

SLEEP LIKE A BABY



For many of us, sound sleep is a thing of the past. Being able to fall asleep and stay asleep is increasingly difficult as we age. Yet, a good night's sleep is the foundation of good health. Our bodies require 7 1/2 to 8 hours of sleep each and every night. If you get only six hours one night, you owe your body two hours, and need to

make up the "sleep deficit" the very next night by sleeping for a total of 2 (sleep debt) + 8 (regular sleep hours) = 10 hours. Good luck catching up

Problems associated with sleep deprivation include **chronic fatigue, mental foginess, muscle and joint aches, headaches, blurred vision, forgetfulness, lowered immune system and upset stomach.**

For the complete Sleep Program, ask a staff member for the "Sleep Like a Baby" Brochure.

Help Falling Asleep MELATONIN

by Douglas Labs

- Instance release
- Fall asleep...fast



Melatonin is a hormone responsible for controlling our day-night circadian rhythm. As we age, less and less Melatonin is released which can lead to less natural sleep.

Use the instant release Melatonin if your primary sleep problem is falling asleep.

PRODUCT #	SIZE
189	60 cap

Help Staying Asleep MELATONIN

by Allergy Research Group

- Sustained-release
- Stay asleep



Use the sustained-release Melatonin if your primary sleep problem is staying asleep.

The sustained-release technology will ensure that the melatonin is released slowly throughout the night to help you stay asleep.

PRODUCT #	SIZE
191	60 cap

Chilling News

Have you ever noticed that it is much harder to fall asleep on a hot Summer night than on a cold Winter night? This is because your core body temperature needs to fall slightly so that you can sleep.

Exercising increases body temperature, and therefore late night exercise may delay the onset of sleep because it will take longer for your body temperature to come down from the warming effects of exercise.

While your core body temperature needs to fall, your feet need to stay warm in order for you to fall asleep. A pair of thick socks (or another warm body) will usually suffice.



Sleep More Soundly SOMNACARE

by My Best Health

- No prescription side effects
- No dependency issues



Sleep is an absolutely essential component of our daily lives and not an expendable luxury. Sleep is used by the body to renew, regenerate and “reboot.”

Your body needs 7 ½ to 8 hours of sleep every night. Period. Without enough sleep, your body will age prematurely and be more at risk for diseases including cancer, heart disease, high

blood pressure, diabetes, stroke, and of course accidents at work, at home, and on the road.

Given the health importance of sleep, Dr. Hirt has a comprehensive set of tools to help patients achieve the proper amount of restful and restorative sleep.

Somnacare is one such tool and is a blend of herbs that have been shown to help patients sleep more soundly without dependency or some of the typical side effects of prescription drugs.

PRODUCT #	SIZE
230	60 cap



Aim High

As a Western trained physician, I have spent many years learning about the treatment of disease, first at Harvard, then at UCLA, and finally in my private practice. What I have discovered is that treating disease rarely leads to true health.

True health can only be achieved when “alternative” medicine is combined with the more traditional western treatments. We call this unique hybrid Integrative Medicine, and it is the most powerful medical discipline ever practiced because it unites the healing traditions of Eastern, Western, and Nutritional medicine. Integrating these medical disciplines allows practitioners like me to prevent disease, not just to manage disease.

Whether therapies are one week old, one year old or one thousand years old, Integrative physicians only rely on the safest, most efficacious scientifically-proven healing therapies. Each medical discipline has an important role in Integrative Medicine. While Western medicines are proficient in helping treating diseases, Nutrition and Eastern medicine are capable of curing and preventing many diseases. This is the real power of Integrative Medicine.

Integrative Medicine is not new to America. America is new to Integrative Medicine. While this powerful discipline is the leading form of medicine practiced in Europe and Asia, less than one percent of US doctors practice this healing modality.

Being Centered

I created the Center for Integrative Medicine to fulfill my role as a physician who not only heals but also promotes true health. My caring staff and I are committed to providing traditional and complementary medicine to patients seeking an alternative to their current, limited healthcare options.

At the request of my patients who want to understand their unique health needs and achieve “true” health, I have created A.I.M. Sessions. These unique office appointments are one-on-one, 50-minute private consultations that will allow me to map out a personalized prevention strategy for you.

Following a comprehensive personal and family medical history review, I will tailor a nutrition, vitamin, herbal, and natural hormone program that will focus on prevention and rejuvenation by improving your A.I.M.

For more information on this unique session, please ask our staff to for the “A.I.M. High” brochure.

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

Targets Patients with Insomnia

THEANINE

by My Best Health

- *A component of green tea*
- *Non-habit forming*
- *Supports a healthy mood*
- *Targets patients with anxiety, insomnia*
- *Induces Calm and Tranquility*



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



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



Support for Anxiety and Sleep Difficulties

KAVINACE

by NeuroScience

- Addresses symptoms of stress
- Targets anxiety
- Good for irritability
- Important for patients with sleep problems



Kavinace combines three powerful ingredients that all support the brain nutrient, GABA. When patients have sufficient GABA in their systems, they report feeling more calm, less stressed, and better able to sleep.

When taken on an empty stomach, Kavinace is designed to boost GABA levels by directly delivering more GABA and limiting the breakdown of GABA that is already been manufactured in the nervous system. By delivering more GABA and helping you keep what you have, increased levels of GABA in the nervous system can support the normal feelings of calm and tranquility.

PRODUCT #	SIZE
347	60 cap

Blocks Over-stimulation

TRAVACOR

by NeuroScience

- Good for patients who experience restlessness
- Nutrient blend to support feelings of calm and block over-stimulation
- Targeted for highly anxious patients
- Important for patients with sleep problems: falling and staying asleep



Brain chemistry must always be in balance for us to feel good. Too much excitement or too much calm create anxiety and apathy, respectively. TravaCor is a unique and natural formula designed to support patients who are overly anxious, stressed, and cannot "turn off" their constant brain chattering.

TravaCor works by supporting healthy levels of the brain chemicals that make us feel a sense of calm and tranquility.

Just as you cannot sit and stand at the same time, you cannot be calm and anxious at the same time. TravaCor is important for patients who are feeling anxious or whose restlessness prevents them from relaxing or sleeping.

PRODUCT #	SIZE
350	60cap

