

Healthy Pregnancy Action Plan

In today's world, where more than one in a hundred American children are at risk for serious birth defects, we have to ask ourselves, how do you give birth to a healthy baby?

It starts with careful planning long *before* you actually conceive and PHP's *Healthy Pregnancy Action Plan* is designed to help you to do just that!

- We believe that it is important for the mother to create a healthy internal environment by detoxifying the body for 3-6 months before a planned pregnancy. A detox is essential to ensuring your body is free of harmful, toxic residue that might be a detriment to conception and a healthy baby.
- It is also important to create a healthy environment in which to bring your baby home. Be sure to "baby proof" your house. Get new carpets at least a year before your baby comes home so they can "de-gas". Look for all-natural cleaners, shampoos, soaps, and house products, etc. also, make sure the baby's room is properly ventilated to avoid the onset of asthma.
- Next, choose a birth date. The best time to have a baby is during the sunny months of summer and spring.
- It is also imperative to prepare nutritionally in order to avoid stillbirths, birth defects, and other related developmental conditions in infants.
- Women planning to become pregnant should undergo a preconception complete head to toe physical examination and screening for breast and cervical cancer, sexually transmitted diseases, as well as seek treatment for any drug, alcohol, or tobacco abuse.

Obviously, pregnancy is not something that is always planned! ☺

Of course, it is definitely still possible to have a healthy pregnancy, even if you are caught by surprise. Just remember that everything you put in your body, on your skin, and in the environment around you can have an effect, whether good or bad, on your growing fetus- contrary to popular belief, the placenta is not an impenetrable shield! The recommendations below will help guide you to the optimal health level possible for you and your baby.

Facts you should know:

- Comfortably paced, regular, non-jarring exercise, such as low-impact aerobics, walking, yoga, and swimming, can increase stamina for labor, strengthen muscles used during delivery, and may enhance the ability to cope better with labor.
- No *one* single food should really be consumed on an everyday basis but especially dairy or food with gluten or other allergens such as soy (all variations) or corn, as this practice increases an individual's chances of developing a food allergy. Make an exception for PHP's supplement recommendations since they do not have any dairy, gluten or chemicals/ artificial sweeteners, etc and will help give you the prenatal care your baby needs to be healthy and strong.

- Contrary to popular belief, a *well-chosen* vegetarian diet *is* healthy for a pregnant woman, but vegetarians that consume no animal products at all, including dairy and eggs, should use a B12 supplement (*Spirulina*, a micro algae that is made up of some of nature's most powerful and beneficial compounds contains over 60% complete vegetarian protein. ***It is also one of the few food sources known to man that contains the entire B complex, including B12, as well as many other valuable nutrients important for pregnant women.***
- Women will need extra minerals during pregnancy, due to extra chemical reactions in their metabolism. Serious complications can be brought about by a deficiency in calcium, magnesium, protein, and the B vitamins choline and B6.
- Expectant mothers also need 400 mcg of folate/folic acid from leafy green vegetables because defects of the neural tube (such as Spina Bifida) can often be prevented with small quantities of vitamin B and folic acid.
- You should always avoid French fries, potato chips, or other foods that contain the cancer-causing chemical acrylamide. The danger of pregnant and breastfeeding mothers ingesting acrylamide has now been confirmed. Fetuses and newborn babies are particularly susceptible to the potential harmful effects of this chemical, and are at greater risk because of their generally higher body water levels and because their blood-brain barriers are not fully developed.
- Avoid toxic cleaning products, cosmetics, and other products that contain harmful chemicals that can be toxic for humans, especially vulnerable fetuses and babies. Be sure to read the labels and research everything you buy to clean and beautify your home, garden, and yourself! Buy organic whenever possible.
- *Side note: Having a well-trained pet cat or dog in the first two years of a child's development has been linked to a greatly reduced risk for Multiple Sclerosis, however hamsters, mice, or other rodents can be hazardous.*

