

Feeling tired can be a normal and important response to physical exertion, emotional stress, boredom, or lack of sleep. However, when it persists it can be a sign of a more serious disorder. Fatigue that is not relieved by adequate sleep, good nutrition, or stress reduction may have a serious underlying cause. Chronic Fatigue Syndrome (CFS)– is not a disease caused by fatigue. It is named syndrome because it is caused by several symptoms at one time that causes fatigue.

COMMON SIGN & SYMPTOMS OF CHRONIC FATIGUE SYNDROME

Feeling extremely tired - Those who have this syndrome get up in the morning and will continue to be tired all day long.

Infections that keep coming back - A big symptom of CFS is recurrent infections that may present as recurrent sinusitis, sore throat, swollen glands, bladder infection, or any other infection of the respiratory system & yeast build-up in a person's bowel or a parasitic infection.

Brain Fog - difficulty remembering short term things, difficulty concentrating. Some may also become disoriented for a short time lasting for up to a whole minute.

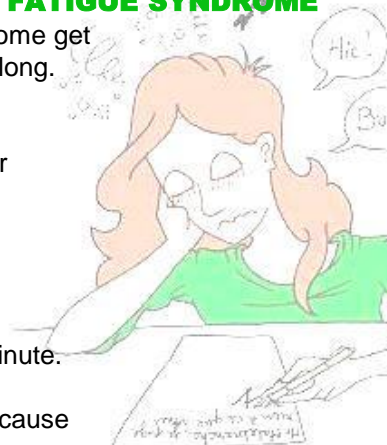
Allergies - many of them are sensitive to food. They can get rid of their allergies by getting rid of the cause of the allergies mainly due to food.

Hurting all over - A lot of people with CFS experience joint and muscle pains.

Increase in weight – they have thyroid glands that are impaired, even without changing what they are eating, some people gain up to 50 pounds of weight & they do not have enough nutrients in their body.

Anxiety and depression - These mental health issues make doctors think a lot about the old chicken or the egg question: is the CFS responsible for the depression & anxiety or does the depression and anxiety cause the CFS?

Lower libido - Because of changes in hormones, feeling sick all the time & being in pain, people who have CFS may have a lower libido.



TOP 5 FATIGUE SUPER FOODS

FATIGUE fight it with Blood Type Diet Book

Blood Type O

1. Lean, organic, grass-fed red meat
2. Richly oiled cold-water fish
3. Olive oil
4. Walnuts
5. Seaweed

Blood Type A

1. Non-GMO Soy-based food
2. Richly oiled cold-water fish
3. Olive oil
4. Walnuts
5. Dark leafy greens

Blood Type B

1. Lean, organic, grass-fed red meat
2. Richly oiled cold-water fish
3. Cultured dairy
4. Olive oil
5. Walnuts

Blood Type AB

1. Non-GMO Soy-based food
2. Richly oiled cold-water fish
3. Cultured dairy
4. Olive oil
5. Essene bread

UNDERSTANDING the MOMENT of STRESS

The mechanism of normal stress response involve the synchronized action of 3 endocrine glands: hypothalamus, pituitary & adrenal, also called as HPA axis. When the body experience stress the **Hypothalamus** secretes messenger corticotropin-releasing hormone that alerts **Pituitary gland** to release adrenocorticotrophic hormone (ACTH) that will signal **Adrenal gland** to produce enough hormones to fight STRESS. When the stressful events are successfully overcome, Hypothalamus is signalled to stop producing the messenger hormone. End of stress, balance is restored. But suddenly, allergy knocks in, HPA comes to the rescue & calms allergy, then infection with other symptoms & so on come all together again. HPA does its job again & again until it become so exhausted & cells cannot efficiently harness energy anymore. If your body has a lot of baggage like toxins, stress, poor diet, food allergies, not enough nutrients, lack of sleep, stressful works & any medical condition, your body defence will collapse.

HOW TO CLAIM YOUR ENERGY BACK

So health is often a matter of reducing the total toxic load. That's one reason why the Blood Type Diet & therapies by Dr. D'Adamo are so effective. They remove a great deal of the individual burden you carry, allowing you to support the added weight of the environmental burdens more easily. Blood type diet utilizes the best of naturopathic medicine, combined with individualized diet, supplementation, exercise, and lifestyle strategies that support maximum health.

FOUR KEYS TO REGAIN YOUR ENERGY: Add your ammunition to fight against Fatigue

1. Eat Right for Your Blood Type

One man's food is another man's poison. Conventional nutritional wisdom, USDA recommended Daily Allowances & Food Pyramid use uniform approach to human nutrition without considering the factors of the ability to digest, metabolize nutrients & utilize & eliminate wastes. It is important to choose diet that personalizes individual needs.

Try your top 5 fatigue super food.

2. What is the best Exercise?

That depends on your blood type. The goal is to give you more energy, not to exhaust you. **Type O**, running, calisthenics, contact sports & weight training. **Type A**, yoga, pilates, Tai chi, & Aerobics. **Type B** Tennis, Golf, martial arts & cycling. **Type AB** walking, pilates & swimming. Prior to training have proper rest, hydration, nutrition like proper protein to repair muscles & observe & know your level of tolerance.

