

IT'S A MAD, MAD WORLD



Fatigue is one of the top reasons patients seek medical care. Some of the most common sources of fatigue come from sleep problems, hormone imbalances, vitamin deficiencies, poor nutrition, stress, depression, and illness.

Fixing fatigue is all about restoring balance in your body and in your life. This way you will have increased energy and resilience to handle life and the many drains on your internal "battery." Specific hormones are secreted at specific times of the day

that help to regulate our body's energy. Specific nutrients are needed at specific times of the day to supply our mind and body with the fuel to perform vital functions.

Overcoming fatigue starts with respecting your body for what it can and cannot do. First what your body cannot do.

- **It cannot operate optimally on less than 7 ½ to 8 hours of sleep.**
- **It cannot operate without a minimal supply of critical vitamins and nutrients.**
- **It cannot operate without the properly timed release of key hormones.**

In putting together a personalized program to help you overcome your fatigue, we will need to address these fixed limitations of your body. By doing so, we will help get your body back into proper alignment and nutritional balance. For the complete program ask for the "Free of Fatigue" brochure.

Restorative Sleep, Morning Brightness

SENTRA PM

by Physician Therapeutics

- **Improve sleep quality**



Sentra PM is a medical food that provides the brain with the nutrients needed to make serotonin and acetylcholine, two key brain hormones that are necessary for experiencing restorative sleep and morning brightness.

For patients who snore, Sentra PM has also been shown to reduce snoring and improve sleep quality. Sentra PM can also be used to treat patients

with Fibromyalgia, Chronic Fatigue, and Post Traumatic Stress Syndrome.

PRODUCT #	SIZE
188	60 cap

"Rise and Shine" Feeling

SENTRA-AM

by Physician Therapeutics

- **Increase mental alertness**



Sentra AM is a medical food that provides the brain with the nutrients needed to make glutamate and acetylcholine, the two hormones that are responsible for much of the "Rise and Shine" feeling many patients long for in the morning. Taking Sentra AM immediately on waking will increase mental alertness, clarity of thought, and memory.

Sentra AM can also be used to treat patients with Fibromyalgia, Chronic Fatigue, and Post Traumatic Stress Syndrome

PRODUCT #	SIZE
187	60 cap



Replenishes Low Iron Levels

FLORADIX

by MyBestHealth

- The Answer to "Doc I'm tired."
- No stomach upsets
- No constipation



One of the most common patient complaints to their doctors is "Doc, I'm tired."

And one of the most common reasons for this fatigue (especially in women) is iron deficiency.

The dreaded, constipating, stomach-turning prescription iron supplement has been replaced with Floradix, a time-tested blend of iron rich foods and herbs. Floradix comes in an easy to swallow

coated tablet and can help replenish low iron levels safely and naturally.

To help Floradix get absorbed even better and to assist with energy levels, I recommend that Floradix be taken with the amino acid, Taurine.

Remember that iron interacts with both calcium and thyroid medicine and should not be taken within four hours of each other.

PRODUCT #	SIZE
221	90 tab



Speed up Iron Absorption

TAURINE

by Metabolic Maintenance

- Boost energy levels
- Natural amino acid

Taurine is a natural amino acid (protein building block) that helps iron be better absorbed into the body. Iron is one of the most difficult minerals to get into the body and taurine can help speed up iron absorption.

Taurine also can independently boost energy levels, safely and naturally.

Improved Well-being

GINSENG

by Pure

- Improve energy
- Improve memory
- Improve math skills
- Improve reaction times
- Relieve menopause symptoms



Ginseng has long been cherished as a nutritional supplement called an "adaptogen." Think of an adaptogen as a general tonic for improved well-being. Ginseng is the granddaddy of adaptogens and has been extensively studied in scientific research. Ginseng has been shown to not only improve energy but also memory, math skills, reaction times, blood sugar levels in diabetics, menopause symptoms, and sexual dysfunction in men.

The biggest challenge with using Ginseng is getting a high quality extract. According to independent testing organizations such as *Consumer Reports* and *ConsumerLab.com*, most Ginseng brands falsely manufacture their products, putting far less ginseng (and sometimes none at all) in the bottle than what they claim on the label. Our Natural Pharmacy supplies Ginseng by Pure which has been independently analyzed to contain the highest concentration of active ingredients on the market today.

PRODUCT #	SIZE
172	60 cap



PRODUCT #	SIZE
194	100 cap

Energy Boost

NO SHOT B-12

by Continental Vitamin



I am often asked by patients if sublingual tablets of B-12 or B-12 pills would also work as well as B12 shots, known for their legendary energy boosting effects. After a long search, I have found the high dose supplement, 'No Shot B12,' works very well and is preferred by many over the B12 injections. 'No Shot B12' can also be used to keep energy levels up between

B12 shots.

Because B-vitamins are really a family of vitamins, you need to take a properly balanced B-vitamin supplement, such as CardioVite by MyBestHealth and a balanced multi-vitamin such as AM-PM when taking B-12 injections or No Shot B-12.

PRODUCT #	SIZE
224	60 tab

Lose Weight, too

7-KETO DHEA

by Pure



The adrenal glands are a pair of walnut-sized glands that sit on top of your kidneys. The adrenals are responsible for making a variety of important hormones including the stress hormones needed for energy and endurance.

7-keto-DHEA is a related adrenal gland hormone that helps patients have more energy and lose weight. 7-keto simply seems to help thyroid hormone work better; you feel better and lose weight. 7-keto-DHEA does not have any of the effects or side effects of its cousin hormone, DHEA. 7-keto-DHEA is not converted into estrogen or testosterone or any other hormone.

