

IHHS Health and Wellness Center

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Rx Compounding/Nutritional-Homeopathic-Endocrine Consulting
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Anti-Aging Information

Initial Considerations for Energy and Wellness Program

Therapy for Patients over 60 Years Old

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, The first month

Take one teaspoonful E&W Complex with 1/3 teaspoonful Pro C Ascorbate Powder in carbonated **lime soda water** and place 4-7 drops of **Stevita** (stevia drops) for sweetening or use any non calorie drink. Dissolve by swirling mixture for a few minutes until completely dissolved Once dissolved use solution to swallow one Niacin SR 500mg tablet, one NAC 685mg capsule, and two pituitary capsules daily always on an empty stomach. Take 5 days a week.

For month #2

Increase to taking **two teaspoonfuls** E&W Complex with the same protocol.

For month #3 and thereafter

Increase to taking **three teaspoonfuls** or 1 tablespoonful of your E&W Complex with the same protocol. . If you feel better effect at a previous dose of E&W, it is suggested to continue that dosing schedule.

It is suggested but not required to **skip 2 days** of therapy each week. This allows the pituitary to try on its 'own'. 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.

How to use after fasting [typically overnight]:

Energy & Wellness Complex Use 1-2-3 teaspoonfuls daily in carbonated lime water & stevia

Niacin SR 500mg Take one 500mg tablet with E&W Complex

Eco-Pituitary Take two capsules daily

Pro C Ascorbate Powder 1/3 teaspoonful in Wellness Solution

NAC [N-Acetyl Cysteine] 685mg Take one capsule with E&W Complex

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.