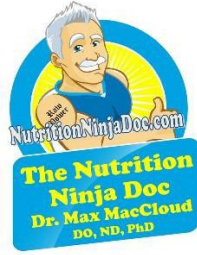
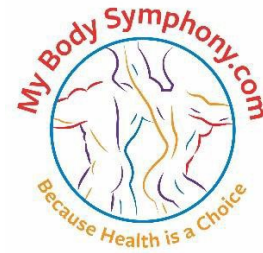




**Clinical Facility
& Proving Ground**



**Founder, Formulator,
Chief Science Officer**



**Manufacturing
Division**

How to Use the Universal Foundation Nutritional Support Products

Based on over 50 years of study & clinical experience, these products (or something comparable) should be a part of everyone's Nutritional Support Program. These are meant to support a sound eating system, not to replace it. The microvascular system is where all nutrient delivery happens.

1. **Oxygen is the most important nutrient!** EWOT is the only documented method to open & reset the microvascular system. Proper breathing is also very important.
2. **Light is right up there with oxygen!** Most people suffer from 'mal' illumination. Incorporate sunlight and additional light therapy as needed to meet your body's needs.
3. **Water completes the top 3 essential nutrients!** Pure water with minerals & trace minerals. Shoot for a minimum of ½-1 oz. of PURE, clean water per day per pound of body weight. Of course, there's more to it than that, but that's a good start.
4. **Protein!** We are mostly made of protein, and we need sufficient amounts for maintenance, healing, and every bodily function imaginable. Shoot for .8-1 gram per day per pound of body weight. Very few people get enough quality protein daily. Supplement your diet with 1 or more servings per day of one of our quality protein support products depending on your protein needs. Pumpkin seed protein is the **ONLY REAL FOOD** protein available, everything else is **HIGHLY** processed. **Peak Performance Plant Protein** is organic pumpkin seed protein plus 11 added nutrients that support healing and peak performance. Our basic Organic **Pumpkin Seed Protein** is our more basic yet still super high quality protein powder that tastes great, has a great amino acid profile plus lots of additional vits, mins, and phytonutrients. **Complete Meal Mix** is our organic Pumpkin Seed Protein plus about 20 other superfoods including other seeds, almonds, shredded coconut, and dried fruit. All of those things make it super versatile and tasty! You can make over a dozen different meals, snacks, or treats from it. Doc Max lives on a combination of Peak & Complete.
5. **Healthy Fats have gotten** a bad rap, but they are absolutely essential to health & healing.
 - a. **Saturated fats** have the worst 'rap,' but they are still needed in significant amounts. Good sources are Coconut oil and butter. Of course, choose high-quality versions of both. Up to 10-15% of total caloric intake should be from saturated fats and even more are required while healing. MCTs are an especially beneficial form of saturated fat. Therefore, **take 1-3 tablespoons of MCT M3 Boost** per day. MCT (Medium Chain Triglycerides) are not essential fats but they do support overall metabolism, mitochondrial function, and the microbiome and pretty much everyone can benefit from consuming them regularly.

