

*"Let food be thy medicine and medicine be thy food"  
- Hippocrates*

## Your First Line of Defense

The items listed below are your go-to remedies — carefully curated as the first response for the symptoms or concerns noted. You don't need to take all of them. Pick what resonates, what tests well, or what your body intuitively asks for.

Our nutrients are ultra-clean and beyond organic whenever possible — free from toxic tagalongs and fillers. Since no one ever got sick from "too much salad," it's generally safe to increase the dose of a remedy for a few days, if it's working and your body responds well. Just like you might take ibuprofen every few hours for a headache, many nutrients or herbs can be taken multiple times a day until relief sets in.

## Non-Negotiables for Real Healing

⚠️ EMF remediation is mandatory — not optional.

If your phone and other devices aren't patched, and you're still struggling with health issues, this is your sign. EMFs rob your body of nutrition, weaken your adrenals, and drain your bones and immune system. Patching your phone alone can radically shift your energy. Without this step, the remedies below will only offer short-term relief.

## Daily Healing Must-Haves

- Tapping + Swiping to reset your nervous system
- BodyTalk statements for subconscious alignment
- Ocean salt soaks (Medi-Soak or Medi-Bath) for detox and mineral recharge
- Castor oil packs on the detox organs (your Assembly Line)
- Laser therapy — Julie's Scalar Wave Laser and Laser Pen can shift symptoms in minutes

These are the tools Julie lives by — and has used to keep herself and thousands of clients vibrant, balanced, and inflammation-free. If she could only take one tool on the road? It would be the laser. Hands down. It's compact, powerful, and game-changing.

Julie’s products are now available in two stores:

Nutrients & detox tools are on Everyday Essentials Store.

Premium tools (like Scalar Wave Laser, QIFI, Geo Sync) are on Limitless Health Store.

Just click the product name to go directly to the correct store – no need to search!

Products in different stores may require separate checkouts. It’s totally okay! They ship separately but still come from Julie’s team.

Concern	Remedy	Resolves
<b>Acid Reflux</b>	EMF blockers on all devices: <ul style="list-style-type: none"> <li>• <a href="#">Q Disc</a></li> <li>• <a href="#">Qi-Fi</a></li> </ul> Nutrients: <ul style="list-style-type: none"> <li>• <a href="#">Pink Salt</a></li> <li>• <a href="#">Deltanol</a></li> <li>• <a href="#">Castor Oil</a></li> <li>• <a href="#">Gastroven</a></li> </ul>	Remove the blockage and heal the stomach and heart area
<b>Aging Skin</b>	<ul style="list-style-type: none"> <li>• <a href="#">Vitamin C</a></li> <li>• <a href="#">DHEA</a></li> <li>• <a href="#">Pregnenalone</a></li> <li>• <a href="#">Melatonin</a></li> <li>• <a href="#">GHKcu peptide serum</a></li> </ul>	Improves elasticity, sleep, and recovery via hormone and nutrient support  <b>DHEA, Pregnenolone &amp; Melatonin:</b> women 40+ might try this for 3 months
<b>Antibiotics</b>	• <a href="#">Immunoven</a>	Herbal Antibiotic; for kids too
	• <a href="#">Olive Leaf</a>	Herbal antibiotic support; great for lungs, herpes (6 months = game changer), lungs & sinus
<b>Antioxidants</b>	• <a href="#">Limonene</a>	Powerful free radical neutralizers; supports liver and immune health
	• <a href="#">Glutathione</a>	Antioxidant, Especially helps the Liver

