

IT'S A MAD, MAD WORLD



Fatigue is one of the top reasons patients seek medical care. Some of the most common sources of fatigue come from sleep problems, hormone imbalances, vitamin deficiencies, poor nutrition, stress, depression, and illness.

Fixing fatigue is all about restoring balance in your body and in your life. This way you will have increased energy and resilience to handle life and the many drains on your internal "battery." Specific hormones are secreted at specific times of the day

that help to regulate our body's energy. Specific nutrients are needed at specific times of the day to supply our mind and body with the fuel to perform vital functions.

Overcoming fatigue starts with respecting your body for what it can and cannot do. First what your body cannot do.

- **It cannot operate optimally on less than 7 ½ to 8 hours of sleep.**
- **It cannot operate without a minimal supply of critical vitamins and nutrients.**
- **It cannot operate without the properly timed release of key hormones.**

In putting together a personalized program to help you overcome your fatigue, we will need to address these fixed limitations of your body. By doing so, we will help get your body back into proper alignment and nutritional balance. For the complete program ask for the "Free of Fatigue" brochure.

Restorative Sleep, Morning Brightness

SENTRA PM

by Physician Therapeutics

- **Improve sleep quality**



Sentra PM is a medical food that provides the brain with the nutrients needed to make serotonin and acetylcholine, two key brain hormones that are necessary for experiencing restorative sleep and morning brightness.

For patients who snore, Sentra PM has also been shown to reduce snoring and improve sleep quality. Sentra PM can also be used to treat patients

with Fibromyalgia, Chronic Fatigue, and Post Traumatic Stress Syndrome.

PRODUCT #	SIZE
188	60 cap

"Rise and Shine" Feeling

SENTRA AM

by Physician Therapeutics

- **Increase mental alertness**



Sentra AM is a medical food that provides the brain with the nutrients needed to make glutamate and acetylcholine, the two hormones that are responsible for much of the "Rise and Shine" feeling many patients long for in the morning. Taking Sentra AM immediately on waking will increase mental alertness, clarity of thought, and memory.

Sentra AM can also be used to treat patients with Fibromyalgia, Chronic Fatigue, and Post Traumatic Stress Syndrome

PRODUCT #	SIZE
187	60 cap



Maintains Good Energy Levels

EASY-GO IRON

by My Best Health

- More absorbable
- Less constipating
- Rapid blood iron boost
- Strong nails and hair



Iron is a critical mineral that helps blood carry life-sustaining oxygen to every cell in the body. Iron is also necessary to help maintain good energy levels, hair density and growth, and strong nails.

The problem with most iron supplements is that they are typically irritating to the stomach or cause constipation. Easy-Go Iron is made from 100% chelated

iron that is absorbed just as iron from food sources is absorbed. This makes Easy-Go Iron more absorbable and less constipating than most other iron supplements.

The chelated iron used in Easy-Go Iron has been clinically proven to rapidly boost blood iron levels which means you can start feeling and looking better sooner.

Usual Dosage: Take one to three capsules daily as directed by Dr. Hirt. Iron supplements should not be taken within two hours of calcium supplements or within four hours of thyroid medication.

PRODUCT #	SIZE
262	120 cap



SURE SORB Q10

by My Best Health

- 800% better absorption than synthetic version



Coenzyme Q10 (CoQ10) is a powerful anti-oxidant that helps to block oxidative damage to the blood vessels, heart, kidneys, and brain. Blood levels of CoQ10 build to their highest levels in the first 20 years of life and then start to decline so that by the time a person turns 80 their CoQ10 levels are less than they were at birth.

CoQ10 is found naturally in foods in very small amounts and is also made by the liver

along the same production lines as liver-manufactured cholesterol. Statin medications (such as Lipitor, Crestor, Pravachol, Zocor, Lescol) block cholesterol production in the liver and also inadvertently block the liver's production of the very important CoQ10. Patients taking cholesterol reducing medications and herbs need to supplement with CoQ10 so that their bodies can be protect by the anti-oxidant benefits of CoQ10.

CoQ10 is so powerful an anti-oxidant that it has been shown to reduce blood pressure in patients with hypertension, reduce blood sugar in diabetics, protect the heart and kidneys from patients with cancer receiving certain types of chemotherapy, reduce headaches frequency by 30% in patients with migraines, strengthen the heart in patients with congestive heart failure, help treat patients with Parkinson's disease, boosts energy in patients with fatigue, and can lengthen the survival of patients with breast cancer.

CoQ10 has been so well studied for its therapeutic health benefits that it is available only as a prescription in some countries such as Japan where it is the sixth best selling drug in Japan.

