



Cocoon Nutrition

Scientific Breakthroughs for Radiant Health

The 5 Steps to Great Health

A Revolutionary New Approach to Overcome Illness

The Quest For Ideal Health

To reach a state of great health, most people must first overcome their chronic health problems, such as joint stiffness, muscle aches, asthma, allergies, headaches, high blood pressure and all the "itis's" such as arthritis, prostatitis, urethritis, cystitis, diverticulitis, hepatitis, sinusitis, etc. In fact, as of the year 2000, more than 1 out of 2 Americans are termed chronically ill, according to the Center for Disease Control.

Our Mission: To explore strange new frontiers of Health, where disease no longer occurs, where happiness is easy and smiles are common. My life long goal has been to heal and help others heal. To teach what I wished was taught to me when I was only a kid. To spread the word that perfect vision, perfect teeth, perfect functioning brains and bodies are available. No single disease has to exist today if parents and children knew what is known at Cocoon Nutrition. But because people are not taught the truth on the subject of health they break down and get ill. In order to reverse this you have to surround yourself with everything that supports the healing process. You have to Cocoon yourself. Once your allotted time to heal has transpired you will emerge like the butterfly in that you will feel lighter, happier and have more energy in your step. Meeting life with youthful energy as opposed to weakness is the result.

Developing the 5-Step Protocol

After working clinically with thousands of people over the past 30 plus years, we gradually developed an effective protocol that focuses first on the recovery from chronic illness, then on the attainment and maintenance of great health. Through the course of my experience and training I have learned there are five key steps, essential to the healing process. Thus, after 15 years of clinical practice I have gathered the most effective products from around the world to use in my practice.

The 5 Steps to Great Health

1. **Restoration of an Alkaline Body pH** - As indicated by a consistent, first morning and evening urine pH of 6.4 to 7.0.
2. **Restoration of Hormone Levels** - After 35 years of age most people start to have decline in their Growth Hormone levels. Steroid Hormone levels can be determined by a Saliva Hormone Assay.
3. **Detoxification of Chemicals, Heavy Metals and Toxins of all kinds**- Identify and eliminate the common inducers and promoters of disease.
4. **Elimination of Chronic Infections and Interference Fields** - By using targeted nutraceuticals and the Medi Body Pack System.
5. **Renutrition of the Body** - By using key nutraceuticals chosen for their ability to nourish the cellular matrix and perform comprehensive DNA repair.

Step 1. Restore an Alkaline Body pH - As indicated by a first morning urine pH of 6.4 to 7.0

The first goal on the way to great health is to restore the body's pH to the alkaline range. Almost all-chronic illness takes place in a body that has become acidic due to the gradual depletion of its mineral reserves.

Testing Urine pH. It has been clinically established that the urine's pH is an accurate reflection of the whole body's tissue pH. The state of the body's acid/alkaline balance can be easily measured by testing the urine using hydrazine paper (also called pH paper). The urine pH is directly correlated to both tissue oxygen levels and soft tissue levels of minerals, such as calcium, magnesium and trace elements. These minerals are the basic currency of exchange for literally every cell in the body.

Testing the First Morning Urine pH. First, the first morning urine is tested to determine whether the pH is acid or alkaline (the "first morning urine" is defined as the first urination after 5 AM). If the urine pH is acidic (a pH below 6.4), this indicates the body is in a state of physiological deregulation and distress due to lack of sufficient minerals, which are needed to adequately carry out thousands of basic cellular functions. Therefore, our immediate goal is to restore a consistently alkaline, first morning urine pH (within the range of 6.4 to 7.0) by using fast-acting, Coral minerals (which are highly ionized and easily absorbed).

Testing the Evening Urine pH. Once the pH of the first morning urine stays consistently in the alkaline range (for a period of at least

2 weeks), the next step is to begin testing the evening urine pH (best measured just before the dinner meal around 5 or 6 p.m.).

