



PHYSICIAN'S
choice

PHYSICIAN'S *choice*™

We at Oregon Bio Systems, Inc., manufacture and distribute only the finest and highest quality products. Be assured that the System Specific products developed by Dr. Norman Easley contain a Precise Pattern of Nutrients and have been clinically proven effective. Each ingredient was thoroughly tested before being included in a formula and then again in combination with the other ingredients to guarantee optimum results.

To be able to better serve you we have increased our line of products to include some common products, not developed by Dr. Easley, but most often needed for a well rounded health program.

Special Note: Products developed by Dr. Easley are noted on each formula.

The "Physician's Choice" line of products has a unique combination of balanced ingredients that work together with the body to naturally eliminate toxins, assist the body in repairing itself and improve your life and health.

Each ingredient and combination of ingredients has been clinically tested and proven effective in helping you to return to a natural state of good health.

Physician's Choice products, developed by Dr. Norman Easley, are the result of over 28 years of clinical research into the precise patterns of nutrient requirements for particular cellular functions. You can be assured that all the ingredients in these products are essential to obtaining the results you expect.

The statements in this catalog have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. If you have a serious health condition, you should always consult a qualified practitioner. All guidelines for the use of Physician's Choice food supplements are suggestions only.

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Norman E. Easley, N.D., D.C., C.Ac. has been involved in a research oriented practice for over 28 years. The clinically effective nutritional supplements included in the Oregon Bio Systems, Inc. product line have evolved from his years of clinical observations and draw from Eastern and Western traditional medical models. Dr. Easley's findings have refined a theory of illness which identifies endocrine, organ, and digestive disorders by the unique patterns of symptoms they produce.

Disease is a complex progression of events beginning with primary hereditary weaknesses and acquired dysfunctions. Factors such as stress, chemicals, drugs, poor diets, and emotional traumas serve to activate these disorders. Once a disorder has started, resultant patterns of specific nutrient deficiencies occur which then cause the development of associated symptoms and further dysfunction of the associated organs. In order to correctly treat these disorders, the dysfunction of concern must be accurately identified. It is the symptom patterns which expose the underlying disorder and, once identified, an appropriate treatment can then be prescribed. It is critical that the treatment match the exact nutritional deficiencies in order to eliminate the symptoms and ensure a lasting recovery. The products designed by Dr. Easley were developed to perform this function.

In the material which follows, there is a brief description of each product, the list of ingredients as they appear on the label, the main symptom indicators, and how each product should be taken.

DESCRIPTION:

Briefly describes the conditions for which the products are recommended.

INGREDIENTS:

The ingredients for Oregon Bio Systems Products have been individually tested for clinical effectiveness. Once a specific condition is identified, it is then determined which vitamins, minerals, glandulars, biochemicals, enzymes, and herbs are consistently effective in alleviating the symptoms produced by the condition. When all of the possible ingredients are established, the optimum amounts are determined to produce the ideal pattern of nutrients for the respective condition. The products evolved over several years of clinical research and resulted in the most effective nutraceuticals in the health industry today.

INDICATORS:

Indicators are the symptoms created by specific body dysfunction and are used to identify the disorder and the associated product required to treat the condition. Indicators can also be characteristic lifestyle traits and factors that perpetuate the condition treated by the associated product. In Chinese medicine, there is a saying that states "symptoms are the signposts to disease." This means that when an organ is weakened, it will produce unique symptoms characteristic only to it. For example, the gall bladder will produce nausea and the burping of undigested food into the throat, a weak spleen will cause morning allergy reactions, inefficient estrogen will make a woman overly sensitive and feeling unappreciated, and a weak adrenal cortex will cause morning fatigue. There are actually hundreds of identifiable symptoms associated with specific organs. If these symptoms are understood, then it is possible to expose a diagnosis years before it develops into a more serious disease. Indicators are the symptoms associated with a given product. They are also characteristic lifestyle traits or factors which can cause the original organ disorder.

SUGGESTED DOSAGES:

Dr. Easley's products were designed to match all of the nutrient requirements of a specific organ dysfunction. Taking the nutrient pattern supplements enables the organ to function more efficiently. Consequently, the more the product is taken, the less it is needed. For this reason, it is necessary to take more of the product in the beginning in order to rapidly correct the worst of the nutrient deficiencies. Once the deficiencies are corrected, which usually requires 1 to 2 weeks, the product should be taken at a reduced maintenance dosage. This enables the organ to perform all its responsibilities, while continuing to improve. As the organ gets stronger over time, it will require less nutrients, but it will always need them. It is the maintenance dosage which ensures that the symptoms will not return.

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A NUTRITIONAL FORMULA FOR ALLERGY SENSITIVE ADULTS

ALLERACT supports the production of antibodies by the spleen and reticuloendothelial system, to control excess mucous secretions, to assist the rebuilding of mucous membranes, and to aid macrophagic activity by supporting the lymphatic liposomal functions.

INGREDIENTS:

Each capsule contains:		% Daily Value
Spleen	250 mg	*
Zinc	5 mg	33
In a proprietary blend of: Atractylodes alba, xanthium, magnolia, nettles, and enzymes	280 mg	*

*Daily Value not established

Other Ingredients: Gelatin (capsule).

No wheat, corn, salt, yeast, egg, sugar, milk, colors, or chemical additives.

INDICATORS:

ALLERACT is indicated whenever allergies are present and in any condition where chronic lymphatic congestion exists.

1. Hayfever, allergic sinusitis, asthma
2. Sinusitis (nonallergenic), bronchitis, lung infections
3. Lymphadenitis, mumps, mononucleosis
4. Food allergies
5. Frontal headaches in the AM or within 60 minutes of eating allergenic foods
6. Loss of energy and feeling cold within 30 minutes of eating
7. Low white cell counts, common colds, flu, and infections
8. Sneezing within 30 minutes of waking, sinus and nasal congestion in the AM

DIRECTIONS:

As a dietary supplement, take 2 ALLERACT 3 times a day with or without meals. After 1 week, decrease to 2 capsules every AM and PM, or as directed by a physician.

COMBINATIONS:

ReBuild — whenever there is chronic mucous membrane irritation

Enzyme Pro — if the allergies are aggravated by protein consumption, i.e. nuts, seeds, wheat

PanPro — when allergies are accompanied by poor protein digestion that causes odorous intestinal gas

L-G-K-S — if there is lymph node swelling

NuLymph — indicated when the allergies have progressed into sinus infections or acute rhinitis accompanied by lymph node swelling

Formulated by Dr. Norman Easley.

FREE FORM AMINO ACIDS

Notes

WITH "AMINO PROTECTORS"

AMINO ACIDS are essential components for healthy neurotransmitter activity. They ensure adequate neurological communications, assist in the mental process, and maintain emotional stability. FREE FORM AMINOS is a rapidly absorbed and potent source of the key amino acids for normal neurological transmissions.

INGREDIENTS:

Each capsule supplies:		% Daily Value
100% Free Form Amino Acid (Pharmaceutical Grade)	790 mg	<
Vitamin B6	10 mg	500
Succinic Acid	5 mg	*
Niacin/Esterified Niacin	1.5 mg	7
Vitamin C (Ascorbic Acid)	2.5 mg	4
Vitamin E (d-Alpha Tocopherol)	3.5 IU	12

*Daily Value not established

Nutritional Information per serving (Serving Size: 1 capsule)

Protein	<1 g	Fat	0 g
Carbohydrates	0 g	Calories	3

Amino Acid Profile (in mg):

1 cap		1 cap	
•L-Leucine	57	•L-Phenylalanine	23
*L-Isoleucine	43	•L-Threonine	29
•L-Valine	50	+L-Arginine	82
•L-Lysine	54	+L-Histidine	57
•L-Methionine	21		

•Seven essential amino acids +The two amino acids that sometimes are considered essential.

1 cap		1 cap	
L-Alanine	54	Glycine	30
L-Aspartic Acid	56	L-Ornithine HCL	97
L-Cystine	15	L-Proline	15
(Methionine Sparing)		L-Serine	23
L-Glutamic Acid	15	L-Tyrosine	35
L-Glutamine	23	(Phenylalanine Sparing)	

DIRECTIONS:

As a dietary supplement take as directed by a physician, with or without meals.

A BALANCED PATTERN OF LIVER NUTRIENTS

BILEPLEX is a balanced pattern of vitamins, minerals, enzymes, and herbs which are needed by the liver to help regulate the rate of digestion. Digestion is a complex process requiring the involvement of several organs, but it is the liver which is responsible for maintaining the rate of normal food passage. When the liver has the necessary nutrients it is able to maintain the normal circulation of bile as food passes from the stomach into the intestine. Bile is responsible for initiating fat digestion which is the slowest and most complex of the digestive processes. As long as the liver has the required nutrients it is able to circulate bile efficiently enabling normal fat digestion and regular activity of the intestinal tract. BILEPLEX provides these nutrients in a complete, balanced formula.

INGREDIENTS:

Each capsule contains:		% Daily Value
Phosphorus	50 mg	5
In a proprietary blend of:	615 mg	*
Beet, betaine, and enzymes		

*Daily Value not established

Other Ingredients: Gelatin (capsule).

No corn, soy, salt, yeast, egg, sugar, whey, milk, colors, chemical additives, or preservatives.

INDICATORS:

If the liver does not have the necessary pattern of nutrients, then bile circulation is reduced causing the entire digestive process to slow down. Normally, the bile that is stored in the gall bladder is released during fat digestion. Eventually, it is reabsorbed and sent back to the liver. When bile reaches the liver, it is directed back to the gall bladder again. Bile circulation can occur 3 to 4 times during normal digestion. If, however, the necessary nutrients are not available, the liver becomes unable to circulate the bile. This results in sluggish digestion. It is indicated when there is an intolerance to bile supplements, such as ColAid and DiaChol.

Factors Causing a BILEPLEX Condition:

1. Heredity
2. Diets heavy in meat, milk fats, cheese, fried foods, peanuts, nuts, chips, rich foods
3. Excessive alcohol or coffee consumption
4. Estrogen replacement therapy, steroids

Symptoms of a BILEPLEX Condition:

1. Sleepiness after meals. This is generally worse after lunch. The lethargy is improved by napping. Can also occur in the morning if a high calorie, rich breakfast has been eaten.
2. Feeling abnormally full after eating. Filling up too fast even with small amounts of foods. General loss of appetite (too slow food passage).
3. Belching within 1 to 2 hours of eating. Fullness seems to increase.
4. Constipation, sensation of food not passing through the digestive tract. Food tends to "sit in the stomach."
5. There is a fondness for fatty foods, potato chips, ice cream. If the individual is aware that fats make them worse, they will make a conscious effort to avoid them.
6. Will become irritable and short tempered in the afternoon and evening after meals. Will fall asleep in front of the TV in the PM then stay up late. Seem to have more energy in the PM.
7. If a normal-sized dinner has not been eaten, there will be satisfactory energy the next morning. If, however, there was late night snacking or a large dinner was eaten, there will be sluggishness in the AM and difficulty getting up.
8. Skin can become rough and thickened
9. Men develop a "pot belly" as they get older and have more difficulty keeping the weight off.
10. Generalized headaches can develop in the afternoon and evening. Sleeping or resting often helps alleviate the headaches. Can have morning headaches if ate too much the night before. Headaches often accompanied by feeling sluggish, lethargic.
11. Gastric ulcers and gastritis can develop.
12. Patches of itching with no visible rash
13. Difficulty getting into exercise. Takes 15 to 30 minutes to warm up.

DIRECTIONS:

As a dietary supplement take 1 to 2 BILEPLEX a day with meals for 1 week then 1 per meal, or as directed by a physician. Fatty foods such as milk fats, chips, peanuts, nuts, avocados, and fried foods should be avoided to assist the liver in its recovery.

