



*Learn How
To
Muscle Test*

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Learn How to Muscle Test Notarized Statement

Name _____ Degree
Initials
if any: _____
Street Address _____
City _____ State _____ Zip _____
Phone Number (____) _____

Registration Number: _____ to be assigned by the examiner and filled in at Joyful Living Services.

SWORN NOTARIZED STATEMENT

Required for certification by
Joyful Living Services

I hereby make oath and say that I have studied and practiced the material in this course without direct assistance from any second party, and that all research involved in the Certification process are my exclusive work and not that of any second party.

Sign below in Notary's presence:

Notary Stamp Here

NOTARIZED: Subscribed and Sworn before
me this _____ day of _____ 20 ____
My commission expires: _____ 20 ____

NOTARY PUBLIC

Recommended Reading & References

Better Health through Body Balancing by John Lubecki, D.C., Dr. Jimmy Scott, Nature's Sunshine, Lois and Jennifer Lively Handouts.

Introduction

Muscle Testing provides a means of testing the strength of most of the major muscles of the body individually.

History of Muscle Testing

Chiropractic

1. Misalignments of skull and spine
2. Muscle weaknesses

Chinese

3. Pulse testing (each meridian point has different pulse)
4. Acupuncture needles redirecting energy
5. Doctors paid to keep patients well instead of to treat symptoms

Muscle Testing Verifies

1. 12 meridians (6 on each side of the body)
2. Chinese acupuncture theories are correct
3. Acupuncture needles changing energy flow/opening up channels
4. Illness caused by toxins, deficiencies, misalignment, allergies
5. Prevention - Prevent weaknesses before symptoms appear

Common Factors Causing Muscle Weakness

1. Misalignments of skeleton, skull and atlas
2. Deficiencies of vitamins, minerals, hormones, enzymes
3. Foods which cause Allergies in many people: Nuts except almonds, all fruit skins except cherries, cherry tomatoes and grapes, all unripe fruit, iceberg lettuce, many brands of chewing gum, many brands of soft drinks, most tap water and some bottled water, most breads, bananas, granola, protein powders, powdered foods such as flour, most oils and fats, cosmetics, lipsticks, hairsprays, deodorants, raw egg whites, most homogenized or pasteurized milks, many cheeses, all foods containing refined sugars, just about all drugs, tea, coffee, alcoholic beverages, bottled or canned fruit juices, alcoholic beverages, some meats, spices and dressings, many dried fruits.
4. Allergies to clothing, make up, drugs, lighting
5. Overexposure to Colors
6. Toxic conditions of the body: Cancer: Continual irritation of tissue cells
7. Uneven muscle development
8. Destructive thought patterns: Attitude makes a difference.

Ileo-Cecal Valve and Parasites

Approximately 50% of people have an open ileo-cecal valve. This allows fecal matter to flow back into the small intestines from the large colon causing toxicity and re-absorption. The theory is that parasites cause malfunction of the ileo-cecal valve. Treat the parasites and the valve closes on its own. Approximately 90% of people who suffer from headaches have an open valve.

Hiatal Hernia

When the diaphragm becomes weak, the stomach puts pressure on the heart and lungs. Do the following to help symptoms: Drink warm water, bounce on toes, and have stomach pulled down by a Chiropractor.

Symptoms include:

- Burning in chest due to acid in stomach
- Shortness of breath
- Feeling of fullness
- Loss of appetite and inability to eat a large meal
- Angina-like pains
- Indigestion and a lot of gas in the stomach
- Pain in the area of the stomach
- Difficulty swallowing

Skull and Atlas Misalignment

Approximately 90% of people have misalignment of the skull bones. This can put pressure on the brain and cause weakness throughout the entire skeletal system and body. Realign the skull and atlas and the body heals quickly. (Have checked 2x/s per year or if in an accident by a Chiropractor)

Balancing Body (Puts body in best possible state to heal itself)

1. A Clear mind is "ESSENTIAL"
2. Thymus Thump
3. Drawing "X" with eyes closed
4. Cross Crawl
5. Hold hair for dehydration. Drink water if dehydrated.

Muscle Testing Examples

NEVER say RESIST!!!! This is negative! ALWAYS say HOLD!!!! This is positive!

