

# IHHS Health and 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. 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 ½ to 1 teaspoonful Pro C Ascorbate Powder in ***carbonated lime soda water and place 4-7 drops of 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 one Niacin SR 500mg tablet, 1 to 2 NAC 685mg capsules, two Pituitrophin PMG tablets and two pituitary capsules daily always on an empty stomach. Take 5 to 7 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.

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

Skipping doses is not prohibited; Once you are in your 60's it is that the effects from use will not be all that one is capable of achieving. 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 wellbeing and overall pituitary hormonal balance.

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

<u>Energy &amp; Wellness Complex</u>	<u>Use 1-2-3 teaspoonful's daily in lime mineral water &amp; Stevita</u>
<u>Pro C Ascorbate Powder</u>	<u>Take 1 teaspoonful in lime mineral water &amp; Stevita</u>
<u>Stevita sweetener</u>	<u>Use 1-20 drops in lime mineral water for taste</u>
<u>Niatab 500mg</u>	<u>Take one 500mg tablet daily.</u>
<u>Pituitary Plus</u>	<u>Take one capsule daily</u>
<u>NAC [N-Acetyl Cysteine] 500mg</u>	<u>Take one or two capsules daily.</u>
<u>Pituitrophin PMG</u>	<u>Take 2 tablets 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.