CONTRAINDICATIONS:

Symptoms which indicate that the dosage of BILEPLEX needs to be reduced to more of a maintenance dose:

1. Mild pressure headaches usually beginning in the back of the head or neck and moving forward
2. Increased frequency of bowel movements

COMBINATIONS:

ColAid — for accompanying gall bladder disorders made evident by nausea, heartburn, eructation, constipation, and obvious fat intolerance

DiaChol — indicated with the presence of frequent loose stools or diarrhea

Lecithin — helpful with constipation, fatty skin lesions, and constipation

Formulated by Dr. Norman Easley.

BALANCED DIGESTIVE NUTRIENTS

Healthy and complete digestion depends almost entirely on the normal acid/base balance in the digestive tract. In the small intestine, the pancreas is responsible for maintaining alkalinity by releasing as much as a litre of bicarbonate fluids during the digestive process. If these bicarbonates are not made available to the pancreas, then the digestion will be incomplete due to ineffective enzyme activity causing putrefaction, toxin accumulations, gas, generalized muscular weakness, and even ulcers.

INGREDIENTS:

Each capsule contains:		% Daily Value
In a proprietary blend of:	450 mg	*
Bicarbonates, slippery elm, licorice, and calcium carbonate		

*Daily Value not established

Other Ingredients: Gelatin (capsule).

No corn, soy, salt, yeast, egg, sugar, whey, milk, colors, chemical additives, or preservatives.

INDICATORS:

BIOCARB is necessary to improve conditions of intestinal acidity. This is evident with the following conditions:

1. Intestinal rumbling and gas
2. Feeling cold after meals
3. Aversion to raw vegetables and fruits which cause sensations of coldness and sluggish feeling
4. Fruit consumption causes bad smelling gas
5. Undigested vegetables and fibrous foods
6. Gas by afternoon
7. Stomach area can actually feel cold to the touch
8. Loose stools if too much fruit
9. History of ulcers in the stomach or duodenum

DIRECTIONS:

As a dietary supplement, take 1 to 2 capsules a day with meals, or as directed by a physician.

COMBINATIONS:

Enzyme F/S — if the symptoms are aggravated in the stomach by the consumption of starches (rice, grain products, and wheat)

Enzyme Pro — when there is also the presence of joint pain, skin lesions, ingrown hairs, arthritis, and muscle aches

PanPro — can help when there is foul stool odor and gas aggravated by fruit and eating concentrated proteins like nuts, peanut butter, and soy products

DiaChol — when there is persistent diarrhea, soft stools, or celiac disease

Formulated by Dr. Norman Easley.

AN AID TO DIGESTIVE REGULARITY

COLAID is a combination formula which supplements the proper bile salts to normalize the flow of bile and intestinal peristalsis. It also stimulates the production of bile in the liver and the bile ducts, and completes the final stages of fat digestion with unique enzymes which provide the proper fatty acids for liver bile production.

INGREDIENTS:

Each capsule contains:		% Daily Value
Phosphorus	100 mg	10
In a proprietary blend of:	400 mg	*
Slippery elm, chelidonium, bile salt extract, rhubarb, cholic acid, deoxycholic acid, enzymes, and calcium citrate		

*Daily Value not established

Other Ingredients: Gelatin (capsule).

No milk, wheat, corn, dairy, sugar, artificial color, soy, whey, or preservatives.

Storage: Best to refrigerate after opening with lid tightly sealed.

INDICATORS:

COLAID is indicated in sluggish digestive tract disorders caused by poor gall bladder function.

1. Full feeling in the stomach after fatty meals.
2. "Pot belly" syndrome in people with a history of fatty meal intake.
3. Heartburn, indigestion, frequent burping within 30 to 60 minutes of eating fats, nausea, eructation often hours after eating, and vomiting.
4. Stomach distress (often times mimicking heart disorders) occurring from 1:00 to 2:00 AM.
5. Lower bowel gas and flatulence.
6. Constipation.
7. All symptoms generally improve with antacids.
8. For aggravated hiatal hernias.
9. Poor decision-making and lack of accurate judgment.
10. Right shoulder tension. Tension headaches on right side into forehead.

DIRECTIONS:

As a dietary supplement take 2 capsules 3 times a day **after** meals. After 1 week, take 1 capsule **after** each meal, or as directed by a physician.

COMBINATIONS:

BilePlex — for unusual fullness shortly after eating which can seem to get worse even an hour or so later

Lecithin — helpful for thinning the bile and alleviating constipation

LipoPan — to assist in complete fat digestion made evident by stools that float, poor endurance, and the frequent need to eat carbohydrates

Lipaliv — when there is the presence of abnormal triglycerides or cholesterol blood levels

Formulated by Dr. Norman Easley.

A BALANCED PATTERN OF ADRENAL NUTRIENTS

The adrenal cortex is responsible for maintaining the body's blood sugar levels during all types of stress. This includes going too long without eating (during sleep, prolonged exercise, poor meal planning), traumas, exposure to infections, emotional stress, or even harsh weather conditions. The adrenal then activates specific body systems to release stored sugar. If the adrenal is not supplied with the correct pattern of nutrients, hypoglycemia can develop causing intolerance to stress, morning fatigue or anxiety, inability to cope, the need for caffeine, poor stamina, trouble gaining weight, and decreased resistance to illness.

INGREDIENTS:

Each capsule contains:		% Daily Value
In a proprietary blend of:	385 mg	*
Adrenal, phytoosterols, enzymes, and licorice		

*Daily Value not established

Other Ingredients: Gelatin (capsule) and lecithin.

No corn, soy, salt, yeast, egg, sugar, whey, milk, colors, chemical additives, or preservatives.

INDICATORS:

CORTAPLEX provides the body with the fuel needed for extended athletics, going too long without eating, the ability to stay focused on a task until completion, and resistance from infections or allergy reaction. CORTAPLEX provides all of the vitamins, minerals, and enzymes needed by the adrenal to enable it to function at maximum efficiency.

Several symptoms could be indicative of a CORTAPLEX condition, such as:

1. Morning fatigue often to the point of exhaustion. Feels just can't get up and do it again. This fatigue is made better from eating, caffeine, or the stress of responsibility.
2. Poor stamina and endurance causing irritability and impatience which is also made better from eating carbohydrates (sugar, pasta, starch, fruit, alcohol). Improves moods, confidence, and focus.
3. Decreased resistance to infection causing more frequent colds, flu, and illness.
4. Asthma and allergies brought on by athletics, prolonged stress, going more than 4 hours without eating.
5. Chronic skin disorders such as excema, rashes, inflammation.
6. Always feels better from eating or consuming caffeine or sugar. Has a high tolerance for sugar.
7. Never capable of gaining weight. Will complain of being too thin. Needs to eat a lot and exercise to maintain weight.
8. Will develop headaches from not eating which will get better after meals or snacks.
9. Often will have several occupations in life (with decreased ACTH).
10. Tend to procrastinate due to a loss of interest in the project they most often started.

CONTRAINDICATIONS:

When too much CORTAPLEX is being taken, there may be symptoms of feeling "hyper," anxiety, inability to sleep because of a restlessness. There might be swelling of the lower legs, vein enlargement in the legs and arms, or increased appetite. If there is an underlying hypoglycemia condition, the individual will have instantaneous mood swings, irritability, and pessimistic depressions

DIRECTIONS:

As a dietary supplement, take 1 to 2 capsules three times a day with meals or on an empty stomach, or as directed by a physician.

COMBINATIONS:

Electrolyte 1 or 2 — if weakness, lightheadedness, dizziness, calf or foot cramps occur

Formulated by Dr. Norman Easley.

DIACHOL™

Notes

AN AID FOR INTESTINAL SENSITIVITY

DIACHOL is a unique product that was developed to normalize a gall bladder disorder characterized by excessive bile acids. It also provides a specific lipase blend to promote complete fat digestion.

INGREDIENTS:

Each capsule contains:		% Daily Value
In a proprietary blend of:	380 mg	*
Bicarbonates, bentonite clay, slippery elm, bile salts, deoxycholic acid, and activated charcoal		

*Daily Value not established

Other Ingredients: Gelatin (capsule) and apple pectin.

No wheat, corn, soy, yeast, egg, sugar, whey, milk, colors, chemical additives, or preservatives.

INDICATORS:

The presence of abnormal amounts of bile acids causes inflammation of the intestinal membranes. An irritated intestinal lining produces loose stools and diarrhea.

1. Undigested food particles in the stool.
2. Irritated rectum.
3. Loose stools, diarrhea, colitis, and ulcerative colitis.
4. Rumbling in the intestinal tract within 5 to 30 minutes of eating and often followed by loose stool or diarrhea.
5. Celiac disease, malabsorption syndromes, regional ileitis.

DIRECTIONS:

DIACHOL should be started slowly to prevent an unwanted cholagogue effect. The beginning dose is 1 a day after the main meal for 3 days, then 1 after 2 meals. Then, after one week at 2 DIACHOL a day, the dosage can be increased to 3 a day, always after meals, or as directed by a physician.

COMBINATIONS:

BioCarb — to assist in the promotion of normal pancreatic bicarbonate fluids and neutralize bile acids

Electrolyte 1 or 2 — replaces excessive loss of electrolytes should prolonged diarrhea be present

MicroBac 3 — for the replacement of the normal intestinal flora

ReBuild — to promote the reconditioning and healing of an irritated intestinal mucous lining

Formulated by Dr. Norman Easley.

ELECTROLYTE 1™ & 2™

A BALANCED NUTRITIONAL FORMULA

Liver Function plays a major role in the regulation of the body's electrolytes: key minerals which enable nutrient absorption and transfer, acid/base balance, cellular fluid levels, and normal blood volume. When electrolytes have become depleted due to fasting, dieting, internal stress, heavy exercise, prolonged stress, coffee and alcohol consumption, or hot weather, dehydration occurs. This can cause increased urination, calf cramps, poor memory, muscular weakness, loss of stamina, weight gain and intolerance to stress. ELECTROLYTE 1 was clinically designed to assist the replacement of these important minerals in individuals who are overweight to large in stature, or, who have difficulty absorbing electrolytes. ELECTROLYTE 2 is for individuals who are thin to normal in stature.

ELECTROLYTE 1 INGREDIENTS:

Each capsule contains:		% Daily Value
Liver	100 mg	*
Potassium	99 mg	3
Magnesium	50 mg	12.5
Manganese	5 mg	250
Zinc	2 mg	13
In a proprietary blend of: Beet, bio salts, goat whey, and trace minerals	272 mg	*

*Daily Value not established

Other Ingredients: Gelatin (capsule).

ELECTROLYTE 2 INGREDIENTS:

Each capsule contains:		% Daily Value
Potassium	99 mg	3
Magnesium	50 mg	12.5
Manganese	10 mg	500
Zinc	2 mg	13
In a proprietary blend of: Beet, bio salts, goat whey, and trace minerals	372 mg	*

*Daily Value not established

Other Ingredients: Gelatin (capsule).

No corn, soy, salt, yeast, egg, sugar, milk, colors, chemical additives, or preservatives.

INDICATORS:

Conditions which will often cause Electrolyte Deficiencies:

1. Excessive water consumption without thirst.
2. Fasting, juice diets, low salt diets, low carbohydrate diets.
3. Increased perspiration, hot weather.
4. Vomiting, diarrhea.
5. Prolonged environmental, emotional, or mental stress.
6. Internal stress factors; i.e., allergies, anemia, hypoglycemia.
7. Excessive intake of alcohol, caffeine, coffee, soft drink, nicotine, or distilled water.
8. Certain medications such as diuretics.

AN AID TO CARBOHYDRATE AND FAT DIGESTION

ENZYME F/S was formulated to assist the digestion of starches, fats, and cellulose by the small intestine. ENZYME F/S also contains a unique enzyme which enables more complete fiber digestion. Excess fiber consumption can inhibit the absorption of calcium, magnesium, zinc, and iron and prevent complete protein and starch digestion. ENZYME F/S is critically important for any diet high in vegetable fiber, dairy products, and grains. In addition, ENZYME F/S insures complete digestion of starches and fats, improving fat metabolism and stabilizing blood sugar disorders. ENZYME F/S also contains special bacteria which are supported by enzyme activity allowing them to readily colonize the GI tract and begin producing their own enzymes. The combination of these two components not only allows for more complete digestion throughout the entire digestive tract, but enables better colonization of friendly bacteria.

