

FINAL

Patient Name: Wellness recommendations, Maintenance

The Patient's primary area of concern from the Symptom Survey is Group 4 - Cardiovascular.

The heart contracts an estimated three billion times in the course of a normal lifetime! Genetic and hereditary factors contribute to cardiovascular disease. Possibly more important, however, are diet and lifestyle habits. A sedentary life, smoking, stress, obesity, poor diet, and lack of essential nutrients required by the heart are all risk factors to consider. Because the cardiovascular system is influenced by many hormones, metabolic pathways, neurological connections, and biochemical pathways, proper management must be comprehensive. Thankfully, the heart is the single most responsive tissue in the body to nutritional intervention. Furthermore, the heart also serves as an excellent discriminator of the quality of a supplement. Experience on countless patients has proven that high potency synthetic vitamins never replace the appropriate whole food natural supplement. While appropriate supplements can have a powerful impact, diet is the cornerstone of maintaining cardiovascular health. Each muscle cell is composed of 18 amino acids, the building blocks of protein. Six of these amino acids become irreversibly damaged by heat. Thus, cooked protein may not contain the full nourishment required for muscle function. Refined carbohydrates such as table sugar, fructose, syrups, puffed cereal grains, processed flours, and honey provide energy. If there is no activity or exercise requiring this energy the body is getting an excess of glucose. The body responds to high levels of glucose by secreting insulin, which in turn stimulates cholesterol formation and arteriosclerosis. In addition, high blood sugar inhibits the release of essential fatty acids from fat. This could cause a deficiency of these essential nutrients and will promote weight (fat) gain. Excessive or processed carbohydrates are your heart's worst enemy. As bad as fried foods and hydrogenated fats are for you, refined carbohydrates are far worse. It follows that eating a diet rich in nutrients and low in processed foods is what the doctor is ordering.

The symptoms that relate to the patient's primary area of concern are: (in order of importance)

56. Hands and feet go to sleep easily, numbness

The Patient's secondary area of concern from the Symptom Survey is Group 1 - Sympathetic Dominance.

The autonomic nervous system is a principal regulator of metabolism. It is comprised of both the sympathetic and parasympathetic systems. The sympathetic system is designed for a "fight or flight response", and thus it favors the muscular system and the body's ability to respond physically with increased performance in threatening situations. Sympathetic types tend to have high energy, to be aggressive, to have weak digestion, dry skin and excellent concentration. They tend to be tall and thin, and to have narrow shoulders and wider hips. They have a tendency to be underweight. From the standpoint of good health, it is important to have balance in the autonomic nervous system. The correct balance allows for optimal digestion and metabolism, which are keys to good health.

The symptoms that relate to the patient's secondary area of concern are: (in order of importance)

5. Pulse speeds after meals
7. Cuts heal slowly

In addition, the Patient has shown signs of digestive problems.

Patient Complaints

Category	Severity	0
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INDICATORS FOR RECOMMENDED SUPPLEMENTS

Patient Name: Wellness recommendations, Maintenance

CATALYN

High-concentration multiple vitamin, long-term debilitating conditions, use with highly refined diets, synergist for most supplemental programs, lowered resistance.

ZYPAN

Chronic indigestion, need for HCL-pancreatic support, inability to absorb minerals, body odor bad, bad breath, bowel changes.

CALCIUM LACTATE (TABLETS)

Muscle cramps, fever, increased secretions, autonomic imbalance, glandular hyperactivity, low blood calcium, skin conditions (itching, sores), excessive bleeding (menses, nose, etc.).

MAGNESIUM LACTATE

Tissue injury, muscle cramps, inflammation, p.m.s., calcium synergist, cardiac stress, renal and gall bladder stones.

CATAPLEX D

Synergist to calcium diastolic hypotension, parathyroid dysfunction, bone disorders, avoidance of the sun, low blood calcium, endometriosis, fibroids.

ZINC-LIVER CHELATE

Immune insufficiency, cuts-sores fail to heal, reduced sex drive, prostatic hypertrophy, loss of sense of taste and-or smell, chronic yeast infections, failing eye sight, hair loss, gray hair, white spots on fingernails.

IMMUPLEX

Immune insufficiency, chronic viral problems, source of zinc, copper, iron and other mineral synergist, mild anemias.

CATAPLEX B

Low systolic blood pressure, fatigue immediately after meals (lactic acidosis), low CO₂, elevated anion gap, poor muscle tone (muscle pain after exercise), edema, slow heart rate, slow pulse, general lack of energy, unwarranted fear of impending doom, sensitive to light-sound-smell, chronic need for HCl containing products, synergist to magnesium, zinc and CATAPLEX G.

