

Supplement Information

****ALL SUPPLEMENTS ARE OPTIONAL and not required to achieve the benefits of this program. They are suggested only as extra support and detox facilitation.****

I use and recommend Designs for Health (DFH), a professional line of supplements. You can only purchase these supplements legally from a health care provider.

You will need to create an account with DFH and provide my name and phone number under "Healthcare Practitioner Referral" information. My office line is 703-825-1779. **Please wait 24 hours to receive your online password before ordering.**

Click below to set up your account:

<https://checkout.netsuite.com/s.nl/c.ACCT14095/n.1/sc.2/.f?login=T&reset=T&newcust=T&noot=T>

Below are the supplements from Designs for Health that I recommend to support your detox:

- **Probiotic:** Essential for optimal digestion of food, absorption of nutrients, and helps your body produce vitamins, absorb minerals and aid in the elimination of toxins.

<http://catalog.designsforhealth.com/Probiotic-Synergy-60-sphere>

- **Daily Detox Support Packet:** This complete daily vitamin, mineral, amino acid and herbal supplement pack from Designs for Health. Includes all the essential nutrients to support your detox.

<http://catalog.designsforhealth.com/Detoxification-Support-Packets-60>

Other optional supplements recommended during detox:

- **Digestive enzymes:** For help with assimilation of vitamins and nutrients from our food; Try if you're having digestion problems.

<http://catalog.designsforhealth.com/Plant-Enzyme-Digestive-Formula>



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- **DHA/Fish Oil:** Fish oil is anti-inflammatory, brain boosting and heart supportive.

<http://catalog.designsforhealth.com/OmegAvail-Synergy-60>

- **Vitamin D:** Important for overall wellness, many people are deficient! 2000 IU/day

<http://catalog.designsforhealth.com/Vitamin-D-Synergy>

- **Chlorella:** For immune system support, rich in vitamins, minerals, chlorophyll, beta carotene, and natural phytonutrients.

<http://www.amazon.com/gp/product/B0037Z6QOO?ie=UTF8&creativeASIN=B0037Z6QOO&linkCode=xm2&tag=domr-20>

- **Greens powder:** Great for traveling!

<http://www.amazon.com/gp/product/B00112ILZM?ie=UTF8&creativeASIN=B00112ILZM&linkCode=xm2&tag=domr-20>

- **Plant-based protein powder:** Optional to add extra protein to your green smoothies.

Vega One, Garden of Life, Manitoba Harvest, Sun Warrior (can get online or in Whole Foods and other health food stores)

DFH PurePea Powder:

<http://catalog.designsforhealth.com/Peatein-Unflavored-450-grams-per-container>

For Constipation:

Calm: Magnesium calcium supp that helps with bowel elimination.

<http://www.amazon.com/gp/product/B000WVYB8Y?ie=UTF8&creativeASIN=B000WVYB8Y&linkCode=xm2&tag=domr-20>

****You can also find recommendations on my Detox Store on Amazon.com****
<http://astore.amazon.com/domr-20>



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