

NUTRITIONAL PROTOCOL FOR FIBROMYALGIA OR CHRONIC FATIGUE

WELLNESS PACK

Green Magic	excellent superfood, nourishes the liver, cleanses the blood, helps avoid anemia, nourishes the cells for better energy and oxygen delivery, & immunity
Meal in a Glass	balanced amino acid formula, helps manage weight, stabilizes blood sugar levels to avoid craving, mood swings and fatigue, healthy meal substitute shake.
Golden Omega	essential fatty acids critical to healthy cell repair so important in fibromyalgia, can be added to shake
Vitabalance 2000	multivitamin and mineral to promote optimal cell metabolism and functioning
OptiEnzymes	aids digestion for better absorption of nutrients, reduces problems with food allergies that can lead to leaky gut syndrome, arthritis and autoimmunity.
Nutricleanse	promotes regularity, helps prevent colon cancer, hemorrhoids & diverticulitis, assists the colon to remove toxins from the body, & balance hormones.
Megapro	antioxidant formula that helps protect the body's cells from oxidative damage that can lead to fatigue, <u>aging, & toxicity and reduces risk of cancer.</u>

ADDITIONAL NEEDS

FibroPro	needs in fibromyalgia, with malic acid & magnesium
BioCoral Calcium	helps neutralize lactic acidosis that contributes to muscle pain and fatigue, helps relax, better sleep
Bee Pollen	provides natural B vitamins to assist the metabolic cycle in energy production, essential brain nutrient

SignaCell AM	Cell rejuvenator, and antioxidant protection
AlphaCell PM	Anti-aging formula promotes continued production of the body's own HGH (growth hormone for cell repair and regeneration)
Liver Chi	Chinese herbal extract to enhance liver function, helps detoxify liver and blood, restore balance and support the body's energy production systems.
Kidney Enhancer	Chinese herbal extract tea taken daily helps support the kidney and adrenal gland, relieve the effects of chronic stress, and improve energy reserves.
Magnum C	special vitamin C formulation with magnesium and potassium, moves C into the cells where it is needed most, fights infection, aids cell repair, improves gum health, antioxidant, aids in mineral absorption, fights cancer, decreases allergies.
MSM	natural pain reliever, detoxifier, catalyst in energy production, tissue synthesis, immune support
Bioavail 265	Coenzyme Q 10 is essential to energy production in the muscles and heart, also enhances immunity
Ionic Trace Minerals	minerals are essential for energy transfer in the body, most soils in U.S are depleted, and so diet often deficient, ionic minerals are best-absorbed form of supplement available.
Daily Shake with:	Green Magic, Meal in a Glass, Aloe Papaya Juice, Probiotics, JAF, ORAC, Golden Omega, Kidney and Liver Teas, BioCoral Calcium, Earth's Harvest, Lecithin, Longevity Tea, Ionic Trace Minerals