CATAPLEX G

Night sweats, burning feet, redness of hands or eyes, digestive distress, cracks in comers of mouth, red tongue, cracks in tongue, anti-spasmodic, nutritional tranquilizer, synergist to thiamine and magnesium.

B-6 NIACINAMIDE

Carpal tunnel syndrome, water retention, PMS, joint pain, homocystinuria, sensitive to light, burning or tingling sensation in arms or legs.

DRENAMIN

Chronic fatigue, food and/or environmental sensitivity, hypoglycemia, abnormal craving for salt, lowered resistance due to long-term illness, flu, low blood pressure, postural hypotension, ligament weakness

CATAPLEX F (TABLETS)

Skin conditions, thyroid dysfunction, source of iodine, prostatic hypertrophy, calcium utilization, falling hair, zinc synergist.

INDICATORS FOR RECOMMENDED SUPPLEMENTS

Patient Name: Wellness recommendations, Maintenance

TRACE MINERALS B12

General trace mineral support, joint pain, lack of ligament integrity, cyclic fever, anemia, thyroid-adrenal dysfunction, virus, homocystinuria, and immune insufficiency.

NEVATON

Not to be used during pregnancy and lactation unless otherwise directed by a qualified healthcare practitioner. Do not use this product while taking any prescription drug(s) without the advice of your prescribing physician. Avoid excessive exposure to UV irradiation (e.g. sunlight, tanning) when using this product.

CATAPLEX E-2

Angina, adrenal stress, nervous stomach, hypertension, cardiac stress, nutritional tranquilizer.

CATAPLEX C

Adrenal fatigue, inflammation, need for organic copper enzymes, immune insufficiency, water retention, healing.

Descriptions of recommended supplements

Patient Name: Wellness recommendations, Maintenance

CATALYN

This product is a multiple vitamin and trace mineral product, the original product formulated by the world renowned Dr. Royal Lee in 1929. It contains every vitamins and trace mineral known and unknown. It is truly a masterpiece of nutritional support. Although it may seem like there isn't very much of a single vitamin in Catalyn, don't be fooled. It is the whole complex of vitamins that have their benefit. Overloading the body with vitamins and minerals actually has been shown in scientific studies to be harmful! Catalyn is balanced and complete. Catalyn also contains living enzymes because it is "cold processed" to preserve the enzyme activity in the whole foods from which it is derived. Catalyn can be used from birth on. Catalyn is the foundation from which all other supplements target their activity.

ZYPAN

In contrast to the popular use of antacids that suppress digestion, Zypan promotes the digestive process. Zypan contains pepsin, pancreatin, and betaine and ammonium hydrochloride. A perfect combination for improving protein digestion. The betaine and ammonium chloride acidify the stomach and begin the breakdown of protein while pepsin and pancreatin contain enzymes that digest the protein. The biggest clue of a need for Zypan is indigestion and intestinal gas. Many older individuals and those with type A blood tend to have low stomach acid production.

CALCIUM LACTATE (TABLETS)

This product is an excellent source of ionizable calcium and magnesium. Both are critical in muscle contraction, nerve impulse, and blood coagulation. It does help provide calcium for bone, but in this form the calcium is targeted toward cellular function. Although more calcium supplements are sold than any other mineral, most are poorly absorbed from the GI tract into the blood and do not efficiently assist in metabolism or bone formation. Calcium lactate is unique in being bioavailable in the ionic form, which is the only form readily available for metabolic function. Ionized calcium is an alkaline buffer and is used for rapid heart rate, cramps of the skeletal muscle, gastrointestinal tract and uterus, nosebleeds, excessive menses, bleeding gums, excessive salivation and mucus secretion, fevers, tremors and hyperirritability. This is not a dairy product as it contains no whey or lactose and is safe for people allergic to milk products.

MAGNESIUM LACTATE

This product provides trace minerals essential for the regulation of calcium and other catalytic enzyme functions.

CATAPLEX D

This product is derived from fish oils increases the transport of calcium from the GI tract into the blood. Although many think of vitamin D as only important for strong bones, calcium metabolism effects a variety of bodily functions. Cataplex D is also used for irritability, insomnia, cramps, muscle spasm, lowered resistance to infections, low blood pressure, bleeding and delayed healing. Because it is not synthetic, fear of toxicity is avoided.

ZINC-LIVER CHELATE

This product is a wide ranging trace mineral essential in supporting endocrine, immune system, enzyme, and skin functions.

