



IHHS- HEALTH & WELLNESS CENTER

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The Local People Serving You

IHHS 9 Step Program to Health

#1 Nutritional Supplementation . (This program is worked out individually.))

To make up for what is missing in food, and toxicity of the environment.

ie Multi vits with Mineral and Trace Minerals, Cal-Mag for women and Mag for men, antioxidants ie Co Q 10- Lipoic acid-Grape Seed Extract-Quercetin, Vit A-Vit C-Vit E-Vit D3-vit K3, Zinc, Manesium, Iron, Indium, Fish oil, Hemp seeds, Borage oil, Lactoferrin, Nattokinase, NEO-40, Tera's Whey, Dipan-9 enzymes, Detoxified Iodine, Kelp, Potassium Iodate, NAC, ALC, Tumeric, Chlorella, Selenomethionate, Osseoapatite, Prescript-Assist 39 strain Probiotics, Argentyn-23, Ayr-Guggalipid, Polycol-Red, Niacin, Melatonin, Tryptophan, Glucosamine, etc.

#2 The IHHS Energy and Wellness Program

Use w/ Niacin, Pituitary, Pro C Ascorbate, and NAC. Optional items: Taurine, Astragalus Ashwaganda, ALC, and Compounded hormones, based on medical need, prescribed by your physician

#3 The IHHS Immune Stimulation Program (with Infection Desensitization)

Ongoing homeopathic immune enhancement, with 6 easy sprays, also with optional Colostrum. and Lactoferrin

#4 The IHHS Environmental Detoxification Program

Ongoing homeopathic detoxification with 8 easy steps.

#5 The IHHS Homeopathic Weight Control & Body Balancing Program

This is a Homeopathic weight loss plan with glandular and amino acid and remedy support. This product is custom designed for IHHS Health & Wellness Center using years of nutritional, hormonal, and endocrinological study. This is a 21 days course of therapy used with Detoxification [#4 above] and 2 weeks off then recycle as needed.

#6. The IHHS Herbal Health Optimization Program

Organic herbs; Beet Root, Raw Cocoa, Cinnamon 4% , Gelatin, Hawthorn Berries, Milk Thistle Seed Powder, Noni Fruit Powder, Passion Flower Powder, Tumeric Root Powder, Saw Palmetto Berries, Stevia, Bacopa, Hesperidin, Colostrum, Non-GMO Lecithin, Pomegranate, and Whey protein

#7. The IHHS Epigenetics Program (Information on IHHS website)

Used to support the brain, enhance DNA repair, and for Dementia prevention.

#8 Low Dose Homeopathy for Immediate Physical Complaints

#1 Drainage Remedies to detoxify cell matrix to allow absorption of nutrients and oxygen properly and allow receptors to be activated and allow organs to eliminate toxins related to dys-ease state to prevent re-occurrence. #2 Remedies for PNEI [Modulate Psycho-Neuro-Endocrine-Immune] to stimulate and rebalance physiologic function on all 4 levels. #3 Remedies for primary physical complaint.

#9 Classical or Constitutional Homeopathy and/or Radionics

Used for mental, emotional, and physical support and wellness.