

WholeScripts™

WHOLESRIPTS.COM A LIFESTYLE

The ABCs of CBD

P.8

Ways to End “Tech Neck”

P.20

Let Your DNA Pave the Way

P.34

An End to Tummy Troubles

P.12

A Good Ending

P.14

Feeling Good and Pain Free

P.26

The Healing Art of
P.37
Holistic Nursing

\$4.95

Vol. 1 Iss. 1



7 22537 51842 0



Andrographis

Supports a healthy immune system*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



P.E.A.k Endocannabinoid Support

Scientifically shown to help reduce
minor discomfort*

For more information, visit aorhealth.com

   @AORhealthUS

CONTENTS

07 EDITOR'S LETTER

HOW TO WEATHER A GLOBAL HEALTH CRISIS

—Tarre Beach

08 ASK A PRACTITIONER

THE ABCS OF CBD

Learn what CBD is, the benefits of CBD, and which form of CBD may be most effective for your needs.

—Garry D'Brant, DC, CTN, LCSW, CDN, Dipl. Ac., DACBN



10 EAT RIGHT

GOOD TO THE BONE

Bone up on bone-healthy foods cauliflower and salmon

—James Lemire, MD, and Nuris Lemire, MS, OTR/L, NC

12 CASE STUDY SPOTLIGHT

AN END TO TUMMY TROUBLES

Lifelong stomach and bowel problems finally ceased when this patient avoided certain foods and started taking supplements

—Richard Powers, DC

20 FITNESS BREAK

END "TECH NECK"

Relaxation tips and exercises to release neck and shoulder tension

—Dustin Dillberg, DACM, Lac

25 WELLNESS WORDS

THE BODY'S NATURAL BALANCE

37 HEALTH IN HISTORY

THE HEALING ART OF HOLISTIC NURSING

How whole-person-centered nursing got its start



1844

1854

1859



1869



1954

1962



1970s



Hello and welcome to the inaugural issue of WholeScripts magazine.

Just like our Personalized Medicine Today magazine, you'll still get great information about today's hottest integrative medicine topics. But now you can find a product list of nutritional supplements and herbs from the best brands, as well.

We're here to help you achieve your best health, answer the questions you might be grappling with, and support your healthy lifestyle.

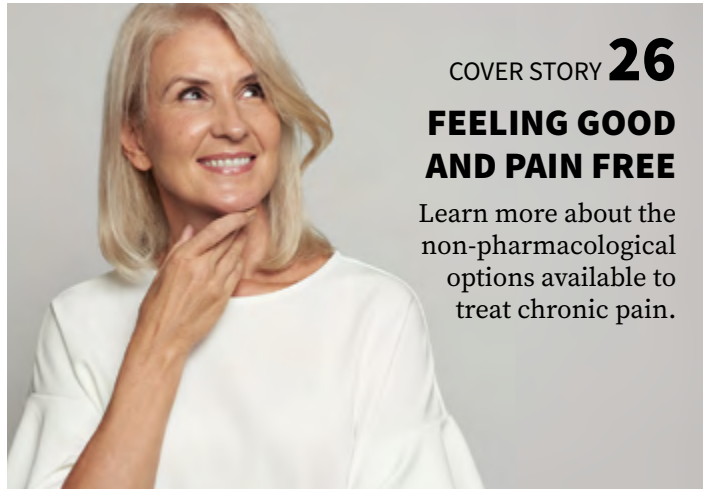
If you want to learn more about any functional medicine-related issue, please don't hesitate to contact us. We love getting mail and story ideas from our readers.

Drop us a line at:
editor@wholescripts.com.

Happy reading.



14
A GOOD ENDING
How integrative healthcare addresses end-of-life care.



COVER STORY **26**
FEELING GOOD AND PAIN FREE
Learn more about the non-pharmacological options available to treat chronic pain.



34
LET YOUR DNA PAVE THE WAY
Can focusing on your genetics make a difference to your health?

Don't leave your health up to an algorithm.



40
WHOLESRIPTS PRODUCT LIST
Check out our ever-growing list of formulas!

NEW!
NEW!
NEW!



**A HIGHLY
CONCENTRATED
SOURCE OF**

**POLYPHENOLIC
ANTIOXIDANTS**

**DERIVED FROM
BERGAMOT!**

BergaCor™ is available in 30 tablets and 60 tablets
BergaCor™ Plus is available in 60 tablets

*These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

How to Weather a Global Health Crisis

WHOLESRIPTS MAGAZINE STAFF

PUBLISHER
Brian Blackburn

EDITOR
Tarre Beach

COPY EDITOR
Ely White

TECHNICAL EDITOR
Bettina Newman

ART DIRECTOR & LEAD DESIGNER
Dylan Roach

DESIGNERS
Sandy Tseng, Dylan Roach

CONTRIBUTORS
Glenn S. Chapman III, DO, C-NMM/OMM, CAQSM, CAQPM, RMSK; Garry D'Brant, DC, CTN, LCSW, CDN, Dipl. Ac., DACBN; Dustin Dillberg, DACM, Lac; David A. Gentile, DO, ABAARM, ABIHM; James Lemire, MD, and Nuris Lemire, MS, OTR/L, NC; Richard Powers, DC

WHOLESRIPTS STAFF

**CHIEF EXECUTIVE OFFICER
AND FOUNDER**
Brian Blackburn

CHIEF OPERATING OFFICER
Stephanie Blackburn

SENIOR VICE PRESIDENT
Michael Mahoney

DIRECTOR OF COMMUNICATIONS
Meghan Blackburn

MARKETING MANAGER
Michael Amurao

REGULATORY OFFICER
Taneesha Routier

PRINT MANAGER
Valerie Carlson

MEDICAL DIRECTOR
David Haase, MD



Photo by Micah Krumrey

I'm sure no one needs to be reminded that the world has changed dramatically in the last few months. Beyond the political arguments, incredible kindnesses, agonizing losses, touching moments, and shadows of loneliness, there have also been a lot of questions. How do we move forward from a place none of us has been before? When do we allow ourselves to be less than six feet away from a stranger? When can we hug our elderly friends and family? How can we support the dying and their families? (A Good Ending p.14)

We each have our own beliefs, our own resources of information we rely on, and our own fears about what is and isn't going to happen next. But without a vaccine or a unified global timeline to help bring an end to the pandemic, no one really knows what to expect.

In the face of these unknowns, there is one thing integrative healthcare practitioners do know: How to support

their patients' health using a myriad of tools (Let Your DNA Pave the Way p.34). While there is no integrative treatment or nutritional supplement that can reverse or prevent novel coronavirus (SARS-CoV-2) infections or the resulting COVID-19 disease, there are plenty of things you can do nutrition-wise and holistically to support both physical and mental health.

Many healthcare practitioners recommend taking vitamin C and zinc for colds and flu viruses. There are several other supplements useful for immunity, respiratory health, detoxification, and antioxidant support. Under a professional's care, these could help boost your immunity and overall health. But they should not be seen as vaccines or treatments for COVID-19.

Your integrative healthcare practitioner may recommend taking certain supplements and eating more nutrient-rich foods. But don't be surprised if they also suggest working in your garden, playing with your kids, and setting aside time to practice mindfulness. While these may not be medical cures for COVID-19, they could help you (and those around you) continue to weather this global health crisis with just a little more peace.

To Your Health,

Tarre Beach, Editor

Publisher's Statement: WholeScripts magazine is published by XYMOGEN. Please be advised that neither entity assumes any responsibility for the accuracy, medical advice, or quality of the information provided herein. XYMOGEN nor its sister companies, consultants, authors or employees will be held responsible for any errors, omissions, or claims for damages. The advertisements and articles in this publication should not be construed as medical advice. Nor should they be used in place of care provided by a licensed health practitioner. None of the statements contained herein have been evaluated by the Food and Drug Administration and none of the products mentioned are intended to diagnose, treat, cure, or prevent any disease.

The ABCs of CBD

Learn what CBD is, the benefits of CBD, and which form of CBD may be most effective for your needs.

By Garry D'Brant, DC, CTN, LCSW, CDN, Dipl. Ac., DACBN

Q I've heard so much about CBD. How can it help my health?

A There's a lot of confusion about what CBD is, how to use it, and how it can help support your health. Let's start by clarifying what CBD is and is not.

Explaining CBD

CBD is short for cannabidiol. It is one of over 100 cannabinoids found in plants belonging to the *Cannabis* genus, of which both hemp and marijuana are members. Typically, marijuana has 0.3-4.0% or higher of tetrahydrocannabinol (THC), the component that delivers its intoxicating effect. In contrast, hemp-derived CBD has approximately 0.0-0.3% of THC.

Currently, legal experts believe the 2018 Farm Bill allows consumers anywhere to legally buy CBD products if they are made from low (less than 0.3%) to no THC hemp. However, there isn't strong regulation on many CBD products; therefore, it is important that you do your own research on product quality. Also, check state laws for what is allowed in your state.

Inside our bodies, each of us has something called the endocannabinoid system (ECS). Our bodies use the ECS system to maintain homeostasis or balance. This system is involved in a variety of processes, including appetite, pain-sensation, mood, and memory.

The ECS is similar to the dashboard in a car. It monitors events happening in the body, giving information about several systems and signaling when something has changed. Studies have indicated that when CBD is present it can help the ECS and support overall balance.



How to Use CBD

What form of CBD you use matters. There are several types of orally administered CBD products, including oil, gummies, capsules, powders, and tablets. I prefer a nano-micronized spray. When CBD is broken down to the smallest molecular level and applied under the tongue, it can be absorbed directly through the tissue rather than the digestive tract. For some patients with leaky gut, toxicity, allergies, or other GI tract issues, edible forms of CBD could be less effective. I also feel organic hemp makes a higher quality product and recommend it to my patients.

What CBD Supports

Since CBD supports the ECS, which interacts with the peripheral and central nervous systems, it affects our ultradian rhythm. Different to the circadian rhythm, which regulates the sleep-wake cycle and repeats roughly every 24 hours, the ultradian rhythm cycles through a shorter period than 24 hours, such as the stages of our sleep cycle that go from light sleep to deep sleep and on to REM sleep.

CBD helps many patients easily drift to sleep and stay asleep. The amount to use depends on the patient, but a good rule of thumb is to start with two to four sprays of nano-micronized CBD.

Preliminary studies have also found that CBD may help modulate CB1 receptors, which are predominantly expressed in the brain, and CB2 receptors, which are primarily found on the cells of the immune system. This in turn can affect a patient by reducing inflammation as well as pain. I like to say that inflammation is the root of all evil when it comes to health and wellness. It is clear that the reduction of inflammation offers tremendous leverage for better function in all areas of the body.

According to the World Health Organization, depression is the largest contributor to disability worldwide and anxiety is the seventh. CBD has shown promise as a treatment for both depression and anxiety by helping improve low serotonin levels. A study published last year in the Brazilian Journal of Psychiatry found that subjects that received a therapeutic dose of CBD before speaking in public reported reduced anxiety compared to the placebo group.

CBD has been studied and linked to beneficial uses in the fight against heart disease, obesity, diabetes, and digestive issues. It also has potential for helping regulate dopamine receptors; thus supporting addiction recovery by reducing withdrawal symptoms such as mental confusion, mood swings, lethargy, nausea, and muscle pain.



With all these benefits, some readers may be wondering what the side effects of CBD are. On the whole, CBD is well-tolerated. However, some patients may experience dry mouth, diarrhea, reduced appetite, drowsiness, and fatigue.

I have seen patients that have been suffering from physical pain, complaining of poor-quality sleep, or struggling with bouts of anxiety and depression use CBD and feel better psychologically and physically. For many it's a game changer.



Dr. Garry D'Brant is a chiropractor, a board-certified traditional naturopath, a licensed clinical social worker, a certified dietitian nutritionist, a diplomate of the Shanghai Research Institute of Acupuncture, a diplomate in Anti-Aging Medicine, and a diplomate of the American Chiropractic Board of Nutrition. He is a senior trainer in primary emotional energy recovery (PEER) and a practitioner of emotional clearing technique (ECT).



