

Pain Points	Details of pain	Lifestyle-related Reasons	Recommended Programs	Recommended Therapies	Foundation of Solutions
Type 1 Diabetes	<b>Daily struggles:</b> Insulin need, consistent meal times, fatigue.	Lifestyle choices do not directly cause type 1 diabetes It is an autoimmune condition	Green Juice, Green Salad, Low Calorie, Get-Fit	Alpha Lipoic Acid olan IV'ler (Liver Support Protocol, Anti-Aging Protocol), NAD+, Red Light Therapy, Hypoxia, Coffee Enema, Wheatgrass & Probiotic Enema, Glutathione IV, Vitamin D, Blood Ozone/Multipass, Curcumin IV, Resveratrol IV, Pressotherapy Lymph Drainage, Lymphatic Drainage Massage, Bioenergetic Meridien Massage, Liver Flush Juice	Monitoring blood sugar levels, healthy nutrition, regular physical activity, avoiding excessive alcohol consumption, managing stress levels
	<b>Long-term risks:</b> Can affect major organs in the body and sex life.	Maintaining a healthy lifestyle is important for managing the condition			
Type 2 Diabetes	<b>Daily struggles:</b> Medication need, excessive thirst, needing to pee a lot, low libido and tiredness.	Sedentary lifestyle Poor dietary choices (high in processed foods and sugary beverages)	Water Fasting, Green Master Detox, Green Juice, Green Salad, Ketogenic/Keto IF, Anti-Aging	Alpha Lipoic Acid olan IV'ler (Liver Support Protocol, Anti-Aging Protocol), NAD+, Red Light Therapy, Hypoxia, Coffee Enema, Wheatgrass & Probiotic Enema, Glutathione IV, Vitamin D, Blood Ozone Curcumin IV, Resveratrol IV, Pressotherapy Lymph Drainage, Lymphatic Drainage Massage, Bioenergetic Meridien Massage, Liver Flush Juice	Monitoring blood sugar levels, healthy weight, healthy nutrition, regular physical activity, limiting sugar - high carb foods, portion control, mindful eating, managing stress levels
	<b>Long-term risks:</b> Complications like heart disease, stroke, kidney and nerve damage, vision & foot problems.	Obesity, and family history are key lifestyle-related factors			
Insuline Resistance	<b>Daily struggles:</b> feeling more tired than usual, frequent infections.	Excess body weight (especially around the waistline)	Water Fasting, Green Master Detox, Green Juice, Green Salad, Ketogenic/Keto IF, Anti-Aging	Liver Support Protocol, Anti-Aging Protocol, Anti-Stress Protocol, Brain Health,Protocol, NAD+, Red Light Therapy, Hypoxia, Coffee Enema, Wheatgrass & Probiotic Enema, Glutathione IV, Vitamin D, Blood Ozone Curcumin IV, Resveratrol IV, Pressotherapy Lymph Drainage, Lymphatic Drainage Massage, Bioenergetic Meridien Massage, Liver Flush Juice, Colema, Colon Hydrotherapy	healthy weight, healthy nutrition, regular physical activity, low glycemic index foods, prioritizing sleep, managing stress levels, primarily by reducing visceral (abdominal) fat, together with improving muscle insulin sensitivity and lowering chronic inflammation
	<b>Long-term risks:</b> prediabetes or type 2 diabetes.	unhealthy eating habits, and lack of physical activity can lead to insulin resistance, a precursor to type 2 diabetes.			
Prediabetes	<b>Daily struggles:</b> Medication need.	Sedentary lifestyle, poor dietary habits, being overweight or obese, and a family history of diabetes increase the risk of developing prediabetes, which is a warning sign of potential future diabetes.	Water Fasting, Green Master Detox, Green Juice, Green Salad, Ketogenic/Keto IF, Anti-Aging	Liver Support Protocol, Anti-Aging Protocol, Anti-Stress Protocol, Brain Health,Protocol, NAD+, Red Light Therapy, Hypoxia, Coffee Enema, Wheatgrass & Probiotic Enema, Glutathione IV, Vitamin D, Blood Ozone Curcumin IV, Resveratrol IV, Pressotherapy Lymph Drainage, Lymphatic Drainage Massage, Bioenergetic Meridien Massage, Liver Flush Juice, Colema, Colon Hydrotherapy	healthy weight, healthy nutrition, regular physical activity, low glycemic index foods, limiting alcohol, avoiding smoking, monitoring blood sugar, managing stress levels
	<b>Long-term risks:</b> risk of developing type 2 diabetes, heart disease, and stroke.				
