

# DAILY PROGRAM

## (Recommendations, In Priority Order)

Nutritional supplements are now a crucial part of a healthy diet because the nutrients in our food supply have been so degraded. In the last 20 years, the antioxidant value of our food has decreased by 50%. Back in 1988, Tom Brokaw reported that even at that time, there were no uncontaminated drinking water sources left in the U.S. This means that virtually all crops, even organic, are now being irrigated with contaminated water. Also, the soil has been de-mineralized and lacks the proper bacteria.

Research shows that only 2.5% of nutritional products (randomly selected) are both nontoxic and effective. This is from a landmark study in JANA (winter, 1999 edition). Most products use synthetic ingredients (which can actually weaken versus help you), or natural sources that have been poorly grown with toxic water on poor soil, and then manufactured with toxic add-ons not shown on the label, or they have been irradiated in the shipping process (please read [10 Secrets You May Not Know](#) to understand fully).

The products below from Premier Research Labs are almost the only ones we put into our own bodies. (See Jon's article [High Standards - How We Select Products](#) for the best summary of why.) All their ingredients are grown outside the U.S. and they are the only manufacturer that tests every batch of raw material received every day for quality, contamination, toxicity, etc... (Please read [The Quantum Nutrition Effect](#) and [What Makes Premier Research Labs Products Premier](#)). We test every product ourselves as well, and these are by far the strongest ones we've ever tested (and one of the few that actually passes our testing). They will make you strong as well.

### Priority 1

1. Premier HCL – crucial if eating animal food; #1 priority if over 30 years old – children can use Pink Salt instead; if extremely sensitive stomach, add Gastroven as a tea
2. HCL Activator – must take with Premier HCL - to enhance its detoxification, remethylation and immune system building capacity, especially important if you are over 40.
3. Digest - crucial if eating cooked food; important today even with raw food
4. D3 Serum – pH, immunity and more
5. Premier Fermented Greens or Premier Greens – vitamins, minerals, pH and more - if you have pH challenges add:

- Coral Legend Plus (but much more effective would be the pH Trio  
- Coral Legend, AloePro, D3 Serum)
6. DHA – essential fatty acids
  7. Pink Salt – crucial for children, important for adults too
  8. Green Tea-ND or Green Tea Extract – ultimate antioxidant and anti-radiation

## Priority 2

1. Medi-Clay-FX
2. Premier Multi-Vitamin and/or Max B-ND or Premier Complete B Capsules
3. Premier Fermented Mushroom Blend
4. Gallbladder-ND or Biliven - especially if over 40
5. MicroBiome and/or Probiotic Caps
6. Adaptogen

## Priority 3 - optional - for super high quality well grown daily nutrition (food)

1. Premier Fermented Beets
2. Premier Plant Protein
3. Premier Fermented Turmeric Plus
4. Nutritional Flakes - both protein and Vit B

## Product Details

**Premier HCL** - Natural source, beet-derived betaine hydrochloric acid - stomach & digestive support. Most people on a western diet have had their stomach's ability to produce hydrochloric acid compromised by age 30 and need an HCL supplement to properly break down their food. Rotting food is a breeding ground for parasites and bacteria. Heartburn and acid reflux are actually caused by a lack of HCL. Without enough HCL, the food starts to rot and produce lactic acid which can cause the acid reflux. Anti-acids actually make the condition worse. HCL addresses the cause by helping to digest the meal properly. 1 to 4 Vcaps immediately after each meal.

**HCL Activator** - Use with Premier HCL (hydrochloric acid) - stomach & digestive support. Helps to remethylate the cell and reclaim both the quality and quantity of your life-span. Helps liberate the deep seated detox and anti-infective capacity of HCL. 1 to 3 Vcaps immediately after each meal.

