

GAS AND BLOATING



Natural Gas

Everybody passes some gas every day. It is normal to pass gas some 14 to 23 times daily. For some, intestinal gas can be a problem leading to an uncomfortable sensation of bloating, cramping pain, or embarrassment.

Gas comes from two sources: air that you swallow and gas that is created by intestinal bacteria. Bacteria are normally found in the gut and use undigested food you have eaten as "bacteria chow."

The scientific name for this process is fermentation, the same process that causes bread to rise and puts the bubbles in beer and champagne. About 90% of rectal gas is created by intestinal fermentation.

Reducing Emissions

Treatment of excessive gas and bloat is possible and involves reducing intestinal gas at three critical points: the food you eat, the power of your digestion, and the balance of "good" and "bad" bacteria in your gut.

Diet plays a big role in determining how much gas you make everyday. At your next visit in my office, I can help you make the best food choices to reduce the amount of gas you make.

For the complete program, ask for "Gas and Bloating: The Answer is blowing in the Wind" Brochure.

Boost Digestive Power

OPTIGEST

by My Best Health

- Reduces intestinal gas



In order to reduce intestinal gas, you will also need to maximally support your digestion which slowly weakens over time.

To boost your digestive power and reduce the amount of undigested food that will feed the gut bacteria that make gas, I recommend using Optigest by My Best Health, one to two capsules with each meal.

PRODUCT #	SIZE
228	90 tab

Balancing Act

SACCHAROMYCES

by My Best Health

- Controls gas and bloating



If you are familiar with the concept of releasing Preying mantis into a garden infested with aphids, you will understand the recommendation of taking the supplement Saccharomyces, a beneficial yeast that kills the gas-causing yeast, Candida. By using Candida's natural enemy Saccharomyces, you reduce gas without any harsh chemicals. Three days after doing its job, Saccharomyces exits your gut.

PRODUCT #	SIZE
275	60 cap

DGL PLUS

by Pure

- Soothes gastritis
- Unique herbal blend

Upper intestinal and stomach gas can come from gastritis, an irritation in the lining of the stomach. The herbal blend, DGL Plus by Pure, is designed to coat and soothe gastritis.

Take two (2) capsules of DGL Plus before each meal.



PRODUCT #	SIZE
134	60 cap

Healthy Intestinal Lining

NEUTRA-FIT

by My Best Health

- **Natural soluble fiber**
- **Improves bowel regularity**
- **Delicious snack**
- **40% more protein than other powders**
- **30% more absorbable than soy protein**



Neutra-Fit is a breakthrough, health-enhancing protein powder made from New Zealand sourced pure whey protein with natural immunoglobulins, an immune system protein that helps boost the immune system and support a healthy intestinal lining. Neutra-Fit also contains natural soluble fiber that can help lower cholesterol and improve bowel regularity.

Neutra-Fit contains 21 grams of bio-active whey protein per serving (40% more protein than other protein powders) and is 30% better absorbed than soy protein.

Neutra-Fit is a pharmaceutical grade protein powder that is free of environmental contaminants, hormones, and anti-biotics found in other commercially available protein powders. Neutra-Fit protein powder makes a great base for healthful shakes for patients trying to build and maintain muscle mass, boost immune function, and optimize blood cholesterol levels.

Neutra-Fit can be used as a delicious meal replacement or as a between meal snack.

Usual Dosage: Mix 2 scoops in 10 – 12 ounce of cold water or other liquid as a base for a healthful shake. Ask for our recipes!

NAME	PRODUCT #	SIZE
Chocolate	259	14 serv
Vanilla	260	14 serv
Fructose Free	261	14 serv

Helps Inflamed Intestinal Tissue Heal

NITROBANG

by My Best Health

- **Treats gastritis, colitis, inflammatory bowel**
- **Helps NSAID stomach damage and irritation**
- **Refreshing powder**
- **Reduces stroke risk**
- **Improves mood, mind and memory**
- **Boost blood levels of Nitric Oxide**



NitroBang is a refreshing effervescent powder formula that provides therapeutic levels of two key amino acids (L-Arginine and L-Citruline) that are clinically proven to boost blood levels of Nitric Oxide. Nobel-Prize winning research has recently demonstrated the importance of Nitric Oxide in maximizing male erections (like a natural Viagra), improving heart and blood vessel circulation, brain oxygen delivery, and improving athletic

performance and muscle tone.

