

## 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
Healthy Aging:				
Estro Clese III				
Omega 3D II				
Omega 3 Liquid 2800				
Pro Purples				
Healthy Skin:				
Frontier Flax				
HA Plus				
Others:				

### 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.

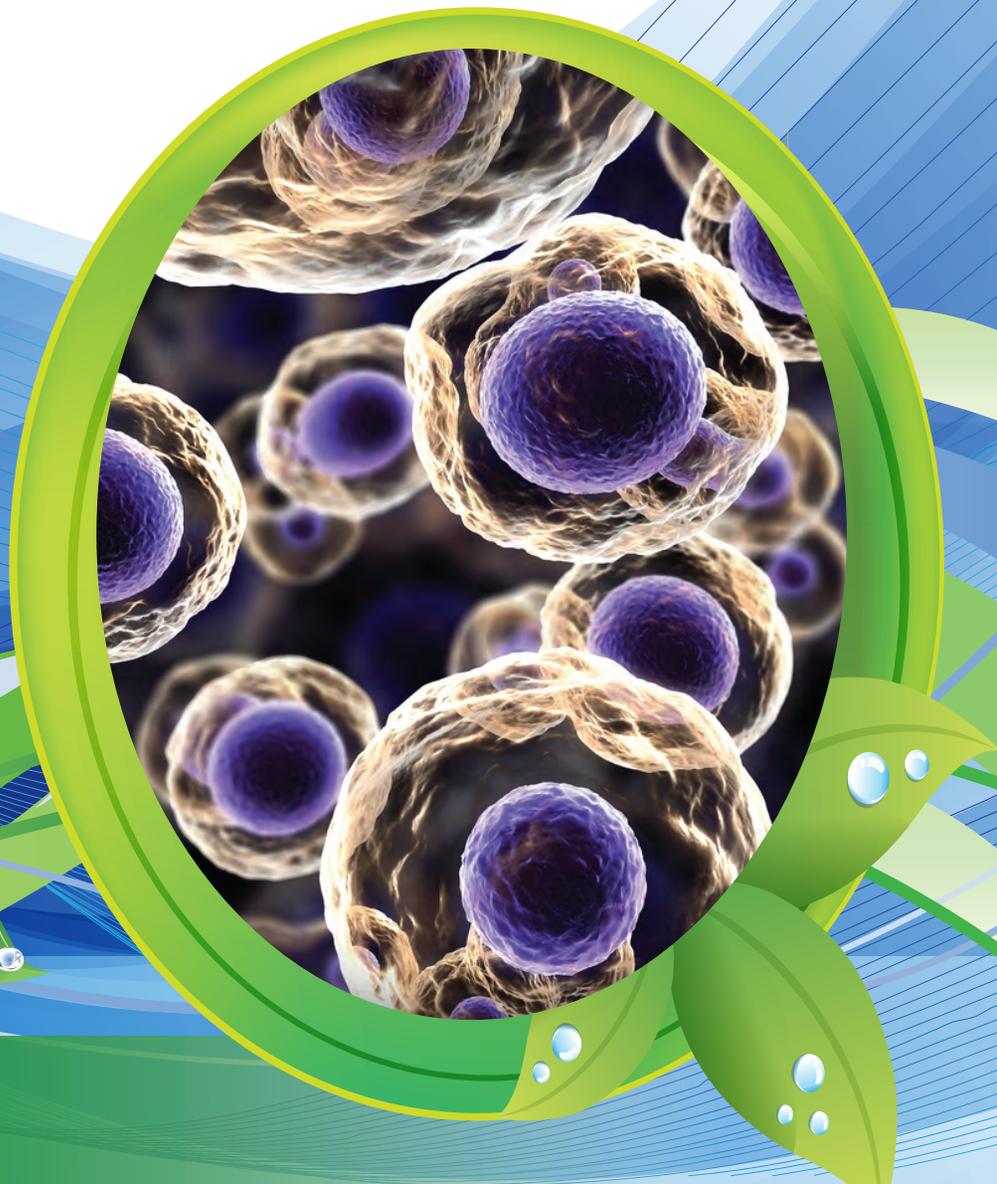


# Nutritional Frontiers

*breaking through nutritional boundaries*

## WELLNESS

# HEALTHY AGING AND SKIN SOLUTIONS



## Nutritional Frontiers

*breaking through nutritional boundaries*

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## ABOUT HEALTHY AGING

Aging is the inevitable process of time. One thing that everyone has in common is that we will all age. However, certain steps can be taken to reduce the effects of aging such as wrinkles, poor skin, hormone balance, a weaker immune system, memory, and energy function. The proper steps to promoting healthy aging are a healthy diet, supplementation, and exercise. By implementing these 3 simple steps into your daily life you can reduce the aging effects on your body. Naturally supporting your body from the effects of aging is the preferred method as opposed to using synthetic or potentially harmful alternatives.

## HEALTHY AGING



### EstroCleanse III:

Take 1 capsule 1-3 times per day with food



### Omega 3D II:

Take 2 soft gels once daily



### Omega 3D Liquid 2800:

Take 1 teaspoonful (5ml) daily



### Pro Purples:

Mix one scoop (10.95 g) daily in 6-8 oz. of cold water or juice

## HEALTHY SKIN



### Frontier Flax:

Take 1 soft gel with a meal, 1 to 3 times daily



### HA Plus:

Take 4 caps per day for at least 2 months in divided dosages, and then take 2-4 caps per day.

## FOOD

	YES	NO
<b>FRUITS</b>	All fresh, frozen, water packed, or canned.	Juice, grapefruits, oranges or citrus
<b>VEGETABLES</b>	All fresh raw, steamed, sauteed, juiced, or roasted.	Corn, creamed vegetables
