# Functional Medicine for the 21st Century

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# MEDICINE

- What is medicine?
- Medicine word verb root is
  - *MEDERI = to heal*
  - *Medicina = healing*
  - *Medicus, medici = "doctor" "physician"*
- "Ne ammazzano piu i medici che le malattie" Italian saying: "Doctors kill more than diseases"
- Native American didn't use word medicine, but each tribe had its own word which meant "MYSTERY"
- Isn't healing a mystery?
- Isn't life a mystery?
- If life and healing are a mystery, should it not have SPIRITUAL FOUNDATION

# WHOLISTIC HEALING – MEDICINE

- *An all-embracing approach that views every aspect of a matter as a cohesive whole* rather than a collection of isolated entities.
- MIND, BODY, SPIRIT
- If life and healing are a mystery, should it not have SPIRITUAL FOUNDATION
- Who can decide what is spiritual?
- If you believe that God exists, then only God Himself
- If you don't believe, then concepts become more complex, but still the basic concept of *"cohesive whole"* is present.

# WHO CAN PRACTICE MEDICINE?

- Can one group have prerogative (“privileged rank”) as the only exclusive group to practice medicine?
- Who is deciding the basis of it?
- How did we come to the current state of medicine?
- Can we get in trouble with functional medicine?
- Certainly, depends how we practice and who is judging it
- But proper approach and definition should help

# FM FOUNDATION

- WHAT IS HEALTH?
- If we can:
  - Take every single toxic or unnecessary substance out of the body
  - Provide every element that body needs
  - = **BALANCE!**
- **PERFECT HEALTH IS NOT THE ABSENCE OF SYMPTOMS**
- **PERFECT HEALTH IS PERFECT BALANCE!**

- We simply don't treat diseases
- We are looking at the balance and background

# 5 OBSTACLES TO HEALING

1. TRUST GOD (Spiritual foundation)
2. TRUST THE RIGHT AND QUALIFIED PRACTITIONER
3. TIME
4. PATIENCE
5. MONEY

## PRACTITIONER

1. KNOWLEDGE
2. EXPERIENCE
3. WISDOM

# MYSTERY vs RATIONAL APPROACH

- Are they in conflict?
- No, we have endless evidence of mind-body-spirit connection

- If they are, we can come to **3 conditions for fulfillment:**
  1. You need to know EXACTLY what you want
  2. What you want needs to be pure, filled with faith, unpretentious
  3. You never give up!

Recommendation: “Maximum Achievement” book by Brian Tracy

# The Merck Manual:

- What is medicine in today's real world?
- Dichotomy does exist currently

- **Conventional medicine** defines health as the absence of disease or dysfunction. The main causes of disease and dysfunction are usually considered to be isolated factors, such as bacteria or viruses, …and treatment often involves drugs or surgery.

- In contrast, **alternative medicine** practices often define health holistically, that is, as a balance of systems—physical, emotional, and spiritual—involving the whole person. Treatment involves strengthening the body's own defenses and restoring these balances.

# The basis for Functional Medicine

- DICHOTOMY: FM is officially quite maligned today, but in real world most seem to be open to it.
- Functional medicine addresses the underlying causes of disease, using a systems-oriented approach and engaging both patient and practitioner in a therapeutic partnership. It is an evolution in the practice of nutritional medicine that better addresses the healthcare needs of the 21st century.

- The shift from the disease-centered to a patient-centered approach
- Functional medicine addresses the whole person, not just an isolated set of symptoms.

- Treat the Patient, not the Disease

# The basis for Functional Medicine

- Integrative medicine refers to the use of all appropriate therapeutic approaches (conventional and alternative) in a framework that focuses on the whole person and that reaffirms the relationship between doctor and patient.
- I don't think there should be two or more kinds of medicine
- There should be simply ONE MEDICINE!
- Something either helps or not. As a society and individually we need to figure out what works, not to be obsessed with labels, accusations, financial gain but by OUTCOME = HEALING

# The Merck Manual:

- In 1997, 629 million visits to alternative medicine practitioners, a 47% increase since 1990. This number substantially exceeds the 386 million visits made to all primary care doctors in the same year.
- Jan 31, 2024 NIH — The percentage of individuals who reported using at least one of the seven approaches of CAM increased from 19.2% in 2002 to 36.7% in 2022.