People who regularly use the ingredients in NitroBang also report improved mood, mind, and memory.

Nitric Oxide helps inflamed and damaged intestinal tissue to heal in diseases such as gastritis, colitis, inflammatory bowel disease, stomach ulcers, and NSAID (such as ibuprofen, naproxen, aspirin) stomach damage and irritation. Nitric Oxide also helps lung function in patients with breathing problems such as asthma, emphysema, and pulmonary hypertension.

To boost anti-aging benefits, take a dose of NitroBang before bed to replenish Nitric Oxide blood levels which fall to their lowest levels at night. Nitric Oxide lowers blood pressure and helps maintain healthy blood vessels to prevent plaque build-up in arteries, reduce stroke risk, and reduce the vascular complications of diabetes.

More than 20,000 research articles have proven the “how and why” of Nitric Oxide’s critical importance to human health.

Usual Dosage: For enhancement of male sexual performance, athletic performance, cardiovascular blood flow, lung function, and brain function, use 3 capsules on an empty stomach 20 to 30 minutes before engaging in your activity of choice such as sexual activity, athletic competition, physical exertion, or brain exercises (puzzles, reading, presentations, performances, studying, testing).

PRODUCT #	SIZE
265	180 cap

Liquid Band Aid TUMMY TAMER

by My Best Health

- **Nourish, protect and soothe intestinal lining**
- **Soothing blend of vitamins and herbs**
- **Treats gut irritations**
- **Helps prevent IBS, ulcers and chronic abdominal pain**



Your intestine is lined with a delicate, velvety surface. This lining can become scratched, bloodied and irritated by common problems such as food poisoning, too much stomach acid, intestinal yeast and bacterial overgrowth, some medications (like aspirin,

non-steroidal anti-inflammatory drugs, etc), certain foods and drinks (such as alcohol, caffeinated drinks, sodas, citrus products, pineapple, tomatoes, spicy foods), and stress. Untreated gut irritations can lead to conditions such as leaky gut syndrome, irritable bowel syndrome, ulcers, and acute or chronic abdominal pain.

When your gut cannot heal itself, nutritional support can provide necessary herbal support so you can be fast on the road to recovery. Tummy Tamer is a soothing blend of vitamins and herbs that contains L-glutamine, arabinogalactan, concentrated licorice root extract, and aloe leaf extract.

- L-glutamine is the most abundant amino acid (protein building block) in the body and is necessary for proper functioning of the intestines, immune system, kidneys and liver. The body's need for L-glutamine is increased in times of stress, and the gut uses more L-glutamine than any other organ. Without enough L-glutamine, the intestinal lining is

more susceptible to ulceration, irritations, and non-healing diseases. Tummy Tamer contains a mega-dose of L-glutamine in order to provide a fundamental nutrient for healthy gut function and healing.

- Arabinogalactan is a soluble fiber from the Larch tree that both helps boost the immune system and nourish our populations of healthy intestinal bacteria. Healthy bacteria provide important nutritional support to the intestinal lining and help crowd out the bad bacteria that can make us sick. When your intestines are the battle ground for a war between the good and bad bacteria, arabinogalactan helps provide material support to the good bacteria.
- Licorice root has been used for thousands of years in many different cultures to help with stomach problems. Modern science has proven that licorice can naturally help reduce intestinal spasms and inflammation, which provides soothing relief to irritated intestinal tissues. Tummy Tamer contains a licorice root extract without glycyrrhizic acid, a chemical within licorice that can stimulate the adrenals.
- The aloe plant is considered a virtual first-aid kit unto itself because of the many healing properties of this remarkable herb. Tummy Tamer contains a specific extract of aloe selected for its soothing properties. This extract is free of any laxative or irritating compounds that are also found in aloe.

Together, these vitamin and herbal extracts help Tummy Tamer work like a liquid band aid by nourishing, protecting and soothing the intestinal lining.

Usual Dosage: One dose three times daily.