# ~Medicine Chest Rx (Adults)~

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Concern	Remedy	Resolves
	<ul style="list-style-type: none"> <li>• <a href="#">Astaxhanthin</a></li> <li>• <a href="#">Green Tea - ND™</a></li> <li>• <a href="#">Turmeric</a></li> <li>• <a href="#">Resveratrol</a></li> </ul>	Broad spectrum antioxidant
	<ul style="list-style-type: none"> <li>• <a href="#">Deltanol</a></li> </ul>	Antioxidant for circulation, lungs, heart, and it's modern day's Vitamin E
<b>Anxiety</b>	<ul style="list-style-type: none"> <li>• <a href="#">L theanine</a></li> <li>• <a href="#">Tranquinol</a></li> <li>• <a href="#">Creatine</a></li> <li>• <a href="#">Reishi</a></li> <li>• <a href="#">B complete</a></li> </ul>	Calms nervous system and stabilizes mood
<b>Arthritis</b>	<ul style="list-style-type: none"> <li>• <a href="#">Allicidin</a></li> <li>• <a href="#">Castor oil</a> for topical use</li> <li>• <a href="#">Oregano oil</a></li> <li>• <a href="#">Coconut oil</a> for internal use</li> <li>• <a href="#">Glutamine</a></li> <li>• <a href="#">Microbiome</a></li> <li>• <a href="#">Probiotic</a></li> </ul>	Tackles inflammation and underlying gut contributors
<b>Back Pain</b>	<ul style="list-style-type: none"> <li>• <a href="#">Renaven</a></li> <li>• <a href="#">DHA</a></li> <li>• <a href="#">Castor oil</a> topical</li> <li>• <a href="#">Adrenaven</a></li> <li>• <a href="#">Medi soak</a></li> </ul>	Overloaded kidneys are the cause. Often, soaking opens the kidneys. Other times, kidney remedies are a must. DHA works
<b>Bloating</b>	<ul style="list-style-type: none"> <li>• <a href="#">Biliven</a></li> <li>• <a href="#">Digestase</a></li> <li>• <a href="#">Castor oil (topical)</a></li> </ul>	Most people are bloated when their GB and GI tract are clogged—often from a C section or tummy tuck scar. Use Castor Oil topically

Concern	Remedy	Resolves
<b>Bone Health</b>	<ul style="list-style-type: none"> <li>• <a href="#">Calcium Magnesium</a></li> <li>• <a href="#">D3</a></li> <li>• <a href="#">D3/K2</a></li> </ul>	Helps Bones, Teeth, Gums, Immune System, Wound Healing, pH Balance. Contains every mineral your bones need For Inflammation and/or infection in the bones. Also good source of Vitamin K.
<b>Bones and Hormones</b>	<ul style="list-style-type: none"> <li>• <a href="#">Pregnenalone</a></li> </ul>	Great for Bone health, when hormones are weak
<b>Cancer</b>	<ul style="list-style-type: none"> <li>• <a href="#">Calcium Magnesium</a></li> <li>• <a href="#">Green Tea - ND™</a></li> <li>• <a href="#">Q disc</a></li> <li>• <a href="#">ph Tape</a></li> <li>• <a href="#">CoQ-10</a></li> <li>• <a href="#">Deltanol™</a></li> <li>• <a href="#">Castor oil</a></li> <li>• <a href="#">C60 oil</a></li> </ul>	Comprehensive detox and energy support
<b>Candida</b>	<ul style="list-style-type: none"> <li>• <a href="#">Allicidin</a></li> <li>• <a href="#">Udelyncic Acid</a></li> <li>• <a href="#">Probiotics</a></li> <li>• <a href="#">Microbiome</a></li> <li>• <a href="#">Coconut oil</a></li> <li>• <a href="#">Chlorella</a></li> <li>• <a href="#">CoQ-10</a></li> </ul>	Fights candida, rebuilds microbiome, improves immunity
<b>Carbohydrate Digestion</b>	<ul style="list-style-type: none"> <li>• <a href="#">Digestase</a></li> </ul>	Improves Carbohydrate Digestion & Breaks Down Scar Tissue (Use when you have Smelly Gas!)
<b>CBD</b>	<ul style="list-style-type: none"> <li>• <a href="#">My favorite CBD products</a></li> </ul> Use code 'JulieE' at checkout	Calms down the nervous system & the brain, carves stress out of the body & brain
<b>Cholesterol (high)</b>	<ul style="list-style-type: none"> <li>• <a href="#">Cardio ND</a></li> <li>• <a href="#">DHA</a></li> <li>• <a href="#">Balance Oil</a></li> <li>• <a href="#">Marine liquid EPA/DHA</a></li> </ul>	The cause is always related to stress, so these calm the nervous system and improves circulation