<b>STARCH</b>	100% whole grains, sweet potatoes, yams, rice, gluten free oats, oatmeal millet, quinoa, amaranth, tapioca, buckwheat	Wheat, corn, barley, spelt, kamut, rye; all gluten-containing products.
<b>BREAD/CEREAL</b>	100% whole grains, high fiber, oatmeal, rice, oat, buckwheat, millet, potato flour, tapioca, arrowroot, amaranth, quinoa	Processed carbs, wheat, spelt, kamut, rye, barley; all gluten-containing products, 100% whole wheat bread
<b>LEGUMES</b>	All beans, peas, and lentils	Soy products, soybeans, tofu, tempeh
<b>NUTS AND SEEDS</b>	Almonds, cashews, walnuts; sesame (tahini) sunflower, and pumpkin seeds; butters made from these nuts and seeds.	Peanuts
<b>MEAT AND FISH</b>	Organic or free range, all canned (water-packed), frozen, or fresh wild fish; chicken; turkey; wild game; lamb.	Beef, pork, cold cuts, hot dogs, sausage, canned meats, shellfish
<b>MILK AND DAIRY SUBSTITUTES</b>	Milk substitutes such as rice milk, almond milk, oat milk, coconut milk, other nut milks.	NO MILK, Cheese, ice cream, pizza, grilled cheese, cottage cheese, cream, yogurt, "non-dairy" creamers.
<b>FATS</b>	Cold pressed olive, flax, coconut, safflower, sunflower, butter, sesame, walnut, pumpkin, almond oils, omega 3 fish oils.	Fried foods, fast food, margarine, shortening, salad dressings processed (hydrogenated) oils, mayonnaise, spreads.
<b>BEVERAGES</b>	WATER filtered or pure spring water, herbal tea, seltzer or mineral water.	Soda pop or soft drinks, juice, alcoholic beverages, coffee, tea, other caffeinated beverages.
<b>SPICES/CONDIMENTS</b>	All spices unless otherwise indicated. Cinnamon, cumin, dill, garlic, ginger, carob, oregano, parsley, rosemary, tarragon, thyme, turmeric, vinegar.	Chocolate, ketchup, relish, chutney, soy sauce, barbecue sauce, other condiments.
<b>SWEETENERS</b>	Brown rice syrup, fruit sweetener, blackstrap molasses, stevia	Artificial Sweeteners, high fructose corn syrup, white or brown refined sugar, honey, maple syrup, corn syrup, candy; desserts.