PRODUCT #	SIZE
212	60 cap

Stronger than Sentra PM

GABADONE

by Physician's Therapeutics

- Medical food
- Restful night sleep



Gabadone, a medical food recognized by the FDA, is a stronger version of Sentra PM and is more focused on stimulating the GABA receptors in the brain that help induce a restful night's sleep and combat anxiety.

PRODUCT #	SIZE
143	60 cap

Improves Mood

SAM-e

by MyBestHealth

- Fights fatigue
- Increases energy



SAM-e increases energy and mood and reduces joint pain in patients with arthritis. Although it is found naturally in the liver, SAM-e is a prescription in Europe where it is widely prescribed.

PRODUCT #	SIZE
185	30 tab

MyBestHealth

A Premium Vitamin Mineral System

A Foundation of Health

Eating a “balanced” diet is not sufficient to ensure that you and your family are getting the correct amount of all of the essential vitamins and minerals your body needs everyday for proper nutrition. “Balanced” diets are routinely deficient in specific nutrients that are important for your optimal health.

A good multi-vitamin is essential to good health. Studies continue to show that people who take a daily multi-vitamin generally live longer, healthier lives and have lower risks of heart disease, stroke, and macular degeneration.

The multi-vitamin you chose should form the foundation of your daily supplement regimen. Additional supplements can target specific weaknesses or prevention strategies, but your overall program must rest on a solid multi-vitamin system.

Night and Day

When I was looking for a comprehensive, high-quality multi-vitamin, I could not find one. So, I created the MyBestHealth Multi-Vitamin System, and this is the multi-vitamin system my family and I rely on everyday. I personally oversee the manufacturing of these vitamins and reformulate the vitamins as new research sheds light on vitamin therapy.

The difference really is “night and day” because the MyBestHealth Multi-Vitamin System is designed to be taken in the morning and the evening. This allows the right nutrients to be delivered at the right times and removes the vitamin-vitamin interactions that plague the “once-a-day” vitamins.

Vitamin Interactions

There are some vitamins that are best taken in the morning and others that are best taken in the evening. And just like medication reactions, there are vitamin-vitamin interactions.

A “once-a-day” vitamin is incapable of delivering vitamins to the body when they are best absorbed and is loaded with vitamin-vitamin interactions. For example, America’s most popular vitamin, Vitamin C, and America’s most popular mineral, calcium, interact with each other and should not be taken in large doses together because they cancel each other out.

Some vitamins should be taken in the morning (like B-vitamins) and some (like bone-building calcium) should be taken at night.

For the complete program, ask our staff for the “MyBestHealth: A Premium Vitamin Mineral System” brochure.

Relief from Chronic Pain

THERAMINE

by *Physician Therapeutics*

- **Increase brain endorphins**
- **Blocks pain signals**
- **Helpful for fibromyalgia,**
- **headaches, back pain, joint pain, muscle strain**
- **No risk of addiction or overdose.**



Theramine is classified by the F.D.A. as a medical food and is not a drug even though it is only available through a physician for the treatment of pain and inflammation.

The human brain contains its own “pain killer” molecules (also called endorphins) which are released internally to numb pain. Most of us have experienced this “numbing” effect when we suffer an acute

injury and do not feel any pain immediately or even for a few days.

Patients in chronic pain often have depleted nearly all of their own endorphins and therefore feel a more heightened level of pain because they have little of their own endorphins left to offset pain sensations.

Theramine works by increasing brain endorphins that help slow and block the pain signals sent to and from the brain. Theramine has been tested in patients with a wide variety of pain conditions including fibromyalgia, headaches, back pain, joint pain, and muscle strain. The benefits of Theramine peak after approximately 60 days of continued use.

Unlike other pain killers, Theramine is non-toxic and has no risk of overdose or addiction.

PRODUCT #	SIZE
199	60 cap

NAME	PRODUCT #	SIZE
AM Vitamin	100	60 cap
PM Vitamin	102	60 cap
Bone	104	120 tab
Cardiovite	106	60 tab
Complete Set	108	

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

Seeking Immunity?

Our immune system helps us to stave off two constantly looming threats: infections and cancer. While it might sound like bad science-fiction, we really do live in an era of Superbugs, a class of bacteria, viruses and fungi that our best antibiotics cannot effectively kill. Some of these bacteria actually eat antibiotics and grow more powerful. Some even eat the strong disinfecting hand soap used in hospitals!

Though clinical research continues to make substantial therapeutic gains, cancer is still one of our most prolific killers.

Take with B-12 shots CARDIOVITE

by MyBestHealth

- Fight disease and aging
- Promotes health



Because B-vitamins are really a family of vitamins, you need to take a properly balanced B-vitamin supplement when taking B-12 injections.

CardioVite by MyBestHealth is a properly balanced B-vitamin supplement for patients using B-12 injection therapy. Take

two CardioVite with breakfast everyday, even on the days you are not receiving B-12 injections.

Oxygen breathes life into virtually every living thing on the planet. At the same time, oxygen also slowly damages our vital organs in a process known as oxidation much like the rusting of metal. To counter the harmful effects of oxygen, scientists have looked toward a special class of molecules called antioxidants.

CardioVite provides vitamins and minerals that not only prevent disease but also promote health. This formula includes: grapeseed extract, 25 times more powerful than Vitamin C that has also been shown to help the body fight disease and aging.

PRODUCT #	SIZE
106	60 tab

Chemotherapy and radiation never get rid of every last cancer cell. It is up to your immune system to eliminate all remaining traces of cancer in order to prevent a recurrence.

Having a strong and active immune system is therefore a key component to enjoying true health. Diet, nutrition supplements, hormonal balance, and emotional balance all must be implemented to fully support your immune system.