IMMUPLEX

Despite both professional and popular media attention about the "immune system", the body does not have an immune system as much as it is an immune system in its functional totality. Systems such as the skeletal system, respiratory system, reproductive system, endocrine system, central nervous system, etc., are complete functioning systems with a clear set of organs and responses. The human body does not have a single immune system as it is better described as an immune alliance among various systems and organs which when coordinated by the brain give an immune response to the presence of disease associated factors, such as certain bacteria or virus. The immune alliance is composed of the thymus (endocrine) for lymphocytes, spleen (lymphatic, blood) for antibodies, long bones (skeletal) marrow-blood, stomach (digestive system - HCl to destroy any ingested parasites), intestinal flora (digestive) destroy pathogenic microbes and manufacture B12 and liver for detoxification and enzyme production. Therefore, what is referred to as "the immune system" cannot be enhanced without enhancing the overall health of the whole body in complete resistance to disease. With the

Descriptions of recommended supplements

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above in mind, it becomes clear that a multifaceted approach must be made to stimulate and strengthen the diverse aspects of the bodies major immune players. By combining organic forms of the above listed nutrients and food sources, Immuplex impacts a broad area of the immune alliance. The health of "the immune system" is actually the health of the whole person. Detoxification followed by fortification and maintenance is the long-term approach to healing the whole person.

CATAPLEX B

This product is made up of a very special fraction of B complex that improves the transmission of nerve impulses, blood sugar metabolism, and puts strength in the vessels and snaps them into action. Numbness, palpitations, low blood pressure, frequent yawning, muscle aches (fibromyalgia) and swelling due to lactic acid build-up are among the many symptoms suggesting Cataplex B need. It contains a special factor not found in synthetic or high dose vitamin B.

CATAPLEX G

This product contains the specific B complex factors that metabolize fat such as choline and inositol. Optimal liver function depends on components found in this product. Cataplex G also relaxes the nerves. As a result, the blood vessels dilate and the blood pressure drops, angina is relieved, anxiety is reduced, and stomach and gastrointestinal spasms subside. Symptoms that suggest a need for Cataplex G include night sweats, burning of the soles of your feet, red palms, blurred vision, loss of appetite, nervous indigestion, and apprehension.

B-6 NIACINAMIDE

This product supports protein and fat metabolism and is an adrenal hormone precursor. This tablet is in a 5 to 1 ratio of B6 to niacinamide. Protein metabolism depends on vitamin B6, and for some eating a high protein diet, extra B6 is required. B6 also works in conjunction with magnesium, an essential mineral involved in over 300 different enzymes. Niacinamide relaxes nerves and helps nervous people collect themselves when they are about to fall apart. Given the fact that B6 deficiency is common, and B6 helps hormone balance, B6-Niacinamide can be a huge winner for pre-menstrual tension and adrenal fatigue.

DRENAMIN

This combination product is designed to support the adrenal gland along with two key vitamins, vitamin complex C and vitamin complex G. The Drenatrophin PMG rebuilds the glands, G helps improve circulation, and the C contains tyrosinase, which is an adrenal activator. Symptoms of adrenal insufficiency may include nervousness, fatigue (especially in the morning or after a cold or infection), allergies, asthma tendencies, low blood pressure, salt craving, light-headedness with standing, and lowered resistance to colds and infections.

CATAPLEX F (TABLETS)

This product is a source of essential polyunsaturated fatty acids and supports the transport of calcium from blood to tissues. As such, Cataplex F may help with nighttime muscle cramps. Cataplex F works both inversely and cooperatively with Vitamin D. Cataplex F is often used for skin conditions such as the tendency to sunburn easily, dry skin, acne, and is especially helpful in reducing outbreaks of cold sores, fever blisters and canker sores. Thinning, coarse, or loss of hair, brittle finger nails, prostate swelling/hypertrophy with night-time urination, low thyroid or slow metabolism, and nervous imbalances are also considerations for using Cataplex F.

TRACE MINERALS B12

Because only minerals in an organic state are utilized by the body, this product supplies the essential trace minerals of manganese, zinc, iodine, copper, and cobalt for supporting the endocrine system, ligaments, key enzyme systems, and iodine metabolism. Chelated minerals may be absorbed but may not be used by the body. Trace mineral deficiency is common and is difficult to identify clinically - Allorganic Trace Minerals is often chosen to complete a basic nutritional program.

NEVATON

The blend of herbs in Nevaton offer nervous system and digestive support. St. John's Wort, Schisandra, Damiana and Skullcap provide a wide range of phytochemicals. Nevaton can help to calm the nerves and restore balance in temporary mood swings; support healthy nervous support response; support healthy digestive function; encourage balance between the body and mind; ease the effects of occasional stress; provide support

Descriptions of recommended supplements

Patient Name: Wellness recommendations, Maintenance

and maintenance of the liver.

