

Female Pattern Baldness Remedy

BIOTIN

by Allergy Research

- **Helps brittle nails**
- **Blood sugar control**



Biotin is an essential vitamin found in many different types of foods, including dark green vegetables, eggs, nuts, and dairy products. Without enough biotin in their bodies, patients can experience hair loss, red and scaly skin rashes (particularly around the nose and mouth), thin and brittle finger and toenails, numbness and tingling of the hands and feet, as well as elevated blood

sugar levels.

While severe biotin deficiencies are rare, I have successfully used biotin as part of my Female Pattern Baldness remedy. Sorry guys, biotin does not seem to help Male Pattern Baldness. However, biotin can help both men and women with brittle nails and help diabetics get better blood sugar control and have less limb numbness when used as a comprehensive diabetic therapy program.

PRODUCT #	SIZE
118	60 cap

Repairs Vaginal Tissues

YEAST ARREST

by Vitanica



Yeast Arrest is an all natural vaginal suppository designed to treat Candida infections, enhance local immune response, and help repair vaginal tissues. Each capsule of Yeast Arrest contains boric acid, calendula flowers, and Oregon grape root.

PRODUCT #	SIZE
225	28 sup

Restore Vaginal Health

GY-NA-TREN VAGINAL SUPPOSITORIES

by Natren



Vaginitis is an inflammation of the delicate lining of the vagina and is characterized by a discharge of various colors and consistencies along with itching, burning, and sometimes light bleeding.

When an abundance of friendly bacteria are present in the vagina, the vagina will feel normal and balanced. Scientific studies have confirmed that the friendly bacteria are important because they help the vagina maintain a healthy acidic pH.

Gy-Na-Tren contains the proper amount and type of friendly bacteria that are necessary to maintain and restore vaginal health.

PRODUCT #	SIZE
151	14 sup

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.

PRODUCT #	SIZE
194	90 cap

Promotes Hair Density and Growth

EASY-GO IRON

by My Best Health

- More absorbable
- Less constipating
- Rapid blood iron boost
- Maintains strong nails



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

Balances Woman's Monthly Cycle

CYCLE SOOTHER

by My Best Health

- PMS
- Fatigue
- Irritability
- Mood swings
- Cramping
- Breast tenderness
- Fluid retention
- Bloating
- Weight gain
- Food cravings
- Poor memory

Cycle Soother is a blend of ten herbs from Native American and Chinese Herbal traditions to help support and balance a woman's monthly cycle.

Cycle Soother is designed for clinical assistance with PMS, fatigue, irritability, mood swings, cramping,

Improves Hair, Skin and Nails

MAIDEN FARE

by My Best Health

- Highly absorbable
- Rebuilds osteoporotic bones
- Thickens hair
- Reduce wrinkles and skin roughness



Silica is the second most abundant molecule on the Earth after oxygen and is naturally found in our bodies. Silica helps strengthen the body's protein superstructure. The problem with using silica (the main ingredient of sand) as a supplement is that silica is not well absorbed into the body when swallowed.

Maiden Fare contains a unique and highly absorbable form of silica that helps to refresh and

nourish the body's structural proteins, especially benefitting the proteins of the hair, skin, nails, and bones.

Studies lasting five months have shown that the specially formulated silica in Maiden Fare can reduce facial wrinkles by 30% by naturally increasing skin collagen, reduce facial skin roughness by 30%, thicken hair, and rebuild osteoporotic bones.

Maiden Fare helps create beauty and strength from the inside out.

Usual Dosage: Take one capsule twice daily with meals.

PRODUCT #	SIZE
269	60 cap

breast tenderness, fluid retention, bloating, weight gain, food cravings, and poor memory.

Usual Dosage: Take one capsule twice daily. As symptoms improve, Cycle Soother may only need to be taken after ovulation (typically Day 14 of 28 with Day 1 being the first day of menstrual bleeding).



PRODUCT #	SIZE
273	60 cap

Special Herbal Blend for Patients 40+

FORMULA 40

by My Best Health

- Balances hormonal changes in men and women
- Retards effects of aging
- Keeps body balanced
- Smooths hormonal changes



Something changes in the body when you turn 40. Fat appears where it hadn't been before. You seem to get up a little slower and go down a little faster. You may ache where you didn't know you could and find more gray hairs than you can keep track of.

