

# IHHS Health & Wellness Center



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**Anti-Aging Information**

## **IHHS 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. Coffee, tea, water, anything without calories added, are ok.

As we pass 35 yrs of age, the average person loses 1 pound of muscle a year. A pound of muscle burns 50 calories. Let's advance 20 years to age 55, 20lbs of muscle is lost and 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, and a man is even less. 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 the of supplements, it is not uncommon to lose weight but not fat! It usually takes a 10-20 lb 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 teaspoon of E&W Complex with 1 teaspoon of Pro C Ascorbate Powder in **carbonated lime mineral water, add Stevita (stevia drops) for palatability, or use any non calorie drink.** Dissolve by swirling mixture for a few minutes until completely dissolved. Once dissolved use solution to swallow 1 Niacin SR 500mg tablet, 2 NAC 600mg capsules, 2 Pituitrophin PMG tablets, 1 Pituitary Plus capsule, and 3 Simplex M/F daily for mood and energy. Always on an empty stomach. Take 7 days a week.

### **For month #2**

Increase E&W Complex to **2 teaspoons** with the same protocol.

### **For month #3 and thereafter**

Increase E&W Complex to **3 teaspoons** or 1 tablespoon with the same protocol.

If you feel a better effect at a previous dose of E&W, it is suggested to continue that dosing schedule.

**Once someone is in their 60's it is suggested to use Energy & Wellness daily to maximize effects.**

Skipping doses is not prohibited; it is that the effects from use will not be the most one can achieve. The average person at 70 years old has very little, if any, pituitary size left to secrete its 9 hormones with. This means daily dosing will optimize the feeling of well-being and overall pituitary hormonal balance.

### **How to use after fasting [typically overnight]:**

Energy & Wellness Complex	Use 1-2-3 teaspoons <u>daily in lime mineral water</u>
Pro C Ascorbate Powder	Take 1 teaspoon in <u>lime mineral water</u>
Stevita sweetener	Use <u>1-20 drops in lime mineral water for taste</u>
Niatab 500 mg	Take one tablet daily, for circulation & absorption
Pituitary Plus	Take one capsule daily as substrate to make hormones
NAC [N-Acetyl Cysteine] 600 mg	Take one or two capsules daily, for detox.
Pituitrophin PMG	Take 2 tablets daily, to support pituitary over 60 yr old
Simplex M(ale) or Simplex F(emale)	Take 3 tablets daily for <u>male/female endocrine support</u>
Taurine	Take 2to 3 grams a day for metabolism and sarcopenia prevention

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

**For Anti Aging it is complementary to add Ashwagandha and Astragalus [use 1-2 caps; 2x/day of each]**

**For Anti Viral effects take Lysine 1 to 3 grams daily with the above Wellness protocol in the morning.**

**For Appetite control and satiety effects HiPhenolic 2 capsules with meals and can add L-Tyrosine [1gm,2x/day]**

**For Enhanced Neurotransmitters and Strength add Acetyl-L-Carnitine, & L-Theanine [1-2 caps; 2x/day of each]**

**For Better Sleep and Mood add Melatonin 2 to 3mg tab sublingually with L-Tryptophan 500mg [1-5 caps, based on need] at Bedtime.**

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