To rapidly replenish and maintain soft tissue mineral reserves, the best method we've seen in our 30+ years of clinical practice is the use of either the Quantum Trio (3 synergistic products to promote an alkaline pH) or Quantum Coral Complex capsules. When the client's first morning urine pH is below 6.0 and he/she presents bone loss symptoms, usually larger amounts of calcium, magnesium and trace minerals are needed. In this case, the Quantum Trio is the best recommendation. The Quantum Trio consists of:

- **Coral Calcium**, the first product of the Quantum Trio, contains highly ionized calcium, magnesium and trace elements. Recommended use for adults or children (age 2 and up): 1/4 teaspoon/day.
- **Quantum Aloe Powder**, the second product of the Quantum Trio, combines an inner-leaf aloe concentrate with organic pomegranate. When mixed with Coral Legend, the amino acid structure of the aloe powder ideally targets the coral minerals to the soft tissue for greater metabolic efficiency. Recommended use for adults or children (age 2 and up): 3/4 teaspoon/day mixed with the Coral Legend in water or juice.
- **Premier Cod Liver Oil**, the third product of the Quantum Trio, provides U.S.P. grade cod liver oil, which is rich in Vitamin D3, an essential nutrient for calcium utilization at the cellular level. It also contains rich amounts of EPA and DHA, which are critical for the brain's growth, repair and maintenance. Recommended use for adults or children (age 2 and up): 4 capsules or 1/2 teaspoon/day.
- **Quantum Coral Complex** is ideal for those who prefer to take the minerals in capsules. It contains coral minerals (with its highly ionized calcium, magnesium and trace elements) and special mycelial mushroom extracts, which naturally contain provitamin D for calcium transport into the cell. Recommended use for adults or children (age 2 and up): 2 to 6 capsules/day.

Step 2. Restore Hormone Levels - After age 35 Growth Hormone levels begin to decline. Being the master repair protein of the body this key hormone determines the rate at which you repair. Additionally Steroid hormone levels can be low as identified by Saliva Hormone Assay or QRA Muscle testing and may require glandular support or direct hormone replenishment.

The hormone balance of the body is a complex, interactive symphony of different regulating compounds. These hormones are internal messengers, which are necessary to control and regulate the body's processes. Since chronic illness typically leads to hormonal exhaustion, the next step is to identify and support the glands, which need more support to produce a sufficient amount of their hormones. Hormone deficiency can lead to global body symptoms such as sleep dysregulation, difficulty with the bowels, chronic fatigue or even inability to exercise. The most common areas, which may need support, are:

The foundation of Glandular Support starts with Interdimensional Minerals: these monatomic platinum group minerals support DNA repair and cell communication. In my brief time of using it with my clients and myself I've seen remarkable improvement in neurological function and glandular function. One case history was a woman who experienced a reduction in hyperthyroid symptoms by 90% in 2 months.

Growth Hormone: Since levels of Growth Hormone decline significantly by age 35 supplementing with this repair protein can make a significant improvement in the bodies overall repair rate. **Cocoon GH** supplies the repair protein as a dietary supplement. After 6 years of use with thousands of people the results have become legendary.

Progesterone Support

Since progesterone is a key hormone, which the body uses in detoxification, the body's progesterone levels are often depleted in chronic illness. To replenish progesterone, the use of a natural progesterone cream can quickly rebuild the progesterone levels to help cellular detoxification as well as re-establishing a healthy estrogen-progesterone balance.

- **Gesterone Cream.** Supplies the very best in natural progesterone. It that contains 2% human bio-identical progesterone made from wild yam (converted in a laboratory). It should be free of toxic tag-along chemicals such as peg-8 stearate, propylene glycol and methyl paraben.
- **Rejuvenation Cream.** In many cases, the best choice is the use of a broad-spectrum 3-hormone cream, which contains natural progesterone (2%) to help rebalance the estrogen/progesterone ratios, DHEA (5%) for adrenal support and pregnenolone (5%) to support all steroid hormone synthesis. Once again, be sure the cream is free of toxic tag-alongs since these toxic chemicals can create their own liver toxicity and further compromise hormonal balance.