Recommendations

DO:	Avoid:
Eat lots of leafy greens for vitamin K, folic acid, chlorophyll, and other important nutrients.	Over consumption animal fats/ protein
Consume foods rich in vitamin C such as camu camu, Amla berry, rose hips, citric foods, papayas, bell peppers, broccoli, and so on.	Consumption of highly processed foods
Minimize exposure to environmental toxins- through out household cleaners, cosmetics, and so on that are not pure organic	Getting overstressed- meditate, do yoga, take deep breaths, ask for help from loved ones
Drink lots of (purified- preferably reverse osmosis) water- be sure to keep yourself hydrated	Coming into contact with rodents
Breastfeed baby as long as possible- at	Using recreational drugs- they are strongly

least 1 year is optimal- it is a great benefit to baby's health and as a bonus, helps mom to burn off extra calories. You can't nurse too often but you can nurse to little!	prohibited
Consume essential fatty acids	Drinking alcohol or smoking
Eat a 'rainbow' of fresh fruits and vegetables for fiber and other valuable nutrients	Taking long, hot showers or sitting in hot tubs (large increase in body temperature can cause fetal distress)
Eat 5-6 small but nutrient dense meals a day	Taking acne drugs like Acutane
Eat whole grains, legumes, beans and fish	Flying in planes

Nutritional Supplements:

- **Power Shake (prenatal multivitamin)**- The Power Shake was created so that you can easily consume several “power foods” at once that have ancient roots as potent fuels for energizing the human body. When combined, these 5 whole foods create long term sustained energy, endurance, and strength. **This is the ONLY kind of prenatal “multi-vitamin”** (i.e. from a whole food source which provides bioavailable nutrients, not isolated vitamins created in a lab that can often do more harm than good) **that is safe and effective for you and your baby to consume!** More and more research, such as studies done at Harvard Medical School, are showing that synthetic and/or isolated vitamins can often do more harm than good and are confusing and potentially harmful for the body. Vitamins naturally found in whole food sources are better because your body knows how to use them efficiently. These are Mother Nature’s multi-vitamins that our bodies have evolved with for centuries.

These powerful foods include:

1. **Organic Kamut Blend** (Kamut wheatgrass juice from heirloom seed, oat grass juice, alfalfa leaf juice)- rich in vitamin K, folic acid, chlorophyll, and other valuable vitamins and minerals. Great for aiding and boosting the digestive, immune, and circulatory systems. “Lipophilic factors in chlorophyll supply blood-clotting factors to prevent abortion in women and hemorrhage in neonates, organic green vegetables (spinach, kale, buckwheat, and juiced wheatgrass) prevent toxicity reactions associated with miscarriage by functioning as an antagonist to guanidine...and [help to] maintain vascular integrity.”
- Organic Kamut Blend is a great source of chlorophyll, the most health supporting green food phytochemical. The molecular structure of chlorophyll is similar to that of hemoglobin, the protein that makes human blood red. There are perhaps no two more vital elements working in tandem to benefit the body. Chlorophyll is responsible for the release of oxygen. Hemoglobin captures the oxygen in the lungs and delivers it to the cells. Chlorophyll is known to have enormous benefits as a cleansing, detoxifying, and healing substance. It delivers the necessary nutrients to your cells, neutralizes toxins and gives protection from free radicals. It is a natural detoxifier and helps eliminate toxins from the intestines and other tissues. Because it is a natural detoxifier, it also aids in reducing bad breath. Chlorophyll also acts as an antioxidant and anti-inflammatory.

- Organic Kamut Blend contains the necessary trace minerals, magnesium, potassium, and chromium. Magnesium activates the enzymes that catalyze reactions between phosphate ions and energy to muscle cells. It is also associated with regulation of body temperature, neuromuscular contraction and synthesis of protein. Potassium is the principle positively charged atom in intracellular fluid and is of primary importance in its maintenance. In conjunction with sodium and chloride, it aids in regulation of osmotic pressure (dissolved fluid absorption into the tissue) and acid-base balance. Chromium, a very hard metallic element, helps regulate metabolism and has recently become the superstar of the weight loss industry.
- Organic Kamut Blend is an alkaline-forming food that does not artificially destroy the body's acids, but instead balances them.
- Organic Kamut Blend also provides protein-completing factors, all of the eight essential amino acids, as well as a number of free form proteins that are reconfigured and used by the body to create lean connective tissue and enhance reproductive functions.
- Organic Kamut Blend contains enzymes identical to the most powerful and important enzymes manufactured by the body. The function of enzymes as catalysts is undeniable. Since every reaction in the body is triggered by enzymes, those which are taken in by the body as food supplant the need of the body to manufacture it's own, therefore reducing a form of stress on the body.
- Organic Kamut Blend will help rebuild healthy intestinal flora and therefore may have a positive effect on regularity and gas. It has traditionally been used to promote regularity and does not cause constipation.