Herbs can assist the body in remaining strong and balanced by supporting key hormones and functions. Formula 40 provides these

important herbs that allow the body to resist the sign and symptoms of aging.

Along with a proper diet, sensible exercise regimen, and balanced lifestyle, Formula 40 helps to keep your body on track for the next forty years. Formula 40 is designed to help both men and women live a dynamic second half and should be part of everyone's core nutritional supplement regimen.

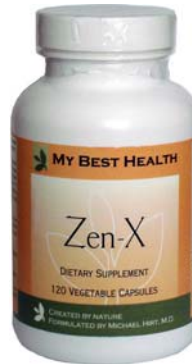
PRODUCT #	SIZE
314	150 cap

Promotes Inner Calm

ZEN-X

by My Best Health

- Traditional Chinese formula
- Calms jittery nerves
- Reduces anxiety
- Non-habit forming



Zen-X is traditional Chinese herbal formula used for more than 700 years to promote a sense of inner calm. Zen-X works by reducing anxiety, calming jittery nerves, and supporting both the nervous and immune systems during periods of stress.

Stress kills, and it does so by allowing hormones and chemicals of the "Fight or Flight" response to weaken

nearly every organ system when allowed to rage unchecked over time. The immune system and adrenals are very sensitive to prolonged stress attack. Nearly every disease can be caused or made worse by stress.

It is important to recognize when you are under stress and then to take immediate action to stop your physiological response to stress before it does irreparable harm. Zen-X can help you buffer the effects of stress on your mind and body.

Zen-X is a safe, non-habit forming formula and can be used with other stress-reducing supplements including: Easy-Does-It, Theanine, Satiety-Ease, Ultra Pure Fish Oil, and Somnacare.

Usual Dosage: Two capsules three times daily 10 to 15 minutes before meals.

PRODUCT #	SIZE
263	120 cap



Reduces PMS Symptoms

ACTIVE 6

by My Best Health

- Heart healthy
- Headache relief
- Relieves carpal tunnel
- Helps asthma treatment
- Prevents kidney stones
- "Fast Acting"
- Activated "B" Vitamin



Active 6 is the "go-ready" and more effective form of vitamin B-6. Active 6 is an essential vitamin that is needed for the health of every cell in your body.

In medicinal doses, Active 6 has been shown to help treat a large number of symptoms including headaches, heart disease, asthma, diabetic neuropathy, kidney stones, PMS, carpal tunnel syndrome, and certain pregnancy related

problems (including morning sickness, preeclampsia, birth defects, and frequent miscarriages).

Active 6 works best when taken with MAGnificent, a chelated magnesium supplement.

PRODUCT #	SIZE
333	100 cap

Same Results as Hormone Therapy IGNATIA HOMACCORD & KLIMAKHEEL

by Heel

- Improve quality life
- Immediate results

Ignatia Homaccord and Klimakheel are part of Dr. Hirt's homeopathic menopausal treatment plan.

Without the use of hormones, Ignatia and Klimakheel have been shown in scientific studies to provide comparable mood and well-being benefits as women using hormone therapy. These are important symptoms to treat and contribute greatly to the overall quality of life of peri-menopausal women.

Results can sometimes be felt immediately but should be expected to peak in approximately two months.

Treats Water Retention

PHYTODIURECTIC

by Wise Women

- Natural "water pills"
- Prevents bloating
- Time-tested herbs



Water retention is a common complaint of women during the end of their menstrual cycle or after eating salty, sweet, or carb-packed meals and snacks.

Phytodiurectic contains a blend of time-tested herbs that act like natural "water pills" to help the body eliminate excess water. This herbal remedy can be used to treat symptoms once they have occurred or as prevention when bloating and water retention are likely.

PRODUCT #	SIZE
218	2 oz



NAME	PRODUCT #	SIZE
Ignatia Homaccord	157	50 ml
Klimakheel	160	100 tab

Supports Your Liver and Kidneys

BLESSED THISTLE

by My Best Health



Blessed thistle is the common name for the herb *Silybum marianum*, long appreciated through the centuries by medicine men for its tonic health benefits.

