



Nutritional Frontiers

breaking through nutritional boundaries

WELLNESS

DYSBIOSIS SOLUTIONS

ACTIVITY

	A.M.	Noon	P.M.	Duration	# per week
Walking					
Aerobic					
Strength					
Flexibility					

RELAXATION & SLEEP

	A.M.	Noon	P.M.	Duration	# per week
Deep Breathing					
Meditation					
Yoga					
Hobbies					
Other _____					

NUTRACEUTICALS

	A.M.	Noon	P.M.	With or without food
Frontier Biotics				
CandiKill				
ParaCleanse				
SBC				
Micro-Gone Tincture				
Other _____				

HEALTH CARE PROFESSIONAL NOTES:

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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ABOUT DYSBIOSIS

Dysbiosis is a microbial imbalance or bacterial imbalance in the body that is commonly reported as a condition in the digestive system. It can happen anywhere there is an exposed mucous membrane, such as the skin. It has been associated with IBD, chronic fatigue syndrome, obesity, cancer, and colitis.

Causes:

- Repeated and inappropriate antibiotic exposure, alcohol misuse, or inappropriate diet.
- Parasites from overseas travel and contaminated food and water.
- Increased use of NSAIDS – abusing non-steroidal anti-inflammatory drugs (aspirin, Advil, indomethacin) inhibits growth of healthy bacteria.
- Diet – an overgrowth of fungus and yeast can be caused by a diet high in refined carbohydrates and sugar.
- Elevated hormone levels – pregnancy, use of hormone elevating drugs, birth control and steroid hormones can spark an imbalance of gut flora.
- Environment – living in a damp, foggy climate, presence of mold or fungus in the home and exposure to toxic metals can increase susceptibility.

SYMPTOMS

- | | | | |
|--|---|---|--|
| <input type="checkbox"/> Heartburn | <input type="checkbox"/> Fibromyalgia | <input type="checkbox"/> Mental fog | <input type="checkbox"/> Depression |
| <input type="checkbox"/> Abdominal pain | <input type="checkbox"/> Allergies | <input type="checkbox"/> Sugar cravings (including alcohol) | <input type="checkbox"/> Bloating |
| <input type="checkbox"/> Indigestion | <input type="checkbox"/> Yeast infections | <input type="checkbox"/> Weight gain | <input type="checkbox"/> Belching |
| <input type="checkbox"/> Lactose intolerance | <input type="checkbox"/> Thrush | <input type="checkbox"/> Skin problems (acne/hives) | <input type="checkbox"/> Constipations |
| <input type="checkbox"/> Chronic fatigue | <input type="checkbox"/> Lowered libido | <input type="checkbox"/> Nail fungus | <input type="checkbox"/> Diarrhea |
| <input type="checkbox"/> Joint pain | <input type="checkbox"/> Fatigue | <input type="checkbox"/> Hyperactivity | <input type="checkbox"/> Bad breath |

DYSBIOSIS SOLUTION



Frontier Biotics

Take 1-3 capsules, 1-2 times per day, first thing in the morning, last thing before bed, or between meals.



CandiKill

Take 3 caps per day.



ParaCleanse

Take recommended amount for 1 to 3 months or until results occur. **Children weighing 40-85 lbs:** take 1 tablet in AM on an empty stomach and 1 tablet in PM on an empty stomach.

Adults: Take 2 tablets up to 3 times per day.



SBC Extra Strength

Take 1-3 capsules in between meals 1-3 times per day.



Micro-Gone Tincture

1-2 droppers, 3-6 times daily, add to water or juice.

FOOD

EAT FREELY



WHOLE GRAINS:

- All Fresh Meats
- All Fresh Fish
- Shellfish
- Naturally Smoked Fish

- All Green Vegetables
- All Root Vegetables
- Peppers
- Tomatoes
- Pumpkins

EAT IN MODERATION



WHOLE GRAINS:

- Wheat
- Rye
- Oats
- Sweet-Corn
- Polenta
- Millet
- Barley
- Brown Rice
- Rice Cakes
- Oatcakes
- Buckwheat

- Quinoa
- Dried Peas
- Beans
- Lentils
- Nuts

DAIRY FOOD:

- Butter
- Unsweetened Yogurt

TEAS:

- Indian
- China
- Herb teas

AVOID

- Refined Carbohydrates
- All Sugars Including Fructose
- Maple Syrup
- Honey
- White Flour
- White Rice
- Corn Flour
- Anything Containing Yeast
- All Alcoholic Drinks
- Vinegar
- Pickled Foods
- Ketchup
- Salad Dressings
- Anything Containing Molds
- Breakfast Cereals
- Cheese
- Milk Substitutes
- Sweetened with Sugar