CATAPLEX E-2

This is a special fraction of the vitamin E complex that supports efficient heart and muscle oxygen use. As a result, Cataplex E2 is used for chest pain (angina), muscle fatigue, tissue oxygen starvation, aerobic type exercise, and high altitude discomfort. Cataplex E2 also is a muscle relaxant.

CATAPLEX C

Vitamin C is a very misunderstood vitamin. Others have decided that you rate vitamin C products according to the amount of ascorbic acid it contains. Ascorbic acid is only part of the real vitamin C complex. To use only ascorbic acid is like looking at a wheel and saying that it is an automobile. The real vitamin C complex also contains the P factors such as bioflavonoids and rutin, which maintain vascular integrity. Vitamin K is another part of the C complex. It promotes coagulation. Another factor of the C complex is the J factor that increases the oxygen-carrying capacity of the blood. In addition, the C complex contains enzymes, the outstanding one being tyrosinase that contains organic copper and is an adrenal activator. Cataplex C does contain ascorbic acid, in addition to the other organic C complex factors. It is the presence of all these synergistic factors, which gives Cataplex C its functional potency in resisting stress, infections, adrenal exhaustion, inflammation, and blood vessel fragility.

Inventory Tracking Sheet

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Patient Name: Wellness recommendations, Maintenance

Calculation date: 01/09/2019 Last Patient Report: / /

Select Program Below:

- | | | |
|--|----------------------------------|------------------------------|
| <input type="checkbox"/> 2 Week Program | Estimated Cost: \$247.00 | Cost per day: \$12.01 |
| <input type="checkbox"/> 30 Day Program | Estimated Cost: \$379.00 | Cost per day: \$12.01 |
| <input type="checkbox"/> 60 Day Program | Estimated Cost: \$698.50 | Cost per day: \$11.55 |
| <input type="checkbox"/> 90 Day Program | Estimated Cost: \$1083.50 | Cost per day: \$11.85 |

Supplement Description	2 Weeks			30 Days		
	Product ID	Bottle Size	Bottle Qty	Product ID	Bottle Size	Bottle Qty
CATALYN	S2140	90T	1	S2140	90T	2
ZYPAN	S8475	90T	1	S8475	90T	1
CALCIUM LACTATE (TABLETS)	S1865	90T	1	S1865	90T	2
MAGNESIUM LACTATE	S5425	90C	1	S5425	90C	1
CATAPLEX D	S3400	90T	1	S3400	90T	1
ZINC-LIVER CHELATE	S8350	90T	1	S8350	90T	1
IMMUPLEX	S4935	40C	3	S4935	40C	5
CATAPLEX B	S1200	90T	1	S1200	90T	2
CATAPLEX G	S4500	90T	1	S4500	90T	1
B-6 NIACINAMIDE	S1275	90T	1	S1275	90T	2
DRENAMIN	S3650	90T	1	S3650	90T	2
CATAPLEX F (TABLETS)	S4150	90T	1	S4150	90T	2
TRACE MINERALS B12	S8050	90T	1	S8050	90T	1
NEVATON	M1380	30T	2	M1380	30T	3
CATAPLEX E-2	S3850	90T	1	S3850	90T	2
CATAPLEX C	S1650	90T	1	S1650	90T	2

Supplement Description	60 Days			90 Days		
	Product ID	Bottle Size	Bottle Qty	Product ID	Bottle Size	Bottle Qty
CATALYN	S2160	360T	1	S2140	90T	6
ZYPAN	S8475	90T	2	S8475	90T	3
CALCIUM LACTATE (TABLETS)	S1865	90T	4	S1865	90T	6
MAGNESIUM LACTATE	S5425	90C	2	S5425	90C	3
CATAPLEX D	S3400	90T	1	S3400	90T	1
ZINC-LIVER CHELATE	S8350	90T	2	S8350	90T	3
IMMUPLEX	S4935	40C	9	S4960	150C	4
CATAPLEX B	S1250	360T	1	S1200	90T	6
CATAPLEX G	S4500	90T	2	S4500	90T	3
B-6 NIACINAMIDE	S1275	90T	3	S1275	90T	4
DRENAMIN	S3700	360T	1	S3650	90T	6
CATAPLEX F (TABLETS)	S4200	360T	1	S4150	90T	6
TRACE MINERALS B12	S8050	90T	2	S8050	90T	3
NEVATON	M1380	30T	6	M1380	30T	9
CATAPLEX E-2	S3855	360T	1	S3850	90T	6
CATAPLEX C	S1650	90T	4	S1650	90T	6

For Maintenance Wellness recommendations**Survey Date: 01/09/2019**

	Score
Group: 1	
5 Pulse speeds after meals	1
7 Cuts heal slowly	1
Group: 4	
56 Hands and feet go to sleep easily, numbness	3