

CORE SUPPLEMENTS



Given the thousands of different supplements available on the market today, it is often difficult to decide what any one person should take to maximize their health and minimize the chances for disease.

Clearly, the American diet, no matter how healthy, cannot supply all of the nutrition needed to combat the stress, pollutants and toxins we are all

exposed to on a daily basis. Food was never meant to protect us from all of that.

The Core Group is a collection of the supplements that I feel everyone should take daily to help ensure their best health. These natural treatments focus on providing those key nutrients that science has repeatedly shown to be the most beneficial to us.

From antioxidants to acidophilus and fish oil to immune support, years of cumulative research study have shown these supplements to be consistently nourishing.

The Core Group should be the basic foundation of your daily vitamin regimen on which you can build your best health.

Cold prevention

GREEN TEA EXTRACT

by MyBestHealth

- Shortens length of cold



Green tea contains potent anti-viral, anti-bacterial and anti-fungal ingredients that can help treat cold symptoms and significantly shorten the length of a cold.

Green tea extract can also be used as part of a cold prevention strategy. Our green tea extract is maximally concentrated for better efficacy and is decaffeinated for better tolerability.

PRODUCT #	SIZE
148	60 cap

Back to Nature

BONE

by MyBestHealth

- Helps build healthy bone
- Joint Protection



Healthy joints start with healthy bones. Weak bones are more likely to lead to degenerative arthritis. Our BONE formula contains all of the vitamins and minerals in the proper proportions needed to build and maintain healthy bones and joints.

PRODUCT #	SIZE
104	120 tab

L.T.P.

by Ecological Formulas

L.T.P. is a thymus gland extract, a little appreciated part of the immune system's "T" cell Special Forces unit. "T" cells are critical to a healthy functioning immune system.

Thymus gland extracts help fight harmful germs

and can reduce the number and severity of respiratory infections in adults and children who repeatedly get sick.

PRODUCT #	SIZE
163	60 cap



Easy Way to Get Greens into your Diet

GREEN GEMS

by MyBestHealth

- Great taste!
- 17 Fruit and Vegetables



It's hard to eat five or more servings of fruits and vegetables every day. For patients trying to lose weight, the added calories of healthy fruits can actually be converted into body fat.

While most green powders require you develop an “acquired taste,” Green Gems is a great tasting, easy-mix powder that even “veggie-wary” children will enjoy. Green Gems has no grittiness or after-taste but still contains all of the powerhouse nutrients of more than 17 fruits and vegetables. Green Gems contains all these nutrients but with the calorie equivalent of just one serving of broccoli. Green Gems also contains the nutritional superstars, spirulina and wheat grass, to aid in daily detoxification.

As part of a healthy diet, add one or two scoops of Green Gems to water, juice, or any smoothie, once or twice daily. Great for the whole family.

PRODUCT #	SIZE
236	240 gm

Gaining Momentum

Momentum is the third key characteristic of true health, and it can only be achieved and maintained through proper balance of the human condition. Sir Isaac Newton's First Law of Physics will help us understand this better. The First Law states that objects in motion tend to stay in motion and objects at rest tend to stay at rest.

As we age, we tend to spend more and more time at rest... probably on the couch in front of our TV set. Some accept this loss of drive and stamina as inevitable and untreatable.

As an Integrative physician, I do not.

The ability to keep your momentum -- or your energy--, going gives your Life the enviable quality of thriving, not just surviving. Experiencing the sustaining and enriching energy of Life requires active management on the part of the patient and the practitioner.

Fish Story

Ultra-pure FISH OIL

by MyBestHealth

- “Calms immune system and inflammation
- Omega-3 reduces joint pain



Multiple clinical trials have proven that people who eat fish live longer than those who do not. Certain wild-type fish such as salmon, sardines, trout and halibut are rich sources of omega-3, the good fat.

The body cannot really “burn” omega-3 fats to heat up the joints. So the more good fats, like omega-3, and the less bad fats (oils from corn, safflower, palm, sunflower seeds, cotton

seeds) you have in your diet the cooler your joints will be.

Fish oil supplements can also help calm the immune system and reduce the attack on the joints. Some fish may contain high levels of unhealthy mercury, and many fish oil supplements are contaminated with mercury. Our Ultra Pure Fish Oil has been pharmaceutically purified and independently tested to ensure that it contains no mercury or other harmful heavy metals and toxins.

