



Stress Wellness Protocol (Item #7452)

A Healthy and Effective Wellness Management Protocol for Stress

Products included in this Wellness Protocol are:

- ① Brilliance #4017 – Supplies herbs and minerals to the brain with oxygen rich nutrients and also helps supply the nervous system with a calming energy.
- ① EB Digestives #1005 – Keeps all nutrients and food in the “digested” state before entering the blood stream. Undigested food particles in the blood contribute to this disease.
- ① Innergy #4010 – Increases the immune response which will improve autoimmune symptoms.
- ① Tracite #2031 – 77 Essential Elemental Fulvic Trace Minerals

Protocol Overview

Stress refers to the consequence of the failure of an organism – human or animal – to respond adequately to mental, emotional or physical demands, whether actual or imagined. Signs of stress may be cognitive, emotional, physical or behavioral. Signs include poor judgment, a general negative outlook, excessive worrying, moodiness, irritability, agitation, inability to relax, feeling lonely, isolated or depressed, aches and pains, diarrhea or constipation, nausea, dizziness, chest pain, rapid heartbeat, eating too much or not enough, sleeping too much or not enough, social withdrawal, procrastination or neglect of responsibilities, increased alcohol, nicotine or drug consumption, and nervous habits such as pacing about, nail-biting and neck pains.

This Wellness Protocol brings together the traditional herbs and minerals of our individual formulations to replenish vitality and increase nutritional value at a cellular level through a simplified, consistent and balanced supplementation program.

Brilliance

1. Ginkgo Biloba Leaf- Chinese herbalists have used this herb for centuries to balance the Kidney and Lung meridians. Positive effects on brain function including improved memory, mental stamina and cognition. Ginkgo, in smaller quantities is not only safe but also very beneficial for brain function.
2. Meadowsweet or Queen of the Meadow- the mild antiseptic action of this herb combats general infection and has diuretic properties, which help eliminate toxic wastes and uric acid from the system. It acts to protect and sooth the mucus membranes in the digestive tract, easing nausea and excess acidity. Meadowsweet was also extensively used as a remedy for fever, gout, rheumatism, headache, arthritis, heartburn, peptic ulcerations, dropsy, and respiratory problems. The presence of salicylic acid (the active ingredient in aspirin) explains Meadowsweet’s action in reducing fever, headache and relieving the pain of arthritis in muscles and joints
3. Tracite® Mineral Complex- Trace minerals impart a trickle charge of electricity to all cells of the body. Different minerals and elements are targeted by the metabolism to different cells and body areas. It is vitally important that we receive all the trace minerals and elements if we choose to have a healthy mind and body. Many of these elements are missing from the processed, chemically grown and adulterated foods that most of us are forced to live with. The single most important mineral for the brain is iron. It is iron that oxygenates brain cells. Tracite is rich in crystalline colloidal/ionic iron, making it the trace mineral of choice for this formula. Trace minerals containing only ionic particles are inferior to plant derived crystalline colloids. All colloidal minerals contain some ionic mineral particles but ionic mineral products contain no colloidal particles.
4. Fo-Ti Root- Tones the liver & kidney, nourishes the blood and skin and increases blood circulation to the brain. It is often compared to Ginseng as an herb to slow the aging process and increase mental and physical potential.

5. Gotu Kola- calms the nervous system and invigorates the brain. It has a extensive history as a longevity tonic improving cognition, memory, energy, and neural health. Recent studies show Gotu Kola to have definite anti-fatigue properties and treatment for nervous breakdown.