# CAM Complementary and alternative medicine

- Jan. 28, 1993, *New England Journal of Medicine (NEJM)* reported that Americans visit alternative therapy practitioners more often than their medical doctors, spending about **$13.7 billion** on the unconventional therapies a year (three-fourths of it out of pocket), the medical world began to pay attention.

- In 2016, Americans spent about **$30.2 billion** on complementary and alternative medicine (CAM).

- The U.S. CAM market is projected to grow to **$229.12 billion** by **2033**

# History Chiropractic, Naprapathy, Naturopathy

- Daniel David Palmer – Chiropractic as a profession began in 1895
- Oakley Smith, D.C – Founded Naprapathy, a manual medicine, 1905
- Minora C. Paxson, D.C. – Helped establish the field of chiropractic. She was the first woman to earn a chiropractic degree and the first licensed female chiropractor in Illinois.
- Solon Massey Langworthy, D.C. – Credited as being the one to keep the new science of chiropractic alive
- In the 1903–1904 period. Drs. Smith and Paxson joined the faculty of the American School of Chiropractic and Nature Cure in Cedar Rapids, Iowa, founded by Dr. Langworthy sometime in 1903.
- Langworthy's school departed from D.D. Palmer's chiropractic model
- **Langworthy advocated and employed a wide range of "natural" healing methods**
- NATUROPATHY – The term was coined in 1895 by John Scheel, and purchased by Benedict Lust, whom naturopaths consider to be the "Father of U.S. Naturopathy".

- Are you actively and effectively participating in this decades long revolutionary change in the healthcare model?

# Marketing your practice

- Internet revolution in the 21st century has changed the business landscape for everyone
- Traditional model of advertising doesn't work anymore

# Three Secret Ingredients for Success

1. Product
2. Story
3. **System** to tell the story

# 1. Product

- Everything in your office “speaks.”
- You are the most important product.
- Natural authority vs knowledge
- Knowledge vs wisdom

- Your best audience are your patients

# 2. Story

- Most of the first visit should be pts telling their story. But you need to tell them yours too. It is a relationship.
- The story of your life and practice
- The reason why you are doing FM
- Other people testimonials, reviews help a lot.

Example of useful testimonial:

*"Ray was my first teacher in nutritional sciences, as I was transitioning my practice from Allopathic model to Integrative Medicine in the mid 90's. He has a comprehensive foundation of nutritional principles that far exceeds most physicians I know and I would highly recommend him as a consultant."*

Joseph Mercola D.O.
www.Mercola.com

# 3. System to Tell the Story

- Less than 1% of doctors
- **Weekly**
- Concise, Informative, Valuable
- Videos
- Blogs
- Social Media; Facebook etc.
- Seminars

# Resources: METABOLIC MANAGEMENT

- www.MetabolicManagement.com
  **MetabolicManagement.com/videos**
  support@metabolicmanagement.com
  800-373-1373

1. Distributor
2. Professional Seminar organizer
3. Practice consulting in the area of Functional Medicine

- Tuesday Minute
  40 countries in the world, within 2 years

# The first 2-3 visits crucial

- Psychological boundaries: No one should use psychology for manipulation, but understanding certain laws and boundaries helps us to serve people better.
- Developing relationship: 3 months crucial
- Start slowly
- Clear direction

# The Wellness Program I

- Anti-inflammatory Diet
- Pro-Multi Plus
- Biomega 3 or Optimal EFA
- BioDoph 7
- Bio D Mulsion Forte

# The Wellness Program II

- NAQ Nutrition Assessment Questionnaire
- Follow up after certain period, usually 1-2 weeks

# BALANCING BODY CHEMISTRY *HEALTH ASSESSMENT*

Balancing Body Chemistry™

Name:_____ Sex:____ Age: ____ Date:_____

Patient's Health Professional: _____

## PART I

### Circle any of the following medications you are taking:

| | | | |
|---|---|---|---|
| Antacids | Cortisone/Anti-Inflammatories | Lithium | Ulcer Medications |
| Chemotherapy | Laxatives | Thyroid | Aspirin/Tylenol |
| Hormones | Recreational Drugs | Antidiabetic/Insulin | High Blood Pressure |
| Relaxants/Sleeping Pills | Antidepressants | Heart Medications | Radiation |
| Antibiotic/Antifungal | Diuretics | Oral Contraceptives | Other _____ |

