

Get with the Program™

by Margy Squires

Are you struggling with poor sleep, muscle pain and brain fog? You'd like healthy options but the multiple choices for your multiple symptoms are so confusing that you choose nothing!

With all the interest in nutrition to combat the ever-increasing obesity, heart problems and diabetes, it makes sense to consider supplements as part of your wellness choices. Research has established many nutritional deficiencies and imbalances in chronic disease. As an owner of retail supplements with a special interest in helping those with fibromyalgia (FM) and systemic exertion intolerance disease (SEID), formerly known as chronic fatigue (ME/CFS), because my husband David has it, I hear first-hand from people who want to do the "right thing" but just don't know how.

That's how *Get with the Program™* (GWTP) was created in 2002 as an essential nutrient strategy to address common issues such as pain, sleep and fatigue. The beauty of the program is the supplements are designed to work together to increase the overall result yet simple enough to target the help you need first. Although we have more than one GWTP, this one is specific to FM and SEID so *let's get started!*

Customize YOUR Program

Whether you're newly diagnosed or not, by the time symptoms show up, your body is already telling you something is amiss. Getting well is a *process* and no two people are alike. It will take a little adjusting *and time* to restore nutrients to a point when symptoms resolve. It's not clear why some are more susceptible to FM and/or SEID and why their systems get "broken". For that reason, you may not restore to 100% "pre" fibro or SEID but you will feel better. As in most disorders, earlier nutrient intervention does help, typically by slowing down symptom progression. So you may opt to start with Fibro-Care™ as it addresses multiple problems and gradually add to your regimen, especially if this is your first supplement program. See a sample Basics program on page 3.

PRE-PROGRAM

Evaluate your GI health.

A healthy gastrointestinal (GI) system requires a balance between "good" and "bad" bacteria for proper digestion. You need your stomach and bowels in "proper" working order or your ability to absorb nutrients and help your health is severely compromised. Probiotic Blend™ or David's Probiotics™ and Olive Leaf Extract or ESE™ provide distinct benefits for bacteria balance. Consider digestive enzymes to optimize food breakdown and ginger as a tummy tonic.

If you have symptoms of bloating, diarrhea, constipation, multiple food allergies, rashes, and inability to take vitamins in any form, do not start GWTP without clearing up those issues first!

You could have Candida. Or you might need food allergy testing. Work with your doctor and/or do our pre-program *Clear & Replenish™*. After 2-3 weeks or when GI symptoms improve, then "*get with the program!*"



THE PROGRAM

Take a multivitamin daily.

A multivitamin is the basis of your program. Make it a good one! To correct deficiencies found in most chronic diseases, the ingredients should be in therapeutic amounts and in a bioavailable form your body prefers. Our Multi-Gold™ encapsulates these nutrients. A full complex of B vitamins supports the central nervous system and energy too. We also chose Albion's patented organic minerals for superior bioavailability and earning the gold medallion.

Take the preferred magnesium form.

Leading FM physicians and researchers suggest 800-1200 mg of magnesium (Mg) daily since it's often found low in FM and SEID. Mg helps with common complaints such as tight and painful muscles, irritable bowel and fatigue. The common (and cheap!) oxide form is difficult to absorb and when taken at therapeutic levels can cause diarrhea.

Since Mg regulates more than 325 enzyme reactions, restoring normal status with Fibro-Care™ is a critical step. Malic acid assists Mg in energy production and helps reduce muscle pain. Important co-factors, B1, B6, manganese and vitamin C increase Mg absorption and utilization so they're in Fibro-Care™. Author and physician with fibromyalgia, Mark Pellegrino, M.D. prefers Fibro-Care™ for his own patients. Plus, Fibro-Care™ was rated the #1 supplement taken by readers in a Fibromyalgia Network national survey.

Get tested. TyH uses only Albion patented mineral chelates. Unlike Mg oxide, Mg bisglycinate is a cell friendly, bioavailable form and higher absorption means you take less (600–800 mg). Thomas Romano, M.D. suggests getting a red blood cell (RBC) level as it is a more accurate test of magnesium status.

Continued

Get with the Program

continued



Maximize energy.

