

GENERAL HEALTH CONCERNS

BENEFICIAL: Strive to increase/improve

- ✓ Review Part 5, "Body Care, Internally"
- ✓ 6-8 cups of purified water daily to hydrate & flush toxins (whether thirsty or not)
- ✓ Life-giving, enzyme & nutrient rich, fresh, raw fruits & veggies (organic whenever possible); Consider juicing
- ✓ Ensure optimal, quality protein intake
- ✓ Review digestion & bowel information, Part 1
- ✓ Consider liver, gallbladder &/or colon cleanses
- ✓ Relax, eat slowly, chew well, appreciate your food
- ✓ Rebalance intestinal microflora; See "Candida" protocol.
- ✓ Exercise; deep breathing; relaxation techniques; etc.
- ✓ Research herbs, homeopathy, energy medicine, etc.

DETRIMENTAL: Strive to decrease/eliminate

- * Investigate possible triggers/sensitivities (environmental &/or food); review "What are 'Hidden' Allergies?", Part 1 Often dairy, wheat, or your favorite foods.
- * Processed, instant, sugar-laden, chemical-laden, hydrogenated/trans fat-laden, 'lifeless' foods
- * Alcohol, caffeine, nicotine, soda pop
- * Understand any side-effects of any medications

FUNDAMENTALS: Review "Support Your Cells with a Healthy Daily Foundation", page 190. Begin all support with one of:

- ✓ **Basic Foundation:** Multi Vitamin/Mineral + Protein
- ✓✓ **Premium Foundation:** Life-Strip or Vitalizer + Protein

Fatigue, tired; Lack of energy, stamina, vitality

ESSENTIAL	IMPORTANT	BENEFICIAL or AS NEEDED
Protein	CorEnergy / Energy Chews	MindWorks
B-Complex	DTX	EZ-Gest
Optiflora	Vitamin C / Vitalized Immunity	CoQHeart
Alfalfa	OmegaGuard / GLA / Lecithin	Herb-Lax
Vitamin D	Vitamin E	Physique / Performance
CarotoMax &/or FlavoMax	Zinc	Calcium/Magnesium
Vivix	Shaklee 180 Energy Tea	NutriFeron

RECOMMENDATIONS: Review "Fundamentals" & "Beneficial / Detrimental" influences listed for this section. Carefully review "Microflora Balance", Part 1 & "Candida" protocol as it is likely a strong contributing factor. See "Blood Sugar Metabolism", "What are 'Hidden' Allergies?" & "Para-Sympathetic/Sympathetic Modes", Part 1. Ensure adequate sleep & relaxation. Have thyroid & adrenal function checked. Have hormone levels checked. Ensure well-functioning digestion & elimination (at least 2 bowel movements per day); see Part 1. Consider liver &/or colon cleanse.

Poor wound healing; Poor recovery from surgery, injuries; Wound infection

ESSENTIAL	IMPORTANT	BENEFICIAL or AS NEEDED
Optiflora	Vivix	NutriFeron / Immunity Formula I
Protein	CarotoMax &/or FlavoMax	CoQHeart
Vitamin C / Vitalized Immunity	GLA / OmegaGuard / Lecithin	Herb-Lax
Vitamins D, E	Zinc	CorEnergy
Alfalfa	Calcium/Magnesium / VitalMag	Shaklee 180 Energy Tea
B-Complex	DTX	
Garlic		

RECOMMENDATIONS: Review "Fundamentals" & "Beneficial / Detrimental" influences listed for this section. Review recommendations for following "Sick often" protocol.

Jet lag

ESSENTIAL	IMPORTANT	BENEFICIAL or AS NEEDED
B-Complex Optiflora Alfalfa Protein Performance	Vitamin C / Vitalized Immunity DTX OmegaGuard / GLA / Lecithin Calcium/Magnesium / VitalMag Vivix	NutriFeron CoQHeart MindWorks Stress Relief Complex Gentle Sleep Complex Shaklee 180 Energy Tea

RECOMMENDATIONS: Review "Fundamentals" & "Beneficial / Detrimental" influences listed for this section. Drink plenty of water with Performance as needed &/or alfalfa; ideally every 1-2 hours of travel to maintain nutrient/electrolyte levels. Investigate homeopathic remedies. Research the concept of "Grounding"; connect to Mother Earth's energy, vibration, gridlines when arriving at your destination; consider sitting or walking barefoot on some grass or sand for 5-10 minutes, or if possible spend some time in a lake/ocean. This is a fascinating topic to research; keep an open mind.

Surgery: in preparation for, recovery from

ESSENTIAL	IMPORTANT	BENEFICIAL or AS NEEDED
Optiflora Protein, Physique, Bars B-Complex Alfalfa Vitamin C / Vitalized Immunity Vitamin D	CarotoMax &/or FlavoMax GLA / OmegaGuard Calcium/Magnesium / VitalMag Vitamin E Herb-Lax	Garlic CoQHeart Stress Relief Complex Pain Relief Complex Vivix Shaklee 180 Energy Tea

RECOMMENDATIONS: Review "Fundamentals" & "Beneficial / Detrimental" influences listed for this section. Investigate use of Arnica (reduces pain, inflammation & trauma) &/or other homeopathic remedies for before & after surgery. Prepare & strengthen the body &/or affected organs/tissues for surgery by providing plentiful amounts of all essential nutrients. Depending on situation, consider a liver &/or colon cleanse in preparation. Support the body by reaching an optimal weight to ease any excess strain/challenge. Strengthen any muscles, joints or areas to be affected by practicing recovery exercises beforehand (if possible); particularly helpful for any orthopedic type of surgery.

Recovery: Additional NutriFeron &/or Vitalized Immunity as needed. Increase Optiflora intake, particularly with &/or after any antibiotic use; see "Candida" protocol & "Microflora Balance", Part 1. Stomach Soothing Complex as needed. Garlic to prevent/address infection. Research effects of any medications. Consider energy techniques (ex. EFT). Stay hydrated with plenty of water & Performance, particularly if food is not well tolerated &/or if weak or lack energy. Protein/Physique shakes to provide plentiful amino acids, the building blocks for all tissue; see "Protein", Part 1. Provide plentiful amounts of all essential nutrients to promote/support optimal healing, minimize scar tissue formation & speed/ease recovery.