2. **Spirulina-** It is the simplest and *oldest* food on earth. Spirulina is in fact Mother Nature's most complete nutrient source, containing over 60% complete vegetarian protein, is rich in beta carotene and vitamin K and has an abundance of chlorophyll and essential fatty acids, beneficial vitamins, minerals, and nucleic acids, as well as nature's highest source of a new class of immune enhancing, photosynthetic pigment called phyco-cyan. University tests show this blue colored pigment is a powerful immune boosting aid.
3. **Aktivated Barley-** The ultimate slow burning, complex carbohydrate beta glucan powder, Aktivated Barley gives you sustained energy for 2-3 hours. Great for heart and circulatory health, it helps maintain healthy blood sugar levels and boosts the immune system. According to many studies Beta Glucan can also assist the body build immunity by activating immune cells known as macrophages that trap and consume foreign substances in the body.
4. **Carrot juice-** Full of minerals and phytonutrients unique to the tuber family, carrot juice is known as one of the most important parts of any raw food regimen.
5. **Rice Bran Solubles-** A great source of the vitamin E type tocopherols and tocotrienols, vitamin B-1, B-2, B-3, and B-6, as well as co-Q 10, gamma oryzanol, folic acid, and beta sitosterol; studies show that Rice Bran Solubles are vital for maintaining normal cholesterol levels and blood glucose control. Rice has been used as the staple food in many Asian cultures for thousands of years. Now modern sciences has identified an amazing portion of rice that many people never get in their diets! That's right the most potent nutrient rich parts of rice disappear when it is cooked. What are these parts? The soluble fibers that "melt" away in hot

water. We call those rice bran solubles and they are an amazing plant complex containing a wide variety of unique nutrients not found in other foods. Like tocotrienols, a vitamin E type tocopherol that is 50 times more potent and protective to your body! Rice Bran Solubles a superstar among foods. For many people, recent news that vitamin E supplements offer little or no protection against heart disease came as real surprise. But to whole foodists who believe in natural nutrient sources as superior it only validated what they already knew- that the best source of vitamin E is soluble rice bran!

How to use the Power Shake: Mix 2 rounded scoops (5 tbs.) with 10-20 oz of water or non-acidic juice such as apple or carrot. Take on an empty stomach 1-4 times per day. Best mixed with cold water in a shaker cup or bottle. Great during all trimesters, when nursing, and for general nutrition at any time in life!

- **Organic golden blonde Flax seeds** are a wonderful source of omega 3 and omega 6 essential fatty acids. Flax seeds are rich in *alpha linolenic acid*, an omega 3-fat that is a precursor to the form of omega-3 found in fish oils called *eicosapentaenoic* or EPA. Omega-3 fatty acids are used by the body to produce anti-inflammatory hormone-like molecules (Series 1 and 3 Prostaglandins). Omega 3's can help reduce the inflammation that is a significant factor in conditions such as asthma, osteoarthritis, rheumatoid arthritis, and migraine headaches. These fatty acids are used to produce the substances that reduce the formation of blood clots, which can reduce the risk of heart attack and stroke in patients with diabetic heart disease. Flaxseeds are also a *good source of magnesium*, which helps to reduce the severity of asthma by keeping airways relaxed and open, lowers high blood pressure, and reduces the risk of heart attack and stroke in people with atherosclerosis and diabetic heart disease, prevents the blood vessel spasm that leads to migraine attacks, and generally promotes relaxation and restores normal sleep patterns and is very important for pregnant women. Golden Flax seeds are also rich in beneficial fiber which also can lower cholesterol levels in people with atherosclerosis and diabetic heart disease, reduce the exposure of colon cells to cancer-causing chemicals, relieve the constipation and diarrhea of irritable bowel syndrome sufferers, and help stabilize blood sugar levels in diabetic patients. There have also been many studies regarding their beneficial protective effects on women's health for other reasons. In addition to lessening a woman's risk of developing cancer, the lignans abundant in flaxseed can promote normal ovulation (*consistent ovulation is helpful for women attempting to get pregnant*). By promoting normal ovulation and lengthening the second half of the menstrual cycle, in which progesterone is the dominant hormone, flaxseeds helps restore hormonal balance. Lignan-rich fiber also has been shown to decrease insulin resistance, which in turn reduces bio-available estrogen, which also lessens breast cancer risk. And, as insulin resistance is an early warning sign for Type 11 (NIDDM) diabetes, flaxseed may also provide protection against this disease.

