

General Health for Women

Studies show that a high percentage of adults and children in the United States and other developed countries eat less than the minimum daily allowance of 10 or more essential nutrients. Adequate amounts and proper balance of these nutrients are needed for maintaining good health. These nutrients are also important for the dietary management of the body's structure and optimum functioning of its various systems. In 2002, *JAMA (Journal of the American Medical Association)*, one of the most highly respected medical doctor journals in the world, said "it appears prudent for all adults to take vitamin supplements."

Vitamins and minerals are essential for the health and well-being of our entire body. A deficiency of these nutrients can lead to serious health concerns. Many people who eat healthy diets can benefit from vitamin supplements, as the foods they eat may not contain enough of the nutrients needed. As we get older, our need for nutrients increases, making vitamin supplementation even more important.

Vitamins

Ultra-Daily Pack for Women - is a comprehensive dietary supplement program in two daily packets. All the components of Ultra Daily pack use only the purest, most hypoallergenic ingredients and contain no yeast, corn, wheat, sugar or other sweeteners, artificial flavors, colors or preservatives.

Children's Essentials (Ages 4-10) is a great tasting, chewable multiple vitamin-mineral-trace element supplement designed for children ages four and up. The unique teddy bear shaped chewable tablets provide 28 vitamins, minerals and trace elements in bioavailable forms and nutritionally meaningful amounts.

Adolescents Essentials (Ages 10-17) is unique vitamin-mineral-trace element supplement designed for children ages ten and up. The easy-to-swallow, smaller capsules provide over 30 vitamins, minerals, trace elements and other nutrients in bioavailable forms and nutritionally meaningful amounts.

Vitamin C 500mg twice daily - immune booster

Vitamin D2 2,000 IU daily - bone health and muscle strength

Calcium - Magnesium Plus - bone health

B vitamin complex - energy and immune booster

Supplements

DIM - Diindolymethane, a plant compound with health-promoting properties, found naturally in cabbage, broccoli, Brussel sprouts and cauliflower. This supplement promotes a beneficial shift in the balance of the sex hormones estrogen and testosterone, by allowing an aerobic environment for the natural metabolism of free floating estrogen. As a result, the body is able to utilize the correct balance of estrogen and testosterone as more is available to be absorbed. This can be used safely for men and women. Women - 100mg morning and night after food for general health, for breast tenderness 150mg daily. Weight loss use 200mg morning and night for 2months then 100mg morning and night.

Soy Isoflavone non GSO - helps to decrease the intensity of hot flashes and night sweats.

Est Aid is an estrogen-progesterone balancing herbal formula for women ready for natural menopause.

Progesterone - dose individualized, for hormonal balance under supervision of your health care provider

7 keto DHEA 5-10mg qd - for hormone balance, only under supervision of your health care provider.

Adrenal Power Powder - At times of high stress, replacing lost minerals and vitamins can help the adrenal glands produce less stress hormones. This refresher helps to support natural adrenal function in exhausted states. Add this powder to your smoothie or juice.

Golden Flaxseed - 1-2 tbsp a day ground up and placed on top of your food. Effective in lessening hot flashes and sweating as well as depression and fatigue.

Omega 3 fatty acid (aka EPA/DHA) - roughly 2000mg morning and night, or **DHA 408/EPA 208** two gel capsules am and pm.

Vision Health Support - provides a comprehensive and potent combination of the antioxidant nutrients that research has found to be important to maintaining healthy eye function.

Aspirin 81mg daily for women over 50 years young.

Some or all of the above supplement may help to may you feel more balanced and give you an overall increase sense of wellbeing.