

The Perfect Day: Nutritional Plan

33 Days To Your Perfect Life

This is the plan that I follow to achieve and maintain ultimate health!

- Dr. Darrell Wolfe

Before your Perfect Day Nutritional Consultation with Dr. Darrell Wolfe, we suggest that you read **The Perfect Day: Nutritional Plan** and listen to the **Emotionally Fit For Life** audio 6 to 12 times each. This will help to align you for success with your Perfect Day Nutritional Consultation. All physical conditions have an emotional attachment, the shape and condition of your body mirrors the state of your emotional health.

To create the perfect day for the perfect life, check out the 33 Day Awakening Transformation, Emotional Breakthrough Plan.

Write a list of your physical and emotional symptoms and put them on the fridge and watch them melt away after you implement **The Perfect Day: Nutritional Plan**. Write down all your questions and concerns before your consultation so that I can provide you with the answers you deserve!

Oh, and by the way, all your questions matter! Never question your questions, demand answers! You cannot call us too often, my professional staff awaits your calls.

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We welcome all your calls.

This plan includes the perfect daily routine to follow along with all of our products, therapies and treatments so that we can use this plan as a menu to create the perfect day for you!

Only the necessary products for you will be suggested during your Nutritional Consultation with Dr. Wolfe.

Until you have a proven strategy, you will have insanity. Going from therapist to therapist, treatment to treatment, and always coming up a day late and a dollar short for the illusive cure.

The majority of the population spends the first 50 years accumulating their wealth and ruining their health and the last 50 years trying to buy it back!

The whole medical care system and a large part of the natural health care system, continue to come up short because they give us a 5 foot ladder when we're stuck in a 10 foot hole. Success will always be short-lived with the medical model.

Gentle baby steps is our motto. So, while you read this information, breathe, relax and know that we will support you every step of the way along this journey.

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Your Perfect Day: Guidelines

Essential Products For Vitality

Our planet has never been so toxic and humans have never been as toxic as we are today. Let me assure you that when we take personal action to restore our health, we will find balance on a permanent basis. The following products that we have formulated are called essential nutrients because they are essential for great health.

- > Daily Cleansing Tea
- > Vitamin D3-5
- > Iodoral® Iodine
- > Ocean Essential Fatty Acids
- > MagInfusion
- > Curcumin-Cayenne 5000 Plus
- > SON Formula
- > Vitamin K2+
- > B12 Spray
- > 4ever Flora
- > Rhoziva
- > HGH (L-Glutamine)
- > HCl Support
- > Digest Complete

Anyone who is middle aged or older and anyone who is suffering from chronic fatigue or an illness should consider taking HCl Support, HGH and Digest Complete. Most people do not have enough energy to heal or even digest; these products will boost your body's ability to energize and heal.

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Structured Water

You are not a body with water, you are water with a body. We are told that our body and our planet are comprised of approximately 70% water.

What we are not told is that, on a molecular level, the trillions of cells that make up your body are actually composed of 99.9% water. Your health will be measured by the life within the water, so choose your water wisely.

Water is the most amazing substance on the planet and is the key to sustaining all life. The type of water you drink will either give life or take it away, it will decide how, and how much, your cells absorb nutrients, remove toxins, and how effectively they behave and communicate.

WATER INTAKE: Structured Water should be consumed throughout the day. Do not allow your thirst to build up and always avoid dehydration. Water should not be consumed in a large amount at one time. It is better to have a smaller, but continual flow of water throughout the day for proper assimilation and detoxification.

The average woman should drink 3-4 quarts of structured water a day. The average man should drink 4-5 quarts of structured water a day. Half of your water intake should be consumed by 11AM and the remaining amount by 4PM.

When you begin to learn the ways of healing with structured water, we have to reprogram our brains to drink enough water without thinking.

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So, at the beginning support your program by laying out the amount of water you have to drink throughout the day, have your water already prepared for you.

If you're a woman, fill up 3-4 quarts of water and drink half by 11AM and the rest by 4PM. If you're a man, fill up 4-5 quarts of water and drink half by 11AM and the rest by 4PM.

STRUCTURED LEMON WATER: Drink 8-16 oz of structured water with the juice of 1 lemon within the first 15 minutes of waking.

LEMON HONEY CAYENNE DRINK: Bring 16 oz of structured water to a boil; add the juice of ½ to 1 lemon, a teeny, weeny pinch of African Cayenne and ½ a teaspoon to 1 teaspoon of organic, raw, unpasteurized honey. Store drink in stainless steel thermos and sip throughout the day.

Try adding 2-5 drops of Doc of Detox Super Cinnamon Essential Oil, it tastes amazing and increases your body's ability to heal quicker!

STRUCTURED ESSENTIAL OIL WATER: Add 2-5 drops of **Doc of Detox Super Cinnamon, Orange Burst or Lemon Lift Essential Oil** to 8-12 oz of your structured water throughout the day. Alternate your essential oils! The reason we alternate the essential oils is because they all have different vibrational frequencies and support the body to heal on different levels for different issues.

Read '[Chapter 20: Water, The Structure of Life](#)' in [Healthy To 100](#)

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Fresh & Raw Diet

INTERMITTENT FASTING: Intermittent fasting changes the function of cells, genes and hormones, it is an eating pattern where you cycle between periods of eating and fasting, eating from 11AM to 7PM and eating nothing from 7PM to 11AM. Every 2 hours from 11AM to 7PM, you should eat or drink something nourishing.

If this time line doesn't work for you, honor yourself, talk to the Doc and schedule your day so that it works for you.

When you begin to implement intermittent fasting, do not allow yourself to become faint or fatigued. Gentle baby steps are the best, if you must eat by 9AM, just know that we will get you to 11AM without pain and punishment, gently love and honor yourself and all goals will be accomplished.

Remember to stay connected to us so that we can help you create an amazing life! All your question matters. **1 855 900 4544**

When you change your belief systems, you will change the shape and the health of your body. As your body changes, so will your program.

FOOD COMBINING: Food Combining is based on the theory that different food groups require different digestion times. In addition, the principles of food combining are dictated by digestive chemistry. Different foods require different digestive enzymes to aid in the digestive process: some acid, some alkaline.

For this reason, correct food combinations are important for proper utilization and absorption of the nutrients in our diet. The proper combining of foods leads to good digestion and ultimately better health. Remember, the simpler the meal the better you feel.

YOUR GUIDE TO PROPER FOOD COMBINING

**These items are added for clarity but are not recommended for consumption.*

Lean Proteins:

- > Zija Core Moringa Plant Protein
- > *Lean Meats and Poultry**
- > *Lean Fish**
- > *Low-fat Dairy**

Lean proteins combine best with greens and non-starchy vegetables.

Never eat with sugar and/or starches.

Never combine proteins and acid foods.

Never combine more than one kind of protein.

Do not consume two different proteins (such as chicken and beans) during the same meal.

Fats and Fatty Proteins:

- > Avocados
 - > Oils
 - > Yogurt*
 - > Olives
 - > Eggs
 - > Fatty Fish*
 - > Nuts
 - > Butter*
 - > Poultry*
 - > Seeds
 - > Cheese*
 - > Meat*
-

Use fats sparingly.

Do not consume two different proteins (such as avocado and beans) during the same meal.

Never combine fats with protein.

Combine best with greens and non-starchy vegetables.

Fats (except avocado) combined with starch result in delayed digestion.

Avocados are high in fat, contain more protein than milk and are best combined with greens and non-starchy vegetables. Never eat with nuts.

Starches and Starchy Proteins:

- > Grains (bread, pasta, etc)*
 - > Beets
 - > Squash
 - > Potatoes*
 - > Parsnips
 - > Beans
 - > Soy (tofu, tempeh)*
 - > Carrots
 - > Lentils
 - > Sweet Potatoes/Yams
 - > Pumpkin
 - > Peas
-

Combine best with greens, non-starchy vegetables and fats.

Eat only one concentrated starch food during a meal.

Avoid eating protein with starches.

Greens and Non-Starchy Vegetables:

- > Leafy greens
- > Cauliflower
- > Onion
- > Sprouts
- > Broccoli
- > Garlic
- > Celery
- > Asparagus
- > Mushrooms
- > Cucumber
- > Radish
- > Green beans
- > Cabbage
- > Zucchini
- > Fresh corn

Should form the major part of your daily diet.

Greens and non-starchy vegetables combine very well with most foods.

Non-starchy vegetables may be combined with proteins or starch.

Acid Fruits:

- > Lemons
- > Oranges
- > Pineapples
- > Limes
- > Tomatoes
- > Kiwi
- > Grapefruit
- > Strawberries
- > Pomegranate

Eat fruits first as they exit the body the quickest.

Acid fruits combine well with lettuce, celery, fats or proteins.

Acid fruits may be combined with less sweet, sub-acid fruits.

Never combine acid fruits with sweet fruits.

Tomatoes should not be combined with any other kind of fruit.

Avoid eating acid fruits with starches.

Sub Acid Fruits:

- > Apples
- > Blueberries
- > Blackberries
- > Raspberries
- > Peaches
- > Grapes
- > Plums
- > Cherries
- > Mango
- > Nectarine
- > Cherries
- > Papayas
- > Pears
- > Guava
- > Tamarillo

Eat fruits first as they exit the body the quickest.

Combine sweet, sub-acid fruits with lettuce, celery or sweet fruits.

Sweet Fruits:

- > Bananas
- > Plantains
- > Figs
- > Dates
- > Apricots
- > Dried fruits

Eat fruits first as they exit the body the quickest.

Best combined with celery and lettuce.

Never eat with acid fruits.

Never combine sweet fruits with proteins, starches or acid fruits.

Bananas are best eaten alone but can be eaten with starches.

Melons:

- > Watermelon
- > Cantaloupe
- > Honeydew

Eat melons alone. They do not combine well with other foods.

Sugars:

- > Maple Syrup
- > Agave
- > Honey

Sugars are best eaten on their own. (Ex: add to Daily Cleansing Tea or to your Lemon Honey Cayenne drink).

Do not combine starches and sugars.

Spices & Condiments:

- > Himalayan Salt
- > Cumin
- > Ginger
- > Cinnamon
- > Clove
- > Garlic
- > Cayenne
- > Turmeric
- > Mustard
- > Apple Cider Vinegar
- > Cold-Pressed Extra Virgin Oils (Grape Seed, Olive and Coconut)

Avoid Eating:

- > Proteins with other proteins, fats, fruits and sugars.
- > Starches with other starches, proteins, fruits and sugars.
- > Fats with proteins, fruits and sugars.
- > Dessert.

NO ALCOHOL: Alcohol consumes the body, that is why they call it consumption when you drink. Why do you think when you go to the bar the bartender says, *'Pick your poison'*?

Alcohol is rocket fuel for inflammation, scar tissue formation, mutation and it creates the perfect environment for worms, fungus, bad bacteria and viruses while fermenting the body.

NO ANIMAL PRODUCTS: All animal products will trigger chronic disease. For instance, cancer, diabetes, heart disease - I think you get the picture.

The World Health Organization verified that processed meats causes cancer while the Cancer Society of America promotes eating processed meats. Processed meat is a class 1 carcinogen, the same category as tobacco. If a man eats chicken 4 or more times a week, he can increase his risk of prostate cancer by 4x. All corporations lie, they can't help themselves.

NO DAIRY: Dairy has been proven to be the major cause of diabetes and MS. People that drink milk have more cancer, more heart disease, more autoimmune diseases, more hip fractures, hip replacements due to long standing inflammation and scar tissue formation which causes not just a life of pain but a shorter one.

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Dairy products will cause breast, ovarian and prostate cancer to skyrocket, for those who drink it. If you have prostate cancer, 1 glass of milk can accelerate the growth of cancer by 34%. If a woman already has breast cancer and has 1 serving of dairy a day she can increase the risk of losing her life by an additional 49%.

The molecular size of cow's milk is 20x larger than mother's milk, making it impossible for anyone to digest. Dairy causes inflammation in everyone but not everyone feels it, this inflammatory response will result in autoimmune disease. The only reason we drink cow's milk is because they have the biggest utters in the animal kingdom, which means the biggest profits for corporations. Got milk? Get sick.

Humans are the only species on the planet that drink milk as adults and the only species that drinks another animal's milk. That's utterly ridiculous. Corporations will milk you for everything you got to fatten their bottom line. Oh and by the way, it's fattening your bottom line because you can't digest it!

If milk is like a firecracker to the body then cheese is the atomic bomb. Cheese is addictive to the brain receptors in a similar way to heroin. Of course, not as strong but strong enough to keep you coming back for more.

Casein is the main protein in dairy products and all humans are highly allergic to casein. As casein enters the body, it becomes casomorphins,

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which create morphine-like compounds that go into the brain and attach themselves to the very same receptor sites that heroin attaches to - this creates the addiction to dairy. This is called a love-hate relationship, you love it for the first 3 inches and your body hates you for eating it for the next 30 feet.

But where the rubber hits the pavement, people do not know how to connect the dots when it comes to scary dairy. Everybody gets inflammatory conditions and scar tissue formation in different parts of the body, from the mucous in their nose to the fungus on their toes, which makes it hard for them to connect the dots. Stop drinking milk and eating cheese and then tell me I'm wrong, you have my number.

Milk does not build strong bones, it makes weaker ones. Countries that consume the most milk have the highest rates of Osteoporosis.

There are 450 drugs that are administered to animals in combination or separately. 80% of all antibiotics made in the USA, go into animals. 21,000 people die of infection from eating animal products every year and this is due to terrorism by the meat industry because of antibiotic resistant animals. Consumers have no idea what is in the products they consume.

NO CORN: All corn products create inflammation because we cannot break down the cellulose. Most corn crops are GMO and that's a huge no-no! Corn is hidden in most processed food products, buyer beware or buyer be sick.

