

**NEWLY
REVISED
EDITION**

by Ige Temitayo Israel

Health is your greatest Wealth



PRODUCT INFORMATION GUIDE

DISEASE	SYMPTOMS	SUPPLEMENT
ABSCESS	An abscess is localized infection with a collection of pus in any part of the Body. (Tenderness & Swelling in infected area)	1x2 Vit.B Co. 1x3 Tre-en-en 1x2 Vit. C (s.r) / All C 1x3 Chelated Zinc 1x1 Vit. E caps 2x3 Garlic Allium Complex 1x3 Carotenoid 1x3 Lipotropic 1x2 Cruciferous
ACCIDENT, SHOCK SURGERY	Following injury, the body's need for all nutrients increase dramatically. The pituitary and adrena glands release Large quantities of hormones that Result in the loss of body protein and prevent formation	1x3 chelated Zinc 1x2 Vit. E Caps 1x3 Cal-Mag 1x2 Vit. B Co 1x2 Herbal Rest & Relax 1x2 Tre-en-en
ACIDIC RASH	An eruption of red spots on the skin as a result of ones body coming into contact with acids	1x3 Multi Minerals & Alfalfa 2x3 Tre-en-en 1x1 Pro-Vitality Plus
ACNE	Acne is a common disorder of the oil Glands in the skin that is characterized By recurring formation of black heads, white heads and pimples. It sometimes occur on the face, back, chest, shoulder or arms.	1x2 Vit. E Caps 1x3 Chelated Zinc 1x2 Vit. C (s.r), 1x3 Tre-en-en 1x3 Cal Mag 2x3 Garlic complex 1x3 Carotenoid Complex 1x1 Vitamin B.co (s.r)
ACQUIRED IMMUNE DEFICIENCY SYNDROME (AIDS)	An incurable disease that kills the immune system of the body thus leaving the body prone to all kinds of diseases. It is characterized by frequent headache, running stomach and loss in weight and stature.	Phyto Defence 2x Heaped scoops Nutrishake 1x3 Beta-Guard, 2x3 Tre-en-en 1x3 Vitamin B Co (s.r) 1x3 Vitamin C (s.r) 1x3 Multi-Minerals & Alfalfa 1x3 Chelated Zinc 1x1 Vitamin E Caps 50ml Aloe Vera plus 1x2 Formula IV plus 1x3 Vitamin A tabs Masculine or Feminine Herbal Com. Garlic Allium 1x3 1x3 Ami-Tone, 2x2 Lipotropic
ACTIVE PEOPLE	The strenous people always on the move, tired of feeling tired.	Daily vitality pack 2x3 Tre-en-en Herbal Rest & Relax
ALBINO		1x3 Tre-en-en 1x2 Vitamin C/All C 2x2 Chelated Zinc Renewing Antioxidant Treatment, Aloe Vera Gel

DISEASE	SYMPTOMS	SUPPLEMENT
ALCOHOLISM	Becoming addicted to taking alcoholic drinks thus exposing oneself to all kinds of diseases	Heaped Scoop Nutrishake 1x3 Tre-en-en 4x3 Fibre tabs or 1x1 Vitamin Bco. 1x2 Beta Guard
ALLERGIC HANDS	Hands that easily contact disease like rashes and skin eruptions on palms and in between fingers	1x2 Beta Guard Aloe Vera Gel 1x1 Pro-Vitality Plus 1x3 Tre-en-en
ALLERGY GENERAL	Sensitivity to a particular substance that is ordinarily harmless to some people but can cause a reaction in others. It shows that the defense system is fighting foreign substance from the environment	1x3 Carotenoid Comp. 1x2 Beta-Guard PCC - for washing hands and delicate Fingers 1x3 Tre-en-en
ALLERGY (CHILD)	A child that is weak and prone to all kinds of diseases due to malnutrition or living in unclean environment.	1x3 Vita Squares 1x2 Vita Guard, 1x3 Tre-en-en Herbal Respiratory Formula
ALZHEIMER	Loss of memory normally occurring in people from the ages of 60 upwards	2x3 Beta-Guard, 1x3 Tre-en-en 1x2 Chel. Zinc, 1x2 Omega 3 1x3 Mind Enhancement 1x1 Pro-Vitality Plus 1x1 Multi-Mineral Alfalfa
AMNESIA	A disease that causes loss of memory in part or completely	Herbal Rest & Relax 1x3 Cal-Mag, Omega-3 Plus 50ml Aloe Vera plus in the evening, 1x3 Tre-en-en
ANAEMIA	The unhealthy condition of not having the proper number of red cells in the blood	1x1 Chelated iron 1x3 Tre-en-en 1x2 Vitamin B Co. (s.r) 1x3 Vitamin C (s.r) 1x1 Multi tablets
ANGINA	The chronic heart diseases characterized by several hypertension or extreme high blood pressure.	1x2 Vitamin E caps 1x3 Vitamin C (s.r)/All C 1x3 Omega-3/Omega 3 plus 1x1 Multi tablets, 1x3 Tre-en-en
APPETITE LOSS	Feeling hungry but unable to eat to one's satisfaction due to tastelessness	2 Heaped scoops Nutrishake 1x1 Vitamin B Co (s.r) 1x3 Tre-en-en
APPENDICTIS	The inflammation of appendix in the blood which usually causes pain and often requires the removal of the appendix by surgery.	2x3 Garlic Allium Comp. 1x2 Vitamin C/All C 1x3 Carotenoid Comp. 1x2 Cruciferous Plus 1x3 Chelated Zinc 1x1 Formula IV Plus 2x2 Omega-3, 1x3 Tre-en-en

DISEASE	SYMPTOMS	SUPPLEMENT
ARTHRITIS Those with Normal BP	Disease causing pains (in all joints) inflammation of a joint	1x3 Full Motion 1x3 Cal-Mag, 1x3 CoQ10 1x3 Omega -3/ Omega 3 plus 2x2 Multi-Mineral + Alfalfa 1x2 Vit. B 1x2 Vit. C/All C 1x3 Full Motion, 1x3 Tre-en-en
ARTHRITIS Those with High BP	Disease causing pains (in all joints) inflammation of a joint. Osteoa-ade- generative condition attacking the articular cartilage and aggravated by an impaired blood.	2x3 Omega -3/Omega -3 plus 1x3 Garlic Allium 1x2 Flavonoid Complex 1x1 Form.IV 1x3 Vit. C/All C 1x3 Full motion, 1x3 Lipotropic 1x3 CoQ10
ASTHMA (ADULT)	Fits or attack of difficult breathing, frequent coughing and feeling of suffocation.	Herbal Respiratory Formula 1x3 Beta-Guard 1x3 Vit. E caps 1x2 Multi-Mineral & Alfalfa 2x3 Garlic Complex/Lipotropic 2 H.Scoops Nutr. 1x3 Cal-Mag 1x3 Tre-en-en, 1x2 All C
ASTHMA (CHILDREN)		1x1 Herbal Resp. Formula 1x2 Beta-Guard, 1x3 Tre-en-en 1x1 Vitamin B Co. (s.r), 1x2 All C 1x1 Multi-Mineral & Alfalfa
ATHLETES	Engaging in games or spots requiring physical stamina	Vitality pack, 1x3 Tre-en-en Herbal Rest & Relax
ATHLETES FOOT	A funga infection between the toes which is easily transmitted to others	1x3 Tre-en-en 1x2 All C 1x1 Pro-Vitality Plus 2x3 Garlic Comp. for 9 days 1x3 Multi-Minerals & Alfalfa Aloe Vera Gel. Chelated Zinc
BAD BREATH (HALITOSIS)	An infection normally on the tongue causing abnormal scent in the mouth	1x3 Multi-Mineral & Alfalfa with lots of water 4x3 Fibre Tablets 1x3 Vitamin C (s.r)/All C 2x2 Garlic Allium, 1x3 Tre-en-en
IMPROPER BLOOD CIRCULATION	The inability of the heart to pump blood to and fro the veins, characterized by tiredness, dizziness and abnormal heart beat.	1x2 Mind Enhancement 2x3 Omega-3, 1x3 Tre-en-en 1x2 Garlic Complex, 1x2 All C 1x2 Vitamin B Co (s.r) 1x2 Vitamin E caps, 1x3 Lipotropic 1x2 Flavonoid Complex 1x1 Pro-Vitality Plus
BACKACHE	Several pains in the backbone thus unable to sit or stand up right or bend.	1x3 Omega-3/Omega-3 Plus 1x2 Multi-Min, & Alfalfa 1x3 Full Motion 1x2 Beta-Guard 1x3 Tre-en-en, 1x3 CoQ10