CoQ10 is a powerful and beneficial supplement but most products are made with inferior, synthetic powders and gels that are not well absorbed. In clinical trials, Sure Sorb Q10 proprietary, patented, and all-natural Coenzyme Q10 was absorbed nearly 800% better than synthetic, powdered CoQ10. Sure Sorb Q10 represents the best of pharmaceutical grade effectiveness that is unmatched by any competitor product on the market today.

PRODUCT #	SIZE
267	30 cap
286	120 cap

Iodine Supplementation

IODORAL

by Optimox

- Supports patients with low thyroid function
- Boosts metabolism
- Supports patients with fatigue
- Reduces cancer risk
- Average Japanese adult gets 13.8 mg iodine daily
- Helps treat: ADD, hardening of arteries, breast diseases, hemorrhoids, chronic infections, keloid scars, liver disease, ovarian disease, parotid duct stones, sebaceous cysts and more...

WHAT IT IS:

- Iodine supplementation
- Supports healthy thyroid function

WHY YOU NEED IT:

- Supports patients with low thyroid function
- Helps boost metabolism
- Supports patients with fatigue
- Reduces cancer risk
- Helps prevent goiter
- Helps treat many diseases (Attention Deficit Disorder, hardening of the arteries, breast diseases, Dupuytren's contracture, excess mucous production, fatigue, hemorrhoids, headaches (and migraines), high blood pressure, chronic infections, keloid scars, liver disease, ovarian disease, parotid duct stones, Peyronie's disease, prostate disorders, sebaceous cysts, thyroid disease, vaginal infections).

Iodine is an essential nutrient for human health. Dietary sources of iodine include seaweed, shellfish, meat and eggs (but only if the animals' diets are supplemented with iodine). Fruits and vegetables contain little to no iodine because over-farming has reduced the iodine in the soil to negligible levels. Only farms right along the ocean coasts have significant iodine in their soil because of wind-carried sea spray that gets into coastal farm land.

Government regulations used to require iodine supplementation in flour and salt. Today, only salt has added iodine but not sufficient amounts to protect Americans from iodine deficiency. Many Americans are clinically iodine deficient because seaweed and shellfish are not part of our daily diet, and only 50% of Americans use any iodinated salt. Most white cooking and table salts (with or without added iodine) is toxic to our bodies and should not be consumed regularly.



HOW IT HEALS:

Iodine is necessary for proper thyroid function, but it is also necessary for proper function of every cell in your body. Even though iodine is concentrated in the thyroid, it can be found in all of the body's tissues and fluids.

Through laboratory testing, your iodine level can be determined. If you have a deficiency of iodine, then proper supplementation can help to restore your good health and prevent many of the iodine-deficiency related diseases listed above.

Contaminated water and food additives block the absorption of some of the iodine we get from our diet. For many patients, this makes iodine supplementation necessary for good health.

The average Japanese adult gets 13.8 mg iodine daily from their diet while Americans receive but a small fraction of this dietary dose. Dietary iodine is thought to explain the lower cancer risk and better overall health that the Japanese enjoy relative to Americans.

Usual Dosage: Iodorol dosing is determined based on laboratory testing.

NAME	PRODUCT #	SIZE
<i>Iodorol</i>	248	90 tabs
<i>Iodorol 50 mg</i>	250	30 tabs



Replenishes Low Iron Levels

FLORADIX

by Flora

- The Answer to "Doc I'm tired."
- No stomach upsets
- No constipation



One of the most common patient complaints to their doctors is "Doc, I'm tired."

And one of the most common reasons for this fatigue (especially in women) is iron deficiency.

The dreaded, constipating, stomach-turning prescription iron supplement has been replaced with Floradix, a time-tested blend of iron rich foods and herbs. Floradix comes in an easy to swallow

coated tablet and can help replenish low iron levels safely and naturally.

To help Floradix get absorbed even better and to assist with energy levels, I recommend that Floradix be taken with the amino acid, Taurine.

Remember that iron interacts with both calcium and thyroid medicine and should not be taken within four hours of each other.

PRODUCT #	SIZE
221	90 tab



Energy Boost

NO SHOT B-12

by Continental Vitamin

- Keeps energy up between B12 shots
- Preferred by many over B12 injections

I am often asked by patients if sublingual tablets of B-12 or B-12 pills would also work as well as B12 shots, known for their legendary energy boosting effects. After a long search, I have found the high dose supplement, 'No Shot B12,' works very well and is preferred by many over the B12 injections. 'No Shot B12' can also be used to keep energy levels up

Improved Well-being

GINSENG

by Pure

- Improve energy
- Improve memory
- Improve math skills
- Improve reaction times
- Relieve menopause symptoms



Ginseng has long been cherished as a nutritional supplement called an "adaptogen." Think of an adaptogen as a general tonic for improved well-being. Ginseng is the granddaddy of adaptogens and has been extensively studied in scientific research. Ginseng has been shown to not only improve energy but also memory, math skills, reaction times, blood sugar levels in diabetics, menopause symptoms, and sexual dysfunction in men.

