

Targeted Nutritional Approach

General Consult

Prepared for: SAMPLE



This General Consult is based on the questionnaire you completed. Your results are summarized with guidelines to restore balance. Your body talks to you in the way of symptoms; we simply are helping you translate this “body talk” so you can achieve optimal health. Your body has the ability to balance and restore itself when all the right nutrients are in place.

Vibrant Radiant Health
www.transformyourself.com
www.vibrantradianthealth.com
www.vibrantradiantdetox.com
Tollfree 1 866 300 6360

We offer natural solutions and recommend based on our 3 websites to the left. Check them out!

MISSION

To empower, enhance and develop your success potential

VISION

Vibrant radiance, purposeful thought

This is your life... live it well!

Please visit our other sites for more information. We always enjoy hearing from you.

Email your specific questions.

1 866 300 6360 or drh@vibrantradianthealth.com

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& Associates

www.transformyourself.com

www.vibrantradiantdetox.com

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Congratulations! You have taken an important first step in taking care of yourself. The information in this report is based on the information you provided. These results are designed to help you focus your Stress Management program, giving your body all the right nutrients so it can balance and restore itself!

Chronic stress is often the source of disease and many health challenges. Most people do not want another prescription medication. Yet, you may be confused about what to do to help yourself using NATURAL approaches. We want to clear up the confusion and keep it very simple for you.

There is a lot of information available about supplements and much of it is confusing. While we offer you supplements for purchase, it is not imperative you purchase ours. We selected ours based on a 20 year history of working with clients and seeing results. We only recommend the highest quality pharmacy grade products. That being said, nutritional therapy is often very difficult because EVERY BODY has unique needs. We use this questionnaire as a basic guideline. It is very helpful as it is based on what you are experiencing now or have experienced recently. *Your body talks to you and is telling you a story.* We will help you interpret this information!

Contact us directly with any questions. Call tollfree 1 866 300 6360.

Today, most people under estimate the effect of stress because they do not know the true consequences of unrelenting stress. Are you like many who simply keep pushing ahead in an attempt to avoid it? Stress is a survival mechanism and by nature is intended to “turn off.”

Pushing ahead to meet the deadline or get through the tough time should be short lived with a period of recuperation or restoration. Do you give yourself any “downtime” after pushing yourself? Stress, today is epidemic and chronic creating more and more fatigue, overwhelm and burnout. Do not settle for premature aging.



5 STEPS TO VIBRANT RADIANT HEALTH

You cannot correct your problems overnight or by taking a megadose of vitamins, minerals or other nutrients for a few days. Here are 5 Steps we have found are the foundation of Whole Person Health.

Your body is the best indicator of what you need. Using this questionnaire*, we help you interpret your signs, symptoms and bodytalk. Prevention is the key and by taking action now, you can support your body's ability to restore itself!

STEP 1 ESTABLISH A SOLID FOUNDATION

- Multi vitamin, mineral supplement based on your unique needs
- Essential Fatty acids, Omega 3, 6, 9

STEP 2 HEALTHY DIET

- Increase vegetables, fruit – 5-9 servings a day
- Fresh, Clean Water, ½ body weight in ounces, sips throughout the day
- Protein, lean, at every meal
- Whole grains
- Minimize sugar, trans fats, refined carbs

STEP 3 STRESS RELIEF

- Tune in turn within. Be aware of inner conflicts. Use a journal to uncover these.
- Get to know yourself, what you like, what you want and what you are afraid of.
- Forgive! Whatever grudges, gripes or old disappointments may be lurking within you, be willing to let them go. Just as you want to release the toxic overload, let go of toxic emotions.
- Manage stress daily with regular meditation, Heart Focus/breathing
- Use supplements to assist with tension, frustration, irritability as you get into balance
- Reset Cortisol

STEP 4 QUALITY SLEEP

- 8 hours (or more) quality sleep every night
- Your body restores itself at night, without sleep you are stuck in a vicious cycle

STEP 5 ACTIVITY

- Depending on your ability/stamina, everyone needs exercise
- Walking is one of the best and easiest ways to build yourself up
- Dancing, stretching, taking stairs, running to your car rather than walking and any type of increased activity

YOUR RESULTS REVEALED*



Challenges in the following areas

1. Hormonal Balance
2. Toxicities
3. Mood and Energy

Comments

We must emphasize that this evaluation is not medical advice nor a substitute for it. We looked at your complaints and have identified areas where you would benefit from a targeted nutritional approach to restore and rebalance your body from a nutritional perspective.

