

WEIGHT - GAIN

The range for suitable weight depends on the individual, age, structure, medical condition and more.

HERBALS:

- SAW PALMETTO - Increases appetite and encourages weight gain
- CHAMOMILE - Increases appetite
- SPIRULINA or SUPER ALGAE (Dense sources of protein)
 - LOVE and PEAS - For Vegan protein
 - LUNG SUPPORT (Weak Lungs) - For general help
 - MINERAL CHI TONIC or ALFALFA - Trace minerals
 - SMALL INTESTINE DETOX - Increases absorption of nutrients
 - PARA-CLEANSE (Chinese Parasite Cleanse Package) - Problem may be due to parasites if unable to gain weight
 - STRESS-J, STRESS RELIEF or KAVA KAVA - If stress related

VITAMINS, MINERALS & OTHER SUPPLEMENTS:

- SYNER PROTEIN - A dense nutritional source
- IONIC MINERALS (Liquid Trace Minerals)
 - MASTER GLAND (Glandular Balance)
 - FOOD ENZYMES or PROACTAZYME PLUS (No HCl)
 - B-COMPLEX - To support the Nervous System

ESSENTIAL OILS:

BERGAMOT, CLARY SAGE or LEMON BIO - To stimulate appetite

DIET: High Carbohydrate Diet

OTHER:

SYNER PROTEIN or LOVE and PEAS (Vegan) - May be used in addition to meals.

Consider parasites, thyroid, nerves.

See: *Anemia, Anorexia, Appetite, Nervous System, Parasites, Stress, Thyroid*