

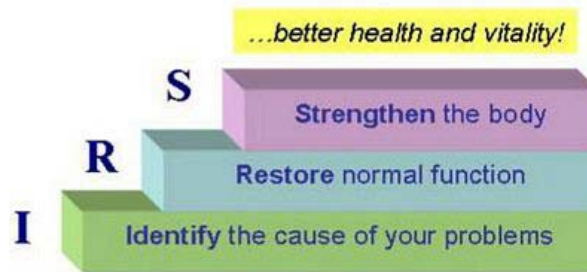
The HEALTHY Steps (IRS) Program

"restore function and you restore health"

The IRS Steps helps with...

- Fatigue and weight gain
- Cravings and low blood sugar
- Indigestion and heartburn
- Hot flashes, night sweats, PMS
- Mood swings and irritability

...and so much more.



Starter Pak Instructions

Adrenal-Fuel™ - 1-2 capsules twice a day...best taken with breakfast & lunch.

- If stress has been constant and prolonged, an even higher dosage of 3-6 capsules a day may be needed for the first 1-2 weeks
- Increases in your energy and metabolism should be noticeable within the first 3-6 weeks

Digest Plus™ - One capsule with each meal that includes protein.

- Do not take if the meal does not contain protein.
- Reduces digestive difficulties and promotes better absorption of the nutrients in your diet

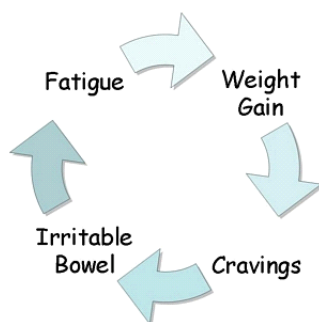
NatraLean™ Bars – Keep your blood sugar stable without irritating your stomach. They are low glycemic and hypo allergenic.

- For Weight Loss...use as a meal replacement
- For Improving Energy...eat ½ bar as a snack
- For Better Sleep... eat as an evening snack, rather than high-glycemic snacks or desserts

The root of almost every health complaint are:

1. Hormonal/metabolic Imbalances
2. Blood Sugar Imbalances
3. Digestive Difficulties

...all caused by STRESS and DIET



These areas are at the root cause to many chronic, degenerative and autoimmune diseases.

Address these three areas first and feel your health turn around! Overlook one of these areas may be why you have not been able to get off this 'vicious' cycle.

The goal is to reduce the amount of stress we place on the body (adrenal glands)...while at the same time nourish and strengthen the adrenals.

That's how you break that "vicious" cycle!

**Follow these simple steps for 30 days
and break that “Vicious Cycle,” associated with
ADRENAL FATIGUE AND EXHAUSTION!**

1) **IDENTIFY** where the stress is coming from. Use the “[on-line health quizzes](#).” What is causing your adrenals to constantly produce more cortisol, adrenaline, and norepinephrine?

- Too much mental, emotional stress, anxiety?
- Blood sugar imbalances caused by skipping meals or eating too much refined, processed foods?
- Constant indigestion, bloating, heartburn, and irritable bowel problems, which cause inflammation?
- Too much exercise?
- Over-use of caffeine and stimulants?
- Poor sleep and not enough rest?

All of these things trigger your adrenals to work harder and pump out more of your stress hormones.

2) **NOURISH** and balance those exhausted adrenals with [Adrenal Fuel](#).

- Take one capsule, twice a day (morning and lunch). If stress has been prolonged and your body is worn down...3-5 capsules a day may be needed for the first few weeks.

Fish oils, the omega-3's, e.g. [Sea Energy](#) are important in reducing inflammation and producing our hormones. Lack of these “good” fats are associated with hot flashes, PMS, night sweats, arthritis, depression & heart health.

