



“30 Day Wellness Program”

Why You Need “Total Health”

The definition of good health is more than the mere absence of overt illness. To be in total good health, all body systems need to be functioning in harmony and be maintained in that condition. Even under stressful conditions. A remarkable group of Amazon products has been selected to help you achieve total health and maintain it.

This combination has been chosen especially for those whose health is sub-optimal, who suffer symptoms such as low energy, poor digestion, sluggish metabolism, and weight control issues.

Among the pressing challenges most face is maintaining healthy intestinal ecology, including the correct balance of intestinal bacteria. Sufficient daily fiber is essential to intestinal health, and is provided in this Pack, as well as supporting intestinal wall homeostasis to reduce intestinal irritation. Cell wall and organ integrity are boosted by essential fatty acids, vitamins and minerals present in a variety of the ingredients found here. Detoxification from the increasingly heavy burden of environmental challenges is also assisted by this product combination.

After daily use of these unique combinations, you will experience a restoration of your energy pathways, greater physical and mental vigor, and a more positive outlook on life. This response is triggered by the recognition, deep within your DNA, of elements vital to human existence that were previously missing. In the Total Health Pack, they are now available in abundance.

The Total Health Pack Provides:

- Overall health insurance with a full spectrum of vital botanicals
- Boosting energy levels to new levels
- Supporting anti-inflammatory and antioxidant functions, and mineral availability to reduce premature cell aging
- Reducing toxic load on cells and organs to improve whole body vitality
- Enhancing mental clarity and outlook on life

How to Use the “Total Health in 30 Days” Pack

Everything you need for “Total Health” is in this Pack. Here are guidelines to follow for your 30 day program. A more aggressive program may require additional products.

What to Take, and When

Fiberzon Mint:

1 scoop a.m. 30 min before eating, 1 scoop before bed

True to its name, Fiberzon is high in fiber, mostly soluble fiber from psyllium husk and oat bran, which support cholesterol and blood sugar control, as well as improving bowel regularity. Flax seed also contains fiber, plus beneficial omega-3 fats, and lignans provide phytoestrogens and support antioxidant levels.

Digestazon Plus:

5 in the a.m., and at Bedtime, with Fiberzon as above

The proprietary blend of digestive enzymes in Digestazon Plus provides a boost to your digestive system to ensure digestion and absorption of the nutrients in the foods you eat. From starches in whole grains and other carbohydrates, to fats and proteins, complete digestion is achievable when these enzymes are present. Digestive stimulant Boldo further assists the digestion process while bringing liver supportive qualities.

Aquazon:

Start with 3 per day, before 2 p.m. Increase to 5 per day from day 3 to day 7. After 7 days, increase to 9 per day.

This unique blend of blue-green algae and marine fucus algae provides nutrients for supporting muscle and joint health while increasing energy, focus, and mental clarity.

Rainforest Treasure Tea:

1 tea bag in 4 cups of pure water. Bring to a boil, then simmer for up to 30 minutes. Drink hot or cold.

This potent combination of Amazon forest-derived herbs contains Jatoba, Pau d'Arco, and Uña de Gato with documented health maintenance properties. Chanca Piedra, known as the "stone breaker," is used to maintain urinary tract health in traditional medicine. Though regarded mainly as a sweetener, Stevia also brings other health-enhancing properties.

Amazon Power Shake:

2 scoops per day

Ideal for restoration and support after physical activity, Amazon Power Shake is a powerful mix of health-restoring ingredients. Maca's impressive nutritional profile includes vitamins, minerals, amino acids, and essential fatty acids. Kiwicha (in the amaranth family) is a gluten-free, protein rich ancient grain with a high compliment of essential minerals and B vitamins. Adding to these stellar qualities

are Chuchuhuasi, with its adrenal and metabolic support, Muira Puama's adaptogenic and circulatory system support, and Suma's metabolic effects.

Fiberzon Plus:

1-3 capsules per day for those with a sluggish bowel

As well as the beneficial fiber contributed by psyllium husk, oat bran, and flax seed, together with omega-3 oils and lignans, Fiberzon Plus also contains rhubarb root. This ancient plant acts as a laxative in small doses, and against diarrhea in large doses. For those with persistent constipation, this powerful combination offers a way of normalizing bowel function.

Stevia

Best known as a sweetener that has very little effect on blood sugar. It has been shown to support metabolism. Other research shows antiviral, anti-yeast, antimicrobial and antibacterial activity to be associated with Stevia.

Camu Gold:

10-15 drops, anytime you lack focus or energy.

A power-packed pure liquid concentrate of certified organic Camu Camu, Camu Gold provides you with an unrivaled source of natural vitamin C, and a wide variety of vital micronutrients that are essential for an energetic body and a sharp mind.

