

## Practical Summer Therapies

### Antioxidants

**BioProtect™** - A multiple nutrient formula designed to provide broad-spectrum antioxidant support. Unlike the synthetic beta carotene or mixed carotenoids found in other products, **BioProtect™** provides a full spectrum blend of the natural carotenoids (beta-carotene, alpha carotene, lycopene, zeaxanthin, crytoxanthin and lutein). Helps prevent free radical damage from pollution, tobacco smoke, synthetic building materials, electromagnetic radiation, excess sun exposure, psychological and physical stress. 1-2 capsules, 3 times a day with meals. When higher levels of anti-oxidant protection is required consider **Bio-FCTS™** a flavanoid rich source of buckwheat, quercetin, green tea extract, vitamin C, neonatal thymus and spleen tissue.

### Electrolytes

**Aqua Mag-Cl™** – This is a liquid magnesium chloride product containing 200 milligrams of magnesium chloride per teaspoon full. It will provide the chloride and magnesium without the sodium. Magnesium chloride is the best source of magnesium for hypertension, cardiac arrhythmias, tachycardia, psychological stress, panic attacks and leg cramps. 2-3 teaspoons full at bedtime (increase to bowel tolerance and then reduce). Note: **Aqua-Mag Cl™** has a very harsh taste. In order to insure patient compliance the patient should be advised to mix it with two ounces of organic peach, tomato, pear or tangerine juice. Magnesium chloride may be contraindicated for patients with renal disease or marked cardiac impairment/disease.

### Inflammation Due To Sunburn

**Intenzyme Forte™** - Source of animal and plant proteolytic enzymes. Product is high in Trypsin/Chymotrypsin. Use with systemic inflammation, tissue damage, arthritis, food sensitivity, poor circulation due to inflammation or atherosclerosis (use with **Porphyra-Zyme™**), phlebitis and free radical conditions. With acute injury use 10 tablets immediately and then 5 tablets, 4 times a day on an empty stomach for 3 days and then reduce to 4 tablets, 3 times a day on an empty stomach until the inflammation and swelling abates. With chronic inflammation, arthritis, etc., use 3-4 tablets, 3 times a day on an empty stomach.