*How to use: Grind a ½ cup of **Organic Flax Advantage™** (note: measure seeds pre-grinded and ALWAYS grind fresh directly before consuming. Please note:*

*flax seed oil has the potential to rancify much too quickly, which is why we recommend grinding your own flax seeds freshly on a daily basis). Add to salad, soups, oatmeal, yogurt, smoothies, etc. Great while attempting to become pregnant and during first and second trimester **only- do not use during 3rd trimester.***

- **Pure, extra virgin coconut oil** has **Mono laurin** (like a mother's milk does), which sets the child up for life with resistance to fungus, yeast, and bacteria. PHP's Organic Tropic [coconut] Oil is also beneficial for reducing the likelihood of stretch marks when applied daily to belly and breasts by helping the skin to retain elasticity. Can also be used on breasts after giving birth to ease any pain from tender breasts during breastfeeding. Our certified organic extra virgin coconut oil has been shown effective in helping the body eliminate the major parasites that infest the human body. The high concentration of lauric acid in our coconut oil has been shown to be effective not only against parasites but also FUNGUS and VIRUSES. Coconut oil has been shown to be very beneficial for the THYROID and for balancing other hormones. We **MUST have fats** in our diet. The reason coconut oil has been so effective in weight loss programs is that the fat content is made up primarily of medium chain triglycerides (MCT's). These MCT's are used immediately in the body as an energy source. They do not circulate in the blood stream as fat leading to weight gain and other health problems. Also, when we eat good fats, we are less likely to be tempted by bad fats!

*How to use: Take 1 tbs. of our **Organic Tropic Oil™** daily. Best when consumed **raw**- you can simply let it melt in your mouth and then swallow it or use as a butter substitute. Recommended to apply liberally to your belly to help prevent stretch marks. Great during 1st, 2nd and 3rd trimester.*

- It is important to know that our bodies can only metabolize about two ounces of **complete quality protein** per day. The remainder becomes a burden on our bodies and contributes to ammonia acid toxicity, which actually makes our bodies weaker! The **Master Amino Acid Complex™** was built to accomplish 99% net nitrogen utilization, meaning that it is as potent as any protein ever created and there is no burden on your kidneys or liver like other proteins! MAC is the only protein source you need (for example, creatine is an unnatural protein substance that increases muscle contraction, which produces a high rate of injury because it makes the brain fail to protect the body from doing the work it cannot do.) Feel your strength, endurance, and muscles grow as you experience total protein assimilation without a burdening your body with unused amino acids.

*How to use: For best results- take 2 tablets for every 25 lbs of body weight 2 hours **BEFORE**, or at least 3 hours **AFTER**, taking other protein/amino acids sources (meat, eggs, dairy, jello, beans, bananas, lentils, nuts, grains, breads, cereals, oatmeal, soy products, etc.) May take with vegetables and fruit (except for bananas), or without food in the morning, upon rising, or before going to bed.*

The Master Amino Acid Complex can be found in the world renowned Physician's Desk Reference under the name *Master Amino Acid Pattern (MAAP)* and is used by athlete's and nutritionally minded vegetarians and other health conscious consumers worldwide. It has even been used for comatose patients to

help stop muscle wasting- in fact muscle was even developed in these patients while they were bed ridden and immobile!

- **Foods rich in vitamin C** will help to boost the immune system of pregnant women and their babies. Remember: Ascorbic acid is not vitamin C! Ascorbic acid is the outer portion of the whole vitamin C matrix and only functions as an antioxidant which can turn into a free radical when isolated. Ascorbic acid does not have anywhere close to the same benefits as vitamin C from whole food sources has. Synthetic vitamins may have an immediate effect in the short term but it will not last and can be bad for the body in the long run- vitamin C from whole food sources is not a magic cure-all but it will help you to build up your immune system and is much better for your overall health in the long run.

PHP created **C from Nature**, a blend of naturally occurring vitamin C made from the Amla berry, Acerola cherry, Camu camu, Rose hips, and citrus bioflavonoids.