The biggest challenge with using Ginseng is getting a high quality extract. According to independent testing organizations such as *Consumer Reports* and *ConsumerLab.com*, most Ginseng brands falsely manufacture their products, putting far less ginseng (and sometimes none at all) in the bottle than what they claim on the label. Our Natural Pharmacy supplies Ginseng by Pure which has been independently analyzed to contain the highest concentration of active ingredients on the market today.

PRODUCT #	SIZE
172	60 cap

between B12 shots.

Because B-vitamins are really a family of vitamins, you need to take a properly balanced B-vitamin supplement, such as CardioVite by MyBestHeath and a balanced multi-vitamin such as AM-PM when taking B-12 injections or No Shot B-12.



PRODUCT #	SIZE
224	60 tab

Natural Treatment for Fatigue **EARTH MINERALS**

by My Best Health

- Natural source of plant iodine and minerals
- Corrects iodine deficiency
- Provides many important minerals for optimal health
- Boosts thyroid function and metabolism
- Important for cellular energy
- Important for breast, ovarian, and prostate health
- Supports strong immune function



Earth Minerals is a blend of organically grown plant extracts that are rich in iodine and other essential minerals. These herbs are liquefied to provide superior absorption of iodine and work well as a natural treatment for iodine deficiency and routine supplementation.

Most Americans eat a diet that is deficient in iodine. Iodine rich foods include sea vegetables (ie...seaweed) and seafood. A lack of dietary iodine increases your risk for thyroid problems (including goiter, nodules, and thyroid cancer), cancer (breast, ovarian, prostate, and uterine),

fertility problems, and menstrual irregularities. Every cell in the body needs iodine.

As its name suggests, Earth Minerals is also an abundant source of plant derived minerals that are critical for the health and strength of the body's organs, skin, hair and nails.

The ingredients of Earth Minerals are extracted in a natural alcohol base. The alcohol may be burned off by placing a dose of Earth Minerals in four to six ounces of hot water and waiting two to three minutes for the alcohol to evaporate.

Earth Minerals is best used with ATP CoFactors to treat fatigue and maximize iodine absorption.

PRODUCT #	SIZE
318	16 oz

Supports Strength and Endurance **ANDRAL**

by My Best Health

- Boosts blood testosterone levels
- Natural herbal formula
- Drug-free
- Improves sense of well-being
- Supports healthy sex drive
- Optimizes sexual performance
- Restores overall vitality



After age 30, hormone levels start to decline. Both men and women can experience symptoms of low testosterone which include lower libido, reduced sexual performance and orgasmic response, decreased enjoyment in life, feeling sad and grumpy, reduced athletic and aerobic abilities, decreased performance at work, loss of height, and after-dinner fatigue. Boosting testosterone levels can help to reverse these

symptoms and improve quality of life.

HOW IT HELPS:

Andral is an all-natural supplement that helps to boost the levels of active testosterone (also known as "free" testosterone) in the blood. Within two weeks of taking Andral every day, active testosterone blood levels increase. Andral does not contain any testosterone but rather helps your body release testosterone that is stuck to blood proteins.

Think of it this way. When your money is tied up in a bank CD, you can't touch it. It's your money. You know exactly where it is, but you cannot spend it until the CD matures.

When your blood testosterone is tied up with blood proteins, your body cannot use it. Andral releases this bound-up testosterone so that your body can use it. Up to 98% of all your testosterone is tied up with blood proteins. When you take Andral, it is like the bank giving you access to 98% of the money in your CD even though it's not time yet.

Clinical studies have confirmed that Andral boosts active blood testosterone levels and helps people feel better. The ingredients of Andral also support proper brain chemistry to help you maintain a healthy mood.

PRODUCT #	SIZE
320	120

My Best Health

A Premium Vitamin Mineral System

A Foundation of Health

Eating a “balanced” diet is not sufficient to ensure that you and your family are getting the correct amount of all of the essential vitamins and minerals your body needs everyday for proper nutrition. “Balanced” diets are routinely deficient in specific nutrients that are important for your optimal health.

A good multi-vitamin is essential to good health. Studies continue to show that people who take a daily multi-vitamin generally live longer, healthier lives and have lower risks of heart disease, stroke, and macular degeneration.