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Circulation	<ul style="list-style-type: none"> <li>• <a href="#">Deltanol™</a></li> <li>• <a href="#">Cardio ND</a></li> <li>• <a href="#">C60 Oil</a></li> <li>• <a href="#">Circuzyme</a></li> </ul>	Use for circulation and infection in the Heart or circulatory system
Colds & Flu	<ul style="list-style-type: none"> <li>• <a href="#">Allicidin</a></li> <li>• <a href="#">Olive Leaf</a></li> <li>• <a href="#">Immunoven</a></li> <li>• <a href="#">Zinc</a></li> <li>• <a href="#">D3</a></li> </ul>	These all work for cold & flu symptoms sinus & constipation
Constipation	<ul style="list-style-type: none"> <li>• <a href="#">Microbiome</a></li> <li>• <a href="#">Probiotics</a></li> <li>• <a href="#">Galactic</a></li> <li>• <a href="#">Aloe Caps</a></li> <li>• <a href="#">Hyssinol</a></li> <li>• <a href="#">Adaptogen</a></li> </ul>	These pull toxins out of the sinus, intestines, and GI tract. A different kind of aloe; grows at night, binds toxins and pulls them out of your intestines, sinus and lungs. Tastes great.
Cuts & Scrapes	<ul style="list-style-type: none"> <li>• <a href="#">Castor oil</a></li> <li>• <a href="#">Pink Salt</a></li> <li>• <a href="#">Nucleo</a></li> <li>• <a href="#">Vitamin C</a></li> <li>• <a href="#">Zinc</a></li> </ul>	Use ASAP to prevent infection and grow new, healthy skin
Dementia	<ul style="list-style-type: none"> <li>• <a href="#">Cereven</a></li> <li>• <a href="#">HM-ND</a></li> <li>• <a href="#">Castor oil</a></li> <li>• <a href="#">Cognitropic</a></li> <li>• <a href="#">Astaxanthan complex</a></li> </ul>	These work to remove infection, balance the brain chemistry, remove the blockages on the head & to heal dental infections
Depression	<ul style="list-style-type: none"> <li>• <a href="#">Max Stress B</a></li> <li>• <a href="#">B12</a></li> <li>• <a href="#">My favorite CBD products</a></li> </ul> <p>Use code 'JulieE' at checkout</p>	These help the liver do its job better and that lowers depression. Sometimes we have to kill bugs and parasites to eliminate depression
Detox	<ul style="list-style-type: none"> <li>• <a href="#">HM ND</a></li> <li>• <a href="#">CoQ-10</a></li> <li>• <a href="#">Medi Soak</a></li> <li>• <a href="#">Medi Body Pack</a></li> <li>• <a href="#">Medi Detox</a></li> </ul>	Mostly for throat & neck. Sometimes for the spine, cold & flu during winter (especially for kids). Helps rid the 2nd chin

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<b>Digestion</b>	<ul style="list-style-type: none"> <li>• <a href="#">Biliven</a></li> </ul>	For the Gallbladder, Bloating, Sleep, Dry Skin, Emotional stress (fear), promotes Deep Sleep
	<ul style="list-style-type: none"> <li>• <a href="#">Digest</a></li> <li>• <a href="#">Digestase</a></li> </ul>	Digestion (Especially Protein & Fat)
	<ul style="list-style-type: none"> <li>• <a href="#">Hyssinol</a></li> </ul>	Use when Bowels feel Incomplete, & for lymphatic, digestion, & it's antiviral
	<ul style="list-style-type: none"> <li>• <a href="#">Noni</a></li> </ul>	For Digestion - especially the lower belly/ Small Intestine
	<ul style="list-style-type: none"> <li>• <a href="#">Pink Salt</a></li> </ul>	Improves Digestion, Immune Support, Electrolyte Support for Adrenals (use with juice to make a 'Healthy Gatorade'!) 1 teaspoon/day = Essential for Kids
<b>Eczema/Psoriasis</b>	<ul style="list-style-type: none"> <li>• <a href="#">CoQ-10</a></li> <li>• <a href="#">Coconut oil</a></li> <li>• <a href="#">HM ND</a></li> <li>• <a href="#">Chlorella</a></li> <li>• <a href="#">Olive Leaf</a></li> <li>• <a href="#">Hyssinol</a></li> </ul>	coQ, detox ND (or chlorella), Medi Soak (these are for starters). Then customization is ideal
<b>Energy/Fatigue</b>	<ul style="list-style-type: none"> <li>• <a href="#">CoQ10</a></li> <li>• <a href="#">Adrenaven</a></li> <li>• <a href="#">Adaptogen</a></li> <li>• <a href="#">ATP 360</a></li> <li>• <a href="#">Max B</a></li> <li>• <a href="#">Cognitropic</a></li> <li>• <a href="#">Pink Salt</a></li> <li>• <a href="#">Medi Soak</a></li> <li>• <a href="#">C60</a></li> </ul>	Increases Energy. it's called the "Spark of the Cell", for Head to Toe Achy/Flu like Symptoms, & TMF, essential for detoxing Heavy Metals, May prevent Muscle Soreness and headaches / migraines
<b>Epilepsy</b>	<ul style="list-style-type: none"> <li>• <a href="#">Pink salt</a></li> <li>• <a href="#">Balance Oil</a></li> <li>• <a href="#">Q Disc</a></li> <li>• <a href="#">QIFI</a></li> <li>• <a href="#">My favorite CBD products</a></li> </ul> <p>Use code 'JulieE' at checkout</p>	Balance the nervous system first
<b>Essential Fats</b>	<ul style="list-style-type: none"> <li>• <a href="#">Balance Oil</a></li> <li>• <a href="#">EPA/DHA Softgel</a></li> <li>• <a href="#">EPA/DHA Marine Liquid</a></li> <li>• <a href="#">DHA</a></li> </ul>	For the Brain, Skin, source of EFA's Imperative for every cell and for pH Balance. Great for kids!