PRODUCT #	SIZE
276	168 gm

Reduce Sodium Even When Dining Out

When dining out, you can reduce the sodium content of a meal by trying these simple suggestions:

- Use herbs, pepper or lemon juice for flavor
- Go easy on condiments and sauces. Mustards, catsup, salad dressings, sauces and gravy substantially increase the amount of sodium in your meal

- Request that food is prepared without added salt and ask for sauces, salad dressing and gravy be served on the side
- Recognize words that indicate a high sodium content; marinated, pickled, smoked, au jus, teriyaki, soy sauce or in broth
- Keep it simple. Often special sauces and toppings add extra sodium to foods. Ordering a broiled cut of meat or fish is a better choice than entrees covered with special sauces. Plain meat-type sandwiches are lower in sodium than chicken, egg or tuna salad sandwiches.

Normalizes Stomach Function

IBEROGAST

by Medical Futures

- **Intestinal bloating**
- **Heartburn**
- **Irritable Bowel Syndrome**
- **Stomach pain**
- **Excessive gas**
- **Cramping**
- **Nausea**
- **Diarrhea**
- **Constipation**



Iberogast is blend of nine herbs that was developed by German gastroenterologists in 1961 for the treatment of stomach ailments. Many research trials have proven the clinical benefits of Iberogast which include Irritable Bowel Syndrome, excessive gas, intestinal bloating, heartburn, stomach pains, cramping, nausea, diarrhea and constipation.

Iberogast works by normalizing all aspects of intestinal function.

It speeds up that which has slowed down, and slows down that which has sped up. Scientists know that Iberogast also helps to regulate intestinal secretions for better digestion, stimulate intestinal mucous to help soothe irritated tissues, and regulate intestinal muscle activity so that food and waste move through the intestines at the appropriate pace.

Iberogast is a one-size-fits-all stomach soother that can be used in people of all ages.

PRODUCT #	SIZE
244	100 ml

Soothes Inflamed Intestinal Tissues

FORTITUDE

by My Best Health

- **15x immunoglobulins than mother's milk**
- **Leaky gut syndrome**
- **Neutralizes "bad" gut bacteria**
- **Immune support**

Fortitude is a breakthrough in providing maximal supplementation of immunoglobulins, the immune boosting proteins found naturally in the blood. Fortitude contains 15 times more immunoglobulins and other immune-boosting proteins than does colostrum, the first and most nutritious drops of mother's milk for her baby.



Supplementation with Fortitude provides immune support, neutralization of "bad" gut bacteria, soothes inflamed intestinal tissues, heals "leaky" gut syndrome, supports the maintenance of lean muscle mass, and help reduce cholesterol levels.

Usual Dosage: Take four capsules once daily for prevention and twice daily for active treatment.

PRODUCT #	SIZE
268	150 gm

My Core Belief

Achieving and maintaining true health requires the human body to be in a state of balance. There are three core health principles that enable us to maintain balance: Adaptability, Immunity, and Momentum (AIM). It is the mismanagement of Adaptability, Immunity, and Momentum – "bad AIM," if you will -- that leads to disease.

Adaptability is the ability to adapt, and is the most important survival trait of all living things. In fact, if any living species does not possess adaptability, then rest assured it will not survive for long.

The ability of the human body to adapt depends largely on its hormonal system. Hormones are critical survival factors and without them we would struggle with waking up, going to sleep, maintaining normal blood pressure, building bones, building muscles, fighting stress, keeping energy levels up, calming anxiety, relieving depression, making memories, thinking clearly – just to name a few.

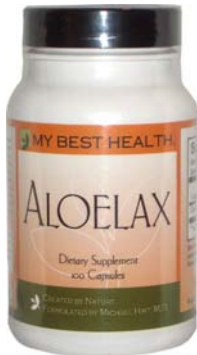
Hormones provide resiliency which allows us to bounce back when we are down, recover when we are sick, and respond to Life's many challenges. As we age, our hormone levels decline as well as an accompanying loss of resiliency and adaptability.

We live in an exciting time when many of these "rejuvenating" hormones can be measured, deficiencies noted, and levels safely restored to more "youthful" levels. This does not mean we can stop the age clock, but we can slow the hands down and sometimes even turn them back to improve the feeling of well-being.

ALOELAX

by My Best Health

- **Non-habit forming remedy for constipation**



Aloe vera has long been recognized for its important healing properties. Most of the health-enhancing benefits of aloe come from the soothing gel that can easily be expressed from the cut edges of an aloe leaf.