**GastroVen (formerly Stomach Complex)** - May be necessary if you are highly sensitive or a Vata body type, otherwise not needed. For those who find the Betaine HCL irritating, they may need to repair the stomach first (I only find this about 5% of the time). Helps repair the stomach

lining even with severely irritated stomach and ulcers, so you can take the HCL. If this is the case, check to see if there is an interference field (an old scar, surgery, trauma, broken bone) from the nose to the pubic bone that may be reflexing to the stomach and weakening it. That area will need to be mud packed to help the stomach recover. See our instructions for doing [mud packs](#). Empty 3 Vcaps into hot water, steep for 10-15 minutes, drink 3 times per day before meals.

**Digest** - Broad-spectrum digestive support; highly purified plant enzymes that work in both an acid and alkaline media, i.e. stomach and small intestines. 2 to 4 Vcaps before every cooked food meal.

**D3 Serum** - healthiest, live-source natural vitamin D3. Necessary for the uptake of calcium and proper pH. Almost everyone today is deficient. Stimulates over 200 immune functions in body. Get a blood test once or twice yearly to check your vitamin D levels. 6 drops per day.

**Premier Fermented Greens or Premier Greens** - Complete Super Food Blend - live-source Vitamins & Minerals for high energy, brain & full body rejuvenation. Nature's most advanced plant foods for great health, wellness and DNA rejuvenation; contains every nutrient essential for life; helps increase energy and fat metabolism; promotes healthy digestion, cleansing and better stress management; low-temperature, air-dried, quantum-state, non-hybrid, pesticide-free grasses from South America - the finest ever produced; absolutely no fillers, binders, sweeteners, pesticides, or toxic solvents. Comes in powder (best) or Vcaps. 1-3 teaspoon, mixed into water or other liquids, 1 to 3 times daily or 5 Vcaps or more daily.

**Coral Legend Plus** - Highly alkalizing live-source calcium for bone, joint, alkaline pH support. The best minerals ever found on earth, 100% pure Japanese coral minerals - unique, highly ionized calcium, magnesium (ideal 2:1 ratio) with trace minerals; famous for rapidly promoting an optimal, alkaline pH (most other forms of minerals work slowly or not at all). 2 Vcaps 1 to 3 times daily.

**pH Trio (Coral Legend, AloePro, D3 Serum – see above)** – For calcium and alkaline pH:

To achieve optimal health, you must first establish/restore an ideal pH of your body's tissues (as reflected by a first morning urine pH of 6.4 to 7.0). Take pH tests as directed in the handout, The pH Story. If you do not pass the pH tests (if your first morning urine pH is below 6.4 or above 7.0), then follow these directions to replenish your vital mineral reserve:

Alkaline minerals are essential for proper pH balancing. Test your pH every morning. You may be able to get what you need with 2 tbsp/day of Greens Mix. If not, try adding the Coral Complex. If you don't get alkaline within a week or two, then you probably need to switch to the pH Trio. Use the pH Trio for 1 to 2 months until your pH is in the 6.4 to 7.0 range. In stubborn cases, you may also need to use specific immune system support products. Eat an 80 - 100% alkaline forming diet including lots of green vegetables, drink lots of green juices like kale, celery and cucumber.

Without regular intake of highly bio-available minerals, maintaining an ideal pH is impossible. The most assimilable alkalizing minerals in the world is the Sango marine coral minerals listed here. Mix the coral mineral powder with highly charged inner leaf aloe for spectacular uptake, directly targeting your organs and glands. Combine this with the D3 Serum to obtain natural vitamin D to assist in the utilization of calcium.

We recommend avoiding most other calcium supplements as they are usually synthetic and can weaken you versus strengthen you.

**Coral Legend** - Designed to be taken with the Aloe Drink (for best absorption) and the D3 Serum for Vitamin D which is essential in order to utilize calcium. Mix ½ tsp. Coral Legend in 2 oz. Aloe Drink with some water, twice daily on an empty stomach, upon waking and before bed.

**AloePro** - Digestive system support & coral absorption. Highly charged, inner leaf organic aloe. 100% organic inner aloe liquid, no toxic preservatives (no sodium benzoate). Use with Coral Legend and D3 Serum or by itself. Helps absorption of coral. Soothes and helps lining of digestive tract.