ALWAYS determine strength of muscle before testing. Know the arm's strength. This is not a strength competition! Light pushes on the muscle are enough to determine strengths and weaknesses.

- Remove all metal - Diodes, Copper bracelets, watches, glasses, earrings, etc.
- Stand to same side as raised arm.
- Use surrogate if person is too weak or too strong.
- Find out if balanced. Yes/No, palm up/palm down, dehydrated-hold hair/drink water.
- Does the person like his/her name?
- Does the person think he/she is handsome/pretty/thin/fat?
- Have person feel angry/happy and check muscle strength.
- Have the person think of good/bad thoughts.
- Thoughts/Emotions (think of something that makes you happy, sad, angry)
- Surrogate testing

Muscle Testing When Someone Is Not Available

This type of testing can be beneficial when someone is not available for muscle testing. It is VERY controversial so NEVER test anyone you don't know or don't trust in this way! If a person calls and asks you to muscle test them over the telephone, if you have a picture, or if someone you know sends you an e-mail that specifically asks you to muscle test them. You "can" do this IF you know how.

1. Read the e-mail, talk to the person, and look at the person's photo.
2. Determine what the person's question is.
3. Ground yourself
4. See the person in your mind
5. Get the person's energy (hear their voice, see their face)
6. Verify by testing that you are testing the person you wish to test.
7. Ask the necessary questions to get answers you need.

Hands-On Practice

1. Learn to Muscle Test someone with their arm.
2. Learn to Muscle Test someone with their fingers (pull apart)
3. Learn to Muscle Test someone with your fingers (surrogate testing) (push apart)
4. Test with closed fist on area of the body being tested
5. Test with client's tip of finger pointing to specific point
6. Test with your own hand touching part of body and say name of area
 1. Practice with asking your partner to say yes and no
 2. Practice with saying positive and negative statements to your partner
 3. Practice with saying your partner's name
 4. Practice with having your partner think of something happy and then something sad
 5. Practice with offering your partner a job and then laying him/her off.
 6. Practice with telling your partner he/she is attractive, pretty, unattractive, looks sad

Muscle Testing Own Products, Supplements and Test Points

1. Testing - Use hands to check your partner for supplements & food allergies
2. Test Points - Use chart to go through points to find blockages & deficiencies
3. Self-Testing - Hold foods, vitamins, supplements, other items you've brought with you.

Certification Requirements

To receive certification, please perform a complete muscle test on one client. Make a copy of the charts and mark them up. For each area on each chart check to find out if area is weak or strong and mark accordingly on the chart. Send in the marked charts along with your notarized statement to receive certification. Please use all of the following charts in order to receive certification:

1. Nutritional Check Points
2. Digestive and Intestinal Check Points
3. Glandular Check Points
4. Organ Reflex Points
5. Eliminative Channels
6. Muscle Test Form used by JLS – Pages 15-16

Send completed charts and notarized statement to:

Joyful Living Services, 19950 Sun Valley Road, Colfax, CA 95713

Please allow 3-4 weeks to receive your certification.

Muscle Testing Testimonial
By Charlotte Rooney
7/12/00

Hello,

My name is Charlotte Rooney and I have been using muscle testing for the last 3 years with Brenda Generali.

I can only say good things about muscle testing. Thanks to it, I have been able to improve my health, to have three successful pregnancies, to loose the weight of the pregnancies without problem, to successfully nurse my babies, and getting back in shape happened very easily. My energy level has been maintained to a very good level, even though my children are very active; I have 3 boys aged 2 1/2, 16 months and a newborn.

Muscle testing has been able to detect problems that a traditional doctor couldn't answer. Why was I having headaches, why was I not getting back my menstrual cycle, how could I boost my energy level, being up every three hours...I was able to understand what was going on in my body. Thanks to it, I have used very little over-the-counter medication. I was able to understand the signals better that my body was sending me, and WHY my body was sending me those signals. Muscle testing works in a totally different way than traditional medicine because it listens to your body from the inside. The muscles have their way of telling you what is going on with your body. They are telling you. Not a doctor making a prognostic for your body.

It also pointed out which areas of my body needed to be taken care of to have an overall sense of well-being. For example, my liver, which is a wonderful organ that needs to be well taken care of so that it can perform at its best, is also a fragile one that needs some support. Muscle testing was able to detect when there were some imbalances.