INGREDIENTS:

Each chewable caplet contains:		% Daily Value
In a proprietary blend of:	247 mg	*
Vegetable enzymes and probiotics		

*Daily Value not established

Other Ingredients: Maltodextrose, calcium carbonate, and natural flavors.

No corn, soy, salt, yeast, egg, sugar, whey, milk, colors, chemical additives, or preservatives.

INDICATORS:

ENZYME F/S is also suggested for people on high protein diets and vegetarians to insure an adequate availability of nutrients. ENZYME F/S has proven helpful for the following:

1. Conversion to and maintenance of a vegetarian diet.
2. Intestinal gas and bloating within 1 hour of eating.
3. Hypoglycemia.
4. Osteoporosis, anemia, poor muscle endurance, and poor quality teeth.
5. Irritable bowel syndrome, ileitis, ileo-cecal valve disorders.
6. Intolerance to raw vegetables (feeling cold after eating, bloating, and gas within 1 hour of eating).
7. Poor skin quality, psoriasis, keratosis.
8. Noticeable fat intolerance and fatigue after eating fats.

Potency Guaranteed: All the bacteria in this product have been included at their most effective clinical potency, and will maintain this potency at room temperature for 1 year from purchase. Refrigeration will assist in maintaining this potency.

DIRECTIONS:

As a dietary supplement take 1 to 2 caplets of ENZYME F/S after each meal for 2 weeks or until adequate results have been obtained. Thereafter, use 1 caplet after each meal for 1 to 3 months, or as directed by a physician.

COMBINATIONS:

BilePlex — if there is sluggish emptying of the stomach with fullness
 ColAid — if a weak gall bladder causes slow digestion and constipation
 Enzyme Pro — if there is acne vulgaris, sebaceous cysts, psoriasis
 BioCarb — with the occurrence of intestinal acidity

Formulated by Dr. Norman Easley.

ENZYME PRO™

Notes

PROTEIN ENZYME FORMULA

ENZYME PRO is a clinically developed, balanced formulation of specific protein enzymes derived from bacteria and fungus in combination with symbiotic bacteria which also produce necessary enzymes. The relationship is symbiotic because the enzymes, due to their immediate reaction on food, make nutrients available to the bacteria. The bacteria are then able to colonize the intestine more readily, begin producing enzymes of their own and, due to more complete digestion, provide the body with nutrients that would otherwise have been lost. The activity of ENZYME PRO, therefore, is to supplement inadequate protein digestion by the small intestine and provide viable strains of specialized bacteria which assist the process and also colonize the intestine.

INGREDIENTS:

Each capsule contains:		% Daily Value
In a proprietary blend of:	124 mg	*
Protease enzymes and probiotics		

*Daily Value not established

Other Ingredients: Gelatin (capsule).

No corn, soy, salt, yeast, egg, sugar, whey, milk, colors, chemical additives, or preservatives.

INDICATORS:

ENZYME PRO was developed to provide a non-pancreatic source of effective proteolytic enzymes and to improve overall protein digestion. ENZYME PRO is recommended in cases of protein toxicity, characterized by local infections, stiff joints, inflammations, and general toxicity. It was discovered that due to the efficiency of the product, people were experiencing less requirement for protein. As a result, ENZYME PRO is also an effective supplemental enzyme product for the conversion to and maintenance of vegetarian diets. ENZYME PRO has proven helpful for correcting some of the following:

1. Congested feeling after eating protein.
2. Vegetarians who crave sweets, peanut butter, cookies, bread.
3. Chronic fungal infections.
4. Chronic sinusitis, ear aches, arthritis, hardening of the arteries.
5. Lower bowel foul smelling gas within 2 to 4 hours after eating.
6. Skin problems, cysts, isolated pimples, folliculitis, verruca, systemic toxicity.
7. Allergies and food sensitivities due to protein intolerance.

Potency Guaranteed: All the bacteria in this product have been included at their most effective clinical potency, and will maintain this potency at room temperature for 1 year from purchase. Refrigeration will assist in maintaining this potency.

DIRECTIONS:

As a dietary supplement ENZYME PRO should be taken with some caution since the increased protein absorption can overload the liver. Begin with 1 capsule before 1 to 2 meals a day for a minimum of 1 week, or as directed by a physician. Eventually, increase to 1 to 2 capsules before each meal as liver function improves. Once a normal protein-digestive-enzyme cycle is established, reduce the dosage to 1 capsule before meals containing protein (meat, fish, eggs, poultry, milk products, beans and legumes; avoiding peanuts, nuts, seeds, and soy for at least 2 weeks) for 1 to 3 months. If a vegetarian diet is the goal, then eventually add Enzyme F/S to insure adequate availability of protein from vegetable sources.

CAUTION: DO NOT take if history of ulcers or gastritis.

COMBINATIONS:

L-G-K-S — if the liver is initially unable to process the increased availability of digested protein, symptoms of nausea, fatigue, and skin reactions may occur

ReBuild — to assist the development of the intestinal lining if allergies are present

Aloe Vera Gel — if the intestinal lining is not adapted to normal levels of proteolytic enzymes

Formulated by Dr. Norman Easley.

A PRODUCT FOR WOMEN'S HEALTH

ESTRALIV was formulated to provide the necessary pattern of vitamins, minerals, and enzymes to assist the liver in processing biological and supplemental estrogens. Because the liver performs several functions which enable female hormones to be correctly produced, processed, and eliminated, a unique blend of specific nutrients are required. The liver must also make certain nutrients available to the ovaries for their own production of estrogens and progesterones. Once these hormones have been produced and used by the various cells of the body, it is then the job of the liver to make sure they are properly eliminated. ESTRALIV was designed to supply all the necessary nutrients to enable a smooth flow of hormones through the body.

INGREDIENTS:

Each capsule contains:		% Daily Value
Potassium	45 mg	<2
Vitamin C	25 mg	42
Folic acid	400 mcg	100
In a proprietary blend of:	380 mg	*
Betaine, N-Acetyl-L-Cysteine, desmodium, and enzymes		

*Daily Value not established

Other Ingredients: Gelatin (capsule) and lecithin.

No corn, wheat, soy, salt, yeast, egg, sugar, whey, milk, colors, chemical additives, or preservatives.

STORAGE:

Best to refrigerate after opening, with lid tight.

INDICATORS:

ESTRALIV is indicated when the liver is unable to maintain a normal flow of estrogens and progesterones. It is needed for most women on Premarin or supplemental estrogens or those who are suffering from estrogen accumulation symptoms from either liver insufficiency or poor quality estrogens with a compensated excess production. In order to understand the results of this condition the factors which can cause this disorder and the areas of the body that can be affected must be discussed separately. Most of these indicators are unfamiliar to the individual and begin to develop in the thirties, unless the Birth Control Pill (BCP) is being taken. In addition, it is possible to have some symptoms from each of the sections.

Contributing Factors:

1. When supplemental estrogens are being taken (i.e., Premarin, Ogen, Estrace, or the Estroderm patch)
2. Currently taking the Birth Control Pill
3. A history of eating meat, butter, and milk products on a regular daily basis
4. Multiple pregnancies

If the gall bladder becomes involved, the following symptoms can develop:

1. Indigestion after meals, a generally upset stomach, or bloating within 30 to 60 minutes after meals
2. Nausea that will start within 30 to 60 minutes of eating and last for 1 to 2 hours. Can progress to vomiting
3. Intestinal gas that develops as the day progresses
4. Loose stools usually, but constipation can occur
5. Right-sided neck tension. Headaches from neck tension
6. Generalized feelings of nausea regardless of eating

If the liver cannot effectively transport the estrogens, they can accumulate in the body's tissues and back up in the liver.

1. Fluid retention generally worse in the lower extremities and abdomen, getting worse as the day progresses. Will gain 5 to 10 pounds in a day. Gone in the morning
2. Breast swelling, tenderness, with the development of painful lumps, often diagnosed as cystic mastitis
3. Gradual general unexplainable weight gain. This condition is aggravated if supplemental estrogens are being taken.
4. Headaches that are initially improved by rest but can progress to 1 to 3 day migraines that are cyclic (mid-cycle or near the menses)
5. "Bulge" develops in the lower abdomen
6. Decreased appetite if a full feeling persists
7. Weight gain over the hips, upper thighs, breasts, and upper arms
8. Joint soreness and, oftentimes characteristic, left shoulder pain
9. Congestive "all over" or frontal headaches worse in the afternoon or PM
10. Headache can also be caused by left-sided shoulder tension causing an occipital ache that can move into the temple and eye area

When the liver is unable to supply the ovary with the proper nutrients, the ovaries are unable to properly produce estrogens. This condition, which most often occurs in women who are thin or of normal weight, causes the following:

1. Menstrual irregularities such as cramps, absence of menses, too frequent menses
2. Food cravings for sweets, pastries, or salty foods
3. PMS, moodiness, and emotional sensitivities
4. Menopausal symptoms can develop, such as hot flushes, and anxiety, occurring more in the evening or at night
5. Usually a normal appetite
6. Osteoporosis is common in women who need ESTRALIV nutrients

DIRECTIONS:

As a dietary supplement, begin taking ESTRALIV at 2 capsules, 3 times a day with or without meals until symptoms improve, then reduce the dosage to 1 to 2 a day, or as directed by a physician.

COMBINATIONS:

ColAid — if there is persistent constipation, indigestion, or fullness after eating fats
 Ketozyme — with flax oil if chronic weight disorder, with primrose oil to assist in the availability of essential oils, and with lecithin if there is hyperlipidemia
 LipoPan — needed when there is frequent need for fatty foods (cream, chocolate, chips, french fries), or oily or dry skin
 Lecithin — to assist in thinning bile and alleviating constipation

Formulated by Dr. Norman Easley.

SUPPORT FOR YOUNG WOMEN

Young women require very specific nutrients to enable proper growth and development. Once mature, these nutrients are continually needed to enable women to maintain healthy hormone levels. Normal hormones help prevent emotional sensitivity, abnormal cycles, weight problems, skin blemishes, painful periods, and abnormal food craving. ESTROPLEX assists the ovaries to produce good quality hormones.

INGREDIENTS:

Each capsule contains:		% Daily Value
Organic ovarian	200 mg	*
In a proprietary blend of:	180 mg	*
Phytosterols and enzymes		

*Daily Value not established

Other Ingredients: Gelatin (capsule).

No corn, wheat, soy, salt, yeast, egg, sugar, whey, milk, colors, chemical additives, or preservatives.

INDICATORS:

ESTROPLEX was designed to be a general dietary supplement for females who are experiencing the normal stresses of growing up and living in today's society. Oftentimes, the stress of an active lifestyle and an inadequate diet can cause nutrient deficiencies which prevent the ovaries from producing the necessary hormones to maintain health. When this occurs, the following conditions might be present. Healthy hormone levels help prevent emotional sensitivity, abnormal cycles, skin blemishes, painful periods, and abnormal food cravings. ESTROPLEX is recommended most for girls and women from the age of 8 to 35 years.

Factors Causing an ESTROPLEX Condition:

1. Going for long periods of time without eating
2. Too much caffeine, coffee, or colas
3. The stress of athletics
4. Birth control pill, D.E.S., cortisone exposure
5. Heredity

Symptoms of an ESTROPLEX Condition:

1. Noticeable mood swings in the middle of the monthly cycle or before the period
2. Emotional sensitivity, weepiness, easily angered for no acceptable reason.
Lethargic depressions that can be extreme enough to cause lassitude and inactivity.
3. Loss of energy, fatigue, chills, headaches, or breast tenderness during the cycle.
4. Cyclic cravings for chocolate, chips, french fries, or ice cream
5. Loss of periods or too frequent periods
6. Menstrual difficulties; cramps, breast tenderness, chills with the menses, fatigue with the menses

A MULTIPLE VITAMIN MINERAL ANTIOXIDANT SUPPLEMENT

FOUNDATION is a complete daily nutritional supplement which supplies the essential vitamins, minerals, anti-oxidants, trace minerals, enzymes and beneficial bacteria to satisfy all the body's basic health requirements, with the exception of Vitamin E and Calcium/Magnesium which should be taken separately. Vitamin E is best supplied in its natural oil form.