In each section we provide you with the Foundational Formulas and offer suggestions for products that are targeted to your needs. We will fine tune this during our consultation.

Thank you for letting us be a part of your journey to wholeness.

“Your health is your greatest asset. Protect it. Vibrant radiant health allows you to live life on your terms! ...”

Dr. Cynthia

STEP 1 ESTABLISH A SOLID FOUNDATION

Most people do not eat a diet sufficient in the right nutrients and would benefit from a multi vitamin supplement. Many people need more than the RDA (Recommended Daily Allowance) and or need targeted support to address their own individuality.

Based on your self report, we identified the following areas to work on with their foundation formulas:

HORMONAL BALANCE



Stress does increase the symptoms of hormonal imbalance such as hot flashes, weight gain, mood problems and loss of sexual desire. Hormones can fluctuate throughout your life due to stress. We help to clear up confusion about your hormones on [Vibrant Radiant Health](#). Here is our foundational support for a NATURAL approach to balance hormones and rejuvenate you in mind, body and spirit.

FOUNDATION FORMULA:

Sample – results show up in your report

TOXICITIES

We live in a toxic world and are overloaded with exposure to chemicals and additives in personal care products, the environment, the food supply and the water. More and more world events highlight the risk and exposure today.

Heavy metals, overexposure to hormones in meats/chicken, antibiotics in food and the overuse in healthcare contribute to a stress on the body. Learn more about toxins and stress at [Vibrant Radiant Detox](#).

FOUNDATION FORMULA



Sample – results show up in your report



MOOD/ ENERGY

Loss of energy and motivation is at a record high. Fatigue and burnout is often mistaken for Depression. To completely understand what is happening with depressed mood, anxiety and fatigue, it is important to look at metabolic triggers such as unstable blood sugar, dehydration, hyper nervous system, B vitamin deficiencies as well as underlying emotional and spiritual issues. This Functional Assessment will point to what your body needs and our rapid release methods help you restore balance emotionally and spiritually.

We do not provide medical treatment for Depression. We will work with you and your healthcare practitioner to integrate these natural solutions.

FOUNDATION FORMULA

Sample – results show up in your report

STEP 2 DIET

The Standard America Diet today is responsible for most of the chronic health problems today. With over 60% of the diet being fast food or processed, many of the natural elements in fresh food are being left out of the diet. Fiber, folic acid, enzymes and other important minerals and nutrients are deficient. Even with the best diet, you still need a supplement, yet, supplements cannot provide all your nutrition!

Recommend you make the changes gradually. Have you received our FREE Live Well Program to Radiant Health? [Download here](#)

1. Eat breakfast! Starting the day with fuel to keep your body's engines burning will increase your energy and your fat burning thermostat. [Recipes for protein Smoothies](#)
2. Eliminate/decrease sugar and refined foods from your diet. Keep a log and average your "sugar gms" for 3 days. Decrease by 25% the next week. Do this until you are taking in 14-24 gms per day.
3. Add in salads and or raw/steamed veggies with every meal. More vegetables increase fiber, minerals and natural enzymes.
4. Add in lean protein with each meal. This will stabilize blood sugar.
5. [Supplement with dietary enzymes](#) in order to increase absorption of nutrients from your food
6. Increase fresh, clean water – ½ your body weight in ounces (up to 250lbs)

Are you using high fat, high sugar foods for comfort? For Energy? Consider [keeping a Food Log for 3 days](#) to see your patterns and actual intake. Most people are surprised.

This program is not about PERFECTION! It is about persistence. Did you know your body is very responsive to any effort you make toward health and responds by moving toward balance (homeostasis). If you eat fast food, change some of your selections. Buy small fries, get a smaller burger, eat a salad instead, order bottled water when you go through the drive thru. Ideally give yourself the time to plan and prepare. Keep a small cooler in the car and pack it with fresh fruit, veggies you can crunch, healthy juice/ water blend, raw almonds, almond milk, unsweetened greek yogurt flavored with stevia and other healthy choices. Every day and every choice is the chance to make a different choice. Keep moving forward!