Muscle testing is a wonderful tool. Brenda is very gifted at using it. She also has a broad knowledge about natural supplements and recommends those that can help achieve great results and health in a minimum of time. I believe that the 2 combined (muscle testing and supplements) are a winning combination.

If you want to contact me, please let Brenda know.

Sincerely
Charlotte Rooney

Hiatal Hernia: An Overlooked Cause of Disease

By: Steven H. Horne

About three years ago Jack Ritchason, a naturopathic physician, corrected a health problem I must have carried since childhood--a hiatal hernia. The impact this simple maneuver has had on my health has amazed me. I immediately noticed a difference in my lung capacity and my digestion and in the months that followed I began to put some muscle on my skin and bones frame and gain newfound strength and stamina.

Dr. Ritchason tells me that this is a common health problem and my own observations as well as those of others confirm this fact. But this is more than a personal observation as the American Digestive Disease Society has estimated that nearly half of all adults--some 60 million people--have a hiatal hernia.

It occurs more often in women than in men. It affects people of all ages, but is most prevalent in people over 50 and highly likely in people over 65.

The Great Mimic

Hiatal Hernia has been called the "great mimic" because it mimics many disorders. A person with this problem can get such severe pains in their chest that they think they are having a heart attack. They may think they have an over acid stomach because they will regurgitate stomach acid after they eat, or their stomach may hurt so badly they will think they have an ulcer. This is just a sampling of the symptoms that may occur from this disorder.

What is a Hiatal Hernia?

When you swallow, your food passes down a long tube known as the esophagus into the stomach. This tube must pass through a muscle known as the diaphragm, which is located near the bottom of your rib cage. This opening in the diaphragm, which permits the esophagus to pass through, is regulated by a sphincter muscle (or "valve") which relaxes and opens when we swallow to permit the food to pass through the diaphragm and into the stomach. This sphincter then closes to prevent stomach acid from coming back up into the throat. A hiatal hernia occurs when the top of the stomach rolls or slides up into this opening and becomes stuck there.

Symptoms

Naturally, when part of the stomach is forced into this opening, the sphincter cannot close properly. Thus, stomach acid may travel back up into the esophagus causing burning sensations (heartburn), esophageal spasms, inflammations and ulcers.

The cramped position of the stomach can also stress the vagus nerve, which stimulates the release of hydrochloric acid. This can cause both over and under secretion of hydrochloric acid and stomach enzymes. It may also affect the sphincter or valve at the bottom of the stomach so that digestive secretions "leak" out of the stomach and are lost before they have completed their job.

The hiatal hernia will also interfere with the movement of the diaphragm muscle. This muscle normally pulls downward to expand the chest capacity and inflate the lungs. Since the hiatal hernia interferes with this movement, the person may be restricted to shallow breathing, or will resort to using the chest and shoulders to expand the lung capacity and take a deep breath.

The esophagus may also "kink" in the throat, which will irritate the thyroid gland and may cause some difficulty in swallowing. Often persons with hiatal hernias will have difficulty in swallowing capsules or tablets as they get the sensation that they are "sticking" in their throat.

The irritation on the vagus nerve can cause reflex irritations throughout the body. The vagus nerve comes from the medulla and goes to the heart, esophagus, lungs, stomach, small intestines, liver, gall bladder, pancreas and colon. It also has links to the kidney, bladder, and external genitalia. Thus, a hiatal hernia may start imbalances in the system such as decreased stomach acid and pH imbalance in the intestines and elsewhere.

If a person develops poor stomach digestion due to a lack of hydrochloric acid, they will have difficulty digesting and assimilating protein and most minerals. It will also contribute to food putrefaction in the intestines, causing greater toxicity in the body. This lack of nutrition and toxic condition may contribute towards food allergies, constipation, anemia and immune and glandular system weaknesses.

Two other problems that a hiatal hernia may contribute to are asthma and heart disease. Since the hernia reduces the lung capacity by interfering with natural breathing, it could be a factor in asthma. The hernia may also put pressure on the heart. Gas in the intestines may put pressure on the hernia and push it against the bottom of the heart, which may be one way in which a heart attack can be triggered. None of this spells immediate fatality, but it does point to a major contributing factor in degenerative illness.

