

PERQUE, LLC

Sample Health Assessment Recommendations

Nutritional Recommendations

Priority Supplements

<u>Amount</u>	<u>Times</u>	<u>Action/Use</u>	<u>Special Comment</u>
PERQUE POTENT C GUARD Ascorbate (buffered Vitamin C) Powder or tabsules			
Depends on amount body will absorb (determined by the Ascorbate calibration protocol)	Four or more times a day	Central regulator of cell metabolism, a stimulant to structural connective protein synthesis, & is vital to repair	Please refer to the Ascorbate calibration protocol that will help determine the body's need for Vitamin C. This is also on Page 26(Appendix 9) in The Alkaline Way Guide
PERQUE LIFE GUARD Multivitamin multiminerall/ transporter and energy enhanced w/o iron			
One tabsule	Once a day with meal of choice. Total of 1	Provides essential vitamins and minerals in the most bio-absorbable and bio-available forms for optimal metabolic functioning .	Energizing and alkalinizing formula : enhances and protects the immune system
PERQUE VESSEL HEALTH GUARD (Oral Vitamin B12 as hydroxocobalamin for energy and detoxification)			
1 sublingual lozenge	5 times a day	Improves methylation detoxification and reduces cell susceptibility to stress injury. Also, improves transport of biochemicals and reduces reactivity of muscle fibers. Best dissolved under the tongue, not swallowed.	Hydroxocobalamin is the preferred form of B-12 and is suitable for vegetarians. Added B6 and Folate helps maintain homocysteine levels <6 mg/dl as recommended.
Charcoal capsules or tabsules			
1 or 2 capsules or tablets.	After breakfast, lunch, dinner. As needed for gas.	Absorbs excess formed gas.	Take after meals only if needed for 'gas control'.
PERQUE REPAIR GUARD : 1000mg Quercetin dihydrate + 60mg pomegranate juice powder			
3 tabsules	4 times a day : total of 12	Unique flavonoid /flavanol combination that has very high antioxidant and anti-inflammatory action. Stimulates repair. Also improves utilization of ascorbate	Highest ORAC protection ; Best taken in conjunction with ascorbate.



In addition, continue with the following :

PERQUE Joint Guard 3 bid

PERQUE Bone Guard 2 bid

PERQUE Triple EFA Guard 2 bid

PERQUE Magnesium and Choline citrate in the ratio of 2caps Mg + 1 tsp. Choline citrate. Number of doses needed to maintain pH at healthy 6.5-7.5

Whenever there is excess fatigue, add PERQUE Adreno Distress Guard : 2 bid

Behavioral Recommendations

Learn abdominal breathing and practice it for a few minutes once or more each day. Abdominal breathing means actively filling the abdomen as though it were a balloon being filled. Next allow the balloon to slowly passively deflate. Repeat for the full five minutes twice daily.

Discuss the meditation technique that is best for you with your doctor. Active Meditation by Robert Leichtman, MD is an example of a non-sectarian, non-denominational approach to evoking your healing response, and is distinctly helpful.

Additional stretching / Movement enhancement /massage techniques recommended:

- Feldenkrais or Trager technique
- Mentastics stretching exercises