STEP 3 STRESS RELIEF (DETOX YOUR EMOTIONS)

Your focus for the next 3 months:

1. Build awareness and set up Stress Reduction program. Check out the [Tools page](#) for more great suggestions.
2. Pay attention to your self talk. Are you angry? Sabotaging yourself? Feeling defeated? The sooner you address the underlying emotions, you sooner you can be on the road to a more abundant lifestyle. [Check out this log to monitor your self talk](#).
3. Practice gratitude and appreciation. Learn the [heart based tools](#) to build resilience and transform your stress.
4. Walking 10 minutes daily – this not only increases your stamina – it gives you the opportunity to release tension and break away from your daily grind! Our [walking program](#) teaches you while you are walking while also providing upbeat and motivating music. You can download this to your ipod.

Manage your stress using:

- Daily walking, stretching – even 10 minutes a day will make a difference.
- [Transform Your Thoughts](#) membership series
- [Emwave® Technology](#) – Personal Stress Relievers!
- [Diet changes](#) – reduce sugar, refined flour and trans fats,
- increase water
- [High quality supplements](#) we have outlined for you under suggestions
- [Membership](#) to Feel Well Live Well

Chronic Stress

Stress today is more and more chronic – meaning it is unrelenting and experienced at the levels of moderate to severe daily. It is well understood today that stress accounts for 80-90% of visits to the doctor. Over the counter and prescription medications are being used to “deal” with the symptoms and yet – no changes are made to diet and lifestyle. It is more effective to make the lifestyle changes and learn an effective way to deal with the stress than to add another prescription medication. Besides, stress is not going away – why not learn how to deal with it! It is how you deal with stress that determines your health and well being.

We will help you [Feel Well to Live Well!](#)

TAKE CHARGE!

Health is more than the absence of disease. If you have settled for premature aging, low quality energy and a lack of vitality – you can take charge and get your life back!

NATURAL WAYS TO RELIEVE TENSION/ANXIETY AND BOOST MOOD

The Intelligent Heart

Did you know your heart actually sends more signals to the brain and communicates with the entire body than the brain itself? [Learn more](#)

We use a simple focused approach to help you reset your nervous system for better coping.

Heart Focus, Heart Breathing not only provides immediate relief; when you establish a regular practice you will rebalance important hormones and build resilience – the “bounce back ability” to keep you centered regardless of what might be happening.

We offer [several packages](#), very affordable and professionally guided to help you reset and re-establish a stress free zone.

When you need more, we also offer [individual Coaching](#) to manage your stress.



SUPPLEMENTS TO ENHANCE RELAXATION

L-THEANINE

is naturally found in green tea. It promotes deep muscle relaxation and improves sleep. Research has found that it works on brain waves and balances neurotransmitters. [Purchase](#)

GABA

is helpful in bringing calmness to the body, promoting tranquility and peace in times of stress and anxiety. [Purchase](#)

RELORA PLEX

Relora-Plex, provided by Douglas Laboratories, is a unique blend containing two patent-pending herbal extracts, specifically designed to support normal mental functioning during stress and anxiety. [Purchase](#)



5 HTP

5-Hydroxytryptophan (5-HTP) is an amino acid that is the precursor to serotonin, the feel good chemical. There is a massive amount of evidence that suggests that low serotonin levels are a common consequence of stress and the typical diet of high sugar and carbs.

[Purchase](#)

STEP 4 QUALITY SLEEP

Adequate, QUALITY sleep is essential. This is when your body does the work of restoration. You need at least 8 hours if not more of sleep that includes REM, deep sleep. Turn off the TV, minimize the light and reduce the clutter in your bedroom.

For great results, use [Cortisol Manager](#) to enhance sleep and balance your stress hormones. When you sleep the body does the necessary work of restoration. Without deep sleep this does not happen.

[On our membership site](#), we have a section on Meditation and offer audio, video to assist you in getting to sleep.