And now modern herbalists know why.

Blessed Thistle helps the liver detoxify the blood and regenerate both the liver and kidney tissues when injured by the foods, drug, and

chemical we ingest or inhale. It also has been shown to lower blood cholesterol, blood sugar, and insulin levels without side effects. Recent studies have also shown extracts of Blessed Thistle to help estrogen work more effectively and efficiently in the body.

Blessed Thistle can be used by patients currently using medicines that tax the liver or for patients with high cholesterol, blood sugar, elevated insulin levels, and liver or kidney concerns.

PRODUCT #	SIZE
270	60 cap

Addresses PMS Symptoms

PROMENSA

by My Best Health

- **Natural, bio-identical progesterone cream**
- **Supports healthy progesterone levels**
- **Important for mood balance and sleep**

During a normal menstrual cycle, progesterone blood levels start to rise during the second half of the cycle and peak on Day 21. As progesterone levels fall during the last week before menstrual flow, some women experience PMS symptoms such as irritability, bloating, fluid retention, cramping, fatigue, headaches, and food cravings.

ProMensa is a natural, bio-identical progesterone cream that supports normal progesterone levels which target PMS symptoms. The natural progesterone in ProMensa also provides a calming effect which can also assist patients with insomnia, particularly during the second half of the menstrual

Building Blocks for Hair, Skin & Nails

HSN PRO

by My Best Health



Hair loss, brittle nails, and skin problems seem to be affecting an increasing number of patients. The core causes of these issues seem to be caused by nutritional deficiencies, environmental toxins, as well as hormonal and genetic triggers.

HSN (Hair, Skin, Nails) Pro is designed to help patients who may present with a wide variety of conditions but share similar causes. HSN Pro has been formulated to include the correct doses of the key vitamins and minerals to support healthy tissues. Also included are herbs and phyto-nutrients that help support the body to heal weak and damaged proteins, the building blocks of your hair, skin, and nails.

HSN Pro forms part of the core treatment strategy for Female Pattern Baldness, brittle nails, and skin disorders.

For best results, take HSN Pro with Biotin by Allergy Research Group.

PRODUCT #	SIZE
238	90 cap

cycle.

Each pump of ProMensa contains progesterone four (4) mg. ProMensa may be used throughout the menstrual cycle as some women always have suboptimal progesterone levels. Typically, the dose for the first part of the menstrual cycle (which begins on the first day of menstrual flow) is half the dose for the second part of the menstrual cycle (which begins after ovulation, typically on day 14 of a 28 day cycle).



At bedtime, apply one to five pumps of ProMensa to the inner arms as directed.

PRODUCT #	SIZE
330	2 oz

Essential for Pregnant Women

BRAIN FOOD

by My Best Health



Brain Food is an essential supplement for pregnant and nursing women because it contains DHA, one of the omega-3 fats. All jokes aside, our brains are made largely of DHA fat, and rapidly growing fetuses and infants need extra DHA to build large and healthy brains.

Research studies show that mothers who use DHA supplements during pregnancy and nursing have

babies with better visual, motor, and cognitive skills. Brain Food is made from plants, not fish, so there is no risk of contamination with mercury or other toxins typically associated with fish.

DHA is good for the mom, too, as it has been shown to reduce the risk of macular degeneration and heart disease.

PRODUCT #	SIZE
325	60 cap

“Ready, Willing & Able”

R.W.A.

by My Best Health

- **Low sex drive remedy**



A partner with a low sex drive is a problem in many relationships.

R.W.A. stands for “Ready, Willing and Able” and is a standardized extract of Maca, a relative of the radish that grows in central Peru in the high plateaus of the Andes mountains. Maca has been cultivated as a vegetable crop for at least 3000 years, and has long been prized

medicinally for its ability to treat fertility and sexual problems.

The ingredients in R.W.A. have been clinically tested as an effective remedy of low sex drive for both men and women

PRODUCT #	SIZE
178	60 cap



The Hands of Time

Modern medical science allows physicians to turn back the “hormonal” clock and replace ounce for ounce, the youth-promoting hormones that decline with age.

If your hormones are down 25% for your age, we put back 25% of the missing bio-identical, natural hormones to make you...you.

