

## CORE SUPPLEMENTS



Given the thousands of different supplements available on the market today, it is often difficult to decide what any one person should take to maximize their health and minimize the chances for disease.

Clearly, the American diet, no matter how healthy, cannot supply all of the nutrition needed to combat the stress, pollutants and toxins we are all

exposed to on a daily basis. Food was never meant to protect us from all of that.

The Core Group is a collection of the supplements that I feel everyone should take daily to help ensure their best health. These natural treatments focus on providing those key nutrients that science has repeatedly shown to be the most beneficial to us.

From antioxidants to acidophilus and fish oil to immune support, years of cumulative research study have shown these supplements to be consistently nourishing.

The Core Group should be the basic foundation of your daily vitamin regimen on which you can build your best health.

### Time-tested Nutrient Powerhouse GREEN TEA EXTRACT

by My Best Health

- **Maximum potency without caffeine**
- **Ever growing list of health benefits**



Green tea may be the world's most studied herb. It seems that every week a new health enhancing discovery is made in support of green tea.

Scientists know that people who regularly consume green tea (six to eight cups daily) are healthier and have fewer diseases than those who do not. In the laboratories of major universities and research centers, green tea has been found to boost the

immune system, kill cancer cells, stop heart disease, lower cholesterol, annihilate microbes (like viruses, bacteria, fungi, and yeast), reduce blood sugar, increase bone density, and improve allergies and asthma.

Green Tea is as close to an all-in-one powerhouse supplement as there ever was. Green Tea Extract by My Best Health is specially processed and concentrated to give our patients the equivalent of five to six cups of green tea benefits in every capsule, without any caffeine.

Take two capsules of Green Tea Extract daily, and then next time you hear a glowing research report about green tea in the news, you can just smile quietly (and proudly) to yourself.

PRODUCT #	SIZE
148	60 cap

### Back to Nature BONE

by My Best Health

- **Helps build healthy bone**
- **Joint Protection**



Healthy joints start with healthy bones. Weak bones are more likely to lead to degenerative arthritis. Our BONE formula contains all of the vitamins and minerals in the proper proportions needed to build and maintain healthy bones and joints.

PRODUCT #	SIZE
104	120 cap



## Easy Way to Get Greens into your Diet

### GREEN GEMS

by My Best Health

- Great taste!
- 17 Fruit and Vegetables



It's hard to eat five or more servings of fruits and vegetables every day. For patients trying to lose weight, the added calories of healthy fruits can actually be converted into body fat.

While most green powders require you develop an "acquired taste," Green Gems is a great tasting, easy-mix powder that even "veggie-wary" children will enjoy. Green Gems has no grittiness or after-taste but still contains all of the powerhouse nutrients of more than 17 fruits and vegetables. Green Gems contains all these nutrients but with the calorie equivalent of just one serving of broccoli. Green Gems also contains the nutritional superstars, spirulina and wheat grass, to aid in daily detoxification.

As part of a healthy diet, add one or two scoops of Green Gems to water, juice, or any smoothie, once or twice daily. Great for the whole family.

PRODUCT #	SIZE
236	240 gm

## Recipe for Success

Every person is unique, and each person requires his or her own special diet. It is my long-held belief that two people cannot read the same diet book and get the same results. There are two main reasons for this.

First, people have different genetics. We are all designed to respond differently to foods. You probably already know of foods that make you feel unwell or cause skin rashes or breakouts. You probably know some people who can eat those same foods and feel just fine. Similarly, there are some foods that will cause elevated blood sugars or weight gain in one person but not the other. Genetics explain these differences.

The other reason people need personalized diets is that people like different foods. A Chinese person cannot read a Bulgarian weight loss book and be

## Fish Story

### Ultra-pure FISH OIL

by My Best Health

- "Calms immune system and inflammation"
- Omega-3 reduces joint pain



Multiple clinical trials have proven that people who eat fish live longer than those who do not. Certain wild-type fish such as salmon, sardines, trout and halibut are rich sources of omega-3, the good fat.

The body cannot really "burn" omega-3 fats to heat up the joints. So the more good fats, like omega-3, and the less bad fats (oils from corn, safflower, palm, sunflower seeds, cotton seeds) you have in your diet the cooler your joints will be.

Fish oil supplements can also help calm the immune system and reduce the attack on the joints. Some fish may contain high levels of unhealthy mercury, and many fish oil supplements are contaminated with mercury. Our Ultra Pure Fish Oil has been pharmaceutically purified and independently tested to ensure that it contains no mercury or other harmful heavy metals and toxins.

PRODUCT #	SIZE
141	60 gel

successful. Bulgarian food may be fine for a one-time dinner at a restaurant or friend's home, but not as a permanent dietary change. Culture-sensitive nutrition programs are critical for long-term success. A diet should contain foods that are familiar and comfortable to you. Otherwise you will not stick with the diet.