DISEASE	SYMPTOMS	SUPPLEMENT
BED SORES	A body sore on a bed ridden person, caused by sharing or pressure	1x2 Vitamin E caps, 1x2 Vit. A&D 2x3 Chelated Zinc, 1x3 Tre-en-en 1x2 Formula IV Plus/Smart 8
BERIBERI	A disease caused by a deficiency of thiammine, it seldom occurs outside the far East where the principle diet is polished rice	1x2 Vit. B Co, 1x3 Tre-en-en 1x3 Cal-Mag 1x3 Chelated Zinc 1x2 Formula IV Plus
BLADDER	The bladder becomes infected with a disease. The body becomes weak thus open to attack of various diseases.	2x3 Vitamin C (s.r) / All C 1x3 Multi-Mineral & Alfalfa 1x3 Beta-Guard, 1x3 Tre-en-en Masculine/Femine Herbal Comp. 2x3 Garlic Allium 1x1 Pro-Vitality Plus
BLINDNESS	The Eyes inability to perform their functions of seeing. Characterized by misty eyes, itching eyelids or involuntary running water from the Eyes	1x3 Wheat Germ oil 1x3 Vitamin A&D 1x3 Carotenoid Complex 2x3 Tre-en-en, 1x2 All C 1x3 CoQ10, 1x3 Smart 8
BLOOD CLOT	The blood articles becomes solidified in the blood stream thus blocking circulation, Affected part of the body becomes numb, and unable to function	2x3 Garlic Comp. for 9 days 1x3 Vit. B Co. 1x3 Lipotropic 1x3 Vit. A&D, 1x3 Tre-en-en 1x3 Chelated Zinc, 1x2 Omega-3 Plus Herbal Rest and Relax 1x1 Pro-Vitality Plus
BLOOD PRESSURE (HIGH) HYPERTENSION	Very little blood in the bloodstream, thus forcing the heart to over work itself. Characterized by very hard & fast heart beat, dizziness and growth.	1x3 Omega 3 1x3 Garlic Allium 1x2 Herbal Rest & Relax 1x3 Vitamin E caps 1x3 Vitamin C (s.r) / All C 1x1 Vitamin B Co Neolife Shake, 2x2 Lipotropic 1x3 Tre-en-en. Botanical Balance
BLOOD SUGAR (LOW)	The amount of glucose present in the blood. The normal range is 2.5 - 4.7 mmd/litre when the amount exceeds 10mmd/litre. Glucose is executed in the urine as in diabetes mellitus.	1x1 Pro-Vitality Plus 2x3 Lipotropic Adjunct See Hypoglycemia 1x3 CoQ10
BODY ODOUR	It is related to the internal health. Certain nutrients appears to metabolically remove waste cause odours.	1x3 Chelated Zinc 2 Scoop of Protein powder 1x2 Garlic Allium, 1x3 Tre-en-en Complex, 1x3 Lipotropic
BOILS	Hard and painful growth on part of the body	1x3 Vitamin A&D 1x3 Chelated Zinc, 1x3 Tre-en-en 1x3 Vitamin C (s.r) /All C 1x2 Garlic Allium 2x3 Lipotroic

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BREAST FEEDING	Insufficient milk in the breast for nursing mother	2 Nutrishake, 1x2 All C 1x1 Vit. B. Co 1x3 Cal-Mag, 1x3 Tre-en-en 1x1 Formula IV Plus
BRONCHITIS (CHRONIC)	Bronchitis an inflammation of the tissues lining the air passage leading to the lungs. Chronic type can eventually lead to emphysema	Herbal Respiratory Formula 1x3 Tre-en-en, 1x2 Vit. E 1x3 Carotenoid 1x3 Wheatgerm Oil 1x2 Lipotropic Adjunct
BRONCHITIS (CHILDREN)	Swelling of the mucous membrane causing severe coughing and sneezing thus affecting the larynx and the vocal cords and making their voice hoarse.	1x1 Herbal Respiratory Formula 1x3 Tre-en-en 1x1 carotenoid 1x4 Vita Squares during the day 1x2 Vita Guard
BRUCELOSIS	Bru-se-o-sis Undulant fever. Antermittent fever caused by organism transmitted in infected milk from cattle or goats-matter fever.	1x3 Carotenoid Com. 1x3 Formula IV 2 Heaped Scoops Nutrishake, 1x3 Tre-en-en
BRUISES	An injury that involves the rupture of small blood vessels discoloration of un-derlying tissues without a break in over-lying skin	1x2 Omega-3 2x2 Lipotropic 2x3 Vitamin C (s.r)/All C 2x3 Chelated Zinc 1x1 Pro-Vitality Plus Aloe Vera Plus, 1x3 Tre-en-en
BRUXIM (TOOTH) GRINDING	Usually occurs during sleep and results in teeth that are loosened in their suckets which causes tooth loss and gum	1x2 Vit B Co. 1x3 Tre-en-en 1x3 Vit. A&D, 1x2 All C 1x3 Chelated Zinc 1x2 Cal-Mag 1x2 Herbal Rest & Relax
BURNS	A tissue injury caused by heat, electricity, radiation or fire.	1x3 Chelated Zinc 2x3 Vit. C (s.r)/All C 1x3 Vit. E Caps Aloe Vera Gel. 1x3 Tre-en-en
CALCIFIED VEINS (Deposited of Lime or Calcium salt in the vein or bone)	Veins or spinal cord becomes hardened and person finds it difficult to bend himself even stand u right	2x3 Omega-3 1x3 Full motion 2x3 Cal-Mag 1x2 Multi-Mineral & Alfalfa 1x3 Tre-en-en, 1x3 Lipotropic 1x1 CoQ10, Botanical Balance
CANCER	See below	See Life Supplementation programme at the end of this Book.
CANCER PROTECTION	A small malignant growth or a tumor any where in the body and spread gradually to destroy the whole body.	1x3 Carotenoid Comp. 1x2 Flavonoid Comp. 1x1 Cruciferous Plus or 1x1 Phyto-Pack 1x2 Beta Guard Formula IV Plus. 1x3 Tre-en-en Children= 1x2 Vita Guard

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CANDIDA INFECTION	A genus of small fungi called Monilia C (Albicans) The variety which causes moniliasis (Monilia C former name for the genus of fungi now known as candida)	6 Garlic Allium 1x1 Pro-Vitality Plus Complex every night for 10 nights, 1x2 Tre-en-en 1x2 Formula IV Plus.
CATARACT	An eye diseases in which they crystalline lens or its capsule becomes opaque, causing partial or total blindness.	1x3 Smart 8, 1x3 Carotenoid Com. 1x3 Wheatgerm Oil, 1x2 All C 1x2 Flavonoid Comp. 1x1 CoQ10 1x3 Vitamin A&D, 1x3 Tre-en-en
CEREBRAL PALSY (HARM OR INJURY CAUSED TO THE BRAIN AT CHILD BIRTH)	Relating to the cerebrum. Characterized by abnormal involuntary muscular contraction or violent feeling.	2 Heaped Scoops Nutrishake 2x3 Vita Squares, 1x2 All C 1x2 Cal-Mag, 1x3 Tre-en-en 1x2 Omega-3/Omega 3 Plus 1x3 Multi-Min. & Alfalfa 1x1 Sachet Form. IV Plus.
CHICKEN POX	Characterized by slight fever and skin eruption.	1x1 Beta-Guard, 1x3 Vit. C (s.r) 1x3 Tre-en-en Aloe Vera Gel, 2x3 Garlic 2x2 Omega-3/ Omega -3 Plus
CHOLESTROL (HIGH)	The crystalline fatty alcohol found especially in fat, blood, Galistorie and blie, especially the person look very fat and lazy	1x1 Pro-Vitality Plus 1x3 Carotenoid Com. 1x3 Tre-en-en 4x3 Fibre Tabs. with lot of water 2x3 Omega-3/Omega-3 plus 1 Thermogenic Enhancer 1x2 Flavonoid Complex
CHRONIC COUGH	Frequent irritation of lungs and inflamation or obstruction of the bronchi due to bacteria infection, causing pain in the chest.	2x3 Vitamin A&D, 1x3 Tre-en-en 1x2 Formula IV Plus 2x3 Garlic allium, 2x3 Lipotropic 1x3 Respiratory Formula 2x2 Omega-3/Omega-3 Plus
CIRCULATORY (POOR)	Blood circulation round the body system or Bad circulation can cause tiredness.	2x3 Vitamin E caps 1x2 Omega-3, 2x2 Lipotropic 1x2 Vitamin B Co. 1x3 Tre-en-en
COLD & FLU (ONSET) COLIC	inflammation of respiration characterized by fever, muscular pain and often intestinal disorder	10x1 Vitamin A&D for five days only, 1x3 Tre-en-en, 1x1 Vitamin C (s.r)/All C every 6 hours. 1x3 Chelated Zinc, Aloe Vera plus
COLIC BABIES	Acute abdominal pains caused by various abnormal conditions in the bowels	50ml Aloe Vera Plus diluted with 50ml of pure water twice a day
COLITIS	An inflammation of large intestine	1x3 Smart 8 4x3 Fibre Tabs with lots of water, 1x3 Tre-en-en 1x3 Carotenoid Complex