Adrenal Support

- **Adrenal Complex:** In long-term chronic illness, adrenal exhaustion is almost always present and is a key reason why many

therapies fail. To help support and rebuild the adrenal glands, Adrenal Complex uses cordyceps mushrooms, a special fermented mycelial extract, that is a world-wide proven success.

- **Vitamin B Nano Plex** Supplies the end chain usable forms of the B Vitamins in liquid fast acting form.
- **Adaptogen Complex:** a superb herbal nutraceutical that supports the Adrenal and Kidneys.
- **Interdimensional Minerals:** Is by far the strongest Adrenal Support product I've used in years. For many people it begins to put a spring back in their step in a few days to a few weeks of being on it.

Thyroid Support: QRA Muscle testing in my office shows Thyroid Complex, Electron Enhanced Iodine and Interdimensional Minerals dramatically strengthen the Thyroid.

- **Thyroid Complex:** contains herbal nutraceuticals and **Indian Noni**. The use of special, ayurvedically processed Noni (fruit and seed, India source) for 4 to 8 weeks can often normalize the thyroid's thyroxin production without the need for exocrine thyroxin drugs (which can imbalance other endocrine glands).
- **Electron Enhanced Iodine:** Angstrom sized highly absorbable and usable iodine.
- **Interdimensional Minerals:** Platinum Group Minerals, Iridium, Rhodium, Osmium, Ruthenium, Palladium, and Platinum in their monatomic state. They work to restore the DNA and speed up cellular communications by 10,000 times.

Pituitary/Hypothalamic Support

- **Amla-based Tonic (51-herbal formula).** In long-term chronic illness, the pituitary gland and its interactive pathways with the hypothalamus are often exhausted, which can lead to global impairment of the body's hormone production. In these cases, many are non-responsive to any type of therapy since even the body's basic hormone pathways are "off line." The use of an Amla-based 51-herb tonic (grade 10, India-source) can supply abundant phytochemical resources to dramatically re-establish hormone competence. This ancient 51-herbal tonic has a centuries-old track record in many countries for normalizing the pituitary/hypothalamic axis by stabilizing the endocrine meridians and replenishing mineral stores.

Step 3. Detoxification of Chemicals, Heavy Metals and Toxins of all kinds - *Replace toxic personal care products with non-toxic ones; detoxify the body*

The next step is to identify and eliminate the most apparent inducers and promoters of chronic illness for each person. To uncover these hidden enemies, ask each person to complete a thorough Health Evaluation form. Our summary article, "The Instant Cure," lists 26 of the most common inducers and promoters of chronic illness. So great is the exposure and bio-accumulation of toxic chemicals, such as heavy metals, pesticide/insecticide residues and industrial chemicals, that we typically include "detox" nutritional support, individualized for each person.

1. **Heavy Metal Detoxification.** To help cleanse heavy metal deposits from the brain, kidney and bowels, key support agents are:

- **Mercury Magnet-** Studies show it has pulled out up to 87% of the mercury from the nervous system of pigs in only 11 days. Clinical fecal heavy metal tests show a 40% increase in mercury excretion and a 1000 to 200% increase in other heavy metals coming out. Suggested usage 3 caps per day for 3 to 6 months.
- **Nature's Balance Chlorella** supplies the body with a unique protein that helps to increase liver albumin protein production. The body uses Liver albumin protein for many repairs and heavy metal detoxification. The cellulose makeup of chlorella also causes it to bind mercury inside the intestines protecting you from reabsorbing it as it travels through the digestive tract. Thus Chlorella can help in two different ways to increase the rate of mercury excretion. Chlorella needs to be taken in large enough amounts to have the proper effect. Suggested dosage is **2t-2X per day** for 3 to 6 months.