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<b>Focus</b>	<ul style="list-style-type: none"> <li>• <a href="#">Cereven</a></li> <li>• <a href="#">DHA</a></li> <li>• <a href="#">Balance Oil</a></li> <li>• <a href="#">EPA/DHA Marine Liquid</a></li> <li>• <a href="#">Cognitropic</a></li> <li>• <a href="#">B12</a></li> <li>• <a href="#">L theanine</a></li> <li>• <a href="#">Creatine</a></li> <li>• <a href="#">Cerebropep</a></li> <li>• <a href="#">My favorite CBD products</a></li> </ul> Use code 'JulieE' at checkout	For trouble Concentrating, Focus, the Brain, Burning Fat to make energy, Increased Power. Great for Sports! Great for kids!
<b>GI Tract</b>	<ul style="list-style-type: none"> <li>• <a href="#">Aloe Caps</a></li> <li>• <a href="#">Glutamine</a></li> </ul>	Cleans out the GI Tract, take only 1/ day; great for travel
<b>Growth hormone</b>	<ul style="list-style-type: none"> <li>• <a href="#">BPC157</a></li> <li>• <a href="#">TB4-Frag</a></li> <li>• <a href="#">PowerPlate</a></li> </ul> Use code 'JulieEHealth' for discount	Amino HgH provides the amino acids the body requires to make HGH – so you assure your body can still make this important hormone
<b>Headaches</b>	<ul style="list-style-type: none"> <li>• <a href="#">CoQ</a></li> <li>• <a href="#">Pink salt</a></li> <li>• <a href="#">Medi soak</a></li> <li>• <a href="#">Renaven</a></li> <li>• <a href="#">Olive leaf</a></li> </ul>	Supports kidney/adrenal function, reduces tension and vascular stress
<b>Heart</b>	<ul style="list-style-type: none"> <li>• <a href="#">Cardio ND</a></li> <li>• <a href="#">Resveratrol</a></li> </ul>	Infection in the Circulatory system or Heart, Lowers Bad Cholesterol, may help with heartburn
<b>Heavy Metals</b>	<ul style="list-style-type: none"> <li>• <a href="#">HM ND</a></li> <li>• <a href="#">Chlorella</a></li> <li>• <a href="#">Medi body pack</a></li> <li>• <a href="#">Medi body pack with Mineral serum</a></li> <li>• <a href="#">Medi detox pack with mineral serum</a></li> <li>• <a href="#">Mud therapy</a></li> </ul>	For Heavy Metal Detox and a great source of greens & probiotics; use topically with mud (Detox ND is liquid, chlorella is capsules)
<b>Hormones</b>	<ul style="list-style-type: none"> <li>• <a href="#">Deer Antler – NZ</a></li> <li>• <a href="#">Progesterone Topical</a></li> <li>• <a href="#">DHEA capsules</a></li> <li>• <a href="#">Pregnenolone</a></li> <li>• <a href="#">Testosterone premium</a></li> </ul>	Heals joints, Rejuvenates Hormone System and Increases Testosterone. Helpful for women too.
	<ul style="list-style-type: none"> <li>• <a href="#">Estro Flavone</a></li> </ul>	Hormone Balancing, Removes Excess Estrogen in the Body, Reduces Hot Flashes – when used with probiotics & greens

