



In my experience, less invasive procedures and substances are easier for the body to metabolize. Over-the-counter medications are effective but they tend to also create a large toxic load blocking the pathways of elimination; namely the liver, kidneys and colon. Many skin conditions arise for this reason. There is nowhere else for the toxins to go so the body tries to force them out through the skin. This leads to a vicious cycle of using synthetic over-the-counter drugs to deal with such outbreaks.

Remember, herbs, homeopathy and all other natural substances (even stones) heal by addressing the energy field within and beyond the body first balancing it out and restoring necessary flow in order to feed the corresponding tissues enhancing bodily functions for symptom relief.

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## ALLERGIES: (Sudafed, Allegra, Claritin, etc.)

### Energetix

- Aller Chord A: homeopathic for airborne allergies.
- Phyto Rad: has histamine response and deals with inflammation

*Both of these remedies provide not only short-term relief, but also treat the underlying cause.*

### Premier Research Labs

- AllerCaps: healthy inflammatory and immune support

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## HEARTBURN: (Zantac, Prilosec, Antacids, etc.)

### Energertix

- DGL Complex: 2x day or before and after a meal

### Premier Research Labs

- Premier Digest: full spectrum digestive enzyme support for fats, carbohydrates, proteins and dairy, especially needed after cooked foods.
- Premier Digestase-SP: plant enzyme formula; multi-enzyme digestive support for protein and carbohydrates.
- Premier HCL & Premier HCL Activator: premier digestive and detoxification support

### US Enzymes

- Digestxym
- Digestxym +



### PAIN: (Ibuprofen/Tylenol)

#### Energetix

- BosweiliaZyme: enzyme formula for occasional pain and inflammation

#### US Enzymes

- All products help with inflammation. Specific products target specific areas of concern.
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### CONSTIPATION /BLOATING/ GAS

#### Energetix

- Colon Clear: assist with elimination of waste
- Pure Body Clear: opens the pathways of elimination

#### Premier Research Labs

- Premier Digest: full spectrum digestive enzyme support for fats, carbohydrates, proteins and dairy, especially needed after cooked foods.
- Premier Digestase-SP: plant enzyme formula; multi-enzyme digestive support for protein and carbohydrates.
- Galactan: immune-supporting fiber and gastrointestinal support
- Premier Probiotic: full spectrum, beneficial probiotic flora for gastrointestinal health; non-dairy base (milk free)

#### US Enzymes

- Digestxym
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### RASH & WOUND OINTMENTS: (Neosporin)

#### Energetix

- MycoDerm: scrapes, irritations, rash

#### Premier Research Labs

- Ozene: the perfect ozone delivery system for great skin.



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### IMMUNE BOOST: (EMERGEN C which can be a stomach irritant, stressful to the liver)

#### Energetix

- Xeno Force: immune support

#### Premier Research Labs

- Nucleo Immune: immune support formula; promotes immune health featuring Nucleo-Pro
- ImmunoVen: Olive leaf extract formula; premier immune and cardiovascular support
- Immuno-ND: Probiotic-fermented formula; premier detoxification and immune support

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### INSOMNIA: (Sominex, Sleep- Eez, Unisom, Etc.)

#### Energetix

- Phyto Cal Mag: has valerian root in it
- Relax Tone: calms, stops the mind from racing, great for kids bedtime
- Melatonin Spray: occasional sleep difficult

#### Premier Research Labs

- Tranquinol: Botanical sleep formula; neurotransmitter balance for restful sleep and relaxation
- Gallbladder-ND: Probiotic-fermented formula; premier gallbladder support
- BiliVen: Botanical gallbladder formula; premier detoxification & gallbladder support
- Melatonin-ND: Probiotic-fermented melatonin; premier brain, sleep, immune & antioxidant support

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### TOPICAL TEMPORARY PAIN RELIEF: (BioFreeze)

#### Energetix

- Biocatalin Lotion: deeper pain, chronic pain
- Phyto Gel: bruises, scrapes, bites

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### SUNBURN: (Solorcane)

#### Energetix

- Phyto Gel: homeopathic in aloe base, great for sunburn

#### Premier Research Labs

- AloePro: Organic aloe vera juice; no questionable preservatives



### MULTI VITAMIN: (Centrum, Nature Made, One a Day)

#### Energetix

- BioNutrient Multi: very bioavailable, systemic support. (iron free)

#### Premier Research Labs

- Daily One: All-in-one daily nutrition formula; premier, live-source multi-nutrition for the whole family