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COLLAGEN MANUFACTURING	A protein consultation of fibrous collagen disease. Those in which there is typical fibroid degeneration of collagen e.g rheumatic fever, rheumatoid arthritis and scleroderma	2x3 Vitamin C (s.r)/All C 1x2 Multi-Mineral & Alfalfa, 1x3 Tre-en-en 1x3 Cal-mag, 2x3 Full Motion 1x3 CoQ10
CONSTIPATION	A condition in which the emptying of water matter from the bowels is frequent, and difficult. Characterized by headache and feverish conditions.	2x3 Smart 8. 4x3 Fibre tabs, 3-6 tabs stage -6 in the evening with a lots of pure water, 1x3 Tre-en-en
CONVULSION (ADULTS)	Unconscious muscular contraction and foaming in the mouth	1x3 Vitamin B Co (s.r) 1x3 Cal-Mag, 1x3 Tre-en-en 1x1 Chelated Zinc 1x1 Pro Vitality Plus Herbal Rest and Relax
CONVULSION (CHILD)	Unconscious muscular contraction and foaming in the mouth	1x3 Vita Squares, Flavonoid Nutrishake, 1x2 Tre-en-en
COUTIS & CORN	Condition that affect the intestinal tract are referred to collectively as inflammatory bowels disease. Large intestine is inflammed and has blood diarrhea as its main symptoms.	1x3 Vitamin B Co 1x3 Smart 8 1x3 Chelated Zinc 1x2 Formula IV Plus 1x3 Tre-en-en
CRADLE CAP	An eruption occurring on the head, neck and the joints of a baby (NOT THE SKIN)	Aloe Vera baby, Shampoo Aloe Vera Gel.
CRADLE DEATH	Infant mortality caused by muscles, characterized by diarrhea, malnutrition.	1x3 Cal-Mag, 1x3 Tre-en-en 1x3 Multi-Mineral 1x1 Pro-Vitality Plus & Alfalfa 1x3 Full Motion
CRAMPS	Twisted fraction of muscle from chill strain and paralysis as from excessive use of muscle.	1x3 Vitamin C (s.r)/All C 1x3 Cal-Mag taken during pregnancy, 1x3 Tre-en-en 1x1 Multi tables
CROUP (CHILDREN)	A disease of the throat accompanied by hoarse coughing and difficult of breathing common in infancy.	1x3 Vitamin C (s.r)/All C 1x3 Vita Squares 1x2 Vita Guard, 1x3 Tre-en-en
DANDRUFF	A common diseases in which bits of dead skin form on the head and can be seen in the hair, white scales shed from the scal. If moist from serious exudote they have a greasy appearance scuf	1x2 Vitamin C (s.r)/All C 1x3 Beta-Guard 1x2 Chelated Zinc Formula IV Plus, 1x2 All C 1x3 Tre-en-en
DEHYDRATION	To loss water in the body characterized by high exhausted and tired with pains in the pain joints	5x3 Multi-Mineral & Alfalfa for three days or as needed, 1x2 All C Formula IV plus/Tre-en-en

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DENTAL DECAY (WEAK TEETH)	The deformation or colouring of the teeth due to calcium deficiency	1x3 Cal-Mag Brush teeth with 1 drop of concentrated LDC solution with tooth paste once a week, 1x3 Tre-en-en 1x1 Multi-Mineral & Alfalfa
DEPRESSION (MANIC)	Be in low spirits or feel dejected or feel tired and inactive or feel despair	1x1 Vitamin B Co (s.r) 3x1 Cal-Mag, 1x3 Tre-en-en 50ml Aloe Vera Plus in the evening. 1x3 Vit. C (s.r) 1x2 Masculine/Feminine 1x2 Chelated Zinc 1x2 Formula IV Plus.
DERMATITIS	Painful and abnormal growth in the skin	1x1 Pro-Vitality Plus 1x2 Vitamin B Co (s.r) 1x3 Vitamin A&D 1x2 Cruciferous 1x3 Garlic Allium Complex
DETOXIFICATION	The body is being affected by toxic or poison (detox programme)	2x3 Multi-Mineral & Alfalfa -3 bottles 2-4x3 Fibre tab - 2 bottles 2x3 Beta Guard - 2 bottles 3-6 Stage - 6 in the evening with lot of pure water for 30 days, Garlic Allium 2x3
DE-WORMING	The presence of worms in ones body, which feeds on ones body fluids thus causing excessive eating, lean growth, pot belly, tiredness and frequent spitting of siliva	Adult 9 Garlic Allium Complex a day for 6 days. Children under 12 years, 4 Garlic Allium Complex a day for 9 days, older than 12 years 4-9 a day
DIABETES	Excess of sugar in the body characterized by hunger thirst and excessive discharge of urine. it is a metabolic disorder characterized by decrease ability or complete inability of the body to utilise carbohydrates.	4x3 Fibre tablets with lots of water, 2 tablet Thermogenic Enhancer 2 Scoops protein powder 2 Flavonoid (avoid intake of refined carbohydrate) 1x2 Beta Guard 1x3 Tre-en-en
DIARRHOEA	Excessive running of the stomach characterized by thin pale looks.	2x3 Garlic Allium 1x1 Pro-Vitality Plus 1x2 Multi-Min. & Alfalfa 20ml Aloe Vera Plus
DIGESTION PROBLEM	The inability of the enzymes to change or break food in the mouth, stomach and intestines so that it can be absorbed by the body, characterized by constipation	4x3 Fibre tabs with lots of pure water. Formula IV Plus. 1x2 Vit. B Co (s.r) 1x3 Smart 8 50ml Aloe Vera Plus in the evening, 1x3 Tre-en-en

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DIVERTICULITIS	A feel of severe pains in the lower abdomen especially when one does small work or exercise.	4x3 Fibre tabs with lots of pure water, Formula IV Plus 1x2 Vit. B Co (s.r) 50ml Aloe Vera Plus in the evening, 1x3 Tre-en-en
DIZZINESS	Feeling giddy unsteady or have a whirling dazed sensation	1x1 Smart 8 1x3 Tre-en-en 1x2 Vit. B Co (s.r) 1x3 Omega-3/Omega-3 Plus
ECZEMA	Itching and formation of scales on the skin	1x3 Vit. A&D, 1x3 Tre-en-en 1x3 Vit. C (s.r)/All C 1x2 Vit. B Co (s.r) wash with care & LDC 1x1 Pro-Vitality Plus
EDEMA	An abnormal accumulation of fluid in the intercellular spaces of the body	1x2 Garlic Allium Complex 1x2 Multi-Mineral & Alfalfa 1x3 Vit. C with purified water. 1x1 Vit. B Co. 1x3 Tre-en-en
ENDOMETRIOSIS (UTERUS)		Feminine Herbal Complex 1x2 Vitamin E, 1x3 Tre-en-en 1x1 Chelated Iron 1x2 Vitamin B. Co (s.r)
ENLARGED (UTERUS)	Uterus becomes bigger than the normal size and it can cause miscarriage or premature birth.	1x2 Vit. E, 1x3 Tre-en-en 1x1 Chelated Iron 1x2 Vit. B. Co (s.r) Formula IV Plus
EMOTIONAL PROBLEM	Issue connection to excessive thinking, it can lead to rise in blood pressure and loss of appetite tiredness, weakness and loss in weight	1x2 Vitamin B Co. (s.r) 1x3 Cal-Mag & 50ml Aloe Vera Plus in the evening Herbal Rest & Relax Formula IV Plus. 1x3 Tre-en-en
EMPHYSEMA	Enlargement of air sacs of the lungs causing breathlessness (Making breathing difficult)	1x3 Carotenoid, 1x3 Tre-en-en Herbal Resp. Formula 1x2 Vitamin E caps 1x3 Vitamin C(s.r)/All C Neolife Shake (NO SMOKING)
EPILEPSY (ADULT)	A disease of the nervous system characterized by convulsion and unconsciousness	1x3 Multi-Mineral & Alfalfa 1x3 Cal-Mag/1x3 Full Motion 1x3 Vitamin B Co (s.r) Herbal Rest & Relax Formula IV Plus, 1x3 Tre-en-en
EPILEPSY (CHILD)	SEE ABOVE	2 Heaped Scoops Nutrishake 1x3 Tre-en-en, 1x3 Cal-Mag 1x2 Vitamin C (s.r)/All C 1x1 Herbal Rest & Relax 1x2 Vita squares 1x2 Vita guard

