



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 III				
D3				
Buffered C				
Cherry Chews				
Airmaxx				
Immune Tincture				
Frontier Biotics II				
Other _____				

HEALTH CARE PROFESSIONAL NOTES:

* 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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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

- | | | |
|---|---|--------------------------------------|
| <input type="checkbox"/> Allergies | <input type="checkbox"/> Multiple Sclerosis | <input type="checkbox"/> Sneezing |
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Fever | <input type="checkbox"/> Cold sweats |
| <input type="checkbox"/> Lupus | <input type="checkbox"/> HIV/AIDS | <input type="checkbox"/> Cancer |
| <input type="checkbox"/> Inflammatory Bowel Disease | <input type="checkbox"/> Coughing | <input type="checkbox"/> Weakness |
| | <input type="checkbox"/> Runny Nose | <input type="checkbox"/> Nausea |

THE IMMUNE SOLUTION

Foundation Solution

Immunomax III and Immunomax Chewables

Capsules: Take 2 capsules 1-2 times per day
Chewables: Chew 1 tablet, 2 - 4 times daily

D3 5,000

Take 1 capsule daily

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 II

- 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 III

- 1 cap 1-3 times per day with food

Frontier Biotics II

- 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 III

- 2 caps 1-2 times per day

Iodine Plus

- 4 per day

Pro 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 II

- 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 II

- 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 III is designed specifically to support anyone with a weakened immune system using 2 researched products, N,N-Dimethylglycine (DMG) and Immune Enhancer™ 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

FATS

Cold pressed olive, flax, coconut, safflower, sunflower, butter, sesame, walnut, pumpkin, almond oils, omega 3 fish oils

BEVERAGES

WATER filtered or pure spring water, herbal tea, seltzer, lemon water 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:

Super Shake/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 ¼ 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.