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NO GLUTEN/WHEAT: Gluten and wheat create inflammation throughout the body, cause brain fog, fatigue and digestive problems like bloating, gas, diarrhea and even constipation. Gluten is hidden in most processed food products. If you must eat grains, stick with organic, gluten free ancient grains, such as Amaranth, Buckwheat, Chia, Millet and Quinoa.

NO SOY: Soy is a phytoestrogen, which means it mimics estrogen in the body, it is also known to affect the thyroid. Most soy is GMO, is hidden in processed food products and is not fermented naturally.

NO SUGAR: Sugar is hidden in most processed food products. ½ a teaspoon to 1 teaspoon of raw unpasteurized honey in your Lemon Honey Cayenne Drink is fine. Nature's sugar has a left spin to it, so it does not feed cancer cells but any concentrated sugar whether natural or not will cause glucose levels to spike causing metabolic syndrome.

YES TO SALT: Have ½ a teaspoon to 1 teaspoon of Redmond's Real Salt or Pink Himalayan Salt everyday. Table salt will create high blood pressure and Real Salt or Himalayan Salt will balance your blood pressure. This is why a little bit of information is dangerous, not all salt is bad.

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GOLDEN RULE: Never overeat. Even if it's organic, if you overeat, your food will putrefy in your gut because when your digestive tract becomes overloaded (burdened) physically, your physical and emotional body then become overwhelmed and that's when life goes from good to bad, all the way down to your bacteria!

THE BAKING SODA MIRACLE: If you experience stress to the point of anxiety, or your body feels tight and contracted, bloated, gassy, or if you experience heartburn, acid reflux, nausea or you just took your Curcumin-Cayenne 5000 Plus and you feel more than a slight irritation or burn. Call on a level teaspoon of baking soda, mix it with 8 oz of water and drink!

You can use Arm & Hammer and understand this, baking soda is used for everything from heartburn to cancer without any harmful side effects. You will not be told this because... Follow the money. Google it if you don't get it because we want you to have it!

Make Your Home A Health Zone

CLEAN HOUSE: Remove all GMO foods, processed and packaged food and junk food from your house. Put all toxic chemicals and cleaners into the garage or dispose of them because they off gas once opened. If you keep toxic cleaning products, only bring them in the house when cleaning. It is best to replace toxic cleaning products with natural cleaning products - it's only natural NOT to poison the family.

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EMF: We live in a virtual sea of electromagnetic energy. From the electricity moving through wires connecting to appliances, to the radio frequencies flowing through the air communicating with our wireless phones, baby monitors, smart meters, and computers.

The government tells us the radiation generated by the electromagnetic fields are safe, but a growing number of scientific studies indicate otherwise. The World Health Organization classifies both radio frequency (RF) and extremely low frequency electromagnetic fields (ELF EMF) as a possible human carcinogen. The first is based primarily on brain tumors associated with cell phone use. The second is based on unusually high occurrences of leukemia in children who live near power lines.

HOW TO PROTECT YOURSELF

Turn your Wi-Fi off at night! Unplug it every night or you can buy a timer and set it up so that your Wi-Fi automatically turns off before bed and comes back on in the morning.

Electrical Free Bedroom: No lamps. No phones. No TV. No alarm clocks. Nothing plugged in by your head!

If you have microwave or cordless phones, these are absolute no-nos - **Throw Them Away!**

Read '*Chapter 22: EMF, What The Cell Is Going On?*' in *Healthy To 100*

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Beauty Is More Than Skin Deep

PERSONAL CARE PRODUCTS: Some of the ingredients in personal care products aren't that pretty. U.S. researchers report that 1 in 8 of the 82,000 ingredients used in personal care products are industrial chemicals, including carcinogens, pesticides, reproductive toxins and hormone disruptors.

Many products include plasticizers (chemicals that keep concrete soft), degreasers (used to get grime off auto parts), and surfactants (they reduce surface tension in water, like in paint and inks). Imagine what that does to your skin, and to the environment. This is a major answer if you wish to eliminate or prevent cancer!

See Doc of Detox Personal Care Products on page 94.

Zija Moringa Personal Care Products: bit.ly/ZijaPersonalCare

Read '*Chapter 27: Beautiful Skin*' in *Healthy To 100*

The Brave Heart Breathing Technique

The Brave Heart Breathing Technique is a simple but powerful practice that is done by first holding your hands over your heart, whether your hands are laying flat over the heart or in prayer style. The mind instantly goes where you touch, so let's learn to process through the heart.

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Connect to your heart, then engage in the breath of safety and alignment, slow your breathing, 5 seconds in and 5 seconds out. You have just made the most important journey of your life, the **heart/brain/body connection**.

The only time that we slow our breathing in this way is when we feel safe, when we're not under a threat or attack. In today's society people are continually under attack due to fear mongering and the illusion of lack.

When you practice the Brave Heart Breathing Technique, you are telling your body that it is safe.

By breathing slowly, 5 seconds in and 5 seconds out and holding your hands at heart center, feel the feeling that creates 0.1 hertz. Feel the feeling that sets up coherence for the union of the heart, brain and body.

The more we practice this technique the more we master love for others and love for ourselves. The best way to continue the 0.1 hertz gamma state throughout our day is to embrace and repeat the Brave Heart Breathing Technique on a continual basis, the four pillars of harmonizing the **heart/brain/body connection**.

During your Brave Heart Breathing Technique, here are 4 things for you to do, feel, think and be:

- 1. Appreciation** for anything and anyone
- 2. Gratitude** for anything and anyone
- 3. Care** for anything and anyone
- 4. Compassion** for anything and anyone

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If you experience any of these feelings while in the heart performing the Brave Heart Breathing Technique, you are triggering the neurons from the brain and the heart to reach out to each other and find connection and full body harmony.

As I stated before, we are talking about hard science here, not just some new age philosophy or fairy tale story. Within 72 hours of initiating the Brave Heart Breathing Technique, your **heart/brain/body connection** will establish new neuron networks with each other.

These neurons will stretch out to find other neurons to build other new networks. It takes 3 days (72 hours) to establish these new networks. The more you repeat the Brave Heart Breathing Technique throughout your day, the longer and stronger the connection.

Brave Heart Breathing Technique Steps

- 1. Shift your awareness and touch heart center, prayer style or whatever is comfortable for you.**
- 2. Breathe a little slower than you typically would. 5 seconds in, 5 seconds out.**
- 3. As you breathe, feel your breath originating from your heart and begin to feel the feelings of appreciation, gratitude, care and compassion to the best of your ability.**

Our research has found that typically when you perform 3 minutes of the Brave Heart Breathing Technique, it sets in motion a cascade of events in your body that will last 6 hours.

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You now have the ability to trigger the immune response anytime, anywhere. This technique, though simple, will awaken your life's greatest potential, the real you. **It is the key to your personal point of power.**

Within 33 Days, you will have free access to your subconscious, which will awaken all your senses and abilities to become the master of your belief systems and most importantly, your purpose for existing.

*You will no longer be caring for yourself because you are scared of becoming sick, you will now care for yourself because you now love, honor, respect, protect and trust yourself.
Intention Is Everything.*

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Your Perfect Day: Schedule

The time line and suggestions made in this schedule are a generalization, if your day starts at a different time then adjust accordingly. Dr. Wolfe will tailor this plan to suite your lifestyle during and after your consultation.

All follow up calls are at no cost to you because your success is our success!

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For the first 33 Days, eat at least 95% fresh and raw vegetables and fruit.

I do not live to eat, I eat to thrive. I do not have a 3 inch mentality, which means my conscious level of intelligence goes all the way from my mouth to my rectum, not just to my addicted taste buds.

Perfect Day Tips!

- > Drink plenty of structured water throughout the day.
- > Do not shower in chlorinated water.
- > Organic is always your first choice, but if you cannot afford them or they are not available, it is still better to buy commercial fruits and vegetables than any other foods (ex. processed packaged foods, so called healthy junk food, dairy, meats, canned foods). Make sure you always use structured water to wash all your food to protect your health.
- > Spray your salad with structured water before eating.
- > If you are unable to wash your produce with structured water, purchase a fruit and vegetable wash, especially if you are eating commercially grown (non-organic) produce.

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- > Eat something fresh and raw every 2 hours from 11AM to 7PM.
- > It's not how much you eat, it's what you eat, how you eat it and when you eat it.
- > For a snack, have fresh fruit, veggies or a smoothie. (Note: fruit fights cancer, it doesn't cause it. Berries will always be your best and first choice when making a smoothie or eating fruit.)
- > If you have a busy schedule, chop up enough salad and vegetables for 3 days worth of salads. Make sure you buy a great salad sealer to keep it fresh. Check out the VacSy Food Storage System: bit.ly/VacSyFoodStorage
- > Eat a vegetable rainbow salad for lunch and dinner.
- > If your digestion is weak, start by lightly steaming or blending your vegetables.
- > Chew your food well, you don't have a second set of teeth in your stomach.
- > Do not rush or eat 'on-the-go'. This will only worsen any digestive problem. Take time with your meals.
- > Vegetable Juicing is optional but is highly recommended, especially for people who are dealing with chronic illness or wish to live the best life ever!
- > Never bring conflict to the table.
- > Have a blessed meal, every meal!

***Most importantly, remember to make sure everything tastes great,
so that you enjoy the ride; life is meant to be fun!***

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Wake Up With Your Brave Heart Breathing Technique!

7AM: Structured Lemon Water

Within the first 15 minutes of waking, drink 8-16 oz of structured water with the juice of 1/2 to 1 lemon.

7:30: Belly Button Therapy & Core Twisting

Start with Belly Button Therapy for 5 minutes. bit.ly/BellyButtonTherapy

Twist for 10 minutes. Never over twist, be gentle! bit.ly/CoreTwistingVideo

** You can twist for longer if you want!*

8AM: Daily Cleansing Tea with Supplements

Start with 4 oz in the morning and 4 oz in the evening. After 3 days increase to 8 oz in the morning and 8 oz in the evening. The goal is to have 3 large slightly soft bowel movements for the rest of your life for the perfect life.

Daily Cleansing Tea is not a stimulant nor a laxative and helps to detox every organ in the human body along with the lymph and your bloodstream. Lighten the load each and every day, why would anyone pile it up? [See page 71 for more information on the Daily Cleansing Tea.](#)

Essential Supplements:

2 capsules - 4ever Flora

5 capsules - Ocean Essential Fatty Acids

3 capsules - Vitamin D3-5

1 capsules - Vitamin K2+

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8:30AM: Lemon Honey Cayenne Drink

Bring 16 oz of structured water to a boil; add the juice of ½ to 1 lemon, a teeny, weeny pinch of African Cayenne and ½ a teaspoon to 1 teaspoon of organic, raw, unpasteurized honey. Store drink in stainless steel thermos and sip throughout the day.

Add 2-5 drops of **Doc of Detox Super Cinnamon Essential Oil** to the Lemon Honey Cayenne Drink, it tastes amazing and increases your body's ability to heal quicker!

9AM: Zija Moringa SuperMix

Mix ½ a packet in 12 oz of structured water, drink and enjoy!

The Most Dense Superfood on Planet Earth in it's Natural Organic State!

Essential Supplements:

2 capsules - SON Formula

10AM: Structured Essential Oil Water

Add 2-5 drops of **Doc of Detox Super Cinnamon, Orange Burst or Lemon Lift** to 8-12 oz of structured water throughout the day.

Alternate your essential oils! The reason we alternate the essential oils is because they all have different vibrational frequencies and support the body to heal on different levels for different issues that are locked within the tissues.

11AM: Blender Drink with Zija Core Moringa Plant Protein

Dutch Chocolate

½ or 1 packet of Dutch Chocolate Moringa Plant Protein

*1-2 organic free range, raw eggs (*optional*)

1 cup frozen berries and/or half an banana (*organic is always best!*)

1-3 scoops **MagInfusion (Magnesium)**

Organic coconut or almond milk (*no carrageenan, it is carcinogenic*) to your preferred consistency

Blend ingredients until smooth and enjoy!

OR

Vanilla Bean

½ or 1 packet of Vanilla Bean Moringa Plant Protein

*1-2 organic free range, raw eggs (*optional*)

1 cup frozen berries and/or half an banana (*organic is always best!*)

1 cup of ice or to your preference

1-3 scoops **MagInfusion (Magnesium)**

Organic coconut or almond milk (*no carrageenan, it is carcinogenic*) to your preferred consistency

Blend ingredients until smooth and enjoy!

**Organic free range raw eggs are the cleanest form of animal protein. They are just a stepping stone until you realize a much better life awaits you with a plant based diet.*

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Take with your blender drink!

1-3 capsules: Curcumin-Cayenne 5000 Plus

* The sooner you can move over to taking Curcumin-Cayenne 5000 Plus on an empty stomach, the better it will work. If you experience burning when taking Curcumin-Cayenne 5000 Plus, just know that it may not be from the Cayenne, it is usually because of inflammation in the digestive tract or the release of that which ails you, such as acidity, stored toxins or internal scar tissue formation.

Go gentle, love your body! Don't forget **The Baking Soda Miracle** can put the fire out in 30 seconds to 1 minute.

11:30AM: Structured Essential Oil Water

Add 2-5 drops of **Doc of Detox Super Cinnamon, Orange Burst or Lemon Lift** to 8-12 oz of structured water throughout the day.

Alternate your essential oils! The reason we alternate the essential oils is because they all have different vibrational frequencies and support the body to heal on different levels for different issues that are locked within the tissues.

12PM: Rainbow Salad for Lunch

Romaine, Kale and/or Spinach with **Avocado** OR **Chickpeas** OR **Black beans**.
Add as many veggies as you like from the **Rainbow of Veggies** list.
Use any dressing from the **Salad Dressing Options** list.

