



# Nutritional Frontiers

*breaking through nutritional boundaries*

## WELLNESS

# IMMUNE 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
Immunomax				
D3				
Ester C Plus				
Cherry Chews				
Airmaxx				
Immune Tincture				
Frontier Biotics				
Other _____				

### HEALTH CARE PROFESSIONAL NOTES:

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\* 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.



## Nutritional Frontiers

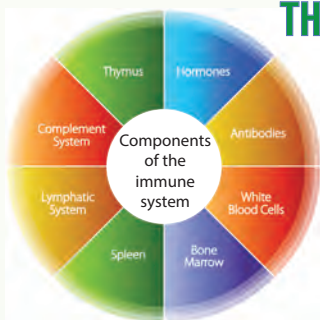
*breaking through nutritional boundaries*

2419 Baldwick Road, Pittsburgh, PA 15205

1-877-412-2566

[www.nutritionalfrontiers.com](http://www.nutritionalfrontiers.com)

## THE IMMUNE SYSTEM



The Immune System is made up of the components in the diagram to the left. The main function of the Immune System is to defend the body against foreign microbes such as: bacteria, parasites, fungi, and viruses. The human body is an ideal environment for microbes to flourish. The job of the Immune System is to keep these microbes out, or once they have invaded, track them down and destroy them. Because of this important function the Immune System is a vital part of the human body and maintaining its health is essential.

## SYMPTOMS OF A WEAK IMMUNE SYSTEM

- Allergies
- Asthma
- Lupus
- Inflammatory Bowel Disease
- Multiple Sclerosis
- Fever
- HIV/AIDS
- Coughing
- Runny Nose
- Sneezing
- Cold sweats
- Cancer
- Weakness
- Nausea

## THE IMMUNE SOLUTION Foundation Solution

### Immunomax Chewables or Capsules

*Chewables:* 1-2 tablets daily

*Capsules:* Take 1 capsule, 3 times daily

For acute care take 3 capsules, 3-4 times per day

### D3 5,000

Take 1 tablet daily

For acute care use D3 10,000

### Ester C Plus

1 to 2 capsules daily

### Cherry Chews:

Take 1 chewable wafer with each meal

### Airmaxx

Take 2 chewable tablets, twice daily

## Advanced Solution

### Best Whey Protein/Super Shake

- 1-2 scoops per day

### Betazyme

- 6 per day, 3 twice per day in between meals

### CandiKill

- 3 caps per day

### Cell Maxx

- 4 caps per day

### Cybzyme

- 3-5 caps 3 times per day between meals or an empty stomach

### EnerDMG

- 4 per day

### Ester C Plus

- 3 caps per day

### EstroCleanse

- 3 caps per day with food

### Frontier Biotics

- 3-6 per day on an empty stomach 1st thing in morning and last thing before bed

### Frontier Multivitamin/mineral/antioxidant

- 4 caps, 1-2 times per day with food

### Hydrogen Peroxide

- 1 capful with 5 caps of water on an empty stomach 2 times per day

### ImmunoMax

- 3 caps per day

### Iodine Plus

- 4 per day

### Lean Greens

- 1 scoop with pure water 2 times per day as a juice beverage

### Liv Clear II

- 3 caps per day

### Melatonin SR3

- as directed by your healthcare professional

### Omega 3D

- 4 softgels per day

### Organic Liquid Herbal Tinctures- Lymphatic, Liver/GB,

### Immune, K&B

- 2 full droppers per day

### ParaCleanse

- 6 per day without food

### Pro Purples

- 1 scoop with pure water 2 times per day as a juice beverage

### Pro Reds

- 1 scoop with pure water 2 times per day as a juice beverage

### PSA

- 2 per day

### Rad Free

- 2-4 caps per day

### Super Creatine

- 1-2 scoops per day

### Vitamin D3

- 10,000 IU/day – 2 caps per day/10,000 per day

## WHY HEALTH CARE PROFESSIONALS CHOOSE THE IMMUNE SOLUTIONS

The Immune Solution consists of natural nutritional program to support the immune system. Immunomax is designed specifically to support anyone with a weakened immune system using 2 patented products, N,N-Dimethylglycine (DMG) and ImmuneEnhancer™ AG (Larch tree extract). The Vitamin C in Cherry Chews and Ester C Plus support immune system function and collagen health. The primary function of Vitamin C is maintaining collagen. Vitamin C also helps form red blood cells, provides antioxidant protection against free radicals, and supports the immune system. Lastly Airmaxx is formulated to support respiratory and nasal and skin functions. These formulations and a detoxifying food regiment are a great way to keep the body healthy and clean.