Good to the Bone

Bone up on bone-healthy foods
cauliflower and salmon

By James Lemire, MD, and Nuris Lemire, MS, OTR/L, NC

Cauliflower first appeared in Asia many years ago as a variant on a type of cabbage plant that is no longer thought to be consumed. Cabbage first became popular as an edible crop in the Mediterranean around 600 BCE, and today we still see it used in many Italian, Spanish, Turkish, and French cuisines.

It's believed that cauliflower made its way to the United States during the mid-16th century. At that time, it became a commonly harvested vegetable that was utilized in many different dishes and still is today. With the advent of keto diets and low-carb intake, many people are replacing some of their favorite carbohydrate foods, such as rice or pizza crust, with cauliflower.

Beyond the low-carb profile cauliflower offers, it also provides vitamins K and C, which have been found to be beneficial to bone health. Vitamin K is a coenzyme that plays a role in bone metabolism. Several studies have demonstrated that vitamin K supplementation improves the bone turnover profile, which in turn can help prevent low bone density and fractures. For its part, vitamin C helps in the formation of collagen, stimulates the cells that build bone, and enhances vitamin D's effect on bone metabolism.

Additionally, this recipe includes salmon, which is rich in vitamin D, calcium, and protein—nutrients that are well-established as being helpful to bone health.

Vitamin D assists in calcium absorption and the function of bone cells. Much of the vitamin D we need we synthesize in our skin from the sun, assuming we get the right amount of sun exposure. However, during the winter months in some geographic locations, the sun may be too low in the sky to provide enough ultraviolet B rays to supply the vitamin D we need. In those cases, vitamin D supplementation through sunlamps, supplements, and/or food is often recommended.

If the rate of bone breakdown exceeds the rate of formation, then bones weaken over time, leading to osteoporosis. While genetics contribute to osteoporosis risk, physical activity and good nutrition can be preventive. Studies have shown that bone is a living tissue that is constantly breaking down and rebuilding. That means it is never too late to eat foods that are good for your bones.

Additional sources: Dr. Axe and Everyday Health

Salmon with Turmeric Cauliflower Rice



Servings: 4

Preparation Time: 30 minutes

Ingredients

- 1 head cauliflower
- 2 tsp coconut oil (or olive oil)
- 7 oz wild-caught, skin on Coho salmon
- 1/3 cup diced white onion
- 2 tsp turmeric
- 2 tsp finely minced or grated fresh ginger
- 1 large clove chopped garlic
- Himalayan salt to taste
- A few sprigs of fresh cilantro
- 1/4 cup raw slivered almonds (optional)
- 1/4 cup chopped golden raisins (optional)

Serving Size: 3.5 oz of salmon and about 1 cup of cauliflower rice

Nutrition Facts Per Serving:

Calories	246
Total Fat	11.7 g
Total Carbohydrate	5.8 g
Dietary Fiber	2.2 g
Protein	30.5 g
Potassium	896mcg
Vitamin C	72.3mg
Vitamin D	140.8mcg
Vitamin K	18.3mcg
Calcium	53mg
Iron	2mg

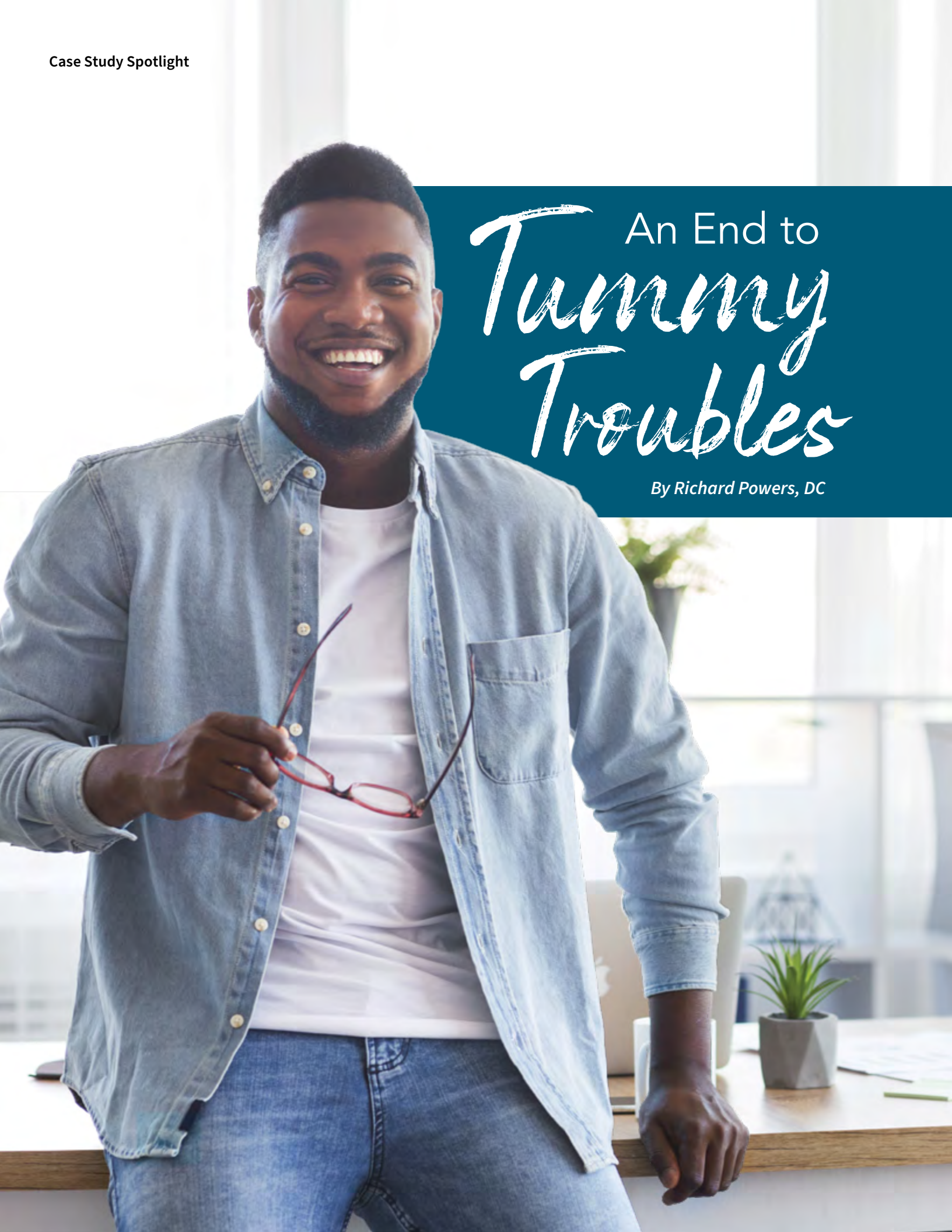
Nutritional analysis sources: VeryWellFit.com and EatThisMuch.com

Instructions

1. Use a food processor to rice cauliflower. If you’ve never “riced” cauliflower before, here are some tips on how to do it: Cut the cauliflower into smaller 1- to 2-inch florets. One head of cauliflower should be approximately 3 to 4 cups of florets. Place all the florets in food processor. Using the chopping blade, pulse the cauliflower until small pieces are formed (about the size of cooked rice) and transfer to bowl. You may need to stop periodically and scrape the sides of the bowl. If larger florets go unprocessed, take out correctly processed cauliflower, add back the larger pieces, and process them again.
2. Melt the oil in a large skillet over high heat and add riced cauliflower. Mix all other ingredients (For authentic Indian flavor add the raisins and almonds, or leave them out to maintain a lower carb profile) except salmon and cook for 5 to 7 minutes to lightly brown the cauliflower, stirring occasionally.
3. Stir in turmeric, ginger, and chopped garlic. Cook for an additional 7 to 10 minutes or until liquid cooks off. Season with salt to taste and garnish with fresh cilantro and sunflower seeds (if desired). Set aside while fish is prepared.
4. In separate pan over medium-high heat, place the salmon skin-side up. Cook until golden brown on one side (about 4 minutes). Turn the fish over with a spatula and cook until it feels firm to the touch and the skin is crisp (about 3 minutes).



James Lemire received his doctorate in medicine from Tulane University School of Medicine. He is board-certified in family medicine and is a graduate of the Institute for Functional Medicine. Nuris Lemire is a licensed and registered occupational therapist as well as a nutrition consultant. She works with her husband at Lemire Clinic in Ocala, FL.



An End to *Tummy Troubles*

By Richard Powers, DC

“Life-long stomach and bowel problems finally ceased when this patient avoided certain foods and started taking supplements”

Patient: 23-year-old male

Complaints: Bloating, gas, chronic diarrhea, heartburn, and low energy. Patient also complained of 10 years of constant stomach pain, bowel incontinence, and bloody stools.

Lab Test Results:

- Moderately elevated glycated hemoglobin (A1c) indicating blood sugar imbalance
- Moderately elevated gamma-glutamyl transpeptidase (GGT) indicating suboptimal liver function
- High-sensitivity C-reactive protein (hs-CRP), which could indicate an increased risk for health conditions such as cardiovascular disease, Alzheimer’s disease, and certain cancers
- Vitamin D deficiency
- Moderately elevated blood pressure
- Sensitivity to gluten, dairy, and bananas

Treatment: The patient was given a treatment plan that included ways to improve sleep, manage stress, and increase exercise. He was also instructed to eliminate certain foods from his diet and minimize his intake of sugar and grains. Additionally, a customized nutritional supplement treatment plan was recommended.

Supplements:

- Probiotics
- Digestive enzymes amylase, lipase, newlase, and protease
- Fiber
- A vegetable-based protein powder with immunoglobulins
- A multi-vitamin with glucoraphanin and D3
- EPA/DHA fish oil
- Peppermint extract

Outcome: Within two weeks of treatment, the patient reported that he had normal bowel movements and that his bloating, gas, and heartburn had reduced considerably and remained as such as long as he kept to his diet plan. He said that he experienced minor stomach pain only occasionally. The patient also said he felt well rested and more energetic in general.



Dr. Richard Powers completed his premedical curriculum at Tulane University and his doctorate in chiropractic medicine from Life Chiropractic College. He graduated summa cum laude and was the salutatorian of his class. Dr. Powers co-founded the Holistic Medical Center in Stuart, FL. He is also a certified health coach.

A Good Ending

How integrative healthcare addresses end-of-life care

By Tarre Beach

“Our ultimate goal is not a good death but a good life to the very end,” wrote oncologist Dr. Atul Gawande in his *New York Times* No. 1 bestselling book *Being Mortal: Medicine and What Matters in the End*. This idea has resonated with many Americans, and it started a national discussion on expanding end-of-life care options.

Since the '60s, alternative healthcare practitioners have increasingly incorporated modalities such as mindfulness, exercise, and nutrition into treatment protocols to help deliver better health outcomes to their patients. The question is: what makes this approach to end-of-life care different from a mainstream approach?

More Healthcare Options

In the beginning, complementary alternative medicine (CAM), the precursor to integrative and functional medicine, was seen as an anomaly. However, since the '90s, when the *New England Journal of Medicine* reported that a third of American adults were using alternative medicine and spending over \$3.7 billion on it, society's views on this approach to healthcare began to gain approval.

In 2016, the Centers for Disease Control and Prevention reported that one in every five Americans (including children) had utilized some form of care or treatment considered to be outside the medical mainstream. Also, some insurance companies have begun to cover select integrative and functional medicine treatment modalities. This evolution in attitudes and usage suggests that integrative and functional medicines are now more commonly accepted forms of healthcare.