2. **Pesticide/Insecticide Detoxification.** To help eliminate the stubborn residues of pesticides, insecticides and other chemical toxins, a key support agent is:

- **Chem Detox:** Modified citrus pectin (solvent-free) can help to pull chemicals out of the body.

3. **Kidney Support.** During detoxification, this excellent nutraceutical agent for kidney support has become one of our key recommendations:

- **Kidney Complex, which contains Agaricus Bisporous extract** (Chinese, grown in rich, non-chemicalized soil). Research confirms the powerful blood purifying properties of this extract, which helps to download the toxic burden on the kidneys as well as the bowels. This extract has been shown to be as effective as cortisone against allergic reactions, including allergic-like responses such as leaky gut, asthma and other symptoms.

4. **Liver/Gallbladder Detoxification.** For powerful liver detoxification (both Phase I and II), see the Liver/Gallbladder Flush.

- **Liver/Gallbladder Support:** Premier Liver Complex, Liver Nano Detox, Gallbladder Nano Detox, Premier Gallbladder Complex, Reishi Royale, Quantum CoQ-10, Quantum Digest
- **Functional Foods For Liver/Gallbladder Support:** Premier Medi-Aminos Rice Source and Rice-Bean Source, Slim Body Whey, Nature's Balance Chlorella, Tocotrienols Complex.

5. **Non-Toxic Body Care Products.** What you put on your skin, you are actually eating, since the ingredients are typically absorbed through the skin into systemic circulation. Therefore, a critical step for each person is to discontinue all toxic body care products and replace them with 100% toxic-free, body-friendly products, including both skin care and hair care products. We carry the **Premier Shampoo**, good for all types of hair. **Colostrum Cream**, world-class nutrients for radiant skin. **DNA Repair Cream:** The ultimate skin hydration and repair cream. Avoid toxic deodorants with perfumes and aluminum by using **Ozonated Gel:** This superior deodorant will supply your under arm with oxygen to kill odor causing microbes and keep you smelling like mountain fresh air for 3 days from one application. Fluoride destroys brain cells and stops enzymes from working. A number one thyroid suppressant is your everyday fluoridated toothpaste. **Microbrite Tooth Powder**, is the superior choice for you. Microbrite is a negatively charged mint flavored powder that neutralizes positively charged food particles on your teeth and cleans them away, removing the food that feeds bacteria in the mouth. This electron rich powder will feed and help heal the gums as well as whiten the teeth. One brushing keeps your mouth super clean and fresh for up to 24 hours.

- **Examples of Toxic Ingredients To Avoid:** SLS (sodium lauryl sulfate), methyl paraben, propylene glycol, fragrance, peg-8 stearate and most ingredients with chemical names.

6. **Non-Toxic Cleaning Products.** Once again, whatever you touch or breathe has the potential to be absorbed into the body and bio-accumulate in your tissues if the body's detox pathways are inadequate. The best course of action is to avoid chemical-based cleaning products and use 100% toxic-free cleaning agents. Our **Miracle Soap** is outstanding dish soap that can be used in several ways.

7. **Cleaning up Atmospheric Pollution in the Home or Office with The Aran Air Ionizers:** This patented air ionization system converts Oxygen which is 2 atoms of Oxygen bound together into 5 to 8 atoms of Oxygen which in turn is an unstable molecule and readily converts back into O₂. As it disassembles from O₈ back into O₂ atoms its extra electron will bond to pollens, dust, mold, fungi, viruses, odors and all unwanted things in the atmosphere and kill them or cause them to fall to the ground. The net effect is it deodorizes, disinfects and cleans the air so well that you breathe better and have more energy and detoxify your lungs of all pollutants already lodged in the lungs.

Step 4. Eliminate Chronic Infections and Interference Fields - Using targeted nutraceutical support and anti-infective compounds and the Medi Body Pack system.