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Hydration	<ul style="list-style-type: none"> <li>• <a href="#">Medi Soak</a></li> <li>• <a href="#">Pink salt</a></li> <li>• <a href="#">pH minerals</a></li> <li>• <a href="#">Medi bath</a></li> <li>• <a href="#">Hydration packs</a></li> </ul>	Puts more Electrolytes & hydration into the Body. Also pulls Toxins out. this is The SOAK I often talk about; Be sure to soak your wrists & hands and ankles& feet - clears stress, toxicity, remnants after a detox program
Hypertension	<ul style="list-style-type: none"> <li>• <a href="#">DHA</a></li> <li>• <a href="#">Calcium Magnesium</a></li> <li>• <a href="#">Olive Leaf</a></li> <li>• <a href="#">Allicidin</a></li> <li>• <a href="#">Deltanol</a></li> <li>• <a href="#">Castor Oil</a></li> </ul>	All of these help to heal the kidneys and rid infection in the kidneys & sacrum-
Immune Support	<ul style="list-style-type: none"> <li>• <a href="#">Colostrum</a></li> </ul>	Immune Support for Pregnant & Nursing Women, & Kids
	<ul style="list-style-type: none"> <li>• <a href="#">Deltanol</a></li> </ul>	Support for a Healthy Immune and, Circulatory System, helps to create Energy, good antioxidant for the Brain, and it's the modern day Vitamin E, complete with all 3 types of E
	<ul style="list-style-type: none"> <li>• <a href="#">Propolis</a></li> </ul>	Immune Support for Skin, Virus in Skin, Rashes and Acne
	<ul style="list-style-type: none"> <li>• <a href="#">DHA</a></li> </ul>	Good for Brain, Liver, Skin, Nursing Moms, Babies, Dry Hair, GI Tract, Immune System
	<ul style="list-style-type: none"> <li>• <a href="#">Immunoven</a></li> <li>• <a href="#">Olive Leaf</a></li> </ul>	Basic herbal antibiotics – for any body part
	<ul style="list-style-type: none"> <li>• <a href="#">Allicidin</a></li> </ul>	Basic herbal antibacterial; especially for the sinus, and digestive system
Infection	<ul style="list-style-type: none"> <li>• <a href="#">Immunoven</a></li> <li>• <a href="#">Olive Leaf</a></li> <li>• <a href="#">Oregano Oil</a></li> <li>• <a href="#">Coconut oil</a></li> </ul>	Kills infection and decreases inflammation, with uplifting smell. Use anywhere on body, even cuts and scrapes