Causes

The causes of a hiatal hernia are speculative and unique to each individual. However, there are a number of causes. First of all there may be a mechanical cause. Improper lifting, hard coughing bouts, heavy lifting, sharp blows to the abdomen (the kind that "knock the wind out of you"), tight clothing and poor posture may contribute to the development of this problem. Improper lifting may be the biggest mechanical cause of this disorder. If the air is not expelled out of a person's lungs while lifting, it will force the stomach into the esophagus.

Secondly, there are dietary causes. Hiatal hernia just about always accompanies a swollen ileocecal valve. The ileocecal valve is the valve between the small and large intestines which permits material to enter the colon from the large intestine, but prevents material in the colon from moving back into the small intestine. When this valve becomes swollen and irritated it cannot close properly. This allows material from the colon to leak back into the small intestine. This is analogous to your sewer backing up into your kitchen. This creates gas and indigestion, which puts pressure on the stomach and presses it tighter against the diaphragm.

The relationship between the ileocecal valve and the hiatal hernia is a chicken/egg situation ... it is hard to know which comes first. However, it is clear that the ileocecal problem aggravates the hernia. Hence, the things which irritate that valve may be causal factors. These are the basic causes of digestive problems: poor food combining, overeating, drinking with meals, overeating and eating when upset.

Lastly, there are emotional causes. According to one applied kinesiologist text a hiatal hernia comes from repressed anger. A person "swallows their anger" and "can't stomach it." When you get angry, you suck your breath upward. If you fail to release this anger, your stomach stays up. I have observed that most of the people with severe hiatal hernias have a great deal of emotional stress and hold a lot of it inside.

Identification

The easiest way to tell if you or someone you know has a hiatal hernia is to place your fingers on the solar plexus, just below the breastbone. Then take a deep breath. You should feel the solar plexus expand and move outward. If there is no movement at the solar plexus and you have to lift your chest and shoulders to take a deep breath, then you probably have a hiatal hernia. You should be able to take a deep abdominal breath without lifting your shoulders.

There are other, more complicated, methods of determining if you have a hiatal hernia, such as [muscle testing](#), but this is a fairly simple and reliable method.

Correction

Since a hiatal hernia is primarily a mechanical problem, the easiest and best way to correct it is mechanically. Medical doctors have attempted surgery to correct this disorder, but the results tend to be poor. Cutting into this area can further weaken it so that the hernia will return in short order. A better method is to manipulate the stomach and bring down the hernia by hand. Unfortunately, you can't do this to yourself. You will need to find a good chiropractor, applied kinesiologist or massage therapist who understands this problems and knows how to correct it.

If you want to learn how to do this adjustment to others, you will have to find someone who does it and have them show you how since it is impossible to adequately describe the technique(s) in writing. They have to be learned through demonstration and practice.

For a chiropractor in your area who knows how to adjust hiatal hernias, [click here](#).

Self-Adjustment

There are some self-help adjustment techniques. They aren't as effective as having someone else perform the adjustment, but they may help. The best one I've tried is to drink a pint of warm water first thing in the morning, then stand on your toes and drop suddenly to your heels several times. The warm water helps to relax the stomach and diaphragm and puts some weight in the stomach. By dropping down suddenly, the weight of the water helps to pull the stomach down. In a mild case, this might be enough to bring the hernia down. In a more severe case it may loosen the stomach and make it easier for someone else to bring it down. It will also help you to keep the stomach down once mechanical corrections have been made.

Nutritional Aids

Until the problem is corrected mechanically, there are some nutritional therapies which may be of help. Immediate, but temporary, relief of pain and discomfort can often be achieved by the use of a mucilaginous herb like [slippery elm](#) or [comfrey](#). These herbs absorb the digestive secretions and help to prevent their traveling back up the esophagus and burning it.

They also help to prevent irritation of the ileocecal valve. Comfrey can also speed the healing of this problem once mechanical adjustments have been made. Okra pepsin is a good combination for this problem as well.

Marshmallow is also helpful in soothing the mucous membranes for hiatal hernias and other ulcerations in the gastrointestinal system.