### Cirlce if you eat, drink, or use:

| | | | |
|---|---|---|---|
| Alcohol | Fluoridated/Chlorinated Water | Refined Sugars | Milk Products |
| Distilled Water | Margarine | Vitamins & Minerals | Coffee |
| Luncheon Meats | Chewing Tobacco | Specify _____ | Refined (White) Flour Products |
| Non-Herbal Teas | Carbonated Beverages | Cigarettes | Artificial Sweetners |
| Candy | Eat Fast Foods Regularly | Fried Foods | |

### Cirlce if you:

| | | |
|---|---|---|
| Diet Often | Exposed to chemicals at work | Under excessive stress |
| Excercise less than 3 times wkly | Salt food w/o tasting | Exposed to cigarette smoke |

**DIRECTIONS:** **Please read each description and darken the number which best describes the frequency of your symptoms within the past year. If you do not understand a symptom, put a ? *before* the symptom's number.**

**KEY:** **0 = Never** **1 = Mild** (Occurs once a month or less) **2 = Moderate** (Occurs several times monthly) **3 = Severe** (Aware of it almost constantly)

## PART II

**IMPORTANT**

Dear Patient, Please list your five major health concerns in order of importance:

1._____

2._____

3._____

4._____

5._____

## PART III

### CATEGORY I

**Section A:**

| | | | | |
|---|---|---|---|---|
| 1. Bad breath, halitosis | 0 | 1 | 2 | 3 |
| 2. Loss of taste for high protein foods (meat, etc.) | 0 | 1 | 2 | 3 |
| 3. Burning ("acid") or nervous stomach, eating relieves | 0 | 1 | 2 | 3 |
| 4. Gas shortly after eating | 0 | 1 | 2 | 3 |
| 5. Indigestion 1/2 to 1 hour after eating, may last 3-4 hours | 0 | 1 | 2 | 3 |
| 6. Difficulty digesting fruits or vegetables; undigested foods found in stools | 0 | 1 | 2 | 3 |
| 7. Acid or spicy foods upset stomach | 0 | 1 | 2 | 3 |

**Section B:**

| | | | | |
|---|---|---|---|---|
| 8. Lower bowel gas and or bloating several hours after eating | 0 | 1 | 2 | 3 |
| 9. Feet burn | 0 | 1 | 2 | 3 |
| 10. "Whites" of eyes (sclera) yellow | 0 | 1 | 2 | 3 |
| 11. Dry skin, itchy feet and/or skin peels on feet | 0 | 1 | 2 | 3 |
| 12. Brown spots or bronzing of skin | 0 | 1 | 2 | 3 |
| 13. Bitter metallic taste in mouth | 0 | 1 | 2 | 3 |
| 14. Blurred vision | 0 | 1 | 2 | 3 |
| 15. Headache over eyes | 0 | 1 | 2 | 3 |
| 16. Feel nauseous, queasy or gag easily | 0 | 1 | 2 | 3 |
| 17. Color of stools light brown or yellow | 0 | 1 | 2 | 3 |
| 18. Greasy or high fat foods cause distress | 0 | 1 | 2 | 3 |
| 19. Pain between shoulder blades | 0 | 1 | 2 | 3 |
| 20. Dark circles under eyes | 0 | 1 | 2 | 3 |
| 21. "Acid" breath | 0 | 1 | 2 | 3 |
| 22. History of gallbladder attacks or gallstones OR gallbladder removed | 0 | 1 | 2 | 3 |
| | Yes | | | No |
| 23. Appetite reduced | 0 | 1 | 2 | 3 |