FREE step-by-step support, 1 855 900 4544
We welcome all your calls.

Rainbow of Vegetables

- > Sprouts (*broccoli, alfalfa, bean, sunflower*)
- > Red Onion
- > Green Onion
- > Cauliflower
- > Broccoli
- > Snap Peas
- > Zucchini
- > Cucumber
- > Purple Cabbage
- > Carrot
- > Swiss Chard
- > Collard Greens
- > Asparagus
- > Garlic
- > Brussels Sprouts

Salad Dressing Options

- > Organic Dressing (*No sugar, soy, corn, gluten, dairy or any words you can't pronounce!*)
- > Lemon Juice
- > Oil & Vinegar

Salad Tips!

- > Chop all vegetables into small pieces to enhance digestion!
- > Stay away from nightshade vegetables if create inflammation in your body. **Nightshades include:** Tomatoes, white potatoes, eggplant, okra, peppers, goji berries, tomatillos, sorrel, gooseberries, ground cherries, pepino melons, tobacco and paprika.
- > Never mix proteins with avocado, never mix different proteins together.

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We welcome all your calls.

- > Add 1 tsp of **Himalayan Salt** or Redmond Real Salt to your daily diet.
- > Soak Chickpeas and Black beans in Bragg's Liquid Aminos & Himalayan Salt for an amazing burst of flavor!
- > If it is impossible for you to make fresh Chickpeas and/or Black beans, buy organic ones in a can and rinse them with structured water. Just google it, if you are unsure on how to make them fresh!
- > Sprinkle chia seeds and/or hemp hearts on salads. They do not interfere with other protein when it comes to your digestion.

Take with your meal!

1-3 capsules: Curcumin-Cayenne 5000 Plus

* The sooner you can move over to taking Curcumin-Cayenne 5000 Plus on an empty stomach, the better it will work. If you experience burning when taking Curcumin-Cayenne 5000 Plus, just know that it may not be from the Cayenne, it is usually because of inflammation in the digestive tract or the release of that which ails you, such as acidity, stored toxins or internal scar tissue formation.

Go gentle, love your body! Don't forget **The Baking Soda Miracle** can put the fire out in 30 seconds to 1 minute.

Remember Your Brave Heart Breathing Technique!

FREE step-by-step support, 1 855 900 4544
We welcome all your calls.

1PM: Structured Essential Oil Water

Add 2-5 drops of **Doc of Detox Super Cinnamon, Orange Burst or Lemon Lift** to 8-12 oz of structured water throughout the day.

Alternate your essential oils, the reason we alternate the essential oils is because they all have different vibrational frequencies and support the body to heal on different levels for different issues that are locked within the tissues.

2PM: Zija Moringa SuperMix

Mix ½ a packet in 12 oz of structured water, drink and enjoy!

The Most Dense Superfood on Planet Earth in it's Natural Organic State!

Essential Supplements:

2 capsules - SON Formula

3PM: Blender Drink with Zija Core Moringa Plant Protein

Dutch Chocolate

½ or 1 packet of Dutch Chocolate Moringa Plant Protein

*1-2 organic free range, raw eggs (*optional*)

1 cup frozen berries and/or half an banana (*organic is always best!*)

1-3 scoops **MagInfusion (Magnesium)**

Organic coconut or almond milk (*no carrageenan, it is carcinogenic*) to your preferred consistency

Blend ingredients until smooth and enjoy!

OR

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Vanilla Bean

½ or 1 packet of Vanilla Bean Moringa Plant Protein

*1-2 organic free range, raw eggs (*optional*)

1 cup frozen berries and/or half an banana (*organic is always best!*)

1 cup of ice or to your preference

1-3 scoops **MagInfusion (Magnesium)**

Organic coconut or almond milk (*no carrageenan, it is carcinogenic*) to your preferred consistency

Blend ingredients until smooth and enjoy!

**Organic free range raw eggs are the cleanest form of animal protein. They are just a stepping stone until you realize a much better life awaits you with a plant based diet.*

Take with your blender drink!

1-3 capsules: Curcumin-Cayenne 5000 Plus

* The sooner you can move over to taking Curcumin-Cayenne 5000 Plus on an empty stomach, the better it will work. If you experience burning when taking Curcumin-Cayenne 5000 Plus, just know that it may not be from the Cayenne, it is usually because of inflammation in the digestive tract or the release of that which ails you, such as acidity, stored toxins or internal scar tissue formation.

Go gentle, love your body! Don't forget **The Baking Soda Miracle** can put the fire out in 30 seconds to 1 minute.

4PM: Structured Essential Oil Water

Add 2-5 drops of **Doc of Detox Super Cinnamon, Orange Burst or Lemon Lift** to 8-12 oz of structured water throughout the day.

Alternate your essential oils, the reason we alternate the essential oils is because they all have different vibrational frequencies and support the body to heal on different levels for different issues that are locked within the tissues. Essential oils have the highest healing frequencies.

5PM: Structured Essential Oil Water

Add 2-5 drops of **Doc of Detox Super Cinnamon, Orange Burst or Lemon Lift** to 8-12 oz of structured water throughout the day. Alternate your essential oils, the reason we alternate the essential oils is because they all have different vibrational frequencies and support the body to heal on different levels for different issues that are locked within the tissues.

5:30PM: Belly Button Therapy & Rebounding

Start with Belly Button Therapy for 5 minutes. bit.ly/BellyButtonTherapy

Rebound for 10 minutes before dinner. bit.ly/UltimateReboundingVideo

** You can rebound for longer if you want!*

6PM: Rainbow Salad for Dinner

Romaine, Kale and/or Spinach with **Avocado** OR **Chickpeas** OR **Black beans**.

Add as many veggies as you like from the **Rainbow of Veggies** list.

Use any dressing from the **Salad Dressing Options** list.

Rainbow of Vegetables

- > Sprouts (*broccoli, alfalfa, bean, sunflower*)
- > Red Onion
- > Green Onion
- > Cauliflower
- > Broccoli
- > Snap Peas
- > Zucchini
- > Cucumber
- > Purple Cabbage
- > Carrot
- > Swiss Chard
- > Collard Greens
- > Asparagus
- > Garlic
- > Brussels Sprouts

Salad Dressing Options

- > Organic Dressing (*No sugar, soy, corn, gluten, dairy or any words you can't pronounce!*)
- > Lemon Juice
- > Oil & Vinegar

Salad Tips!

- > Chop all vegetables into small pieces to enhance digestion!
- > Stay away from nightshade vegetables if create inflammation in your body. **Nightshades include:** Tomatoes, white potatoes, eggplant, okra, peppers, goji berries, tomatillos, sorrel, gooseberries, ground cherries, pepino melons, tobacco and paprika.
- > Never mix proteins with avocado, never mix different proteins together.

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We welcome all your calls.

- > Add 1 tsp of **Himalayan Salt** or Redmond Real Salt to your daily diet.
- > Soak Chickpeas and Black beans in Bragg's Liquid Aminos & Himalayan Salt for an amazing burst of flavor!
- > If it is impossible for you to make fresh Chickpeas and/or Black beans, buy organic ones in a can and rinse them with structured water. Just google it, if you are unsure on how to make them fresh!
- > Sprinkle chia seeds and/or hemp hearts on salads. They do not interfere with other protein when it comes to your digestion.

Take with your meal!

1-3 capsules: Curcumin-Cayenne 5000 Plus

* The sooner you can move over to taking Curcumin-Cayenne 5000 Plus on an empty stomach, the better it will work. If you experience burning when taking Curcumin-Cayenne 5000 Plus, just know that it may not be from the Cayenne, it is usually because of inflammation in the digestive tract or the release of that which ails you, such as acidity, stored toxins or internal scar tissue formation.

Go gentle, love your body! Don't forget **The Baking Soda Miracle** can put the fire out in 30 seconds to 1 minute.

7PM: Daily Cleansing Tea with Supplements

Start with 4 oz in the morning and 4 oz in the evening. After 3 days increase to 8 oz in the morning and 8 oz in the evening. The goal is to have 3 large slightly soft bowel movements for the rest of your life for the perfect life.

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We welcome all your calls.

Daily Cleansing Tea is not a stimulant nor a laxative and helps to detox every organ in the human body along with the lymph and your bloodstream. Lighten the load each and every day, why would anyone pile it up? **See page 71 for more information on the Daily Cleansing Tea.**

Essential Supplements:

2 capsules - 4ever Flora

1 tablet - Iodoral

5 capsules - Ocean Essential Fatty Acids

9PM: HGH

Mix 1 scoop (*provided*) in 8 oz of water once a day, take on an empty stomach at bedtime or right after strenuous exercise.

Sleep Tight With Your Brave Heart Breathing Technique!

The Candida Parasite Miracle

As soon as you have accomplished 2-3 large sized bowel movements slightly on the loose side for 10-14 days, contact Dr. Wolfe for the Candida Parasite Miracle that will cost you 20 cents a day! If you have any cents at all.

FREE step-by-step support, 1 855 900 4544
We welcome all your calls.

Your Perfect Day: Supplements

Daily Cleansing Tea

___ oz ___ x a day ___ AM ___ PM ___ PM

Daily Cleansing Tea Caps

___ capsule ___ x a day ___ AM ___ PM ___ PM

Curcumin-Cayenne 5000 Plus

___ capsule ___ x a day ___ AM ___ PM ___ PM

MagInfusion

___ scoop ___ x a day ___ AM ___ PM ___ PM

Ocean Essential Fatty Acids

___ capsule ___ x a day ___ AM ___ PM ___ PM

4ever Flora

___ capsule ___ x a day ___ AM ___ PM ___ PM

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Fibro Clear

___ capsule ___ x a day ___ AM ___ PM ___ PM

Digest Complete

___ capsule ___ x a day ___ AM ___ PM ___ PM

HCl Support

___ capsule ___ x a day ___ AM ___ PM ___ PM

Vitamin K2+

___ capsule ___ x a day ___ AM ___ PM ___ PM

B12 Spray

___ spray ___ x a day ___ AM ___ PM ___ PM

HGH (L-Glutamine)

___ scoop ___ x a day ___ AM ___ PM ___ PM

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Vitamin D3-5

___ capsule ___ x a day ___ AM ___ PM ___ PM

Vitamin D3-50

___ capsule ___ x a day ___ AM ___ PM ___ PM

Iodoral

___ tablet ___ x a day ___ AM ___ PM ___ PM

Zinc

___ capsule ___ x a day ___ AM ___ PM ___ PM

SON Formula

___ tablet ___ x a day ___ AM ___ PM ___ PM

Rhoziva

___ capsule ___ x a day ___ AM ___ PM ___ PM

Prostate Power

___ capsule ___ x a day ___ AM ___ PM ___ PM

Super Natural Heart Formula

___ capsule ___ x a day ___ AM ___ PM ___ PM

Silver Bullet Solution

___ tsp ___ x a day ___ AM ___ PM ___ PM

Ormus Gold: Golden Matrix Absolute Balance Thrive

___ tsp ___ x a day ___ AM ___ PM ___ PM

Immune Response

___ tsp ___ x a day ___ AM ___ PM ___ PM

Zija Moringa SuperMix

___ packet ___ x a day ___ AM ___ PM ___ PM

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Zija Core Moringa Plant Protein

___ packet ___ x a day ___ AM ___ PM ___ PM

Greens First / Berry

___ scoop ___ x a day ___ AM ___ PM ___ PM

Atomic Spray

___ spray ___ x a day ___ AM ___ PM ___ PM

Ormus Gold Magnesium Spray

___ spray ___ x a day ___ AM ___ PM ___ PM

DMSO

_____ x a day ___ AM ___ PM ___ PM

Lemon Lift Essential Oils

___ drops ___ x a day ___ AM ___ PM ___ PM

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Orange Burst Essential Oil

___ drops ___ x a day ___ AM ___ PM ___ PM

Super Cinnamon Essential Oil

___ drops ___ x a day ___ AM ___ PM ___ PM

Frankincense Essential Oil

___ drops ___ x a day ___ AM ___ PM ___ PM

True Essence Essential Oil

___ drops ___ x a day ___ AM ___ PM ___ PM

Thieves+ Essential Oil

___ drops ___ x a day ___ AM ___ PM ___ PM

Muscle Restore Essential Oil

___ drops ___ x a day ___ AM ___ PM ___ PM

Doc of Detox Product Guide begins on page 71.

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We welcome all your calls.

Blender Drink Recipes

The World's Healthiest & Best Tasting Non-Milk Shakes

Dutch Chocolate: Zija Core Moringa Plant Protein

½ or 1 packet of Dutch Chocolate Moringa Plant Protein

*1-2 organic free range, raw eggs (*optional*)

1 cup frozen berries and/or half an banana (*organic is always best!*)

1-3 scoops **MagInfusion (Magnesium)**

Organic coconut or almond milk (*no carrageenan, it is carcinogenic*) to your preferred consistency

Blend ingredients until smooth and enjoy!

Vanilla Bean: Zija Core Moringa Plant Protein

½ or 1 packet of Vanilla Bean Moringa Plant Protein

*1-2 organic free range, raw eggs (*optional*)

1 cup frozen berries and/or half an banana (*organic is always best!*)

1 cup of ice or to your preference

1-3 scoops **MagInfusion (Magnesium)**

Organic coconut or almond milk (*no carrageenan, it is carcinogenic*) to your preferred consistency

Blend ingredients until smooth and enjoy!

**Organic free range raw eggs are the cleanest form of animal protein. They are just a stepping stone until you realize a much better life awaits you with a plant based diet.*

For wholesale pricing on all Zija Products,
Call Denise at the Doc of Detox at 1 855 900 4544

FREE step-by-step support, 1 855 900 4544
We welcome all your calls.