Achieving the Ultimate Goal

Dr. Fred Harvey specializes in internal, geriatric, and functional medicine. He says that combining these fields of medicine is necessary because patients, particularly older patients, are not being given enough options on how to achieve good health. He stresses there is a serious lack of patient education, especially about disease prevention. He says mainstream doctors are often just managing patients' illnesses. “I saw the pill for every ill state of medicine for the elderly early on and thought there has to be something better,” Dr. Harvey says.

Dr. Harvey says his aim is to be a “wellness care” provider, meaning he wants to offer patients, especially the elderly—whether they are facing a chronic illness or not—more nutritional, functional, and holistic healthcare so that they can be healthier for longer and achieve what Dr. Gawande describes as our ultimate goal.

Challenging Conventional Practices

Similar to Dr. Harvey, Dr. Bruce (BJ) Miller, a palliative care physician, also wants to improve patient care by offering more than symptom management. According to Dr. Miller, who was the executive director of the nonprofit Zen Hospice Project (ZHP)'s Guest House in San Francisco from 2011 to 2016, one of the pieces that had been missing in modern end-of-life care is the “life” part.



“It’s my hope that the more holistic healthcare becomes, we, as a society, will have more faith in the power of love to carry us through anything, even death.”

– *Dr. Fred Harvey*

As a secular organization, ZHP served people of all faiths, but its model was informed by Buddhist principles. That meant ZHP cultivated “a sense of being in the here and now, of being alive,” Dr. Miller says.

ZHP’s website underscored that principle in its statement about the Guest House being “a place residents come to live, not to die.”

ZHP received a tremendous amount of support from the wider community in the form of non-medical volunteers. Community members gave their time daily. They would come and sing to, cook for, and spend time with the residents. In turn, ZHP helped engage the community by hosting Death Cafes. Dr. Miller called those events “a safe place where people can discuss death in a social atmosphere, helping to break down the fear of death and dying.”

Although ZHP closed in 2018, due to a lack of funding, challenging traditional views and changing the clinical language were just some of the ways ZHP helped transform end-of-life care. ZHP took extraordinary care to make residents feel that the Guest House—a large, six-bedroom Victorian home situated in San Francisco’s trendy Hayes Valley—was their home by calling them residents rather than patients. Other homey touches included welcoming pets, a vibrant flower garden, and cookies baking in the oven. Following ZHP’s lead, in 2016, the Case Management Society of America shifted its end-of-care language. Phrases such as “death with dignity,” “code comfort,” and “celebration of life” replaced the traditional verbiage of euthanasia, code blue, and funeral.

Being Present

In an interview by the American Society of Clinical Oncology, Dr. Miller said if being in the present moment helps patients eliminate worry, pain, and confusion, as many peer-reviewed studies have reported it does, it follows that helping patients connect to the present should be a part of palliative care protocols. But how do healthcare workers do that?

According to Dr. Miller, many American healthcare professionals haven’t been introduced to the idea that to serve patients better they could tap into their own creativity. Instead, they are expected to follow rigid care plans, many of which were put in place based on insurance and Medicare payment systems rather than holistic care guidelines.

To connect to the present, ZHP’s team engaged residents’ five senses. While implementing this might seem simple, Dr. Miller says it is often overlooked, especially in a hospital setting.

Some examples of how ZHP encouraged residents to use their senses were by cooking meals so that the smell wafted from the kitchen through the house and allowing pets to visit so that residents could pet their soft fur. For those who were able to eat, all food was made to order and homemade so that residents could taste their favorite foods, including special ethnic dishes. Also, having local artists bring in their work, or even getting volunteers to help residents make their own art, gave residents the opportunity to appreciate the design, color, and texture of fine art. Acapella groups as well as musicians would come to the Guest House to sing and play for the residents regularly. Dr. Miller says these activities “immediately reward us for being alive and generate a feeling of joy” no matter what stage of life you happen to be in.

What Matters

Of course, integrative medicine must still deliver successful palliative care and symptom management, such as relieving nausea, pain, and anxiety. Dr. Miller shares that the attitude with which a caregiver helps a patient control those symptoms also matters. He and other holistic end-of-life care providers explain that there is a benefit to physical and psychosocial treatment being delivered by caregivers who are focused on their own compassion and are mindful and present. One Canadian study found that after symptom control, the second most important priority in end-of-life care was having a trusting relationship with a dedicated and flexible healthcare team that honors the patient’s wishes. Whether in a facility or home setting, patients’ families interviewed for the study said that having a good relationship with the caregivers helped them feel supported. These same respondents also said that the care their loved ones received exceeded their expectations.

Personal Goals

Dr. Harvey says the key to successfully caring for any patient is understanding their personal goals.

“At one end of the spectrum, you have patients that want to exhaust all treatment possibilities, including surgeries, and fight to the very end. They want to know



they did everything possible to stay alive,” Dr. Harvey says. “On the other end, there are patients who will only accept a ‘100 percent natural’ treatment plan—one that does not include pharmaceutical drugs or surgeries. And then, of course, you have everything in between.”

Over the years, Dr. Harvey has seen several patients use integrative medicine to treat and, in some cases, reverse their serious illnesses. He has also watched others, including some close friends who had serious life-threatening conditions, pass away.

He says he has learned through these experiences that each person’s illness and treatment plan, as well as their willingness and limitations, are unique.

“Healthcare is becoming increasingly individualized,” Dr. Harvey says. “It only makes sense that having more end-of-life care options means better personalized care for all patients.”

Dr. Harvey also points out that with the aging of baby boomers, who still make up the largest generational group of the US population, there will be an increase in demand for end-of-life care.

The National Center for Health Statistics (NCHS) supports Dr. Harvey’s prediction. A recent NCHS report

showed a year-over-year increase in the number of deaths. The report also projects that the death rate will peak in 2037 when approximately 3.6 million Americans over 65 years old will die.

Death with Dignity

Any discussion about end-of-life care would not be complete without touching on the issue of death with dignity. There are currently eight states and the District of Columbia that have death with dignity laws. These laws allow doctors, under strict guidelines, to prescribe life-ending medications to terminally ill patients. Usually these medications result in the patient falling asleep and dying within one to three hours. The controversy surrounding this type of care is obvious. Dr. Harvey explains that more education is needed, not just for the public but also within the healthcare community, for people to understand this issue better.

“I’m not going to get into the medically assisted death debate, but I will say that death shouldn’t be so scary,” Dr. Harvey says. “It’s my hope that the more holistic healthcare becomes, we, as a society, will have more faith in the power of love to carry us through anything, even death.”

Broad Spectrum PRO Series Oil by Encore Life

- Endocannabinoid Wellness Support
- Balance
- Gastrointestinal Support
- Immune System Support
- Neurologic & Cognitive
- Relaxation & Sleep



These broad-spectrum hemp extract oils provide the highest concentration of phytocannabinoids with your choice of 750mg, 1500mg, or 3000mg for the most efficient sublingual delivery. This formula contains a blend of terpenes plus several phytocannabinoid components, promoting the entourage effect of multiple cannabinoids working together for the best therapeutic outcome. These products are unflavored and contain no additives for a truly natural wellness regimen.

Learn More by Visiting [MyEncore.Life](https://myencore.life)



Encore Life focuses on innovative, professional grade hemp extract products and delivery modalities to ensure a unique and consistent patient experience. Encore uses USA grown, non-GMO, CO₂ extracted hemp oil in the manufacturing process to provide the purest products possible, available exclusively via healthcare practitioners.

THIS PRODUCT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION AND IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

Now Available via WholeScripts

Professional Grade Hemp Extract



End “Tech Neck”

Relaxation tips and exercises to release neck and shoulder tension

By Dustin Dillberg, DACM, LAc



The odds are that your neck and shoulders feel tighter than you want them to feel. Whether it’s “tech-neck” or an acute injury, it seems rare to find a patient without moderate-to-extreme neck and shoulder tightness. So, whether you categorize yourself as “deskbound,” “a weekend warrior,” or “physically active,” here are a few steps you can take to reduce and prevent neck and shoulder tension.

Breathing

Addressing the way you breathe could be a fast track to improved health. Breathing is a crucial foundational step to optimizing health, yet it is often overlooked. Humans breathe about 22,000 times per day. If optimized, this breathing act carries great health benefits. If dysfunctional, it can lead to major movement compensations, decreased lymphatic movement, and increased inflammation/toxin burden.

You may have heard of the diaphragm, a large umbrella-like muscle just under the bottom of your ribcage. Considered the body’s primary respiratory muscle, it is designed to contract and bring air into your lungs.

The benefits of proper diaphragmatic breathing include:

- digestive organ massage
- lymphatic movement
- improved lung volume
- improved immune function
- less burden on skin to detoxify
- and much more ...

If you want to envision what a proper breathing pattern looks like, you can usually find it by watching a baby or toddler. If you look closely, you will see an expanding waistline with inhalation and a retreating waistline with exhalation—all with a relaxed neck. In toddlers, you will see them walking around breathing like this (as well as demonstrating a fantastic squat form, by the way.).

However, in adulthood, it is very common to see that the breathing pattern has reversed: we “suck it in” as we inhale (or button our pants) and release/expand our waistline as we exhale. This means we are compensating for our lack of diaphragm use with other muscles which, you guessed it, are mostly our neck and shoulders. If this has become your “go-to” breathing pattern, that means you have started to use your trapezius (upper shoulder) and scalene (side of your neck) muscles for the 22,000 contractions they were not intended to perform. Stiffness, tightness, and pain at these sites are signs that your breathing pattern might be a problem.

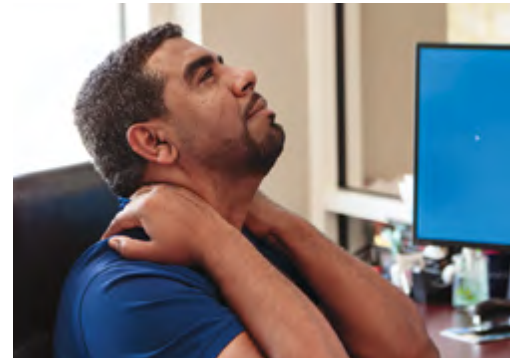
There are many wonderful techniques for improving your breathing, but to get you started:

1. Get into a good elongated posture (sitting, standing, or lying positions) and think of getting your head to relax and pull as far away from your shoulders as possible.
2. Breathe into your lower ribcage or kidney area and attempt to expand your ribs like an accordion laterally.
3. Practice this breathing pattern often; add greater intensity and expansion 360 degrees around your lower ribcage. As this exercise becomes easier, it should also become more subconscious.
4. Try to maintain this breathing focus while doing other activities like sitting, walking, biking, etc.

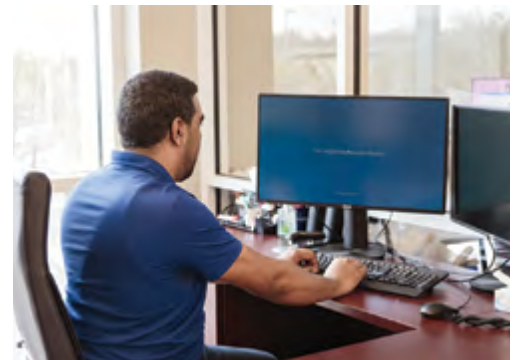
Scapular Contractions

In this exercise, you want to activate and engage the opposing muscles to those that are most commonly tight thus helping to restore postural balance while releasing neck and shoulder tension. You can perform this exercise while sitting or standing.

In a neutral position, contract your shoulder blades downward and together in a 45-degree angle away from your ears. Be mindful not to simply arch your back but rather focus the contractions on the muscles between and below the scapula itself.



Stiffness in the neck and shoulders can indicate a breathing pattern problem.



Practice breathing into lower ribcage like an accordion laterally.



Scapular contractions engage opposing muscles to release neck and shoulder tension.



Shoulder rolls can help alleviate tension in the neck and shoulders.



Contracting and holding shoulder blades while completing arm circles can alleviate tension in the trapezius muscles.