The Chinese have a saying: If you go back to what you have always done, you will get what you have always gotten. Changing your diet for just a few months and then returning to your "old habits" is not a successful strategy. You must make dietary changes you can live with and work for you.

My specialties are Internal Medicine and Nutrition, and I have helped countless patients achieve and maintain healthy weights. **For assistance with weight management and blood sugar control, call my office so we can set up a personalized program at your next appointment.**

## Round Out Essential Vitamin Needs AM/PM MULTI-VITAMIN

by My Best Health

- Delivers high potency nutrients when the body needs them most
- Avoids vitamin-vitamin interactions



To combat fatigue, you should also be taking a balanced multi-vitamin such as AM-PM by My Best Health, which is also available in our Natural Pharmacy. AM-PM will help round out all of your essential vitamin needs for maximal energy support.

Our AM/PM multi-vitamin system provides high potency nutrients when the body needs them most and avoids vitamin-vitamin interactions.

NAME	PRODUCT #	SIZE
Vitamin AM	100	60 cap
Vitamin PM	102	60 cap



## Repopulate Gut with Healthy Bacteria

# VITAFLORA & BENEDOPHILUS

by My Best Health

Both intestinal bacteria and yeast can also contribute to intestinal gas and bloating because these little critters eat your undigested food and release 'gas' as a by product. To re-populate your gut with healthy bacteria, use VitaFlora for the large bowel and BeneDophilus for the small bowel.

## Anti-oxidant CARDIOVITE

by My Best Health

- Fight disease and aging
- Promotes health



B-vitamins are really a family of vitamins, so you need to take a properly balanced B-vitamin supplement especially when taking extra B-12 supplementation.

CardioVite by My Best Health is a uniquely formulated B-vitamin supplement for patients needing extra B-vitamins or those taking additional

B-12 supplementation such as B-12 shots or "No Shot" B-12.

While oxygen breathes life into virtually every living thing on the planet, oxygen also slowly damages our vital organs in a process known as oxidation. Oxidation is also what causes metal to rust and newspapers to turn yellow over time. To counter the harmful effects of oxygen, scientists have looked toward a special class of molecules called anti-oxidants.

CardioVite provides anti-oxidant supplementation that not only prevents disease but also promotes health. This formula includes grapeseed extract, 25 times more powerful an antioxidant than vitamins C and E that has also been shown to help the body fight disease and aging.

PRODUCT #	SIZE
106	60 tab



NAME	PRODUCT #	SIZE
VitaFlora	207	60 caps
BeneDophilus	117	60 caps

## Necessary Protection SURE-SORB CO-Q10

by My Best Health



Like any other organ, the brain can benefit from the support of anti-oxidant supplements.

Co-Q10 is a powerful anti-oxidant and support nutrient used in clinical research studies of the brain and nerves. Co-Q10 also offers powerful anti-aging support.

PRODUCT #	SIZE
267	30 cap
286	120 cap

## 3 Times More Potent than Synthetic NATURALLY D

by My Best Health

- **Water suspended for superior absorption**
- **Treats muscle aches and arthritis pain**
- **Improves bone health**
- **Lowers risk of heart disease**



Natural vitamin D is three times more potent than synthetic vitamin D. Our liquid "Naturally D" supplement contains natural vitamin D suspended in drops of water for superior absorption.

Everyday scientists are learning more about the benefits of supplementing with natural vitamin D including improvements in bone health, treating muscle aches and arthritis pain, and lowering the risk of heart disease and certain cancers.

Usual Dosage: One to five drops daily as directed by Dr. Hirt.

PRODUCT #	SIZE
271	2.33 fl oz

## Protects Body from "Oxidizing"

## LIPOIC CR

by My Best Health

- **Protection from hardening of the arteries**
- **Provides all-day protection**
- **Last 3x longer than other brands**
- **Helps neuropathy**
- **Helps blood sugar**



Having been identified more than 50 years ago, alpha lipoic acid has long been appreciated for its potent anti-oxidant protection of the brain, nerves, heart, and arteries. This type of protection means a slowing of the aging process.

For patients with diabetes, alpha lipoic acid can help to reduce blood sugar levels and protect the body from the damaging "oxidizing"

effects of high blood sugar, such as hardening of the arteries and nerve damage (also known as neuropathy). Alpha lipoic acid also supports patients with other causes of neuropathy including chemotherapy, toxin-induced, and age-related.

Further boosting its anti-oxidant powers, alpha lipoic acid also helps the body recycle vitamins C and E.

Alpha lipoic acid is so powerful an anti-oxidant that it was used to treat victims of the Chernobyl nuclear accident and was shown to normalize affected internal organs and substantially reduce radiation-induced oxidative damage.

