

## Natural Remedies for Common Ailments of the Body



**Information Center:** Visit the Hyper Health Pro Information Center see link on the home page of our website. [www.lifestyleinsights.com](http://www.lifestyleinsights.com). A sampling of some of the information you will find there is listed below in alphabetical order.

### Acid Reflux

- ✓ Aloe Vera Juice
- ✓ Fiber
- ✓ Stop stimulants like coke, caffeine

### Adrenal Fatigue

- ✓ Natural Factor's Adrenal
- ✓ Kelp
- ✓ Iodine Support
- ✓ Dr Lam's Website: <http://www.drlam.com>

### Anxiety

- ✓ Rescue Remedy
- ✓ Holy Basil (New Chapter)
- ✓ Vitamin B's
- ✓ Magnesium 600 -800 mg in doses of 200 mg or 2 handful of nuts
- ✓ Calm Forte (great before a speech)
- ✓ Sit on the Postureball, Disc Cushion
- ✓ For sleep - Calm's Forte (for night sleep or can't sleep)
- ✓ Practice Mental Ritual
- ✓ Qi Gong

### Back, Neck and Shoulder Pain

- ✓ Moov Fast Acting Cream
- ✓ Glucosamine
- ✓ Use crook, pay attention to posture and workstation set up.
- ✓ Air cushion, ball etc
- ✓ [www.Postureball.com](http://www.Postureball.com)

### Depression

- ✓ **Jarrow Formula** MAX DHA Omega-3
- ✓ [www.depressionhurts.com](http://www.depressionhurts.com)

### Diabetic

- ✓ Include healthy snacks in daily diet, Good multi vitamin
- ✓ **New Chapter's** Chromium 400 micrograms
- ✓ **New Chapter's** Gymea Silvestre ½ to 1 tsp a day for blood sugar control
- ✓ **South Beach Diet** [www.southbeachdiet.com](http://www.southbeachdiet.com)

### Joint Pain

- ✓ Glucosamin/ Anti- inflammatory
- ✓ **New Chapter** Zylamend (at night use Zylamend PlusPM)
- ✓ **New Chapter** Tumeric

### Menopause

- ✓ **Menosense** Omega 3 Fatty Acids
- ✓ For Hot Flashes take Soy ( if no breast cancer history)
- ✓ Black Kohash
- ✓ Calcium/Magnesium

### Nail Biting

- ✓ **Kal Silica** Skin, hair, nail formula

### Sleep

- ✓ Serotonin – **Nature's Way** 5HTP 100mg-200mg improves sleep
- ✓ Melatonin 100-300mg
- ✓ Calm's Forte

### Stomach Issues - to Heal Gut

- ✓ **Revital X** or Aloe Vera juice - **George's** plain 100% pure juice or if flavored **Aloe's Life**
- ✓ Upper GI Symptoms - Bloat, acid reflux, rumbling in gut
- ✓ Support digestion with a digestive enzyme **Natural Factors** Enzymatic Therapy - **Mega Zyme** Multi enzyme
- ✓ Ginger releases enzymes naturally – **New Chapter's** Ginger Honey tonic is excellent as a hot or cold beverage. You can also just take a tablespoon for upset stomach.

### Stomach Issues - Gas Pains Irritable Bowel

- ✓ Peppermint oil (**Nature's Way** Pepogest is enteric coated)
- ✓ Try peppermint tea or **Natural Factors** peppermint oil complex

### Stomach Issues - Lower Gut Elimination

- ✓ Enzymatic Therapy
- ✓ Fiber tablets
- ✓ Fiber Smart (**Renew life**) contains: L-Glutamine which is healing
- ✓ Fiber Perfect (**Jarrow Formula**)

### Recommended Quick or on-the-go Breakfast /Snack suggestions include:

- ✓ V-8 juice
- ✓ Nuts
- ✓ String Cheese
- ✓ Energy Bars: Cliff Bars, Luna Bars, Tiger milk bars, Go lean Bars, Pro Bars
- ✓ Whey to go Protein Powder mixed with fresh frozen fruit and a juice.