Extend and contract elbows together like a pretty butterfly.

Shoulder Rolls

Roll both shoulders in a large, circular pattern. Perform 5-10 repetitions in both directions. Focus extra attention on the lower portion of the roll rather than the top. With an extra effort to pull your shoulders down and back, you will best release that tension in your neck and shoulders.

Arm Circles

Sitting or standing in a good posture, contract your shoulder blades down and back and hold this shoulder contraction throughout the entire exercise. Raise your arms laterally until you start to feel your trapezius muscles engage or until you reach 90 degrees with your arms, whichever comes first. It is vitally important that you keep your trapezius as relaxed as possible and your shoulders pulled down and back while doing this exercise. It is better to do this with your arms lower and with better form than to try to bring your arms up to 90 degrees and engage improper muscles.

Set 1: With palms down and thumbs facing upward, begin the arm circles moving up and forward in a tight 6-inch circular motion; perform 50 reps in about 30 seconds.

Set 2: Turn your palms over so your thumbs are facing downward and repeat for 50 reps.

Elbow Curls

Sitting or standing, ideally against a wall, keep your head, shoulders/spine, and hips in line (or against the wall). Make a fist and place your knuckles in contact with your temples. Press your elbows against the wall, then bring your elbows in front of you until your elbows touch. Repeat for 20 reps.

There are no health symptoms that operate in a vacuum separately from other systems. Be sure to look at your whole health and habits, such as drinking adequate water, eating a healthy diet, and reducing emotional stress conditions. Remember, one good habit can be the start of another.



Dr. Dustin Dillberg received his doctorate in Acupuncture and Chinese Medicine from Pacific College of Oriental Medicine. Dr. Dillberg is also a licensed acupuncturist, a former instructor for the Egoscue Institute, and the founder of the Pain Free Kauai clinic in Hawaii.



Here at Transformation™ our belief is simple – give the body the nutrients it needs, clear away the waste, and allow your body to manage its resources. We believe this simple foundation of digestive, proteolytic, and probiotic products, along with a balanced diet and lifestyle, will support the body nutritionally and promote a healthy immune system.*

Simplify your practice and increase patient compliance by starting with our Healthy Gut Program.* Healthy digestion, circulation, and detoxification collectively provide nutrients at the cellular level. This allows the body to work smarter – *not harder* – resulting in more energy, less stress on our systems and organs, and increased overall wellness. Transformation's **Healthy Gut Program** is our foundational supplementation protocol – digestive support, systemic proteases, and multi-strain probiotics.* We believe this simple enzyme protocol, along with a balanced diet and lifestyle, truly is the foundation for achieving health and longevity.*



Transformation Enzyme Corporation is a pioneer in enzyme therapy with more than 30 years of clinical application. Our products are designed specifically for therapeutic value. This means there are **no fillers, harmful chemicals, or unnecessary ingredients.** Product development is intentional – we are not a “me too” product company chasing all the latest trends. We innovate when there is a clinical need not yet met. All new products are tested in a clinical setting using real patients, not just in a lab. Products are designed to work alone or as part of an enzyme nutritional program. Our products and protocols are clinically proven to achieve the patient outcomes you desire. We promise to be transparent and authentic. We believe you should feel confident in your recommendation, whether for your patients or family members.

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

avemar[™]research

CNN Reports "Stunning Immune System Support"



Everybody Benefits from AVEMAR[™]

- The original AVEMAR[™] Tablets and Sachets are the only products containing AVEMAR Pulvis[™]
- Published in PubMed more than 60 times*
- Clinically studied more than 100 times*
- Natural holistic health supplement*
- Supports the immune system, quality of life and mental clarity*
- Supports physiological cellular and hormonal immune balance*
- Supports blood sugar levels and glucose metabolism*
- Supports white blood cells for peak performance*
- AVEMAR[™] is also referred to as ONCOMAR[™], FWGE[™] and AVÉ[™]

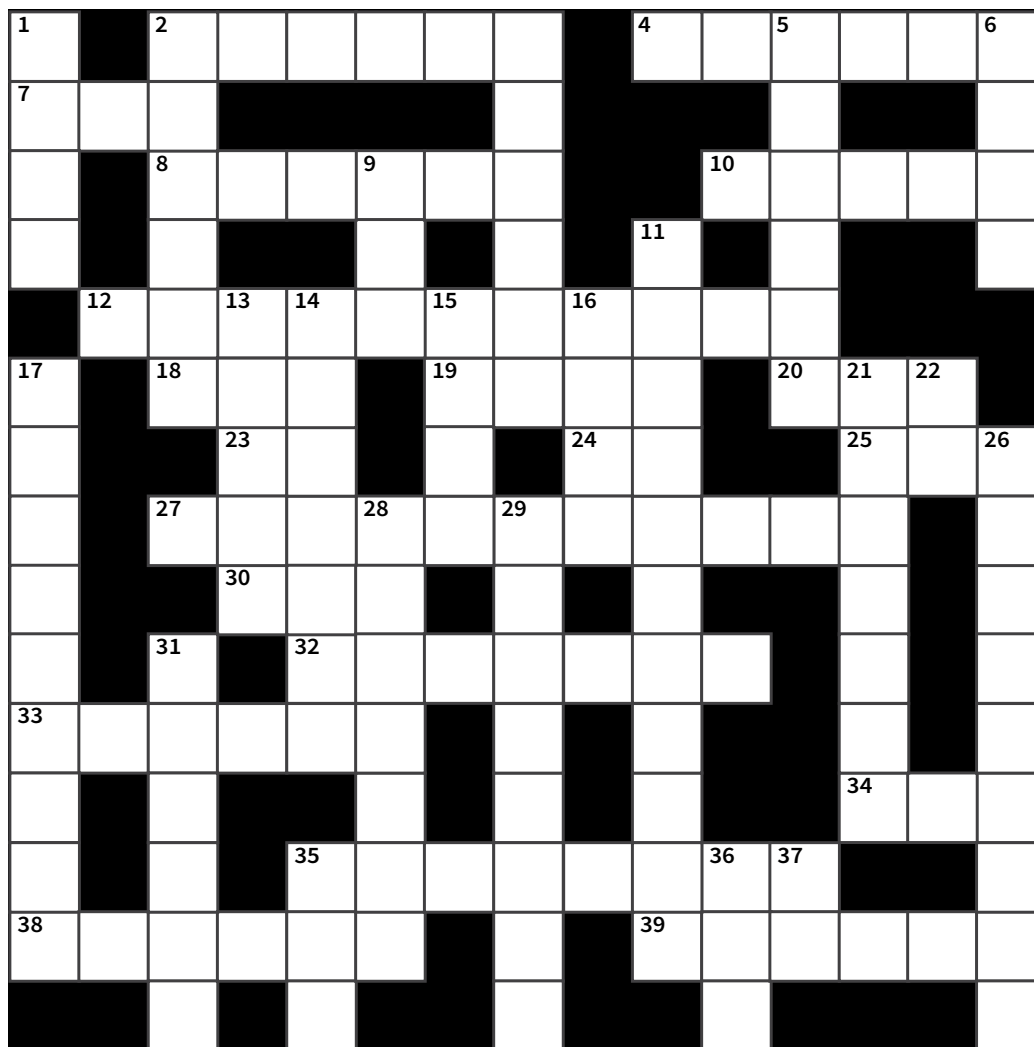
*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

avemar.co
AVEMAR[™] North America Official Site

1.888.567.7001 or 1.416.817.5499



The Body's Natural Balance



Across

2. Surfaces of a gemstone
 4. Iron deficiency
 7. It carries genetic information (acronym)
 8. A casual walk
 10. Besides taxes, the only thing that's certain
 12. Founder of modern nursing
 18. You ___ what you eat
 19. Middle of the day
 20. Nobleman's "nope"
 23. French for gold, a place to operate
 24. Used before a vowel sound, singular
 25. Short for Robert, haircut
 27. The body's natural balance
 30. It's dropped for emphasis
 32. Unrest, tumult
 33. Lubricating membrane
 34. ___ sells seashells
 35. Grieving after a death
 38. Magical potion, alchemist's cure-all
 39. Split housing

Down

1. To check or correct
 2. Tissue surrounding a muscle
 3. Hot Mediterranean wind
 5. "Stranger Things" telepath, right before 12
 6. Dull continuous pain
 9. Osteopathic manipulative treatment (acronym)
 11. CBD is a type of this
 13. A marrying man, horse caretaker
 14. Recluses
 15. Short facts
 16. Acronym for a superstar, a bearded farm animal
 17. Calming flower often in hot water
 21. SpongeBob does this
 22. Short Stallone greeting
 26. Broad-bladed weapon (two words)
 28. Country straddling the middle of globe
 29. In gloomy way: Somberly
 31. Characteristic of person who is revered or idolized
 35. A DJ's or baker's mingle or blend
 36. Fruit with a shell, a member of a lunatic asylum
 37. Everyday doc, general practitioner (acronym)

Answers found on **P.37**

Feeling Good and Pain Free

Learn more about the non-pharmacological options available to treat chronic pain.

By Glenn S. Chapman III, DO, C-NMM/OMM, CAQSM, CAQPM, RMSK



According to a report by the Department for Health and Human Services, up to 40 percent of American adults suffer from chronic pain. That's 132 million people dealing with chronic pain. Recently, integrative medicine has enjoyed a sort of renaissance as patients look for more non-pharmacological (without prescription drugs) solutions for chronic pain relief and management.

There are many different kinds of pain. Pain medicine doctors often classify pain into three categories: nociceptive, neuropathic, and "other." Nociceptive is pain that arises from tissue injury and includes everything from bee stings and toe stubs to tumors and inflammatory arthritis. This kind of pain typically changes with movement, position, and load. Neuropathic pain comes from damage to the nervous system itself, central or peripheral, from disease, injury, or pinching. This kind of pain is a big category and is often described as stabbing, electrical, or burning. Unfortunately, it's also more likely to lead to chronic pain. Obviously, nociceptive and neuropathic pain can and do overlap with other kinds of pain such as fibromyalgia, which is caused by neurological dysfunction not damage. This kind of pain fits in the "other" pain category.

While pharmacological treatments have a place in pain medicine, they are not always the best response for chronic pain. A key component in non-pharmacological treatment of pain is understanding the underlying cause of the pain and developing a multifaceted plan.

Hands-On Approach

Osteopathy is founded on the idea that by manipulating a patient's body through stretching, gentle pressure, and resistance, the body can restore its own healing systems. That may sound similar to the work a chiropractor does. The difference between a chiropractor and an osteopath is that a chiropractor focuses primarily on the spine while an osteopath uses manual medicine for the whole body.


Just as no prescription drug is a magic bullet for pain, neither is one manipulation technique. Osteopathic physicians have an arsenal of osteopathic manipulative techniques (OMTs) and because an osteopathic physician is treating the whole patient, a successful plan that gets you back to you, will include OMT, nutrition, supplements, and exercises.

Why Go Non-pharmacological?

For some patients, mainstream treatments for chronic pain may be not be medically tolerable, meaning the side effects of the treatment are less tolerable than the issue the treatment is trying to remedy. There can be side effects with non-pharmacological treatment as well, but they can often be moderate compared to the side effects from pharmacological treatment. The important thing is for a treatment to be uniquely tailored to the individual, financially affordable for the patient, and something that the patient will follow. The biggest impediment to any sound treatment plan is that it can only be successful if the patient complies with it.



One or more lifestyle changes could be the solution to discomfort.



**40
Percent**

of American adults suffer from chronic pain.

**That's 132
million people.**

—
Department for Health
and Human Services



Here are just a few elements that may be included in an osteopathic treatment plan for chronic pain. Since every patient's pain and causes of that pain are unique, these elements do not represent a full treatment plan. Your healthcare practitioner will be able to identify the best treatment plan for your chronic pain.