Green Island

1 cup frozen tropical fruit mix (*banana, mango, pineapple*)

1-2 handfuls of spinach or kale

½ or 1 packet of Vanilla Bean Moringa Plant Protein (*optional*)

*1-2 organic free range, raw eggs (*optional*)

Organic coconut or almond milk (*no carrageenan, it is carcinogenic*) to your preferred consistency

Blend ingredients until smooth and enjoy!

Berry Burst

1 cup of frozen berries

1-2 handfuls of spinach or kale (*optional*)

½ or 1 packet of Vanilla Bean Moringa Plant Protein (*optional*)

*1-2 organic free range, raw eggs (*optional*)

Organic coconut or almond milk (*no carrageenan, it is carcinogenic*) to your preferred consistency

Blend ingredients until smooth and enjoy!

Berry Lemonade

1 cup fresh or frozen strawberries

1 cup fresh or frozen raspberries

1 tsp honey

1 cup ice

¼ cup fresh lemon juice

1 cup structured water

Blend ingredients until smooth and enjoy!

Banana Rama

1 cup ice

1 ripe banana

½ or 1 packet of Vanilla Bean Moringa Plant Protein (*optional*)

*1-2 organic free range, raw eggs (*optional*)

1 tsp vanilla extract

Organic coconut or almond milk (*no carrageenan, it is carcinogenic*) to your preferred consistency

Blend ingredients until smooth and enjoy!

Blueberry Mint

1 cup frozen blueberries

1 frozen banana

1 cup spinach

1 cup structured water

½ cup pineapple chunks

¼ cup fresh mint

½ or 1 packet of Dutch Chocolate Moringa Plant Protein (*optional*)

Blend ingredients until smooth and enjoy!

**Organic free range raw eggs are the cleanest form of animal protein. They are just a stepping stone until you realize a much better life awaits you with a plant based diet.*

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Call Denise at the Doc of Detox at 1 855 900 4544

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Juicing Recipes

Vegetable Juice is a great addition especially if you are dealing with Cancer or any other chronic illness. When dealing with a chronic illness, up to 8 oz of fresh vegetable juice 8x a day is a great addition to your routine! Talk to the Doc for recommendations.

If you have a **Portable Structure Water Unit**, pour your fresh vegetable juice through to structure, boost and energize your juice!

Carrot Juice *(Drink 20-64oz of carrot juice a day)*

15-20 carrots

Energy Elixir

1 beet

1 carrot

1 celery stalk

1-2 inches of ginger

1 lemon

Vitality Elixir

1 celery stalk

1 lemon

1 green apple

1 cucumber

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Salad Recipes

Romaine, Kale and/or Spinach with **Avocado** OR **Chickpeas** OR **Black beans**.

Add as many veggies as you like from the **Rainbow of Veggies** list.

Use any dressing from the **Salad Dressing Options** list.

Rainbow of Vegetables

- > Sprouts (*broccoli, alfalfa, bean, sunflower*)
- > Red Onion
- > Green Onion
- > Cauliflower
- > Broccoli
- > Snap Peas
- > Zucchini
- > Cucumber
- > Purple Cabbage
- > Carrot
- > Swiss Chard
- > Collard Greens
- > Asparagus
- > Garlic
- > Brussels Sprouts

Salad Dressing Options

- > Organic Dressing (*No sugar, soy, corn, gluten, dairy or any words you can't pronounce!*)
- > Lemon Juice
- > Oil & Vinegar

Salad Tips!

- > Chop all vegetables into small pieces to enhance digestion!
- > Stay away from nightshade vegetables if create inflammation in your body. **Nightshades include:** Tomatoes, white potatoes, eggplant, okra, peppers, goji berries, tomatillos, sorrel, gooseberries, ground cherries, pepino melons, tobacco and paprika.
- > Never mix proteins with avocado, never mix different proteins together.
- > Add 1 tsp of **Himalayan Salt** or Redmond Real Salt to your daily diet.
- > Soak Chickpeas and Black beans in Bragg's Liquid Aminos & Himalayan Salt for an amazing burst of flavor!
- > If it is impossible for you to make fresh Chickpeas and/or Black beans, buy organic ones in a can and rinse them with structured water. Just google it, if you are unsure on how to make them fresh!
- > Sprinkle chia seeds and/or hemp hearts on salads. They do not interfere with other protein when it comes to your digestion.

Fun & Easy Exercise

Baby steps will always get you there and keep you safe, so go slow and grow!

Belly Button Therapy

UNLEASH YOUR SECOND BRAIN AND HEAL



Belly Button Therapy is a quick, one-step, self-healing method that mindfully stimulates the belly button for gut and brain health, energy, and stress and pain relief. The belly button is an important reflexology point at the center of your body that stimulates your intestines and brain at the same time.

You can experience immediate stress and pain relief plus get more energy by doing this for only 5 minutes 2x a day!

For More Information: bit.ly/BellyButtonTherapy

Rebounding

THE MOST EFFECTIVE EXERCISE DEvised BY MAN



The best exercise to move your lymphatic system, 85% of your white blood cells are in your lymphatic system, so when you bounce, they bounce into action and jump for joy! Start with 5 minutes 1-2x a day. If you are dealing with Cancer or a chronic illness, it is recommended to rebound for 2 minutes every hour, of course, you can do more if you feel like it!

Rebounding Demo Video: bit.ly/UltimateReboundingVideo

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We welcome all your calls.

Core Twisting

TWIST YOUR WAY TO A TONED TUMMY!



Start with 5 minutes 1-2x a day, you can do more if you feel like it. When core twisting, ensure that you are not over twisting, keep it fun and keep it safe! Lengthen, strengthen, detox and tone - don't allow your core to hang down to the floor.

Core Twisting Demo Video: bit.ly/CoreTwistingVideo

Foam Rolling

ROLL FAT AND CANCER CELLS OUT!



Roll out the bumps, reduce cellulite, loosen your muscles and eliminate lactic acid from your body tissues. Avoid the lower back if you do not have a strong core yet. 5 minutes in the morning and 5 minutes before bed is a good way to start, gentle baby steps will get you there! Personally, I roll for 10 minutes 2x a day to keep the muscle aches and pains away!

Foam Rolling Demo Video: bit.ly/FoamRollingVideo

GET THE MOST OUT OF YOUR WORKOUT

Read '*Chapter 26: Live Long Core Strong*' in *Healthy To 100* for more information on fitness & how to exercise properly!

FREE step-by-step support, 1 855 900 4544
We welcome all your calls.

External Therapies

Read '[Chapter 27: Beautiful Skin](#)' in [Healthy To 100](#) for more information on external therapies & how to care for your skin!

Dry Skin Brushing

What You Need: Natural Bristle Dry Skin Brush (*we use the Dry Skin Brush by Bernard Jensen*)

Directions: Using a natural bristle dry skin brush, brush your entire body starting at your feet, working your way up to your head. Brush in a circular motion towards the heart, focusing on the lymph nodes. Your skin will be a light pink color when you are done, do not over brush your skin. Your skin is the largest detox organ of the body, your skin is a reflection of the health of your large intestine. Skin brushing removes dead skin cells, boosts circulation, stimulates the lymphatic system and helps to eliminate toxins.

Dry Skin Brushing gives you the most beautiful radiant skin ever! A word of caution, if you're not showering in structured water, in one 10 minute hot shower, you will be absorbing as much chlorine and fluoride as if you drank 10-20 glasses of tap water. Your skin absorbs 72% of all the chemicals found in tap water when you shower.

When you do shower in structured water, it will eliminate the harmful effects of tap water while healing skin conditions and hydrating your skin with 4 glasses of structured water in a 10 minute shower.

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We welcome all your calls.

Coco Salt Glow

What You Need: Epsom Salts, Structured Water, Raw & Organic Coconut Oil, Doc of Detox Lemon Lift or Muscle Restore Essential Oil

How To Make: Add 40 drops of Doc of Detox Essential Oil to 8-12 oz Structured Water, shake it up to mix the essential oils in with the water then pour the water into the Epsom Salts (10 lb) until it is the consistency of wet beach sand – not too wet – then mix and massage in 1 lb Coconut Oil. Store in Tupperware container so that you can seal in the freshness for later use. If Coco Salt Glow starts to dry out, just add structured water.

Directions: Scrub your whole body with Coco Salt Glow, using a circular motion, starting at your feet, working your way up to your face, focusing on your joints, stiff areas and your lymph nodes. When you scrub your face, it is like a gentle microdermabrasion, it helps to create healthy beautiful skin.

- > Coconut oil moisturizes and disinfects your skin, it has antibacterial, anti-fungal and antiviral properties.
- > Epsom Salts will relax, tone and cleanse the skin, joints, lymph nodes and muscle tissues,
- > Infuses magnesium into the tissue cells - the best way to absorb magnesium is through the skin!
- > Lemon Lift and Muscle Restore disinfect and increase the vibratory healing of your tissues and joints.
- > Shower in structured water to hydrate the cells and protect your body and immune system from chemicals.

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We welcome all your calls.

Epsom Salt Scrub

What You Need: Epsom Salts, Doc of Detox Lemon Lift or Muscle Restore Essential Oil and Structured Water

How To Make: Add 40 drops of Doc of Detox Essential Oil to 8-12 oz Structured Water, shake it up to mix the essential oils in with the water then pour the water into the Epsom Salts (10 lb) until it is the consistency of wet beach sand. Store in Tupperware container so that you can seal in the freshness for later use. If Epsom Salt Scrub starts to dry out, just add structured water.

Directions: Scrub your whole body with Epsom Salt Scrub, using a circular motion, starting at your feet, working your way up to your face, focusing on your joints, stiff areas and your lymph nodes. When you scrub your face, it is like a gentle microdermabrasion, it helps to create healthy beautiful skin.

- > Epsom Salts will relax, tone and cleanse the skin, joints, lymph nodes and muscle tissues,
- > Infuses magnesium into the tissue cells - the best way to absorb magnesium is through the skin!
- > Lemon Lift and Muscle Restore disinfect and increase the vibratory healing of your tissues and joints.
- > Shower in structured water to hydrate the cells and protect your body and immune system from chemicals.

Castor Oil Packs

Castor oil when used in a Castor Oil Pack has a powerful drawing action on the body, helping to rid the body of its toxins, crystallization and scar tissue build-up. Place your Castor Oil Pack on any area of the body to speed up the healing process, increase circulation, range of motion, detoxification and to alleviate tension and to reduce pain, inflammation, stagnation and internal scar tissue formation within the joints, tissues and organs. The most common place that castor oil packs are used is over the liver, gallbladder and/or the intestines.

What You Need: Glass Casserole Dish, Flannel or Wool Cloth, Unrefined Castor Oil, BPA Free Plastic Wrap, Towel, Heating Pad and Plastic Bag.

How To Make: The cloth should measure roughly 10 inches in width, 12 inches in length. When cloth is folded it should be three layers thick. Prepare a comfortable place for your castor oil pack, place a plastic bag on the couch or bed to protect it from the oil and turn on your heating pad to warm it up while you're preparing your Castor Oil Pack.

Preheat oven to 200°F, place cloth in casserole dish and pour unrefined castor oil on the cloth. Make sure it is saturated but not dripping with oil. Put casserole dish in oven to warm the Castor Oil Pack.

Directions: When the castor oil pack is warm (not hot), place it on the treatment area. Wrap the cloth with plastic wrap around treatment area then put the heating pad on the Castor Oil Pack on medium heat, raise the temperature to high if your body can tolerate it. The pack should

remain on for at least one hour, two hours if time permits, as often as needed. After use, store the cloth in a container in the refrigerator for re-use. When the cloth becomes discolored or has a foul smell, throw away and replace with new flannel or wool cloth.

Do a Castor Oil Pack everyday for 1-2 hours or more if necessary for fibroids, tumors, pain relief and muscle spasms. Read, relax, sleep, meditate or watch TV while your Castor Oil Pack is working its magic!

TREAT YOUR SKIN RIGHT!

Read '*Chapter 27: Beautiful Skin*' in **Healthy To 100** for more information on external therapies & how to care for your skin!

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We welcome all your calls.

Energy Medicine Healing

You can spend tens of thousands of dollars in supplementation but just remember this, everything you eat and drink leaves the body; the only thing that stays behind is the energy, otherwise, light and frequency.

Einstein stated that, 'Energy medicine is the future of medicine.' Well, welcome to the future! We can either have herd mentality and wait for 5 to 10 more years until the rest of the population catches up or we can break free from the herd and embrace the most advanced energy medicine technology ever created!

I have been using energy medicine devices since I was 25 years old, I started with Rife technology and today, people are still using Rife technology. Let me ask you a question, would you buy a car that was 75 years old today?

So here's the deal, the longer a story is told, the easier it is sold. Don't be fooled, the BEFE and Bioptron are the most advanced energy medicine technologies in the world, the most reasonably priced and you will always have me to support you on this Energy Medicine Adventure!

Be Prepared to Be Amazed!

FREE step-by-step support, 1 855 900 4544
We welcome all your calls.

BEFE (Bio Electric Field Enhancement)

THIS IS A LIFE-CHANGING, LIFE-SAVING PRODUCT!



The BEFE restores the body's natural ability to eliminate problematic cells that are damaged. The cells' normal mechanism is ignited where if problems with protein synthesis cannot be fixed, they self-destruct eliminating the potential for propagation, thus giving more room and a greater potential for new healthy cells to replace them.

Terry Skrinjar —the inventor— created the BEFE unit by developing a specific energy field that matched the effect of these natural pools with the intent to carry forth the benefits unto others for the facilitation & encouragement of biological healing.