Concern	Remedy	Resolves
Inflammation	<ul style="list-style-type: none"> <li>• <a href="#">Castor Oil</a></li> </ul>	Apply Topically on any Organ, Gland Injury, Wound, Cut, body part. Use on the Sacrum to increase health & decrease infection/inflammation
	<ul style="list-style-type: none"> <li>• <a href="#">Turmeric</a></li> </ul>	Powerful anti-inflammatory, great for Liver. Pre and Post Alcohol (ideally use Turmeric and Biliven for that)
	<ul style="list-style-type: none"> <li>• <a href="#">UltraInflammX</a></li> <li>• <a href="#">Inflamacidin</a></li> <li>• <a href="#">Fermented Turmeric /Ginger</a></li> <li>• <a href="#">UltraInflammx</a></li> <li>• <a href="#">Balance Oil</a></li> <li>• <a href="#">EPA/DHA</a></li> </ul>	High Protein Shake (rice based) . Can use just a TBSP to flush out the GI tract and systemic inflammation. This is Powerful
Kidney Support	<ul style="list-style-type: none"> <li>• <a href="#">Renaven</a></li> <li>• <a href="#">DHA or Kidney Tone</a></li> <li>• <a href="#">American Ginseng</a></li> <li>• <a href="#">Olive Leaf</a></li> <li>• <a href="#">Immunoven</a></li> <li>• <a href="#">Hyssinol</a></li> </ul>	Nutrients that support Low Back Pain, for Kids when they have Bruises on their Legs and When your equilibrium is off
Liver	<ul style="list-style-type: none"> <li>• <a href="#">Reishi</a></li> <li>• <a href="#">Max Stress B</a></li> <li>• <a href="#">Liver ND</a></li> <li>• <a href="#">Turmeric</a></li> <li>• <a href="#">Fermented turmeric/ginger</a></li> <li>• <a href="#">Hepatoven</a></li> </ul>	Nutrition and detox support for the Liver; prevents/supports depression, anxiety, PMS, and PAIN. Reishi works like a Multi Vitamin for the Liver & its anti-viral
Magnesium	<ul style="list-style-type: none"> <li>• <a href="#">Calcium Magnesium</a></li> <li>• <a href="#">Magnesium glycerinate</a></li> </ul>	Latest research says topical is the best way to absorb this calming essential mineral. We have internal Mag (a clear liquid, tasteless) and topical for ease of use
Migraine	<ul style="list-style-type: none"> <li>• <a href="#">CoQ</a></li> <li>• <a href="#">Pink salt</a></li> <li>• <a href="#">Medi soak</a></li> <li>• <a href="#">Renaven</a></li> <li>• <a href="#">Olive leaf</a></li> </ul>	Supports kidney/adrenal function, reduces tension and vascular stress
Minerals	<ul style="list-style-type: none"> <li>• <a href="#">pH Minerals</a></li> <li>• <a href="#">Calcium Magnesium</a></li> <li>• <a href="#">BEAM</a></li> </ul> <p>Use code 'JulieE' for discount</p> <ul style="list-style-type: none"> <li>• <a href="#">Pink Salt</a></li> </ul>	Polar Mins you can add to drinking water, Coral comes in caps & powder and is a great comprehensive Multi mineral
Multivitamin	<ul style="list-style-type: none"> <li>• <a href="#">Greens Caps</a></li> </ul>	Every Nutrient that your Body needs to Function; Best Nature made Multi Vitamin available

Concern	Remedy	Resolves
Pain	<ul style="list-style-type: none"> <li>• <a href="#">Multivitamin</a></li> <li>• <a href="#">Fermented greens</a></li> </ul>	For pain relief; instantly takes the edge off and the stress out of the brain and the nervous system. Stops the shaking knees, tossing and turning, & shuts off the monkey brain when it won't stop
	<ul style="list-style-type: none"> <li>• <a href="#">My favorite CBD products</a></li> </ul> Use code 'JulieE' at checkout	Peppermint spray for pain relief, and instantly take the edge off, same uses as CBD capsules, just smaller dosage
	<ul style="list-style-type: none"> <li>• <a href="#">Max B</a></li> <li>• <a href="#">Liver ND</a></li> <li>• <a href="#">Turmeric</a></li> <li>• <a href="#">Fermented Turmeric /Ginger powder</a></li> <li>• <a href="#">B complete</a></li> <li>• <a href="#">Castor oil topically</a></li> <li>• <a href="#">Biliven</a></li> <li>• <a href="#">Glutathione</a></li> <li>• <a href="#">Medi Body Pack</a></li> </ul>	Pain always has a 'liver stress' component. At times, simply replacing nutrients for the liver can decrease and/or eliminate pain
Probiotic	<ul style="list-style-type: none"> <li>• <a href="#">Microbiome</a></li> <li>• <a href="#">Premier probiotic</a></li> <li>• <a href="#">Fermented turmeric/Ginger</a></li> <li>• <a href="#">Fermented Mushrooms</a></li> <li>• <a href="#">Fermented Beets</a></li> </ul>	We have 4 kinds, because each is slightly different; refrigeration or not, chewable or swallow. Everyone is different, there are choices here
Progesterone	<ul style="list-style-type: none"> <li>• <a href="#">Progesterone cream</a></li> </ul>	About everyone is deficient in Progesterone! Use a dime size on forearms and rub in daily
Prostate	<ul style="list-style-type: none"> <li>• <a href="#">Prostaven</a></li> <li>• <a href="#">Amino HgH by PRL</a></li> <li>• <a href="#">Paleo Chocolate protein</a></li> </ul>	Precise nutrition for a healthy prostate
Protein	<ul style="list-style-type: none"> <li>• <a href="#">Collagen protein</a></li> </ul>	High protein powder, also helps anti-aging and anti-wrinkles, as well as tissue repair, great for joints, tendons and muscle repair
	<ul style="list-style-type: none"> <li>• <a href="#">UltraInflammX</a></li> </ul>	High protein, anti-inflammatory powder to use as a shake or just TBSP at a time
	<ul style="list-style-type: none"> <li>• <a href="#">AA capsules</a></li> </ul>	Essential amino acids, which are the building blocks of protein. So many people are deficient in AAs or BCAAs (branched chain AAs) any of these are helpful