**DHA** - Feed your Brain! A key Omega-3 fatty acid. Promotes superior brain processing, mental acuity and memory, protects brain when eating out. Supports nervous system, eyes and cardiovascular health.

**Pink Salt** - Natural solar-dried unprocessed sea salt blend (Mediterranean & Hawaiian Alaea). Use daily instead of table salt, which is a denatured false food devoid of minerals or nutrients.

Even most other sea salts have been heated with the minerals processed out. Tests better than any other salt.

1-2 tsp. per day for adults, ¼ - ½ tsp. for children under 80 lbs.

**Green Tea-ND or Green Tea Extract** - Nanized green tea concentrate – for anti-aging, radiation protection & detox, digestive, connective tissue & energy support. Most powerful antioxidant. Helps DNA handle effects of radiation damage (one airplane flight exposes you to the same amount of radiation as one year on the ground). Most complete antioxidant support and free radical damage prevention. 1 to 2 tsp, put in water bottle and sip slowly all day, or 2 caps twice daily.

**Medi-Clay-FX** - removes mycotoxins and heavy metals from the entire digestive tract and our food as well. Mycotoxins are moldy type substances that poison, compromise and can eventually destroy every organ in the body. We are finding this to be an escalating problem in our food supply and in almost all the people we test. We suggest using the Medi-Clay-FX for at least a year and avoiding all foods that contain these mycotoxins.

**Premier Multi-Vitamin** - formulated to deliver to you a fully plant-based, synthetic-free multivitamin for daily use with top use nutrients. This product is a complete, high potency, vegetarian vitamin and mineral blend offering a broad spectrum profile of potent and pure naturally occurring phytonutrients to support the ideal cell resonance of the body's organs and glands. 4 caps per day

**Max B-ND or Premier Complete B Capsules** - Only live-source vitamin B complex in the world - stress, brain support & high energy. Unique, live-source end-chain B vitamins for maximum stress, brain, liver support, high energy and more. Usually our 1st choice to up-regulate the liver. ½ to 1 tsp, put in water bottle and sip slowly all day, or 2 caps per day.

**Premier Fermented Mushroom Blend** - intestinal & immune system support; with prebiotic fiber.

**Gallbladder-ND or Biliven** – Cleanses the gallbladder tract. Almost every American has a clogged gallbladder. Common Symptoms of gallbladder congestion: Burping frequently, bloating, inability to digest fats, weight gain, nausea after meals, headaches, fatigue, waking up at night, gallbladder “attacks”, especially after eating fatty foods, poor skin & hair quality. 1-3 tsp per day, or 1-2 caps three times daily.

**MicroBiome and/or Probiotic Caps** - Incomparable beneficial bacteria - intestinal & immune support. 40% of a bowel movement is friendly intestinal flora & for most people much of this flora has been wiped out by antibiotics. 2 months use can help replenish and vastly improve digestion and elimination.

**Adaptogen-R-3** - Endocrine system rejuvenator - optimal neurotransmitter production, memory, brain, kidney & adrenal support. Comprehensive adaptogenic formula. The lean-body boost, immunity, adrenal support & peak performance adaptogenic herbs. Supports maximum performance, increased energy, endurance, enhanced oxygen & nutrient uptake, optimal neurotransmitter production, the adrenal/pituitary axis, memory and hormonal system rejuvenation. 3 Vcaps at breakfast.

**Premier Fermented Beets** - Promotes energy, healthy gut microbiota & heart health; 100% fermented organic whole beet root powder.

**Premier Plant Protein** - 6 premier types of plant-based protein; 18 g raw protein per serving with 60+ minerals.

**Premier Fermented Turmeric Plus** - Liver and digestive support; great tasting organic powder.

**Nutritional Flakes** - Best seller - delicious, nutty flavor nutritional yeast – amino acids & Vitamin B. Rich in natural B Complex Vitamins, glutathione, beta 1-3 glucans, quality protein.

**Note:** The following liquids can be put in the same bottle of water and sipped all day: Green Tea-ND, Max B-ND, Gallbladder-ND.