This exacting personalization is very important. Taking too much hormone replacement can cause unwanted side effects. But replacing the hormones to get your own levels back to normal can help narrow the gap between your physiological age and your chronological age.

Aging is inevitable, but how you age is not.

Diet lifestyle, and hormones determine whether the second half of your life is as active and full as the first half.

Whenever possible, I prefer to prescribe natural thyroid hormone because I feel that patients respond better than synthetic thyroid. Most doctors (including Endocrinologists) are trained only in the use of synthetic hormones and therefore prefer them.

Hormones animate our physical and emotional beings. We couldn't do it without them. And together we can find the hormonal balance that provides your best health.

Treats Urinary Tract Infections

UROCIL

by My Best Health

- **Treats urinary tract infections after sexual intercourse**
- **Coats inner lining**
- **Recommended for patients at high risk for bladder infections**
- **Dysfunctional bladders**



Urocil contains mannose, a non-caloric sugar from pineapple and cranberries, that coats both the inner lining of the bladder and harmful bacteria that get into the bladder. When both the bladder lining and harmful bacteria are coated with mannose, the bacteria cannot stick to the walls of the bladder and cause

infection. Instead, the harmful bacteria float harmlessly in the urine and are voided with urination.

Urocil is an important supplement for women who get urinary tract infections after sexual intercourse, male and female patients with frequent urinary tract infections, or patients with dysfunctional bladders that are at high risk for bladder infections.

Usual Dosage: Take ½ teaspoon three times daily.

PRODUCT #	SIZE
257	50 gm

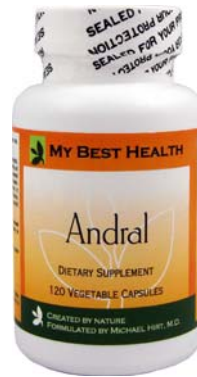


Optimizes Sexual Performance

ANDRAL

by My Best Health

- **Boosts blood testosterone levels**
- **Natural herbal formula**
- **Drug-free**
- **Improves sense of well-being**
- **Supports healthy sex drive**
- **Supports strength and endurance**
- **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

Maximally Absorbed Magnesium

MAGNIFICENT

by My Best Health

HELPS PATIENTS WITH:

- Fatigue
- Fibromyalgia
- Muscle spasm
- Mood disorders
- Insomnia
- Asthma
- Heart disease
- Palpitations
- High Blood Pressure
- Diabetes
- Headaches
- Kidney stones
- PMS
- Pregnancy
- Restless Legs
- Constipation
- Osteoporosis
- Substance withdrawal



It surprises most people that magnesium is more abundant than calcium in the body. Magnesium is essential for life and is involved in over 300 enzyme systems.

Despite the critical importance of magnesium, the diet of most Americans is deficient in magnesium. Magnesium rich foods include whole grains, nuts, legumes, dark green vegetables, fish, and meats.

There are also a number of prescription medications that deplete the body of magnesium and these drugs include some antibiotics, laxatives, water pills, and some asthma medications.

MAGnificent contain magnesium-potassium-aspartate which is the preferred and most absorbable form of magnesium.

PRODUCT #	SIZE
336	100 tab



Helps Liver Metabolize Toxins

LIVER CHAMP

by My Best Health

- Natural supplement to support liver function
- Lowers homocysteine levels
- Replenishes vitamins lost when taking birth control pills



Between what we inhale, swallow, and absorb through our skin, our livers are working overtime helping to clean our "dirty" blood. Liver detoxification uses a tremendous amount of vitamins and nutrients.

Over time, these nutrients are depleted, and this weakens the liver's ability to clean and protect us. When well stocked with the nutrients in Liver Champ, the liver can

perform its essential features, including reducing the chances of disease such as cancer.

Homocysteine is a molecule found in the blood that, when elevated, increases the risk for Age-Related Macular Degeneration (the leading cause of blindness in adults), osteoporosis, premature heart attacks and strokes. Taking Liver Champ regularly can help to reduce homocysteine to normal levels.

HOW IT HELPS:

Liver Champ provides the key nutrients necessary for one of the essential liver detox functions, methylation. Without the ability to methylate, the liver cannot neutralize dangerous environmental toxins, disease-causing hormone metabolites, and routine waste from our cells.