DISEASE	SYMPTOMS	SUPPLEMENT
EYE (DRY)	Harm caused to the transparent outer coat of the eyeball, covering the iris and pupil.	1x3 Vitamin C. (s.r)/All C 1x3 Vitamin A&D 1x2 Flavonoid, 1x3 Tre-en-en
EYE (CORNEAL DAMAGE)	Poor vision in the dark or in dim light happens especially after 6.00pm	1x3 Vitamin A&D 1x3 Carotenoid Complex 1x2 All C
EYES (NIGHT BLINDNESS)		1x3 Vitamin A&D, 1x2 All C 1x2 Beta Guard, 1x3 Tre-en-en 1x3 Wheatgerm Oil
EYES (RED BURNING)		1x1 Vitamin C (s.r)/All C 1x2 Flavonoid Complex 1x3 Tre-en-en
EYES (TIRED)	Eyes problem normally associated with long hour of stay without sleep.	1x1 Vitamin C(s.r)/All C 1x3 Carotenoid Complex 1x3 Tre-en-en
EYES (CONJUNCTIVITIS)	The inflammation of the mucus membrane lining the inner surface of the eye lids and covering the front part of the eyeball.	1x2 Carotenoid Complex 1x3 Vitamin C (s.r)/All C 1x2 Vitamin B. Co 1x2 Cal-Mag, 1x3 Tre-en-en
EYES INFECTION (CHILD)	Eyes problem normally associated with children	1x3 Vitamin A&D 1x3 Vita Sqaures 1x3 Vita Guard 2x3 Garlic Allium
FATIGUE	Dull, weak and exhausted, loss of appetite	2x Heaped Scoops Nutrishake or Vitality Pack, 1 Sachet daily 1x2 Masculine/Feminine Com. 1x3 Tre-en-en
FEAR	A feeling of uneasiness, anxiety, agitation or concern as a result of an impending danger. This is characterized by restlessness.	1x2 Vitamin B Co. (s.r) 1x3 Vitamin C (s.r)/All C 50ml Aloe Vera Plus in the evening, 1x3 Tre-en-en Herbal Rest & Relax.
FEVER BLISTERS	Little swelling on the skin filled with watery matter especially lips	1x3 Vit. A&D, 1x3 Tre-en-en 1x3 Vit. C (s.r)/All C 1x3 Chelated Zinc 50ml Aloe Vera Plus 1x1 Pro-Vitality Plus
FIBROID	Growth derived from the muscle tissue of the uterine wall may cause bleeding discomfort or even miscarriage.	1x3 Feminine Herbal Complex 2x3 Ami-tone, 1x3 Tre-en-en 1x2 Formula IV Plus 2x3 Carotenoid Complex 2x3 Cruciferous Plus 2x2 Chelated Zinc 2x3 Garlic Allium Complex
FIBROSITIS	A swelling that develop to cover a part of the body	2x3 Omega-3, 1x3 Tre-en-en 1x3 Cal-Mag, 1x3 Cruciferous 1x3 Carotenoid Complex

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FLATULENCE	Having or producing gas in the stomach or the intestine characterized by constipation for a long time	4x3 Fibre tabs 3-6 Stage-6 with a lot of pure water in the evening 1x3 Garlic, 1x3 Smart 8 Aloe Vera Plus, 1x3 Tre-en-en
FRACTURES	A break in the bone or occasionally a tear in a cartilage	2x3 Chelated Zinc, 1x3 Full Motion 2x3 Vitamin C (s.r)/All C 1x3 Cal-Mag, 1x3 Tre-en-en 1x1 Pro-Vitality Plus
FRECKLEC	Is characterized by brown spots on the skin especially on fair skin.	1x2 Carotenoid 1x3 Vitamin C (s.r)/All C Aloe Vera Gel, 1x3 Tre-en-en
FRAGILITY	Coldness; especially sexual unresponsiveness of the female to physical stimulation. Usually not aroused e.g. sexually	1x2 Formula IV Plus 1x2 Vitamin B Co. (s.r) 1x2 Wheatgerm Oil 50ml Aloe Vera Plus, 1x3 Tre-en-en Feminine Herbal Comp.
FUNGUS	Aspongy disease growth on the body	6 Garlic Allium Complex daily for 10 days, 1x3 Tre-en-en
GALL BLADDER	Normally associated with swelling of the stomach like pregnancy	1x3 Multi-Mineral & Alfalfa 1x2 Beta-Guard or 1x3 Carotenoid Complex 1x2 Vita. B (s.r) 1x3 Tre-en-en 1x3 Smart 8
GANGRENE	The affected part of the body begins to deform and rot (CHRONIC SORE) Disinfect with CARE DISINFECTANT	2x3 Multi-Mineral & Alfalfa 2x3 Vitamin C (s.r)/All C 1x3 Chelated Zinc, 1x3 Tre-en-en Aloe Vera Gel. Garlic Allium, Phyto defence
GLAND (SWOLLEN)	An organ of the body that separates from the blood substance that are needed or not needed for the body use cellular organ in plant. Signal of an infection in an area. Enlarged swollen glands that may be hard or soft.	1x3 Multi-Min. & Alfalfa 1x3 Carotenoid Complex 1x2 Vit. B Co. 1x3 Tre-en-en 1x3 Vitamin C (s.r) / All C well balanced diet Formula IV Plus 1x1 Pro-Vitality Plus
GLAUCOMA (EYE)	An increase in pressure of the fluid within the eyeball and hardening of the surface of the eyeball:	2x3 Vit. C/All C 1x2 Flavonoid Complex 1x3 Carotenoid Complex 2x3 Vit. A&D, 1x3 Tre-en-en
GOITER	The enlargement of the thyroid gland located at the base of the neck	2x2 Multi mineral & Alfalfa 1x3 Ami-Tone, 1x3 Tre-en-en 1x2 Vitamin C/All C, 1x3 Chelated Iron, 1x3 Omega 3/ Omega 3 Plus,

DISEASE	SYMPTOMS	SUPPLEMENT
GOUT	A type of arthritis characterized by an excess of urea acid salts that crystalize in the tissue around the joints especially in the finger and toes.	1x3 Vitamin B Co (s.r) 1x3 Tre-en-en 2x2 Omega-3/ Omega-3 plus 1x3 Beta-Guard, 1x3 Full Motion 1x2 Multi-Mineral & Alfalfa
HERNIA	A condition in which the stomach pushes or herniates upwards through an opening in the diaphragm into the thorax.	1x2 Smart 8 Aloe Vera Plus 1 Glass daily 1x2 Multi Mineral + Alfalfa 1x3 Chelated Zinc 2x3 Vitamin A&D 1x2 Vitamin B co. 1x3 Tre-en-en 1x3 Vitamin C/All C 1x1 Formula IV Plus
HEAMOPHILIA	A condition in which the blood fails to clot quickly enough causing prolong uncontrollable bleeding from even the smallest cut	1x3 Cal-Mag, 1x3 Tre-en-en 1x2 Vitamin B Co. (s.r) 2x3 Vitamin C (s.r) / All C 1x2 Multi-Mineral & Alfalfa
HAIR GLOW	Short hair grow or bladness	1x2 Vitamin B Co (s.r) 1x3 Multi-Mineral & Alfalfa 1x3 Vit. C (s.r)/All C 1x3 Carotenoid Complex 1x2 Chelated Zinc, 1x3 Tre-en-en Nutrishake/Protein powder
HEY FEVER	The inflammation of the eyes and the upper respiratory tract. It is an allergic reaction caused mainly by the pollen of some grasses and tree	1x2 Beta-Guard 1x1 Pro-Vitality Plus 1x3 Carotenoid Complex Herbal Respiratory formula, 1x3 Tre-en-en
HEADACHE	A continuous pain in the head normally caused by fever	1x3 Vitamin B Co (s.r) 1x3 Cal-Mag, 1x3 Tre-en-en 50ml Aloe Vera Plus 1x3 Omega-3/Omega-3 plus
HEARTBURN	It is normally associated with pregnant women	1x3 Smart 8 4x3 Fibre Tablets, 1x3 Tre-en-en 1x3 Multi-Mineral & Alfalfa 50ml Aloe Vera Plus 1x3 Omega-3/Omega-3 Plus 1x3 Lipotropic 1x1 Pro-Vitality Plus
HEAT PROBLEM	Abnormal feeling of extreme hotness of warmth	1x3 Garlic Allium 1x3 Carotenoid Complex 1x2 Vitamin E caps 1x2 Flavonoid Complex 1x3 Omega-3/Omega-3 Plus 1x3 Vitamin C (s.r)/All C 4x3 Fibre tablets with lot of pure water, 1x1 Pro-Vitality Plus 1x1 Multi, 2x2 Lipotropic 1x3 Tre-en-en