The next step is to identify and eliminate all chronic infections and interference fields. These are often difficult to detect because they may be subclinical (i.e. when infection is chronic, the common infectious responses are often absent, such as inflammation, fever, sore throat, etc.). Many therapies have ultimately failed due to the failure to eradicate these underlying chronic infections. The key following herbal nutraceuticals can greatly assist in support and eradication of chronic infections:

In the 1930's medical doctors successfully eliminated 90% of all infections with Hydrochloric Acid (HCL). Today we have the HCL Detox Therapy Program, which is the number one anti-infective we tend to recommend. It consists of Betaine HCL and HCL Activator. Taken in combination at the end of each meal you can improve digestion, make the cells of your body younger by remethylating them and dissolve biofilms and hidden infections. Ask for the **HCL Detox Therapy Program**.

Other Anti-infective products include:

Organic, Whole Colostrum: World-class immune support, including anti-bacterial, anti-viral and anti-fungal factors. Best source: (not defatted); low-temperature air-dried (not freeze-dried).

Neem Oil: Broad spectrum, anti-infective support; targets the ears, mouth, throat and gums Best source: Ayurvedically processed, grown in the wilds of India, not solvent extracted.

Oil of Oregano (Carvacrol Oil): Broad-spectrum, anti-infective support with anti-bacterial, anti-viral, anti-parasitic properties; targets the mouth, throat and upper gastrointestinal tract. Best source: Moroccan grown, not solvent-extracted, high content of Carvacrol.

Coriolus Mushroom Mycelial Extract: Main Action: Spectacular effect to help clear acute infection; anti-bacterial, anti-viral. Best source: Grown in China in high mountains (not commercial cultivation), not a highly heated or burned extract, not just ground up mushroom.

Reishi Mushroom: Action, Key liver detoxification properties, anti-viral, anti-cancer, anti-hepatitis (all types). Best source: Grown wild in high mountains of China, not solvent extracted.

Parasites: Holarrhena Antidysenterica (Parastat): Main Action: World-class anti-parasitic herb; supports intestinal parasitic detoxification, helps rebuild the bowel lining; used in both acute and chronic parasitic infestation; used in bowel cleansing (esp. upper g.i. tract) for faster results. Best source: grade 10, ayurvedically processed, grown in central forests of India.

Propolis Extract: Main Action: Broad-spectrum immune system support; especially skin support (inside and out); contains 500 different bioflavonoids. Best source: Taken from bee hives in non-pesticided countries; no heavy metal or pesticide residues, not overly heated (leaving a burned residue).

Multi-Pollen Extract: Main Action: Superior anti-infective support for the urinary tract, bladder and prostate. Best source: From bee hives in non-pesticide countries; no heavy metal or pesticide residues.

Digestive Tract Health: Clearing fungal and bacterial infections by using a superb Digestive Enzymes Product; Digesticol: supplies a very broad spectrum of digestive enzymes and the spore forming bacteria *Lactobacillus Sporogenes*. This beneficial bacteria helps to create an environment for all beneficial bacteria in the digestive tract to flourish. One to two capsules per meal can dramatically improve digestion and increase the amount and frequency of your elimination.

Note: See our article on biofilms. In chronic illness, a powerful detox herb such as *Holarrhena antidysenterica* is often best used with an anti-viral support herb. Strong, anti-infective herbs can increase kidney or liver burden and may necessitate additional support for the kidney, liver or gallbladder.

Clearing Interference Fields: Anytime you have sustained an injury to a part of your body such as a bruise, break, sprain, blow, or surgical procedure, the body is usually left with an interference field. There are two aspects to you, the physical body and the energy body. The energy body animates the physical body. Any physical or emotional trauma can cause damage to the energy body. So while the physical may heal up completely after an injury, the flow of energy in this area is stopped, stagnant or shut down. If the flow of energy is shut down to this one injured area then it can block the flow of energy to any other area of the body. For example an episiotomy (scar a women can have from giving birth to a child) can shut down the adrenals. By using the **Medi Body Clay Packs** you can systematically apply the mud to the download sites, organs of elimination and the injured areas themselves and go about turning all these points back on. This opens up the river of energy to flow and feed all organs and body systems. Long-standing chronic problems finally begin to heal as result of clearing your interference fields. Usually you need to do a consultation with Stephen Heuer to map out a plan of how to clay pack your body.