The multi-vitamin you chose should form the foundation of your daily supplement regimen. Additional supplements can target specific weaknesses or prevention strategies, but your overall program must rest on a solid multi-vitamin system.

Night and Day

When I was looking for a comprehensive, high-quality multi-vitamin, I could not find one. So, I created the My Best Health Multi-Vitamin System, and this is the multi-vitamin system my family and I rely on everyday. I personally oversee the manufacturing of these vitamins and reformulate the vitamins as new research sheds light on vitamin therapy.

The difference really is “night and day” because the My Best Health Multi-Vitamin System is designed to be taken in the morning and the evening. This allows the right nutrients to be delivered at the right times and removes the vitamin-vitamin interactions that plague the “once-a-day” vitamins.

Vitamin Interactions

There are some vitamins that are best taken in the morning and others that are best taken in the evening. And just like medication reactions, there are vitamin-vitamin interactions.

A “once-a-day” vitamin is incapable of delivering vitamins to the body when they are best absorbed and is loaded with vitamin-vitamin interactions. For example, America’s most popular vitamin, Vitamin C, and America’s most popular mineral, calcium, interact with each other and should not be taken in large doses together because they cancel each other out.

Some vitamins should be taken in the morning (like B-vitamins) and some (like bone-building calcium) should be taken at night.

For the complete program, ask our staff for the “My Best Health: A Premium Vitamin Mineral System” brochure.

Relief from Chronic Pain

THERAMINE

by *Physician Therapeutics*

- **Increase brain endorphins**
- **Blocks pain signals**
- **Helpful for fibromyalgia,**
- **headaches, back pain, joint pain, muscle strain**
- **No risk of addiction or overdose.**



Theramine is classified by the F.D.A. as a medical food and is not a drug even though it is only available through a physician for the treatment of pain and inflammation.

The human brain contains its own “pain killer” molecules (also called endorphins) which are released internally to numb pain. Most of us have experienced this “numbing” effect when we suffer an acute

injury and do not feel any pain immediately or even for a few days.

Patients in chronic pain often have depleted nearly all of their own endorphins and therefore feel a more heightened level of pain because they have little of their own endorphins left to offset pain sensations.

Theramine works by increasing brain endorphins that help slow and block the pain signals sent to and from the brain. Theramine has been tested in patients with a wide variety of pain conditions including fibromyalgia, headaches, back pain, joint pain, and muscle strain. The benefits of Theramine peak after approximately 60 days of continued use.

Unlike other pain killers, Theramine is non-toxic and has no risk of overdose or addiction.

PRODUCT #	SIZE
199	60 cap

NAME	PRODUCT #	SIZE
AM Vitamin	100	60 cap
PM Vitamin	102	60 cap
Bone	104	120 tab
Cardio vite	106	60 tab
Complete Set	108	

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

Speed up Iron Absorption

TAURINE

by My Best Health

- **Boost energy levels**
- **Natural amino acid**

Taurine is a natural amino acid (protein building block) that helps iron be better absorbed into the body. Iron is one of the most difficult minerals to get into the body and taurine can help speed up iron absorption.

Taurine also can independently boost energy levels, safely and naturally.



Supports Patients with Low Energy CARDIOVITE

by My Best Health

- **Important for health and wellness**



CardioVite by My Best Health is a specially balanced multivitamin supplement designed to enhance health and energy. The role of B vitamins in health and energy is well established, but the correct ratio of vitamins is not found in most B complex vitamins. Since 1997, CardioVite has been providing the

correct forms of B vitamins in the proper ratio.

In addition to a well crafted vitamin, CardioVite also contains important nutrients that most B complex vitamins do not. These nutrients include tocopherols (the complete, balanced family of vitamin E), vitamin C, and Grapeseed extract. These specially formulated antioxidants work to promote health and help strengthen your body against aging and disease.

“Energy for today and Good health for tomorrow” is what makes CardioVite a unique and important core supplement for your daily regimen.

PRODUCT #	SIZE
106	60 tab

PRODUCT #	SIZE
194	90 cap

High potency Vitamin B5

COFACTORS

by My Best Health

- Reduces seasonal allergy symptoms
- Boosts adrenal function
- Helps promote wound healing after surgery



Like other B vitamins, vitamin B5 is absolutely necessary for human health. B5 is critically important for the metabolism of dietary carbohydrates, proteins, and fats. It is also necessary in order to get energy out of food and into the body's tissues. Vitamin B5 also helps the body to manufacture many of the hormones that support our body.

Without enough B5 people complain of sleepiness, fatigue, headache, numbness of the hands and feet, leg muscle weakness, heart irregularities, stomach problems, moodiness, and an increased susceptibility to infections.