INGREDIENTS:

Each capsule contains:		% Daily Value
Vitamin A (as beta carotene)	5,000 IU	100
Vitamin C (as magnesium ascorbate)	100 mg	167
Vitamin D (as cholecalciferol)	400 IU	100
Vitamin K (as phytonadione)	25 mcg	32
Vitamin B1 (as thiamin HC1)	1.5 mg	100
Vitamin B2 (as riboflavin)	1.7 mg	100
Vitamin B3 (as inositol-bexaniacinate)	20 mg	100
Vitamin B6 (as pyridoxine HC1)	10 mg	500
Folic acid	400 mcg	100
Vitamin B12 (as cyanocobalamin)	100 mcg	1667
Biotin	30 mcg	10
Pantothenic acid	10 mg	100
Iron (as ferrous fumarate & amino acid chelate)	18 mg	100
Iodine (as potassium iodide)	150 mcg	100
Zinc (as zinc gluconate)	2 mg	13
Selenium (as l-selenomethionine)	25 mcg	36
Copper (as copper oxide & amino acid chelate)	2 mg	100
Manganese (as manganese sulfate & amino acid chelate)	5 mg	250
Chromium (as chromium chloride & amino acid chelate)	25 mcg	21
Molybdenum (as sodium molybdate)	25 mcg	34
Vanadium (as vanadyl sulfate & amino acid chelate)	25 mcg	*
N-acetyl-cysteine	10 mg	*
Bioflavonoids	100 mg	*
Rutin	50 mg	*

*Daily Value not established

Other Ingredients: Gelatin, enzymes, calcium carbonate, silica, magnesium stearate, trace minerals and probiotic mix.

No corn, wheat, soy, salt, yeast, egg, sugar, whey, milk, colors, chemical additives, or preservatives.

INDICATORS:

There are several indicators which show the need for a completely balanced multiple such as:

1. An "empty calorie" diet composed of refined and processed foods
2. Exposure to smoke, pollution, caffeine, smog
3. Food additives, chemicals, colorings, and preservatives
4. Diets that are deficient in raw fruits and vegetables
5. Diets high in meat products
6. Lifestyles which cause the individual to go too long without eating
7. Alcohol consumption
8. Times of prolonged stress
9. Exposure to antibiotics and prescription drugs

DIRECTIONS:

As a dietary supplement take 1 daily, or as directed by a physician, to supply the vitamins, minerals, trace minerals, enzymes, and beneficial bacteria for a healthy colon.

Formulated by Dr. Norman Easley.

NUTRITIONAL SUPPORT FOR HEPATIC GLYCOGEN RELEASE

GLYCOLIV was designed for a type of hypoglycemia caused by the inability of the liver to release glycogen reserves except under abnormal levels of stress. In these cases, GLYCOLIV supplies the proper nutrients to assist the liver in distributing stored sugars throughout the day. GLYCOLIV helps to stabilize liver blood sugar regulation in conditions such as diabetes, pancreatic hypoglycemia, and adrenal cortical weakness. It helps to support liver regeneration for hepatic-based anemias and pernicious anemia. GLYCOLIV assists in liver regeneration for hepatitis A, B, and C. Also supports and strengthens the liver in cases of Mononucleosis (EBV), Herpes Zoster and lymphatic congestion due to illness or allergies.

INGREDIENTS:

Each capsule contains:		% Daily Value
In a proprietary blend of:	420 mg	*
Liver		
Enzymes		

*Daily Value not established

Other Ingredients: Gelatin (capsule).

No corn, wheat, soy, salt, yeast, egg, sugar, whey, milk, colors, chemical additives, or preservatives.

INDICATORS:

The symptom pattern indicating the need for GLYCOLIV is based on the liver's inability to easily release glycogen stores on demand. As a result, compensation mechanisms (SNS) or catecholamine activity) are initiated to facilitate this function.

1. Very slow morning starters unless stressed, "always better after caffeine" which usually gets them going
2. Rarely eat breakfast, "never hungry in the AM"
3. Have a hard time staying awake 30 to 60 minutes after lunch; improved by napping
4. Do well under stress, meeting deadlines and responsibilities, then exhausted when the stress is off
5. Weekend "couch potatoes" unless otherwise obligated
6. Those with weekend headaches
7. Oftentimes sweet cravings start in the afternoon and PM within a few minutes of eating
8. Food binges every 3 to 10 days consisting mainly of sugars and starches
9. Will generally eat large amounts for dinner
10. Generally easy-going. Seem to lack motivation unless stressed
11. Procrastinators
12. Deadline-oriented

DIRECTIONS:

As a dietary supplement begin with 2-3 capsules every AM and PM, with or without meals. Reduce to 1 capsule every AM and PM for 3-6 months, or as directed by a physician.

Formulated by Dr. Norman Easley.

ADULT BLOOD SUGAR STABILIZING FORMULA

HG LIV is a balanced pattern of the necessary vitamins, minerals, and enzymes needed by the liver to regulate stored sugar. One of the many functions of the liver is to store sugar reserves in the form of glycogen. Glycogen is the single most important nutrient for maintaining health. And it is the sole responsibility of the liver to regulate all dietary sugars. It does this by storing and then releasing them as the body needs fuel. If the correct pattern of nutrients is available in the diet, then the liver is able to maintain normal blood sugar regulation during normal and abnormal amounts of daily stress. HG LIV promotes the healing of liver-induced anemias due to poor iron storage and B12 or folic acid release.

INGREDIENTS:

Each capsule contains:		% Daily Value
Liver	400 mg	*
Magnesium	25 mg	6
In a proprietary blend of:	70 mg	*
Alpha-ketoglutaric acid and enzymes		

*Daily Value not established

Other Ingredients: Gelatin (capsule) and sodium ascorbate.

No corn, wheat, soy, salt, yeast, egg, sugar, whey, milk, colors, chemical additives, or preservatives.

INDICATORS:

When the correct pattern of nutrients is not available in the diet or in supplements, the liver is unable to completely store and regulate blood sugar levels. This causes hypoglycemia to develop. The body's response to liver hypoglycemia produces a unique pattern of symptoms. Dietary sugars, once absorbed into the liver, are not stored properly as glycogen, but rather, are released directly into the bloodstream activating a dysinsulin response. In addition, this disorder is accompanied by incomplete carbohydrate digestion, so the benefit of complex sugars is not obtained.

Factors Causing an HG LIV Condition:

1. Heredity
2. Diets high in sugar, sweets, fruit, fruit juice
3. Diets deficient in protein
4. Frequently going too long without eating

Symptoms of an HG LIV Condition:

1. Instant mood changes, introversion, anger, emotional sensitivity, impatience, crying, and/or sadness after consuming sugars, juice, or fruit
2. Momentary mood swings are aggravated by going too long without eating, stress, or consuming any form of sugar including fruit, juices, candy, or soft drinks
3. The individual is usually more optimistic and active in the AM, but as the day goes on, the optimism is converted to pessimism and an attitude of gloom and discouragement
4. Cravings for sugars and fruits, pasta, bread, and pastries will often satisfy the hunger, but will cause a negative reaction within 30 minutes
5. There is a loss of energy around noon that persists the rest of the day. This loss of energy is accompanied by a feeling of despair and hopelessness, a sense of loss of self-worth, loss of interest in projects and even life itself
6. Frequent hunger, oftentimes 30 minutes to 2 hours after eating
7. Always improved by consuming protein
8. Intolerance of stress and exercise which can bring on the symptoms
9. Dizziness, lightheadedness, and inability to think
10. Preoccupation with ailments, symptoms, being disliked, taken advantage of, or not having a life

A NUTRITIONAL FORMULA FOR CIRCULATION

L-G-K-S is a balanced pattern of nutrients that stimulate the elimination of toxins through the liver, gall bladder, kidney, and spleen by increasing blood circulation and assisting the mobilization of stored toxins for elimination in these organs.

INGREDIENTS:

Each capsule contains:	520 mg	% Daily Value
In a proprietary blend of:		*
Dandelion, burdock, cholic acid,		
sodium alginate, fruit pectin, bentonite,		
rhubarb, deoxycholic acid, and enzymes		

*Daily Value not established

Other Ingredients: Gelatin (capsule) and calcium ascorbate.

No corn, wheat, soy, salt, yeast, egg, sugar, whey, milk, colors, chemical additives, or preservatives.

INDICATORS:

L-G-K-S is indicated for patients suffering from toxic conditions due to inadequate circulation or liver congestion. It also exhibits a cleansing effect on the kidney when the liver is overloaded.

1. Lethargy made worse by eating and rest
2. Generally feels worse after napping
3. Stiffness in the joints after resting, improved by motion
4. Frequently tired, unless active
5. Feels better with exercise, increased perspiration
6. Morning edema with puffy eyes
7. Reacts with headaches, sore joints, fatigue, depression, or irritability after eating rich foods or from digestive disturbances, protein putrefaction, colon toxicity, or food additives
8. Generalized "all over" type headaches in response to wine, alcohol, overeating, or lack of activity

DIRECTIONS:

As a dietary supplement begin with 2 to 3 L-G-K-S capsules three times a day either before or after meals, or as directed by a physician. The maintenance dose is 1 to 2 capsules every AM and PM for 1 month, then 1 to 2 capsules a day. It is important with L-G-K-S to exclude any foods high in additives, MSG, sulfites, refined foods, and artificial sweeteners.

COMBINATIONS:

- Betaine HCL — if there is poor stomach digestion of protein, stomach bloating, intestinal gas that has little or no odor
- Enzyme Pro — with acne, stiff joints, arthritis, and morning headaches
- NuLiv — if there is prolonged fatigue, weakness, persistent headaches usually worse at the end of the day, burning eyes, sluggish thought processes, and apathy
- PanPro — with joint pains, arthritis, sinusitis, slow wound healing, odorous intestinal gas
- ReBuild — if there is chronic mucous membrane irritation made evident by chronic sinus, rhinitis, allergies, intestinal permeability, and irritable bowel conditions

Formulated by Dr. Norman Easley.

A NUTRITIONAL FORMULA FOR LIVER DECONGESTION

LIPALIV is a formula designed to supply the liver with the basic nutrients required to reduce fatty liver deposits and resultant congestion.

INGREDIENTS:

Each capsule contains:	600 mg	% Daily Value
In a proprietary blend of: Choline, betaine, inositol, beet leaf, and parsley		*

*Daily Value not established

Other Ingredients: Gelatin (capsule) and lecithin.

No yeast, wheat, soy, corn, dairy, salt, sugar, colors, chemical additives, or preservatives.

INDICATORS:

LIPALIV is used in cases of fatty liver congestion producing varying stages of hepatomegaly. There is a history of excess dietary saturated fats, alcoholism, elevated sugar intake, or familial blood fat disorders. It can be difficult to identify the LIPALIV case because, oftentimes, the patient will not complain of too many symptoms. The advanced indicators are abnormal liver function tests (elevated cholesterol, SGOT, SGPT, alkaline phosphatase, and bilirubin) and a palpable enlargement of the liver.

1. Skin disorders related to poor fat utilization such as isolated pimples, sebaceous cysts, lipomas
2. Itching with no visible lesion, oftentimes worse at night
3. General malaise and sluggishness
4. Congestive frontal headaches usually beginning in the morning and lasting all day
5. General lethargy in the afternoon and evening, falling asleep after dinner in front of the TV
6. Edema usually beginning in the extremities and advancing to the abdomen. Fingers feel swollen
7. Longitudinal ridges in fingernails
8. Usually feels there is nothing wrong with them, overly confident about their health even when obviously overweight or in poor shape. Becomes easily agitated when not feeling well, short-tempered, and impatient.
9. Generalized state of congestion, water retention, headaches and fatigue

DIRECTIONS:

As a dietary supplement begin with 2 capsules after each meal for 4 days. Reduce to 2 capsules AM and PM for approximately 2 weeks and maintain on 2 capsules daily thereafter, or as directed by a physician.