Lifestyle

Nutritional Counseling: This might include reducing inflammation through the elimination of certain foods such as refined grains and sugar and including more foods that have the properties needed to address nutritional shortfalls.

Exercise/Movement: Studies have shown that exercise can reverse the loss of muscle strength/bulk and steadily reduce pain. It's important for patients to not overdo it and monitor pain levels while exercising.

Sleep: The body goes into repair mode during sleep. Chronic pain can disrupt sleep. But not getting quality sleep can also impair the body's ability to reduce pain. Encouraging good sleep by going to bed at a certain time and having a sleep routine can help balance the body.

Stress Reduction/Mindfulness: Using techniques to reduce stress or be more mindful can help the mind and body work together. One example is to tune in to the difference between emotional feelings and physical ones.

Continued on P.30



NuGo[®]

Fuel Your Lifestyle!

NuGo Nutrition offers unique, delicious nutrition bars and cookies for a variety of dietary needs.

Whether your patients suffer from food sensitivities, are managing or trying to avoid diabetes, maintaining a healthy weight, or simply choosing a healthier lifestyle, **NuGo** is the perfect choice!



NuGo[®] Family Protein Bar

Rice crispy taste without the bad stuff

11g Protein • Gluten Free • Added Vitamins
6pts Weight Watchers[®] SmartPoints[®]
Dialysis Friendly (120mg Ph, 80mg K)

Vanilla Yogurt (New Item)

NuGo Perfect Cookie[®]

Soft-Baked Perfection

Only 1-2g Sugar • 10g Plant Protein

Gluten Free • Vegan • 10g Fiber

Dark Chocolate Chip (New Item)

Double Dark Chocolate (New Item)

Lemon Poppy Seed (Item #300083952)



The statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



Stronger®

Caramel candy bar like flavors

23g Whey Protein

9-10g Fiber • Gluten Free

Peanut Cluster (Item #300083954)

Caramel Pretzel (New Item)

Fiber d'Lish®

Soft-baked Delicious Treat with 12g Fiber

Get **RELIEF FROM CONSTIPATION** & help **MAINTAIN REGULARITY** with our unique blend of soluble (absorb water, feel full) & insoluble fiber (create bulk, avoid bloating).

5pts Weight Watchers® SmartPoints®

No Soy • Vegan • Non-GMO

Cinnamon Raisin (Item #300083951)

Banana Walnut (New Item)



Smarte Carb®

Low on Carbs; Big on Flavor

0g Sugar • 20g Protein

2g Net Carbs

Dialysis Friendly (160mg Ph, 70mg K)

3pts Weight Watchers® SmartPoints®

Peanut Butter Crunch (Item #300083953)



Promax®

Soft & delicious candy bar center

20g Protein • Gluten Free

18 Added Vitamins & Minerals

Chocolate Chip Cookie Dough (New Item)



NuGo Nutrition

(888) 421-2032 | www.nugonutrition.com

“When patients adhere to their treatment, they are often able to function better and live virtually pain-free.”

Manipulation

Osteopathic Manipulative Treatment (OMT): Stretching, gentle pressure, and resistance are used in a variety of ways. Among many techniques, OMT may include applying pressure to soft tissues, using short, quick thrusts to restore motion to a joint, and subtly contracting muscles to relax tissue and mobilize joints.

Supplements

Alpha-Lipoic Acid: Studies have found that this antioxidant, also known as ALA, may help repair damage done by pinched nerves related to carpal tunnel syndrome. ALA may also limit peripheral neuropathic symptoms such as burning, tingling, and numbing.

Boswellia: Also known as Indian frankincense, *Boswellia* is an herbal extract that reduces inflammation and may prevent the loss of cartilage. Some studies have found it to be useful for treating pain associated with osteoarthritis, rheumatoid arthritis, inflammatory bowel disease (IBS), lumbar joint deterioration, and sciatica (low back pain).

Chondroitin: A vital part of cartilage, chondroitin can prevent the breaking down of cartilage. It can also stimulate its repair.

Curcumin: This active ingredient found in turmeric reduces inflammation and has been found to be effective in treating rheumatoid arthritis pain and stiffness.

Glucosamine: Made up of a natural compound found in cartilage, glucosamine sulfate provides pain relief to people with osteoarthritis of the knee, hip, and spine while glucosamine hydrochloride reduces pain related to rheumatoid arthritis.

Omega-3 Fatty Acids: The anti-inflammation properties of omega-3 fatty acids can help reduce inflammation in the joints and increase blood flow throughout the body.

Probiotics: The beneficial bacteria in probiotics can reduce common biomarkers of inflammation, including C-reactive protein (CRP).

SAM-e: A chemical compound found naturally in the body, SAM-e stimulates the production of cartilage. SAM-e may also be useful for osteoarthritis pain as well as fibromyalgia tenderness and depressive symptoms.

Topical

Capsaicin: The chemical that makes hot peppers stimulates the local release of substance P. Substance P is thought to be related to the transmission of pain signals from sensory nerve fibers to the brain. With capsaicin use, the stores of substance P become depleted temporarily and transmit fewer pain signals.

Other

Acupuncture: This is a treatment method based on the ancient Chinese art of inserting extremely thin needles into the skin at specific acupoints. This may relieve pain by releasing endorphins, the body's natural painkilling chemicals, and by affecting the part of the brain that governs serotonin, a brain chemical involved in mood.

Cannabidiol (CBD): Some studies have found that cannabidiol (CBD) can have significant analgesic, anti-inflammatory, anti-convulsant, and anti-anxiety activity without the psychoactive effect of tetrahydrocannabinol (THC).

Cannabis/Medical Marijuana: THC, terpenes, and flavonoids work synergistically to dull pain messages in the brain. Currently, all but three states allow for some use of medical marijuana. Statistically, the safety of medical marijuana is far better than that of opioids. According to the CDC in 2018, 69.5 percent of all drug overdose deaths were due to opioids; whereas, a 2018 article on the use of cannabis and its associated problems published in the medical journal *Neuropsychopharmacology* stated that “there had been no known cases of fatal overdose from cannabis use in epidemiologic literature.”

Injection Therapies: Prolotherapy (also known as regenerative joint injection), platelet-rich plasma, stem cell, and even traditional corticosteroid injections have been used to alleviate different types of pain.



"A successful plan that gets you back to you, will include OMT, nutrition, supplements, and exercises."

Phototherapy: Light-emitting diodes (LEDs) are used to reduce inflammation while promoting blood flow and the body's own tissue repair mechanisms.

Go for the Goal

When patients adhere to their treatment, they are often able to function better and live virtually pain-free. Non-pharmacological treatment for chronic pain is not a quick fix, but it is often an effective way to deal with chronic pain in the long term. Patients will do well to remember that any small setbacks they experience should not stop them from achieving their goal of continuing their treatment and eventually reducing or even eliminating their pain.

The information, comments, and opinions presented in this article are for educational purposes only. At no time should they take the place of individualized evaluation and treatment recommendation provided by a qualified and licensed healthcare practitioner in the context of a clinical relationship.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



Glenn S. Chapman III received his doctorate in osteopathic medicine from Des Moines University's College of Osteopathic Medicine. He is board-certified in neuromusculoskeletal medicine and osteopathic manipulative medicine (C-NMM/OMM), holds certificates of added qualification in pain medicine and sports medicine (CAQPM and CAQSM), and is a registered musculoskeletal[®] sonographer (RMSK[®]). Dr. Chapman is the founder and director of Surfside Non-Surgical Orthopedics in Boynton Beach, FL.

Naturally Good Purity Guaranteed

High-potency fish oil from
the leader in omega-3s

NORDIC  NATURALS®
PROFESSIONAL GRADE



ProOmega® 2000 offers exceptionally high levels of ultra-concentrated EPA+DHA with unmatched support for cardiovascular, neurological, ocular, and immune health.* This research-backed concentrate supports foundational health by facilitating cellular flexibility, limiting the production of AA and its detrimental metabolites, and promoting healthy cellular signaling and key metabolic pathways.* Delivering 2000 mg of EPA+DHA in highly absorbable triglyceride form, ProOmega 2000 is ideal for individuals requiring the highest levels of intensive omega-3 support.*

To order **ProOmega 2000** visit
NordicNaturalsPro.com
or call **800-662-2544**.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

© 2014 Nordic Naturals, Inc. All Rights Reserved.



LET YOUR DNA PAVE THE WAY

Can focusing on your genetics make a difference to your health?

By David A. Gentile, DO, ABAARM, ABIHM

You may have heard about the use of genetic testing to trace your genetic predisposition to gain weight, have gastrointestinal issues, or experience mental health conditions. While it's true that genetic testing has made great strides in assessing the risk of developing cancer, Parkinson's disease, or late-onset Alzheimer's disease, can and should genetic testing be used to inform and empower patients and their doctors to help patients shed a few pounds or deal with depression? The answer is yes. However, genetic testing is not a magic bullet. It is just one tool in the integrative healthcare practitioner's toolkit to help create a health plan that's as unique as their patient. But it's not the only tool.

Individualized Plan

For years, doctors have been using traditional lab tests to understand and create treatment protocols that best suit their patients' specific health needs. Then, in 2007, 23andMe began selling direct-to-consumer genetic testing that delivered "personal insight into ancestry, genealogy, and inherited traits." Not long after, 23andMe began marketing genetic testing as a means to predict or possibly prevent health problems. But in 2013, 23andMe ran into some trouble with the US Food and Drug Administration (FDA) on this issue and was ordered to submit research on the efficacy of its testing before being allowed to continue. In the years since that first concern was raised, the FDA has given 23andMe (and other services like it) the go-ahead to offer tests to detect genetic variants associated with a dozen diseases or conditions. However, it is important to understand that the information provided by these tests is meant to help consumers, in consultation with a qualified healthcare practitioner, make choices about their health but not to diagnose or treat any disease or condition on their own.

That opening then lead to many other testing services, including a subset of genetic testing called nutrigenetics. Not to be confused with nutrigenomics, which is the study of how nutrients affect your body's expression of your genes, nutrigenetics examines how your body responds to nutrients based on your genetics.

Similar to the switch from marketing genetic tests for ancestral information to using them for health information, this new application of genetic testing is once again grabbing the public's interest. It's a good idea for consumers to get educated on exactly what genetic testing can and can't do.

Don't Leave It to the Internet

Unfortunately, some genetic companies are more interested in getting your money than supporting your health. While getting your genetic profile is exciting, you would do well to recognize that your personal health care is best left to someone who has the appropriate education, training, and skills to interpret, diagnose, and treat you.

In addition to genetic testing, a qualified healthcare practitioner will take a full medical history as well as order other bloodwork, which is necessary to get a bigger, better picture of your overall health.

While technology is useful to so many of us, it can only go so far without proper guidance and follow up. Don't leave your health up to an algorithm.

Why Genetics Matters

We all get one set of 23 chromosomes from each parent, which makes us a unique blend of Mom and Dad as well as their ancestors. Each of our 46 chromosomes contains hundreds to thousands of genes. Your genotype is your unique combination of genes, which is akin to the instructions for how your body is supposed to be built and function. However, it is not just a matter of nature versus nurture so much as it is nature and nurture. If your DNA points to health issues such as diabetes or breast cancer, that is not a death sentence. With the right nutrition and interventions, you can change your gene expression. Likewise, if your genetics show that you have great blood pressure and heart function, you do not have a get out jail free card that means you can eat junk food and never exercise.

Integrative healthcare practitioners have helped their patients turn on their good genes and silence the bad ones to maximize their health, detoxify their bodies, lose weight, and, in some cases, prevent or even reverse disease.