PRODUCT #	SIZE
334	100 cap

Improves Mood

SAM-e

by My Best Health

- Fights fatigue
- Increases energy



SAM-e increases energy and mood and reduces joint pain in patients with arthritis. Although it is found naturally in the liver, SAM-e is a prescription in Europe where it is widely prescribed.

PRODUCT #	SIZE
185	30 tab

Energizes Cellular Metabolism

ATP COFACTORS

by Biomicotek

- High potency B-2, B-3 supplement
- Essential nutrients for maximal energy
- Energy boost
- Helps the body convert food into energy



A core requirement for enjoying vibrant energy is to have an active metabolism, and one of the main vitamins that regulates metabolism is iodine. Iodine is necessary for the health of every cell in the body and is especially important for thyroid hormone which cannot be made without sufficient iodine.

Getting this iodine into every cell in the body is the job of ATP Cofactors, a precision blend of vitamins B-2 and B-3. Once inside, iodine can activate cellular metabolism which *en masse* you experience as “get up and go” energy.

ATP is a natural cell molecule which works like gasoline for your car. Your body's cells burn ATP to create warmth and energy. Cells need energy to do their work. For example, a thyroid cell needs energy to make thyroid hormone, a brain cell needs energy to calculate the tip on a restaurant check, and muscle cell needs energy to move you.

In addition to helping iodine get into each body cell, ATP Cofactors also directly helps each cell make ATP, the “gas” that fuels our cells and our bodies. Once your car burns up the last drops of gas, the car stops. Similarly, once your cells burn up their last ATP, they die.

Keeping your cellular ATP storage tank full is critical to having an energy-rich life, and ATP Cofactors provides the key ingredients for this important process.

PRODUCT #	SIZE
249	90 tab



Blocks Stress-related Burnout

BOUNCE BACK

by My Best Health

- Support for Adrenal Fatigue
- Natural energy boost



On the go, eating on the run, little sleep, and little time. Illnesses that linger. Recovery that is prolonged and incomplete. These are some of the causes and consequences of being stressed out.

Left untreated, this condition will shut your body down. It will force you to stop doing what you want and start paying attention to the body you are taking for granted.

This condition is called Adrenal Fatigue (or Burnout).

Your adrenals are a pair of triangular-shaped organs that sit atop the kidneys and produce life-sustaining hormones. They are part of the special “fight or flight” hormone response system. Without adrenal function, you would die within hours of total body collapse.

By pushing ourselves beyond safe levels and without recovery time, many of us get dangerously close to this edge.

Bounce Back contains adrenal hormones and nutritive herbs to help support a stressed-out body (which needs more adrenal hormones right away) and to help nourish back to health the over-spent adrenals. Fatigue is the most common reason people come to see doctors, and weak adrenals is almost always one of the contributors, even if it is not the primary cause.

If illness or a “go-go” lifestyle are putting you at risk for Adrenal Fatigue or if you are already there, Bounce

Back can help you feel better now and simultaneously start supporting your system for a permanent recovery.

HOW IT HEALS:

Adrenal Fatigue means just that: your adrenals are “tired” and are not supporting you fully. The adrenals secrete many hormones, best known among these is cortisol. Cortisol is an important hormone (you cannot live more than a few hours without it). Its primary purpose is to turbo-charge our energy output by directly stimulating cells to work harder and by maximizing the effectiveness of other hormones.

The adrenals do not have an inexhaustible supply of hormones. You can overtax your adrenals which will leave you feeling washed-out and spent. Bounce Back is a combination of adrenal extract (the source of natural cortisol) and herbs that help to nourish the adrenals back to full power.

Bounce Back is an important component of a complete adrenal recovery program, and part of this program has to include proper rest, proper nutrition, and stress reduction. If you ignore the first, telltale signs of adrenal burnout and persist in pushing your body and mind hard, then you are setting yourself up for a much harder fall.

Your body is wise, but it does not function independently of the mind. Stress is the cause or exacerbant of most diseases and requires you to take action to reduce or neutralize it, especially when your adrenals start to buckle under the pressure. Mental stress causes all of the same biological responses as physical stress and is thus equally damaging to the body. Take care to heal both the mind and the body when stress gets out of control. Bounce Back can be a cornerstone treatment in this important effort.