COMBINATIONS:

ColAid — when there is an intolerance to fats which cause bloating, fullness in the stomach, sluggish digestion, constipation

DiaChol — with tendency toward loose stools and diarrhea

Enzyme F/S — if there is sluggish digestion with consumption of fatty foods

Lecithin — if there is constipation, slow digestion, and for thinning bile

LipoPan — needed when there is frequent need for fatty foods (cream, chocolate, chips, french fries), stools that float, increased need to eat, or oily or dry skin

Formulated by Dr. Norman Easley.

FAT DIGESTING ENZYMES

LIPOPAN is a high potency combination of pancreatic lipolytic enzymes. Pancreatic lipase is the most important enzyme for the digestion of dietary fats referred to as hydrolysis. The more effectively fats are hydrolyzed in the intestinal tract, the better is the absorption of fats. Complete fat absorption in turn stabilizes the blood sugar levels, supplies the endocrine glands with the raw materials to produce steroid hormones such as estrogens and cortisone, facilitates the absorption of Vitamins A, D, E, and K, and maintains the quality of healthy tissue, especially the skin. If the pancreatic lipase enzymes are deficient, poor fat digestion can adversely affect the entire body.

INGREDIENTS:

Each capsule contains:	265 mg	% Daily Value
In a proprietary blend of:		*
Pancreatic enzymes		

*Daily Value not established

Other Ingredients: Gelatin (capsule) and calcium citrate.

No yeast, wheat, soy, corn, dairy, salt, sugar, colors, chemical additives, or preservatives.

INDICATORS:

LIPOPAN was developed to provide the highest quality and most effective pancreatic enzymes for the complete digestion of fats. When taken after meals, LIPOPAN will ensure adequate dietary fat assimilation. Regular use will eventually enable a complete replenishment of the pancreas stores of lipase. LIPOPAN is recommended when various indicators which signal poor fat digestion are present.

1. Extended transit time for meals
2. Stools that float or have oil droplets evident
3. Unusual appetite even if a substantial meal has been eaten
4. A need to consume fatty foods such as chips, ice cream, fries, fried foods, bacon, and fatty meats
5. Dry, flaky skin, or skin that has oily patches amid areas of dryness. Lipomas, sebaceous cysts, psoriasis, dry and cracking heels, and fissured palms
6. Hypoglycemic symptoms between adequate meals
7. Difficulty gaining weight accompanied by a large appetite
8. Difficulty losing weight. Excess weight is characteristically soft and loose
9. Menstrual irregularities, impotence combined with apathy
10. Weak mucous membranes, frequent colds or allergies, hardening of the arteries, high blood pressure, calcium deficiency syndromes, and poor clotting factor

DIRECTIONS:

As a dietary supplement 1 to 2 LIPOPAN should be taken after meals, or as directed by a physician.

COMBINATIONS:

BilePlex — when there is sluggish digestion with unusually prolonged fullness after a meal.

ColAid — to enhance gall bladder activity and improve the emulsification of dietary fats — needed with constipation and poor transit time

Enzyme F/S — to improve the quality of small intestine lipase activity by promoting healthy flora

Lecithin — to assist in the thinning of bile and the emulsification of fats

LipaLiv — improves the liver's ability to process and distribute fats for use as bile

Formulated by Dr. Norman Easley.

NUTRIENTS FOR HEALTHY HORMONES

Menopause and later life is a time in a woman's life when hormonal production is more easily affected by abnormal diet, stress, caffeine, and food chemicals. The ovaries continue to produce hormones throughout life. After this time certain nutrients are required more than ever. Normal hormone levels and good quality hormones promote healthy bones, skin, blood chemistry, and general well being. If the hormones are not maintained in later life osteoporosis, uncontrolled weight gain, advanced aging, emotional sensitivity, joint soreness, muscular aches, and poor health can result.

INGREDIENTS:

Each capsule contains:		% Daily Value
In a proprietary blend of:	270 mg	*
Placental tissue, uterine tissue, ovarian tissue, black cohosh, vitex, and enzymes		

*Daily Value not established

Other Ingredients: Gelatin (capsule) and zinc carbonate.

No wheat, corn, soy, salt, yeast, egg, sugar, whey, milk, colors, chemical additives, or preservatives.

INDICATORS:

If the hormones are not maintained in later life osteoporosis, advanced aging, emotional sensitivity, allergy type symptoms, joint soreness, muscular aches, and poor health can exist. This is when MENOPLEX is recommended to supplement the increased need for the necessary blend of nutrients. There are several indicators which help determine if MENOPLEX is required.

Factors Causing the MENOPLEX Condition:

1. Going for long periods of time without eating
2. Too much caffeine, coffee, or colas
3. Abnormal emotional or mental stress
4. Usage of the Birth Control Pill for more than 1 year at any time during the lifetime
5. Pregnancy and child birth

Symptoms of a MENOPLEX Condition:

1. Slow gradual gain in weight from late 20's or 30's with no real change in activity — weight becomes harder and harder to reduce
2. Increased appetite
3. Cravings for chocolate, french fries, salt, chips, dairy fats seem to become steadily worse
4. Menstrual irregularity — periods are missed or become too close together; increased flow which may last longer than normal
5. Increased emotional sensitivity for no reason characterized by feelings that not being appreciated, respected, or loved
6. A change in emotional or physical health after the birth of a child, the onset of unexplainable or unresolved depressions
7. A history of more than 1 pregnancy termination
8. Gradual or sudden onset of allergies or chemical sensitivities; unusual intolerance to smells, perfumes, soaps, odors which can cause sinus allergy type symptoms, sinus headaches, mental dullness, or emotional sensitivity
9. Increased worry, spells of anxiety, fearfulness for no reason
10. Trouble sleeping, waking at 1 to 2 AM
11. Change in vision, dryness of the skin, onset of blemishes, joint soreness, gradual loss of bladder control

Continued on next page

Notes

ADMINISTRATION:

MENOPLEX is recommended to be taken with or without meals at 2 to 4 a day for 2 weeks, then 2 a day. More can be taken as needed for any of the above indicators.

CONTRAINDICATIONS:

When too much MENOPLEX is being taken, the following symptoms can develop

1. Feeling full in the stomach
2. Breast swelling and discomfort
3. Bloating

DIRECTIONS:

As a dietary supplement, take 1 to 2 capsules every morning and evening, or as directed by a physician. Can be taken on an empty stomach or with meals.

COMBINATIONS:

EstraLiv — if elevating normal levels of hormones causes bloating, indigestion, water retention, afternoon headaches, and tight joints

ColAid — when constipation and sluggish digestion develop

Lecithin — to help thin bile and alleviate constipation

LipoPan — needed when there is frequent need for fatty foods (cream, chocolate, chips, french fries), or oily or dry skin

Formulated by Dr. Norman Easley.

CHEWABLE BACTERIAL REPLACEMENT FORMULA

MICROBAC 1 is a unique combination of “friendly” bacteria for normalizing the mouth, throat and upper stomach for the control and elimination of harmful organisms. MICROBAC 1 succeeds because of its unique combination of multiple balanced bacterial strains that specifically re-colonize the upper intestinal tract effectively. The distinctive strains of bacteria in MICROBAC 1 have the following capabilities:

1. Facilitate the favorable bacterial growth for colonization of the entire gastrointestinal tract
2. Normalize intestinal pH values throughout the entire intestine
3. Inhibit harmful micro-organism growth because of its ability to normalize the acid/base balance by producing enzymes and because it colonizes so rapidly
4. Production of large amounts of enzymes which facilitates the colonization of favorable bacteria for digestion of protein, carbohydrates and fats
5. Cellulose production for complete digestion of vegetable matter
6. Produces enzymes which in turn dissolves free radicals and allows for easier elimination
7. Marked reduction of intestinal toxicity, including ammonia

INGREDIENTS:

Each chewable tablet contains:		% Daily Value
In a proprietary blend of:	120 mg	*
Acidophilus, probiotics, and enzymes		

*Daily Value not established

Other Ingredients: Maltodextrin, vegetable stearate, and flavoring.

No wheat, corn, soy, salt, yeast, egg, whey, milk, colors, chemical additives, or preservatives.

INDICATORS:

MICROBAC 1 is helpful for conditions involved in the re-colonization of the upper intestinal tract and when regular Lactobacillus cultures are ineffective. It is recommended for:

1. Candidiasis
2. Post-antibiotic therapy
3. Improper diet containing animal fats, additives, sulfites and processed foods
4. Intestinal infection (Giardia, influenza, food poisoning)
5. Colitis, Diverticulitis, irritable bowel syndrome
6. Stress

Potency Guaranteed: All the bacteria in this product have been included at their most effective clinical potency, and will maintain this potency at room temperature for 1 year from purchase. Refrigeration will assist in maintaining this potency.

DIRECTIONS:

As a dietary supplement, to establish adequate colonization, begin by taking 1 MICROBAC 1 tablet 2 to 4 times a day on an empty stomach up to 15 minutes before eating or at least 1 hour following meals, or as directed by a physician. After 2 weeks, decrease the dosage to 1 tablet 1 to 2 times a day. For children under 8 years of age, the suggested dosage is half of the adult.

NOTE: For Candida see CANDIDA PROTOCOL

Formulated by Dr. Norman Easley.

MICROBAC 2™

ANTI-YEAST FORMULA

MICROBAC 2 is the first chewable anti-yeast formula ever developed. It was made chewable because clinical research has demonstrated that the primary focus for elimination of Candida is in the mouth, throat, and stomach. Any attempt to permanently eliminate gastro-intestinal Candida infestations must begin in these areas. MICROBAC 2 contains a highly selective strain of lactic acid-producing bacteria which inhibits the growth of yeast and candidiasis. It also restricts the growth of salmonella, enterobacterium, and E. coli. MICROBAC 2's task is to control intestinal yeast infestation, facilitate normalization of the entire intestinal environment, and assist colonization of the intestine by compatible organisms.

INDICATORS:

The distinctive strains of bacteria in MICROBAC 2 are effective for the following conditions:

1. Candidiasis
2. Food poisoning
3. Pharyngeal yeast infection and earaches
4. Post-antibiotic therapy
5. Intestinal allergies due to yeast toxicity
6. Sweet cravings due to yeast activity
7. Vaginal infections caused by intestinal candidiasis
8. Sinusitis
9. Sore throats, flus, colds, earaches
10. Lymph node swelling with colds and flu
11. As prevention for infections

INGREDIENTS:

Each chewable tablet contains:		% Daily Value
In a proprietary blend of:	172 mg	*
Acidophilus extract and enzymes		

*Daily Value not established

Other Ingredients: Dextrose, maltodextrose, and flavoring.

No corn, soy, salt, yeast, egg, whey, milk, colors, chemical additives, or preservatives.

Potency Guaranteed: All the bacteria in this product have been included at their most effective clinical potency, and will maintain this potency at room temperature for 1 year from purchase. Refrigeration will assist in maintaining this potency.

DIRECTIONS:

As a dietary supplement, begin by dissolving in mouth 1 MICROBAC 2 tablet 4 times a day, for 1-2 weeks on an empty stomach up to 15 minutes before eating, or at least 1 hour after meals and before bed, or as directed by a physician. Then decrease MICROBAC 2 to 1 tablet every AM and PM. For children 2 to 8 years of age the recommended dosage is half the adult dosage. In extreme cases, MICROBAC 2 may be required for as much as 8 weeks.