If you are taking birth control pills or hormone replacement therapy, Liver Champ can help assure that your liver is well stocked with the tools necessary to keep you healthy and protected.

Patients with elevated blood levels of homocysteine can also use Liver Champ to manage this important risk factor. With the ingredients in Liver Champ, the liver can neutralize the homocysteine risk. If you regularly take Liver Champ, expect to see the improvement on your next blood test.

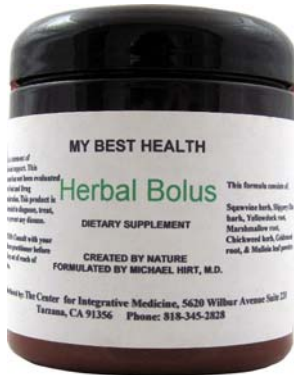
PRODUCT #	SIZE
329	60 cap

Herbal Blend for Gynecological Health

HERBAL BOLUS

by My Best Health

- Powdered herbs for suppository use
- Soothes and heals inflamed vaginal tissues
- Goes right where needed most
- Supports healthy uterine and ovarian function
- Time-tested herbal therapy



Herbal Bolus is a unique blend of natural herbs that support normal and healthy functioning of the female reproductive system: vagina, uterus, and ovaries. Herbal Bolus is a powdered mix of herbs that is designed to be placed into the vagina for

maximum absorption where the treatment is needed most.

Herbal Bolus needs to be made into a suppository to work best. To do this, you will need Extra Virgin Coconut Oil which is available in most health food stores. At room temperature, coconut oil has a consistency of a paste, like lard. When cold, coconut oil hardens and when warmed it becomes a liquid. This makes it ideal to use as a base for vaginal suppositories.

To make a vaginal suppository with Herbal Bolus, mix a few teaspoons of Herbal Bolus in a bowl with enough coconut oil to absorb all of the herbs.

On a piece of wax paper, casserole dish, or glass platter, mold the herb-coconut mixture into the shape of vaginal suppositories that are the approximate size and shape of your pinkie finger, measured from the second knuckle to the tip. Line up as many suppositories on your work surface as you can and place the suppositories in the refrigerator or freezer. Once hardened, they will be ready to use and can be peeled off one at a time as needed.

Place one cold Herbal Bolus suppository in the vagina at bedtime. Wear a feminine pad to absorb any melted coconut oil. The herbs will stay behind to do their work. Use nightly as directed.

PRODUCT #	SIZE
310	4 oz

Targets PMS Symptoms

PMS RX

by My Best Health

- Herbal blend for PMS
- Natural liquid extracts
- Supports normal menstrual function
- Important for disabling symptoms
- Organically harvested



Herbal therapies have long been successfully used to help women have normal, healthy menstruation. PMS Rx capitalizes on this tradition with a blend of Native American and Western herbs with clinically useful benefits.

By assisting a woman's natural hormonal fluctuations, PMS Rx helps to control the unwanted symptoms of irritability, bloating, fluid retention, cramping, fatigue, headaches and food cravings. Allow PMS Rx one to two menstrual cycles to achieve maximal effectiveness.

Take one tablespoon of PMS Rx twice daily by mouth or in four (4) ounces of hot water to burn off excess alcohol.

PRODUCT #	SIZE
302	16 oz



Important for Cellular Energy 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
- Natural treatment for fatigue
- 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

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

Natural Menopause Support

TRAVERSA

by My Best Health

WHAT IT IS:

- *A blend of herbs and nutrients that support healthy estrogen function*

WHY YOU NEED IT:

- *Developed to relieve the many symptoms of menopause including hot flashes, night sweats, irritability, mood swings, poor sleep, vaginal symptoms, and memory problems*
- *Supports specific estrogen function and metabolism not associated with cancer risks*
- *Promotes healthy function of estrogen sensitive tissues such as bone, heart, brain, breast, skin, and vaginal.*
- *May be used independently or in place of hormone replacement therapy*

Traversa was designed for women having menopause-related symptoms. Traversa can be used by three different groups of women: (1) those who do not wish to use hormone replacement therapy, (2) those who are not yet ready for hormone treatment, and (3) those who are currently taking hormone replacement therapy but whose symptoms are not completely controlled.