3. Clean Out the Toxins

Friendly intestinal bacteria cleans your gut, protect your cells, improve immune function, have a positive effect on your ability to fully utilize the nutrients in the foods you eat. Proper nutrients absorption, more fuel for the body to use as energy. Esp. with good bacteria show favouritism with blood type antigen & consumption of probiotics specific to your blood type is even more beneficial.

* Get Polyflora for your gut.

4. Supplement Your Blood

If you are taking a daily multivitamin, make sure the specific multivitamin & mineral formula has been carefully designed by Dr. Peter J. D'Adamo to reflect the individual health concerns & precise nutritional needs of blood type O, A, B & AB. Especially under occasional daily stress or during conditions of high biological demand, & when this nutrients cannot be provided by diet or food derived forms of vitamins alone, it is time to get Right For Your Type® supplements.

Why Take Vitamins & Supplements Right For Your Type?

Shouldn't the question be, "Why are you taking vitamins made for everyone else?"

Just as foods have the power to heal or harm your body depending on your blood type, so do vitamins and nutritional supplements. B-vitamins are key components of certain coenzymes (molecules that aid enzymes) that help release energy from food. Maintenance of our bone & structural matrix would have been impossible without minerals that repair damage to the tissues that undergoes physical impact. Through targeted nutrition, each product has been carefully crafted to deliver key nutrients, in the right doses, to optimize health & wellness. Using the gift of insight given to us by blood type, we are able to offer a personalized, high quality vitamin & supplement program that costs no more than any conventional multivitamin.

Promotion: ENERGY SUPPORT PACK

- Cortiguard/Catechol \$48
- Polyvite \$85
- Phytocal \$75

Now
\$156 only
(per Pack)
RP: \$208



Buy any 2 bottles and above @ 20% off

NO Stearates & Fillers:
We do not use artificial fillers, animal stearates or synthetic lubricants in our products.

POLYVITE : a Multi-vitamin Right for you Type

Polyvite O

- ✓ **Tyrosine** an amino maintain healthy nerve communication.
- ✓ **Carnitine** an amino acid needed during normal fat metabolism.
- ✓ **Kelp**, promotes the body's natural removal process of heavy metals & harmful lectins.

Polyvite A

- ✓ **Methylcobalamin** which is the biologically active form of B12
- ✓ **Quercetin** maintain healthy allergy response
- ✓ **Pantethine** helps to regulate healthy cholesterol levels
- ✓ **Bacopa monnieri** which enhances healthy cognitive function

Polyvite B

- ✓ **Eleutherococcus** strengthens immune system
- ✓ **Carob** a natural compound studied for its ability to decrease occasional fatigue
- ✓ **Nutritional Yeast** good sources of RNA and DNA in the diet

Polyvite AB

- ✓ **Rhodiola** increases resistance to chemical & physical stress
- ✓ **Ashwaganda** enhances healthy immune cells



PHYTOCAL: a Multi-mineral formula Unique Synergistic Ingredients

- ✓ **Maerl-based sea calcium** that work effectively amid the widely differing digestive capabilities of each blood type.
- ✓ It is composed of a wide variety of essential nutrients including calcium, and trace amounts of magnesium, boron, and zinc.
- ✓ Maerl's unique structure gives it great versatility & insures a phenomenal rate of bioavailability & utilization
- ✓ Contains Blood type synergistic blend of minerals

CORTIGUARD: Personalize A & B Stress Cortisol Support

- ✓ **A base of B-vitamins and vitamin C**
- ✓ **A second layer** of two botanicals for occasional stress : Panax Ginseng Root & Eleuthero Root.
- ✓ **A third layer** of two renowned Ayurvedic herbs (Bacopa Leaf and Boerhaavia Root) that can help to maintain healthy cortisol levels, and Magnolia Extract for its ability to relieve occasional stress.



CATHECOL: Personalize O & AB Stress Adrenal Support

- ✓ **A base of B-vitamins and the mineral selenium**
- ✓ **A second layer** of amino acids, tyrosine, methionine & trimethylglycine; all nutritional factors that can be depleted due to occasional stress or poor diet.
- ✓ **Third level**, a blend botanicals for occasional stress: Magnolia and Rhodiola.



Terms & Conditions

- 1). This promotion is for members only. The promotion item is while stock last and prices are subject to change at management's discretion
- 2). The Company reserves the right to amend, add or delete these terms and conditions without prior notice.
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May 2015 Special

More Supplements for Energy Support

•Buy any 2 bottles and above @ 20% off



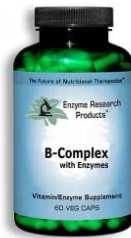
"Our nutritional supplements have been consistently trusted and recommended by thousands of health care practitioners and millions of consumers for more than 16 years and can be relied upon to meet the highest industry standards for quality, purity, and potency."