Also useful is the latex membrane that holds the gel inside the aloe leaf. This natural latex is used as an herbal laxative because it both stimulates the intestines to help push the waste out and stimulates water to enter the intestines and help flush the waste out. AloeLax is a safe, concentrated, and non-habit forming herbal remedy for constipation. Expect to pass a stool within 10 hours of using AloeLax.

PRODUCT #	SIZE
226	100 cap

Proven Blend of Natural Enzymes

ENZYMATIC

by My Best Health

- **Supported by clinical research**
- **Enzymes help reduce inflammation**
- **Natural pain relief**
- **Accelerates recovery for injuries**
- **Promotes healthy joints and muscles**
- **Helps digestion when taken with meals**
- **Strengthens the immune system**

Enzymes are “action” molecules that help your body’s internal processes run properly. Think of enzymes like the key to your car. When the key is engaged and turned, the car engine starts and you are ready to go.

Similarly, enzymes active key functions of your cells and are necessary for the body to run on all cylinders.

Kills Bad Bacteria TANALBIT TANNATES

by Intensive Nutrition

- **Treats Irritable Bowel Syndrome**
- **No prescription antibiotics side effects**



Every so often unwelcome guest bacteria will settle in your colon. This can result in uncomfortable symptoms such as diarrhea, gas, bloating, and cramping. Tannates can also be used to help treat some patients with Irritable Bowel Syndrome.

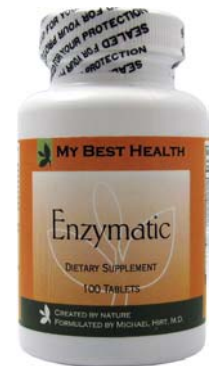
Tannates are natural plant antibiotics that can help restore your gut to its normal state by killing the bad bacteria, but without the side effects of prescription antibiotics.

PRODUCT #	SIZE
193	60 cap

There are many different types of enzymes, at least one for every critical function in the body. For example, there are enzymes that help the body make hormones, digest food you’ve eaten, and fight infections.

Enzymatic contains a blend of enzymes that are designed to reduce inflammation, pain, and boost immune functions.

For these functions, Enzymatic needs to be taken between meals. When taken with food, Enzymatic can also help aid digestion.



PRODUCT #	SIZE
312	100 tab

Support for a Happy Tummy

BELLA BELLY

by My Best Health

What it Is:

- An enzyme that supports normal intestinal function
- Helps manage food intolerances
- Works to reduce the irritation of gut histamine

WHY YOU NEED IT:

- Important to help manage food intolerance symptoms including:

headache, stomach ache, stomach cramps, bloating, diarrhea, nausea, vomiting, increased gastric acid secretions, vertigo, nasal congestion, runny nose, sneezing, tearing eyes, asthma, high blood pressure, palpitations, gives, itching, flushing, eczema, and PMS

Many people know there are certain foods that cause them “tummy trouble.” These are foods that can trigger one or more of the symptoms listed above. Scientists have discovered that many of these symptoms are caused by a histamine reaction that occurs during the digestion of certain foods. Many food intolerances are caused by gut histamine.

Food intolerances are different for each person. One person’s delicacy is another person’s gastronomical nightmare. Food intolerances are different than IgE food allergies (allergies that can be deadly by blocking air flow or causing an unsafe drop in blood pressure). Far more people have food intolerances than food allergies.

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.

How It Helps:

Breaks down histamine in the gut before it can cause the symptoms of food intolerance



Food histamine is a very irritating substance to the intestinal tract and the body as a whole. Many food intolerances are caused by food histamine activity in the gut. When the gut cannot manage intestinal histamine, food intolerance symptoms can occur. Bella Belly works as an enzyme to breakdown symptom-causing histamine.

Research studies have confirmed clinical benefit in patients using histamine-metabolizing enzymes (like Bella Belly) to help manage the symptoms of food intolerances. Bella Belly is not absorbed into the body but stays exclusively in the intestinal tract to help control the effects of food intolerances.

Bella Belly should be taken 10 to 15 minutes before meals that contain foods that your body does not handle well. If every meal seems to cause symptoms or if you not sure which foods are problems, then take Bella Belly before each meal.