## FOOD

### Foundation Solution

#### FRUITS

All fresh, frozen, water packed, or canned.

#### VEGETABLES

All fresh raw, steamed, sauteed, juiced, or roasted.

#### STARCH

100% whole grains, sweet potatoes, yams, rice, gluten free

#### BREAD/CEREAL

100% whole grains, high fiber, oatmeal, rice, oat, buckwheat, millet, potato flour, tapioca, arrowroot, amaranth, quinoa

#### LEGUMES

All beans, peas, and lentils

#### NUTS AND SEEDS

Almonds, cashews, walnuts; sesame (tahini) sunflower, and pumpkin seeds; butters made from these nuts and seeds.

#### MEAT AND FISH

Organic or free range, all canned (water-packed), frozen, or fresh wild fish; chicken; turkey; wild game; lamb.

#### MILK AND DAIRY SUBSTITUTES

Milk substitutes such as rice milk, almond milk, oat milk, coconut milk, other nut milks. Cold pressed olive, flax, coconut, safflower, sunflower, butter, sesame, walnut, pumpkin, almond oils, omega 3 fish oils.

#### FATS

#### BEVERAGES

WATER filtered or pure spring water, herbal tea, seltzer or mineral water.

#### SPICES/CONDIMENTS

All spices unless otherwise indicated. Cinnamon, cumin, dill, garlic, ginger, carob, oregano, parsley, rosemary, tarragon, thyme, turmeric, vinegar.

#### SWEETENERS

Brown rice syrup, fruit sweetener, blackstrap molasses, stevia

## Advanced Solution

### Breakfast:

Supershake/Lean Greens, Pro Reds, Pro Oranges  
Glass of fresh, raw carrot, apple, and green-leaf juice  
Large portion oatmeal with choice of fruit salad  
Organic 100% rye bread, unsalted and fat-free, toasted and spread honey if desired

### Lunch:

Plate of salad  
1 glass of warm Hippocrates Soup (8 oz)  
1 glass apple/carrot juice  
Baked potato or other (broiled in jacket, potato salad, casserole, etc.) with yogurt dressing, when permitted  
Freshly cooked vegetables  
Dessert: raw or stewed fruit

### Dinner:

Same as lunch  
Vary meals by using different vegetables, different methods of preparing potatoes and other kinds of salads  
Organic brown rice may be used once a week  
Organic sweet potatoes may be used once a week in the place of potatoes

Begin to drink LOTS of fresh, organic juice (masticating juicer – The Champion Juicer is recommended)

**Coffee Enemas:** 3 Tablespoons of ground coffee boiled in 1 1/4 quarts of water. Cool down the liquid. Take enema and hold for 20 minutes. Do 1 coffee enema per day.

### The Gerson Diet:

Entirely organic and vegetarian - naturally high in vitamins, minerals, enzymes, micronutrients, and extremely low in sodium, fats, and proteins. Thirteen glasses of fresh, raw carrot/apple and green-leaf juices prepared hourly from fresh, organic fruits and vegetables. Three full vegetarian meals, freshly prepared from organically grown fruits, vegetables, and whole grains. A typical meal will include salad, cooked vegetables, baked potatoes, Hippocrates soup and juice. Have fresh fruit and fresh vegetables available at all hours for snacking, in addition to the regular diet.

### Eliminate:

Dairy, beef, pork, shellfish, soy, chicken, eggs, mayonnaise, animal broth, salt, canned food, fluoridated toothpaste, baking soda, tap water, deodorant, commercial cleaning products, air fresheners, aluminum cookware, coffee, tea, soda, junk food, fried foods, fast foods, smoking, and alcohol.