High Blood Pressure	<b>Daily struggles:</b> Headaches, blurred vision, chest pain.	Unhealthy lifestyle choices such as a high-sodium diet, lack of physical activity, excessive alcohol consumption, and smoking can contribute to the development of high blood pressure.	Water Fasting, Green Master Detox, Green Juice, Green Salad, Ketogenic/Keto IF, Anti-Aging	Liver Support Protocol, Anti-Aging Protocol, Anti-Stress Protocol, Brain Health,Protocol, NAD+, Red Light Therapy, Hypoxia, Coffee Enema, Wheatgrass & Probiotic Enema, Glutathione IV, Vitamin D, Curcumin IV, Resveratrol IV, Pressotherapy Lymph Drainage, Lymphatic Drainage Massage, Bioenergetic Meridien Massage, Liver Flush Juice, Colema, Colon Hydrotherapy	healthy weight, healthy diet (low-sodium), regular physical activity, limiting alcohol - sugary beverages, processed food avoiding smoking, monitoring blood pressure, managing stress levels
	<b>Long-term risks:</b> Can cause kidney disease, heart disease and stroke.				
High Cholesterol	<b>Long-term risks:</b> Increased risk of heart disease and stroke	Unhealthy diet high in saturated fats and trans fats, lack of physical activity, obesity, and smoking are lifestyle factors that can raise cholesterol levels and increase the risk	Water Fasting, Green Master Detox, Green Juice, Green Salad, Ketogenic/Keto IF, Anti-Aging, Low Calorie	Vitamin B Complex IV, Glutathione IV, Resveratrol IV, Curcumin IV, Liver Support Protocol, Wheatgrass & Probiotic Enema, Coffee Enema, Liver Flush Juice, Multipass/Blood Ozone, Rectal Ozone, Colema, Colon Hydrotherapy	healthy weight, healthy diet, regular physical activity, limiting alcohol, avoiding smoking, monitoring cholesterol levels
	<b>Long-term risks:</b> chronic kidney disease, extrahepatic malignancies, reflux, sleep apnea, periodontitis, hypothyroidism, growth hormone deficiency, and polycystic ovarian syndrome.	Sedentary lifestyle, poor diet (high in refined carbohydrates and added sugars), obesity, insulin resistance, and metabolic syndrome are lifestyle-related factors	Water Fasting, Green Master Detox, Master Detox, Green Juice, Green Salad, Ketogenic IF	Liver Support Protocol, Anti-Aging Protocol, Anti-Stress Protocol, Brain Health,Protocol, NAD+, Red Light Therapy, Hypoxia, Coffee Enema, Wheatgrass & Probiotic Enema, Glutathione IV, Vitamin D, Blood Ozone Curcumin IV, Resveratrol IV, Pressotherapy Lymph Drainage, Lymphatic Drainage Massage, Bioenergetic Meridien Massage, Liver Flush Juice, Colema, Colon Hydrotherapy	healthy weight, healthy diet, regular physical activity, limiting added sugars, refined carbs and alcohol, avoiding smoking, portion control
Hepatitis Stages - Abc	<b>Daily struggles:</b> fever, malaise, loss of appetite, diarrhoea, nausea, abdominal discomfort, dark-coloured urine and jaundice	Lifestyle choices do not cause hepatitis directly	Water Fasting, Green Master Detox,	Multipass/Blood Ozone, Rectal Ozone, Vitamin B Complex IV, Glutathione IV, Resveratrol IV, Curcumin IV, Liver Support Protocol, Coffee Enema, Liver Flush Juice, Pressotherapy Lymph Drainage, Lymphatic Drainage Massage, Deep Tissue Massage, Colema, Colon Hydrotherapy	management and treatment of hepatitis depend on the specific type and stage of the disease.
	<b>Long-term risks:</b> liver damage, liver failure, and liver cancer.	But certain factors such as unsafe sexual practices, sharing needles for drug use, and exposure to contaminated blood can increase the risk of contracting hepatitis A, B, or C.			