DISEASE	SYMPTOMS	SUPPLEMENT
HEART PALPITATIONS	The heart beating rapidly or in an abnormally fast way	1x3 Vitamin B Co (s.r) 1x2 Multi-Min. & Alfalfa 1x3 Cal-Mag, 1x3 Tre-en-en 1x1 Multi, 1x3 Lipotropic
HEMORRHOIDS	Piles (koko in Twi, jedijedi in Yoruba) Ruptured veins located around the anus	1x3 Smart 8 4x3 Fibre Tabs 1x3 Cal-Mag, 1x3 Tre-en-en 2x3 Vitamin C (s.r)/All C Aloe Vera Gel 1x2 Formula IV Plus 1x2 Garlic Allium
HEPATITIS	Jaundice (chronic)	1x3 Vitamin B Co (s.r) 2x3 Vit. C (s.r) 1x3 Tre-en-en 2x3 Beta-Guard 1x1 Pro-Vitality Plus 1x2 Chelated Zinc 1x3 Smart 8
HERPES	A virus disease of the skin. Characterized by the eruption of small blisters on the skin.	1x2 Vitamin B Co (s.r) 2x3 Vitamin C (s.r)/All C 1x3 Chelated Zinc, 1x3 Tre-en-en
HIGH BLOOD PRESSURE		SEE BLOOD PRESSURE
HORMONE INBALANCE	Impropotionate distribution of a chemical substance formed in some organs of the body as the ovary adrenal etc and carried to another organ or a tissue where it has a special effect.	1x2 Feminine Herbal Complex 1x2 Formula IV Plus, 1x3 Tre-en-en 1x1 Vitamin B Co (s.r) 1x1 Pro-Vitality Plus 2 Heaped Scoops Nutrishake 1x2 Vit. E Cap. 1x3 Ami-Tone
HOT FLUSHES	Several pain in the middle of the head and characterized by sweating.	1x2 Wheatgerm Oil Feminine Herbal 1x3 Cal-Mag, 1x3 Tre-en-en 1x3 Cruciferous Plus
HYPERACTIVITY (CHILDREN)	A disorder of certain mechanism in the central nervous system that affect children and some adults too. A person may be fidgety, disruptive, aggressive, easily frustated and unable to concentrate.	1x3 Vita Squares 1x2 Vita Guard, 2x3 Omega-3/ Omega-3 Plus 1x3 Cal-Mag, 1x3 Vitamin C/All C 1x1 Herbal Rest & Relax No flavourants, colourants preservatives reduction, sugar intake, 1x3 Tre-en-en
HYPERTHYROIDISM	Mostly in women and is the underproduction of hormones by the thyroid gland resulting in lowered cellular metabolism.	1x2 Chelated Zinc 1x2 Chelated Iron, 1x3 Tre-en-en 1x2 Feminine Herbal Complex Formula IV Plus.
HYSTERECTOMY (RECOVERY)	The surgical removal of the uterus	Feminine Herbal Comp. 1x3 Multi-Mineral & Alfalfa 1x3 Vitamin C (s.r) /All C 1x2 Formula IV Plus

DISEASE	SYMPTOMS	SUPPLEMENT
ICHTHYOSIS (SCALY SKIN)	A disease that affects the skin and makes it look as scaly as that of a fish.	1x1 Vitamin B Co (s.r) 1x3 Vitamin C (s.r) 1x3 Tre-en-en 1x3 Carotenoid Complex
IMMUNE SYSTEM WEAK	Likely to get an infection or open to any disease	1x3 Carotenoid Complex can take up to or sachet of phyto-defence daily, 1x3 Tre-en-en 1x1 Pro-Vitality Plus
IMPOTENCE/ LIBIDO	Lack of strength in the sexual organ not able to engage in sexual intercourse.	1x3 Carotenoid Complex can take up to or sachet of phyto-defence daily, 1x3 Tre-en-en 1x1 Pro-Vitality Plus
INDIGESTION	Inability to grind or change food into the stage ready for absorption into the body	1x3 Smart 8 1x3 Tre-en-en 1x2 Vitamin B Co (s.r) 4x3 Fibre tabs
INFECTION	The attack of a disease due to certain micro organism or matter in the body.	1-2x3 Garlic Complex 1x2 Vit. C/All C, 1x2 Beta Guard 1x3 Chelated Zinc, 1x3 Tre-en-en
INFERTILITY (MAN)	Barren, not fertile not able to reproduce or make a woman pregnant	Masculine Herbal Complex 1x3 Ami-Tone 1x2 Vit. E Caps 1x1 Pro-Vitality 1x3 Chelated Zinc, 1x3 Omega-3, 1x3 Tre-en-en
INFERTILITY (WOMAN)	Barren, not fertile not able to reproduce or pregnant	Feminine Herbal Complex 1x3 Ami-Tone 1x2 Vit. E Caps 1x3 Chelated Zinc 1x1 Pro-Vitality Plus 1x3 Omega-3, 1x3 Tre-en-en
INFLAMMATION		2x3 Vitamin C (s.r) All C 1x3 Vitamin B Co. (s.r) 1x3 Chelated Zinc, 1x3 Tre-en-en
INSECT BITE		Aloe Vera Gel
INSOMNIA (SLEEPLESSNESS)	Inability to sleep	Herbal Rest & Relax 1x3 Cal-Mag 50ml Aloe Vera Plus in the evening, 1x3 Tre-en-en
INTESTINES	Aliments of the lower part of the alimentary canal e.g stomach	1x3 Smart 8 1x3 Carotenoid Complex
JAUNDICE	A disease that cause a yellowness of the skin the white part of the eyes	1x3 Carotenoid Complex 1x1 Formula IV Plus, 1x3 Tre-en-en 1x2 Vit. B. Co, 1x2 Vit. C/All C
KIDNEY PROBLEM	Inability of an organ to separate water and waste from the blood e.g urine through the bladder	Pure Water, 1x2 Garlic Complex, Smart 8 1x3 Vit. C (s.r)/All C, 1x2 Vit. B Co (s.r) 1x3 Multi-Min & Alfalfa, 1x3 Tre-en-en Masculine/Feminine, Herbal Comp.

DISEASE	SYMPTOMS	SUPPLEMENT
KWASHIORKOR	Abnormal accumulations of mineral salts which forms in the kidney but may lodge any where in the urinary tract.	1x2 Vit. B Co 1x3 Tre-en-en 1x3 Vit. A&D Masculine Herbal Comp 1x3 Cal-Mag, 3 Heaped Scoops Protein Powder
LEUKEMA	Retarded growth.	Feel Better Programme for children 1x1 Pro-Vitality Plus 1x1 Multi, 1x3 Tre-en-en
MISCARRIAGE (PREVENTION)	The inability of developing a pregnancy	Optimum Energy Prog. 1x3 Vitamin C (s.r) / All C 1x2 Vitamin B Co 1x2 Flavonoid Complex Feminine Herbal, 1x3 Tre-en-en
LEARNING DISABILITY (CHILDREN)	Having poor memory of remembering information and being slow to understand.	1x3 Vita squares, 1x3 Tre-en-en 1x2 Vita guard 2 Heaped Scoops Nutr. 2x3 Omega-3/Omega-3 Plus 1x1 Herb. Rest and Relax Older than 9 years 1x2 Formula IV Plus
LEARNING DISABILITY (ADULT)	Having poor memory of remembering information and being slow to understand.	1x3 Chelated Zinc 1x1 Pro-Vitality Plus 1x2 Cal-Mag, 1x3 Tre-en-en 1x2 Herbal Rest & Relax 1x2 Mind Enhancer Formula 2x3 Omega-3/Omega-3 Plus
LIVER DISORDER	The inability of the largest glandular organ in man to secrete bile and has an important work in metabolism to function.	1x2 Vitamin B Co. (s.r) 1x3 Omega-3/Omega-3 Plus 1x2 Beta-Guard 2 Neolife Shake powder, 1x2 Vit. C 1x3 Smart 8 Detox. Progr. 1x3 Tre-en-en
LOW BLOOD PRESSURE		See Blood Pressure
LOW BLOOD SUGAR		See Hypoglycemia
LUNGS	Pneumoconiosis; morbid condition due to inhalation of moldy hay dust.	Herbal Resp. Formula 1x3 Beta-Guard Or 1x3 Carotenoid Complex 1x3 Vitamin C (s.r)/All C 1x3 Multi-Mineral & Alfalfa 1x3 Tre-en-en
LYMPH GLANDS	Located in the neck, armpits and groin	2x3 Multi-Mineral & Alfalfa 1x3 Carotenoid Complex 4x3 Fibre tabs

DISEASE	SYMPTOMS	SUPPLEMENT
MALARIA TREATMENT	Chills, headache, fever, weak, sweat, high and then low temperature	2x3 Garlic Complex, 1x2 Smart 8 1x1 Pro Vitality Plus, 1x1 Bot. Bal. 1x2 Formula IV Plus 1x2 Chelated Zinc, 1x3 Tre-en-en 50ml Aloe Vera Plus
MALARIA PREVENTION	Frequent feverish	1x3 Garlic Complex 1x1 Formula IV Plus, 50ml Aloe Vera Plus, 1x3 Tre-en-en
MALNUTRITION (ADULT)	Under nourishment or inadequate nutritional intake to the cells	2 Heaped Scoops, 1x3 Tre-en-en Nutrishake, Vitality Pack
MALNUTRITION (CHILDREN)	Under nourishment or inadequate nutritional intake to the cells	1x3 Vita Squares 2 Heaped scoops Nutrishake 1x2 Vitamin C/All C 1x1 Vitamin B Co (s.r) 1x3 Cal-Mag, 1x2 Beta-Guard 1x1 Multi-Mineral 1x3 Tre-en-en
MEASLES	Communicable virus disease occurring most frequently in childhood. Characterized by skin eruption, high fever and nasal problem.	1x2 Vit. B Co (s.r) 1x3 Cal-Mag 1x2 Beta-Guard 1x3 Vita Squares 1x2 Vita Guard
MEMORY IMPROVEMENT	The ability to recollect things	1x3 Omega -3, 1x3 Cal-Mag 1x3 Chelated Zinc, 1x3 Tre-en-en 1x2 Mind enhancement 1x1 Pro-Vitality Plus
MENIERE'S SYNDROME (EARS)	A disease of the inner ear with an increase fluids that leads to the recurrent attacks of deafness. Tinnitus (ringing in either or both) ear.	1x2 Vit. B Co. (s.r), 1x2 CoQ10 1x3 Cal-Mag, 1x3 Tre-en-en 1x2 Vit. E Caps 2x3 Fibre tabs
MENINGITIS	Inflammation of the three membranes that envelop the brain and spinal cord especially as a result of infection	Feel Better Programme 1x3 Vitamin C (s.r) / All C 3x3 Garlic Allium Comp. 1x3 Tre-en-en, 1x3 Bot. Bal
MENOPAUSE	A problem encountered due to the permanent natural cessation of the periodic flow of blood from the uterus (old women)	Feminine Herbal Complex 1x2 Formula IV Plus 1x1 Vitamin B Co (s.r) 2 Heaped Scoops Nutrishake 1x2 Multi-Mineral & Alfalfa 1x3 Cal-Mag 1x2 Vitamin C/All C
MENSTRUATION	Irregular flow of blood from the uterus, characterized by several pain in the abdomen, body irritation and dullness	1x3 Cal-Mag, 1x3 Tre-en-en 1x2 Feminine Herb., 1x2 Alfalfa 1x1 Vitamin E, 1x1 Vit. C/All C 1x1 Vit. B Co 1 Sachet Form IV Plus
MENTAL BLOCK	Sub-normally of intelligence	See Memory Improvement 1x3 Omega 3 Salmon Plus 1x1 Pro-Vitality Plus, 1x2 Bot. Bal