**Section C:**

| | | | | |
|---|---|---|---|---|
| 24. Coated tongue or "fuzzy" debris on tongue | 0 | 1 | 2 | 3 |
| 25. Pass large amounts of foul smelling gas | 0 | 1 | 2 | 3 |
| 26. Irritable bowel or mucous colitis | 0 | 1 | 2 | 3 |
| 27. Constipation, diarrhea alternating or stools alternate from soft to watery | 0 | 1 | 2 | 3 |
| 28. Bowel movements painful or difficult, constipation, and/or laxatives used | 0 | 1 | 2 | 3 |
| 29. Burning or itching anus | 0 | 1 | 2 | 3 |

### CATEGORY II

| | | | | |
|---|---|---|---|---|
| 30. Head congestion/"sinus fullness" | 0 | 1 | 2 | 3 |
| 31. Sneezing attacks | 0 | 1 | 2 | 3 |
| 32. Dreaming, nightmare-like bad dreams | 0 | 1 | 2 | 3 |
| 33. Milk products and/or wheat products cause distress | 0 | 1 | 2 | 3 |
| 34. Eyes and nose watery | 0 | 1 | 2 | 3 |
| 35. Eyes swollen and puffy | 0 | 1 | 2 | 3 |
| 36. Pulse speeds after meals and/or heart pounds after retiring | 0 | 1 | 2 | 3 |

### CATEGORY III

**Section A:**

| | | | | |
|---|---|---|---|---|
| 37. Crave sweets or coffee in afternoon or mid-morning | 0 | 1 | 2 | 3 |
| 38. Hungry between meals or excessive appetite | 0 | 1 | 2 | 3 |
| 39. Overeating sweets upsets | 0 | 1 | 2 | 3 |
| 40. Eat when nervous | 0 | 1 | 2 | 3 |
| 41. Irritable before meals | 0 | 1 | 2 | 3 |
| 42. Get "shaky" or light-headed if meals delay | 0 | 1 | 2 | 3 |
| 43. Fatigue, eating relieves | 0 | 1 | 2 | 3 |
| 44. Heart palpitates if meals missed or delayed | 0 | 1 | 2 | 3 |
| 45. Awaken a few hours after sleep, hard to get back to sleep | 0 | 1 | 2 | 3 |

**Section B:**

| | | | | |
|---|---|---|---|---|
| 46. Muscle soreness after moderate exercise | 0 | 1 | 2 | 3 |
| 47. Vulnerability to insect bites (especially fleas and mosquitoes) | 0 | 1 | 2 | 3 |
| 48. Loss of muscle tone or "heaviness" in arms or legs | 0 | 1 | 2 | 3 |
| 49. Enlarged heart and/or heart failure | 0 | 1 | 2 | 3 |
| 50. Worrier, feel insecure and/or highly emotional | 0 | 1 | 2 | 3 |
| 51. Pulse slow/below 65 or irregular pulse | Yes | | | No |

## PART III (Continued)

### CATEGORY IV

**Section A:**

52. Sex drive increased ..... 0 1 2 3
53. "Splitting" type headaches ..... 0 1 2 3
54. Memory failing ..... 0 1 2 3
55. Tolerance for sugar reduced ..... 0 1 2 3

**Section B:**

56. Sex drive reduced or absent ..... 0 1 2 3
57. Abnormal thirst ..... 0 1 2 3
58. Weight gain around hips or waist ..... 0 1 2 3
59. Tendency to ulcers or colitis ..... 0 1 2 3
60. Increased ability to eat sugar without symptoms ... 0 1 2 3
61. Menstrual disorders (women) ..... 0 1 2 3
62. Lack of menstruation (young girls) ..... 0 1 2 3

**Section C:**

63. Difficulty gaining weight, even if large appetite ..... 0 1 2 3
64. Heart palpitations ..... 0 1 2 3
65. Nervous, emotional, and/or can't work under pressure ..... 0 1 2 3
66. Insomnia ..... 0 1 2 3
67. Inward Trembling ..... 0 1 2 3
68. Night Sweats ..... 0 1 2 3
69. Fast pulse at rest ..... 0 1 2 3
70. Intolerant to high temperatures ..... 0 1 2 3
71. Easily flushed ..... 0 1 2 3