PRODUCT #	SIZE
297	60 cap



Boosts Serotonin EASY-DOES-IT

by My Best Health

- **Natural, non-habit forming**
- **Boosts serotonin, the “feel good” hormone**
- **Supportive for insomnia, weight loss, stress, depression, fibromyalgia**



Easy-Does-It is made from an extract of the African seed pod of Griffonia and contains 5-HTP (5-hydroxytryptophan). Our bodies can turn 5-HTP into serotonin which is known as the “feel good” hormone because it is one of three key hormones that help us feel happy, satisfied, full, sleepy, and peaceful.

Lately, the whole world seems to have a deficiency of this hormone.

Some people are just born with a natural deficiency of this hormone and other may “run out” of serotonin due to stress and burn out. Easy-Does-It can help restore a normal level of serotonin in the body and support people who are suffering with the symptoms of a serotonin deficiency.

These symptoms include trouble getting or staying asleep, insatiable carb or sugar cravings, feelings of anxiety and panic, chronic low mood or feeling “blue”, and fibromyalgia complaints (tender, aching muscles, hypersensitive pain response, poor sleep quality, fatigue, and morning stiffness).

5-HTP has been tested in these conditions and found to offer patients meaningful relief without the side effects and dependency of prescription medications. 5-HTP has been tested against some prescription anti-depressant medications and works as well in clinical trials.

If you have trouble getting a good night’s rest, cannot lose weight because of cravings, feel stress-out or anxious, have depression, or symptoms of fibromyalgia (tender, aching muscles, hypersensitive pain response, poor sleep quality, fatigue, and

morning stiffness), then Easy-Does-It could be the natural supplement that helps to get you feeling like your old self again.

HOW IT HEALS:

Imagine a three-legged stool with one of its legs accidentally manufactured with one leg a little shorter than the other three. On flat ground, the stool will wobble because of the one shorter leg. The foundation of your mental health rests on three “legs,” three hormones that help to keep brain chemistry in balance. These three hormones are dopamine, norepinephrine, and serotonin.

If you have symptoms that include trouble getting or staying asleep, insatiable carb or sugar cravings, feelings of anxiety and panic, chronic low mood or feeling “blue”, and fibromyalgia complaints (tender, aching muscles, hypersensitive pain response, poor sleep quality, fatigue, and morning stiffness), then you may have been born with or developed a deficiency of serotonin.

In other words, the three-legged stool on which your mental health rests may have been simply manufactured (from birth) a little too short or been worn down (due to stress), causing you to experience an uncomfortable unsteadiness of mood, sleep, weight, and pain.

When you use Easy-Does-It, it is like putting a nutritional supplement right under the shortened serotonin “leg” to balance your brain chemistry.

When you take Easy-Does-It, the body quickly transports it to your brain and efficiently converts it into needed serotonin. This can help your brain make up any serotonin shortfall and help you feel more like...you.

Usual Dosage: For weight loss, depression, anxiety, and fibromyalgia, take one to two capsules three to four times daily, preferably before meals on an empty stomach. For insomnia, take one to three capsules on an empty stomach at bedtime and/or on waking in the night.

PRODUCT #	SIZE
309	90 cap



Induces Calm and Tranquility

THEANINE

by My Best Health

- A component of green tea
- Supports a healthy mood
- Targets patients with anxiety, insomnia
- Non-habit forming



Theanine is the major amino acid found in green tea. Unlike the stimulatory effects of caffeine, theanine does the opposite, inducing a natural feeling of calm and tranquility.

Theanine by My Best Health comes from a specialized extract of green tea and is decaffeinated. Theanine can be used regularly or on an “as needed” basis for patients wanting to maintain a healthy,

balanced mood.

Theanine has also been used by patients with stress-induced high blood pressure to help support a lower blood pressure by countering the effects of anxiety. Theanine does not cause mental cloudiness or fatigue as do prescription medications like alprazolam (Xanax) or lorazepam (Ativan).

Usual dosage: Take one to three capsules before meals every four to six hours or as needed to maintain a balanced mood.

PRODUCT #	SIZE
197	60 cap



Supports Healthy Liver Function

LIVER BALANCE

by My Best Health

- Supports healthy gallbladder function
- Skin problems
- Energy problems
- Mood problems
- Digestive problems



Only your brain performs more vital functions than your liver. One of the main jobs of your liver is to cleanse the blood as it travels through your body. Like other filters in your car and home (air filters, water filters), the liver can stop working effectively when it is full of trapped waste and toxins.

Common conditions that are linked to a clogged liver/gallbladder system are acne, eczema, hormonal problems, bipolar disorder, depression, anxiety, loss of libido, constipation, indigestion,, sluggishness, fatigue, upset

stomach, chills, vomiting, and persistent low-grade fevers.

Liver Balance provides necessary herbal support to your liver and gallbladder so that they can function at optimal levels.