Lifestyle Changes That Boost Your "Total Health"

The roots of most non-communicable diseases (ranging from a lack of energy to cancers) can be found in the lifestyles we choose. Lifestyle changes, involving an improved diet and regular exercise, have been conclusively shown to significantly reduce risks of illness.

While appropriate whole food supplements can go some way to mitigating the effects of poor dietary and exercise habits, they cannot completely overcome lifestyle shortcomings. Furthermore, the supplements you do take will be much more effective, and your health will be restored more rapidly and completely when assisted by improved nutrition and activity patterns.

As the key driver of these metabolic disorders is poor glucose (blood sugar) control, both high fasting glucose and persistently high glucose after meals, much of the following dietary advice is aimed at avoiding foods which lead to high blood sugar.

What to Eat and What to Avoid for "Total Health"

Fresh Vegetables

- As much variety as possible in as many colors as possible
- 4-6 servings a day
- Eat root vegetables such as sweet potatoes, parsnips, rutabaga and turnips in moderation
- Avoid potatoes in any form (boiled, mashed, baked, french fries, potato chips)

Whole Grains

- Choose from whole grains like brown rice, barley, rolled oats, wheat, triticale, quinoa, amaranth, millet, rye berries, oat bran, wheat bran
- 2-3 servings a day, aiming for at least 4 g of fiber per serving, and preferably more
- No refined grains like white bread, white flour, cookies, processed boxed cereal (e.g., Cornflakes, Cheerios, Coco Pops, etc)
- As a bread substitute, use whole grain corn tortillas or whole wheat pita bread

Lean Protein

- Choose from wild-caught fatty fish (salmon, halibut, herring, mackerel, sardines, trout, tuna), free-range poultry and eggs, beans (except fava), nuts, tofu.
- Limit red meat to 1-2 servings a week of organically raised, free-range, grass-fed animals
- Eat about 4 ounces of animal protein a day, divided among the meals of the day, with 1-2 oz per meal. Consume up to five free-range eggs per week.

Fresh Fruit

- As much variety as possible in as many colors as possible
- 3-4 servings a day
- Avoid all canned fruits, especially in syrup
- Limit high glycemic fruits like papaya, fruit cocktail, apricots, and dried fruits like raisins, dates, figs

Healthy Fats and Oils

- Ideally, the main source of added fat should be extra-virgin olive oil while not high in omega-3 fatty acid is an excellent source of omega-9 (oleic acid) and squalene.
- As well as the fatty fish noted above, other healthy oils with a good ratio of omega-6 to omega-3 oil are canola, flax seed, and walnut. Have at least one good source of omega-3 oils every day
- Avoid saturated fat from animal products (red meat, full fat dairy), and vegetable oils with too high a ratio of omega-6 to omega-3 such as sunflower oil, soybean oil, peanut oil, corn oil, safflower oil

- Avoid all *trans* fats found in margarines, many baked goods, and fried restaurant foods and fast foods. As well as raising harmful LDL cholesterol, these fats also lower healthy HDL cholesterol.

Beverages

- Rainforest Treasure tea, Rainforest Matté Tea, Green tea, Oolong tea, black coffee (in moderation), pure water
- Simmer 1 bag of Rainforest Treasure Tea in 4 cups of pure water and drink throughout the day. Or steep 1 bag of Rainforest Matte Tea in 4 cups of boiling water, and enjoy. When tea is made of roots or bark, you cook it. When it is made with leaves, you steep it.

Physical Activity is Required for Total Health

Making a meaningful addition to your daily activity level requires neither hiring a personal trainer nor an ambitious running program. While more is better, modest amounts of activity can have a health benefit. Most often ignored are opportunities to move during the day, for instance:

- Stand up from your chair and walk for one minute every hour, or do 10-20 half squats
- Take the stairs, not the elevator
- Walk during your lunch break
- Hand-deliver messages to colleagues rather than by phone or email
- Visit the bathroom on another floor
- Get on/off the bus 1-2 stops from normal
- Park on the far side of the parking lot
- Carry groceries to the car rather than using a cart
- Take a walk following dinner
- Do exercises during TV commercials

If walking is to be your choice, be sure to have a comfortable pair of shoes. A modest investment in some 2, 3, or 5 lb hand weights will provide resistance needed to do meaningful upper body exercise.

Obviously, there are many other options for the more ambitious, but for those who are de-conditioned and unfit, the above suggestions provide a good starting point with minimal risk of injury.

Follow these suggestions, including diet, Amazon Herbs, and exercise, and keep track of your health, perhaps with a health journal, tracking changes on your road to health and balance.