**Section D:**

72. Difficulty losing weight ..... 0 1 2 3
73. Reduced initiative and/or mental sluggishness ..... 0 1 2 3
74. Easily fatigued, sleepy during the day ..... 0 1 2 3
75. Sensitive to cold, poor circulation (cold hands and feet) ..... 0 1 2 3
76. Dry or scaly skin ..... 0 1 2 3
77. "Ringing" in ears/noises in head ..... 0 1 2 3
78. Hearing impaired ..... 0 1 2 3
79. Constipation ..... 0 1 2 3
80. Excessive falling hair and/or coarse hair ..... 0 1 2 3
81. Headaches when awaken/wear off during day ..... 0 1 2 3

**Section E:**

82. Blood pressure increased ..... 0 1 2 3
83. Headaches ..... 0 1 2 3
84. Hot flashes ..... 0 1 2 3
85. Hair growth on face or body (Question to females) 0 1 2 3
86. Masculine tendencies (Question to females) ..... 0 1 2 3

**Section F:**

87. Blood pressure low ..... 0 1 2 3
88. Crave salt ..... 0 1 2 3
89. Chronic fatigue/get drowsy ..... 0 1 2 3
90. Afternoon yawning ..... 0 1 2 3
91. Weakness/dizziness ..... 0 1 2 3
92. Weakness after colds/slow recovery ..... 0 1 2 3
93. Circulation poor ..... 0 1 2 3
94. Muscular and nervous exhaustion ..... 0 1 2 3
95. Subject to colds, asthma, bronchitis (respiratory disorders) ..... 0 1 2 3
96. Allergies and/or hives ..... 0 1 2 3
97. Difficulty maintaining manipulative correction ..... 0 1 2 3
98. Arthritic tendencies ..... 0 1 2 3
99. Nails weak, ridged ..... 0 1 2 3
100. Perspire easily ..... 0 1 2 3
101. Slow starter in morning ..... 0 1 2 3
102. Afternoon headaches ..... 0 1 2 3

### CATEGORY V

**Section A:**

103. Frequent skin rashes and/or hives ..... 0 1 2 3
104. Muscle-leg-toe cramping at rest and/or while sleeping ..... 0 1 2 3
105. Fever easily raised/fevers common ..... 0 1 2 3
106. Crave Chocolate ..... 0 1 2 3
107. Feet have bad odor ..... 0 1 2 3
106. Hoarseness frequent ..... 0 1 2 3
109. Difficulty swallowing ..... 0 1 2 3
110. Joint stiffness after rising ..... 0 1 2 3
111. Vomiting frequent ..... 0 1 2 3
112. Tendency to anemia ..... 0 1 2 3
113. "Whites" of eyes (sclera) blue ..... 0 1 2 3
11`4. "Lump" in throat ..... 0 1 2 3
115. Dry mouth-eyes-nose ..... 0 1 2 3
116. White spots on finger nails ..... 0 1 2 3
117. Cuts heal slowly and/or scar easily ..... 0 1 2 3
118. Reduced or "lost" sense of taste and/or smell ..... 0 1 2 3
119. Susceptible to colds, fevers, and/or infections ..... 0 1 2 3
120. Strong light irritates eyes ..... 0 1 2 3
121. Noises in head or ringing in ears ..... 0 1 2 3
122. Burning sensations in mouth ..... 0 1 2 3
123. Numbness in hands and feet (extremities "go to sleep") ..... 0 1 2 3
124. Intolerant to monosodium glutamate (MSG ) ..... Yes No
125. Cannot recall dreams ..... 0 1 2 3
126. Nose bleeds frequent ..... 0 1 2 3
127. Bruise easily, "black and blue" spots ..... 0 1 2 3
128. Muscle cramps, worse with exercise ("charley horses") ..... 0 1 2 3

### CATEGORY VI

129. Aware of heavy and/or irregular breathing ..... 0 1 2 3
130. Discomfort in high altitudes ..... 0 1 2 3
131. "Air hunger"/ sigh frequently ..... 0 1 2 3
132. Swollen ankles/worse at night ..... 0 1 2 3
133. Shortness of breath with exertion ..... 0 1 2 3
134. Dull pain in chest and/or pain radiating into left arm, worse on exertion ..... 0 1 2 3

