

A: Dr. Shasta's Basic Women's Fertility Protocol : These are the basic needs for women's fertility. However, you may need to add other supplements and/ or herbs to create a comprehensive plan of care for you. You can use all or just pick a few of these. Always consult with a healthcare professional before the use of any herbs or supplements.

Your Recommendation:

CoEnzyme Q10 100 mg 60 vegcaps

Vital Nutrients
COQ23

Pregnancy Prep 60 caps

Vitanica
PRE25



Organic SuperGreens
Powder 25 serv
Ancient Nutrition

Prenatal DHA 60 softgels

Nordic Naturals
N17476

Dr. Form Prenatal DHA vegan 30 softgels

Garden of Life
G35422

mykind Organics Prenatal Multi 180 tabs

Garden of Life
G17715

Dr. Formulated Prenatal Probioti 30 Caps

Garden of Life
G20036



Fertility Whisperer Empress 2 oz
Fertility Whisperer

Vitamin D3 5000 IU 120 vcaps

Pure
Encapsulations
VD51

Vitamin Code Raw B-Complex 60 vcaps

Garden of Life
G13809

Royal Jelly 1000 mg 60 softgels

NOW
N2560

AAA: Dr. Shasta's TCM Herbal formula recommendations to help restore natural cycle: TCM Fertility Herbal Formulas Phase 1 and 2. TCM herbal formulas restoring natural follicle and egg quality support and natural ovulation and fertilization support. TCMCeuticals is a brand of natural herbal medicine designed for specific health concerns. These formulas are created by accomplished practitioners based on their decades of clinical experience. TCMzone's full-spectrum extraction technology ensures the complete benefits of natural herbs. You can use all or just pick a few of these. Always consult with a healthcare professional before the use of any herbs or supplements.

Your Recommendation:

TCMCeuticals Fertility Phase 1 18 pckts

TCMCeuticals
T34207

TCMCeuticals Fertility Phase 2 14 pckts

TCMCeuticals
T34214

Dr. Shasta's Men's Fertility Protocol: Maintaining healthy testosterone levels becomes the greater concern as men age. Inadequate nutrition and other lifestyle factors can also affect testosterone production. You may or may not want to add to this basic protocol one of the three supplemental products; ayu-test, virility for Men & Testosterone formula. These products combine essential nutrients with botanical extracts, to help support healthy testosterone levels and male virility. You can use all or just pick a few of these. Always consult with a healthcare professional before the use of any herbs or supplements.

Your Recommendation:

Testosterone Formula 90 caps

Integrative
Therapeutics
TEST6

Virility For Men 60 vcaps

Protocol For Life
Balance
VIRI4

Ayu-Test Male Support 60 vegcaps

Ayush Herbs
AY132

Tribulus 750mg 60 tabs

Source Naturals
SN1461

SBO Probiotics Men's 90 caps

Ancient Nutrition
DA7320

Men's Once Daily Organic 30 tabs

Garden of Life
G17661

Vitamin Code Raw Antioxidants 30 vegcaps

Garden of Life
G13786

ProOmega Lemon 120 gels

Nordic Naturals
PRO03

Dr. Shasta's Gender- Neutral Clean and Natural Personal Care Protocol: Gender Neutral and natural personal care options that fit everyone's budget. Lavender essential oil is a natural antibacterial deodorizer, and useful in soap, body-wash and deodorant. Fragrance-free options as available, but all products have multiple fragrance choices. Created for you by the Emerson medical team! You can use all or just pick a few of these. Always consult with a healthcare professional before the use of any herbs or supplements.