With the use of this unit, restoration of electrical properties within every cell of the human body occurs and the voltage of each cell establishes a chain reaction of positively expressed healing from hundreds of separate genes.

The BEFE was originally designed as a means to create on demand, the benefits found in places around the world where specific bodies of water were found to contain notable healing properties. The system works by correcting the body's cell voltage generating an increase in cellular communication throughout your body.

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We welcome all your calls.

The BEFE actually changes the magnetic property of water, and this in turn effects the chloride channels in cellular membranes, improving biological voltage. The bio-chloride channels open up in response to the BEFE magnetically, and then the cell membrane becomes activated without expelling energy.

The overall result is comparable to a battery charger for cells within the body. This is improving cell voltage without requiring the expenditure or loss of ATP (*the cell's form of produced energy*). It also allows the exchange of material across the cell membrane without the requirement of additional energy.

BEFE's bioelectric fields benefit the cell with a greater ease in regard to nutrient absorption and a more powerful process of toxicity expulsion. That means a cleaner sense of energy restoration and better cell-function. The most important pathway, is found where protein is properly formed from decoded DNA strands within the cell, as protein controls what happens in the cell.

The BEFE Improves:

- > Moods
- > Energy
- > Stamina
- > Strength
- > Metabolism
- > Perception
- > Concentration
- > Recovery rate
- > Sleeping patterns
- > Meridian balance
- > Skin rejuvenation

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The BEFE Reduces:

- > Inflammation
- > Swelling
- > Cramps
- > Stress & anxiety
- > Joint pain
- > Muscle pain
- > General discomfort
- > Fluid retention
- > Scars & burns
- > Menstrual pain
- > Varicose veins
- > Spider veins

More Information On This Amazing Technology: bit.ly/AmazingBEFE

Bioptron Light Therapy

A REVOLUTIONARY MEDICAL BREAKTHROUGH!



Using Bioptron Light Therapy for 2 minutes twice a day will increase micro-circulation by 47%.

A safe and effective medical treatment for everybody. The Bioptron is successful in a wide range of applications in health, beauty and well-being! Bioptron was launched over 30 years ago and is a Nobel Prize award-winning light therapy technology that has succeeded at countless clinical trials, which passes it for its use and application in a wide range of medical and cosmetic conditions.

Bioptron continues to be the leading Medical Light Therapy device used by general practitioners, physiotherapists, sports doctors, dermatologists,

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plastic surgeons, aestheticians, and other licensed skin care and wellness professionals. Since its discovery 30 years ago, the extensive therapeutic effects and applications of Bioptron has been an effective treatment for a large variety of diseases.

The human body reportedly is made up of more than 70 trillion cells, all of which absorb different wavelengths of the Bioptron Light to trigger many biological and cellular reactions in a process known as photo-biostimulation.

Bioptron light waves are generated from what is called, Brewster's mirror which is a multi-layered optical system, and are transmitted on parallel planes allowing for a consistent and steady dose of the light. This ensures optimal penetration of the tissues on exposure for a faster and more effective healing. Bioptron light is UV-free, which is why it has a very minimal occurrence of adverse side effects.

Bioptron Benefits:

- > Pain
- > Inflammation
- > Wounds/Scars
- > Burns
- > Arthritis
- > Immune System
- > Herpes
- > Skin infections
- > Skin graft healing
- > Venous leg ulcers (stasis ulcers)
- > Decubitus (pressure ulcers)
- > Increases energy

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- > Aging
- > Ulcers
- > Gum disease
- > Cold sores (herpes simplex)
- > Acne & Psoriasis
- > Acne Rosacea
- > Eczema
- > Atopic Dermatitis
- > Increases motivation
- > Boosts mood

- > Improves micro-circulation and cell stimulation
- > Reinforces the body's defense system
- > Stimulates regenerative and reparative processes
- > Improves Seasonal Affective Disorder (SAD)

More Information On Bioptron Light Therapy: bit.ly/BioptronLight

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Synergy Sauna

THE MOST EFFECTIVE & EASY TO USE INFRARED SAUNA



The Synergy Sauna is a portable infrared sauna to provide deep penetrating therapeutic heat through the use of far infrared rays to cleanse the lymphatic system and detoxify the body.

The Synergy Sauna is equipped with three heating panels that surround you and a heating pad to place your feet on. The temperature for the heating panels and the footpad are controlled separately on the easy to use remote control. The Synergy Sauna comes with an ozone generator, not only are you detoxifying from far infrared heat but also from ozone therapy, which we like to call, "oxygen on a mission." It's helping to disinfect your body as you detoxify.

To add to your detoxification experience even more, we have installed a negative ion generator; negative ions are also known as "happy molecules." Happy molecules, otherwise, negative ions, are essential for your body; they create synergy and harmony within the cells on an emotional and physical level. The ozone and the negative ions come together, to kill bad bacteria and to create a micro-healing environment within your Synergy Sauna.

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Benefits of the Synergy Sauna:

- > They are excellent for relieving stress on a physical and emotional level
- > They unwind and relax muscles without pharmaceutical drugs
- > Helps to release endorphins, which relieves body aches and pains
- > Helps to cleanse and tone the skin returning it to its natural beauty
- > Induce a very deep sleep
- > Improves cardiovascular performance
- > Helps balance blood pressure
- > They can eliminate a cold or flu before it starts
- > They help you look and feel younger

The Ultimate Sauna Routine

Doing a Dry Skin Brush (*see page 51*) and then an Epsom Salt Scrub (*see page 53*) prior to your sauna will amplify your deep sweat by up to an amazing 1000%. After you do the Salt Scrub, shower thoroughly in warm to hot structured water before you enter your sauna for the sweat of your life.

During Your Sauna

It is essential that you focus on your breathing so that you remain in the present. Relaxed, deep breathing is the key to letting go of that which does not serve us. Some people enjoy soft tranquil music whereas others meditate, pray or just sit in silence. A face cloth is handy to wipe off unwanted sweat from your skin during sauna session.

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After Sauna Protocol

The first thing we should do is shower. Just know that if you're showering in regular tap water this means chlorinated and maybe even fluorinated, you will absorb more of these carcinogenic chemicals into your body in this one shower than if you were to drink 20 glasses of chlorinated, fluorinated water. If you wish to have beautiful skin and beautiful health then use a structured shower unit. When you shower in structured water, your body will absorb 4 cups of high frequency, super hydrating water to the cellular level to help continue the process of detoxification. Light Core Rebounding is an excellent detoxification boost after sauna. After your shower wait for a couple hours to allow the detox to continue and then moisturize your skin with organic coconut oil.

The Truth About Detox is that saunas work best when part of a healthy lifestyle program. When we learn to honor, protect, respect and detox our body with gentle baby steps each and every day, we will then experience amazing health and vitality.

Structured Water Units

WATER THE WAY NATURE INTENDED IT TO BE



As water travels the earth and comes into contact with various natural bodies, such as rocks and down waterfalls, it becomes symmetrically structured in a sturdy and elaborate geometric shape, reducing its surface tension, neutralizing toxins, increasing its hydration power and most importantly – the memory held within the water is wiped clean.

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Water is life's primary element and has a connection to everything on earth, living or non-living. Water, however, does vary in form through the various bodies where it is found, for example: water in our body exists in a different form from the water we drink. Through nature's design, Structured Water creates greater flow of energy as it connects with life. Structured Water, when taken into our body greatly enhances our body's ability to rejuvenate and take care of itself, to become healthier and functions in a more optimal manner.

The mountain stream is believed to be the most reliable natural source of Structured Water. However, since it is unfeasible for everybody to always have access to water flowing directly from the mountain stream, devices have been made to mimic the nature's setting and structure water.

During structuring, the toxins and other substances in the water are disabled through the molecular change of the water. Meaning that, upon structuring, the water maintains its physical elements and chemical properties but has a different molecular property that supports life and enhances the immune system all the way down to the cellular level, even effecting the DNA and mitochondria. A structured body is a healthy body!



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Benefits Of Structured Water:

- > Fresh and invigorating taste.
- > Hydrates the skin making it suitable for dry itchy skin.
- > Reduces sunburns.
- > Hold more light energy.
- > Releases more hydrogen for extra energy.
- > Lower surface tension than any other water (<46 -- per cm³).
- > No chlorine smell or taste.
- > Increases absorption of minerals, vitamins, medications or supplements.
- > Longer life span for home systems that make use of water.
- > Skin and hair feels smoother and rinses better when washing.
- > Requires less soap for effective washing.
- > Lower freezing point supports healthy plant growth and greener lawns.
- > Cuts back the need for chlorine in spas and swimming pools.
- > Less pipe corrosion.
- > Healthier gardens and household plants.
- > Healthier farm livestock, domestic pets and fish.
- > Reduced odor around water facilities.

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- > Boosts biomass (30% to 40%) as well as improve growth of crops.
- > Eliminate calcium and aragonite deposits from systems.
- > Good for getting rid of pollutants such as salts, chemicals & byproducts.
- > Enhances activities of aerobic bacterial in sewage & septic systems.

Structure any and all liquids. The more you structure the liquids, the more energetic the liquids are for detoxification and rejuvenation.

Structured Water Units:

- > Portable
- > Shower Head
- > Whole House
- > Commercial/Pool
- > Under The Sink
- > Super Shower
- > Mini Shower
- > Small Garden
- > Large Garden

Structured Water Units: bit.ly/StructuredWaterUnits

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Drinking Water: The Portable Unit is the best and easiest way to get structured water anywhere in the world! Simply hold the portable unit under any faucet with your glass underneath the spout, turn on the tap and fill your glass with structured water.

Shower Water: When you shower in regular tap water, this means chlorinated and maybe even fluorinated water, you will absorb more of these carcinogenic chemicals into your body in this one shower than if you were to drink 20 glasses of chlorinated, fluorinated water. 72% of the chemicals in the water are absorbed through the skin and also through the lungs by [unknowingly] inhaling chlorine gas. This is why it is so crucial to shower in structured water.

If you wish to have beautiful skin and beautiful health then use a structured shower unit. When you shower in structured water, your body will absorb 4 cups of high frequency, super hydrating water to the cellular level.

More Information on Structured Water: bit.ly/StructuredWaterInfo

Echo Water Units

THE ULTIMATE MOLECULAR HYDROGEN WATER MACHINE



Our Echo 9 Ultra H2 water machine creates molecular hydrogen through electrolysis and then dissolve it into the water. It is a therapeutic antioxidant that selectively reduces toxins and free radicals.

The first machine ever to produce all 3 types of water:

- > Neutral pH H2 Enriched Water
- > Alkaline pH H2 Enriched Water
- > Acid pH Hypochlorous (HOCl) Enriched Disinfecting Water.
- > Engineered to produce a very high concentration of dissolved molecular Hydrogen.

Echo 9 Ultra H2 has a patented anti-scale system to prevent build-up of ions on the cathodes, impacting longevity on the water cell and on the Echo 9 water purifications system itself.

There are many water purification systems that after only a few months will form a build-up of calcium on the cathodes (*a negatively charged electrode by which electrons enter an electrical device*) causing the device to not function properly and reducing the therapeutic benefits.

Helps to remove toxic waste from the body & improves immune health!

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Benefits of Echo H2 Water:

- > Anti-oxidant
- > Increases energy and weight loss
- > Detoxify the body, making you feel better
- > Boosts your hydration and absorbs faster
- > Available in 120v or 220v.
- > Forever Warranty-no exclusions
- > Multi-Stage filter including Tourmaline
- > Highest concentration of H2

Echo Water Units: bit.ly/EchoWaterUnits

More Information on Echo Water: bit.ly/EchoWaterInfo

HEAL WITH HYDROGEN WATER!

Read '*Chapter 20: Water, The Structure of Life*' '*Section: Hydrogen-Enriched Water*' in *Healthy To 100* for more information!

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We welcome all your calls.

Doc of Detox Product Guide

Daily Cleansing Tea

TONED TUMMY TONIC



Gently detoxify your entire body everyday to become pain free, lose weight and restore your immune system. Become the Master of your health with gentle baby steps done daily!

The Doc of Detox Daily Cleansing Tea goes deeper inward working on all other body tissues and organs, cleaning up the mess one step at a time, starting with your large intestine and finishing up in the deepest corners of the body and then maintaining this pristine environment so that you do not get yourself back into a toxic mess.

Over the last 15 years, thousands of patients from around the world have implemented 'Doc of Detox' Daily Cleansing Tea into their daily routine to gently detoxify their whole body, increase their energy & sexual drive, lose weight and keep it off, relieve pain and feel great!

For full directions, see instructions included with product, call our nutritional specialists at the Doc of Detox with any and all questions as often as needed, we are here to ensure your success. **1 855 900 4544**

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We welcome all your calls.

Directions: Start with 4 oz in the morning and 4 oz in the evening. After 3 days increase to 8 oz in the morning and 8 oz in the evening. Always consult with your healthcare practitioner. Some people may need a 4 oz boost in the afternoon and some people may also need to make a 3 bag tea instead of 2.

On that note, some people may need to make a 1 bag tea with a reduced dosage. For example, I have had patients who started with only 1 teaspoon added to 1 liter of structured water which they would drink throughout the whole day because they are dealing with full blown autoimmune disease - they have become allergic to life.

When taking the Daily Cleansing Tea, watch your bowel movements and adjust your dose accordingly. Your bowel movements will be slightly on the loose side (*the consistency of a cow plop or soft serve ice cream*) but you do not want it to be watery (*diarrhea*).

If you experience watery stool, reduce your dosage by half for one day, then start at the lower dose and work your way back up gradually, gentle baby steps are key. If you experience diarrhea for more than two days, stop taking the tea for a day then continue taking the tea at half your dosage and work your way back up gradually, gentle baby steps are key.