A digestive aid will help the person obtain the nutrients they need when the hernia is interfering with digestion.

This may take the form of a hydrochloric acid supplement or a food enzyme tablet, or perhaps an herbal digestive aid such as papaya and peppermint, chamomile tea, safflowers, ginger root and so forth.

Other food or herb products that have been used to help people with hiatal hernias include: raw cabbage juice (where ulcerations have occurred), balm, barley water, brown rice, celery, coriander, gentian, hops, licorice, marshmallow and passion flower.

Dietary modifications may be necessary to relieve the problem and to keep it from reoccurring once it has been corrected. Since the pressure of abdominal gas can push the stomach upward, it would be advisable to avoid gas forming foods like beans. It would also be wise to watch food combinations carefully and to avoid overeating. Dr. Jack Ritchason recommends that people with hiatal hernias avoid eating any heavy meals after 3 pm.

Below you will find a checklist of symptoms which will help you in identifying people who have this problem so they can take steps to correct it.

Symptoms of a Hiatal Hernia

What is a Hiatal Hernia?

A hiatal hernia occurs when the top of the stomach rolls or slides up into the opening in the diaphragm which the esophagus passes through and becomes stuck there.

This condition may create difficulty with digestion (and hence general nutrition and well-being) as well as breathing difficulties, nervous problems, circulatory problems and glandular imbalances. All of the following symptoms have been connected with a hiatal hernia. If you have some of these symptoms especially those marked with an asterisk (*) you may wish to consider being checked for this condition.

DIGESTIVE DIFFICULTIES

*Belching, *Bloating, *Heartburn, *Difficulty digesting meat/high protein foods, Tension or pressure at the solar plexus, Sensitivity at the waist, Intestinal gas, Regurgitation, Hiccups, Lack or limitation of appetite, Nausea, Vomiting, Diarrhea, Constipation, Colic in children, Difficulty in gaining weight or overweight, Ulcers.

BREATHING AND CIRCULATION PROBLEMS

*Difficulty with deep abdominal breathing, *Difficulty in swallowing capsules, *Asthma, *Inability to take a deep breath from diaphragm, Overall fatigue, Tendency to swallow air, Allergies, Dry tickling cough, Full feeling at base of throat, Pain or burning in upper chest, Pressure in the chest, Pain in the left side of chest, Pressure below breastbone, Lung pain, Rapid heartbeat, Rapid rise in blood pressure, Pain in left shoulder, arm or side of neck.

STRUCTURAL COMPLAINTS

TMJ (Temporo-Mandibular Joint Pain), Bruxism (Grinding teeth in sleep), Joint pain, Localized or overall spinal pain, Headaches.

STRESS

*Suppression of anger or other emotions, *Living with or having lived with a quick-tempered person, Dizziness, Shakiness, Mental Confusion, Anxiety attacks, Insomnia, Hyperactivity in children.

OTHER AILMENTS

*Open ileocecal valve, *General weakness, *Difficulty in getting and/or staying healthy, Overactive thyroid, Cravings for sugar or alcohol, [Candida Albicans](#), Menstrual or prostate problems, Urinary difficulties, Hoarseness.

Sources

For more information about the problem of hiatal hernias, read the book "Hiatal Hernia Syndrome: Insidious Link to Major Illness" by Theodore A. Baroody, Jr., M.A., D.C., "Hiatus Hernia" by Penny Hemphill from an Australian Magazine, Nature & Health, and "Chiropractic Handout".

Send e-mail to iridology@netzero.net if you have questions about Hiatal Hernias.

Name: _____

Date: _____

Notes:

Herb/ Vitamin	Before Breakfast	Breakfast	Lunch	Dinner	Bedtime	Total

Priorities:

1. _____
2. _____
3. _____

Miscellaneous:

Calcium _____	Magnesium _____
Iron _____	Protein _____
Sodium _____	Potassium _____
Iodine _____	Vitamin C _____
Omega 3 _____	Vitamin D _____
Omega 6 _____	Vitamin E _____

Digestive/Intestinal System:

- Liver _____
- Gallbladder _____
- Parasites _____
- Worms _____
- Candida Albicans _____
- Acidophilus _____
- Bifidus _____
- Stomach _____
- Hiatal Hernia _____
- H.Pylori Bacteria _____