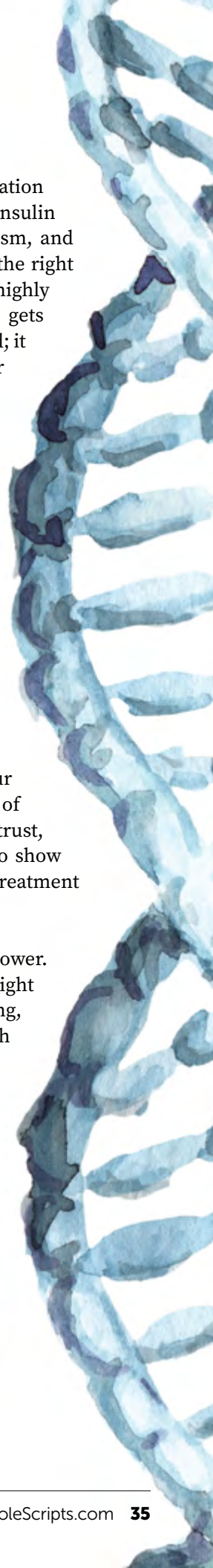
The Testing Toolkit

There is so much valuable information buried in our genetics, including insulin resistance, methylation, lipid metabolism, and inflammatory response, which can, in the right hands, be decoded to bring about a highly individualized plan for a patient that gets results. But genetic testing is not the end; it really is just the beginning. Many other tools such as food sensitivity panel testing, bone density scans, oxidative and adrenal stress testing, hormone measurements, and micronutrient analysis can help benefit patients beyond just what genetic testing can offer. At the end of the day, a full history, an exam, and other metrics have to be taken into consideration to bring about each patient's best health.

Your Practitioner, Your Guide

It is imperative that some testing be repeated after you've adhered to your practitioner's protocol for a period of time. Healthcare is a relationship of trust, and your practitioner should be able to show through follow-up test results that their treatment is delivering real change.

While it's true that information is power. Getting all the information and the right guidance, including follow-up testing, is key to helping you meet your health goals. Your integrative healthcare practitioner is there to help you achieve those goals.



TESTING, TESTING...

There are scores of tests out there to help you and your practitioner create an individual health plan for you. Which tests they recommend will depend on your present conditions and overall health goals. Here are short explanations of just a few different tests to help you understand a bit more about them.

Immunoglobulins: When certain immunoglobulin antibodies are present, they can indicate a triggering of histamine release, suggesting a role for symptoms such as hives, gastrointestinal discomfort, fatigue, and headaches. They may possibly be a factor in weight gain or difficulty in losing weight as well. Removing foods and products that produce a large amount of IgG antibodies may help reduce the severity of symptoms associated with them.

Hormones: Besides the male and female sex hormones, the human body uses and needs a variety of hormones such as cortisol, insulin, melatonin, and serotonin to help it function. Tests that check hormones can help determine if there is an imbalance and can help address a myriad of health concerns, including infertility, insomnia, osteoporosis, acne, low libido, and weight gain.

Oxidative Stress: Oxidative stress is the result of the imbalance between reactive oxygen species (ROS) formation and enzymatic and nonenzymatic antioxidants. Oxidative stress may indicate diabetes, atherosclerosis, or inflammatory conditions and could develop into Alzheimer's or Parkinson's disease as well as other diseases.

Adrenal Stress: The adrenal glands produce hormones that help regulate metabolism, immune system response, and blood pressure and assist in other essential functions. Adrenal stress may result in symptoms such as tiredness, unexplained weight loss, digestive problems, and trouble sleeping.

Neurotransmitters: Dopamine, noradrenaline, serotonin, and norepinephrine are neurotransmitters that work in combination with each other to effectively regulate mood and mental acuity. A neurotransmitter imbalance may lead to symptoms such as depression, drug or alcohol abuse, extreme mood swings, irritability, and auditory hallucinations.

Heavy Metals: The most common metals tested for are lead, mercury, arsenic, and cadmium. Other metals that can also be detected include copper, zinc, aluminum, and thallium. Adverse and/or chronic heavy metal exposure may include symptoms such as headaches, muscle pain, brain fog, weakness, and tiredness.

Other Tests: Thyroid function, microbiome/gut health, inflammatory markers, vitamin and mineral absorption, allergies, infections, bioimpedance (electric current flow function), indirect calorimetry (pulmonary gas exchange measurement), and functional EEG (brain electrical activity).



David A. Gentile received his doctorate in osteopathic medicine from the New York College of Osteopathic Medicine. He finished his postgraduate training as chief resident at North Shore LIJ at Plainview Hospital (now Northwell Health) and is an associate director of medical education there. Dr. Gentile is board-certified by both the American Board of Anti-Aging/Regenerative Medicine and the American Board of Integrative Holistic Medicine. OasisMedicine.com

The Healing Art of Holistic Nursing

How whole-person-centered nursing got its start



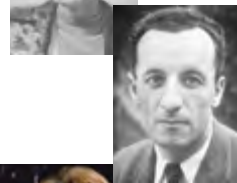
1844 — Florence Nightingale, the British woman whose work present-day holistic nursing is based on, is enrolled as a nursing student at the Lutheran Hospital of Pastor Fliedner in Germany.

1854 — Nightingale creates new patient services for Crimean War veterans, including offering special dietary meals and a classroom and library for patients to learn and be entertained.

1859 — Nightingale's "Notes on Hospitals," an 800+ page report on how to run both military and civilian hospitals' nursing programs, is published.



1869 — Nightingale uses prize money given to her by Queen Victoria for her work in Crimea to establish St. Thomas' Hospital in England and within it the Nightingale Training School for Nurses.

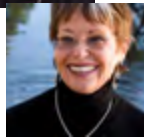


1954 — Martha Rogers receives her doctor of science degree. She later publishes papers that include the theory that patients and their environment are one.



1962 — Merleau-Ponty philosophical theory introduced to nursing. The body is a "fusion of soul and body," and it consequently acts as a form of a whole and is perceived as a whole.

1970s — Many nurse scholars, including Barbara Dossey, begin describing nursing as being concerned with the whole person: mind, body, soul, beliefs, and environment.



1979 — Nursing theorist Jean Watson coins the term "human caring sciences."



1981 — The American Holistic Nurses Association (AHNA) is launched in Houston, TX, with the vision of the profession nurturing the nurturers and focusing on "wellness" rather than "illness."

1990 — The need to have a certification board for the specialty of holistic nursing is recognized by the professional nursing community.



1995 — AHNA Leadership Council contracts with the National League of Nursing (NLN) to begin certification for holistic nursing.



1997 — The American Holistic Nurses Credentialing Corp. (AHNCC) is incorporated.



2006 — The American Nurses Association (ANA) officially recognizes holistic nursing as a specialty area of nursing practice.

Wellness Words Answers

Across

- 2. Facets
- 4. Anemia
- 7. DNA
- 8. Stroll
- 10. Death
- 12. Nightingale
- 18. Are

- 19. Noon
- 20. Nay
- 23. Or
- 24. An
- 25. Bob
- 27. Homeostasis
- 30. Mic

- 32. Turmoil
- 33. Mucosa
- 34. She
- 35. Mourning
- 38. Elixir
- 39. Duplex

Down

- 1. Edit
- 2. Fascia
- 3. Solano
- 5. Eleven
- 6. Ache
- 9. OMT
- 11. Cannabinoid

- 13. Groom
- 14. Hermits
- 15. Info
- 16. Goat
- 17. Chamomile
- 21. Absorbs
- 22. Yo

- 26. Battle Axe
- 28. Ecuador
- 29. Somberly
- 31. Iconic
- 35. Mix
- 36. Nut
- 37. GP

Clinical Solutions for Women's Health Concerns

Formulated with Doctors & Patients in Mind

Optimum Dosages + Stringent Quality
= Consistent Results

Supplements for Professionals

VITANICA®

Formulated by Dr. Tori Hudson



Select Vitanica products are now available through WholeScripts for doctors & patients.

Ask your doctor which Vitanica product might be right for you.

vitanicapro.com

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



WholeScripts Product List

XYMOGEN®

Product Name

5-HTP CR 60 Tablets

5-MTHF 60 Capsules

5-MTHF ES 60 Capsules

5-MTHF Plus B12 Cherry 30 Tablets

5-MTHF Plus B12 Cherry 60 Tablets

6 Day Detox Kit

6 Day Detox Micro Kit

7-Keto DHEA™ 1.8 oz.

ActivEssentials™ 60 Packets

ActivEssentials™ for Women 60 Packets

ActivEssentials™ with Calcium 60 Packets

ActivEssentials™ with OncoPLEX™ & D3 60 Packets

ActivNutrients® 120 Capsules

ActivNutrients® 240 Capsules

ActivNutrients® Chewable Mixed Berry 120 Tablets

ActivNutrients® Chewable Mixed Berry 60 Tablets

ActivNutrients® without Copper & Iron 120 Capsules

ActivNutrients® without Copper & Iron Multivitamin Powder Fruit Punch 60 Servings

ActivNutrients® without Iron 120 Capsules

ActivNutrients® without Iron 240 Capsules

ActivNutrients® without Iron 60 Capsules

Adrenal Essence® 120 Capsules

Adrenal Essence® 60 Capsules

Adrenal Manager™ 120 Capsules

Adrenal Manager™ 60 Capsules

Adrenaliv® 120 Capsules

Adrenaliv® 60 Capsules

AdrenaMax™ 120 Capsules

ALAmx™ CR 120 Tablets

ALAmx™ CR 60 Tablets

ALAmx™ Protect 120 Capsules

AllerDHQ™ 120 Capsules

AllerDHQ™ 60 Capsules

AngiNOX™ Orange 30 Servings

AngiNOX™ Orange 60 Servings

Appe-Curb™ 120 Capsules

Appe-Curb™ 240 Capsules

ATP Ignite™ Citrus 10 Serving Sample Pack

ATP Ignite™ Citrus 30 Servings

ATP Ignite™ Mixed Berry 10 Serving Sample Pack

ATP Ignite™ Mixed Berry 30 Servings

ATP Ignite™ Workout Mixed Berry 30 Servings

B Activ® 180 Capsules

B Activ® 90 Capsules

B12 Methylcobalamin 1.8 oz.

Benfotiamine 120 Capsules

BergaCor 30 Tablets

BergaCor 60 Tablets

BergaCor Plus 60 Tablets

Bio C 1:1™ 90 Capsules

BrainSustain™ Creamy Chocolate 15 Servings

BrainSustain™ for Kids Vanilla Delight 15 Servings

BrainSustain™ Vanilla Delight 15 Servings

Calcium D-Glucarate 90 Capsules

Candidal™ 60 Capsules

CarniteX™ 60 Capsules

CheleX™ 120 Capsules

CholeRex™ 60 Capsules

CinnDromeX™ 120 Capsules

Cogniquil® 60 Capsules

ColonX™ 120 Capsules

ColonX™ 60 Capsules

ConjuLean 1000™ 120 Softgels

CoQmax™ ME 120 Softgels

CoQmax™ ME 30 Softgels

CoQmax™ Omega 100 mg 60 Softgels

CoQmax™ Omega 50 mg 120 Softgels

CoQmax™ Omega 50 mg 30 Softgels

CoQmax™ Ubiquinol 200 mg 30 Softgels

CoQmax™ Ubiquinol 60 Softgels

CoQmax™-100 ME 60 Softgels

Corticare B™ 120 Capsules

Corticare B™ 240 Capsules

Cortisolv® 120 Capsules

Cortisolv® 60 Capsules

Curcumin 3.9 oz.

CurcuPlex CR™ 120 Tablets

CurcuPlex CR™ 60 Tablets

CurcuPlex-95™ 120 Capsules

CurcuPlex-95™ 60 Capsules

D3 2000 120 Softgels

D3 2000 240 Softgels

D3 5000 180 Softgels

D3 5000 60 Softgels

D3 5000 90 Softgels

D3 Liquid 1 oz.

D3 Liquid 2.03 oz.