3) **REDUCE** irritation (bloating, indigestion, heartburn, irritable bowel, etc.) in your digestive system:

- [Digest Plus](#) reduces the irritation in your digestive system and improves the absorption of the nutrients in your meal.
 - As we age, we produce less enzymes and hydrochloric acid (HCL) which is needed to breakdown protein.
 - Undigested protein due to inadequate HCL contributes to indigestion, heartburn, irritable bowel, etc.
 - Eating on the go, in your car, under stress, reduces the amount of HCL needed for proper protein digestion.

- Identify and eliminate “[hidden” food allergies](#)...common food allergens to avoid are dairy, wheat, corn, soy, coffee, MSG, and artificial sweeteners.
 - Take ALL of these foods out of your diet for 2-4 weeks.
 - You do NOT have to eliminate them forever...unless you show an ongoing sensitivity to a particular food.
 - Re-introduce these foods one at a time to see if any of them aggravate your symptoms.

**FOOD ALLERGIES ARE OFTEN OVER-LOOKED, BUT NEED TO BE ADDRESSED
IF YOU HAVE DIGESTIVE PROBLEMS!**

- Follow good [food combining principles](#). Some foods digest easier than others when they are eaten together.
 - Eat fruits by themselves, NOT with your meal.
 - Combine proteins with fibrous vegetables.
 - Don't eat proteins with starchy vegetables.

Steak and potato, chicken and rice, and shrimp pasta are difficult meals to digest, especially for someone with a weakened digestive system.

Digestive irritations cause inflammation and triggers additional cortisol production. This places additional demand on the adrenals.

4) **REGULATE your blood sugar.** Constant drops in blood sugar, due to missed meals, or too much refined/processed foods triggers the adrenals to produce more cortisol and adrenaline.

- Use the [NutraLean health](#) bars as a meal replacement or snack.
- Do NOT skip or miss meals.
- Reduce/eliminate all refined, processed white flour and sugar.

Increased cortisol triggers increased insulin, which stores fat!

5) **GET** 7-9 hours of quality sleep a night.

- Use [Neuro-Calm](#) if you are having difficulty falling asleep.

Sleep is when the body repairs and releases growth hormones.

6) **REDUCE** intense physical exercise, if your adrenals are exhausted. Intense physical exercise is a stress! We don't want to add more stress, which will further tax our adrenals. More on exercise and proper training can be found in "[To Burn or Not to Burn, Fat is the Question.](#)"

- Easy to moderate aerobic exercise is stress reducing and is beneficial during this recovery phase.
- Anaerobic exercise (weight training and other intense activities) are stress producing and further tax the adrenal glands.

7) **GET** lots of sunshine, fresh air and clean water.

8) **ELIMINATE** the use of all stimulants including; ma huang, guarana, caffeine, kola nut and bitter orange...these are often used in herbal remedies for weight loss and energy and only further deplete the adrenal glands.

To learn more about adrenal fatigue and how Stress, Diet and Exercise trigger your hormones to burn or store fat, read "[To Burn or Not to Burn, Fat is the Question,](#)" by Dr. Len Lopez. You'll learn it's more than how many calories you eat and burn...but rather are you burning calories from stored body fat?

Keep track of some of your symptoms and progress.

Do you suffer with	...after	2 weeks	4 weeks
<input type="checkbox"/> Fatigue and lack of energy		_____	_____
<input type="checkbox"/> Weight gain and difficulty losing weight		_____	_____
<input type="checkbox"/> Cravings and lightheadedness		_____	_____
<input type="checkbox"/> Bloating, gas, indigestion, heartburn, etc.		_____	_____
<input type="checkbox"/> Difficulty sleeping		_____	_____
<input type="checkbox"/> PMS, hot flashes, night sweats		_____	_____
<input type="checkbox"/> Mood swings, depression, anxiety		_____	_____
<input type="checkbox"/> Arthritis, joint pain, fibromyalgia		_____	_____
<input type="checkbox"/> Allergies and sinusitis		_____	_____
<input type="checkbox"/> Difficulty focusing and concentrating		_____	_____