DISEASE	SYMPTOMS	SUPPLEMENT
MIGRAINE	A type of periodical headache usually limited to one side of the head	1x3 Omega-3/Omega-3 Plus 1x2 Vitamin B Co. (s.r) 50ml Aloe Vera Plus 1x1 Pro-Vitality Plus
MOUTH DISEASE	Ailment of the mouth characterized by sour mouth, loss of appetite, teeth decay and bad odour from the mouth	1x2 Vitamin B CO (s.r) 1x2 Formula IV Plus 1x3 Vitamin C (s.r) / All C Brush teeth with 1 drop of concentrated LDC solution with tooth paste once a week 1x1 Multi, 1x3 Tre-en-en, 1x1 Smart 8
MUCOUS	Too much gummy or slimy substance in the body (especially the chest and waste)	1x3 Carotenoid Comp. 1x3 Tre-en-en 1x3 Vit. C (s.r)/All C Avoid dairy production
MULTIPLE SCLEROSIS	A disease in which there is a hardening of tissue in the various parts of the nervous system	1x3 Ami-Tone, 2x3 Beta-Guard 1x3 Vitamin B Co (s.r) 1x3 Cal-Mag, 1x2 Form. IV Plus 1x3 Carotenoid Comp. Masculine/Feminine Herbal
MUMPS (ADULT)	A communicable disease caused by a virus and characterized by swelling of the salivary gland	1x3 Vitamin C (s.r)/All C 1x2 Formula IV Plus, 1x3 Tre-en-en, 1x2 Smart 8 1x2 Flavonoid Complex
MUMPS (CHILDREN)	A communicable disease caused by a virus and characterized by swelling of the salivary gland	1x3 Vita Squares 1x2 Vita Guard, 1x3 Tre-en-en 1x2 Smart 8
MUSCULAR DYSTROPHY	Chronic diseases characterized by a progressive wasting of the muscle.	2 Heaped scoop Nutrishake 1x3 Vitamin C (s.r)/ All C 1x2 Formula IV Plus, 1x1 CoQ10 2x3 Wheat-germ Oil 1x2 Chel Zinc 1x1 Multi-tabs, 1x3 Tre-en-en
MUSCLE CRAMP	Strong tissue composed of fibres which have the power of contraction and this produce movement of the body	1x3 Cal-Mag 1x3 Multi-Mineral & Alfalfa, 1x3 Tre-en-en
MYASTHENIA GRAVIS	A neurological disorder that affect muscle in any part of the body but most of the muscle of the face and neck	1x2 Vit. B Co. 1x2 Vit. E caps 1x2 Vit. C (s.r)/ All C Formula IV plus 1x3 1x3 Tre-en-en
NAIL PROBLEM	The weakness of colouring of the nail due to lack of calcium in the body.	1x1 Pro-Vitality Plus 2 Heaped Scoop Nutrishake 1x3 Cal-Mag, 1x3 CoQ10 1x2 Vitamin A&D, 1x2 Smart 8 1x3 Vitamin C (s.r)/All C 1x2 Chelated Zinc, 1x3 Tre-en-en
NAPSY RASH	An eruption of red spots in the skin especially hairy skin	Nourishing Hand and Body Lotion Aloe Vera Gel

DISEASE	SYMPTOMS	SUPPLEMENT
NERVOUS BREAK DOWN (NEURASTHENIA)	Exhaustion of the nervous system due to fatigue depression or worry	Herbal Rest & Relax 1x1 Vitamin B Co (s.r) 1x3 CoQ10 1x3 Cal-Mag 1x3 Tre-en-en 50ml Aloe Vera Plus 1x2 Formula IV Masculine/ Feminine Herbal
OPERATION (POST)	A Surgical procedure performed usually with instrument to remedy a physical ailment or defect.	2x3 Cal-Mag, 2x3 CoQ10 1x3 Vitamin C (s.r)/All C 1x2 Multi-Min & Alfalfa 2x3 Chelated Zinc for 10 days 2 Heaped Scoop Nutrishake 1x3 Tre-en-en, 1x3 Smart 8
OSTEOPOROSIS (Brittle Bones)	The gradual gnawing away of the bones due to lack of calcium in the body.	2x3 Cal-Mag, 2x3 CoQ10 1x3 Vitamin C (s.r)/All C 1x2 Multi-Min & Alfalfa 1x3 Tre-en-en, 1x2 Botancial Bal.
PARAPLEGIC	The gradual gnawing away of the bones due to lack of calcium in the body.	Daily Vitality Pack 2 Heaped Scoops Nutrishake 1x3 Beta-Guard 1x2 Wheat Germ Oil 1x3 Tre-en-en, 1x3 CoQ10
PARKINSON'S DISEASE	Paralysis of the body with involuntary muscular-contraction	1x3 Vitamin B Co. (s.r) 1x3 Cal-Mag 1x3 Vitamin E Caps 1x3 Tre-en-en, 1x3 Smart 8
PIGMENTATION MARK	Any colouring matter in the cell and tissue of the body which will later appear on the skin.	1x3 Carotenoid Complex 1x2 Vitamin E caps Aloe Vera Gel 1x3 Tre-en-en, 1x3 Smart 8 1x1 Pro-Vitality Plus
PILE	SEE HEMORROID	
PIMPLES		SEE ACNE
PLEURISY	The inflammation of the thin sanious membrane lining on each half of the chest cavity developing the lungs. Characterized by painful breathing. Fever and a dry cough.	Herbal Respiratory Formula 2x3 Vitamin A&D 2x3 Vitamin C (s.r)/All C 1x3 Chelated Zinc 1x3 Tre-en-en, 1x1 CoQ10 1x1 Pro-Vitality Plus, 1x3 Smart 8
PHEUMONIA	A disease of the lungs in which tissue help becomes inflamed hardened and very watery.	Herbal Respiratory Formula 1x3 Carotenoid Complex 1x3 Vitamin C (s.r) All C 2x3 Tre-en-en, 1x3 Smart 8
PRE-MENSTRUAL TENSION	Abdominal pains and other abnormalities that certain woman feel when their periodic flow of blood from the uterus is due.	1x3 Chelated Zinc, 1x3 Tre-en-en Feminine Herbal Complex 1x2 Formula IV Plus 1x3 Cal-Mag, 1x3 Smart 8 1x1 Vitamin B.Co (s.r) 2x50ml Aloe Vera Plus