NAME	PRODUCT #	SIZE
Bella Belly #60	328	60 cap
Bella Belly #20	341	20 cap



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

To the Rescue of Tummy Troubles

G.I. GEMS

by My Best Health

- *Protects and soothes irritated stomach and intestinal tissues*
- *Natural zinc complex*

WHY YOU NEED IT:

- *Relieves the symptoms of upset stomach, bloating, indigestion, nausea, heartburn, diarrhea, belching, and burping*
- *Works like an internal "Band-Aid"*
- *Reduces inflammation of stomach and intestinal lining*



The human stomach is constantly under assault from bad food, bad medicines, and bad bacteria. These enemies of good intestinal health affect up to 40% of Americans daily.

Many of the prescription and over-the-counter treatments for stomach upset do not treat the cause of the problem but rather treat the symptoms. By not addressing the cause, these drugs create an imbalance which leads to unwanted side effects.

G.I. GEMS treats the cause of many intestinal symptoms which is exactly what patients want and need.

HOW IT HELPS:

G.I. GEMS contains a complex of zinc carnosine in a chewable tablet. Both the zinc and the carnosine molecules are important to the symptom-relieving effects of G.I. GEMS. This natural complex binds to damaged intestinal tissues and protects them from being further irritated by digestive juices, bad bacteria, and food. Zinc carnosine is also directly soothing to inflamed tissues and helps reduce pain.

G.I. GEMS has natural antibacterial properties to deal with the overgrowth of specific bad bacteria in the gut.

In Japan, the ingredients of G.I. GEMS are available only by prescription which is a testament to the reliable effectiveness of zinc carnosine.

Usual Dosage: Chew one or two tablets with or after meals three times daily until symptoms subside. Then use one to two tablets daily for maintenance.

PRODUCT #	SIZE
327	60 tab

Vegetarian Blend of Digestive Enzymes

GUT CHECK

by My Best Health

- *Support for proper digestion*
- *Good for patients with sensitive stomachs*
- *Helps patients with gas and bloating*
- *Important when eating cooked foods*
- *Improves digestion*



Gut Check is an extensive blend of vegetarian enzymes to help the stomach digest a large variety of foods. Due to digestive weakness which occurs genetically or over time, many people experience "tummy trouble" because they cannot completely digest certain foods or combination of foods.

Symptoms of poor digestion include abdominal pain after meals, excessive gas, bloated belly, abnormal stools, fatigue, heartburn, and reflux. Gut Check helps patients digest foods more completely to avoid these symptoms. When food is digested properly, the entire intestinal system works as it should and you feel better.

Gut Check should be taken by any one not on a purely raw food diet because Gut Check helps the body digest cooked foods of all types. Cooked foods are the hardest to digest for everyone, and incompletely digested food (even in those who have no symptoms) can lead to significant health problems over time.

Gut Check is best taken with meals and should be consumed five to ten minutes before the meal begins.

PRODUCT #	SIZE
277	90 cap



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



Supports Healthy Liver Function

LIVER BALANCE

by My Best Health

WHY YOU NEED IT:

- 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.

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

Natural Sulfur Compound

MSM MAX

by My Best Health

WHY YOU NEED IT:

- Arthritis Symptoms
- Back and Neck Pain
- Headaches
- Fibromyalgia
- Sports Injuries
- Tendinitis
- Bursitis
- Constipation
- Shingles
- Post-operative healing
- Gum disease
- Scars, unsightly or painful
- Carpal Tunnel Syndrome
- Brittle nails, hair
- TMJ
- Heartburn
- Allergies
- Sinusitis
- Asthma
- Cold sores
- Autoimmune disease

If you have one of the above conditions, MSM Max can help you to control symptoms and speed healing. MSM Max can start to work on relieving pain and disability within days of starting treatment, though maximal effects can take up to one to two months of regular therapy.

HOW IT WORKS:

MSM Max contains natural sulfur. Sulfur is the eighth most abundant molecule in the human body. For thousands of years, medicine men have used natural sulfur compounds to heal human disease and injuries. Even today, patients flock to spas featuring sulfured-mineral hot springs for their healing properties.

MSM Max relieves pain by blocking the pain nerves (known as C fibers), reducing inflammation (redness and swelling), promotes blood flow to enhance healing, and reduces muscle spasm.