Protein Blend Powder

The ultimate clean protein fuel

Naturally unflavored, and containing no added sugar, Protein Blend Powders mix easily with juices, fruit and anything you can create. Not all protein powders are created equally and not all sources of protein are ideal for your body. In fact, some common sources of protein aren't properly digested or well tolerated by your blood type. Formulated only from all-natural protein sources, each D'Adamo Protein Blend Powder formula is free from synthetic and unnecessary additives that may not be right for you.



B Complex Plus with Enzymes

Compromised nervous system Fatigue

For circulation, depressed mood, headaches, inflammation, stress & anemia. The B complex is a water-soluble vitamins occurs together naturally in many vegetable and animal foods. While certain nutritional functions of some of the B vitamins overlap, each has its own characteristics & they cannot replace one another. These vitamins work synergistically & have a wide range of healthful effects in the body.



Tranquillity Base

Arsenal of support for occasional stress

Gamma-aminobutyric helps to inhibit and calm over-active neurotransmitter. **L-theanine** naturally found in green tea increases alpha waves in the brain that can be used as nutritional support to aid restful, restorative sleep.

The organic argan oil rich in vitamin E, Softens moisturizes skin superior anti-oxidants properties Ideal for restructuring & regenerating skin 100% vegetable origin Paraben free



SALE 50% OFF on 2nd item

Made in Provence, France

A certified organic soap made with **calendula oil** & **palmarosa essential oil** wrapped in handmade paper anti-bacterial, soothing & its mildness is recommended for babies and excellent for sensitive skin



BUY 30% OFF

Specially formulated Organic Calendula Ointment



- ✓ Great for dry skin
- ✓ Calms Eczema
- ✓ Relieves irritation
- ✓ Use on your hands on your face, or just specific areas

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ENERGY SMOOTHIE RIGHT FOR YOUR TYPE:

TYPE O BANANA BERRY PINEAPPLE SMOOTHIE RECIPE

Blend ingredients below for 3-4 minutes in a blender.

- 1 or 2 scoops Protein Blend Powder O
- ½ cup water or juice
- ½ cup cold almond milk (more if a thinner smoothie is preferred)
- 1 medium sized banana (cut into chunks and freeze before preparing)
- 1½ cups of mixed blueberries, cherries, and pineapple (cut into small chunks)

Other beneficial add-ins:

- 1 teaspoon **Harmonia Deluxe*** Greens drink mix with added antioxidants
- 1 teaspoon **ARA 6*** - Pure Larch powder immunity enhancer

[More Type A, B and AB Smoothie Recipes available in the Eat Right 4 Your Type Personalized Cookbook*](#)

[* Are available at My Type Store](#)



WHAT IS INSOMNIA?

- Defined as a repeated difficulty with sleep initiation, maintenance, duration or quality of sleep.
- This occurs despite adequate opportunity & time for sleep which results in daytime impairment.
- Mild (transient or short-term) insomnia affect between 30-50% of the general population.
- Chronic insomnia has a prevalence of 9-15%.

WHY DO I HAVE INSOMNIA

Deficiencies of the **MELATONIN & CORTISOL** hormones can lead to insomnia.

1. **Melatonin** a peptide hormone produced by the pineal gland which helps to control normal sleep
2. **Cortisol** a glucocorticoid hormone imbalances at night can also lead to sleep disturbances.

Do your non-invasive saliva test now

This disorder affects :

- ✓ Low energy level
- ✓ Memory
- ✓ Concentration
- ✓ Problem solving skills
- ✓ Learning disabilities in children
- ✓ Social stress
- ✓ Lower employee productivity
- ✓ Higher number of accidents

It is vital that the cause is diagnose correctly & treatment of insomnia is adequately addressed

SLEEP HORMONE TEST PROFILE Includes: Cortisol (12-2am), Melatonin (12-2am) @\$ 115

I CAN SLEEP BUT I'M STILL TIRED: CHECK YOUR ADRENAL HORMONES 4X TROUGHOUT THE DAY

Adrenal fatigue is a very common condition in today's society through the physical & physiological demands we put on our adrenal glands

- Lifestyle, physical & psychological stresses put constant demands on the adrenal glands.
- If they become depleted adrenal fatigue or insufficiency may be experienced.
- Each person has two adrenal glands both located on top of each of the body's two kidneys.
- Each gland is composed of two distinct zones, the large outer cortex and the inner medulla.

ADRENOCORTEX STRESS PROFILE

Includes: DHEAs 6-8am, 4x Cortisol 6-8am, Cortisol 12nn, Cortisol 4pm, Cortisol 8pm @\$185

Saliva Tests are non-invasive, reliable marker of stress response and a critical tool for revealing adrenal imbalances

*** For more information, please call 6338 5570.**

Related Conditions:

- ✓ Anxiety
- ✓ Disturbed sleep
- ✓ Headaches
- ✓ Poor concentration
- ✓ Brain fog
- ✓ Fatigue
- ✓ Lethargy
- ✓ Salt cravings
- ✓ Mild depression
- ✓ Lack of stamina
- ✓ Sexual dysfunction