Acerola: The fruit of the Acerola Cherry tree can contain up to 400mg of vitamin C per gram of fresh berry compared to 5mg in a peeled orange. **Camu-camu:**

Native to the Amazon River Region, Camu-camu has over 100 times the amount of vitamin C per gram than an orange. **Rose Hips:** Has 60 times more Vitamin C than citrus fruit and is very rich in Bioflavonoids, which are vital to build and strengthen your body. **Citrus Bioflavonoids:** These substances, found in citrus fruits, have been shown in numerous studies to treat diseases of the blood vessels and the lymphatic system. **Amla:** This ancient Indian berry is a source of vitamin C that is 12 times more assimilable than synthetic ascorbic acid. There is no better source of natural vitamin C than the amla berry. It has been used for centuries. It was featured in a 7th century Ayurvedic medical text as the best medicine to prevent aging. In traditional Ayurvedic medicine it is also known for its' immune-enhancing benefits and as a general tonic for optimal health. Amla has been specifically indicated for use by people with anemia, asthma, bleeding gums, diabetes, colds, chronic lung disease, hyperlipidemia, yeast infections, scurvy, and cancer.

Great during 1st, 2nd, and 3rd trimesters, as well as pre- and post- pregnancy.

How to use: Take 3-9 capsules daily.

- Magnesium is very important for pregnant women. The topsoil in the USA has been greatly depleted of the minerals we need in the last century, and as a result many people, even those who feel healthy, are mineral deficient. Mineral deficiencies can have very serious repercussions and are thought to be the cause for many of our modern diseases.

*How to use: We recommend taking **Ionic Elements** for your magnesium and mineral needs. Take 20 drops, 4 times a day. For optimum results, circulate the liquid Ionic Elements in your mouth for ten to twenty seconds before swallowing. May be added to the Power Shake, your favorite juice or to your drinking water.*

Postpartum-

- **Breastfeeding:** Breastfeeding has been shown to improve a child's immune system and can lessen their risk for asthma, allergies, eczema, diabetes, and obesity among other benefits. It has also been shown to increase the baby's IQ

and provides a significant bonding experience between mother and baby. We recommend no less than 12 months and up to 2 years. Nutrition remains as important during nursing as it was during the pregnancy. The recommendations listed above are still to be followed.

- May also continue using the *Organic Tropic oil* topically on your breasts to help alleviate any discomfort from tender breasts (due to breastfeeding and milk production). Some women have trouble in the beginning, if you are one, be sure to seek help.
- Add a **detoxification** regimen to your plan in order to minimize toxins in your milk. We suggest trying Cracked Cell Chlorella for a mild detoxification (it has the highest source of chlorophyll which is a natural detoxifier- also has a myriad of other nutritional benefits), or Fulvic Zeolite (a natural detoxifier that efficiently pulls out heavy metals and toxins from the bloodstream) if you think that you may need even more of a boost. *Cracked Cell Chlorella- Mix one rounded teaspoon with 8oz of water or add to any vegetable juice drink or smoothie, great with apple juice, or take 15 tablets, daily. Fulvic Zeolite- take 1 drop 3 times a day (best when added to green drinks).*
- **Start your children off on a healthy path** by making nutritious eating a normal part of their life from the beginning and be sure to lead by example! Continue to stress the importance of whole foods and getting a variety of leafy greens, fruits, vegetables, legumes, nuts, good fats, etc. Try to avoid processed and artificial foods as much as possible- processed meats, such as most hotdogs, have been shown to contain nitrates that may cause cancer. White flour, rice, and sugar should also be avoided. *Agave nectar* is a great substitute sweetener that is all natural (as opposed to Splenda, Aspartame, etc). Used in moderation, it is a great alternative to sugar since it is sweeter and therefore you can use less. Make sure to get a brand that is raw and minimally processed as possible. One may also want to try Stevia, another natural sweetener (though it is a bit more controversial).