Step 5. Renutrify the Body's tissues - By using key angstrom sized and electron enhanced minerals and nutraceuticals chosen for their ability to nourish the cellular matrix and perform comprehensive DNA repair.

For starters the most powerful resurrection of your body's enzyme systems will be accomplished by using 100% bioavailable minerals. Such minerals are found in the line of mineral formulas called **Electron Enhanced Angstrom sized minerals. Minerals of Life**, supplies some 60 macro and trace minerals. **Sugar Burner** supplies you with Rubidium, Chromium, Vanadium, Iodine, Potassium and other trace minerals in a synergistic formula to increase your cells ability to absorb sugar. This product is amazing in that people report that in two weeks their craving for carbohydrates and sweets diminishes tremendously. Our culture is so prone to diabetes, high blood sugar and excess body fat as a result. The body makes most of its fats from unused sugar. By taking **Sugar Burner** you can help your body to dramatically increase in sugar absorption. This can reduce your appetite for carbohydrates of all kinds and can help you to lose unwanted body fat.

The best multivitamin is found under your feet when you walk on a lawn. Yep the food that has sustained herbivores for eons is grass. Cereal Grasses contain every vitamin the body needs except vitamin D. **Quantum Greens Mix** supplies beyond organic south American Grown cereal grasses to nourish your body with real food grown vitamins that contains cofactors and a light body. **Organic Greens Mix** contains the fiber, which acts as an excellent broom to keep the intestines clean. We also have cereal grass juice in tablet form called **Springreen**. This highly concentrated product has been a favorite here for years. It contains organically grown barley, oats, rye and wheat. 30 tablets of **Springreen** are equal to 8oz of Grass Juice. Synthetic vitamins from Coal Tar (B-Vitamins) have a negative effect on the light body and causes cells to die prematurely. Nearly all B vitamins in a multivitamin or B-Complex supplement today are derived from Coal Tar and are absent of this light body. Throw away your traditional multivitamin and B-Complex and get only 100% food based vitamins and antioxidants.

The best B-Complex you could get is **Max Stress B Nano Plex**: These are food based B-Vitamins that are in their end chain usable form. Traditional B Vitamins have to go through some five-conversion steps before the body can use them. **Max Stress B Nano Plex** uniquely has once living food source end chain usable B-Vitamins in a highly absorbable liquid form. Taking 20 drops 2X per day will supply your brain and body with the vitamin cofactors to convert food into energy, calm the nerves and create the neurotransmitters that enable you to think.

An herb that is anti-viral also is capable of DNA repair. Any anti-viral nutrient can begin the process of DNA repair. However, to

proceed to a more comprehensive DNA repair, the body must first be rid of infection. Trying this clinically proven 5-step system, you'll see faster recovery with simpler and less costly supplement expense through the recovery phase and especially through the maintenance phase.

The Best two forms of Vitamin C to supplement with are **C Complex** (with Camu Camu fruit) and **Amla Royale**. **C Complex** contains Camu Camu fruit, which has 30 times more vitamin C than Oranges. It offers astringent, antioxidant, anti-inflammatory, antiviral, and nutritive properties. **Amla Royale**: Amla fruit is one of nature's best sources of vitamin C. Amla Royale is a 51-herbal tonic that supplies premier DNA repair for the brain and endocrine systems; it is an herbal rejuvenator for the whole body. For those who like a chewable vitamin C we have **Springgreen Natural C**: which contains acerola berry and wild Spanish orange natural food source vitamin C.