Download the Daily Cleansing Tea Guide for more important guidelines:
bit.ly/DailyCleansingTeaGuide

Daily Cleansing Caps

FLUSH THE POUNDS, LIGHTEN THE LOAD



Daily Cleansing Caps are a pure concentrated non-laxative bowel cleanser and toner. Daily Cleansing Caps are intended to keep you regular and consistent, each and everyday you take them!

Directions: Take 1-2 capsule in the evening with 8 oz of water.

Curcumin-Cayenne 5000 Plus

#1 IMMUNE SYSTEM SUPPORT



Curcumin-Cayenne 5000 Plus puts your immune system on a holiday, giving it the opportunity to rest, repair and restore! Touted as the most powerful product when it comes to reducing pain, inflammation and stiffness.

It is also the most talked about natural product when it comes to the prevention and treatment of cancer.

Women

Directions with Food: Start with 1 capsule 3x a day with 12oz of water. After 2 weeks, take 2 capsules 3x a day with 12oz of water.

Directions on an Empty Stomach: After 2-3 weeks, try 1 capsule 3x a day with 12oz of water and see how you feel, if you experience any irritation, it is because of acidity in the body. Mix 1/2 a tsp of baking soda in water and drink to put out the fire. Slowly work your way to 2 capsules 3x a day for 60 days.

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We welcome all your calls.

Maintenance Dosage: Take 2-3 capsules 2x a day with 12oz of water on an empty stomach or with food if it irritates and stay at this dosage for the greatest benefit.

Men

Directions with Food: Start with 2 capsules 3x a day with 12oz of water. After 2 weeks, take 3 capsules 3x a day with 12oz of water.

Directions on an Empty Stomach: After 2-3 weeks, try 2 capsules 3x a day with 12oz of water and see how you feel, if you experience any irritation, it is because of acidity in the body. Mix 1/2 a tsp of baking soda in water and drink to put out the fire. Slowly work your way to 2 capsules 3x a day for 60 days.

Maintenance Dosage: Take 2-3 capsules 2x a day with 12oz of water on an empty stomach or with food if it irritates and stay at this dosage for the greatest benefit.

Ocean Essential Fatty Acids

THE BEST ABSORBING ESSENTIAL FATTY ACID



Ocean Essential Fatty Acids absorb 5X better into the cells than any other essential fatty acid and is the best source of Omega-3, EPA, DPA and DHA. Ocean Essential Fatty Acids support the development of the brain, eyes and nerves, helps with weight management, cardiovascular health as well as brain and nerve function.

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Ocean Essential Fatty Acids Benefits:

- > Fights inflammation, autoimmune diseases, depression and anxiety.
- > Fights Alzheimer's Disease and promotes brain health.
- > Decreases the risk of heart disease and reduces fat in the liver.
- > Improves bone and joint health, skin conditions and menstrual problems.

Directions: Take 5 capsules 2x a day.

Chronic Conditions: Take 10 capsules 2x a day for 6 weeks to 3 months. Drop dosage back to 5 capsules 2x a day and stay at this dose.

Over 50 (Optional): Take 10 capsules 2x a day.

4ever Flora

ELIMINATE CANDIDA & RESTORE YOUR GUT



A well balanced blend of prebiotics, probiotics and enzymes to create the healthiest microbiome in your body. 4ever Flora is enteric-coated to bypass your stomach and go into the small and large intestine where it goes to work and creates good bacteria.

Directions: Take 2 capsules in the morning and 2 capsules before bed on an empty stomach.

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We welcome all your calls.

FibroClear

ELIMINATE INFLAMMATION & FIBRIN



FibroClear is a systemic enzyme (*serrapeptase*) helps to break down and remove scar tissue, excess mucous and trapped protein particles in the bloodstream and within the tissue, joints and organs, greatly reduces pain and inflammation.

FibroClear is enteric-coated to bypass your stomach and go into the small and large intestine where it can enter the bloodstream and have access to the whole body.

Directions: Take 5 capsules 3x a day on an empty stomach for 10 days. Increase to 10 capsules 3 to 5x a day on an empty stomach for 6 weeks to 3 months.

Digest Complete

OPTIMIZE YOUR DIGESTION



A professional strength digestive enzyme blend formulated to optimize digestion of dairy, legumes, vegetables, cereal grains, proteins and other foods.

Digest Complete enhances nutrient absorption and bioavailability.

Directions: Take 5 capsules at the beginning of each cooked food meal. You can also take 5 capsules after the meal if you feel bloated, gassy, cramping or light headed. We suggest taking a minimum of 5 capsules with every cooked food meal because 2 actually does not work on the majority of the population.

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We welcome all your calls.

Is it better to let the food rot and waste your money or to spend another \$1 to ensure you get the nutrients from your meal instead of absorbing toxins from the putrefaction?

If a person is still experiencing bloating, cramping, a foggy head 20 minutes after eating, 5 more enzymes are needed because your food is now putrefying. **Discomfort of any sort indicates insufficient ability to digest your food.**

When eating fresh and raw, there isn't a need to take Digest Complete. **With raw food, the enzymes are alive.**

HCl Support

SUPPORTS HCL LEVELS & UPPER DIGESTIVE HEALTH



Your stomach is the guard dog to the rest of your digestive tract. Your hydrochloric acid in your stomach takes the bite out of worms, parasites, fungus, bad bacteria and viruses. The problem is that when you're sick, chronically ill or over the age of 40, your stomach acid, which should be as strong as battery acid, becomes as weak as vinegar, especially if you are Blood Type A. This triggers the domino effect, creating a broken down digestive tract, autoimmune disease and even cancer.

HCl Support is the gold standard in upper digestive, betaine HCl based formulas. While this formulation includes betaine HCl and pepsin, it also includes the comprehensive complex of digestive enzymes found

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in pancreatin as well as the most notable 'bitter herb', gentian root. HCl Support provides the broad base of upper digestive support that is so desperately sought-after by so many.

Directions: Take 1-3 capsules before meals. Always consult with your healthcare practitioner.

Vitamin K2+

DELIVERS CALCIUM TO THE SKELETAL SYSTEM



A dietary supplement to support healthy bone structure and function. Vitamin K2+ as Menaquinone-7 is blended with Vitamin D3 and Inulin.

Vitamin D is essential for the absorption and utilization of calcium and phosphorus and Inulin supports intestinal absorption of calcium (from foods), which is important for maintenance of proper bone density.

Optimizes utilization of Vitamin K2+ in the intestinal tract.

Directions: Take 1-2 capsules 1-2x a day, depending on your condition. To optimize absorption, take Vitamin K2+ with Vitamin D3-5 or D3-50.

B12 Spray

BOOSTS ENERGY LEVELS



B12 Spray is a dietary supplement that helps support energy as well as healthy blood and nerve cells. B12 Spray combines 1000 mcg Vitamin B12 with the active form of vitamin B6 and folic acid. B12 is required for proper red blood cell formation, neurological function, and DNA synthesis.

Vitamin B12 deficiency may occur as a result of an inability to absorb B12 from food and dietary patterns that exclude animal or fortified foods.

B12 Spray Is Great For:

- > Athletes
- > Those who have trouble absorbing B12
- > Vegetarians and vegans
- > Cardiovascular system & the G.I. Tract

Directions: Hold nozzle 1" from mouth, spray under tongue and swallow, use once daily. Shake well before each use.

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We welcome all your calls.

HGH (L-Glutamine) - Chocolate Flavor

SUPPORTS HUMAN GROWTH HORMONE FUNCTION



A dietary supplement to support cardiovascular health, growth hormone function and fat metabolism. Flavored with cocoa, a natural source of flavonoids and polyphenols which provide beneficial antioxidant support. HGH contains a special blend of 5 free form amino acids formulated to support the natural release of the body's own Human Growth Hormone.

The human growth hormone is considered a master hormone that controls many organ and body functions. HGH is the primary hormone responsible for stimulating tissue repair, cell replacement, brain function and enzyme production.

HGH is also great for:

- > Decreasing body fat content and enhancing lean body mass.
- > Healthy cholesterol levels and efficient cardiac output.
- > Increasing skin elasticity and libido.
- > Improving memory, energy and sense of well-being.

Directions: Mix 1 scoop (*provided*) in 8 oz of water 1x a day, take on an empty stomach at bedtime or right after strenuous exercise.

Take B12 Spray with HGH, Vitamin B12 controls glutamine buildup in the body.

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We welcome all your calls.

L-Glutamine

SUPPORTS THE DIGESTIVE TRACT & BRAIN FUNCTION



Supports muscle metabolism, brain function, mental activity, mood balance, energy levels, immune response and gut health. L-Glutamine is a key component in the maintenance of healthy intestinal mucosa. A lack of glutamine may lead to a loss of enterocyte (cells in the small intestine) integrity in the lining of the intestines, which may affect digestion and absorption or allow pathogens into the body. L-Glutamine can readily pass

the blood-brain barrier and is used as fuel for the brain. L-Glutamine also plays a role in protecting the body from high levels of ammonia and maintaining proper acid-base (pH) balance.

- > Supports G.I. Tract integrity and immune system function.
- > Supports synthesis of skeletal muscle proteins, RNA and DNA.
- > Preserves glutathione in the liver.
- > Assists in maintaining the proper acid/alkaline balance in the body.
- > Helps clear ammonia from tissues.
- > Supports GABA production for proper brain function and mental activity.

Directions: Mix 1 and a 1/2 tsp in 8 oz water or juice 1x a day.

Take B12 Spray with L-Glutamine, Vitamin B12 controls glutamine buildup in the body.

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We welcome all your calls.

Vitamin D3-5 | Vitamin D3-50

POWERFUL IMMUNE BOOSTER



Vitamin D functions as a hormone and is so important for optimal bone, cardiovascular, neuromuscular and immune health. A deficiency in Vitamin D is common, especially in the elderly, infants, people who have darker skin, live at higher latitudes or get little sun exposure.

- > Reduces the risk of cold and flu.
- > Supports the immune system, brain and nervous system.
- > Reduces inflammation and aids in weight loss.
- > Maintains healthy bones and teeth.
- > Improves muscle function, cardiovascular health and lung function.
- > Helps to prevent cancer, disease, MS and diabetes.
- > Fights depression and prevents Alzheimer's Disease.

Vitamin D3-5

Directions: Take 3 capsules 1x a day. Always consult with your healthcare practitioner. It is best to take 1-2 capsules of Vitamin K2+ with your Vitamin D3-5 for better absorption.

Vitamin D3-50

Directions: Take 1 capsule 2x a day when you are feeling under the weather, stressed or are dealing with cancer or chronic illness. **When you feel better, continue taking 1 capsule of D3-50 2x a day for 3 days, then go back to 3 capsules of D3-5 1x a day.**

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We welcome all your calls.

Iodoral

A HIGH POTENCY IODINE/POTASSIUM IODIDE SUPPLEMENT



Iodine is an essential element. Although its main function is in the production of thyroid hormones by the thyroid gland, other organs in the body have a need for iodine in order to function normally. Iodine also promotes healthy skin and cellular growth.

Directions: Take 1 tablet 1x a day.

Zinc

ESSENTIAL NUTRIENT THAT SUPPORTS OVERALL HEALTH



An essential mineral that plays a role in a wide range of physiological processes, such as growth, development, and metabolism. Zinc serves as a cofactor for over 100 enzymes. Adequate zinc intake is critical for optimal immune system function and tissue repair following injury or surgery. Supplementation with zinc may also support nervous system, eye and reproductive health.

Individuals at risk for zinc deficiency include vegetarians, those with digestive disorders, pregnant women and older adults.

Directions: Take 1 capsule 1x a day with food.

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We welcome all your calls.

SON Formula

OPTIMIZING BODY PROTEIN SYNTHESIS



A dietary protein substitute that provides the Master Amino Acid Pattern (MAP), a unique pattern of essential amino acids in a highly purified, free crystalline form. SON Formula is rapidly utilized and absorbed within 23 minutes through the first 100 cm of functional small intestine without the aid of peptidases.

Prevents overloading cardiovascular functions, gastrointestinal functions, renal function and the hepatic function. Clinical studies have shown that during a well balanced weight loss diet, SON Formula can substitute dietary proteins or protein supplements, in an easier, safer and nutritionally more effective way.

The use of SON Formula may prevent some adverse reactions commonly associated with weight loss diets such as muscle loss, flabby tissue, weakened immune system, hunger, weakness, decreased libido, regaining of lost weight after yo-yo dieting. SON Formula also optimizes muscle mass, strength and endurance. Strengthen, firm and improve the quality of body proteins such as muscles, skin, nails and hair, etc.

Directions: Take 5 capsule 1x a day.

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We welcome all your calls.

Rhoziva

BOOSTS ENERGY & IMPROVES MOOD



Rhoziva is a natural proprietary blend of herbs that has been proven to fight fatigue, promote mental focus and clarity, enhance memory, increase physical endurance when fatigued and helps to support physical and mental stamina during times of increased stress and trauma. In the creation of Rhoziva, we adhere to and surpass all government quality control testing standards and protocols to bring you the highest quality Rhodiola rosea product available.

- > Prevents fatigue
- > Reduces stress and anxiety
- > Increases stamina
- > Boosts physical energy
- > Improves mood and well-being
- > Increases memory and focus
- > Improves athletic performance
- > Promotes physical recovery

Directions: Take 2 capsules in the morning.

Optional: If you have a hormonal imbalance, trouble sleeping or if you are under stress, take 2 capsules twice a day. Drop dosage to 2 capsules 1x a day after 6 weeks or when you feel balanced.

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We welcome all your calls.

