

Wellness

REVIEW

Tailor-Made Natural Medicines



Personalised Prescriptions

No two patients are alike; and for this reason, no two treatments are alike. Your personalised treatment may now include a natural medicine formula that is made just for you and specialised to your own individual needs.

Your Practitioner can mix together a combination of specialised ingredients into one formula, to make a natural medicine for you. This process is also known as compounding. Individualised formulas may be used to initiate improvements in your health. Your Practitioner can select nutrients at the appropriate doses to facilitate your return to vibrant health. In conjunction with your current treatment, you can now receive a special formula that will specifically suit you and the symptoms you want treatment for.

Unique Ingredients Just for You

In order to make individualised formulas, your Practitioner has access to novel compounding ingredients that would not ordinarily be available in manufactured products. These ingredients may be easier for your body to absorb and digest. Your Practitioner can adjust dosages of the nutrients according to your needs, your body type, symptoms and the severity of your condition. The nutrients are dispensed into a great tasting powder that can be easily mixed with water, juice or food. Dispensing these ingredients into an individualised formula will further enhance your treatment.

Targeting a Wide Range of Conditions

Your Practitioner is able to treat a range of different health conditions using individualised formulas. The following compounding nutrients have a multitude of actions within the body and may be combined to create personalised formulas:

- **GABA (Gamma-Aminobutyric Acid)*** is a natural chemical in your brain that affects your mood. It can be used as a natural antidepressant and anti-anxiety aid, and may be beneficial for stress, anxiety, depression, pain management and insomnia.
- **D-Ribose** is one of the key ingredients the body needs to produce energy. It can be used for people with poor energy levels or for more chronic conditions, such as chronic fatigue syndrome. D-ribose may also improve exercise performance and recovery. It has been shown to support heart function and may protect and rejuvenate the heart in those with heart disease.
- **Indole-3-Carbinol (I3C)** is a phytochemical found in broccoli that supports the breakdown of harmful oestrogens and improves the balance of healthy oestrogens. It is beneficial in the treatment of conditions such as PMS,

fibroids and endometriosis; and may also be used as a part of a preventative treatment for breast, ovarian and cervical cancers. I3C may also be used for men in the treatment of prostate conditions.

- **Glutathione** is the body's most powerful antioxidant, working to protect your cells from stress, damage and toxicity. It helps to clear the body of harmful heavy metals and other toxins, and may reduce the side effects of chemotherapy. Glutathione is also protective of the lining of the digestive tract, and may be beneficial in the treatment of inflammatory bowel disease.
- **Vitamin K2** is a highly absorbable form of vitamin K which is needed for healthy bone, cardiovascular and brain function. K2 has a role in the management of insulin resistance and diabetes. It may also be used in the treatment and prevention of osteoporosis, cardiovascular disease, and even cancer.

The Benefits of a Specialised Approach

You may be seeing your Practitioner for a myriad of health conditions. Whatever your health concern, a tailor made formula of highly absorbable natural medicines will lead you to improvements in your health and vitality. Taking your individualised formula together with other products you are prescribed, will result in more effective treatment outcomes, allowing you to achieve your goals of living a happier and healthier life.



* GABA is available in Australia only.

Talk to your Practitioner about individualised patient formulations today.