If you want the best protection from free radicals and a noticeable increase in brain circulation then try **DHLA Nanoplex (Dihydrolipoic Acid)**. This Spectacular Antioxidant quenches every known free radical. It is the fully reduced or usable form of lipoic acid and is superior to lipoic acid. At 1/2 teaspoon one to two times per day people report tremendous increase in brain circulation and a feeling of being awake. It can truly protect your brain from aging. **DHLA Nano Plex** is especially good to take when flying on a plane. It can reduce free radicals and may reduce the jag lag associated with it.

Essential Fatty Acids called Lenolenic and Lenoleic are essential to health and are found in the delicious Cold Processed **Flora Walnut Oil**. In my personal opinion **Flora Walnut Oil** is superior in taste and digestibility to Flax oil. These fats are deficient in many peoples diet and are needed for cell walls, prostaglandin hormones and brain cells.

Whole Body Support - For additional DNA protection and repair, choose from the following:

The New Power Food Series - A quantum leap in the performance of functional foods. For Vegan Vegetarians we have, "**Medi Aminos**" from "beyond organic" non-GMO grains and beans. They are the first of a new generation of foods rendered extraordinarily bio-available. Through the use of steam hydrolysis, 95% of their amino acid content is converted to the free amino acid form while retaining 90% of their enzymes in the raw state. **Slim Body Whey** is a protein meal replacement drink, which delivers maximum ORAC (oxygen radical absorbance capacity) or cellular free radical protection. It contains "beyond organic" dried blueberry powder, whey protein isolate (guaranteed pesticide free), "beyond organic" lycopene for modulation of immunoglobulins and natural killer cell support, stabilized rice bran naturally containing 74 known antioxidants, ferulic acid to support muscle growth and gamma oryzanol for hormonal balance. It also contains CLA (Conjugated linoleic acid) from "beyond organic" sunflower seeds to support normal weight, enhance strength and muscle growth and to support lowering cholesterol and triglycerides, as well as rice syrup solids for a mild, sweet flavor. It is free of toxic tag-alongs found in most sweeteners. Whether you are a couch potato and desire to become more fit or if you are already fit and want to be super-fit, **Slim Body Whey** can play a key role. It helps quench the massive free radical release from fat burning during hard exercise. It's a great tasting super nutrition anti-aging meal replacement for the whole family.

Premier Brain Complex - Supports brain, nerve cells and memory.

For those on a budget who cannot afford to do the entire 5 Steps to Great Health Program there is a simplified Program that is superior to any basic multivitamin/mineral regime you may be currently on.

We recommend the Basic 4 Kit to deliver most every nutrient essential for life, each in their most biologically available forms and at a cost \$159.85 per month (retail) per person.

The Basic 4 Kit includes:

- **Coral Calcium** powder (typical use 1tsp 1-2 times/day)
- **Quantum Greens Mix** Capsules (4 capsules 1-2 times/day)
- **Sugar Burner** (1/2t 1 time/day)
- **Digesticol** (1-2 capsules/meal).

Depression:

Last but not least if you suffer from depression or poor memory it is very important to address your neurotransmitter levels. It may be essential for you to use our free form Amino Acid product **All Basic** in conjunction with **L-Tryptophan**. Many people who have not been breast-fed may have incompletely developed intestinal tracts and may absorb nutrients poorly. Also many people are compromised in their ability to break down proteins into free form amino acids in quantities to meet their daily needs. This leads to slow thinking, depression and low energy. By taking **All Basic** you will increase the amount of key amino acids to increase brain and body functions. **All Basic with L-Tryptophan** can quickly raise brain function the same day. If people knew the power of Free Form Amino Acids in combination with the right synergistic nutrients all antidepressant drugs would become obsolete. The best combination package for improved mood and memory would be **All Basic (3-4 caps 1-2X/day)** **L-Tryptophan (1-2 caps a bedtime)** **Interdimensional Minerals (7drops 1X/day)** and **Max Stress B Nano Plex (20 drops 2x/day)**.

Please note that Dr. Bob Marshall, PhD developed The 5 Steps to Great Health, the above educational piece is a synthesis of his information with added input from Stephen Heuer, Nutripath and founder of Cocoon Nutrition.