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# GENERAL HEALTH

## PROTOCOL



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# WHAT IS THE GENERAL HEALTH PROTOCOL?

I developed the General Health Protocol to be the broadest group of supplements that tackle the nutritional deficiencies I see most often. I think of supplements in many buckets and the three buckets that I believe are essential are: vitamins/minerals, probiotics, and essential fatty acids. The Bio-Multi Plus, in conjunction with D3-K2 LipoSpray, delivers a powerful and complete dose of vitamins and minerals that are specifically designed to be bio-available for the human body. BioDoph-7 Plus is the most potent and effective probiotic I've used for clients. And I have not found a better all-around fish oil than Biomega-1000. This protocol represents the 'heavy hitters' of functional medicine supplements .

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# WHO SHOULD TAKE THIS PROTOCOL?

This protocol was designed for the broadest group of people including those that don't have a customized protocol or those that take standard supplements. Additionally, men and women over the age of 40 are well-served by taking this protocol as it fights inflammation and keeps joints lubricated.

None of the supplements in this protocol have adverse effects on prescriptions and all of them are safe for pregnant or breastfeeding mothers.



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## Protocol Details



### Bio-Multi Plus (3 per day)

Bio-Multi Plus is a versatile, balanced multiple vitamin and mineral supplement, that supplies unique forms of important micro-nutrients.



### BioDoph-7 Plus (1 per day)

Probiotics are classically defined as “a product containing viable, defined microorganisms in sufficient numbers, which alter the microbiota in a beneficial way”. In humans the organ considered to be the most diverse and the most metabolically active is the gastrointestinal tract. An integral part of an optimally functioning gastrointestinal tract is the microbial community.



### Biomega-1000 (2 per day)

Biomega-1000 provides a potent dose of omega-3 essential fatty acids (EFAs), sourced from a strategically-placed facility in the far South Pacific Ocean off the coast of Chile, guaranteeing the freshest raw material available, full traceability of the product, and unparalleled purity. Each capsule delivers an impressive 1,000 mg of EPA and DHA, making it the ideal choice for therapeutic dosing.



### D3-K2 LipoSpray (2 sprays per day)

D3-K2 LipoSpray is a synergistic blend of the prohormone vitamin D3 and the fat-soluble vitamin K2, which work together to regulate calcium uptake and routing as well as help maintain the integrity of the skeletal, dental, and cardiovascular systems. Coconut oil allows the active ingredients (the fat-soluble vitamins D3 and K2) to be more easily absorbed due to the long-chain fatty acids. Pleasant tasting and easy to use.

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# ABOUT US

## THE WAY WE WORK

At The Family Holistic, our focus is on activating your body's innate intelligence. We give it the tools it needs to be well, both removing the blockages and providing new, better building blocks. Given the right tools, the body is capable of incredible transformation.

We have the right tools.

We take a two-prong approach to your wellness; identify the problem and find the solution. We do both differently than mainstream medicine.

**Identify the Problem:** Using acupuncture and chiropractic concepts, we identify energy meridians that run throughout the body and palpate (apply pressure) to determine if those meridians need support. Those energy meridians are linked to specific organs and processes throughout the body.

We can find the bio-individual needs of each body within five to ten minutes by using those points as reference.

**Find the Solution:** We carry the highest quality professional supplements on the market (typically carried by functional medicine doctors). We use those supplements during our testing process leveraging neural lingual testing (energetic taste response) to determine which supplement(s) is right for you.

Our clients see results fast. Between the supplement recommendations and other lifestyle changes, clients typically see dramatic improvements within 30 days and often within two weeks.