Tips for using PHP products to help the next generation go green: Mix the

Organic Barley Green Juice™ with water or apple juice and feed through the bottle. When they are ready for baby food, mix the **Aktivated Barley™** (slow burning carbohydrate used by the body for energy) and the **Organic Tropic Oil™** (source of mono-laurin and good fats, omega 3 fatty acids) into a paste- you can also add **Rice Bran Solubles™** for B vitamins and vitamin E type tocotrienols and tocopherols. Try adding **Apothe-Cherry** to their applesauce, yogurt or to a fruit smoothie- or just mix with water and a teaspoon of the 40X Aloe Vera concentrate- it tastes great and is a valuable source of antioxidants, the aloe helps the nutrients to stay suspended in the bloodstream 3 times longer then when taken alone! Mix **Organic Barley Green juice** with **Carrot Juice Plus** and 6 to 8 oz of organic all-natural apple juice and/or water- shake or blend until smooth. Add a few drops of **Ionic Elements**, which is a good source of valuable trace minerals and will help to boost their immune system. Try adding **Aktivated Barley** and/or **Rice Bran Solubles** to their oatmeal to give them lasting energy and

valuable B vitamins and vitamin E-like tocopherols and tocotrienols. Grind flax seeds (try PHP's **Organic Flax Advantage**) and throw them on their salad, yogurt or cereal or bake into muffins. Mix **Nutrition Now Meal Option in Vanilla** with 6 to 8 oz of organic all-natural orange juice to make PHP's 'Dreamcicle' protein smoothie. Sprinkle **Spirulina** powder onto organic popcorn until it is coated- you will be surprised how tasty this healthy snack is. Be advised, it can be a bit messy!

Please note: The serving sizes listed on the labels are generally for adults and children over 10 years of age, simply modify the serving sizes proportionally by weight for children under the age of 10- you can assume that the serving sizes listed are generally for a person weighing 150 lbs.

Interesting facts:

- Aktivated Barley was used to feed infants whose mothers could not breast feed in ancient times.
 - Extra virgin coconut oil has Mono Laurin, like a mother's milk does, which sets immunity, and the greens are alkaline and contain predigested nutrients needed for proper growth.
 - The Organic Barley Green JuiceTM is recommended in particular since it is only one ingredient instead of a blend (to avoid developing food sensitivities, etc).
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These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease. Purium Health Products recommends consulting your physician on this or any nutritional regimen, preferably a physician specializing in integrative medicine.

If you need advice on how to approach your doctor on health/ nutrition, please see our archived Consumer Education Conference Call on www.phporder.com (under Education section) titled "How to Talk to your Healthcare Provider".

PHP is based on the tradition of Naturopathics, which operates on the premise that our bodies are self-healing if given the right tools and environment. This tradition has been well practiced for over 5,000 years!

A WORD FROM DAVE....

Several years back, I began to notice a disturbing trend in the lives of the people I cared about. In increasing numbers, the people I loved were complaining of low energy, poor digestion, weight gain, diabetes, arthritis, and dozens of other major and minor ailments.

My efforts to help make a difference in their lives and their health led me down a fascinating, fulfilling and challenging path. I learned about the benefits of a lifestyle that emphasizes raw, enzyme-rich food. I also learned the traditional healing practices from virtually every corner of this planet, where thousand-year-old knowledge became profound in a modern world desperate for answers.

I have devoted nearly two decades of my life to discovering foods that heal and making them available in their purest, (almost always) organic, non-crossbred, wild-crafted forms. The foods that I seek are designed by nature and are especially easy to use and assimilate. The thousands of lives that I have been able to improve and the renewed hope that people feel, is the fruit of those efforts and my pride and joy.

The foods I recommend are unprecedented in their potency, purity, and in the complexity of their contribution to your body's well-being. Within 90 to 120 days of embracing the knowledge you find revealed within the pages of The Green Foods Bible, you'll feel your body awaken and thrive as it never has before...

Dave Sandoval
Author of The Green Foods Bible
Founder of PHP

Tune in LIVE for
PHP's CONSUMER EDUCATION CALL

Wednesday nights 6 pm PST/ 9pm EST dial (212) 461-5800,
Enter pin code # 8246 when prompted

The Consumer Education calls are available for 1 week after the original date, listen on the replay line by dialing (212) 461 8911

Visit us on the web! All conference calls and *Monday Morning Health Minutes* (e-newsletters) are archived on www.phporder.com

Did you know? PHP is proud to offer **FREE health/nutrition consultations** with **staff naturopath, Dr MICHAEL WOHLFELD- ABSOLUTELY FREE** of charge with no strings attached! Contact Dr Wohlfeld via his toll-free number **(800) 962 LIFE (5433)** and/or via e-mail at askphpdoc@gmail.com



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