PRODUCT #	SIZE
141	60 gel

The “Golden Years” may have the advantage of quantity, but many of my older patients bemoan a lack of quality. Fatigue ranks top in patient complaints; more than all the complaints of aches and pains. Together, we can dramatically improve your quality of life.

The honest truth is: One day your energy will fade. But how soon or how fast that energy declines is up to you and me.

Adaptability. Immunity. Momentum (A.I.M.). These are the three most important characteristics of true health. Integrative Medicine is not your ordinary medicine. It is real medicine, and it forms the core of my belief that actively managing and promoting the health of my patients, in addition to treating existing illnesses, is my primary role as a physician.

Want to know more about my philosophy on health, ask or staff for the “A.I.M. High” brochure and consider scheduling an A.I.M. Session.

Round Out Essential Vitamin Needs AM/PM MULTI-VITAMIN

by MyBestHealth

- Delivers high potency nutrients when the body needs them most
- Avoids vitamin-vitamin interactions



To combat fatigue, you should also be taking a balanced multi-vitamin such as AM-PM by MyBestHealth, which is also available in our Natural Pharmacy. AM-PM will help round out all of your essential vitamin needs for maximal energy support.

Our AM/PM multi-vitamin system provides high potency nutrients when the body needs them most and avoids vitamin-vitamin interactions.

NAME	PRODUCT #	SIZE
Vitamin AM	100	60 cap
Vitamin PM	102	60 cap



Repopulate Gut with Healthy Bacteria

VITAFLORA & BENEDOPHILUS

by MyBestHealth

Both intestinal bacteria and yeast can also contribute to intestinal gas and bloating because these little critters eat your undigested food and release 'gas' as a by product. To re-populate your gut with healthy bacteria, use VitaFlora for the large bowel and BeneDophilus for the small bowel.

Take with B-12 shots CARDIOVITE

by MyBestHealth

- Fight disease and aging
- Promotes health



B-vitamins are really a family of vitamins, so you need to take a properly balanced B-vitamin supplement especially when taking extra B-12 supplementation.

CardioVite by MyBestHealth is a uniquely formulated B-vitamin supplement for patients needing extra B-vitamins or those taking

additional B-12 supplementation such as B-12 shots or "No Shot" B-12.

While oxygen breathes life into virtually every living thing on the planet, oxygen also slowly damages our vital organs in a process known as oxidation. Oxidation is also what causes metal to rust and newspapers to turn yellow over time. To counter the harmful effects of oxygen, scientists have looked toward a special class of molecules called anti-oxidants.

CardioVite provides anti-oxidant supplementation that not only prevents disease but also promotes health. This formula includes grapeseed extract, 25 times more powerful an antioxidant than vitamins C and E that has also been shown to help the body fight disease and aging.

PRODUCT #	SIZE
106	60 tab



NAME	PRODUCT #	SIZE
VitaFlora	207	60 caps
Benedophilus	117	60 caps

Reduces “Easy-Bruising”

SUPER C

by MyBestHealth

- **Macular degeneration**
- **Heart attacks,**
- **Strokes,**
- **Hardening arteries**
- **Cancer**
- **Common cold**



There is no vitamin that has been studied more intensely than vitamin C. And while vitamin C is no cure-all, science continues to tout the many medical benefits of vitamin C supplements which is why Super C is an important part of the Core Group vitamins you should take daily.

As we age, vitamin C becomes more important to help fend off and treat many age-related conditions. Super C can help support the body in defense of macular degeneration (the leading cause of blindness in U.S. adults), heart attacks, strokes, hardening of the arteries, cancer, the common cold (of course), and diabetes (by reducing the harmful effects of high sugar on body tissues).

Super C is also very popular among our patients because it helps reduce the easy-bruising of delicate or aging skin which means fewer inexplicable black-and-blue marks.

Super C contains a highly absorbable, buffered, easy-to-digest form of vitamin C along with bioflavonoids, a group of powerhouse nutrients that significantly boost the anti-oxidant effectiveness of vitamin C.

PRODUCT #	SIZE
190	90 cap

MyBestHealth

Why I Created the System

Before I created the MyBestHealth Vitamin Mineral System, I had to purchase eight different vitamin bottles just to create a basic supplement regimen. These vitamins included a multi-vitamin, extra calcium, a high potency B-complex, vitamin C, natural vitamin E with mixed tocopherols, grape seed extract for extra anti-oxidant protection, magnesium, and selenium.