DISEASE	SYMPTOMS	SUPPLEMENT
PREGNANCY	Ailment that disturb a woman in her period of pregnancy	1x3 Chelated Zinc 1x3 Cal-Mag, 1x3 Tre-en-en 1x2 Vitamin E, 1x3 Smart 8
PROSTATITIS	The inflammation of the males sex gland and is common in older male, also at every age, It is partial or total blockage of urine causing retention	1x2 Beta-Guard, 1x2 Bot. Bal 1x1 Pro-Vitality Plus, 1x2 Smart 8 Masculine Herbal Complex 1x2 Vit. B Co, 1x3 Tre-en-en 1x2 Vit. C (s.r) / All C 1x3 Omega-3/ Omega 3 Plus
PROSTATITIS GLAND	A Problem of muscular gland surrounding the urethra at the base of the bladder in man, it is characterized by inability to discharge urine.	Masculine Herbal Complex 1x3 Tre-en-en, 1x3 Lipotropic 2x3 Beta Guard 1x1 Pro-Vitality Plus 4x3 Fibre tabs, 1x3 Smart 8 1x3 Cal-Mag, 1x3 Tre-en-en
PROTOPORPHYRIA	Skin lesions usually fades without scaring or pigmentation.	Feel Better Programme 1x2 Chelated Zinc 2x3 Beta-Guard 1x1 Pro-Vitality Plus, 1x2 Smart 8 4x3 Fibre tabs 1x3 Cal-Mag, 1x3 Tre-en-en
PSORIASIS	A Chronic skin diseases characterized by reddish marinated patches with profuse silvery scaling on extensor surface like the knees and elbows but may be widespread. It is non infectious and the causes is unknown. See Goeckerman (regimen) A treatment or pyrolysis which consist of warm baths ultraviolet light and crude coal tar paste.	1x3 Lipotropic 1x3 Omega-3/Omega-3 Plus 1x3 Vitamin A tabs 1x2 Vitamin B Co. (s.r) Formula IV Plus Vitamin C/All C 1x3 Tre-en-en 1x1 Pro-Vitality Plus 1x1 Smart 8, 1x1 Botanical Bal.
PYORRHEA (TEETH)	An infectious diseases of the gum and tooth sockets in the loss of tooth sockets resulting in the loss of teeth.	1x2 Vitamin B Co (s.r) 1x3 Vit. A&D, 1x3 Tre-en-en 1x2 Vit. C (s.r)/ All C 1x2 CoQ10, 1x2 Botanical Bal.
RHEUMATIC FEVER	An infectious disease that most commonly attacks children and is characterized by fever and inflammation of the heart valves.	2x3 Garlic Complex 2x3 Vitamin C (s.r) / All C 1x2 Vitamin B Co. 1x2 Vitamin E caps. 50ml Aloe Vera Plus 1x3 Tre-en-en, 1x2 Smart 8
RHEUMATISM	A disease believed to be caused by a micro-organism with inflammation and pains of the joints.	See Arthritis + 1x3 Full Motion 1x3 Vitamin C (s.r)/All C 1x2 Vitamin E caps 50ml Aloe Vera Plus 1x3 Tre-en-en 1x3 CoQ10, 1x3 Botanical Bal.

DISEASE	SYMPTOMS	SUPPLEMENT
SHINGLES	A virus disease with eruption of small blisters on the skin along the course of a vein.	2x3 Vitamin A&D (use for 5 days) stop for 2 days) 2x3 Vitamin C (s.r)/All C 1x3 Vitamin B Co (s.r) 1x2 Chelated Zinc 2 Heaped Scoop Neolife Shake Masculine/Feminine Herbal 1x3 Tre-en-en
SINUSITIS	Inflammation of a Sinus or Sinuses especially of the skull	Herbal Respiratory Form 1x2 Beta-Guard. 2x3 Vit. C/All C 1x3 Tre-en-en
SICKLE CELL	An unhealthy condition of not having the proper number of red blood cells in the body.	1x3 Vitamin E, 2x3 Tre-en-en 1x3 Vitamin B Co. 1x3 CoQ10 1x3 Carotenoid Complex 2 Scoops Nutrishake, 1x3 Smart 8 Formula IV Plus 1 Sachet
SKIN (BLEMISHES)	Scars and skin deformation	1x3 Carotenoid Complex 1x2 Vitamin E, 1x3 Tre-en-en 1x3 Beta - Guard, 1x3 Smart 8
SKIN (AGEING)	Skin becoming wrinkled	1x3 Carotenoid, 1x3 Tre-en-en 1x3 Vitamin C (s.r) / All C 1x2 Vitamin E caps, 1x3 CoQ10 1x2 Vitamin B Co. Nutriance 1x1 Pro-Vitality Plus, 1x2 Smart 8
SKIN DRY		1x3 Carotenoid, 1x3 Vit. C/All C 1x2 Vit. B Co., 1x3 Tre-en-en Nutriance Synergy Cycle
SMOKING	Becoming an addict or a habitual smoker	1x3 Vitamin C (s.r)/ All C 1x3 Carotenoid Complex 1x2 Vitamin B Co 1x3 Beta-Guard, 1x2 Smart 8 Herbal Respiratory Formula
SORES	Becoming chronic and seemingly incurable	2x3 Vitamin C (s.r) / All C 2x3 Chelated Zinc Aloe Vera Gel care, 1x1 Botanical 1x3 Tre-en-en, 1x2 Smart 8
SPASTIC COLON	A form of paralysis in which that part of the large intestine extending from the calcium to the rectum is continuously contracted causing rigidity of movable part.	Herbal Digestive Complex 4x3 Fibre tabs, 3-6 stage-6 with a lots of pure water 2x50ml Aloe Vera Plus 1x3 Tre-en-en
SPINE & DISC	Backache or waste pain	Feel Better Programme, 1x3 Full Motion, 1x1 Pro-Vitality Plus 2x2 Cal-Mag, 1x3 Vit. C (s.r) / All C 1x3 Omega-3/Omega-3 Plus 1x3 CoQ10, 1x3 Smart 8 2x2 Botanical Balance

DISEASE	SYMPTOMS	SUPPLEMENT
STOMACH (UPSET)	Stomach disorder	1x3 Smart 8 50ml Aloe Vera Plus, 1x3 Tre-en-en, 1x3 Multi-Mineral + Alfalfa
STOMACH (ULCER)	An open sore in the stomach	1x3 Smart 8 1x2 Chelated Zinc, 1x3 Tre-en-en 1x2 Vitamin B Co. (s.r) 50ml Aloe Vera Plus in the evening
STAPHY-LOCOCUS	Painful boils that grow very frequently and in the hidden parts of the body. Easily transmitted from generation to generation.	1x3 Garlic Allium Complex 2x3 Vitamin A&D 2x3 Multi-Mineral + Alfalfa 2x3 Chelated Zinc, 1x3 CoQ10 1x2 Masculine/Feminine Herbal Complex, 1x3 Tre-en-en 1x2 Formula IV Plus
STRESS	Strain or force exerted on the body characterized by tiredness and dullness.	1x2 Vitamin B Co. (s.r) 1x1 Pro-Vitality Plus 1x3 Cal-Mag & 50ml Aloe Vera Plus in evening, 1x3 Tre-en-en 1x2 Formula IV Plus.
STROKE (THROMBOSIS IN LEG)	Occurs when blood supply of an area of the brain cells is cut off for a long period resulting in the death of the deprived cells from lack oxygen and nutrients.	1x2 Flavonoid Complex 1x3 Omega-3/Omega-3 Plus 1x2 Vit. E caps, 1x3 Tre-en-en 1x3 Carotenoid, Nutrishake Herbal Rest & Relax 1x1 Formula IV Plus, 1x3 CoQ10 1x2 Garlic Allium, 1x3 Lipotropic
SUNBURN	Inflammation of a skin from prolonged exposure to the sun rays	Aloe Vera Gel, 1x3 Tre-en-en 1x2 Vitamin E caps Spray with super 10
SWOLLEN LEGS	The swelling of legs caused by the infection of the kidneys or the Gall bladder.	Lots of pure water 1x3 Multi-Mineral & Alfalfa 1x3 Cal-Mag, 1x3 Tre-en-en 2 Scoop of Nutrishake, 1x3 CoQ10
THROAT (SORE)	The inflammation of upper passage from the mouth and nose of the stomach and lungs characterized by the inability to swallow anything with severe coughing.	2x3 Garlic Comp. for 9 days Gargle with Aloe Vera Plus and swallow Suck, 1x2 Smart 8 1x1 Pro-Vitality Plus Chelated Zinc - 2 Daily 1x2 Vitamin B Co. (s.r) Herbal Respiratory, 1x3 Tre-en-en
THYROID GLAND	Malfunctioning of a large ductile gland near the trad 1 secreting the hormones thyroxin which regulates growth and characterized by goitre.	1x2 Multi-Mineral/Alfalfa 1x3 Omega-3/Omega 3 Plus 1x3 Vitamin C (s.r) / All C 1x2 Vitamin E, 1x3 Tre-en-en 2x2 Vitamin A&D 1x2 CoQ10, 1x2 Smart 8