DHA from Algae 60 Softgels

DHA from Algae for Kids 90 Softgels

DIMension 3[®] 120 Capsules
DIMension 3[®] 240 Capsules
DioVasc™ 60 Capsules
Drainage 1 oz.
Effektiv[®] 60 Capsules
Femquil[®] 120 Capsules
FIT Food[®] Lean Complete Dutch Chocolate 10 Servings
FIT Food[®] Lean Complete French Vanilla 10 Servings
FIT Food[®] Lean Complete French Vanilla Sugar- & Stevia-Free 10 Servings
FIT Food™ Lean Complete Dutch Chocolate Sugar- & Stevia-Free 14 Servings
Fit Food™ Lean Creamy Chocolate 14 Servings
FIT Food™ Lean Vanilla Delight 14 Servings
FIT Food™ Lean Whey Creamy Chocolate No Added Sugar, No Stevia 14 Servings
FIT Food™ Lean Whey Vanilla Delight No Added Sugar, No Stevia 14 Servings
FlashArrest[®] 60 Capsules
Folafy[®] ER 30 Tablets
Foundation Essentials 30 Packets
GABA/L-Theanine 1.8 oz.
GarliX™ 90 Capsules
GastrAcid™ 180 Capsules
GastrAcid™ 90 Capsules
GI Protect™ Cherry Sugar- & Stevia-Free 30 Servings
GI Protect™ Peach Sugar- & Stevia-Free 30 Servings
GlutAloeMine[®] 30 Servings
GlutAloeMine[®] 60 Servings
Glutathione Plus 1.8 oz.
Glutathione Plus™ 3.9 oz.
Green Tea 600™ 60 Capsules
HistDAO™ 60 Capsules
Hormone Protect[®] 120 Capsules
Hormone Protect[®] 60 Capsules
I-Sight™ 60 Capsules
i5™ Creamy Chocolate 14 Servings
i5™ Energize Vanilla Latte 14 Servings
i5™ Vanilla Delight 14 Servings
IG 26 DF 120 Capsules
IG 26 DF 67.5 Servings
IG 26 Plus DF Vanilla 30 Servings
IgG 2000 CWP™ 120 Capsules
IgG 2000 CWP™ 25 Servings
IgG 2000 CWP™ 75 Servings
IgG Pure™ 15 Servings
Immune Essentials™ 45 Capsules
ImmunotiX 250™ 30 Capsules
ImmunotiX 500™ 20 Capsules
ImmunotiX 500™ 60 Capsules
Iron Glycinate 120 Capsules
K-Mg Citrate™ 60 Capsules
K2-45 60 Capsules
K2-D3 10,000 120 Capsules
K2-D3 10,000 60 Capsules
K2-D3 5000 120 Capsules
K2-D3 5000 60 Capsules
KetonX Cucumber-Lime 30 Servings
L-Glutamine 85 Servings
L-Lysine 90 Capsules
L-Theanine 120 Capsules
L-Theanine 60 Capsules
Leptin Manager™ 30 Capsules
LipotropiX™ 120 Capsules
Liver Protect™ 120 Capsules
Liver Protect™ 60 Capsules
Magnesium Citrate 120 Capsules
MagneSul™ 3.9 oz.
MaX Hypothalamus/Pituitary 60 Capsules
MCT Powder 30 Servings
MedCaps DPO™ 120 Capsules
MedCaps GI™ 120 Capsules
MedCaps IS™ 60 Capsules
MedCaps Menopause™ 120 Capsules
MedCaps T3™ 120 Capsules
Melatonin CR 180 Tablets
Melatonin CR 90 Tablets
Melatonin Peppermint 120 Tablets
Melatonin Peppermint 60 Tablets
MemorAll™ 60 Capsules
MenoFem™ 90 Capsules
Methyl Protect[®] 120 Capsules
Methyl Protect[®] 60 Capsules
Methylcobalamin 120 Tablets
Methylcobalamin 60 Tablets
MinRex[®] 120 Capsules
Mitochondrial Renewal Kit 60 Packets
Mood Food ES™ 120 Capsules
Mood Food ES™ 60 Capsules
Mood Food™ 60 Capsules
N.O.max™ ER 180 Tablets
NAC 120 Capsules
NAC 60 Capsules
Nattokinase 120 Capsules
Nattokinase 60 Capsules
NeuroActives™ BrainSustain™ 120 Capsules
NeuroActives™ BrainSustain™ 240 Capsules
NeurophX DPN[®] 60 Capsules
New Zealand Whey Protein Isolate 30 Servings
NiaVasc™ 120 Tablets

NiaVasc™ 360 Tablets
NiaVasc™ 750 120 Tablets
NiaVasc™ 750 60 Tablets
Nrf2 Activator™ 30 Capsules
Nrf2 Activator™ 60 Capsules
OlivDefense® 20 Capsules
Omega MonoPure® 1300 EC 120 Softgels
Omega MonoPure® 1300 EC 60 Softgels
Omega MonoPure® 650 EC 120 Softgels
Omega MonoPure® 650 EC 60 Softgels
Omega MonoPure® Curcumin EC 30 Softgels
Omega MonoPure® DHA EC 30 Softgels
Omega MonoPure® EPA EC 30 Softgels
Omega MonoPure® EPA EC 60 Softgels
OmegaPure 600 EC™ 120 Softgels
OmegaPure 600 EC™ 60 Softgels
OmegaPure 780 EC™ 120 Softgels
OmegaPure 820™ 120 Softgels
OmegaPure 900 EC™ 120 Softgels
OmegaPure 900 EC™ 90 Softgels
OmegaPure 900-TG™ 120 Softgels
OmegaPure EPA™ 60 Softgels
OncoPLEX ES™ 60
OncoPLEX™ 120 Capsules
OncoPLEX™ 30 Capsules
OptiCleanse® GHI Chai 14 Servings
OptiCleanse® GHI Creamy Chocolate 14 Servings
OptiCleanse® GHI Creamy Chocolate Sugar- & Stevia-Free 14 Servings
OptiCleanse® GHI Vanilla Delight 14 Servings
OptiCleanse® GHI Vanilla Sugar- & Stevia-Free 14 Servings
OptiCleanse® Plus Creamy Chocolate 14 Servings
OptiCleanse® Plus Vanilla Delight 14 Servings
OptiFiber® Lean 180 Capsules
OptiFiber® Lean 30 Servings
OptiMag® 125 120 Capsules
OptiMag® 125 240 Capsules
OptiMag® Neuro Lemon-Lime 60 Servings
OptiMag® Neuro Mixed Berry 30 Servings
OptiMag® Neuro Mixed Berry 60 Servings
OptiMag® Neuro Unflavored 60 Servings
OptiMag® Plus Calcium Pear 30 Servings
OptiMetaboliX™ 2:1 Vanilla Delight 14 Servings
OptiMetaboliX™ Vanilla Delight No Added Sugar, No Stevia 14 Servings
Oraxinol™ 60 Capsules
OrganiX™ PhytoFood™ 30 Servings
OSApex MK-7™ 60 Packets
OSApex™ 60 Packets
OSApex™ CF 30 Packets
Ossopan 1100™ 120 Capsules
Ossopan MD™ 120 Capsules
Ossopan MD™ 240 Capsules
OsteoBloX™ CF 60 Capsules
PanXyme pH™ 180 Capsules
PanXyme pH™ 90 Capsules
PepciX™ 60 Tablets
PhosphaLine™ 100 Softgels
PhosphaLine™ Liquid 8 oz.
PMS Soothe™ 60 Capsules
Prenatal Essentials™ 30 Packets
Probio Defense™ 84 Capsules
ProbioMax® 350 DF 15 Servings
ProbioMax® Complete DF 30 Capsules
ProbioMax® Daily DF 30 Capsules
ProbioMax® Daily DF 60 Capsules
ProbioMax® DF 30 Capsules
ProbioMax® for Toddlers 30 Servings
ProbioMax® IG 26 DF 120 Capsules
ProbioMax® Lean DF 30 Capsules
ProbioMax® Plus DF 30 Servings
ProbioMax® Sb DF 30 Capsules
ProgX™ 1.8 oz.
Prostate FLO™ 60 Softgels
ProteoXyme™ 100 Capsules
RegeneMax® Liquid 1 oz.
RegeneMax® Plus 120 Capsules
RegeneMax® Plus 60 Capsules
RelaxMax™ Cherry 60 Servings
RelaxMax™ Unflavored 60 Servings
Resveratin™ Plus 60 Capsules
S-Acetyl Glutathione 120 Capsules
S-Acetyl Glutathione 60 Capsules
Saccharomycin® DF 120 Capsules
Saccharomycin® DF 20 Capsules
Saccharomycin® DF 60 Capsules
Saloxicin™ 120 Capsules
SAM-e & TMG Lemon 30 Servings
SAM-e 30 Capsules
SynovX® Calm 60 Capsules
SynovX® DJD 120 Capsules
SynovX® Metabolic 30 Capsules
SynovX® Metabolic 60 Capsules
SynovX® Performance 60 Capsules
SynovX® Recovery 120 Capsules
SynovX® Tendon & Ligament 60 Capsules
T-150 120 Capsules
T-150 60 Capsules

TestoPlex™ Plus 120 Capsules
TestoPlex™ Plus 60 Capsules
UritraX™ 50 Servings
VegaPro™ 14 Servings
Vinpocetine 60 Capsules
Viragraphis™ 60 Capsules
VitalVasc® 60 Capsules
Xcellent A 3000 60 Capsules
Xcellent A 7500 60 Capsules
Xcellent C™ 120 Capsules
Xcellent E™ 60 Softgels
XenoProtX™ 120 Capsules
XymoBolX™ Fruit Punch 30 Servings
XymoBolX™ Lemon 30 Servings
XymoDine™ 90 Capsules
XYMOGEN® Shaker Bottle 20 oz.
XymoZyme® 120 Capsules
XymoZyme® 60 Capsules
Zinc Glycinate 120 Capsules

American BioSciences

Product Name

CholestSolve 24/7® 120 Tablets
ImmPower ER® 60 Capsules
Metatrol PRO® 60 Capsules

AOR

Product Name

Advanced B Complex™ 90 Capsules
Andrographis 120 Capsules
benaGene™ 30 Capsules
Hydroxy B12 - 1mg 60 Lozenges
Ortho Sleep™ 60 Capsules
P.E.A.k. Endocannabinoid Support 90 Capsules
Peak K2 90 Capsules
Probiotic 3 90 Capsules
R-Lipoic Acid 300 mg 60 Capsules
Strontium Support II 60 Capsules

AVEMAR™

Product Name

AVEMAR™ 300 Tablets
AVEMAR™ AWGE 30 Sachets
AVEMAR™ Stevia Natural Plant Based 30 Sachets

Avior

Product Name

Real NAD+ 60 EZ Melt Tablets

Bio-Tech Pharmacal

Product Name

D3-50 100 Capsules

BodyBio

Product Name

Balance Oil 16 oz
E-Lyte 16 oz
Liquid Minerals 8 oz
PC 100 Softgels
PC 8 oz

Cognitive Clarity

Product Name

Percepta Professional 60 Capsules

Dr. Phillips

Product Name

Full-Spectrum Hemp Oil Cherry Bomb 1 oz
Full-Spectrum Hemp Oil Cool Mint 1 oz
Full-Spectrum Hemp Oil Orange Dreamsicle 1 oz

Drs Gr8 Bar

Product Name

Drs Nutrition Bar Almond Chocolate Coconut 12 Bars

Encore Life

Product Name

HEMP OneThirteen PRO 1500 1 oz
HEMP OneThirteen PRO 3000 1 oz
HEMP OneThirteen PRO 750 0.5 oz

Endurance Products Company

Product Name

Dihydroberberine SR 150mg 60 Tablets
ENDUR-ACIN ER 750mg 60 Tablets
ENDUR-AMIDE SR 500mg 90 Tablets
ENDUR-C SR 1000mg 60 Tablets
ENDUR-C SR 500mg 90 Tablets
Pantethine SR 300mg 90 Tablets
Phytosterols IR 450mg 60 Tablets

