**8 week Jump Start Program**

Below is a list of supplements designed to bring your body back into good health. These are general recommendations to start. If you don’t know where to start with improving your health start here. Most supplements can be taken with or without food, but some are better taken with meals.

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| --- | --- | --- |
| ✓ | Advantage Greens | Take 5 pills at breakfast or lunch. You can split them between the first two meals of the day if desired. |
| ✓ | Perfect Amino | Take 5 pills or 1 scoop of powder at least one hour away from protein. |
| ✓ | Black Radish Complex | Take 1 pill twice daily with food until gone. |
| ✓ | Intestinal Guard | Take 1 squirt twice daily. ( Contains Black walnut hulls :see F.A.Q) |
| ✓ | B-complex | Take 1 squirt in the a.m. (1 squirt equals 1 squish of the rubber bulb). |
| ✓ | Adrenal Ezz | Take 1 squirt in the a.m. (1 squirt equals 1 squish of the rubber bulb). |
| ✓ | Doctor's Best  Digestive Health  Probiotic | One pill in the a.m. on an empty stomach an hour away from food. |
| ✓ | Real salt , Pink Himalayan salt | Don’t use regular table salt. Switch to a natural salt. If you crave salt use more natural salt. Start your morning with a sprinkle( up to 1/8 tsp.) in a little water. If it doesn’t taste good or satisfying don’t use. |
| ✓ | Water | Drink 6 to 8 glasses of filtered water daily. This requirement may increase with physical activity. |

Each supplement will specifically target the organs that are most commonly stressed. The basic premise is that by giving your body the support and nutrition it needs; it will begin to heal and your negative symptoms will go away.

# Advantage Greens

A powerful combination of alkalizing fresh greens, wholesome fruits and veggies, with green super foods full of antioxidant benefits to support vitality and stamina. A great way to feel amazing at all times of the day!

Jam-Packed With A Variety Of Nutrients - This formula combines concentrated fruits and berries with a vegetable-antioxidant blend to help build antioxidants and protect from free radical damage. There are 13 high quality full-spectrum vitamins, 19 major fruits and vegetables, and a perfect blend of 14 enzymes for full body benefits.

Natural, Caffeine-Free Detox - Advantage Greens contains all the essentials to naturally energize your body and support your digestion. These benefits include alkalizing nutrition which supports a natural detoxification process all while being caffeine free! Advantage Greens delivers 46 of the essential nutrients, vitamins, enzymes, fruits, vegetables, and probiotics that your body needs for ultimate health.

High Quality Ingredients - Choice Health Formulas uses only the highest quality vitamins to

ensure your body receives the nutrients the way nature intended.

# Perfect Amino

When the body is healing it needs amino acids which are the building blocks of the body. Perfect amino can help with stamina, muscle recovery and nervous system health. Perfect Amino is pure essential amino acids in a form that is 99% utilized (3-6 times the protein of other sources with almost no calories) and fully absorbed within 20-30 minutes! 100% vegan and non-GMO.

# Black Radish Complex

Provides nutrition to support the gallbladder in maintaining proper bile flow. Also supports the function of the ileocecal valve.

# Intestinal Guard

The herbs in Intestinal Guard have traditionally been used to rid the body of parasites and to heal and tone the digestive system.

# B-complex

B vitamins are an integral part of stress management and supporting adrenal gland function. When the body is stressed, healing is more difficult.

# Adrenal Ezz

Adrenal Ezz soothes the adrenals which results in even moods, less tension and mental clarity. • Less dependence on caffeine or stimulants.

* Less need for pain relief measures.
* Happier outlook on life.

**Digestive Health Probiotic**

Helps support gut health by populating the digestive tract with helpful probiotics.

**Natural Salts**

Natural salts do contain some Sodium Chloride but they contain other trace minerals that your body uses to control many functions of the body. Trace minerals help to detox the body, it helps with muscle tension and proper hydration.

**Water**

Drinking water from plastic bottles is not pure water. Plastic from bottles break down into the contents of the water, also solvents from the factor even in small amounts effect the bottled water. The easiest form of pure water is a charcoal filtered water. There is more expensive water filtering but in general filtered water will do.

# Things to Avoid

* Soda pop, sugar drinks, and processed sugars
* Food additives and food coloring

F.A.Q

**\*What if I experience headaches when I start taking supplement? -**

This is most common when you are not drinking enough water in the day. Many supplements need water to absorb well. Many toxins are cleansed through the kidneys which means you need more water and or trace minerals. Trace minerals are obtained through natural sources of salt, like sea salt, pink Himalayan salt or a trace minerals supplement.

**What if I get loose bowels from the supplements?**

The supplement that is most likely to cause this symptom is the Advantage Greens. All of the wonderful plant antioxidants for some can be too much at first. Try taking a small dose like 1 or 2 pills a day.

**What if I can’t sleep while taking the supplements?**

This is usually because the B 12 complex and Advantage greens are being taken to late in the day, make sure to take them in the morning or no later than lunch. The Perfect Amino supplement can be taken before bed or even a small second dose, try two pills before bed.

**What if I am allergic to walnuts?**

The Intestinal Guard does contain black walnut hulls. In this case substituting with and herb called Wormwood, it will do the trick. Take two capsules twice daily. It will take longer to get the job done but it is effective.

**What if I have extreme food allergies, will taking these supplements bother me?**

While we use the best and most natural ingredients it is true some people because of allergies should be cautious with this kind of nutrient program. We recommend, if there is any question about safety to work directly with a health care professional.

**Will this program fix all my problems?**

No. These supplements won’t tend your children or fix your marriage, but they will provide nutrients to help the body heal itself. In general, we find it dramatically improves about 80% of most all problems.

Don’t forget to consult your health care practitioner. These statements have not been evaluated by the FDA. We make no claim to treating or curing and disease.