Each scoop of MSM Max contains 5,000mg of pure methylsulfonylmethane (MSM). Treatment doses vary from ½ to 4 scoops daily. Most patients should start with ¼ to ½ scoop one to two times daily. MSM Max is bitter and is generally best tolerated when



mixed into a flavored beverage such as juice or herbal tea. MSM Max dissolves fastest and best in warm liquids.

Every one to three days, gradually increase your dose of MSM Max to approximately ½ to one scoop twice

daily. If your symptoms persist, gradually increase the dose of MSM Max until you notice improvement. If you take too much MSM Max or increase the dose too quickly, side effects can include mild headache, intestinal discomfort or loose stools. If you experience one or more of these symptoms, reduce the dose, and then try to gradually increase the dose of MSM Max once more.

MSM Max can also be applied topically to sore muscles, joints, and problem skin/scars. Dissolve one scoop of MSM Max into one ounce of warm water. Mix well until all of the crystals are dissolved. Rub the solution into affected areas. For sore throat relief, gargle with this mixture three to five times daily. In treating nasal allergies and sinus disease, this mixture can be sprayed into the nose two to three times daily. To help treat gum disease, apply this MSM Max solution directly to the gums and use it as a mouth rinse three to four times daily.

MSM Max can also be dissolved into your favorite skin cream, lotion or pain gel. Use a mortar and pestle or a coffee/spice grinder to pulverize one scoop of MSM Max crystals into a fine powder. Then mix the MSM Max powder into one ounce of cream. Apply the MSM Max enhanced cream four to five times daily. As an anti-wrinkle cream, use twice daily. Store the cream in an airtight container.

PRODUCT #	SIZE
340	300 gm



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

Natural Lower Bowel Support

RECTIFY

by My Best Health

- **Helps with Constipation**
- **Aids detoxification**
- **It's made of foods, not laxatives**



If you are “toxic,” then you are constipated. Constipation is the unnatural retention of toxic wastes in the colon (the lower bowel). These accumulated wastes can leak back into the blood stream and weaken the body or directly cause disease.

If you are not feeling optimally well, then some level of constipation is occurring and requires treatment. You cannot fully heal until you treat constipation.

Having one bowel movement a day does not mean you are not constipated. Depending on how much toxins you need to eliminate, you may need to have more than one bowel movement. The “normal” number of bowel movement for a healthy person is one bowel movement after each meal.

If you put something in your mouth, something else needs to come out the other end.

Most of us do not have this healthy habit because we are not eating the right balance of healthy foods (even if we think we are) and do not make the time in our busy schedules to go to the bathroom more than once a day. We train our bodies to hold things in until it is convenient, even if this is not healthy.

If a noxious, mild-to-moderate poison gas was being pumped into your home or office, wouldn't you open a window or door (or both) to vent the space and release the gas? What would you do if a noxious, mild-to-moderate poisonous substance (ie..your own fecal waste) was accumulating in your gut?

After a natural disaster (flood, hurricane, and earthquake) strikes and first-aid delivered, the very next thing city officials worry about is the spread of disease from human waste contamination. Human waste is toxic. Your waste is toxic to you. It needs to be eliminated regularly and completely or it will poison your good health.

Human waste is not disgusting. It is a necessary bodily function, but it must be managed or it will make you sick.

Rectify is a blend of herbal “foods” that help your bowels empty its toxic contents. If you have an illness or medical condition, then you are, by definition, “toxic” and should use a supplement like Rectify to help you better eliminate your “toxic” waste.

Rectify is an essential part of any detox program because it assists the body in a gentle, effective elimination of toxins that build up in our intestines.

Who doesn't need Rectify? After you have successfully detoxed and cleaned your colon (lower bowel) and are having at least two to three bowel movements daily, you no longer need Rectify.

Until then, Rectify should be part of your daily supplement regimen to help in daily detoxification.

HOW IT HEALS:

Rectify is a tonic that helps to strengthen the function of the lower bowel (colon). This supplement is a blend of herbal “foods” that helps to stimulate intestinal contractions (peristalsis) which move the waste out of our bodies.

Rectify also contains herbs that nourish the cells that line the wall of the intestine so that they work better and stay healthy. This formula aids in detoxification by also helping to remove toxic mucous that interferes with the normal function of the bowel.