Prostate Power

BOOSTS TESTOSTERONE & PROMOTES PROSTATE HEALTH



Formulated to help men keep the prostate and love life healthy. Whether you want to maintain a healthy prostate or we want to keep a great sex life into our old age, this product is time tested and true!

Directions: Take 1 capsule in the evening with 8 oz of water.

Super Naturals Heart Formula

THE MOST EFFECTIVE HEART FORMULA EVER CREATED



Supernaturals Organic Heart Formula is a highly concentrated blend of Garlic, Hawthorn, Cayenne, Bilberry and Ginger to strengthen, heal and nurture the cardiovascular system. Supernaturals Heart Formula goes straight into the arterial system and has 100% bioavailability, meaning our cells and tissues absorb it completely.

- > Balances blood pressure
- > Unclogs the arteries
- > Lowers LDL (bad) cholesterol levels
- > Relieves chest pain (angina)
- > Reduces blood clotting & stroke
- > Improves blood flow to heart
- > Cleanses the lymphatic system
- > Gentle on the liver

Directions: Take 15-20 drops 3x a day for at least 6-12 months and then maintain with 15-20 drops 1x a day.

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We welcome all your calls.

Silver Bullet Solution | Silver Bullet Spray

THE HIGHEST QUALITY COLLOIDAL SILVER ON THE MARKET!



Silver Bullet is Each ounce has over 9 billion electrically charged, anti-microbial particles and is antiviral, anti-fungal, antibacterial and supports immune health. Silver Bullet Solution is known as nature's strongest natural antibiotic, it is completely safe, does not harm helpful enzymes or flora, does not accumulate in the body, has no known drug interactions, is non-toxic, has no side effects, no tolerance and no known super strains or mutations. Our silver particles are the exact size needed to penetrate microorganisms.

The micron-sized silver particles carry the harmonic resonance of the earth's natural frequency. The human body breaks down all nutrients and medicines into colloids before they are used. Silver, like many other metals (*iron, magnesium, zinc, etc.*), plays a positive role in health by disabling enzymes that microorganisms (*bacteria, fungus, viruses, parasites*) require to breathe. These microorganisms then suffocate and die after being exposed to a silver colloid. These facts have been documented and published in medical journals for the last 100 years.

Silver Bullet Solution

Directions: Take 1 tsp to 1 oz of Silver Bullet Solution under the tongue 3x a day. Use a plastic spoon.

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We welcome all your calls.

Silver Bullet Spray

Directions: Spray (or use eyedropper bottle) in eyes 2 to 3x a day or as directed by healthcare practitioner. Lie on your side and fill ear canal with Silver. Rotate ear clockwise 6x and then counter clockwise 6x then apply hot pack to ear at least 1x a day or as directed by healthcare practitioner.

Ormus Gold

ESSENTIAL FOR THE SURVIVAL OF ALL LIVING THINGS



Golden Matrix

Balances the brain, leading to greater clarity of thought, better decision making, greater patience and a reduction of stress.



Absolute Balance

Balances the brain, brings emotional balance, clarifies thought and reduces stress, helping you to awaken to your true potential in life.



Thrive

Rich in ormus gold, rhodium and iridium. These minerals are suspended in their monatomic states, carefully blended, perfectly balanced and prepared to correct mineral imbalances.

Directions: Shake before use, take 1 tsp 1x a day to maintain great health. Adjust for size with children. May be taken with or without food. **Same directions apply to Golden Matrix, Absolute Balance and Thrive.**

FREE step-by-step support, 1 855 900 4544
We welcome all your calls.

Immune Response

SYNERGISTICALLY ENHANCED IMMUNE SYSTEM FORMULA



The immune system plays an important role in prevention of disease by recognizing, and destroying erroneous or pathogenic cells. The use of natural compounds to enable the body to mount a viable attack in the treatment of disease is growing throughout the world.

A number of natural compounds have been shown to possess properties that are useful in the restoration of immune system function bringing about the body being able to attack systemic invaders or aberrant cells. Compounds that exhibit properties that either interrupt or inhibit the pathogenic or aberrant cell growth events would be the most desirable and effective to use.

The synergistic effects of the formulation enhance the individual benefits of each component to bring about significant impact. The liposomal delivery system of Immune Response ensures a higher cellular uptake and a prolonged circulation of physiologically active phytonutrients, maximizing the actions of these potent compounds.

The natural compounds in Immune Response make it the most effective immunomodulator available allowing the body to make the best effort to restore homeostasis.

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Cancer patients and anyone who has an autoimmune disease would benefit greatly from this product.

Directions: Take 1 tsp 2x a day for 1 month to build your immune system and for the maintenance of good health.

For Chronic Illness: Take 2 tsp 3x a day for a minimum of 3 months, then review.

Zija Core Moringa

THE #1 SUPERFOOD ON THE PLANET

Zija has gone above and beyond industry standards to deliver the most nutritious Moringa possible. From farm to mouth, we scrutinize each step to ensure that nutrition is at the forefront of all decisions in the growing, harvesting and manufacturing processes. This includes utilizing the best locations for growing Moringa, shade drying the leaves to ensure that their nutrients remain intact, and using state-of-the-art machinery and facilities.

18 Amino Acids: Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Threonine, Tryptophan, Valine, Arginine, Alanine, Aspartic Acid, Cystine, Glutamine, Glycine, Histidine, Proline, Serine and Tyrosine.

Vitamins: Vitamin A (Beta-carotene and Alpha-carotene), B, B1, B2, B3, B5, B6, B12, C, D, E, K, Folate, Biotin and more.

Minerals: Calcium, Chloride, Chromium, Copper, Fluorine, Iron, Sodium, Manganese, Magnesium, Molybdenum, Phosphorus, Potassium, Selenium, Sulfur and Zinc.

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Other Beneficial Ingredients: Chlorophyll, Carotenoids, Cytokinins, Flavonoids, Omega (3, 6, 9) oils, Plant Sterols, Polyphenols, Lutein, Xanthins, Rutin and more.

- > Delivers anti-inflammatory support
- > Heightens mental clarity
- > Increases energy
- > Nourishes body's immune system
- > Helps promote healthy blood sugar levels

For wholesale pricing on all Zija Products,
Call Denise at the Doc of Detox at 1 855 900 4544

Zija Core Moringa Plant Protein

THE #1 COMPLETE SUPERFOOD PLANT PROTEIN



Plant Protein Nutritional Supplement Shake Mix contains a complete protein extracted from Moringa oleifera leaves, providing each serving with 20 grams of 100% plant-derived protein. Our proprietary gluten-free, soy-free and vegan formula will help you feed your body with maximum nutrition.

The first product of its kind! Zija's Core Moringa Plant Protein is a proprietary formula that utilizes protein from the leaves of the Moringa oleifera tree, as well as other plants.

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Moringa protein far exceeds the minimum requirements of all nine essential amino acids, making it a complete protein!

Directions: Add ½ a packet to your blender drinks 2x a day!

Zija Moringa SuperMix

THE MOST POWERFUL SUPERFOOD ON THE PLANET!



Shake things up with Zija's SuperMix, an easy-to-open packet that you can add to water for a dose of pure nutrition – even on the go! Get an extra boost of 90+ verifiable, cell-ready vitamins, minerals, vital proteins, antioxidants, omega oils, and other benefits. SuperMix is the best tasting, highest concentrated phytonutrient on the planet.

Directions: Add ½ a packet twice a day in 12 oz of structured water, shake well, drink and enjoy!

Zija Core Moringa XM+

THE HEALTHIEST CAFFEINE SUBSTITUTE



Zija's XM+ Energy Mix combines the abundant nutrition of Moringa oleifera with natural energy and performance ingredients to elevate your mood, boost your energy level and suppress your appetite.

- > Aid in weight loss, appetite control, and increased metabolic energy.
- > Improves cardiovascular capacity, oxygenation, and circulation.

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- > Delivers energy that is fast-acting and long-lasting.
- > Reduces harmful cholesterol and protects cells.

Directions: Add ½ to 1 full packet to 8-18 ounces of cold water, shake well, and drink on an empty stomach or at least 15 minutes prior to a healthy meal. XM+ is ideal to consume before exercise. Do not consume more than 2 packets per day. Consuming late in the day may impair sleep.

For wholesale pricing on all Zija Products,
Call Denise at the Doc of Detox at 1 855 900 4544

Greens First Original | Greens First Berry

MAXIMIZE YOUR HEALTH AND OVERALL WELL-BEING!



Greens First is a delicious, fast and easy way to enjoy the phytonutrient and antioxidant benefits of a diet rich in dark greens and brightly colored fruits and vegetables in one product!

Greens First contains Certified Organic fruits, vegetables and barley grass which are first juiced, then spray dried at low temperatures, leaving all the important nutrients and live enzymes intact.

- > 100% Whole Plant Based Ingredients
- > Vegetarian & Vegan
- > Non-GMO, No MSG, Yeast, Corn, Rye, Wheat or Soy Protein
- > No Artificial Ingredients or Preservatives

Directions: Mix 1 scoop in 16 oz of structured water.

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We welcome all your calls.

Atomic Detox Spray

MINERALS ON A MISSION



Our Atomic Detox Spray uses a unique system to deliver minerals such as Zinc and Copper to diseased cells to wipe them out, while keeping the healthy cells surrounding them normal and functioning properly. The minerals are delivered through the epidermal layers of the skin to be absorbed at very low concentrations.

Diseased/mutated cells do not follow the Krebs cycle. The Krebs cycle is a sequence of chemical reactions used by all healthy organisms to produce energy and is one of the first segments of cellular metabolism. There are approximately 32 steps in the Krebs cycle. Diseased cells follow a different metabolic cycle which has only 18 steps to absorb nutrients (particularly sugars).

Diseased cells will consume excessive amounts of minerals such as Zinc and Copper, which are toxic to diseased cells, this causes them to die. We can accurately treat mutated cells, cells that are not functioning properly and irregular, diseased cells as well as viral, bacterial and fungal diseases without harming our healthy, aerobic cells.

Directions: Shake before use. Spray over neck, armpit, groin and back of knee lymph nodes and affected areas. Apply 3x a day until reactions subside and 2x a day thereafter. Allow the formula to be absorbed into the skin and do not rinse or wash the treated area for at least 2 hours.

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We welcome all your calls.

DMSO

REDUCES THE HARDENING OF CONNECTIVE TISSUE



DMSO (*Dimethyl Sulfoxide*) is a clear solvent known for its ability to penetrate living tissue and stimulate cellular processes. Proven to relieve pain and inflammation, increase circulation, reduce the hardening of connective tissue and neutralize free radicals.

Directions: Rub a small (pea size) amount to area of concern. A slight tingle or stinging feeling is normal. If irritation occurs, wash DMSO off. Mix with coconut oil to avoid irritation in future applications.

Caution: May cause skin irritation. Thinner skin will be more sensitive. Avoid contact with eyes, skin, and clothing. Wash hands thoroughly after handling. In case of eye contact, immediately flush eyes with water.

Ormus Gold Magnesium Spray

RELIEVES PAIN & INFLAMMATION



Ormus Gold Magnesium Spray is effective in relieving aches pains and strains, relaxing muscles and improving skin conditions. To deliver Ormus Gold through the skin, we combine it with magnesium oil, which is readily absorbed by the skin.

Directions: Shake before use. Spray on area of concern and rub in thoroughly. Use as often as needed.

FREE step-by-step support, 1 855 900 4544
We welcome all your calls.

Silver Bullet Gel

ACCELERATES NEW TISSUE GROWTH



Silver Bullet is the highest quality, #1 Selling Colloidal Silver Product in North America. Silver Bullet First Aid Gel 30ppm accelerates new tissue growth in burns, cuts and wounds and prevents infection and scarring. Great for acne, psoriasis, eczema and other skin conditions.

- > Abrasions (Cuts & Scrapes)
- > Sunburn & burns
- > Rashes, diaper rashes, chafing & dry skin
- > Skin Irritations, Skin infections
- > Bruises, warts & skin ulcers
- > Poison Oak and Poison Ivy
- > Bug bites and stings
- > Aftershave gel
- > Acne, eczema and psoriasis
- > Under arms for odor
- > Yeast problems and more!

Directions: Apply generously to area of concern as often as needed to promote natural healing.

FREE step-by-step support, 1 855 900 4544
We welcome all your calls.

Aloe Mystery

REPAIR DAMAGED AND IRRITATED SKIN



Aloe Mystery has been specially formulated with the absolute best whole leaf Aloe Vera—grown with a proprietary blend of vitamins and minerals. Contains no pesticides, herbicides and xenoestrogens. Clinically proven to improve moisture to the skin to repair damaged and irritated skin. Mystery has the highest concentration of acemannan and polysaccharides of any Aloe product on the market!

Aloe Mystery is safe, easy to use, and highly effective on:

- > Cuts
- > Burns of all types no matter how severe
- > Sunburn, electrical burns
- > Harsh skin rashes
- > Skin problems/conditions
- > Radiation burns (can be used after radiation treatment for)
- > Insect bites, poison ivy & poison oak
- > and the list goes on!

Directions: Apply liberally to skin abrasions and irritations. For use on sores, burns, bruises, scrapes, insect bites, cuts, dry skin, and our clients' biggest use is for radiation burn treatment.

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We welcome all your calls.

Moringa Oil

NATURE'S ANTI-AGING MIRACLE!



Moringa oil is extracted from Moringa oleifera seeds. It contains high amounts of behenic acid and omega-9 fatty acid. Moringa oil is great for use on the skin for all conditions, including psoriasis, eczema, burns and wrinkles. It provides nutrition to the skin and relieves signs of aging, plus it has anti-microbial properties and can be used to disinfect wounds.

