

THE SUPPLEMENTS

DAY TIME:

ADRENAMAX

Take 3 caps, 1 to 2 times per day

BRAIN BOOST

Take 3 capsules per day with food

CALM DAY

Take 2 capsules, 1-2 times daily with food

FULL SPECTRUM HEMP EXTRACT

Liquid: Adults take one full dropper (Approx. 1 mL) twice daily

Capsules: Take one to two capsules a day.

MOOD LIFT

Take 2 capsules 1-2 times per day

NEUROMAX

4-11 years old: 1/2 tablespoon, twice daily

Over 12 years old: 1/2 tablespoon, 3 to 4 times daily

SUPER B COMPLETE

As a dietary supplement, take 2 capsules per day with food

NIGHT TIME:

SLEEP TIME

Take 2 capsules one hour before bedtime

MELATONIN

Take 1 sublingual or 1 sustained release tab daily 1 hour before bed

RELAXATION AND SLEEP TINCTURE

Take 2 droppersful one hour before bedtime. May take an additional dropper only if needed at bedtime

THE FOOD



EVERYDAY

Raw fruits, Raw vegetables Lightly steamed (stir-fried, or roasted veggies), 100% whole grains (wheat less frequently), Oatmeal, Legumes, Olive oil, 6-8 glasses of pure water, Unroasted nuts and seeds



MODERATION

Clean meats (organic, wild game- no hormones or antibiotics), Wild fish, shellfish, Unprocessed fruit and veggie juices, Organic & free range eggs, Coconut oil, high oleic unrefined safflower oil, Peanuts (raw)



RARE OCCASIONS

Pasteurized dairy, Pizza, Alcohol, Coffee, Canned foods, Sweets, Cane sugar



NEVER

Hydrogenated and partially hydrogenated fats & oils (margarine, fried foods, commercial peanut butter, etc.), Artificial sweeteners (aspartame, Splenda a.k.a. sucralose, Sweet N'Low, etc.), Soda, White bread, Fast food, High fructose corn syrup, Seeds