NOTE: For Candida see CANDIDA PROTOCOL

COMBINATIONS:

MicroBac 3 — to re-colonize the intestine allowing for sufficient bacterial replacement to assist in the control of "die-off" toxins

ReBuild — if a "leaky" intestinal lining exists enabling "die-off" to readily be absorbed
L-G-K-S or NuLiv — to assist the liver in processing "die-off" toxins (to prevent nausea, fatigue, skin breakouts, and the onset of illness)

Enzyme Pro or F/S — to facilitate more efficient digestion and to support bacterial colonization

Formulated by Dr. Norman Easley.

INTESTINAL BACTERIAL MAINTENANCE FORMULA

MICROBAC 3 is the ideal combination of “friendly” bacteria for normalizing the digestive system and for enabling the control of harmful organisms. The distinctive strains of bacteria in MICROBAC 3 have the following capabilities:

1. Facilitate the colonization of the entire GI tract by creating the ideal medium for favorable bacterial growth
2. Normalize intestinal pH values throughout the entire intestine
3. Inhibit harmful micro-organism growth due to pH regulation abilities
4. Produce large amounts of digestive enzymes which facilitates the colonization of favorable bacteria and improves overall digestion
5. Produce cellulase for complete digestion of vegetable matter
6. Produce catalase for hydrolysis of hydrogen peroxide
7. Reduce intestinal toxicity, including ammonia

INGREDIENTS:

Each capsule contains:		% Daily Value
In a proprietary blend of:	472 mg	*
Probiotics, enzymes, and bicarbonates		

*Daily Value not established

Other Ingredients: Gelatin, calcium carbonate, cellulose, magnesium stearate and silica.

No corn, soy, salt, yeast, egg, sugar, whey, milk, colors, chemical additives, or preservatives.

INDICATORS:

MICROBAC 3 has proven helpful for intestinal recolonization when regular Lactobacillus cultures are ineffective. It is recommended for the following conditions:

1. Candidiasis
2. Post-antibiotic therapy
3. Improper diet containing animal fats, additives, sulfites, refined foods, fast-foods, coffee, colas, excess acid foods
4. Intestinal infection (Giardia, influenza, food poisoning)
5. Colitis, Diverticulitis, irritable bowel syndrome

Potency Guaranteed: All the bacteria in this product have been included at their most effective clinical potency, and will maintain this potency at room temperature for 1 year from purchase. Refrigeration will assist in maintaining this potency.

DIRECTIONS:

As a dietary supplement take 1 MICROBAC 3 capsule 2 to 4 times a day on an empty stomach up to 15 minutes before eating or, at least 1 hour following meals, or as directed by a physician. After 2 weeks, decrease the dosage to 1 capsule 1 to 2 times a day. For children under 8 years of age, the suggested dosage is half of the adult. Capsule contents can be dissolved in water, juice, or milk before taking.

NOTE: For Candida see CANDIDA PROTOCOL

COMBINATIONS:

MicroBac 2 — for candidiasis elimination

ReBuild — to assist the rebuilding of an intestine damaged by chronic dysbiosis

Enzyme Pro — to normalize the digestion and increase intestinal toxicity and acidity

Enzyme F/S — to provide nutrients from vegetable fiber and to normalize the transit time of intestinal food passage

ColAid — if sluggish digestive peristalsis and gas

DiaChol — if diarrhea or loose, acidic stools

Formulated by Dr. Norman Easley.

LIVER SUPPORT FORMULA

The liver is a major organ of detoxification in the body. All toxins that are ingested, inhaled, or absorbed through the skin, pass through the liver. NULIV was designed to supply the liver with the necessary nutrients for the neutralization and elimination of toxins. This includes free radicals, chemicals, environmental pollutants, drug overdoses, alcohol toxicity, anesthesia, radiation, Candida "die off", and all toxins resulting from normal body processes. NULIV also benefits the kidney by reducing the amount of toxins in renal circulation.

INGREDIENTS:

Each capsule contains:		% Daily Value
Vitamin C (from magnesium ascorbate)	50 mg	80
Folic acid	200 mcg	50
Selenium (from L-selenomethionine)	100 mcg	140
In a proprietary blend of:	255 mg	*
N-Acetyl-L-Cysteine, L-Taurine, L-Serine, Glutathione, cholic acid, and bile salts		

*Daily Value not established

Other Ingredients: Gelatin (capsule) and fruit pectin.

No wheat, corn, soy, salt, yeast, egg, sugar, whey, milk, colors, chemical additives, or preservatives.

INDICATORS:

NULIV has been clinically proven helpful for the following conditions:

1. Poor skin quality, degenerative skin conditions (eczema, psoriasis, ulcerations, acne vulgaris)
2. Stiff, arthritic joints that are generally worse as the day progresses and aggravated by motion
3. Body odor, chronic halitosis or evening headaches
4. Lethargy and sluggish behavior often accompanied by irritability which continues during the day
5. Miscellaneous symptoms associated with chemical or toxic mineral exposure
6. Nerve disorders, such as Attention Deficit Syndrome, hyperactivity, numbness, tingling or tremors
7. Most symptoms are usually improved by sleeping which is often increased beyond 8 hours. In advanced cases, there never seems to be enough sleep to feel rested

Potency Guaranteed: This product is manufactured under strict quality control to insure the optimum in purity, potency and reliability.

DIRECTIONS:

As a dietary supplement, take 1 to 2 NULIV capsules 3 times a day before or after meals until improvement is noted, then reduce to a supportive dose of 1 to 2 capsules every AM and PM until the desired results are obtained, or as directed by a physician.

COMBINATIONS:

Betaine HCL — if there is poor stomach digestion of protein, stomach bloating, intestinal gas that has little or no odor

BioCarb — with poor digestion, undigested food in the stool, acidic stools and frequent loose stools

Enzyme Pro — with acne, stiff joints, arthritis, and morning headaches

PanPro — with poor protein digestion made evident by fatigue after eating, intestinal gas, lower intestinal bloating, and foul odor

Formulated by Dr. Norman Easley.

LYMPHATIC SUPPORT FORMULA

NULYMPH was designed to stimulate the flow of lymphatic fluids, improve lymph circulation, increase protection by white blood cells and lymph and assisting the elimination of cellular toxins. By supporting these functions NULYMPH improves the elimination of foreign proteins, harmful bacteria, viruses and toxins, thus helping the body to recover from various illnesses.

INGREDIENTS:

Each capsule contains:		% Daily Value
Lymphatic tissue	100 mg	*
Zinc	10 mg	67
In a proprietary blend of: Echinacea, goldenseal, baptisia, osha root, sulfur 1x, and enzymes	490 mg	*

*Daily Value not established

Other Ingredients: Gelatin (capsule).

No wheat, corn, soy, salt, yeast, egg, sugar, whey, milk, colors, chemical additives, or preservatives.

INDICATORS:

NULYMPH has been clinically proven beneficial for individuals suffering from bacterial and viral infections. It is recommended in cases of:

1. Fevers, sore throats, coughs, tonsillitis, and swollen glands
2. Colds, flus and acute diarrhea
3. Bronchitis and pneumonia
4. Earaches and sinusitis
5. Mononucleosis, hepatitis and chronic fatigue syndrome
6. Food poisoning
7. Lymphatic congestion

NULYMPH can be taken with REBUILD to assist in controlling inflammation and improving the healing process. In cases of infection and skin disorders due to yeast fungus, candida, or food poisoning NULYMPH can be taken with MICROBAC 2.

DIRECTIONS:

As a dietary supplement, take 1 to 2 NULYMPH capsules 3 times a day before or after meals until improvement is noted, or as directed by a physician. Then reduce to a supportive dose of 1 to 2 capsules every AM and PM until the desired results are obtained.

COMBINATIONS:

MicroBac 2 — if persistent infection involving throat, sinus or lungs
AllerAct — if infection related to allergies or allergic sinusitis

Formulated by Dr. Norman Easley.

A BALANCED PATTERN OF PANCREATIC NUTRIENTS

The pancreas produces glucagon which is released whenever the blood sugar gets too low. In order to accomplish this, the pancreas requires specific nutrients. If the pancreas is unable to maintain normal glucagon production, hypoglycemia results causing symptoms to occur within 2 hours of eating. PANPLEX provides the essential nutrients to the pancreas thereby preventing this type of hypoglycemia.

INGREDIENTS:

Each capsule contains:		% Daily Value
In a proprietary blend of:	530 mg	*
Pancreas tissue, L-Glycine, L-Alanine, enzymes, and bromelain		

*Daily Value not established

Other Ingredients: Gelatin (capsule) and chromium chelate.

No wheat, corn, soy, salt, yeast, egg, sugar, whey, milk, colors, chemical additives, or preservatives.

INDICATORS:

If the pancreas is unable to maintain normal glucagon production, hypoglycemia results causing symptoms to occur within 2 hours of eating.

Factors Causing a PANPLEX Condition:

1. Heredity
2. Frequently going too long without eating – need to eat every 2 hours to maintain
3. Stress, excessive exercise
4. Caffeine, stimulants

Symptoms of a PANPLEX Condition:

1. Headaches in the morning
2. Restless sleep, waking, anxiety occurring between 4:00-5:00 AM. If returning to sleep, more difficulty getting up at normal time
3. If feels stressed during AM and throughout the day until evening, can lose appetite and can go hours without eating
4. Occasional sugar cravings during the midday and most often after dinner which then re-energizes and makes it difficult to go to sleep at a reasonable hour
5. Hunger pangs and hypoglycemic symptoms between meals if one doesn't eat frequently
6. Internal nervousness, anxiety
7. Desire to eat frequently, tolerance for sugar which alleviates symptoms
8. Often uses nicotine, cigarettes. Coffee can make hyper
9. Loss of appetite in the morning when stressed by deadlines
10. Energy usually improves in the evening shortly after dinner

DIRECTIONS:

As a dietary supplement, take one to two PANPLEX 3 times a day either between meals or with meals, or as directed by a physician. Attempt to eat 3 small meals a day with a midmorning and afternoon snack.

COMBINATIONS:

Electrolyte 1 or 2 — if hypoglycemic spells cause dizziness, fainting, difficult thought processes, sleepiness, intolerance to stress, and fatigue
LipoPan — needed when there is frequent desire for fatty foods (cream, chocolate, chips, french fries)

PanPro — with poor protein digestion made evident by fatigue after eating, intestinal gas, lower intestinal bloating, and foul odor

Formulated by Dr. Norman Easley.

PROTEIN DIGESTING ENZYMES

Pancreatic proteolytic enzymes are responsible for the major part of protein digestion in the small intestine. Normally, the pancreas begins releasing these enzymes within 10 to 20 minutes after a meal has been eaten and the enzyme content remains fairly high for 4 to 6 hours. The effectiveness of pancreatic enzymes is to digest up to 98% of all protein. The remainder is digested by intestinal bacteria and enzymes released by these bacteria and the lining of the intestinal tract. A deficiency in pancreatic protease can have a major impact on the digestion of dietary proteins and the health of the individual. PANPRO was developed to supply the most effective pancreatic proteolytic enzymes for optimum digestion of protein and, eventually, the replacement of the pancreas' stores.

INGREDIENTS:

Each capsule contains:		% Daily Value
In a proprietary blend of:	255 mg	*
Proteolytic enzymes		

*Daily Value not established

Other Ingredients: Gelatin (capsule) and rice protein.

No wheat, corn, soy, salt, yeast, egg, sugar, whey, milk, colors, chemical additives, or preservatives.

INDICATORS:

PANPRO is recommended when certain conditions create a deficiency in these important enzymes. Excessive consumption of nuts, peanuts, nut butters, soy milk, intestinal candidiasis, excessive diarrhea, prolonged or frequent fasting, and stress will all decrease the level of pancreatic protease. Genetic inclinations can also play a part in the reduction of healthy proteolytic enzymes. When this happens, any of the following conditions can occur:

1. Feeling tired and sluggish after consuming protein meals
2. Bloating and gas in the lower abdomen
3. The release of offensive bowel gas
4. Bad breath that is characteristic of a stool odor
5. Poor quality skin which can have a faint to mild ammonia scent
6. Poor wound healing, bruising, fingernail spots, nails that are ridged
7. Frequent illnesses that persist for an abnormal length of time often accompanied by swollen lymph nodes
8. Abnormal loss of hair, diarrhea, extremity water retention, leg ulcers, varicose veins, foot odor, hypoglycemia, arthritis, joint stiffness, poor muscle development, muscular weakness, and poor endurance can all develop with prolonged protein enzyme deficiencies

DIRECTIONS:

As a dietary supplement, take 1-2 capsules before or during each meal, or as directed by a physician.