HOW IT HEALS:

Liver Balance is based on a time-tested herbal blend that has been in use for over 70 years. The Liver Balance formula is a blend of wild yam, cramp bark, fennel seed, ginger, catnip, peppermint, olive leaf, maple syrup, glycerin, sorghum molasses, and wild oregano.

When taken daily, this formula also helps the liver to self-clean and rebuild. Without proper support, the liver will cease to function fully, and this can cause any number of diseases and feelings of ill health.

Liver Balance is a companion formula to Liver Cleanse. Liver Balance helps to support and rebuild the cells of the liver and gallbladder. Liver Cleanse helps the liver and gallbladder to discharge its toxic burden nightly while you sleep.

So critical is the liver to your health, you can only live but a matter of hours without it because your body will shut down under the tremendous burden of unfiltered, toxic blood. Liver Balance and Liver Cleanse work together to keep this vital organ clean and functional.

PRODUCT #	SIZE
294	16 oz

Restorative for Nerves and Brain

LIVER CLEANSE

by My Best Health

- *Daily liver detoxification*
- *Promotes healthy gallbladder*
- *Fights fatigue*
- *Maintain good health*
- *Helps battling cancer*
- *Aids healing*
- *Slows aging process*



In the concrete jungle of the modern city, we are constantly being exposed to hundreds of unwanted, dangerous chemicals that cause diseases ranging from heart attacks to cancer. While we may be living in the 21st century, our bodies are basically working off of a 50,000 year old design that was created long before there was chemical pollution.

Mother Nature was quite smart in our basic design and did include some internal “filters” to help

clean our bodies of outside pollutants. Internal organs like the liver, kidneys, and spleen are your body’s filters, and they work much like a water filter attached to a faucet.

Your liver, for example, works much the same way as a water filter. All of the blood in your body passes through your liver which filters out chemicals, drugs, and other pollutants. “Dirty” blood enters the liver and then gets filtered “clean” before it re-enters the blood stream. This process clogs your liver with “waste” just like a water filter.

But you cannot “change out” your liver like you change out a water filter. So, our only viable option is to regularly cleanse our liver, kidneys and other filter organs.

If you do not routinely clean out your internal filters, then “dirty” blood continues to circulate in your body and the disease-causing chemical deposits in your body build up, leading you to certain misery and/or premature death.

My sixteen years in medicine have convinced me beyond doubt that this phenomenon is real.

Many people are familiar with the concept of detoxification, cleaning the body of unwanted toxins. Every so often, they take a few days or weeks and cleanse their bodies. This practice is helpful but

insufficient.

Since the body is exposed to toxins every day, wouldn’t it be wise to do a little detox every day to keep the liver healthy? Daily liver detox is the purpose of Liver Cleanse. Liver Cleanse is simple, gentle, and effective.

HOW IT HEALS:

Liver Cleanse is a unique blend of oils from olives, soybeans, flax seeds, grape seed, gravel root, marshmallow root, mullein, skullcap, black walnut bark, comfrey, olive leaf, and wild oregano.

When you swallow fats and oils, your stomach sends chemical signals to your liver so that the liver and gallbladder can prepare to release bile. Bile is necessary to help the body digest fats. The liver can also secrete toxins into the bile so that these toxins are carried out of the liver and into the gut from which they can be expelled out of the body via your bowel waste.

By using Liver Cleanse every night (preferably on an empty stomach), the liver and gallbladder are triggered to dump toxin-loaded bile into your gut so that it can be excreted in your bowel movements.

Liver Cleanse also performs another critical benefit to good health maintenance. The soybean oil in Liver Cleanse is a rich source of plant lecithin that the liver can convert into human lecithin. Lecithin is a key component of healthy brain tissue, artery lining, and nerve lining.

For patients who already have diseases involving these organs, Liver Cleanse can support healing and recovery by supplying a medicinal dose of an important tissue building block, lecithin.

By improving brain structure and function, lecithin also helps to support patients with anxiety, depression, memory loss, and degenerative brain conditions such as Multiple Sclerosis, Parkinson’s, TIAs (mini-strokes), and memory loss.

Liver Balance is a companion formula to Liver Cleanse. Liver Balance helps to support and rebuild the cells of the liver and gallbladder. Liver Cleanse helps the liver and gallbladder to discharge its toxic burden nightly while you sleep.

Liver Balance and Liver Cleanse work together to keep this vital organ clean and functional.