16 Most Powerful Mushrooms

HOST DEFENSE

by New Mark

- **Boost immune system by 400%**
- **Organic and wild**
- **Recommended for patient with increase risk of cancer**



As a physician practicing Integrative Medicine, I continue to be impressed by the healing powers of medicinal mushrooms. Scientists continue to add to the list of mushrooms that have proven health benefits which include boosting the immune system, reducing inflammation, promoting healthy cellular activity, supporting a healthy cardiovascular system, and promoting longevity.

With all of the good health news on so many different mushrooms, it is hard to pick just one or two specific mushroom extracts for your daily regimen.

NewMark has solved this problem by creating Host Defense, a blend of 16 of the most powerful, best studied medicinal mushrooms. These mushrooms are wild-crafted and organic and then processed at the peak of their medicinal value for maximum health benefit.

NewMark has gone one step further and scientifically tested Host Defense which demonstrated the ability to boost key aspects of immune strength by 400%.

Host Defense should be used by patients who have or who are at increased risk for cancer and by those who need to boost their immune systems.

PRODUCT #	SIZE
240	60 cap

The MyBestHealth Vitamin Mineral concept was born by taking into account (1) the significant vitamin-vitamin interactions, (2) proper timing of vitamin delivery, and (3) demand for the highest quality nutrients available. The MyBestHealth supplement is really eight different vitamin bottles put into a properly timed, high quality four tablet multi-vitamin system.

For more information about MyBestHealth ask the staff for the “MyBestHealth Premium Vitamin and Mineral System” brochure.

Necessary Protection SURE-SORB CO-Q10

- **Stops cholesterol from "attacking" arteries**
- **Only by prescription in Japan**



by MyBesthealth

Like any other organ, the brain can benefit from the support of anti-oxidant supplements.

Co-Q10 is a powerful anti-oxidant and support nutrient used in clinical research studies of the brain and nerves.. Co-Q10 also offers powerful anti-aging support.

PRODUCT #	SIZE
130	30 cap

Low Purine Diet

Uric Acid is the end-product caused by the breakdown of purines.

Purines are natural substances found in all of the body's cells, and in virtually all foods. The reason for their widespread occurrence is simple: purines provide part of the chemical structure of our genes and the genes of plants and animals. A relatively small number of foods, however, contain concentrated amounts of purines.

It is excess uric acid in the body which causes the formation of uric acid crystals. Excess uric acid (hyperuricemia) in the body can be caused by:

- *an increase in production of uric acid by the body*
- *under-elimination of uric acid by the kidneys*
- *increased intake of foods high in purines*

Basic guidelines

- *Avoid alcohol or drink in moderation*
- *Drink plenty of water and other fluids*
- *Maintain an ideal body weight*
- *Lose weight if overweight, but avoid fasting or quick weight loss*
- *Avoid eating foods high in purines*

Protects Body from "Oxidizing" ALPHA LIPOIC ACID

by MyBestHealth

- **Protection from hardening of the arteries**
- **Prevents neuropathy**
- **Used to treat victims of Chernobyl**



Having been identified more than 50 years ago, alpha lipoic acid has long been appreciated for its potent anti-oxidant protection of the brain, nerves, heart, and arteries. This type of protection means a slowing of the aging process.

For patients with diabetes, alpha lipoic acid can help to reduce blood sugar levels and protect the body from the damaging "oxidizing" effects of

high blood sugar, such as hardening of the arteries and nerve damage (also known as neuropathy). Alpha lipoic acid also supports patients with other causes of neuropathy including chemotherapy, toxin-induced, and age-related.

Alpha lipoic acid is so powerful an anti-oxidant that it was used to treat victims of the Chernobyl nuclear accident and was shown to normalize affected internal organs and substantially reduce radiation-induced oxidative damage.

Now, you probably are not dealing with a disaster of this magnitude, but it is nice to know that the supplement you are taking is protecting you as if you were.

PRODUCT #	SIZE
113	60 cap

Foods highest in purine

Sweetbreads
Anchovies
Sardines, canned
Liver
Kidneys
Heart
Meat extracts, broths, bouillon
Salmon, canned
Gravies
Scallops
Herring
Smelts
Roe
Yeast