

In-Home Health Solutions Pharmacy

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Anti-Aging Information

Initial Considerations for Energy and Wellness Program

Pituitary releasing compounds in this product are combinations of specific amino acids. They should be taken in the morning, after an overnight fast. Energy and Wellness Complex may be used in the morning and/or one hour before exercise, yet always on an empty stomach. No calories should be taken for the first 60-90 minutes after consuming. Coffees, tea, water, anything without calories added, are ok.

As we pass 35 yrs old, the average person loses 1 pound of muscle/year. A pound of muscle burns 50 calories. Let's advance 20 years to age 55— lose 20lbs muscle – 1,000 less calories being burned! If you continue to eat the same, the fat comes on and usually in the 'belly area'; the unhealthiest area to gain weight! A woman should be at 20-25% body fat. Excess body fat means less muscle and poor posture due to a lack of muscle to hold the body upright. It is not uncommon to lose height!

With a good, organic diet; exercise, working with professionals, and use supplements, it is not uncommon to lose weight but not fat! It usually takes a 10-20lbs weight loss to drop one size.

One change can dramatically help with this, the Energy and Wellness Program. A pound of muscle takes up the space of a tangerine and a pound of fat the space of a grapefruit. You will lose fat and gain muscle, it feels amazing!

To prepare, place 3 teaspoonfuls or 1 tablespoonful of your **Energy and Wellness Complex** in 4 ounces of water or more with 1/3 teaspoonful of Pro-C Ascorbate Powder. It is alright to flavor by using a sparkling lime calorie free carbonated soda water, and 5-20 drops of stevia to enhance the flavor.

Once dissolved use solution to swallow **one Niacin Sustained Release 500mg** capsule and **one NAC [N Acetyl Cysteine]685mg** capsule with the Energy and Wellness Solution, at the time of dosing. It is also necessary to support the pituitary gland that produces the extra hormone secretion. To do this be sure to take **1 or 2** capsules of **Eco-Pituitary** support daily. This will allow your body to produce increased endogenous pituitary secretion without becoming deficient in precursor substances needed for production.

It is suggested but not required to **skip 2 days** of therapy each week. At the end of the 2nd skipped day fatigue can be occasionally experienced, as levels go back to lower levels. If skipping days Friday and Saturday can be skipped consecutively or the days agreed upon with your medical practitioner.

This product contains amino acids. Use together

<u>Energy and Wellness Pwd 250gm</u>	<u>one tablespoonful daily with Niacin</u>
<u>Niacin SR 500mg</u>	<u>one 500mg/capsule daily with Stack</u>
<u>Eco-Pituitary Extract</u>	<u>one capsule daily with Niacin or food</u>
<u>Pro C Ascorbate Powder</u>	<u>1/3 teaspoonful in lime soda water</u>
<u>NAC [N-Acetyl Cysteine] 685mg</u>	<u>Take one capsule with E&W Complex</u>

If flushing occurs with niacin slow release, it is just as effective to use Niacinamide 500mg capsules.

For Anti Aging it is complementary to add Ashwagahanda and Astragalus [use 1-2; 2xday]

For Appetite control and satiety effects it is complementary to add Taurine.[use 1 a day]

For Enhanced Neurotransmitters and Strength add Acetyl-L-Carnitine, L-Theanine [use 2 caps day]

For Better Sleep and Mood add L-Tryptophan 500mg [use 1 to 5 capsules at Bedtime based on need]

Additional consultative materials may be obtained from your medical practitioner or by calling In-Home Health Solutions Pharmacy.