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Sleep	<ul style="list-style-type: none"> <li>• <a href="#">Biliven</a></li> </ul>	Helps the Gallbladder, which is often the cause of insomnia, also helps when Bloating, and Dry Skin, Emotions (fear). Truly promotes Deep Sleep
	<ul style="list-style-type: none"> <li>• <a href="#">Gallbladder ND</a></li> </ul>	Take for Deep, Restful Sleep. Take 1 tsp for each alcoholic drink- at bedtime. Won't create a drowsy feel when used during the day.
	<ul style="list-style-type: none"> <li>• <a href="#">Tranquinol</a></li> <li>• <a href="#">Magnesium Glycerinate</a></li> <li>• <a href="#">Medi Soak</a></li> <li>• <a href="#">Balance Oil</a></li> <li>• <a href="#">EPA/DHA</a></li> </ul>	For Calm during the day, and Deep, Restful REM Sleep in the eve Calm down the nervous system
	<ul style="list-style-type: none"> <li>• <a href="#">Melatonin</a></li> <li>• <a href="#">Tranquinol</a></li> <li>• <a href="#">BiliVen™</a></li> <li>• <a href="#">Gallbladder ND</a></li> <li>• <a href="#">My favorite CBD products</a></li> </ul> <p>Use code 'JulieE' at checkout</p>	Calms down nervous system so your brain can shut off and you have deeper sleep
Spider Veins	<ul style="list-style-type: none"> <li>• <a href="#">Circuzyme</a></li> </ul>	Decreases and eradicates Spider Veins, a cardiovascular system remedy
Stomach	<ul style="list-style-type: none"> <li>• <a href="#">Gastroven</a></li> </ul>	Use for Stomach Bugs, Irritated or upset stomach
	<ul style="list-style-type: none"> <li>• <a href="#">Digest</a></li> <li>• <a href="#">Digestase</a></li> </ul>	Digestive enzymes for carbs and protein, & fat. Most adults are deficient in these
	<ul style="list-style-type: none"> <li>• <a href="#">Pink Salt</a></li> <li>• <a href="#">HCL</a></li> </ul>	We need salt to digest this is perfect for kids; adults too but they might choose the HCL which salt converts into (in the body)
Stress	<ul style="list-style-type: none"> <li>• <a href="#">Adaptogen</a></li> <li>• <a href="#">Max Stress B</a></li> <li>• <a href="#">Tranquinol</a></li> <li>• <a href="#">EPA/DHA</a></li> <li>• <a href="#">Pink Salt</a></li> <li>• <a href="#">Balance Oil</a></li> </ul>	use for Stress (especially when it creates a stomach ache. Also helps the the Kidneys and adrenals (balance, and energy)