### CATEGORY VII

**Female Only**

135. Premenstrual tension ..... 0 1 2 3
136. Painful menses (cramping, etc.) ..... 0 1 2 3
137. Menstruation excessive or prolonged ..... 0 1 2 3
138. Painful/tender breasts ..... 0 1 2 3
139. Menstruate too frequently ..... 0 1 2 3
140. Acne, worse at menses ..... 0 1 2 3
141. Depressed feelings before menstruation ..... 0 1 2 3
142. Vaginal discharge ..... 0 1 2 3
143. Menses scanty or missed ..... 0 1 2 3
144. Hysterectomy/ovaries removed ..... Yes No
145. Menopausal hot flashes ..... 0 1 2 3
146. Depression ..... 0 1 2 3

### CATEGORY VIII

**Male Only**

147. Prostate trouble ..... 0 1 2 3
148. Urination difficult or dribbling ..... 0 1 2 3
149. Night urination frequent ..... 0 1 2 3
150. Pain on inside of legs or heels ..... 0 1 2 3
151. Feeling of incomplete bowel evacuation ..... 0 1 2 3
152. Leg nervousness at night ..... 0 1 2 3
153. Tire easily/avoid activity ..... 0 1 2 3
154. Reduced sex drive ..... 0 1 2 3
155. Depression ..... 0 1 2 3
156. Migrating aches and pains ..... 0 1 2 3

# The Wellness Program III

- The 1st Visit:
- Nutrition Assessment Questionnaire
- Evaluate thoroughly, be a “detective” vs a “doctor”
- Don’t offer solutions
- Do the testing, order lab work

# Labs:

- Trace Elements (hair mineral analysis) 800-824-2314
- Spectracell.com 800-227-5227
- Vibrant America 86-364-0963
- Doctor's Data 800-323-2784 (stool analysis)
- KBMO 617-933-8130 Allergy testing
- Professional Co-Op Services (LabCorp) 866-999-4041
- Dutch Test Precision Analytical 503-687-2050

# LAB TESTING

You will learn at the seminar which tests are most significant and most often used in Functional Medicine, and how it will change outcome with your patients. The tests we will cover are

- Micronutrient
- Hormone Panel
- Thyroid and Adrenal
- Cardiovascular Panel
- Neurotransmitter Panel
- Heavy Metal testing
- Stool Analysis
- Food Sensitivities

Depending on the test, the samples are obtained from blood, urine, hair and saliva. The labs presented at the seminar are carefully chosen and do significantly wider spectrum of testing than is commonly done by conventional medicine.

# Vibrant America Lab

PANELS:

