



Breaking Through Nutritional Boundaries

# BRAIN, MOOD, STRESS AND SLEEP 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
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.

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# BRAIN, MOOD, STRESS, AND SLEEP

The brain is the most complex part of the human body and requires care to function properly. The brain is the driving force for human intelligence, interpreting the senses, initiator of body movement, and the controller of behavior. Because the brain is so important for us to even function properly it is important that we care for it by keeping it healthy. Supplements designed to keep the brain healthy are the best choice for naturally and safely maintaining brain health. With the Brain and Mood solutions maintaining or improving brain health is easy.

## SYMPTOMS OF BRAIN AND MOOD DEFICIENCIES

- ADHD/ADD
- Depression
- Dysthymic disorder
- Poor appetite
- Trouble sleeping
- Daytime sleepiness
- Eating too much
- Low energy
- Low self-esteem
- Trouble concentrating
- Trouble making decisions
- Bipolar disorder

## THE BRAIN, MOOD, STRESS, AND SLEEP SOLUTION

### Day Time:

- **AdrenaMax III:** Take 3 caps, 1 to 2 times per day.
- **Brain Boost II:** Take 3 capsules per day with food
- **Calm Day:** Take 2 capsules, 1-2 times daily with food.
- **Full Spectrum Hemp Extract: For Liquid:** Adults take one full dropper (Approx. 1 mL) twice daily.  
**For Capsules:** Take one to two capsules a day.
- **Mood Lift II:** Take 2 capsules 1-2 times per day
- **Neuromax:** 4-11 years old: 1/2 tablespoon, twice daily  
Over 12 years old: 1/2 tablespoon, 3 to 4 times daily
- **Super B Complete:** As a dietary supplement, take 2 capsules per day with food.



### Night Time:

- **Sleep Time:** Take 2 capsules one hour before bedtime.
- **Melatonin:** Take 1 sublingual or 1 sustained release tab daily 1 hour before bed.
- **Relaxation and Sleep Tincture:** Take 2 droppersful one hour before bedtime.  
May take an additional dropper only if needed at bedtime.

**STEP 1 - Assessment:** Understanding where the stress is coming from is important to solving the problem. It could be from work, your physical condition, or just general daily activities. Once this established you can start to eliminate the stress and increase sleep.

**STEP 2 - Social Life:** Spending time with the people that mean the most to you may seem trivial but this is an important step to relieving stress. It's helpful to talk to people that care about you.

**STEP 3 - Exercise:** Working out will help you relieve tension and reduce stress. Exercise also promotes your body to sleep so it can heal. Flexibility, muscle building, and cardio vascular health all play a role with stress and sleep.

**STEP 4 - Eating healthy:** Following the guide below will allow your body to maximize its effectiveness. A healthy diet can promote healthy sleep and reduce stress.

**STEP 5 - Supplementation:** Supplements such as Calm Day and Sleep time beneficially support the neurotransmitters dopamine and serotonin, helping with stress and sleep.

**STEP 6 - Sleep:** The final task is getting good sleep. Good sleep recharges the body and allows stress to dissipate. Getting a goods night sleep will make you more patient and less easily angered. Refer to the supplements in this solutions brochure to potentially improve sleep.

## FOOD

Everyday	Moderation	Rare Occasions	Never
<ul style="list-style-type: none"> <li>• Raw fruits</li> <li>• Raw vegetables</li> <li>• Lightly steamed, stir-fried, or roasted veggies</li> <li>• 100% whole grains (wheat less frequently)</li> <li>• Oatmeal</li> <li>• Legumes</li> <li>• Olive oil</li> <li>• 6-8 glasses of pure water</li> <li>• Unroasted nuts and seeds</li> </ul>	<ul style="list-style-type: none"> <li>• Clean meats (organic, wild game- no hormones or antibiotics)</li> <li>• Wild fish, shellfish</li> <li>• Unprocessed fruit and veggie juices</li> <li>• Organic &amp; free range eggs</li> <li>• Coconut oil, high oleic unrefined safflower oil</li> <li>• Peanuts (raw)</li> </ul>	<ul style="list-style-type: none"> <li>• Pasteurized dairy</li> <li>• Pizza</li> <li>• Alcohol</li> <li>• Coffee</li> <li>• Canned foods</li> <li>• Sweets, cane sugar</li> </ul>	<ul style="list-style-type: none"> <li>• Hydrogenated and partially hydrogenated fats &amp; oils (margarine, commercial peanut butter, etc.)</li> <li>• Artificial sweeteners (aspartame, Splenda a.k.a. sucralose, Sweet N'Low, etc.)</li> <li>• Soda</li> <li>• White bread</li> <li>• Fast food</li> <li>• High fructose corn syrup and seeds</li> </ul>