- b. **Unsaturated fats** consist of **Omega 3s, 6s, and 9s**. Of these, the 3s and 6s are considered essential fats since we can't make them from other fats. We need about 4-6 times the amount of omega 6s as omega 3s although we mainly hear about the need for more 3s.
- c. For the **Omega 6 'Parent' EFA (Linoleic Acid)** I recommend **Organic Pumpkin Seed Oil – 2-3 tablespoons per day** (we press it in-house). Seed oils are being demonized recently; however, all seed oils are not harmful. Pumpkin seed oil has some unique, health-enhancing properties that have been recognized for centuries.
- d. For the **Omega 3 'Parent' EFA (Alpha Linolenic Acid)** I recommend using **Chia seeds, 1-3 tablespoons per day**. When EPA – DHA are needed, I recommend finding a source of very clean, toxin-free fish or krill oil. We do not currently make or stock one.
6. **B.I.G. Restore: Brain-Immune-Gut Restore** is one of the most important and beneficial products made. It contains two of the most amazing ingredients on the planet, **Shilajit and Baobab**. **Shilajit** has a **5,000+ yr. history** as a superfood/adaptogen with all kinds of amazing benefits that would take a couple of pages to describe. **Baobab is the King of superfruits from the Tree of Life**. The benefits of this product go FAR beyond the Brain, Immune system, and Gut. It contains **Soil-Based Organisms** to support **the microbiome**; **Humic substances** that **repair leaky tight junctions**; **Fulvates** that radically enhance nutrient absorption & assimilation; and **virtually every known nutrient on the planet**. **Take 1 teaspoon 3x/day on an empty stomach if you have gut issues, or 1 tablespoon once a day if your gut is working properly.**
7. **Carbon 60** may just be the most important health discovery of our lifetime. It is a **Super Antioxidant & Super Detoxifier** that works at the subcellular level to quench free radicals & remove a wide variety of toxins. It is the only substance EVER demonstrated to **DOUBLE** the lifespan of rats in a major study. **Take 1-3+ teaspoonfuls per day.**
8. **Lipo-C: Vit. C** is really much more than just a vitamin; it is the **Stress Resistance Hormone** that many other species are able to make as needed. It is vital & beneficial to help us deal with all forms of stress (psych, toxic, microbial) and for healing & collagen production. **Take ½ to 1 tablespoon twice a day or more depending on 'stress levels.'**
9. **Magnesium:** Perhaps the **MOST IMPORTANT single nutrient**, Mg is involved in over 500 different enzymatic reactions **AND 80+% of the population is deficient**. We have two of the BEST Mg products made, **Mag 10X and Mito-Energy**. **Both have 10 different forms of Magnesium with different absorption rates and targets**. **Mito-Energy** also has a comprehensive B vitamin complex. Ideally, shoot for a minimum of **500-1,000mg of Mg per day per 100 lbs. of body weight**.
10. **Iodine:** Virtually all are deficient. Every cell needs it to function properly. **Take 5-10 drops of Lugol's Iodine Solution per day for 6-12 months, then cut back to 3-5 drops**. It can be added to water or other liquid or rubbed directly onto the skin (but not mucous membranes).
11. **Zinc** is vital to over 300 enzymatic reactions, second only to Magnesium. Most are deficient. **take one or more tablespoons per day** adjust per taste test described on label.
12. **Vitamins D3 & K2** are two vital fat soluble vitamins that regulate several vital functions inc. immune function & blood clotting, **MOST** are deficient. **10 drops per day.**
13. **RHMEDY** is a nasal rinse that can also be used in a humidifier or nebulizer to enhance hygiene, boost the immune system, & protect against airborne microbes by helping to destroy

any that may have made it to your nasal passages & upper airway. This is part of a strategy called **High Performance Hygiene**. Other components include proper, regular hand washing & ‘face dipping.’ Based on the book ‘Life, Health, and Longevity’ by Dr. Kenneth Seaton.

14. **Mito Boost (Methylene Blue)** is recommended for anyone with a health challenge that involves the brain, nerves, or muscles, as well as anything involving the mitochondria (which includes any and all chronic conditions). **1-4+ drops per kilogram of body weight per day.**
15. **Individual Superfoods:** add appropriate amounts depending on your individual health challenges and interest. Our top choices are Ashwagandha, Baobab, Beets, a combo of Beets, Carrots, Pomegranates, and Spinach, Maca, Moringa, and Turmeric.

Yes, that’s a lot of stuff, but remember the amount of stress our bodies and minds are under given the current state of the world. We have been spewing massive amounts of toxic substances into our environment for 150+ years. We have placed ourselves under tremendous amounts of electromagnetic stress since the introduction of electricity to our homes and workplaces. In spite of the well documented risks and damage associated with elevated electromagnetic pollution, we’ve doubled down with the massive increased exposure related to cell phones, Wi-Fi, etc. We have eradicated darkness from our lives as well as drastically reduced the amount of sunlight that we are exposed to. We’ve stripped our soil of minerals and trace minerals and poisoned it with massive amounts of toxic fertilizers and pesticides. We’ve created and supported industries that highly process and devitalize our foods, poison us with drugs, and pollute the planet. We’ve polluted our water supplies then added extremely toxic substances like chlorine and fluoride to add insult to injury. We’ve largely destroyed the stability of the family unit for about half of the population and dramatically increased the psychological stress levels of everyone with our 24/7 news cycle that focuses on all of the bad & controversial things from around the world. We’ve ‘improved’ the quality of our lives by automating many of the physically demanding things that helped to keep us active and healthy. We sit and sit and SIT for hours and hours in spite of the scientific studies that show this to be as DAMAGING as smoking.

Now, tell me all about why we don’t need to do our best to compensate for all of that with an aggressive nutritional support regimen, intention-driven exercise, and the cultivation of a more positive mental attitude and lifestyle. Most would agree that we need a lot more than just a good diet and basic supplement regimen to combat all of that!