatigue, nervous disorders, permanent nerve damage, or even death. In addition, cobalt interacts with iodine to promote normal thyroid function, and it also helps establish a healthy day/night rhythm.

Oligo - Manganese • Copper (1 fl. oz.)

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Oligo - Molybdenum (1 fl. oz.) - “The Enzyme Activator”

Supports: Function of several enzymes.

Molybdenum is essential to the function of several enzymes that are involved in the breakdown of alcohol and sulfites. It also plays a role in the formation of uric acid, which is a byproduct of protein metabolism. Although uric acid has a bad reputation for causing gout, in normal amounts uric acid may be a powerful antioxidant.

Emotional Pairing: Synthesize, working together.

Oligo - Phosphorus (1 fl. oz.) - “The Light Bearer”

Supports: Bone, brain, and nerves.

Phosphorus, like calcium, is vital for strong bones and healthy teeth; it aids the mineralization process that gives bone its density and strength. Phosphorus is also an important part of cellular membranes, which define the boundaries of the cell, keeping the internal components inside the cell and the exterior material out. It also regulates the passage of material into the cell through the membrane. The phosphorus compound called ATP is very important in energy generation. Phosphorus is controlled to some extent by vitamin D and, of course, works closely with calcium. It helps transform stored glycogen into glucose to stabilize blood sugar levels.

Emotional Pairing: Bringing light, light bearer.

Oligo – Potassium (1 fl. oz.) - “The Great Alkalizer”

Supports: Fluid balance (acid/alkaline), nerve signals, and muscle contraction.

Potassium is the third most abundant mineral in the body. It has an affinity for the inside of the cell; roughly 98% of the potassium in the body is found inside the cells. Of this, 80% is found in muscle cells, while the other 20% can be found in bones, liver, and red blood cells. Biochemically speaking, it is believed that potassium pushes against sodium (and vice versa)—meaning that one opposes the other in cellular processes. Sodium is found outside the cells in “fluid compartments.”

Once inside the body, sodium and potassium both function as electrolytes. When in water, electrolytes dissolve into positive or negative ions that conduct electricity—potassium ions carry a positive charge. The body uses

this electricity to manage a variety of processes, including fluid balance, nerve signals, and muscle contractions. Many important physiological functions are supported with the right concentration of electrolytes in the body, and sudden loss of electrolytes can mean imminent death.

Emotional Pairing: Need for balance from extremes.

Oligo - Selenium (1 fl. oz.) - “The Anti-Oxidant Element”

Supports: Detoxification.

Selenium is a key component in the enzyme glutathione peroxidase, which protects the body from a vast array of harmful substances by breaking down toxins, protecting cells from damage by free radicals, and binding heavy metals such as cadmium and mercury.

Emotional Pairing: Resilience.

Oligo - Silica (1 fl. oz.) - The “Magnetic” Element

Supports: Collagen formation and mineralization of bones and teeth.

Silica is found in bone cartilage and other connective tissues, and it is important in the formation of collagen. Though the highest concentrations of silica are found in the skin, calcification sites (where bone is growing) also contain high concentrations of silica, and it is believed that silica contributes to the organic matrix that allows for the proper mineralization of both bones and teeth. Silica is necessary for the formation of connective tissues, like elastin, which help maintain the integrity of the elastic quality of blood vessels and other tissues. In addition, silica is known for the transport of electrons in tissues and for the structure of tensegrity in cells. Similar to how the Internet functions as a network for the exchange of energy and information, tensegrity provides the structure for the exchange of energy and information in each cell of the body.

Emotional Pairing: Need for optimism.

Oligo - Sodium (1 fl. oz.) - “The Youth Element”

Supports: Fluid balance and energy exchange between the cells.

Over half of the body’s weight is made up of water. It is conventionally understood that the body’s water content is compartmentalized into various spaces called “fluid compartments.” The three main compartments are: fluid within cells, fluid in the space around cells, and fluid within the blood. The body requires an adequate quantity of fluid to function well, but it also needs to keep fluid levels within the compartments from varying. Electrolytes play an important role in balancing these levels.

When minerals dissolve in a liquid, such as water or the fluid in the blood, they function as electrolytes (and they carry an electric charge). Electrolytes help the body maintain normal fluid levels within the fluid compartments. If the electrolyte concentration is high, fluid moves into that compartment through a process called osmosis. Likewise, if the electrolyte concentration is low, fluid moves out of that compartment. To modify fluid levels,

the body can actively move electrolytes into or out of cells. Thus, having electrolytes in the right concentrations (called electrolyte balance) is important to maintain fluid balance among the compartments.

The kidneys also help maintain a balance between daily consumption and excretion of electrolytes and water. One way is by filtering electrolytes and water from the blood, returning some to the blood, and excreting any excess water into the urine. Another way is by stimulating the adrenal glands to secrete the hormone aldosterone. Aldosterone causes the kidneys to retain sodium and to excrete potassium. When sodium is retained, less urine is produced, eventually causing blood volume to increase. Thus, the kidneys help maintain electrolyte concentrations. This is important because if the balance of electrolytes is disturbed, especially by becoming severely dehydrated, disorders can develop.

Some minerals—especially the macro-minerals (minerals the body needs in relatively large amounts)—are important electrolytes. The blood electrolytes—sodium, potassium, chloride, and bicarbonate—help regulate nerve and muscle function, and maintain acid/base balance and water balance. Sodium is present in the fluid outside of the cells to help regulate fluid movement, while potassium functions inside the cells (for more, see the description for Potassium).

Emotional Pairing: Desire to stay young.

Oligo - Sulfur (1 fl. oz.) - “The Heating Element”

Supports: Detoxification, enzymatic reactions, and wellbeing.

Sulfur is found throughout the human body as a part of the structure of proteins, and it is an important component in many enzymes, hormones, and antibodies. Sulfur is reported to give skin its luster and complexion its glow. Two of the B vitamins, biotin and thymine, contain sulfur as a part of their genetic material, and these vitamins are vital for the production of energy. Sulfur also promotes enzymatic reactions; aids in blood clotting; combines with some toxic materials, allowing them to pass out of the body through the urine; and aids in bile secretion from the liver.

Emotional Pairing: Desire for mysticism and the esoteric. Love of beauty. Will to live. Love of life.

Oligo - Zinc (1 fl. oz.) - The “Growth” Element

Supports: Cell growth and replication, sexual maturity, fertility, and reproduction.

Zinc is found in virtually every cell of the body, and it is a component of more than 200 enzymes. It is stored in the muscles and concentrated in the white and red blood cells. High levels of zinc are normally found in men's prostate as well as in fingernails, toenails, hair, eyes, liver, and skin. Zinc is essential to cell growth and replication, sexual maturity, fertility, and reproduction. It supports night vision and immune defense, and it is linked to taste and appetite. The most significant consequence of zinc deficiency is impaired growth.

Emotional Pairing: Need to make things right

Oligo - Zinc • Copper (1 fl. oz.)

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