DISEASE	SYMPTOMS	SUPPLEMENT
TICK/SPIDER BITE	Fever contacted from bite of a wingless blood sucking insect.	4x3 Vitamin C (s.r) / All C 1x3 Multi-Mineral & Alfalfa 1x2 Chelated Zinc -2 Daily 1x2 Botanical Balance 50ml Aloe Vera Plus Aloe Vera Gel. 1x3 Tre-en-en
TIREDDNESS	Feeling highly exhausted due to excessive use of the body	2x1 Nutrishake 1x1 Pro-Vitality Plus Daily Vitality Pack, Phyto Pack, 1x3 Tre-en-en
TONSILITIS	The inflammation of either of a pair of oval masses of lymphoid tissue one on each side at the back of the mouth	2x3 Vitamin C (s.r) /All C Suck Chelated Zinc 1x2 Vitamin B Co. 1x3 Tre-en-en Herbal Respiratory Formula
TORN MUSCLES LIGAMENTS	The tearing of body organs consisting of bundles of fibre	1x3 Chelated Zinc, 1x3 Full Motion 2x3 Vitamin C (s.r) / All C 1x3 Tre-en-en
TUBERCULOSIS	An infectious disease caused by the bacterium Tubercle bacillus and characterized by the formation of an abnormally hard module or swelling in the body tissue especially the lungs.	2x3 Vit. A&D 2x3, Vit. C (s.r)/All C 2x3 Garlic Complex 2 Neolife Shake Herbal Resp. Formula 1x3 Tre-en-en
TYPHOID FEVER	Characterized by high fever condition and uncomfortable stomach conditions.	1x3 Garlic Complex 1x1 Daily Vitality Pack 2 Heaped Scoops Nutrishake 1x3 Tre-en-en 1x3 Stage 6 50ml Aloe Vera Plus 1x3 Carotenoid Complex
VIGINITIS	Ailments of the vagina caused by bacteria infection. It affects people with diabetes.	1x3 Vitamin A&D, 1x3 Tre-en-en 1x3 Garlic Complex 1x1 Pro-Vitality Plus Feminine Herbal Complex 1x3 Vitamin B Co. (s.r)
VARICOSE VEINS	Abnormal or irregular swelling of the veins	1x1 Vitality Pack, 1x3 Tre-en-en 1x3 Chelated Zinc.
VENEREAL DISEASE	Sexually transmitted disease e.g Gonorhea	6 Garlic at night for 10 days 2 Neolife Shake 2x3 Vit. C (s.r) / All C 2x3 Chelated Zinc, 1x3 Tre-en-en
VERTIGO	Type of dizziness	1x2 Vitamin B Co. (s.r) 1x3 Vitamin C (s.r)/All C 1x2 Vitamin E, 1x3 Tre-en-en
WARTS	A small usually hard timorous growth on the skin.	3x3 Garlic Complex 9 days apply peroxide on warts, 1x3 Tre-en-en, 1x3 Vit. C(s.r)/All C 1x2 Vit. E Caps. apply Vitamin E oil 1x1 Pro-Vitality Plus

DISEASE	SYMPTOMS	SUPPLEMENT
WEIGHT LOSS	Having excessive fat in the body and want to have it reduced	See Weight Loss Management
WINTER HAND, FEET EARS	One's sense of feel losing contact with their parts of ones body as a result of extreme cold weather.	2x3 Omega-3, 1x3 Lipotropic 1x2 Vitamin E caps KEEP THEM WARM 1x3 Tre-en-en
WOUND	Sores that have kept long on one's body and have become chronic and seem to be incurable	2x3 Vitamin C (s.r)/All C 2x3 Chelated Zinc with Aloe Vera Gel, clean with care, 2x3 Tre-en-en, 1x3 C, 1x3 CoQ10
YUPPIE FLU- (MALTA FEVER)	Frequent sneezing and running of nose with feel of uneasiness as a result of one becoming allergic to pollen grains.	1x1 Phyto Pack 2 Heaped Scoops Nutrishake 1x3 Garlic Allium Complex, 2x3 Tre-en-en 1x1 Pro-Vitality Plus 1x1 Vitality Pack.

LIFE SUPPLEMENTATION PROGRAMME

Daily Nutritional Programme

Herbal Rest & Relax 1x2 Vitamin B. Co (s.r), 1x3 Vitamin C (s.r) for the first week, then 12x3 for 2nd week, 3x3 for 3rd week, 4x3 4th, 5x3 for 5th week-take for 4 weeks and lesson dosage to 3x3 daily 1x2 Vitamin E caps, 1x3 Carotenoid Complex, 1x3 teaspoon apple Cider, 1x3 heaped tea spoon of pure Molasses in cup of hot water, 1x3 Garlic Complex-5 Apricot kernels - chew or liquidize, 50ml Aloe Vera Plus, 1x2 Flavonoid Complex 1x3 Chelated Zinc, 2x3 Beta Guard, 4x3 Fibre Tablets before meals with lots of pure water, 1x1 Cruciferous Plus.

Cancer in remission

Daily Vitality Pack, 4x3 Carotenoid Complex, 2x2 Flavonoid, 1x2 Cruciferous plus.

During treatment for cancer (radiotherapy, chemotherapy)

1x2 Daily Vitality Pack, 4x3 Carotenoid Complex, 4x2 Flavonoid Complex, 1x2 Cruciferous plus

NOTE:- Do not use Beta Guard & Vitamin B Co. (s.r) during treatment, resume after to detoxify the body.

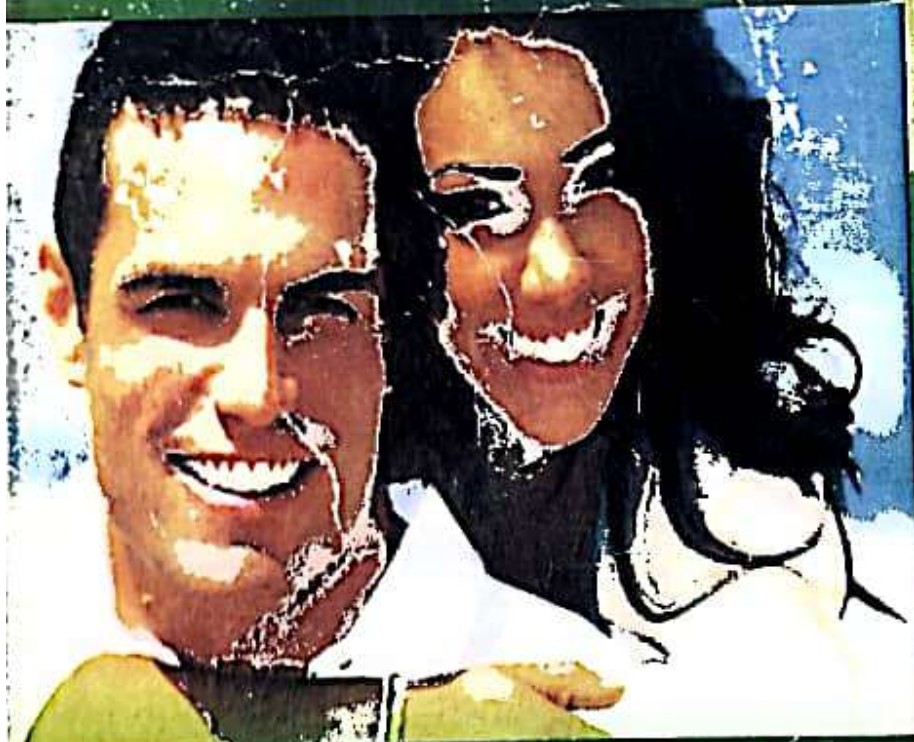
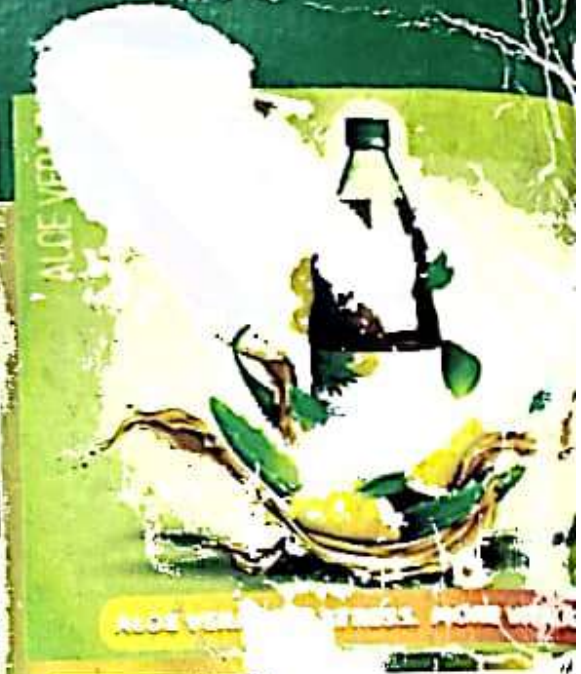
What to Eat

Fresh fruit & vegetable-organic and rinse with LDC and water to kill all germs. Free range chicken, Deep see fish, Fertilized eggs, Pulses, sprout & beans, Nut - fresh not salted or roasted. No PEANUTS! Honey - pure and moderation. Water-purified, at least 8 glasses.

What not to Eat

Dairy products, sugar, salt & preservatives. Coffee & tea (Rooibos is permitted). Red meat. Refined foods (White bread, White rice) Pork & any shell fish (Scavenger). Smoking (stay away from it completely). Night shade vegetables (white potato, tomato, green/red peppers). Alcohol. Cool drinks (Drink only fresh fruit juices - Cereal of Liquifruit - 100% pure if possible).

This Document is not a **MEDICAL PRESCRIPTION** book to replace a doctors prescribed treatment - we do not diagnose ailments and we do not claim cures as these products are not medicine but natural food supplements. (This Document is compiled **INDEPENDENTLY** from GNL/NEOLIFE, for the benefits of our distributor's) *Strictly for GNL/NEOLIFE member's only, this is not for Commercial use.*



Supports circulation, capillary strength and cardiovascular health.

Lower the risk of the major killers, like stroke, Heart disease, High blood pressure, Cancer, Diabetes and Heart attack by supplementing your diet.

