

	Details of pain	Lifestyle-related Reasons	Recommended Programs	Recommended Therapies	Foundation of Solutions
Post Cancer Recovery	Managing emotions, dealing with physical and mental exhaustion, adjusting to body changes, fatigue, pain, and mental struggles include anxiety, depression, and the emotional impact of the disease		Waterfasting, Green Master Detox, Ketogenic IF/Ketogenic, Green Juice	Based on Dr's Recom	cleasing the body of previous therapies toxic effects, streghtening the immune system with antioxidants antiinflamaeurcurcumin resveratrol vit c, stress releaif , braething therpis, emotional support
Skin Diseases (psoriasis, egzema)	Pain, discomfort, and inflammation on the skin, leading to symptoms like itching, redness, scaling, and dryness.	Stress, poor diet, exposure to certain chemicals or allergens, lack of proper skincare, and smoking can contribute	Green Juice, Green Master, Green Salad, Water Fasting	Red light, Bio light, Immune protocol, liver protocol, ozon sauna, blood ozone, wheatgrass enema, coffee enema	Practice good skincare hygiene, including gentle cleansing and moisturizing, avoid triggers such as certain foods, harsh soaps, hot water, and certain fabrics, Manage stress levels, balanced iet, avoid excessive scratching
Cognitive Decline & Dementia	Distressing symptoms including memory loss, confusion, difficulty with problem-solving, language impairments, and changes in mood or behavior	A sedentary lifestyle, poor diet, lack of mental stimulation, smoking, excessive alcohol consumption, and chronic health conditions like obesity, diabetes, and hypertension can contribute	Water Fasting, Ketogenic IF/Ketogenic, Green Master D	NAD+, Multipass/Blood Ozone, Rectal Ozone, Vitamin B Complex, Vitamin C Complex, Brain Health Protocol, Anti-Stress Protocol, Lymphatic Drainage Massage, Pressotherapy Lymphatic Drainage, Bioenergetic Meridian Massage	Engaging in regular mental stimulation activities, healthy diet, staying physically active, managing chronic conditions like high blood pressure and diabetes, and avoiding smoking and excessive alcohol consumption can help prevent and reduce the risk of dementia.
Sleep Problems	<b>Struggles:</b> Daytime fatigue, impaired cognitive function, mood disturbances, compromised physical health	Irregular sleep schedules, excessive screen time, high stress levels, lack of physical activity, and consumption of stimulants like caffeine or alcohol can contribute	Green Juice - Master Detox - Green Salad - Antiaging -	Sleep Well IV, Anti-Stress IV, Immune protocol, liver protocol, ozon sauna, blood ozone, wheatgrass enema, coffee enema, anti-stress IV, immune protocol, D vitamin, Zinc ve Selenium.	Consistent sleep routine, sleep-friendly environment, Limiting caffeine intake, relaxation techniques, avoid electronic devices and stimulating activities
Menopause	<b>Daily struggles:</b> Hot flashes, night sweats, mood swings, fatigue, sleep disturbances, <b>Long term risks:</b> Vaginal dryness, joint pain, and increased risk of osteoporosis.	Smoking, obesity, high stress levels, sedentary behavior, and poor diet can potentially influence everity of menopause symptoms.	Green Juice, Green Salad, Master Detox, Antiaging	vitex extract, sleep support, liver support, coffee enema, wheatgrass enema, anti-stress IV, immune protocol, D vitamin, Zinc ve Selenium.	exercise & Movement, liver care for hormone regulation improvement, mental & emotinal support,
Thyroid Disorders	<b>Struggles:</b> Fatigue, weight changes, hair loss, dry skin, muscle weakness, mood swings, menstrual irregularities, and difficulty concentrating	Excessive stress, poor diet lacking in essential nutrients, lack of physical activity, and environmental toxins may contribute to the development or exacerbation of thyroid disorders.	Green Juice, Green Master, Green Salad, Ketogenic	Immune support because of Selenium, stress relieving therapies (breath, meditation, zerobody, sensate, wheatgrass enema, coffee enema, vit. D,	Healthy diet with adequate iodine and selenium, manage stress levels, monitor thyroid hormone levels , regular exercise
Sexual Health Problems (Erectile dysfunction, low libido, vaginal dryness)	<b>Struggles:</b> Physical discomfort, emotional distress, <b>Long term risks:</b> strain relationships, and affecting sexual satisfaction, quality of life.	Chronic stress, sedentary lifestyle, poor diet, substance abuse, and certain medications can contribute	Water Fasting, Green Master Detox, Master Detox, Gre	Multipass/Blood Ozone, Rectal Ozone, NAD+, Hypoxia, Bioenergetic Meridian Massage, Iyashi Dome Sauna, Deep Tissue Massage, Aromatherapy Massage, Vitamin C Complex IV	exercise, stress relief and liver care for hormone regulation improvement
Addictions (alcohol, smoking)	<b>Sturggles:</b> Mental and emotional distress, <b>Long-term risks:</b> Physical health problems, strained relationships, financial difficulties, deterioration of quality of life.	Stress, social influences, lack of coping mechanisms, and underlying mental health issues can contribute	Green Master Detox, Master Detox, Ketogenic IF, Ketog	Multipass/Blood Ozone, Rectal Ozone, NAD+, Liver Support Protocol, Glutathione IV, Vitamin-D Complex IV, Hypoxia, Bioenergetic Meridian Massage, Iyashi Dome Sauna, Deep Tissue Massage, Aromatherapy	Setting achievable goals for quitting or reducing addiction-related behaviors, stress management, supporting community, staying motivated
Allergies	<b>Daily struggles:</b> Pains and discomforts, including symptoms such as itchy eyes, runny nose, sneezing, skin rashes, swelling, difficulty breathing, <b>Severe cases:</b> anaphylaxis	Exposure to environmental allergens, poor air quality, dietary choices, and stress levels can contribute	Green Juice, Green Salad, water fasting and ketogenic + all other programs	Ozone therapies, all antioxidant therapies such as Vit C, Glutathione, resveratrol, Alpha lipoic acid, wheatgrass enema, vit D, immune protocol	Identify and avoid triggers, such as specific foods or airborne allergen, allergy testing to identify specific allergens,
Premature Aging	<b>Physical limitations:</b> reduced mobility, joint stiffness, chronic pain and muscle weakness can make everyday tasks more difficult and tiring. <b>Appearance concerns:</b> wrinkles, sagging skin, and age spots) <b>Cognitive decline:</b> memory loss, difficulty concentrating)	Toxins, Chronic Stress, Inadequate Sleep, Smoking and Alcohol, Excessive Sun Exposure, Poor diet that promotes inflammation & oxidative stress, lack of exercise	All but especially antiaging or IF can be applied to the ketogenic prog & Water Fasting (Autophagy) and green juice or green master detox	NAD 100, 250, 400 mg, Glutathione, Multipass and other ozone therapies, Bio light, resvaratrol, curcumin, liver protocol, antiaging protocol, wheatgrass enema, coffee enema, vit. D, Private meditation or breath exercises	Balanced diet rich in antioxidants, vitamins, and minerals, regular exercise, adequate sleep and manage stress levels, avoid smoking, excessive alcohol consumption, and environmental pollutants.