Even Health

Product Name

Statin Support 30 Capsules
The Other Pill 30 Capsules

Everidis Health Sciences

Product Name

BioGaia Gastrus 30 Chewable Tablets
BioGaia Osortis 60 Capsules
BioGaia Prodentis 30 Lozenges
BioGaia Protectis 30 Chewable Tablets
BioGaia Protectis Baby Drops 25 Servings
BioGaia Protectis Baby Drops with Vitamin D 50 Servings
Replesta NX 8 Chewable Wafers

Golden Flower Chinese Herbs

Product Name

Andrographis 60 Tablets
Astragalus & Ligustrum 60 Tablets
Bupleurum & Tang Kuei 60 Tablets
Corydalis 60 Tablets
Ease Digestion 60 Tablets
Eleuthero 60 Tablets
Free & Easy Wanderer Plus 60 Tablets
Gan Mao Ling 60 Tablets
General Tonic 60 Tablets
Ginseng & Astragalus 60 Tablets
Jade Screen & Xanthium 60 Tablets

Herbalist & Alchemist

Product Name

Alterative Compound 4 oz
Burdock / Red Root Compound 4 oz
Calm Adapt 4 oz
Daily Adapt 4 oz
Fit Adapt 4 oz
Immune Adapt 4 oz
Kidney Support Compound 4 oz
Men's Adapt 4 oz
Men's Prostate Tonic 4 oz
Original Bitters 4 oz
Osteoherb 120 Capsules
Seven Precious Mushrooms 4 oz
Sinus Support Compound 4 oz
Women's Adapt 4 oz

Linpharma

Product Name

Dolovent 120 Capsules
Petadolex 50mg 50 Softgels
Petadolex 75mg 60 Softgels

Nature's Sources

Product Name

AbsorbAid Digestive Support 240 Capsules
AbsorbAid Digestive Support 83 Servings
AbsorbAid Digestive Support 90 Capsules
AbsorbAid Platinum Super Digestive Blend 60 Capsules
Kolorex Foot & Toe Care 0.88 oz

Neuropathy Factor

Product Name

Neuro H2 Berry Splash 60 Tablets
Neuro H2 Natural Flavor 60 Tablets

NuGo Nutrition

Product Name

Fiber d'Lish Cinnamon Raisin 16 Bars
Perfect Cookie Lemon Poppy Seed 15 Cookies
Smarte Carb Peanut Butter Crunch 12 Bars
Stronger Peanut Cluster 12 Bars

NutriDyn

Product Name

DHEA 90 Capsules
Fruits & Greens Berry 30 Servings
Fruits & Greens Chocolate 27 Servings
Fruits & Greens Chocolate Peppermint 27 Servings
Fruits & Greens Espresso 27 Servings
Fruits & Greens Grape 30 Servings
Fruits & Greens Green Tea Melon 30 Servings
Fruits & Greens Monk Fruit Blackberry Tangerine 30 Servings
Fruits & Greens Monk Fruit Chocolate 27 Servings
Fruits & Greens Original Mint 27 Servings
Fruits & Greens Pink Lemonade 30 Servings
Fruits & Greens Strawberry Kiwi 30 Servings
Fruits & Greens TO GO Starter Kit 11 Servings

Nutritional Therapeutics

Product Name

NT Factor® Advanced Physician's Formula with B-Vitamins 150 Tablets
NT-Zymes with NTFactor® 180 Capsules
NTFactor® 90 Tablets
NTFactor® Lipids Powder 120 Servings
NTFactor® Patented Energy Chewable Wafer Mixed Berry 30 Wafers
NTFactor® with CoQ10 Chewable Wafer Chocolate 30 Wafers
NTFactor® with D3/K2 Chewable Wafer Vanilla 30 Wafers

Quicksilver

Product Name

Artemisinin Emulsion 4 oz
Micellized Pure PC[®] 4 oz
Nanoemulsified Cat's Claw Elite[®] 1.7 oz
Nanoemulsified Milk Thistle 1.7 oz
Ultra Binder[®] Sensitive Formula 30 Servings
Ultra Binder[®] Stick Packs 20 Servings

Transformation Enzyme

Product Name

Carbo-G* 90 Capsules
Digest* 90 Capsules
DigestZyme* 120 Capsules
LypoZyme 60 Capsules
Protease 60 Capsules

TruGen3

Product Name

CurcuVES 60 Softgels
TG3 Heart Support 120 Capsules
TG3 Multi 60 Tablets

Vitanica

Product Name

Adrenal Assist™ 90 Capsules
Bladder Ease 180 Capsules
Butterbur Extra 120 Capsules
CandidaStat™ 120 Capsules
Chaste Tree Berry 60 Capsules
CranStat Extra[®] 60 Capsules
Fem Rebalance™ 60 Capsules
Fem Vitality 60 Capsules
GABA Ease™ 60 Capsules
Immune Tonic 4 oz
Iron Extra™ 60 Capsules
Lysine Extra 60 Capsules
OvaBlend 180 Capsules
PhytoEstrogen Herbal 25 Servings
Pregnancy Prep 60 Capsules
Rauwolfia Extra™ 90 Capsules
Skin Assist™ 180 Capsules
Slow Flow™ 60 Capsules
Women's Phase II[®] 180 Capsules
Women's Phase I™ 60 Capsules

Zhang Health

Product Name

Allicin 60 Capsules
Circulation P 45 Capsules
Coptis 90 Capsules



QUICKSILVER
SCIENTIFIC®

THE DIFFERENCE IS CLEAR



MILK THISTLE

Milk thistle has been utilized worldwide for over 2,000 years for its remarkable ability to protect and support the liver and to aid healthy digestive function.*

- Helps maintain healthy bile flow and digestion*
- Support and protection for the liver*
- Detoxification support*



CAT'S CLAW ELITE®

Cat's claw, the centerpiece of this formula, is enhanced with vitamin D3, monolaurin, and plant-derived essential oils and extracts, all designed to maximally protect the immune system.*

- Supports a healthy immune and inflammatory response
- Promotes a balanced microbiome*
- Supports oral health



ULTRA BINDER®

A full-spectrum binder blend that captures toxins, optimizes gut health, and supports a balanced inflammatory response in a convenient, single-serving packet.*

- Can bind an array of everyday toxins and contaminants
- Supports and restores natural detox ability*
- Maintains healthy gut function and beneficial flora*
- Travel-friendly packaging

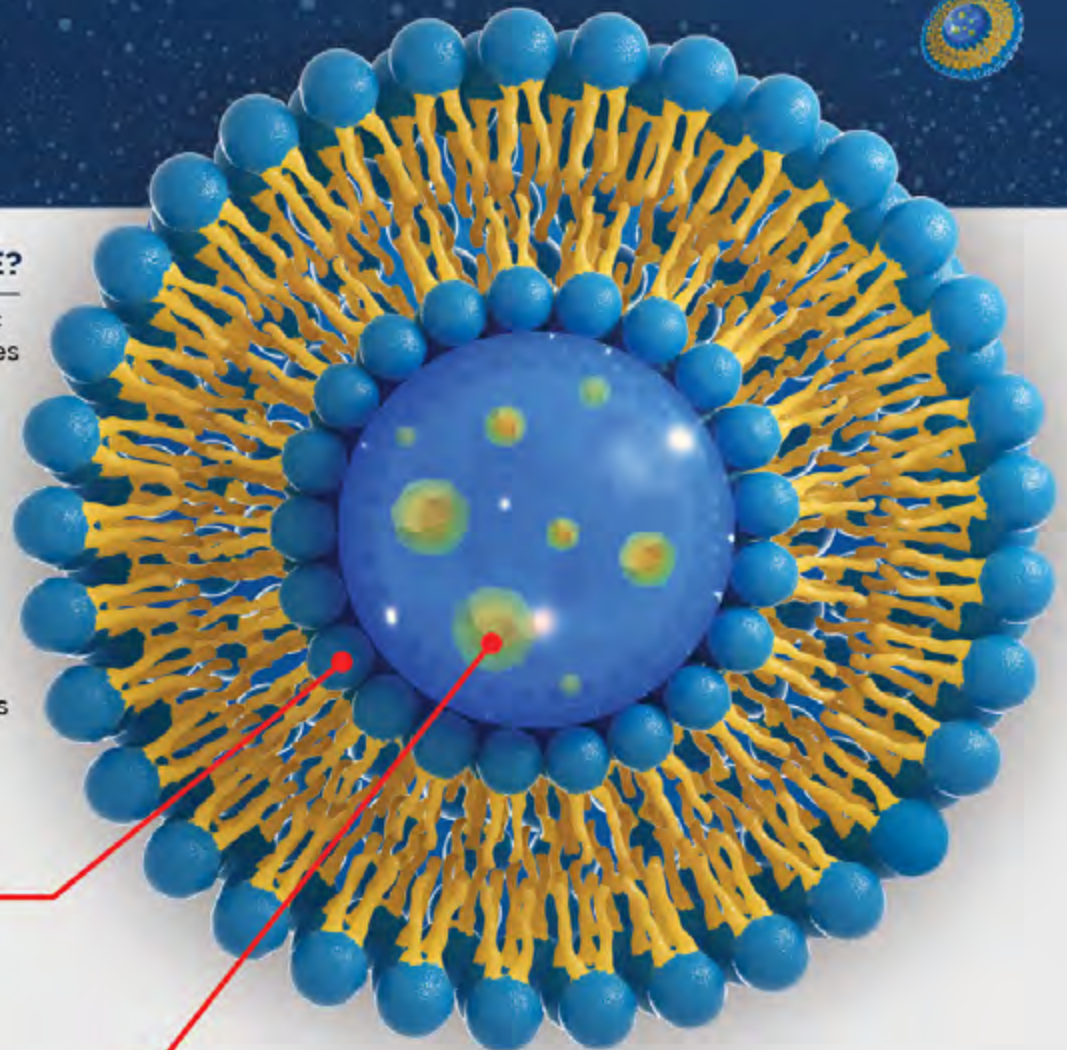


ARTEMISININ

This emulsified artemisinin gel acts mainly in the GI tract to help maintain positive microbial balance. The powerful bitter compounds offer protection against unwanted invaders.*

- Broad-spectrum microbial balancing action*
- Potent antioxidant properties
- Promotes healthy inflammatory balance*
- Helps promote healthy biofilms*

Not all liposomal supplements are created equal. Some are too large to have an impact on absorption. You'll recognize these "imposters" by their lack of clarity. Quicksilver Scientific products start with our disruptive delivery system that changes how nutrients are absorbed by the body. As soon as the liquid hits your tongue, absorption into the bloodstream begins. Our nano-sized liposomes offer fast, enhanced nutrient delivery for a difference you can see and feel.



WHAT IS A LIPOSOME?

Liposomes are microscopic single-to-multi-layer spheres made of phospholipids.

PARTICLE SIZE MATTERS

Most nutraceutical manufacturers use cheap shear methods resulting in large particles that absorb poorly. Our particle systems fall in the same size range that pharmaceutical companies target.

BIOAVAILABLE

These encapsulating phospholipids bond with cell membranes to facilitate intracellular delivery.

EFFICIENT COMPOUND DELIVERY

We engineer these phospholipids to encapsulate compound, in order in order to bypass the digestive processes that normally degrades or limits compound absorption.

HIGHEST QUALITY

We use the same laboratory equipment, rigorous processes and tight particle size controls used by the best pharmaceutical companies.

COST EFFECTIVE

Our tiny liposomes are rapidly absorbed and require much lower doses compared to tinctures or capsules resulting in a more cost efficient supplement.

For more information, visit quicksilverscientific.com





Changes for Good!



ON-THE-GO
CONVENIENCE
NOW WITH LESS
PLASTIC WASTE

Available in French Vanilla 10 single serving packets
Available in Dutch Chocolate 10 single serving packets

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.