Alcoholic liver disease (ALD)	<b>Daily struggles:</b> fever, malaise, loss of appetite, diarrhoea, nausea, abdominal discomfort, dark-coloured urine and jaundice	Excessive alcohol consumption over a prolonged period of time is the primary lifestyle-related cause	Water Fasting, Master Detox, Green Master Detox, Green Juice, Green Salad, Ketogenic IF	Liver Support Protocol, Anti-Aging Protocol, Anti-Stress Protocol, Brain Health,Protocol, NAD+, Red Light Therapy, Hypoxia, Coffee Enema, Wheatgrass & Probiotic Enema, Glutathione IV, Vitamin D, Blood Ozone Curcumin IV, Resveratrol IV, Pressotherapy Lymph Drainage, Lymphatic Drainage Massage, Bioenergetic Meridien Massage, Liver Flush Juice, Colema, Colon Hydrotherapy	Completely abstain from alcohol, a healthy diet, regular physical activity, manage underlying obesity, diabetes, and hypertension if present
	<b>Long-term risks:</b> liver damage, liver failure, and liver cancer.				

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Type 2 Diabetes:					
	Increased risk of complications: Untreated or poorly managed diabetes can lead to various complications such as heart disease, stroke, kidney damage, nerve damage, vision problems, and foot problems. These complications can significantly impact quality of life and overall health.				
	Daily management tasks: Managing Type 2 Diabetes requires consistent monitoring of blood sugar levels, taking medications as prescribed, making dietary choices, engaging in regular physical activity, and potentially administering insulin injections. The daily burden of managing the condition can be challenging and time-consuming.				
	Lifestyle restrictions: Individuals with Type 2 Diabetes often face dietary restrictions, such as limiting sugar and carbohydrate intake, which can impact their eating habits and social interactions. They may also need to limit alcohol consumption and quit smoking to manage the condition effectively.				
Insulin Resistance:					
	Difficulties in weight management: Insulin resistance can make it challenging to lose weight, as the body struggles to regulate blood sugar levels efficiently. This can lead to frustration and difficulty in achieving weight loss goals.				
	Increased risk of metabolic syndrome: Insulin resistance is often associated with metabolic syndrome, a cluster of conditions including high blood pressure, abdominal obesity, high triglyceride levels, low HDL cholesterol levels, and elevated blood sugar levels. This increases the risk of developing cardiovascular diseases.				
Prediabetes:					
	Heightened risk of progression to Type 2 Diabetes: Prediabetes indicates a high risk of developing Type 2 Diabetes if appropriate lifestyle changes are not made. This can create anxiety and stress about future health outcomes.				
	Impact on mental well-being: Being diagnosed with prediabetes can cause emotional distress, worry, and fear about the potential development of diabetes and its associated complications. This can affect mental well-being and overall quality of life.				

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High Blood Pressure:					
	Increased risk of cardiovascular diseases: Uncontrolled high blood pressure can lead to serious complications such as heart attack, stroke, heart failure, and kidney problems. The constant concern about these potential complications can cause significant stress and anxiety.				
	Medication side effects: Some individuals may experience side effects from blood pressure medications, such as dizziness, fatigue, and sexual dysfunction, which can impact their daily lives and quality of life.				
High Cholesterol:					
	Risk of cardiovascular diseases: High cholesterol levels, especially the build-up of LDL (bad) cholesterol, increases the risk of developing heart disease, stroke, and other cardiovascular conditions. This constant worry about heart health and the need for ongoing monitoring can create anxiety and stress.				
	Dietary challenges: Managing high cholesterol often requires dietary changes, including reducing the consumption of saturated and trans fats. This can be challenging, as it may involve avoiding certain favorite foods or making significant adjustments to eating habits.				
Heart Disease:					
	Chest pain and discomfort: Heart diseases, such as coronary artery disease, can cause chest pain or angina. This can manifest as a feeling of pressure, tightness, or heaviness in the chest.				
	Shortness of breath: Individuals with heart diseases may experience shortness of breath, especially during physical exertion or while lying down.				
	Fatigue and weakness: Heart diseases can lead to reduced blood flow and oxygen supply to the muscles, resulting in fatigue, weakness, and decreased stamina.				
	Irregular heartbeat: Heart diseases can cause irregular heart rhythms, known as arrhythmias. This can manifest as palpitations, skipped beats, or a racing heart.				
	Swelling: Heart diseases, particularly congestive heart failure, can cause fluid retention, leading to swelling in the legs, ankles, feet, or abdomen.				
	Dizziness and lightheadedness: In some cases, heart diseases can result in dizziness, lightheadedness, or fainting episodes due to inadequate blood flow to the brain.				
	Risk of heart attack and stroke: Certain heart diseases, such as coronary artery disease or atherosclerosis, increase the risk of heart attacks and strokes.				
	Impact on daily life: Heart diseases can significantly impact daily activities, limiting physical exertion, causing disruptions in work, and affecting overall quality of life.				