Your Recommendation:

Tea Tree Oil & Neem Tooth Winter 6.25 oz

Desert Essence
D20536

Lavender & Rosemary Bar Soap 1 bar

Himalaya USA
H00134

Fragrance Free Shampoo 8 oz

Desert Essence
D37111

Fragrance Free Conditioner 8 oz

Desert Essence
D37128

Fragrance Free Hand & Body Lotion 8 oz

Desert Essence
D37531

Neem Dental Floss Mint 50 yards

Theraneem
TH9908

Shea Butter Lip Rescue .15 oz

Desert Essence
D50229

Daily Essential Moisturizer 4 fl oz

Desert Essence
D20932

Long-Lasting Deodorant - Lavender 2.2 oz

NOW
N8067

Rosewater Spray 4 fl oz

Heritage
H46094

Lavender Creamy Body Wash 200 ml

Weleda Body Care
W88435

Naturally Clear Cleansing Foam 8 oz

Metabolic
Maintenance
CFOAM

You can use all or just pick a few of these. Always consult with a healthcare professional before the use use of any herbs or supplements.

Your Recommendation:

Almost Naked Personal Lubricant 4 oz

Good Clean Love
G00604

Household and laundry detergent natural cleaners : Its important to get rid of all toxic household and laundry detergent products to help your hormones.

Your Recommendation:

Greener Cleaner Dishwasher Pods 24 pcs

Dr. Mercola
DM5486

Greener Cleaner Spray Citrus 32 fl oz

Dr. Mercola
M18449

Greener Cleaner Multi Surface 32 fl oz

Dr. Mercola
DM8432

Greener Cleaner Laundry Pods 24 pcs

Dr. Mercola
DM5479

Dr. Shasta's Pain Relief Protocol. I recommend decreasing inflammation by eating a Mediterranean Diet in a zone friendly blood sugar balancing manner with 40 % complex unrefined carbs, 30 % healthy lean clean organic proteins and 30 % healthy fats. TCM encourages eating mostly warm cooked foods and drink, avoiding getting chilled. Complimentary self care such as yoga, qigong, walking, acupressure, chiropractic, cranial sacral, massage, hydrotherapy, jacuzzi's and self massage. I recommends you try one or two liniments and see what helps, a fish oil, magnesium powder (cream and power), a zyflamend herbal (which has turmeric in it) and the hot pack. Hot packs should be used twice a day for 20 minutes with the liniments, then do self massage on area of pain to increase the blood flow and help facilitate the healing. The liniment patches may be helpful when you sleep or throughout the day. Test the liniments first to make sure you skin doesn't react to them. Also, Qiyoga's for common ailments on www.wayofwellness.com are available to accompany your self care. These products are available on www.wayofwellness.com online Wellevate store. Acupuncture is a wonderful form of natural pain care and management.

Your Recommendation:

Zyflamend Whole Body 120 vegcaps

New Chapter
ZYF12

ProOmega Lemon 120 gels

Nordic Naturals
PRO03

T-Relief Pain Gel 2 oz

MediNatura
M20094

Cool Therapy 4 oz

Sombra
SC375

Tiger Balm Pain Relieving Patch 5 patch

Tiger Balm
TIGB4

Tiger Balm Red Extra Strength 0.63 oz

Tiger Balm
TIGB2

Warm Therapy 8 oz

Sombra
SC080

Natural Calm Cream 4 oz

Natural Vitality
N02130

Natural Calm Raspberry-Lemon 8 oz

Natural Vitality
NV0100

Soft Comfort Hot and Cold Pack 6"x10"

Core Products
C55000

BromInj 120 tabs

Karuna
BRO10

Dr. Shasta's 21 Day Whole Detox Protocol: Please see my recommendations for the 21-day detox. These supplements are intended to assist your body with the detoxification process by providing fibers and plant-based actives to bind toxins, enabling them to be excreted, as well as micronutrients and phytonutrients to aid in optimal antioxidant regeneration and defense. Best if done with a modified elimination diet cutting out known food sensitivities such as gluten, dairy, soy, refined foods and chemicals and instead eating a whole food, organic Mediterranean Style Zone friendly diet (40/30/30). You can use all or just pick a few of these. Always consult with a healthcare professional before the use of any herbs or supplements.