The mitochondria are the energy power-houses of every cell and studies suggest a malfunction in the Krebs energy cycle. While magnesium is critical to the Krebs, CoEnzyme Q10 (CoQ10) is fuel for the mitochondria and supports heart and muscle energy needs, too. (Just don't take it too close to bedtime as it may keep you awake!) CoQ10 also appears to be neuroprotective. Fibro-Ubiquinol™ is the more bioavailable CoQ10 form, with noticeable energy boost. Malic acid is another Krebs energy cycle helper, and found in TyH's Fibro-Care™ and Fibro-Care Cal™ for that reason. Alpha Lipoic Acid helps metabolize fats and sugars for energy and acts as an antioxidant, too. Some find sublingual B12 helpful.

Sleep, Rest & De-Stress.

Healthy functioning requires restorative sleep. Besides resting, the body also repairs, especially in REM stage IV. Although some may use a prescribed pharmaceutical for help, most do not get you into REM sleep. Natural remedies like Valerian Rest™ work without next day grogginess, rebound or other unwanted side effects. Adding 5-HTP (which converts to melatonin) is also helpful. Melatonin is a hormone that may support (and help reset) your body's sleep/wake cycle. Fibro-GABA™ helps calm down an over-excited mind and body so you can get to sleep.



Boost serotonin with 5-HTP.

Chronic or unresolved pain, disrupted sleep and/or a "sad" feeling may indicate a low serotonin level, common in FM and SEID. Your physician may prescribe a selective serotonin-norepinephrine re-uptake inhibitor (SNRI) or serotonin re-uptake (SSRI) medication which controls your body's ability to use its own supply but does not help you "make more". However, 5-HTP actually provides your body with the building blocks to make serotonin. This neurotransmitter lightens mood, modifies pain signals and is required to produce melatonin for your sleep/wake cycle. Thus, restoring serotonin levels helps with mood, pain and sleep. Try David's 5-HTP SR™, a steady



sustained release of 5-HTP for your body to use more gradually. *One important note: 90% of serotonin is made in the GI tract and magnesium is a critical nutrient for its metabolism. Make sure your GI and Mg status are optimal!*

More help for pain.

Consider Fibro-D3™ to support neuromuscular function and its role in reducing pain. Vitamin D is found low in those with chronic pain. Dr. Pellegrino likes to see D levels of 50 ng/dL. Tender Point Lotion™ helps reduce the inflammatory response to ease muscle and joint pain. It has been shown in studies that stress may result in more pain signaling. Anxiety can also be a side "effect" of chronic pain. Calm down over-excited nervous system

activity that exacerbates pain with Fibro-GABA™. Valerian Rest™ can also be taken during the day to help ease painful muscles. Consider Curcumin ES™ to support a healthy inflammatory response to fight pain, arthritis stiffness and aging.



Clear the brain fog.

It's no surprise that while the central nervous system (CNS) is busy creating pain, thinking and cognitive function falter, with classic "brain-fog" the result. Concentration, recall, speech and mental performance are affected in FM and SEID. Poor sleep compounds the problem. Phosphatidyl Serine (PS) and Acetyl-L-Carnitine help neurons communicate. Ginkgo biloba improves blood flow to the brain. Brain Clear ES™ contains a complex of "thought-provoking" nutrients (including PS) to help "clear the fog".

Add omega-3 oil (Fish, Flax or Krill).

FM and SEID are not considered inflammatory in nature, although both oils are known anti-inflammatory fighters for secondary conditions. Plus the benefits of these oils cannot be understated for brain cognition, the heart, weight control, and overall health in general. Molecularly distilled fish oils ensure purity and safety.



Consider colostrum.

Studies show serum IGF-1 (growth factors) are low in FM and SEID. Colostrum, a nutrient-rich superfood that mammals produce for their newborns, provides important growth factor nutrients. About 75-80% of Dr. Pellegrino's patients "report some benefit in their symptoms". Dr. Pellegrino uses the product for his FM and recommends it to most of his patients at a dose of 2000 mg/day. He finds colostrum well-tolerated, even in those with irritable bowel syndrome. Colostrum also supports immunity with its antibacterial, antiviral and antifungal activity for SEID.



Secondary conditions.

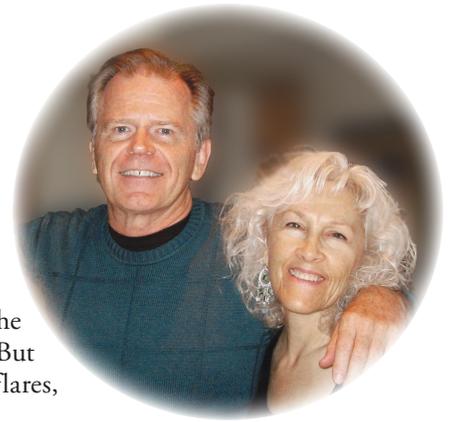
Some are diagnosed with one disorder (primary) and later, with another (secondary) disorder. Helping the symptoms of one often quiets symptoms of another. Arthritis and chronic pain conditions may benefit from joint helpers like Glucosamine Chondroitin with MSM and Fibro-Enzymes™. For bone building, Fibro-Care Cal™ has all the benefits of Fibro-Care™, plus necessary vitamins D3 and K, boron and scFOS. The magnesium and calcium in Fibro-Care Cal™ are 100% Albion patented chelates and non-competing for equal absorption.