Taken over time (usually six to nine months), Rectify leaves your gut better than when you started by re-conditioning the bowel and helping to remove toxins that keep the bowel from working normally. After this occurs, Rectify can still be used in lower dosages to keep the bowel functioning smoothly.

Normal-looking human waste should be “plops,” slightly or minimally formed, easy-to-expel movements. Hard-to-pass “logs,” “pellets,” or “balls” are not normal and are a sign of constipation that requires immediate treatment. Take enough Rectify so that you are only having “normal” movements.

Intermittent diarrhea can also be a sign of constipation. Sometimes hard stools get stuck inside the colon, partially blocking the bowel. Liquid stool builds up behind this blockage and leaks around the blockage. This liquid stool is expelled as “diarrhea,” but is really a sign of severe constipation. Rectify can strengthen the bowel to help expel the hard stool that is partially blocking the bowel. Guaranteed, this retained waste is unquestionably causing or contributing to illness in some way.

PRODUCT #	SIZE
288	150 cao

Addresses Stomach Problems and Acid Reflux

SLIPPERY ELM

by My Best Health

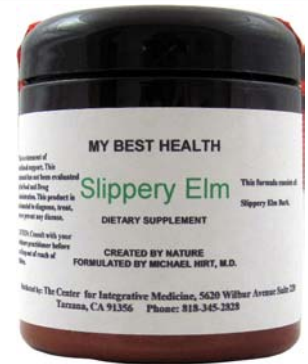
- **Herbal powder with soothing qualities**
- **Aids patients on juice fasts**
- **Targets symptoms of colds and flu**

Slippery Elm by My Best Health is an organic, raw slippery elm powder that is “go-ready” for relief of irritating symptoms in the respiratory tract, gut, and on the skin.

Slippery Elm contains constituents that soothe inflamed tissues of the throat, sinuses, lungs, intestinal tract and skin. Slippery Elm supports the normal mucous secreted by the body to protect delicate tissues that can become irritated when diseased.

Slippery Elm is used internally by patients with sore throats, cough, sinus congestion, acid stomach, reflux esophagitis, and diarrheal illness. This herbal

extract sticks to, protects, and soothes inflamed tissue. Slippery Elm also contains a number of vitamins, minerals, proteins, and carbohydrates and as such helps support patients who are juice fasting.



When the Slippery Elm powder is mixed with water to form a paste, it can be applied topically to irritated skin, wounds or burns to provide a healing and protective barrier.

For internal use, mix one (1) teaspoon of Slippery Elm in 6 oz. of hot water and drink the mixture three to four times daily as directed.

PRODUCT #	SIZE
311	4 oz

“mmmmMemories...”

Better. Sharper. Total Recall. Those are the features that we all want our memory to have. Over time, the strength and reliability of our memory can fade. The causes for this decline range from benign neglect (as in “use it or lose it”) to diseases like Alzheimer’s dementia.

If your memory is slipping, there are strategies that you can use to shore up your memory and help maintain its sharpness. If your memory is already reliable but you are looking to prevent problems or have a family history of dementia, there are also strategies you can use to minimize your chances of losing memory function.

Oxidation is the natural reaction of oxygen and the environment. Oxidation is the rust on a metal bridge and the yellowing of a newspaper left outside. Aging of our tissues is also in part due to oxidation. Anti-oxidants may help counter this effect.

The brain and its memory cells are particularly sensitive to oxidation. In order to be protective, anti-oxidants must be able to get to the brain and bathe the cells. Only a few anti-oxidants and support nutrients have this ability and have been used in clinical research studies of the brain and nerves. These include alpha lipoic acid, grape seed extract, Coenzyme Q10, B vitamins, vitamin E, and vitamin C.

These should be part of any memory treatment and prevention program.

Exercising your mind with puzzles, games, reading, and classes helps to maintain normal memory function. Exercising your body is also important.

Brain Insurance

Use this protocol if you wish to implement the basic anti-oxidant and nutrients support:

- *Lipoic-CR and Sure-Sorb Coenzyme Q10 by My Best Health.*
Potent anti-oxidants to protect and defend delicate brain cells.
- *Spring Chicken by My Best Health.*
Potent anti-oxidant to protect and defend delicate brain cells.
- *CardioVite by My Best Health*
Contains high potency B vitamins and herbal antioxidants.