

Product Recommendations by Category

With all Priority and Advisory indicators from the profile analysis, it is recommended to look at the big picture and begin with the idea of strengthening the immune system and thus overall wellness. Cleanses can be generally recommended in the first or second month to help prepare the body to utilize the supportive supplements, superfoods and foods that will be added for individual categories where indicated.

AMINO ACIDS - are the building blocks of protein, from which everything in the body is made.

1. Spirulina - contains all the essential amino acids (which are not made by the body, so you only get them from what you ingest) and all of the non-essential amino acids (which the body does make) in a natural balance.
2. Protivity - provides all of the essential amino acids which are formulated by RBC to be 99% absorbable and which mimic the natural balance in Spirulina. In Protivity, the amino acids are more potent for athletes and serious deficiencies than in Spirulina.
3. Neurobright - provides NAC, which supports cellular health, detoxification and overall wellness.

ANTIOXIDANTS - are compounds that protect cells from chemicals called free radicals. Free radicals can damage DNA and lead to many diseases.

1. Microhydrin Plus - is the most effective broad-spectrum antioxidant available. It contains Microhydrin and 8 other powerful antioxidants.
2. Stem-Kine - supports the metabolism of bone marrow, producing more stem cells.
3. Diosan 2 - will balance out a body low in phytoestrogens.
4. Phyto-Cee - with its blend of additional phytonutrients and phase-release technology, provides the most absorbable and beneficial vitamin C available.
5. Spirulina – provides carotenoid antioxidants.

ESSENTIAL FATTY ACIDS - Omega 3 and 6 fatty acids cannot be provided by the human body, they must come from the diet or supplementation. All EFAs, 3,6 and 9, need to be in balance for optimal wellness.

1. IQ Omega 3 - provides DHA in a safe, plant form to support brain, eye & heart health. It also balances the Omega 3s, 6s and 9s. The body can convert DHA to EPA.
2. Spirulina - contains both Omega 3 and 6 EFAs and helps to create balance among all three.

EMF/ELF - EMFs are frequencies produced by high power lines, appliances (especially microwave ovens), motors and transformers. ELF's include computers, TVs, cordless phones and smart meters, all electricity in homes and offices, etc. Cell phones receive microwaves and radio frequencies. All of these frequencies are detrimental to our health and affect brain and immune system function.

1. Spirulina - aids in detoxification.
2. Microhydrin Plus - has a large number of negative ions that will attract the positive ions of harmful frequencies and remove them from the body.
3. Stem-Kine - increases circulating stem cells, which constitute the body's natural repair and rejuvenation system.
4. Neurobright - is a blend of antioxidants, herbs and whole food nutrients to nourish and protect the brain.
5. Pure Life Cleanse - a gentle but thorough detoxifying cleanse to remove from the body.
6. MagiCal - provides calcium, magnesium and 72 trace elements to protect against EMF damage.

MICROBIOLOGY - measures the excess load of organisms such as parasites, bacteria, viruses, fungus and molds/spores.

1. Spirulina - has anti-bacterial, anti-viral and anti-fungal properties.
2. OliViva - olive leaf extract has anti-bacterial, anti-viral, anti-fungal properties.
3. VitAloe - stimulates and strengthens the immune system so that it can rid the body of these harmful invaders.

MINERALS - are chemical elements required by the human body

1. MagiCal Plus - contains Calcium and Magnesium, in a balanced absorbable form, as well as 72 trace minerals that are beneficial to the body.
2. Spirulina - has all the beneficial macro minerals and 72+ trace minerals.
3. TruAloe - (see <http://sacredsourcenutrition.com/top-12-benefits-of-aloe-vera/>)

TOXINS - are substances that are known to be toxic to the body and have a harmful effect on health.

1. Spirulina - good detoxifier of radiation and chemicals. For heavy metal removal from the body, chlorella (although RBC does not have it) is recommended to add to spirulina to prevent the metal from being reabsorbed in the intestine.
2. Stem-Kine - prevents radiation from damaging the bone marrow and removes it from the body.
3. Pure Life Cleanse - detoxifies the liver, kidneys, heart, lungs, skin and colon.
4. MagiCal - protects against strontium 90 (similar structure to calcium) and other radioisotopes.
5. Phyto-Cee - A protective dose of between 500mg and 2,000 mg can counteract toxins and radiation.

6. Green Phyto Power – contains Chlorella, which works in combination with Spirulina to eliminate radiation, chemicals and heavy metals from the cells.

VITAMINS - are a group of substances that are essential for normal cell function and repair, growth and development.

1. 24/7 - provides 12 essential vitamins and minerals required by the body.
2. Spirulina - provides all the essential vitamins and minerals required for good body function
3. Phyto-Cee - beneficial for significant vitamin C deficiency, taken with MSM with Microhydrin.

FOOD INDICATORS - highlights foods to which your body is currently intolerant and which should be avoided for 3 months.

1. VitAloe - balances and modulates the immune system. It contains Inulin which stimulates healthy bacteria in the gut.
2. Pure Enzymes - this synergistic and complete blend of enzymes breaks down all foods and prevents irritation of the digestive tract from undigested food particles

FOOD ADDITIVES - lists chemicals used in processed and packaged foods that are particularly harmful to your body.

1. Spirulina - an excellent chemical detoxifier, especially long-term.
2. Pure Life Cleanse - detoxifies the liver, kidneys, heart, lungs, skin and colon.
3. Artichoke Liver Cleanse - detoxifies the liver and gallbladder.
3. Avoid processed and packaged foods. Replace with fresh, organic whole foods. Read all labels; food, cosmetics, household cleaning products, personal products, etc.