You'll find a handy chart of the Program on page 4. All Program supplements are made in a GMP-certified laboratory to ensure potency and quality. For more information on individual supplements, go online at www.e-tyh.com. You can also talk to us with any questions or comments by calling 1-800-801-1406 or emailing customerservice@e-tyh.com.

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the story behind the Program

Margy Squires started To Your Health (TyH) in 1993 to help her husband, David, who has fibromyalgia (FM). David preferred to try non-drug options to diminish his symptoms common to FM.



David & Margy

Poorly understood, FM was identified first in muscles, then joints and even in the brain. The current term “amplified pain syndrome” suggests a malfunction in the nervous system. But what’s in a name? No matter what the medical definition, people still deal with the pain, flares, sleep and cognitive fog.

Research began in 1990 based on diagnostic criteria set up by the American College of Rheumatology. In 2007, the first of four FM drugs was approved by the FDA. While they worked for some of the people some of the time, research analysis found only a fifth continued on them after a year.

David recalls when he was first diagnosed how he looked for that one “magic bullet” that would “fix” his fibromyalgia. He’d try one thing and if it didn’t work, move onto the next. But it wasn’t until he was using Fibro-Care™ that he realized FM might need more than one answer and longer than a month for a trial. Correcting a deficiency in magnesium can take up to several months. He pictured a pie with several slices in it. A “slice” of Fibro-Care™ for magnesium and energy. A “slice” of Multi-Gold™ to cover several nutrient deficiencies. A “slice” of Valerian Rest™ to support restful sleep. He called it his “pie theory”.

Margy took the idea and launched *Get with the Program™*. (GWTP) in 2002, using a simple chart to help customers choose the “slices” which could help them feel better. GWTP may seem like a big pie, but the first slice is easy – Fibro-Care™. Most health care professionals believe correcting a magnesium deficiency is necessary in FM for getting better. Another critical slice is addressing poor sleep, which can make a difference on next day brain fog, pain and being less able to cope.

While there is a core of supplements David takes daily, he learned that one of the hardest parts about having fibro is that it’s not “one program fits all”. He says, “You do have to find what works for you specifically. Educating yourself is your biggest weapon to being well and healthy.”

TyH believes education is the cornerstone of wellness. Surveys show that supplement users are likely to be more educated, are healthier and more active, take fewer medications, plus make better food and lifestyle choices than non-users. TyH’s motto has always been “choose wisely”. We hope the Program will help you do just that.

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2018 marks TyH’s 25th year helping people with Fibromyalgia, SEID (ME/Chronic Fatigue Syndrome), Arthritis & Chronic Pain

Get with the Program

continued

Note: Remember to share any supplements you choose with your health care professional before beginning this or any program as you may have individual health issues which may need to be addressed.

Medical Disclaimer: Products mentioned have not been evaluated by the FDA and therefore cannot claim to diagnose, treat, cure or prevent any medical condition. This article is presented for informational purposes only and individuals should consult with their personal healthcare providers.

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Get with the Program™

FM & SEID Basics

(Daily Doses)

Fibro-Care™	4-6 Caps/Tabs*
Multi-Gold™	2-4 Caps*
CoQ10 or Fibro-Ubiquinol™	100-300 mg*
Valerian Rest™	1-2 Tabs p.m./Sleep 1-3 Tabs / Pain
5-HTP	100-300 mg*
or David’s 5-HTP SR™	200 mg
Fibro-D3™	(Based on D3 Levels)
Krill Oil	1000 mg

**Take in divided doses. For therapeutic (higher than label) doses, work with your health care professional.*

Get with the Program™

for Fibromyalgia & ME/CFS (SEID)



Get with the Program™ helps take the guesswork out of making important nutritional decisions for your supplement needs. Need help? Email or give us a call!