- CBC
- CMP
- ANEMIA
- DIABETES
- CARDIO
- THYROID
- HORMONE
- MTHFR
- METHYLATION

# The Wellness Program III

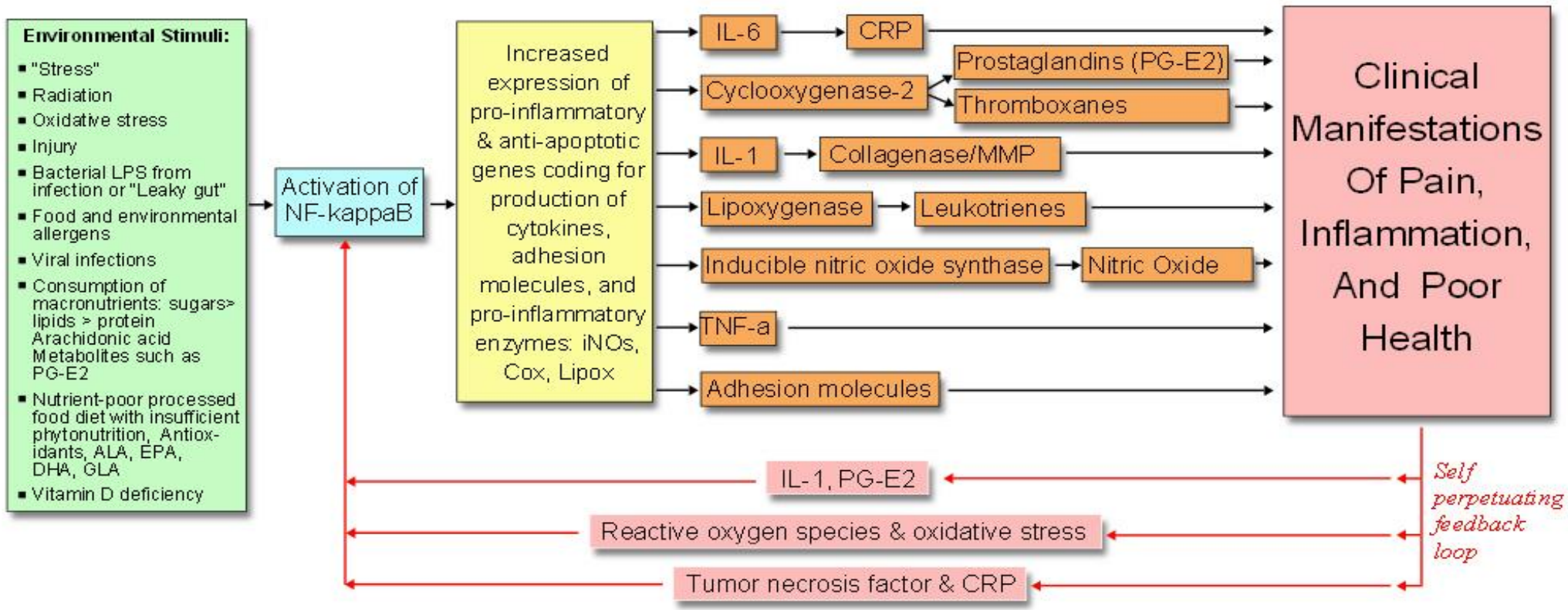
- The 2nd visit
- Explain the NAQ findings
- Explain the lab work results
- Lifestyle Changes
- Dietary Changes
- Specific highly customized supplements
- Create 12 months vision, ideally in several steps.
- For more complex cases you may need to deal with “emergencies” or more serious imbalances.
- For some pts you can start with 3 step detox program.

# The BioChemical Process Of Inflammation & Pain

**Diet, Lifestyle,**
**Bio-Multi Plus** (Iron Free)

**KappArest** (Inhibit NF-kappaB)
**Bio D Mulsion** (Inhibit NF-kappaB)

**Bio-Allay** (Pain)
**Intenzyme Forte** (Inflammation)
**Optimal EFA's** (Inflammation)




## Traditional Treatment Options

**Acetaminophen** *(Tylenol, Aspirin Free Excedrin)* • **Nonsteroidal anti-inflammatory drugs** *(NSAIDs; aspirin, Motrin, and Aleve)*
**Corticosteroids** *(Cortaid and Cortizone)* • **Opioids** • **Antidepressants** • **COX-2 inhibitors** *(Vioxx, Bextra, Celebrex, etc.)*

*The above was excerpted & adapted from Integrated Orthopedics by Dr. Alex Vasquez*

# 3 Step Detox Program

- With some pts that are not too complex, you can start here.
- Great beginning
- Psychologically acceptable
- Addresses true need
- Addresses commonly accepted buzzword
- Starting at the common ground
- Scientifically designed
  1) Preparation (inflammation)
  2) Detox
  3) Restoration (cellular repair)

# 3 STEP DETOX

## STEP 1 Reduce Inflammation 15 days

1. Intenzyme Forte 10 tid empty stomach
2. Kapparest 4 tid empty stomach

## STEP 2 Cleanse & Detoxify 10 days

(Toxic Overload, Harmful Bacteria, Heavy Metal Toxicity, Leaky Gut)

1. ADP 4 tid with food
2. Dysbiocide 3 bid before meals
3. FC Cidal 3 bid before meals
4. Caprin 4 tid before meals
5. Berberine HCL 1 tid before meals

## STEP 3 Rebuild & Repair 1 month

1. Bio Doph 7 Plus 1 bid empty stomach
2. Bio D Mulsion Forte 5-10 drops with meals
3. Butyric Cal-Mag 4 bid empty stomach
4. Biomega 1000 1 with food
5. IAG 1 tsp in water empty stomach
6. Bio Fiber 1 scoop x 2 any time