Getting to sleep actually begins earlier in the day. You have natural rhythms and when you use stimulants to stay on a roller coaster of ups and down, you disconnect from your natural rhythms. It takes a little time to re-establish these healthy patterns. Using natural products on the previous page can give you the support as your body restores itself.

STEP 5 ACTIVITY

Your body was actually designed to move. Walking is the easiest and simplest way to increase activity. Buy a pedometer and wear with 10,000 steps as your goal. Activity can include Dancing, jogging, Zumba, the gym – you name it. Just do it!

SUMMARY



We do hope this information is helpful. Managing your health naturally is not as quick or sometimes as simple as taking a prescription pill. Everyone experiences their symptoms for different reasons and so the approach is very individualized. It is also impossible to know the degree of deficiency at the tissue level. This is why we recommend building a good foundation. Since everyone is biochemically unique, it may take you longer or shorter amount of time to feel the benefits of your supplement regimen.

This is a great start toward managing stress.

Self awareness is key to improving your health. We hope this process has been a good start in opening you up to the connection between your lifestyle, choices, decisions and your overall health. This process probably brought to light things you may have ignored.

Emotions, beliefs and your desire to be vibrant and strong play a fundamental role in the outcome. We cannot always change the stressful events – we can only change our response to them! Take advantage of our Tools and Programs at Transform Your Stress.

Thank you for the opportunity to be a part of your healthy approach to life. Here's to your vibrant and radiant success!

Contact us tollfree 1 866 300 6360 or visit online:

www.transformyourself.com

www.vibrant radiant health.com

www.vibrant radiant detox.com

INFLAMMATION

Inflammation is the body's natural reaction to stress or injury. It is what the body does to protect itself against invaders (bacteria, virus, fungus, toxins) and heal itself. When chronic, it contributes to disease; fatigue, arthritis, heart disease, etc.

Improving diet and digestive health are two necessary interventions in order to manage chronic inflammation. Your Detox recommendations are provided.

While there are many foods that increase inflammation, milk is one of the worst. Consider removing milk from your diet and see what happens to your symptoms. This is especially true with children. It can be the source of frequent ear, sinus and throat infections. There is 50% more calcium in Almond Milk and as much calcium cup for cup in broccoli. Skim milk is not really better. There are many problems associated with milk and it is in the top ten allergenic foods. In fact the more you really want to keep this in your diet, the greater chance you actually have an allergy. Check out [Vibrant Radiant Detox](#) for an article, "Why do I crave this food? You could be allergic to it"



Eliminate milk and dairy products. Milk products are one of the biggest contributors to inflammation. Milk is a large protein and creates excess mucus in the bowel because the human intestine was not designed to process this food. Only calves can optimally digest cow's milk. If you have a stressed bowel, this may be contributing to joint problems, sinusitis, asthma and general discomfort.

TOP 10 ANTI INFLAMMATORY FOODS

Wild Salmon (high in Omega 3 – a natural anti inflammatory)

Sweet Potatoes

Grass-fed beef. Yes, when animals eat grass as opposed to grains, they build up higher levels of Omega 3. Meat from grain-fed animals has virtually no omega-3s and plenty of saturated fat contributing to inflammation.

Shitake Mushrooms

Olive Oil

Garlic is known for its anti bacterial, anti fungal properties and will help you fight infection and inflammation.

Ginger, a relative of tumeric is also known for its anti-inflammatory benefits, and some research suggests that it might also help control blood sugar. Suggestion: Brew your own ginger tea. Use a peeler to remove the skin off a piece of ginger, then add several thin slices to a cup of hot water and let steep for a few minutes. Add stevia for sweetness if desired.

Green Tea

Broccoli, Cauliflower

Tumeric

Salads/Green Vegetables, raw or steamed

Blueberries

Papaya

Cherries

Kelp

Avoid the “Night Shade” family of foods known to be inflammatory!

Tomatoes, Potatoes, Eggplant, Onions, Red and Green Bell peppers, Paprika, Hot chili peppers, tobacco

Want a [DETOX Diet](#) that helps your body alkalinize, rejuvenate and refresh?