PRODUCT #	SIZE
295	16 oz

Increases Energy NUTRA-GO

by My Best Health

- Provides all essential nutrients for optimal health
- Intensive Vitamin / mineral therapy
- Scientifically certified formula
- Clinically proven to boost immune system

University researchers developed and tested the Nutra-Go formula in some of the most challenging clinical environments, including HIV hospital wards. These researchers were looking for a natural treatment to boost immune function and energy in HIV patients. Their research findings confirmed that Nutra-Go was effective.

Further trials and clinical usage has also

documented the effectiveness of Nutra-Go in less critically ill patients with burn-out and fatigue issues.

To restore sub-optimal health, use eight (8) Nutra-Go capsules twice daily. To maintain optimal wellness, use four (4) Nutra-Go capsules twice daily.

Nutra-Go requires a large number of capsules for treatment, but many are the benefits for those patients who take the full dosage of Nutra-Go twice daily as directed.



PRODUCT #	SIZE
323	120



Nature's Herbal Band-aid STRONG BODY

by My Best Health



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

- 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

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

Gets Rid of Intestinal Parasites

PARACARE

by My Best Health

- All natural and organic • Nothing else like it.



Parasites are types of bugs, worms, bacteria and fungi that feed off of other creatures (including humans) and plant life. Parasites are designed by Nature to keep the Earth clean because they “eat” the waste of living organisms.

Parasites are not all “bad.” For every one human cell, there are four parasites helping to keep it clean.

Disease develops when the parasite population overgrows, and this occurs because of parasite overfeeding. When cells are fed un-natural food, they make an un-natural amount of waste. Un-natural foods are those that are processed, boxed, canned, fried, colored, preserved, chemically treated, and chemically fertilized.

An overgrowth of parasites can cause a variety of diseases including skin diseases (acne, psoriasis, eczema, rashes), intestinal problems (abdominal pain, colitis, Irritable Bowel Syndrome, constipation, diarrhea, liver toxicity), heart disease, atherosclerosis, arthritis, high blood pressure, fatigue, and many more.

Given the type and quantity of processed foods we eat, there are very few people who would not benefit from a Parasite Cleanse using ParaCare. Parasite overgrowth is a widespread and endemic problem and everyone requires treatment as part of regular health maintenance and detoxification.

HOW IT HEALS:

ParaCare is like no other parasite treatment on the planet and has yet to be duplicated. ParaCare has been developed for over 70 years and contains some of the most powerful de-worming, anti-parasitic herbs ever used.

Wormwood is a classic herbal de-wormer and is a flagship ingredient in ParaCare. The wormwood used in this formula is picked from a sustainable, organic field of wormwood plantings that have been nurtured by a single farmer for over 10 years. The result is an herb so potent it has no peer.

ParaCare also contains Black Walnut, another classic herbal de-wormer. Few know that the true power of Black Walnut comes only from the male bud, a little shoot that the male tree sends up at the top of its branches for only one or two days a year. These male buds are harvested for ParaCare at the peak of their herbal power. No other de-worming herbal formula uses this premium ingredient.

The olive tree is the oldest type of tree on record that man has been using for food and medicine. The olive leaf has very strong anti-microbial properties and is known to kill nearly every virus, bacteria, fungi, and parasite when properly dosed. ParaCare contains organic olive leaf extract from California olive groves.

I do not know why intestinal worms don't like pumpkins seeds, but when you swallow the crushed seeds, the worms leave in a hurry. ParaCare includes the seeds of this Fall classic, too.

When ridding your home of pests, everyone knows that you need to both kill the pest and its eggs; otherwise, the eggs will hatch after the treatment and cause a re-infestation. ParaCare includes clove extract to help clear the intestines of parasite eggs.

ParaCare also includes a unique blend of anti-parasitic vinegars. The Apple Cider Vinegar in ParaCare is a blend of vinegars that have been aged three years and 100 years (from the Amish). Like wine, vinegar gets better with age and becomes a much more potent medicine. Pineapple vinegar is also included in ParaCare. Pineapple helps the body detox heavy metals (especially lead) and is a longevity fruit, known to be a key dietary ingredient in long-lived tribes with life spans documented to be over 100 years.

The oregano oil in ParaCare is imported from Turkey where the strongest, most potent medicinal oregano is grown. Oregano oil, like olive leaf extract, is a natural antibiotic and anti-parasitic remedy.

To maximize the effectiveness of each ingredient, ParaCare is a blend of glycerin syrup and tincture of alcohol. This anti-parasitic syrup/tincture is the only one of its kind.

Usual Dosage: A Parasite Cleanse typically takes one month, using one (1) tbsp of ParaCare twice daily. You will need two (2) 16 ounce bottle of ParaCare for a one month treatment. A Parasite Cleanse should be done at least once a year or as symptoms/disease develops.

PRODUCT #	SIZE
289	16 oz

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