Now, you probably are not dealing with a disaster of this magnitude, but it is nice to know that the supplement you are taking is protecting you as if you were.

Lipoic CR has been proven to last three times longer in the blood than other brands, and therefore can provide all-day protection from the oxidative forces of aging and disease.

Usual Dosage: Take two tablets before breakfast and one before dinner for all day protection.

PRODUCT #	SIZE
255	60 tablets

## World's Most Powerful Antioxidant SPRING CHICKEN

by My Best Health

- *Targets cancer cells*
- *Boosts mitochondria (the cellular energy generator)*
- *Supports anti-aging*
- *Good for patients who are tired*
- *Important for heart and artery health*

Resveratrol is natural compound of the stilbene family that is found mainly in grapes, berries, plums, peanuts, and pine bark. Resveratrol is a potent supplement for human health because its effects can prevent cancer, reduce the harmful effects of inflammation, and is directly anti-aging.

Resveratrol blocks cancer formation at three critical steps (initiation, promotion, and progression). It has also been shown to kill certain types of cancer cells, such as breast cancer.

For anti-aging, resveratrol activates sirtuins, a recently discovered family of longevity enzymes that keeps cells long-lived and maintains youthful vitality. Resveratrol also blocks the plaque-building effects of cholesterol in arteries, boosts Nitric Oxide (a nutrient critical for healthy arteries and blood flow), and reduces the inflammation that causes aging, degenerative changes, arthritis, tendinitis, dermatitis,

as well as brain and nerve diseases (such as memory loss, Parkinson's, neuropathy).

In recent studies, mice given methyl-resveratrol lived three times longer than mice who did not receive it. **This is the most impressive longevity boosting effect in recorded scientific research.**



Most over-the-counter resveratrol supplements contain trans-resveratrol which is quickly removed from the blood stream and therefore not capable of acting as an anti-aging powerhouse.

Spring Chicken contains methyl-resveratrol (the identical supplement used in the anti-aging clinical trials; not the trans-resveratrol sold in over-the-counter supplements) which lasts ten times longer in the body, providing all day protection against disease and aging. Usual Dosage: Take two capsules (together) daily before meals on an empty stomach.

PRODUCT #	SIZE
287	60 cap

## Fights Harmful Germs

### L.T.P.

by Ecological Formulas

- *"T" cell Special Forces*
- *Reduces severity of respiratory infections*



L.T.P. is a thymus gland extract, a little appreciated part of the immune system's "T" cell Special Forces unit. "T" cells are critical to a healthy functioning immune system.

Thymus gland extracts help fight harmful germs and can reduce the number and severity of respiratory infections in adults and children who repeatedly get sick.

PRODUCT #	SIZE
163	60 cap

## Food & Hormones

*The liver is the organ responsible for processing and maintaining a healthy hormonal balance in the blood. Certain lifestyle choices, foods and supplements can help the liver function at an optimal level which reduces the likelihood of problems of hormonal imbalance.*

*Foods such as meat, fowl, fish, flax seed, cruciferous vegetables (like broccoli and cauliflower), regular exercise, and supplements including B vitamins, DIM (a cruciferous extract), I-3C (a cruciferous extract), calcium d-glucarate, Kudzu (an herb), and omega-3 fats (from fish oil) all can support the liver in maintaining healthy hormone levels.*

*On the other hand, foods that negatively affect hormones include alcohol, dairy (particularly yogurt and hard cheeses), sugar, caffeine, and grains (like wheat, oats, barley, rye, and rice). This is not to say that you should never enjoy any of these foods, but if you have a documented hormone problem or suspect you have hormone issues, then you should try to minimize these foods in your diet.*

## Strengthens Body Tissues

### STRONG BODY

by My Best Health

- *Helps maintain strong constitution*
- *Supports healthy hair, nail, and skin*
- *Targeted support for weakness and fatigue*
- *Important for post-op recovery*
- *Aids patients on juice fasts*



Strong Body by My Best Health is a “no crash” formula that helps keep a body strong and healthy, especially when under physical stress. This herbal blend is time-tested and made by master herbalists to ensure quality and effectiveness.

Strong Body supplies the best herbal support for patients trying to maintain their good health or for those trying to reclaim it. These herbs create a tonic that is

important for patients needing to strengthen the body’s tissues or speed recovery when tissues are damaged by accidents or surgery.

Strong Body is also used by patients concerned with weak or thinning hair, skin and nails. This herbal formula also helps patients who on are juice fasts to assist the body in cleansing.

Usual dosage: Take three to four capsules three times daily for intensive therapy and two capsules twice daily for maintenance.