COMBINATIONS:

BioCarb — the effectiveness of intestinal enzymes depends entirely on the amount of intestinal bicarbonates. If they are inadequate a resultant acidity will cause diarrhea, undigested food particles in the stools, and acidity

Enzyme Pro — to assist in the final hydrolysis of proteins for final absorption by supporting the intestinal lining and the normal flora

Formulated by Dr. Norman Easley.

A NATURAL WILD YAM CREAM

PHYTAGEST, a natural progesterone has been used successfully for PMS, menopausal symptoms, and for protection against osteoporosis in post-menopausal women. There have been no negative side effects associated with its use. Skin conditioners help the absorption of progesterone into the body. This avoids it being processed through the liver, where some benefit is lost, as with oral preparations.

INGREDIENTS:

De-ionized water, Wild Yam Extract, Glyceryl Stearate (emulsifier), PEG-100 Stearate (emulsifier), Aloe Vera Gel, Glycerin, Stearic Acid (fatty acid), Safflower Oil, Triethanolamine (dispensing agent), Octyl Palmitate (emulsifier), Almond Oil, Diazolidinyl Urea (preservative), Carbomer (emulsifier), Dimethicone (skin protectant), Jojoba Oil, Avocado Oil, Tocopheryl Acetate (Vitamin E), Black Cohosh Root Extract, Progesterone, Methylparaben (preservative), Propylparaben (preservative).

INDICATORS:

Premenstrual Syndrome's common symptoms appearing five to ten days before menstruation are: water retention, migraines, breast soreness, mood swings, weight gain, and cramping. Because the progesterone and estrogen levels naturally rise and fall during the menstrual cycle, supplementing a natural progesterone in a way that simulates the body's own cycle of progesterone production helps to bring the body back to its equilibrium, and thus can help decrease symptoms. PHYTAGEST can also help symptoms which occur during menstruation such as cramping, diarrhea, constipation, and heavy bleeding. If migraines are occurring during the cycle, put the cream on the back of the neck or at the temples. It is best to begin using PHYTAGEST at the time of your ovulation, but it is okay to use PHYTAGEST prior to ovulation if needed, and use until menstruation begins.

Menopausal Symptoms include hot flashes, night sweats, mood changes, and vaginal dryness and/or discomfort. For intense night sweats and hot flashes, use 1/4 - 1/2 teaspoon every fifteen minutes for one hour following the episode.

NOTE:

Some women require more natural progesterone cream to help alleviate symptoms while other women can use less. The correct amount of natural progesterone cream for one woman is not necessarily the right amount for another. Also some women notice results from using PHYTAGEST with the first use, others may take one to three cycles to see results. As symptoms diminish, reduce the amount of PHYTAGEST you use to a maintenance dosage. If symptoms return, resume previous usage and then cut back again. Dosage always depends upon present stress level. More stress will cause a need for more PHYTAGEST.

For any of the above problems one should avoid caffeine, alcohol, sugar, salt, chocolate, and dairy products.

Following a low fat, high fiber, vegetarian based diet will also help to ease symptoms.

Bibliography: *Natural Progesterone: The Multiple Roles of a Remarkable Hormone*, John R. Lee, M.D., BLL Publishing, Sebastopol, CA, 1993. *Premenstrual Syndrome Self Help Book and Menopause Self Help Book*, Susan M. Lark, M.D., Celestial Arts, Berkeley, CA, 1993, 1990.

SUGGESTED DOSAGE:

Apply 1/4 to 1/2 teaspoon per day. To use PHYTAGEST cream, massage it into your skin until it is noticeably absorbed, or as directed by your healthcare professional. Natural progesterone cream can be applied to any area of the body; however, it is best to apply it to thinner, softer skin, such as the chest, breasts, lower abdomen, inner thighs, wrist, inner arms, or neck. It is recommended that you periodically rotate the area of the body where PHYTAGEST cream is applied. PHYTAGEST is a very effective skin moisturizer and has been used in skin creams in lesser concentrations for years. Before using PHYTAGEST cream on your face, determine if your facial skin is sensitive by applying a small amount.

Formulated by Dr. Norman Easley.

PRE & POST WORKOUT™

Notes

A BALANCED EXERCISE FORMULA

During exercise, the body maintains numerous biochemical activities. The most important are the regulation of fluids for nutrient transfer to cells and energy production. The pituitary also produces Growth Hormone during strenuous exercise. It is because of this hormone that muscles grow, fat is reduced, and stamina increases with regular exercise.

INGREDIENTS:

Each capsule contains:		% Daily Value
Beta Carotene	5,000 IU	100
Potassium	150 mg	4
L-leucine	150 mg	*
Magnesium	100 mg	25
Creatine Monohydrate	100 mg	*
L-alanine	100 mg	*
L-glutamine	100 mg	*
Vitamin C	50 mg	83
L-taurine	50 mg	*
Bioflavonoids	30 mg	*
Organic Orchic	30 mg	*
L-carnitine	15 mg	*
Rutin	10 mg	*
Zinc	5 mg	33
Manganese	5 mg	250
Vanadyl	4 mg	*
Boron	1 mg	*
Chromium Picolinate	20 mcg	*

*Daily Value not established

Other Ingredients: Enzymes and trace minerals.

No wheat, corn, soy, salt, yeast, egg, sugar, whey, milk, colors, chemical additives, or preservatives.

INDICATORS:

If the proper nutrients are not available to the exercising muscle, deficiencies can begin to develop within 30 minutes into an exercise program. This causes a set of symptoms, such as the ones listed below, which can be alleviated by using the PRE & POST WORKOUT formula.

1. Poor muscle recovery between repetitions
2. Decreased stamina and endurance
3. Tremors
4. Lightheaded and dizzy sensations
5. A drop in natural adrenal steroid hormones can cause a loss in motivation and enthusiasm causing the individual to force themselves to continue the workout
6. Prolonged recovery period that can require as much as 2 to 3 days; this causes a lack of interest to exercise regularly
7. Slow development of strength
8. Increased requirement for sleep and rest
9. Increased appetite for sweets; the need to eat larger amounts of food
10. Increased thirst and feelings of dehydration
11. During and after the stress of colds, flu, diarrhea, and infections to speed recovery

Continued on next page

DIRECTIONS:

As a dietary supplement, take 3 to 4 capsules with fruit 15 to 30 minutes before beginning the exercise program and 1 to 2 capsules with fruit within 30 minutes after the workout is completed, or as directed by a physician. Limit the routine to 60 to 90 minutes. For prolonged athletic endeavors, 2 PRE & POST capsules should be taken every hour with either fruit or water. During an illness or alcohol excess, it is suggested that 2 PRE & POST be taken 3 to 4 times a day until full recovery has been attained.

COMBINATIONS:

To support these functions the following supplements can be added to the program:

L-Arginine — this is an amino acid that is used in large amounts by the pituitary in its production of Growth Hormone. It is best to take L-Arginine just following the exercise routine is completed. A normal dose is 2 to 6 500mg capsules.

Magnesium — this important mineral enables the muscles to recover their electrical potential after exercise. The electrical activity of a cell is what enables it to process nutrients, oxygen, and remove waste products. Magnesium is the key mineral to enable this significant function. After exercise, take 2 to 4 250mg tablets of magnesium oxide. Not enough magnesium will cause the muscles to shake.

Electrolyte 1 or 2 — electrolytes make up the most important minerals in the body. Sodium, chloride, magnesium, and potassium are the key minerals which regulate fluid balance in the cells and blood stream, the acid-base balance, digestive fluids, neuromuscular activity, and nerve conduction. They are also essential for all nutrient absorption and toxin elimination. 2 to 4 Electrolyte 2 capsules should be taken after each workout.

L-Glutamine — helps to restore muscle glycogen to normal, enabling rapid recovery, development, and growth. 1 to 3 500mg capsules should be taken after each workout.

Formulated by Dr. Norman Easley.

MUCOSAL MEMBRANE MAINTENANCE FORMULA

Mucous membranes are the internal skin of the body, lining the intestines, the cavities of the sinus, bronchioles, and the entire intestinal tract. These membranes are constantly being stressed by pollens, air pollutants, strong odors, acid foods, harmful bacteria, yeast, and normal food fibers. REBUILD was developed to strengthen these membranes and to provide all the essential nutrients to rebuild damaged mucous membranes so they can provide healthy barriers against infection, allergens, and irritation from high fiber diets. REBUILD can also be used for cases of hemorrhoids, varicose veins, tissue bruising, and recovery from debilitating illness.

INGREDIENTS:

Each capsule contains:		% Daily Value
Vitamin C	50 mg	83
Zinc	10 mg	67
Molybdenum	100 mcg	133
L-selenium methionine	50 mcg	71
In a proprietary blend of:	650 mg	*
Quercetin, bioflavinoid concentrate, L-glutamine, N-acetyl-L-glucosamine, and rutin		

*Daily Value not established

Other Ingredients: Gelatin (capsule) and sodium alginate.

No wheat, corn, soy, salt, yeast, egg, sugar, whey, milk, colors, chemical additives, or preservatives.

INDICATORS:

REBUILD is recommended in cases where there is a history of intestinal and respiratory problems because it assists in the reduction of inflammation and supports regeneration of damaged mucous membranes. REBUILD is helpful for the following conditions:

1. Chronic candidiasis
2. History of prolonged antibiotic use
3. Colitis, ulcers, ulcerative colitis
4. Allergies involving the sinuses, lungs, and intestinal tract
5. For those who experience intolerable "die-off" from Nystatin, or MicroBac 2
6. Rebuilding a "leaky" bowel syndrome
7. Hayfever, colds, bronchitis, sinusitis, asthma
8. Food sensitivity reactions within 30 minutes of eating

DIRECTIONS:

As a dietary supplement, 2 REBUILD capsules should be taken before each meal (6 a day) for 2 weeks, or as directed by a physician. Once an adequate response is obtained, the dosage decreases to 2 to 4 capsules a day for 1 to 3 months. REBUILD is best taken on an empty stomach. If sinus and nasal allergies are present also take 1 Flax Oil capsule per dosage.

COMBINATIONS:

AllerAct — for sinus allergies and intestinal hypersensitivities, food intolerance that causes fatigue after meals, headaches or stomach aches within 30 minutes of eating

Beta Carotene — assists in the regeneration and strength of the mucous membranes

BioCarb — when an acidic intestinal environment weakens the mucous membranes

Enzyme Pro — for improving the digestion of dietary proteins preventing intestinal putrefaction and toxicity

NuLymph — if an infection is present

PanPro — for improving the pancreatic digestion of protein thereby preventing intestinal irritation from toxicity

Formulated by Dr. Norman Easley.

TESTROPLEX™

BALANCED NUTRIENTS FOR MEN

Healthy male hormone (testosterone) levels require specific nutrients throughout life. If these nutrients are not made available, testosterone levels can decline. This causes infertility, prostate problems, abnormal blood fats, a loss in productivity, decreased zest for life, the inability to visualize goals, unexplainable depression, and decreased libido.

INGREDIENTS:

Each capsule contains:		% Daily Value
In a proprietary blend of:	375 mg	*
Orchic tissue and enzymes		

*Daily Value not established

Other Ingredients: Gelatin (capsule) and potassium carbonate.

No wheat, corn, soy, salt, yeast, egg, sugar, whey, milk, colors, chemical additives, or preservatives.