Innergy

1. Echinacea: It is anti-microbial, alterative, antiseptic and anesthetic. Target different types of microbial infections. It was used for common fevers, minor infections, typhoid, meningitis, malaria, diphtheria etc., and is still an excellent treatment for infectious diseases today. Echinacea has antiseptic and anesthetic action, it equalizes body temperature, it boosts the body's defenses by increasing the white blood cell count and destroys the germs of infection directly. The herb closes down one of the primary routes of microbial invasion and inhibits the spread of infections that may have already begun. German research has shown Echinacea stimulates an important mediator in the body's immune system known as T-cell activity.
1. Bee Propolis: Propolis is resinous substance bees collect from tree buds. Bee propolis contains antioxidants called flavonoids, which are thought to be the active ingredients. Its anti-bacterial properties have been used for colds, flu, sore throats, and skin problems; it promotes the healing of wounds and bruises, stomach ulcers, burns, hemorrhoids, and gum disease; lowers blood pressure, and eliminates bad breath; a great immune booster.
2. Astragalus: Has slightly warming (Yang) properties, pleasant to the taste. Enters the Kidney, Liver, Spleen, Lung and Triple Warmer meridians. Fortifies the Yang and secures the essence of the Kidneys. Tones the Liver and improves vision. Astragalus has tonic properties. Chinese herbalists use this herb for strengthening the arms and legs as well as an energizer for outside the body, protecting it from environmental factors. Also used as an overall tonic for the Lungs, Blood, Liver and Kidney. It helps to regulate fluid metabolism, those who take it regularly rarely suffer from fluid retention and bloating. Astragalus has been used for centuries in combination with other Chinese herbs for improving blood circulation, respiratory endurance and immune response.
3. Cat's Claw: Anti-carcinogenic, anti-tumor, anti-oxident, astringent, anti-microbial. Treatment for a host of diseases including; Asthma, arthritis, gastritis, dysentery, tumors, skin ailments, many types of infection, urinary tract inflammation, female hormonal imbalances and blood purifier. Its unique alkaloids enhance the immune system and appear to have a profound effect on the ability of white blood cells to engulf and digest harmful micro-organisms and foreign matter. Some of its alkaloids have demonstrated an ability to enhance blood circulation and reduce the build-up of platelets in the arteries reducing clot formation thereby preventing heart attacks and strokes.
4. Coptis, Chinese Goldenthread: Has cold (Yin) properties, is bitter to the taste. Purges fire, detoxifies, dries excess moisture from the system. Bitter tonic, anti-phlogestic, sedative, anti-inflammatory, anti-enhancing, microbial, anti-dysenteric. Eliminate heat-dominated illnesses like abdominal fullness, emaciation, fire-caused diarrhea, abdominal cramps, hematemesis, epistaxis, "red" eyes, canker sores, skin sores, scabies and as a general blood purifier.
5. Schizandra: Has warm (Yang) properties, sour-salty, with sweet, pungent overtones. Will purify the blood, rejuvenate the Kidney energy (especially the sexual energy), brighten the mind and cause the skin to become radiant. It stimulates respiration through direct effect on the central nervous system, strengthened and quickened reflexes in human volunteers, extractions of the herb have shown vasodilator effect, strengthened rhythmic contractions of the uterus, oxygenates the kidneys, increased visual acuity and visual fields and showed a 72% success rate in treating certain forms of hepatitis. Ability to relieve sexual fatigue, increase seminal fluids, increase female vaginal fluid, increased the staying power in men and was used extensively for lung problems. Used also to drive out excess mucous, beautify the skin, protect the skin from the sun and wind, drives out shoulder and neck tension, calms anger and protects the lungs. Also said to have pain relieving properties.
6. Eucalyptus: Has cooling (Yin) properties, bitter and acrid to taste, fragrant. Clears fever and detoxifies, kills worms, stops coughing and resolves sputum. Expectorant, deodorant, vermicide, expectorant & stimulant. Herbalists have used this herb to treat colds, flu, chronic boils, cough & lung diseases, sore throat and as remedy for parasites of the bowel. Bronchitis responds well to the expectorant properties of Eucalyptus. The oil is also useful for pyorrhea, burns and to prevent infection.

EB Digestive - EB Digestive is a combination of four plant-derived digestive enzyme complexes, in addition we have added acidophilus and Bifidus (pro-biotics). Pro-biotics (acidophilus and bifidus, friendly colon bacteria) are essential for maintaining proper pH balance in the colon and upper digestive system. This insures the daily "seeding" of the colon with beneficial bacteria that boosts the immune response, enhances digestion and balances the body's "acid/alkaline" ratios.

1. Pro-biotics: friendly bacteria that inhibit the growth of harmful bacteria, increase immune system health and promote healthy digestion.
2. Acidophilus: a strain of probiotic bacteria that promotes intestinal health and protects against potentially harmful organisms.
3. Bifidus: a strain of probiotic bacteria that is important in immune response. It promotes colon health and pH balance in the colon. Bifidus is found in human breast milk and can help prevent many digestive disorders.

Tracite is a combination of 77 trace minerals and elements that are necessary for a healthy and vibrant life. Ninety-five percent of the human body's functions require minerals and trace elements. Tracite is an iron-based, plant-derived, trace mineral composition rich in chromium, vanadium and selenium. It is also rich in macro-minerals, trace minerals, trace elements and especially fulvic acid.

Note: Additional information for the above products is included in the subsequent datasheets.

Dosage Recommendations:

Brilliance: 2 vegi-capsules at breakfast and lunch

EB Digestive: Take 1 vegi-capsule with each meal

Innergy: 3 vegi-capsules 3 times per day

Tracite: 5 drops in 2 to 8 ounces of water or sparkling water

(To make it even more palatable, squeeze a wedge of lemon or lime into the water)

**Please DO NOT modify levels of any prescribed medication
without first consulting your physician.**

Ordering Information:

Brilliance (Item # 4017) priced at only: \$19.00 for 100 Vegi-Capsules
EB-Digestive (Item #1005) priced at only: \$38.00 for 90 Vegi-Capsules
Innergy(Item #4010) priced at only: \$19.00 for 100 Vegi-Capsules
Tracite (Item #2031) priced at only: \$40.00 for 2 oz. liquid

Total Price for this Wellness Protocol Bundle, Item #7452 is \$151.50

Conveniently Order On-line at: <http://UniversalFormulas.com>

Required FDA Statement:

The FDA has not evaluated these statements. This product is not intended to diagnose or treat any disease nor is this information intended to prescribe or diagnose in any way. Those who are sick should see a doctor. Neither the authors nor the owner directly or indirectly dispense medical advice or prescribe the use of these products as a form of treatment.