Small Intestines _____
Large Colon _____
Pancreas _____
Rectum _____

Glandular System:

Pituitary _____
Thyroid-O/U Temp _____
Over/Under Weight _____
R. Ovary _____
L. Ovary _____
Uterus _____
R. Adrenal _____
L. Adrenal _____
Prostate _____

Urinary System:

Bladder _____
R. Kidney _____
L. Kidney _____
Skin/Rashes _____

Immune System:

Upper Lymph _____
Lower Lymph _____
Spleen _____
Infections _____
Viruses _____
Malignant Tissue _____
Thymus _____

Circulatory System:

Heart _____
High/Low Blood Pressure _____
High/Low Cholesterol _____
Cold Extremities _____
Veins/Arteries _____
Brain/Headaches _____

Respiratory System:

R. Lung _____
L. Lung _____
R. Bronchial _____
L. Bronchial _____
Sinus/Nose/Smoking _____

Structural System:

Spine/Bones/Bone Loss _____
Inflammation _____
Muscles/Tendons _____
Ligaments/Joints _____
Hair/Scalp/Skin/Nails _____
Eyes _____

Name _____

Date _____

Trace minerals

Alfalfa _____
GreenZone _____
Spirulina _____
Herbal CA _____
Herbal Trace Minerals _____

B-Vitamins

B-complex _____
B-5 _____
B-3 _____
B-6 _____
B-12 _____
Folic Acid _____

Antioxidants

Vitamin A _____
Vitamin E _____
Vitamin D _____
Vitamin C _____

Digestive

Food enzyme _____
Proactazyme _____
Hi-Lipase _____
Lactase _____
Protease _____
Gastro-health _____
Spleen Activator _____

Minerals /Structural

Zinc _____
Selenium _____
Molybdeum _____
Iron _____
Calcium/mag _____
Magnesium _____
MSM _____
Yucca _____
IF-C _____
EverFlex _____
IF-Relief _____
Joint support _____

Fatty Acids

Omega 3 oils _____
Flax seed oil _____
Lecithin _____
Primrose oil _____
Lung/Sinus

Marshmallow _____
Mullein _____
Lung Support _____
ALJ _____
Burdock _____
Sinus Support _____
HistaBlock _____

Stress Support

Adrenal _____
AdaptoMax _____
MasterGland _____
Eleuthero _____
Energ-V _____
Licorice _____
Focus Attention _____
Brain protex _____
Melatonin _____
5 HTP _____
GABA _____
Pregnenolone _____
DHEA _____
Mood Elevator _____

Sugar Balance

Glyco-Essentials _____
SugarReg _____
Alpha Lipoic _____
Chromium _____
Pro Pancreas _____

Thyroid

Thyroid Activator _____
Thyroid Support _____
7-Keto _____
Thyroid 200 _____

Kidney

K-C _____
Kidney Activator _____
KB-C _____
Urinary Maintenance _____

Liver

Liver Balance _____
Blood Build _____
Liv-J _____
Liver Cleanse _____
Enviro-Detox _____
Milk Thistle _____
Heavy Metal Detox _____

Circulatory

COQ-!0 _____

Nervous fatigue _____
HSII _____
Hawthorn _____
Guggul Lipid _____
Blood PressureX _____
Choles-RegII _____
Cardio Assurance _____
Ginkgo _____
Nattozimes _____
Varigone _____
L-Arginine _____

Nervous System

Kava Kava _____
Stress Relief _____
Stress-J _____
Nerve formula _____
Herbal Sleep _____

Immune System

Echinacea _____
Lymph Cleanse _____
Goldenseal _____
Olive leaf _____
Trigger immune _____
Bifidophilus _____
Probiotic Eleven _____
L-Reuteri _____
Pau d'Arco _____
Yeast fungal _____
Noni _____
Garlic _____
Black Walnut _____
Herbal Pumpkin _____
Artemesia _____
Paw Paw _____

Colon

Bowel Detox _____
Gentle Move _____
LBSII _____
Slippery Elm _____

Hormones

Maca _____
Female Comfort _____
C-X _____
Flash-Ease _____
Wild Yam _____
Men's formula _____
Saw palmetto _____
X-A _____