

In-Home Health Solutions Pharmacy

1607 South H Street, Bakersfield, CA 93304
Nutritional/ Rx Compounding/IV Center
Office (661)-837-0453 FAX (661)-837-0560

Anti-Aging Information

IHHS 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 ½ to 1 teaspoonful of Pro-C Ascorbate Powder. **For Palatability, flavor by using a sparkling lime calorie free carbonated soda water, and 1-20 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 1-2 days** of therapy each week. At the end of the 2nd skipped day fatigue can be occasionally experienced, brain levels go back to lower norms. 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 in lime mineral water & Stevita</u>
<u>Pro C Ascorbate Powder</u>	<u>one teaspoonful in lime mineral water and Stevita</u>
<u>Sevita sweetener</u>	<u>1 to 20 drops in lime mineral water with the above</u>
<u>Niatab 500mg</u>	<u>one tablet daily</u>
<u>Pituitary Plus</u>	<u>one capsule daily</u>
<u>NAC [N-Acetyl Cysteine] 500mg</u>	<u>one or two capsules daily</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 Anti Viral effects take Lysine 1gm to 3 gm daily with the above Wellness protocol in the morning.

For Appetite control and satiety effects it is complementary to add Taurine.[use 1gm a day] L-Tyrosine [1gm/2xd]

For Enhanced Neurotransmitters and Strength add Acetyl-L-Carnitine, L-Theanine [use 1 or 2 caps day 2xd]

For Better Sleep and Mood add Melatonin ½ to 1mg sublingually with L-Tryptophan 500mg [use 1 to 5 capsules, based on need] at Bedtime.

Additional consultative materials may be obtained from your medical practitioner or by calling IHHS Pharmacy.