Concern	Remedy	Resolves
Teeth	<ul style="list-style-type: none"> <li>• <a href="#">Dentalcidin</a></li> <li>• <a href="#">Medi Detox</a></li> <li>• <a href="#">Medi mineral serum</a></li> <li>• <a href="#">Calcium Magnesium</a></li> <li>• <a href="#">Premier HCL</a></li> </ul>	For Gums, this is Anti-Infective and reduces dental pockets in the gums Use Topically for Bug Bites
	<ul style="list-style-type: none"> <li>• <a href="#">Vitamin C</a></li> <li>• <a href="#">Calcium Magnesium</a></li> </ul>	Babies use this when teething, adults when gums are bleeding or sensitive
	<ul style="list-style-type: none"> <li>• <a href="#">Betaine HCL</a></li> </ul>	Sensitive gums are often less sensitive with this- which is a digestive enzyme
Thyroid	<ul style="list-style-type: none"> <li>• <a href="#">Thyroven</a></li> </ul>	Thyroid Support; for low and high issues
	<ul style="list-style-type: none"> <li>• <a href="#">XenoStat</a></li> </ul>	Use for Thyroid, a source of Iodine, Detoxes Plastic & Pollution from Environment, Balances Hormones. Will help rid a 2nd chin ('turkey neck')
	<ul style="list-style-type: none"> <li>• <a href="#">HM ND</a></li> <li>• <a href="#">coQ</a></li> <li>• <a href="#">Chlorella</a></li> </ul>	Because its most often toxins that mess up the thyroid function
Toxins & Parasites	<ul style="list-style-type: none"> <li>• <a href="#">Medi Bath</a></li> <li>• <a href="#">Ultimate Binder sensitive stomach</a></li> <li>• <a href="#">GI detox</a></li> <li>• <a href="#">Paratosin</a></li> <li>• <a href="#">Parastat</a></li> <li>• <a href="#">Castor oil</a></li> <li>• <a href="#">Undeclyncic acid</a></li> <li>• <a href="#">Biocidin LSF</a></li> <li>• <a href="#">Biocidin</a></li> <li>• <a href="#">Liver GB +</a></li> </ul>	Pulls Toxins out of the Body Good to Detoxify after Chlorine and other Chemical Exposures. Soak in this – hands & feet, or full body
	<ul style="list-style-type: none"> <li>• <a href="#">Pure Black</a></li> </ul>	100% bamboo is the only ingredient; this pulls xeno, chemical and heavy metal toxins right out, also parasites, lymes and other virus are eradicated with use of this.
Urinary Tract	<ul style="list-style-type: none"> <li>• <a href="#">UltraPollen</a></li> </ul>	For reproductive organs, Urinary Infection, when the Lower Groin Feels off or tight. to rid Excessive peeing
	<ul style="list-style-type: none"> <li>• <a href="#">Kidney Tone</a></li> </ul>	A Band-Aid Remedy for Urinary Tract Infections

Concern	Remedy	Resolves
Virus	<ul style="list-style-type: none"> <li>• <a href="#">Reishi</a></li> </ul>	<p>Reishi is anti-viral and works like magic. It's a mushroom which have a long list of benefits</p>
	<ul style="list-style-type: none"> <li>• <a href="#">Immunoven</a></li> <li>• <a href="#">Hyssinol</a></li> <li>• <a href="#">Olive Leaf</a></li> </ul>	
Vision	<ul style="list-style-type: none"> <li>• <a href="#">Ocuven</a></li> <li>• <a href="#">Astaxantahin</a></li> <li>• <a href="#">Allicidin</a></li> <li>• <a href="#">Balance Oil</a></li> <li>• <a href="#">EPA/DHA</a></li> <li>• <a href="#">Castor Oil</a></li> <li>• <a href="#">Medi Detox Pack</a></li> </ul>	<p>Ocuven is an Antioxidant and complete Nutrition for the eyes. In theory, give Every Nutrient to the Eye that it needs in a High Dose and use the Castor oil topically on the head to decrease any traffic jams or built up toxins</p> <p><u>Balance oil in high doses because the nervous system alters the vision</u></p>
Wound Healing	<ul style="list-style-type: none"> <li>• <a href="#">Nucleo Immune</a></li> <li>• <a href="#">Zinc</a></li> <li>• <a href="#">Vitamin C</a></li> <li>• <a href="#">Castor oil</a></li> <li>• <a href="#">Medi Body Pack</a></li> <li>• <a href="#">Inflammacidin</a></li> </ul>	<p>Wound Healing (Injuries): Take 10/day of Nucleo for 10 days and your wound will be close to 100% healed. Pregnant and Nursing Mothers need this to give Immune support to baby – their 1st Line of Defense for Immune System for Building New Cells and DNA. Zinc see below. Vitalzym see above</p>
Vertigo	<ul style="list-style-type: none"> <li>• <a href="#">coQ</a></li> <li>• <a href="#">Olive Leaf</a></li> <li>• <a href="#">Immunoven</a></li> </ul>	<p>Supports nervous system balance, inner ear function, adrenal hydration, and circulation</p>

None of the above statements have been approved by the FDA. The information here within is not to be taken as medical advice. Please always consult with your health care practitioner for individualized programs and before taking anything new.