Your Recommendation:

Phytoganix Tropical Fruit 29 servings CA

Metagenics
M47772CA

GSF Raw Reserve 8.5 oz (30 serv)

Amazing Grass
A00784

Hawaiian Spirulina 400 tabs

Nutrex Hawaii
NX1004

Gymnema 60 Caps

Himalaya USA
H41801

You can use all or just pick a few of these. Always consult with a healthcare professional before the use of any herbs or supplements.

Your Recommendation:

RAW Organic Protein - Vanilla 22 oz

Garden of Life
M1867

AAA: Garden of Life organic whey protein: Dr.Shasta's Supplement Protocol to Support Healthier Blood Sugar Regulation and Weight Loss: This protocol will help in your efforts to support healthier blood sugar regulation. In addition it is recommended to follow a low carb diet along with the other nine essentials. the nine essentials of diabetes was developed by Dr. Mona (LDCA) is a non-profit that educates people about using comprehensive integrative medicine to prevent and successfully treat all types of diabetes. Look for Dr. Morstein's book: " Master Your Diabetes: A Comprehensive, Integrative Approach for both type 1 and type 2 Diabetes" to learn more about managing your blood sugar. We also recommend getting the book " A Week in the Zone " and follow a Mediterranean "zone free" organic diet. You can use all or just pick a few of these. Always consult with a healthcare professional before the use use of any herbs or supplements.

Your Recommendation:

Coleus Forskohlii 1 oz

Herb Pharm
H31916

Lipo Plus 120 tabs

Priority One
Vitamins
LIP46

Gymnema 60 Caps

Himalaya USA
H41801

PaleoFiber Unflavored/Unsweeten 300 g

Designs for Health
PAL21

TCMCeuticals Digestive Support 90 vcaps

TCMCeuticals
T34245

Dr. Shasta's PMS balancing protocol. Decreasing xenoestrogens and organochlorides along with increasing stress reduction is important to balance PMS. Extra B6 has been shown to clinically help decrease symptoms, along with addition of chasteberry extract, magnesium and black current seed oil. Fem-Rebal helps nourish the HPA axis in addition to the reproductive system, to help bring the endocrine system into balance, and may be discontinued once symptoms subside (usually within months). At that point, chasteberry can be continued at 2 capsules per day indefinitely. It is important to eat a "zone friendly" Mediterranean, organic, blood sugar balancing diet with high fiber and slow burning carbohydrates to adequately nourish and balance the blood and endocrine glands. Daily walks in the sun, meditation and yoga are all helpful as well. You can follow Qiyoga for Stress by Dr. Shasta as well. You can use all or just pick a few of these. Always consult with a healthcare professional before the use of any herbs or supplements.

Your Recommendation:

Fem Rebalance 60 caps

Vitanica Take 1, once per day.
FEMR5

Chaste tree (Vitex) 60 vcaps

Pure Take 1, once per day.
Encapsulations
CHA29

Trident SAP 66:33 lemon 120 gels

NFH-Nutritional Take 1, once per day.
Fundamentals for
Health
NF0154

MyoCalm Plus 60 tabs

Metagenics Take 1, once per day.
MY041

B-Complex 90 tabs

Innate Response Take 1, once per day.
BCOMP

Black Currant Seed Oil 100 gels

Pure Take 1, once per day.
Encapsulations
BLA45

Dr. Shasta's Endometriosis Protocol: This protocol is supportive for those with endometriosis. Best utilized along with an anti-inflammatory diet, and lifestyle reduction of exogenous estrogens. Avoid all plastic ware, by using only glass, stainless steel, and ceramic ware for cooking and food and beverage service and avoiding food and beverage service and avoiding food and beverage service and avoiding food/ beverage in plastic bottle and containers. Reduce exposure to endocrine altering chemicals by converting all hair, skin, and body care to all natural alternatives, and using only non-toxic, non-fragrance environmentally friendly household cleanser, dish and laundry detergents. convert to organic cotton bed linens. Invest in water filtration. Internal detoxification protocols can be helpful, with an ongoing focus on reducing chemical toxin exposure in all environments. You can use all or just pick a few of these. Always consult with a healthcare professional before the use use of any herbs or supplements.