- > High in antioxidants
- > Reduces inflammation
- > Amazing moisturizer
- > It absorbs the aroma of essential oils, making it a great carrier oil
- > Resists rancidity, can be used as a preservative in cosmetic products
- > Exfoliates dead skin cells
- > Good hair conditioner, leaves the hair well moisturized
- > Leaves the hair roots nourished and reduces dandruff
- > Adds a protective gloss to the hair, leaving it shiny, hydrated and healthy

Directions: Apply a small amount to area of concern as often as needed to promote natural healing. Use a very small amount around the eyes and do not get too close to the eyes as this can cause irritation.

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We welcome all your calls.

Beyond Beauty

NATURE'S ANTI-AGING MIRACLE!



This miracle cream is made from all-natural, organic ingredients and is packed with potent antioxidants from Sea Buckthorn oil. It protects and rejuvenates the DNA structure and cell walls of your skin from free radicals, pollution, sun damage and poor diet. Beyond Beauty Face Cream will accelerate your skin's natural power to regenerate and boost collagen production.

Made from all-natural, organic ingredients; packed with potent antioxidants to protect and rejuvenate cells from free radicals, pollution and sun damage. Vanishes into your skin, leaving it moisturized, refreshed and silky smooth. Fortified with powerful antioxidants to prevent and restore damaged skin cells. Beyond Beauty Face Cream is rich in healing botanicals and nutrients to aid in collagen regeneration.

Directions: Massage a small amount on your face and neck AM and PM.

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We welcome all your calls.

Essential Oils

Essential oils have the highest vibrational frequency of any food on the planet, when it comes to healing the body, it is all about frequency. You may not know this, but no matter what you eat and drink, everything leaves the body except the frequency. It is a frequency that turns cancer on and it is a frequency that turns cancer off.

Essential oils have been used for thousands of years as medicine and for health and beauty purposes.

We carry a large selection of the most popular essential oils and special blends on the market today! **If you're looking for the highest quality, organic essential oils at the lowest price, then look no further!**

Doc of Detox Pure Essential Oils:
bit.ly/DocOfDetoxEssentialOils

Download Our Essential Oil Guide:
bit.ly/DocOfDetoxEssentialOilGuide



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Single Oils

Eucalyptus (*Eucalyptus radiata*)

Great to diffuse for its antibacterial and antiseptic properties, purifies the air and kills mold while providing a fresh scent. Stimulates mental activity and clears congestion when inhaled, rub on the bottoms of feet to strengthen immune system, use topically for skin conditions, sore muscles and inflammation.

Frankincense (*Boswellia carterii*, *Boswellia serrata*)

Boosts the immune system and is known to protect against and help repair all types of mutations. Take 1 drop under the tongue every hour. Use topically by mixing with Moringa Oil or Beyond Beauty to fight the aging process and to help fade stretch marks, scars and dark spot.

Lavender (*Lavandula angustifolia*)

Helps your body to produce three of the most powerful antioxidants (glutathione, catalase, superoxide dismutase) your body needs to fight free radicals; diffusing lavender can protect cells from mutation while strengthening the immune system. Known to improve sleep, moods while reducing stress and anxiety.

Lemongrass (*Cymbopogon citratus*)

Great to diffuse for its calming and mild smell, relieves anxiety, irritability and insomnia and is a safe air freshener/natural deodorizer. Mix with Moringa Oil or Beyond Beauty for beautiful, glowing skin. Test patch before use. Do not use if pregnant or breastfeeding.

Orange Burst (*Citrus sinensis*)

Defends against oxidative stress and cellular mutations. Add to structured drinking water to increase detoxification and eliminate waste from the body. Diffuse and inhale to boost mood and calm nerves.

Mix with Moringa Oil or Beyond Beauty to boost collagen and repair damage. Test patch before use.

Patchouli (*Pogostemon cablin*)

Known for its rich, musky fragrance! Diffuse to revive energy, improve hyperactive behavior, improve memory and help protect from neurotic disorders and keep the brain cool, active, sharp and alert. It is best used to diffuse and apply to the bottoms of the feet and adrenals. Test patch before use.

Peppermint (*Mentha piperita*)

Amazing natural painkiller and muscle relaxant, relieves achy joints when applied topically on the area. Put 1 to 2 drops on tongue to reduce nausea and to reduce bloating and indigestion. Diffuse and inhale to relieve sinusitis, coughs, colds, allergies, asthma and bronchitis, also improves energy and focus.

Super Cinnamon (*Cinnamomum cassia, Cinnamomum berum*)

Amazing for weight loss, preventing sugar cravings, balancing moods and fighting fatigue! Known to balance blood sugar levels and blood pressure and reduce plaque buildup. It is also known to fight parasites, viruses and free radicals! Add a few drops to your structured drinking water!

Super Strength Oregano (*Origanum compactum*, *Origanum vulgare*)

Proven to be an anti-fungal, antibacterial, anti-parasite, antiviral and an antioxidant. Used to eliminate Candida, bacteria, parasites and fungus throughout the body. Take internally for 10 days as a cleanse or when you are sick, 1 drop on the tongue 3-4 times a day.

Tea Tree (*Melaleuca alternifolia*)

A powerful antiseptic! Apply undiluted to area of concern to treat acne, psoriasis, eczema, bacterial staph infections and fungal infections like athlete's foot, toenail fungus and ringworm. Soothes the scalp, prevents and eliminates dandruff and even lice, add 5-10 drops to shampoo.

Oil Blends

Brave Heart Black Spruce (*Picea mariana*), **Frankincense** (*Boswellia carterii*), **Rosewood** (*Aniba rosaeodora*)

Formulated to boost confidence and balance energy! Calms nervous and moods and reduce depression. Increases oxygen levels in the body, boosts the immune system and removes toxins from the body. Also reduces the appearance of wrinkles and blemishes, providing a smooth complexion. Test patch before use.

Calm Lavender (*Lavandula angustifolia*), **White Spruce** (*Picea glauca*), **Orange Flower Neroli** (*Citrus sinensis*), **Petitgrain** (*Citrus aurantium*), **Roman Chamomile** (*Chamaemelum nobile*)

Relieves anxiety and stress, calms the body and mind, promotes peaceful feelings and restful sleep. It works with the body systems to release dopamine, noradrenalin and vasopressin, which revives energy that is lost from stress. Diffuse and massage on bottoms of feet with a carrier oil. Test patch before use.

CanSave Balsam Fir (*Abies balsamea*), **White Pine** (*Pinus strobus*), **St. John's Wort** (*Hypericum perforatum*), **Canadian White Cedar** (*Thuja occidentalis*)

Formulated to help treat Candida and correct cellular mutation in the body. It detoxifies the body, boosts immunity and prevents infection. It is known for its anti-fungal, antiviral and anti-inflammatory properties. Take internally in a capsule, rub on bottoms of feet, adrenals and area of concern. Test patch before use.

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Digest Restore *Star Anise (Illicium verum), Anise Seed (Pimpinella anisum), Peppermint (Mentha piperita)*

Formulated to improve and soothe digestion. Provides relief from excess gas, indigestion, nausea, cramps, aches and helps to eliminate intestinal worms. Add 1 or 2 drops to your water, use 1 to 2 drops on the tongue before and after meals, apply topically with a carrier oil on abdomen. Test patch before use.

Ear Clear *Camphor (Cinnamomum camphora), Canadian White Cedar (Thuja occidentalis), Balsam Fir (Abies balsamea), Wintergreen (Gaultheria procumbens)*

Formulated for ear aches, tinnitus, vertigo and swimmer's ear! Relieves pain, relaxes aches, prevents infection and stimulates circulation of blood and lymph. Can be used undiluted, massage around ear, apply around the base of ear canal, do not put into ear canal. Topical use only. Test patch before use.

Focus *Balsam Fir (Abies balsamea), Canadian Tsuga Spruce (Tsuga canadensis), Rosemary (Rosmarinus officinalis), Peppermint (Mentha piperita)*

Designed to help you focus in stressful situations, like exams or lectures and is great for ADD/ADHD. Regulates hormones to better manage fear and stress, boosts energy and stimulates mental activity. Diffuse, rub on bottoms of feet and adrenals, use 1 drop on tongue or under nose. Test patch before use.

Hair Restore **Rosemary** (*Rosemarinus officinalis*), **Geranium** (*Pelargonium graveolens*), **Palmarosa** (*Cymbopogon martinii*), **Lavender** (*Lavandula angustifolia*), **Foraha (Tamanu)** (*Calophyllum inophyllum*)

Formulated to help grow stronger, longer, healthier hair! Strengthens and stimulates hair follicles to promote hair growth, repair damage, restore shine and hydration, prevent hair loss, graying and dandruff. After washing hair, put 5-10 drops on fingers and massage into scalp. Test patch before use.

Healthy Mouth **Peppermint** (*Mentha piperita*), **Spearmint** (*Mentha spicata*), **Cinnamon** (*Cinnamomum berum*), **Anise Seed** (*Pimpinella anisum*)

Formulated to treat gingivitis, cavities, teething, tonsillitis, canker sores, bad breath and gum disease. Reduces inflammation, relieves pain and provides a cooling effect on nerves, muscles, aches and spasms, Put 1 or 2 drops on tongue, mix with structured water and use as mouthwash.

Hormone Balance **Black Spruce** (*Picea mariana*), **Canadian Tsuga Spruce** (*Tsuga canadensis*), **Rosemary** (*Rosemarinus officinalis*), **Clary Sage** (*Salvia sclarea*)

Balances hormones, boosts moods and helps PMS and menopausal symptoms. It is known to lower cortisol levels and assists in the toning of the adrenal glands, which produce hormones that regulate our bodies and emotions. Massage on adrenals and bottoms of feet and insides sides of feet. Test patch before use.

Lemon Lift **Lemon** (*Citrus limonun*), **Lime** (*Citrus aurantiifolia*)

Strengthens the immune system, aids in weight loss, reduces stress and fatigue while increasing alertness. Brightens complexion, rejuvenates skin and reduces breakouts. Diffuse, add to structured drinking water, rub on bottoms of feet or mix with Moringa Oil or Beyond Beauty to apply to skin. Test patch before use.

Lung Restore - Breathe Easy **Eucalyptus** (*Eucalyptus radiata*), **Peppermint** (*Mentha piperita*), **Balsam Fir** (*Abies balsamea*)

Detoxes the lungs and improves respiratory health! Provides relief for coughs, asthma and all respiratory conditions. Stimulates the immune system, prevents infection and relieves pain. Rub on throat and chest, diffuse and inhale, put 1-2 drops on tongue, add to structured drinking water. Test patch before use.

Muscle Restore **Wintergreen** (*Gaultheria procumbens*), **Black Spruce** (*Picea mariana*), **Balsam Fir** (*Abies balsamea*), **Helichrysum** (*Helichrysum italicum*), **Peppermint** (*Mentha piperita*), **Camphor** (*Cinnamomum camphora*)

Detoxes the muscles, eliminates lactic acid and speeds up recovery from exercise. Provides relief from spasms and cramps and improves circulation, supporting blood flow to tired muscles while soothing pain and reducing inflammation. Massage onto area straight or use with a carrier oil. Test patch before use.

Pain Away Camphor (*Cinnamomum camphora*), **Canadian White Cedar** (*Hypericum perforatum*), **Balsam Fir** (*Abies balsamea*), **Wintergreen** (*Gaultheria procumbens*)

Relieves pain from headaches, sore muscles, joints, sprains and strains! An effective local anesthesia, reduces pain, inflammation and relaxes aching muscles, stimulates circulation and reduces spasms in all body systems. Massage onto area of concern straight or mix with a carrier oil. Test patch before use.

Pure Lavender (*Lavandula angustifolia*), **Rosemary** (*Rosemarinus officinalis*), **Clary Sage** (*Salvia sclarea*), **Basil** (*Ocimum basilicum*)

Purifies your environment, lifts the spirit, provides balance and relieves stress and anxiety. Stimulates mental activity, reduces fatigue and forgetfulness and helps to battle addictions. Diffuse and inhale, apply to the bottoms of the feet and adrenals. Test patch before use.

Thieves + Clove (*Eugenia caryophyllata*), **Eucalyptus** (*Eucalyptus radiata*), **Balsam Fir** (*Abies balsamea*), **Lavender** (*Lavandula angustifolia*)

Protects against viruses and bacteria and purifies the environment! Prevents and heals infections, improves respiratory conditions, boosts the immune system and provides resistance to disease. Rub on neck, mix with structured water and use as a mouthwash, diffuse and inhale. Test patch before use.

Vein Away - Healthy Heart *Camphor (Cinnamomum camphora), Canadian White Cedar (Hypericum perforatum), Balsam Fir (Abies balsamea), Wintergreen (Gaultheria procumbens)*

Formulated to help the elimination of varicose veins and to improve heart conditions. Stimulates blood and lymph circulation, helps expel gases and prevents gas from forming; gas can travel into the blood causing arteries to clog. Massage onto area undiluted or mix with carrier oil. Test patch before use.

Weight Balance *Orange (Citrus sinensis), Tangerine (Citrus tangerina), Lemon (Citrus limonun), Black Peppercorn (Piper nigrum), Spearmint (Mentha spicata), Grapefruit (Citrus paradisi), Peppermint (Mentha piperita)*

Formulated to aid in weight loss and weight management! Boosts metabolism, eliminates excess water and toxins, promotes sweating and cleanses the intestines. Add 5 drops to your structured drinking water, rub on bottoms of feet, adrenals and areas of concern, mix with carrier oil if needed. Test patch with use.

The Doc of Detox Functional Medicine Clinic is unique in the way that we cannot hear from you too often, every question matters. The so-called silly question could actually turn your life around. You have our number; please use it for your benefit. Let us help guide you to create the perfect day so that you have the perfect life. Can't wait to hear from you, let's get started!

1 855 900 4544

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