STEPS TO TAKE	PRODUCTS
<p>1 Customize Your Program. Getting well is a process. You can restore nutrients over time and improve FM and ME/CFS (SEID) symptoms the non-drug way! While replacing low magnesium with Fibro-Care™ is a good start, choose additional nutrients to target individual health needs.</p>	<p>Fibro-Care™ See products in Steps 2-12</p>
<p>2 Evaluate your GI health. Probiotic Blend™ or David's Probiotics™ and Olive Leaf Extract or ESE™ provide distinct benefits to balance the 'good' and 'bad' bacteria in the gut for proper assimilation of nutrients from food. Optimize food breakdown with digestive enzymes; ginger root as a tummy tonic.</p>	<p>Probiotic Blend™ or David's Probiotics™ Olive Leaf Extract or ESE™ Digesta-Care 8™ or ES™ Ginger Root</p>
<p>3 Take a multi-vitamin. Multi-Gold™, our high potency multiple vitamin and mineral complex, contains Bs for energy and pain support, plus 8 patented, organic Albion® chelate minerals for optimum absorption and tolerability. Multi-Gold™ is the foundation of the Program with 40 health building nutrients.</p>	<p>Multi-Gold™</p>
<p>4 Take extra magnesium & malic acid. Especially if you have pain and low energy. Fibro-Care™ contains a patented, organic magnesium bisglycinate (chelate), plus cofactor nutrients to optimize absorption. Fibro-Care™ is the #1 supplement for FM, ME/CFS (SEID) and chronic pain because it works! An Albion® Gold Medallion mineral.</p>	<p>Fibro-Care™</p>
<p>5 Maximize energy. CoQ10 is nutrient fuel for mitochondria, your cellular energy makers, and for heart muscle energy too. Fibro-Ubiquinol™ is the more bioavailable CoQ10 form. David's Fibro-Q10™ matches FM study dosing. Alpha Lipoic Acid helps metabolize fats and sugars for energy. Both are antioxidants. Consider B-12.</p>	<p>David's Fibro-Q10™ Fibro-Ubiquinol™, CoQ10 Alpha Lipoic Acid B-12</p>
<p>6 Sleep, Rest & De-Stress. Valerian Rest™ encourages restful sleep and reduces nighttime waking. Try 5-HTP and Melatonin to support the sleep-wake cycle (your 'body clock'). Calm down over-excited nervous system activity that exacerbates pain with Fibro-GABA™.</p>	<p>Valerian Rest™ 5-HTP Melatonin Fibro-GABA™</p>
<p>7 Boost serotonin with 5-HTP, the building block for this neurotransmitter. A natural anti-depressive agent that helps with REM & NREM sleep, mood, PMS, and decreases pain. Original or sustained release form.</p>	<p>5-HTP David's 5-HTP SR™</p>
<p>8 Help for pain. Consider Curcumin ES™ to support a healthy inflammatory response to fight pain, arthritis stiffness and aging. Fibro-D3™ supports neuromuscular function and performs a role in pain reduction. Tender Point Lotion™ helps reduce the inflammatory response for muscles and joints.</p>	<p>Curcumin ES™ Fibro-D3™ 5000 IU Tender Point Lotion™ (topical)</p>
<p>9 Clear brain fog. Support neuron communication with "thought provoking" nutrients like Phosphatidyl Serine or Brain Clear ES™ to help "clear the fog". Another brain helper is Acetyl L-Carnitine.</p>	<p>Phosphatidyl Serine Brain Clear ES™ Acetyl L-Carnitine</p>
<p>10 Add an Omega-3 oil (fish, flax or krill). The benefits of omega-3 oils for brain cognition, a healthy heart, weight control, and nervous system as well as fighting inflammation are well known.</p>	<p>Omega-3 Oils (Fish, Flax & Krill)</p>
<p>11 Consider colostrum. Studies show serum IGF-1 (growth factor) levels are low in FM and ME/CFS (SEID). Colostrum provides important growth factor nutrients and more than 75% of Dr. Pellegrino's patients report symptom benefit.</p>	<p>Colostrum</p>
<p>12 Secondary conditions. Arthritis and other chronic pain conditions will benefit from Glucosamine Chondroitin with MSM, as well as Fibro-Enzymes™. For healthy bones, try Fibro-Care Cal™ with the benefits of Fibro-Care™ plus vitamins K, D3, Boron and FOS. The magnesium and calcium in Fibro-Care Cal™ are 100% organic Albion® Gold Medallion patented chelates and non-competing for effective absorption.</p>	<p>Glucosamine Chondroitin w/ MSM Fibro-Enzymes™ Fibro-Care Cal™</p>

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