Your Recommendation:

DIM + Curcumin 30 caps

EuroMedica
E82416

FemGuard+Balance 120 vegcaps

Designs for Health
FEMGU

Women's Dong Quai Tonifier 60 tabs

Planetary Herbals
PF0149

Omega Superb Lemon Berry EPA/DHA 8.45 oz

Thorne
T04288

NAC 600 mg 60 caps

Integrative
Therapeutics
NAC60

Dr. Shasta's Polycystic Ovarian Syndrome: Please see the attached handout, which further explains polycystic ovarian syndrome and the lifestyle recommendations i have for you. the supplement protocol is also summarized there. You can use all or just pick a few of these. Always consult with a healthcare professional before the use use of any herbs or supplements.

Your Recommendation:

D-Chiro-Inositol 60 caps

Klaire Labs
KL1633

Myo-Inositol 1lb

Protocol For Life
Balance
P0529

Folinic Acid 800 mcg 180 caps

Kirkman Labs
K24445

Methyl Folate L-5-MTHF 60 tabs

Douglas
Laboratories®
D37621

Vitamin D3 5000 IU 90 vegcaps

Vital Nutrients
VID3

ProOmega 2000 60 softgels

Nordic Naturals
N21388

Ortho Biotic Powder 51 g

Ortho Molecular
R05283

NAC 600 mg 100 vegcaps

Vital Nutrients
NACE4

Triple Mag 250 mg 90 caps

Vital Nutrients
MAG37

Dr. Shasta's thyroid balancing protocol. The thyroid can be impacted by stress, environmental toxins and nutritional deficiency. It is important to take a mind, body holistic approach when working with balancing your thyroid. Qiyoga for stress or Qiyoga for hypothyroidism are good at home self care programs,, or doing meditation/yoga/tai chi, walking in the sun daily and adequate rest and sleep. Important to eliminate xenoestrogens and organochlorides as well as incorporate a zone friendly organic Mediterranean style diet. You can use all or just pick a few of these. Always consult with a healthcare professional before the use use of any herbs or supplements.

Your Recommendation:

Thyrocsin 120 capsules

Thorne
T84012

HPA Axis Daytime Maintenance 120 lvcaps

Gaia Herbs
(Professional
Solutions)
ADR68

Ashwagandha 500 mg 60 vegcaps

Pure
Encapsulations
ASH12

Arctic Cod Liver Oil Lemon 180 gels

Nordic Naturals
ARC31

Stamets 7 Capsules 60 vegcaps

Host Defense
H37028

Dr. Shasta's Digestion Support Protocol: These are my supplement recommendations to better any digestion problem you may have. You can use all or just pick a few of these. Always consult with a healthcare professional before the use use of any herbs or supplements. You can use all or just pick a few of these. Always consult with a healthcare professional before the use use of any herbs or supplements.

Your Recommendation:

TCMCeuticals Colon Harmony 90 vcaps

TCMCeuticals
T34252

SBO Probiotics Ultimate 60 caps

Ancient Nutrition
DA4756

Dr. Shasta's Women's Probiotic Protocol: women's Probiotic is a blend of seven probiotic strains with 15 billion cultures, prebiotics, and Dmannose. These probiotics are intended to help balance the intestinal and vaginal ecosystems, while added prebiotic FOS supports beneficial microbes in the digestive system. D-mannose, a monosaccharide naturally found in fruits, helps support a healthy urinary tract. You can use all or just pick a few of these. Always consult with a healthcare professional before the use use of any herbs or supplements.

Your Recommendation:

Women's Probiotic 60 caps

Nordic Naturals
N16226