INDICATORS:

TestroPlex provides the essential nutrients to maintain healthy testosterone levels. When TestroPlex is needed, some or all of the following symptoms can develop:

1. The development of a depression characterized by apathy and loss of interest in life, projects, or job
2. Decline in creative endeavors
3. If the individual is generally normal weight, they can become more critical, hard to please, wanting to change their life, job, or their relationships; "Nit Picky," hard to live with, cantankerous, fault finding
4. If they tend to become overweight, then they will notice an increased appetite, general lethargy, desire to be alone to watch TV or read
5. Loss of productivity
6. Decreased zest for life
7. Eventually, low testosterone causes an inability to visualize goals; there is decreased imagination and an inability to daydream
8. The libido can either become excessive and insatiable causing more of a thrill seeking behavior, or, it can become decreased — if it is decreased then there is a general lack of interest accompanied by an apathetic depression; it is important to recognize that there is a change from normal
9. When there is a weight gain, low testosterone levels cause the body to deposit fat under the stomach muscles; this causes a protruding "pot belly" that is hard to the touch
10. There can occur an unusual type of pimple that is sore to touch, but is unproductive and usually forms in the scalp

CONTRAINDICATIONS:

When too much TESTROPLEX is being taken, congested liver symptoms can develop causing fatigue after meals, sluggish digestion, hemorrhoids, increased desire to eat fats. In some cases, there can be an increased or decreased libido. Increased appetite. General fatigue occurring within 30 minutes of taking the capsules and can last all day.

DIRECTIONS:

As a dietary supplement, take 1 to 2 capsules a day with meals, or as directed by a physician.

Formulated by Dr. Norman Easley.

PROTOCOL FOR ELIMINATING CANDIDA

RATIONALE:

Candida albicans is an organism which begins in the mouth. From the mouth it spreads to the remainder of the digestive tract and eventually into the blood stream where it affects the entire body, especially the endocrine and nervous systems. It is the Candida in the mouth that actually "seeds" the rest of the body with additional colonies. In order to thoroughly eliminate Candida, therefore, it is essential that it be addressed first at its source and then at its migratory sites in the proper sequence. This is the rationale which forms the basis for the utilization of MICROBAC 1, 2 & 3, to eliminate Candida.

THE THERAPEUTIC COMPONENTS:

1. MICROBAC 1 works because the bacteria contained in it perform several unique functions. When first introduced in the mouth, acid by-products are released. These acids protect the throat and stomach from harmful bacteria which cannot live in an acid environment. Once the bacteria get into the intestine they begin reproducing at a very rapid rate. It is estimated that they will double in number every 20 minutes. This rapid growth competes with pathogenic organisms for nutrients thereby containing them. Once established the MICROBAC 1 bacteria begin secreting natural digestive enzymes which help to digest food substances. In addition to enzymes, MICROBAC 1 bacteria produce large amounts of intestinal alkalizing products. A healthy intestine should stay at a normal pH balance of 7 to 8. By being able to perform all these functions, the bacteria in MICROBAC 1 dramatically improve the intestinal ecology and reduce intestinal toxins. MICROBAC 1 is the first chewable bacterial formula on the market that supplies the entire human intestine from the mouth to the colon.
2. MICROBAC 2 was developed to provide a more aggressive approach to normalizing the intestinal flora. It contains a unique Lactobacillus bacteria which rapidly produces healthy by-products (lactic acids) which discourage the growth of specific harmful organisms. MICROBAC 2 also contains a cultured extract of this bacteria which is released directly into the mouth. This discourages the growth of harmful organisms and enables the proper bacteria to get established quickly and with little resistance.

MICROBAC 2 is in chewable form, because it was discovered from medical research and clinical trials that if harmful organisms get established in the mouth, throat, or stomach, they will continue to proliferate and send their offspring further into the intestine. Allowing MICROBAC 2 to dissolve in the mouth assists the elimination of harmful organisms throughout the entire intestine by restricting their growth at the source. MICROBAC 2 then continues to work in the remainder of the intestinal tract until normal intestinal ecology is restored. An independent lab analysis was performed on 1/16/91 that demonstrated MICROBAC 2 was 100% effective in retarding the colonization of Candida Albicans, Salmonella, and E. coli.
3. MICROBAC 3, the capsule form of MICROBAC 1, contains the same bacteria as the chewable form but has a higher concentration of the anaerobic bacteria necessary for colonization of the large intestine. This product is used for long term cases and as maintenance once the intestinal environment has been sufficiently normalized.
4. REBUILD was developed to improve the integrity of the intestinal lining and protect it against potential food antigens. It was discovered clinically, that REBUILD also has a beneficial effect on all the mucous membranes including the sinuses. With the addition of flax oil, the specific lipolytic enzymes in the REBUILD has beneficial effects in rebuilding the mucous membranes most affected by airborne antigens.

Continued on next page

5. L-G-K-S: When Candida and harmful bacteria begin to die off, potentially irritating toxins can be eliminated into the blood stream. It is important to keep these toxins moving so they can be properly eliminated by the liver and kidneys. L-G-K-S might be needed to improve the flow of blood through these important organs so any toxins produced by the Candida elimination process can be removed without side effects. L-G-K-S helps prevent the uncomfortable effects of "Die-Off" reactions.
6. NULIV: Elimination of Candida infections can produce toxins which must be first neutralized before they can be eliminated through the liver. NULIV supplies all the nutrients required by the liver to effectively eliminate these toxins and relieve the symptoms toxin accumulations can produce.

PROCEDURE:

This process has clinically evolved over the past 15 years and has proven itself effective for most cases of Candidiasis. For extremely difficult cases (those that have undergone years of antibiotic or cortisone therapies), more time may be required than what is recommended. It might even be necessary to use more advanced medical procedures to eliminate stubborn cases.

1. Recommendations: It is best that all the products are taken on an empty stomach at least 5 to 15 minutes before eating. Eat regularly during the day to reduce intestinal stress from hypoglycemia and reduced activity.
2. Initial Colonization: Begin with Chewable MICROBAC 1 at 1 tablet 3 times a day. Two bottles are generally enough to normalize the bacterial environment of the mouth, throat, and stomach.
3. Elimination of Candidiasis: Begin MICROBAC 2, along with the Chewable MICROBAC 1, at 1 tablet 3 times a day until the bottle has been finished. If the case is difficult, MICROBAC 2 can be continued for as much as 6 months. However, it is recommended that Nystatin be taken in more advanced cases beginning after the completion of at least one bottle of MICROBAC 2. Nystatin should be taken at 1/2 tablet 3 to 4 times a day for a minimum of two weeks. One of the Nystatin doses should be dissolved entirely in the mouth.
4. Intestinal Colonization: Week four begin MICROBAC 3 capsules at 1 every AM and PM for the course of the treatments, then 1 a day for maintenance.
5. Toxin and Mucous Membrane Management: To assist the rebuilding of the digestive tract mucous membranes take 1 REBUILD capsule before each meal. L-G-K-S should be taken to prevent the buildup of toxins from the Candida "die-off." One capsule 3 times a day is usually enough to maintain a healthy toxin removal. However, if fatigue, swollen lymph nodes, any illness, headaches, or sore muscles and joints develop, take 2 L-G-K-S 3 times a day until better, then reduce to the original dose. NULIV should be taken if there is generalized fatigue, headaches, irritability, joint soreness, and aggravation from exercise.

BACTERIAL ENZYME FORMULA

OG-22 is the result of over 20 years of research on the effects of bacteria on decomposing organic matter. It was learned that the odors detectable in areas such as barnyards, compost bins, and stagnant bodies of water are caused by the presence of undesirable bacteria. These bacteria live on the organic matter causing decay. Decay is an inefficient form of decomposition that releases methane, sulfur, and various other offensive gases. Ammonia is also a common odor formed where manure and other high nitrogen substances are present but certain desirable bacteria are absent. In order to prevent these gaseous odors it was discovered that the right species of bacteria are needed. Research demonstrated that "friendly" bacteria actually prevent decay of organic matter. Instead they allow such matter to decompose efficiently without releasing unpleasant odors. It was for this reason that OG-22 was developed.

Because OG-22 contains the "friendly" bacteria, offensive odors are quickly eliminated and fresh air is restored. The microbes present in OG-22 accomplish this by their ability to rapidly consume organic matter before the unwanted bacteria have a chance to work. As a result, only odorless carbon dioxide is released into the surrounding air. And OG-22 bacteria does this naturally without the use of chemicals, so no harm can come to livestock or vegetation.

APPLICATION:

OG-22 should be applied as a fine spray, full-strength over the affected area. One pint will cover approximately 2500 sq. ft. Stronger application will achieve quicker results but to apply one pint over an area less than 1000 sq ft. would be unnecessary. Within 3 days of application the odor should be reduced by half. This indicates the bacteria are now well established and should be active for at least 4 weeks. If not, a second application will be required. Maintenance applications vary according to sunlight, temperature, and the amount of moisture on the material. In most cases, an application of 1 pint/2500 sq. ft., every 6 to 8 weeks will be sufficient.

RECOMMENDATION:

In areas where livestock frequently travel, such as a pathway to and from a barn, OG-22 can be concentrated at the rate of 1 pint every 500 sq. ft over an area 2000 to 6000 sq ft. depending how many animals pass daily. In this way the material is carried out to the field on the hoofs of the livestock and will eventually cover the entire area required. The best time for applications is before a rain, cloudy day, or near sunset since the bacteria in OG-22 require 4 to 8 hours to establish themselves. These bacteria are very stable and do well up to heat of 120°.

NOTE: OG-22 is a completely non-toxic product and will not cause any harmful side effects on humans, animals, fowl, or plants. No special handling procedures are necessary. No first aid is required should accidental ingestion occur.

Formulated by Dr. Norman Easley.

BACTERIAL ENZYME FORMULA

BIO-SPA was developed as a safe, effective means of establishing a clean and healthy hot tub without the use of harmful chemicals. When successfully established, the water in a spa/hot tub will remain clear, odorless, and foam free for months with very little maintenance.

SPA TREATMENT INSTRUCTIONS:

1. **Preparation:** It is extremely important that all chlorine and chlorine residues be successfully eliminated from the hot tub prior to administering BIO-SPA. To do this, first empty all of the water from the hot tub and clean the tub lining thoroughly. Also, replace the filter with either a new filter or one that has been cleaned.
2. **Filling the hot tub:** Install or use an in-line chlorine filter when filling the hot tub/spa. This will not be necessary if well water is being used. Fill to the normal level.
3. **Adding BIO-SPA:** After the hot tub/spa has been filled, heat the water to 104 degrees. Open the "activator" tube and add water to within 1 inch of the top, replace the lid, and shake vigorously until the "activator" powder is fully dissolved. Remove the lid and add the entire contents of the "activator" to the hot tub/spa water. Turn on full jets with maximum aeration. Then add the full contents of the BIO-SPA container to the circulating water and replace the spa cover.
4. **Final Activation of BIO-SPA:** Allow the hot tub/spa water to circulate at maximum aeration and full jets for one hour with the spa cover in place. Then run just the jets for 24 to 48 hours. When BIO-SPA begins to activate there will be a noticeable odor. At this time, the pH of the water should be as high as 8.0 or more. Once established, the odor will disappear and the pH will drop to 7.0 to 7.5 where it will stay for several weeks to months depending on the amount of usage. If the pH ever drops below this level, it indicates it is time to add more of the "activator."
5. **Relax in the BIO-SPA Hot Tub/Spa:** Not only will you experience the enjoyment of relaxing in a hot tub without chemicals but you will be able to experience the benefits of the enzymatic activity of BIO-SPA on your skin. The enzymes in BIO-SPA will assist in the removal of dead, dry, and damaged skin making it soft and more youthful.
6. **Maintenance:** When adding water to the hot tub make sure full jets are running and the chlorine filter is used. Every few weeks it might be necessary to wipe down the lining of the hot tub as it might tend to become too slippery. It is also recommended that the filter be removed and cleaned once a month.

NOTE: Do not use ultra-violet (ozone) generating units or other electronic anti-bacterial devices.

Formulated by Dr. Norman Easley