PRODUCT #	SIZE
316	150 cap

## Reduces “Easy-Bruising”

### SUPER C

by My Best Health

- *Macular degeneration*
- *Heart attacks*
- *Strokes*
- *Hardening arteries*
- *Cancer*
- *Common cold*



There is no vitamin that has been studied more intensely than vitamin C. And while vitamin C is no cure-all, science continues to tout the many medical benefits of vitamin C supplements which is why Super C is an important part of the Core Group vitamins you should take daily.

As we age, vitamin C becomes more important to help fend off and treat many

age-related conditions. Super C can help support the body in defense of macular degeneration (the leading cause of blindness in U.S. adults), heart attacks, strokes, hardening of the arteries, cancer, the common cold (of course), and diabetes (by reducing the harmful effects of high sugar on body tissues).

Super C is also very popular among our patients because it helps reduce the easy-bruising of delicate or aging skin which means fewer inexplicable black-and-blue marks.

Super C contains a highly absorbable, buffered, easy-to-digest form of vitamin C along with bioflavonoids, a group of powerhouse nutrients that significantly boost the anti-oxidant effectiveness of vitamin C.

PRODUCT #	SIZE
190	90 cap



## Good Old-fashioned Tonic

# VITA-TONIC

by My Best Health

- Blend of health-sustaining herbs
- Daily Detox
- Essential minerals
- Intestinal healer
- Maintain healthy vitality and energy
- Longevity formulation of Earth's best herbs
- Nourishes tissues with plant nutrients
- Maintains circulation
- Clear daily toxins (especially after detoxing)
- Corrective for modern lifestyle (and "excuses")
- Gentle bowel balancing



Vita-Tonic harkens back to a day before modern medicine. When healers used only plant extracts to nourish and heal patients. Vita-Tonic is the multi-vitamin equivalent of an all-in-one herbal therapy that helps you every day to maintain and restore optimal wellness.

The herbs of Vita-Tonic enhance circulation, clear toxins, balance the bowels, provide nutrition, and give energy. Vita-Tonic is a "longevity" formula because it helps

the body carry out the essential functions of nourishment and waste removal.

Vita-Tonic is a must for patients who just completed a detox and want to maintain a clean system. This unique herbal formula helps to balance our modern living excuses such as those that include phrases like "no time," "on the run," "too tired," and "I splurged."

### HOW IT HEALS:

Inside our bodies is a fire that burns at 98.7F. It is a metabolic fire that burns fuel to create energy. Just like a camp fire, the burning of fuel creates ash (or waste). This ash must be disposed of or it will eventually smother the fire. So to with humans, our metabolic fire creates waste that must be eliminated or it will eventually clog and smother us. We eliminate these wastes through our breath, bowels, urine, mouth, nasal passages, ears, eyes, and skin.

Optimal health requires our blood to circulate to every cell, carrying to the cell nutrition and carrying away from the cell its waste. The heart and muscles serve

as pumps to send the blood on this life-giving journey through the body. Without sufficient rest, exercise, movement, and breathing every day and throughout the day, the blood does not circulate optimally. This means that cellular nutrition is not properly delivered, and cellular waste is not properly removed.

Areas of injury also affect circulation. Even minor injuries and bruising are areas of stagnant blood where nutrition and waste removal are not happening as they should. Circulation is more than having warm hands and toes. Those of you with cold body parts definitely have circulation problems which prevent optimal wellness.

Vita-Tonic contains a unique blend of herbs to maintain the robust circulation that is necessary for disease-free living. Vita-Tonic also contains herbs that provide the body with energy and open channels of waste elimination through the lungs, kidneys, and skin.

Vita-Tonic is also nutrition because it provides essential plant minerals to the liver and other important organs. These minerals are necessary for a healthy liver and strong body tissues. Even the best of diets cannot provide the comprehensive range of important vitamins and minerals found in Vita-Tonic.

Vita-Tonic is also blended with plant fats that help to nourish the liver and lining of the arteries to prevent gallstones and arteriosclerosis (hardening of the arteries), the leading cause of death in the United States.

Another benefit of Vita-Tonic is an herbal blend that helps to control intestinal parasites. These parasites include worms, fungi, yeast, bacteria and viruses. Intestinal parasites are not just a problem for travelers to Third World countries. These problems occur everywhere and are compounded by our sub-optimal diet. Vita-Tonic supports the healthy intestinal bacteria and parasites while killing the disease-causing intestinal parasites.

The powerful blend of herbs that are Vita-Tonic make it a daily must-have supplement to support critical bodily functions. If you take a multi-vitamin, then think of Vita-Tonic as a multi-herb formula to promote health and longevity.

Usual Dosage: To maintain health and vitality, use one tablespoon in eight ounces water twice daily. If you are ill, use two tablespoons in eight ounces of water twice daily. If you are very ill, use three tablespoons in eight ounces of water twice daily.

PRODUCT #	SIZE
303	16 oz