Traversa uses ten different natural plant extracts to create the optimal balance of symptom control and risk management for diseases that concern perimenopausal women: female cancers, heart disease, stroke, dementia, and osteoporosis.

HOW IT HELPS:

Traversa contains isoflavones, a plant-derived

molecule that is like human estrogen, though much weaker in strength and activity. The isoflavones in Traversa help the liver manufacture "good" estrogens that promote health and reduce cancer risk.

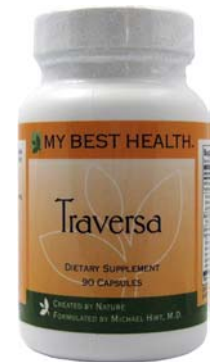
Isoflavones are also known to be powerful antioxidants, are protective of the cardiovascular system, boost the immune system, and attack cancer by blocking the blood vessels that feed tumors.

Black cohosh is another important ingredient of Traversa because it helps control the pituitary hormone swings that may be responsible for many of the classic menopause symptoms. Black cohosh is also appreciated for its beneficial effects on the heart and bones.

Traversa also uses Bacopa, an Ayurvedic herb that helps the body and mind deal with stress while boosting memory and sleep ability. Bacopa's brain enhancing effects peak after 12 weeks of regular use.

Dong Quai, Hops and Sage are also featured in Traversa to help women manage the symptoms of menopause as well as longer term risks such as cancer, heart disease, and osteoporosis.

Usual dosage: Take three capsules daily.



PRODUCT #	SIZE
338	90 cap



Gaining Momentum

Momentum is the third key characteristic of true health, and it can only be achieved and maintained through proper balance of the human condition. Sir Isaac Newton's First Law of Physics will help us understand this better. The First Law states that objects in motion tend to stay in motion and objects at rest tend to stay at rest.

As we age, we tend to spend more and more time at rest... probably on the couch in front of our TV set. Some accept this loss of drive and stamina as inevitable and untreatable.

As an Integrative physician, I do not.

The ability to keep your momentum -- or your energy- going gives your Life the enviable quality of thriving, not just surviving. Experiencing the sustaining and enriching energy of Life requires active management on the part of the patient and the practitioner.

The "Golden Years" may have the advantage of quantity, but many of my older patients bemoan a lack of quality. Fatigue ranks top in patient complaints; more than all the complaints of aches and pains. Together, we can dramatically improve your quality of life.

The honest truth is: One day your energy will fade. But how soon or how fast that energy declines is up to you and me.

Adaptability. Immunity. Momentum (A.I.M.). These are the three most important characteristics of true health. Integrative Medicine is not your ordinary medicine. It is real medicine, and it forms the core of my belief that actively managing and promoting the health of my patients, in addition to treating existing illnesses, is my primary role as a physician.

Want to know more about my philosophy on health, ask or staff for the "A.I.M. High" brochure and consider scheduling an A.I.M. Session.



General Tonic for Women

RED RASPBERRY

by My Best Health

- **Natural extract of Red Raspberry leaf**
- **Addresses infertility problems**
- **Active for weight loss (for men and women)**
- **Targets PMS symptoms**
- **Active for weight loss**
- **Helps with normal menopause transition**



It seems that God put Red Raspberry on the Earth as a gift for women. Red Raspberry has been used for centuries as a healing tonic for women. If a woman has something wrong with a body part not found in men, then chances are good that Red Raspberry will help. This tonic helps women who are well to stay well and for women who are ill to get well.

Herbalists recommend Red Raspberry for women concerned with infertility, PMS symptoms, hormonal fluctuations of perimenopause, and overall breast health. Red Raspberry by My Best Health is an organic tincture extract made by master herbalists and balanced with supportive herbs.

Recent research has demonstrated Red Raspberry's effects on boosting metabolism and preventing weight gain from eating fatty, rich foods.

Usual dose: For weight loss, take one (1) tablespoon by mouth or in 8 oz. of hot water before each meal and bedtime. As a health tonic, take one (1) tablespoon by mouth or in 8 oz. of hot water twice daily.

PRODUCT #	SIZE
308	16 oz