

Freedom From Disease - It Is Possible

Good health is defined as “a state of freedom from bodily or mental disease”.

Definition

It is not just about being either healthy or unhealthy, but about achieving a state of balance between mind and body, with equal intake and expenditure of energy, avoiding degenerative disease and allowing ourselves the best chance of not only survival but of active longevity.

What is a degenerative disease?

A condition that interferes with the function or structure of any tissues or organs is called a degenerative disease. Cancer, diabetes, liver disease, heart disease, Alzheimer’s disease and arthritis are just some examples.

A degenerative disease appears over time. It puts a gradual but constant strain on your organs, stripping them of strength, immunity and ability to function effectively.

What causes degenerative diseases and why are they so prevalent?

In a nutshell, we are responsible for their cause and effect! In recent years our consumption of processed foods, dairy products, sugars and fats has increased dramatically and our consumption of fresh fruit, vegetables and staples has decreased in line with a growing convenience lifestyle.

The nutritional value of ingredients consumed in commonly eaten foods today is minimal compared to what your body needs to function. Essential elements for health have been stripped in favour of economical demand, resulting in more chemical enhancers, preservatives, additives and contaminants in your food and drink. Even your water and the air you breathe contain pollutants.

On top of this lifestyles have become stressful and frantic, putting greater strain on all body systems. Many people suffer massive energy loss and a resultant deterioration in lifestyle through a reduction in

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physical activity, turning into weight gain and obesity.

Your body is under constant outside pressure and needs to fight to keep functioning on this minimal intake of nutrients. Is it therefore surprising that degenerative and chronic diseases are commonplace and accepted as 'normal' rather than as preventable and curable conditions?

“Our modern diet will make you fat, sap your energy, lower your immune system and make you disease susceptible. In turn this will increase your risk of cancer and brain disease, age you prematurely and literally 'take away your life'.”

Warren Matthews, Chairman, Xtend-Life

But, it doesn't have to be this way...

So, what is the secret of achieving optimal general health and avoiding degenerative disease? We have touched on how our lifestyle and diet are at the heart of poor health and chronic illness.

It is of course important to make sure you are giving yourself the best diet, avoiding disease-causing ingredients such as trans-fats in your food. It is equally important to make sure you give both your body and mind enough exercise to help them retain their strength and functionality. However it is hard to avoid all causative factors. You must therefore find a realistic balance between lifestyle and health.

Although you may be ingesting many health-depleting substances, if you ensure that you are putting enough good nutrients into your body to build your system back up and overwhelm these negative influences you have a better chance of reaching optimal health. A combination of healthy diet, good exercise and reliable nutritional supplementation can all help to maximize health.

Exercise: No matter what your health status, age or level of fitness you can do something to exercise your body and mind enough to maintain a decent level of immune function, vital organ strength and systemic protection. Even moderate exercise such as walking or swimming for 30 minutes each day, or weight bearing exercise such as gym work are all extremely beneficial.

Diet: By avoiding processed foods, sports-type and carbonated drinks and excessive dairy products and meats you can give yourself a head start. Unfortunately it is nigh impossible to rely on diet alone to provide the nutrition you require. Soil depletion, over-processing and over-cultivation have exhausted our nutrient sources.

This is where professional supplementation comes in.

Supplementation: A good quality, reliable supplement can provide enough positive nutritional influence to overcome damage to your health.

Great Health Sites

[Natural Holistic Health Blog](#)

[Respiratory Disease & Infection Guide](#)

[PetAlive Natural Pet Remedies](#)

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NB: When looking for a professional source for your supplements it is important to bear in mind the following points:

1. Ingredients should be pure - free from contaminants, additives and preservatives.
2. Evidence of ingredient effectiveness should be available to view, along with relevant clinical studies.
3. Formulas should contain ingredients that complement each other's effectiveness.
4. Supplements should be easy on the stomach and vulnerable ingredients protected via enteric coating.
5. Formulas should not be excessively expensive simply because they contain expensive ingredients. Conversely, expensive ingredients should not be avoided for the sake of cheap formula.



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Most supplement manufacturers are only able to claim maybe 1 or 2 of these points. At Xtend-Life we are able to claim all 5 and more besides!

We put the health of our customers first.

Experts at Xtend-Life have spent many years researching, processing and manufacturing formulas to help you improve your health and reach optimal health goals.

We continue to research and improve our formulas to make sure our customers achieve only the best results. To date, our best selling [Total Balance](#) is now in its 6th generation! Why? Because we want you to win the battle against environmental, nutrient and lifestyle destruction and help you to live as long and as fruitful a life as possible!

To this end we recommend a protocol to help keep your body strong, fight negative influences and keep your immune system and vital organs healthy.

For maximum overall general health benefits please read on...

Degenerative Conditions

Below are some brief details on conditions associated with poor health.

Many of these conditions may begin with little or no symptoms, but over time they degenerate organs and tissues to a noticeable state of weakness and malfunction. For example...heart disease, diabetes, obesity and various types of cancer are amongst the top killers in the world, for both male and female. These conditions are all 100% preventable, even curable in early stage detection.

Allergies

An allergy refers to a mistaken reaction by your immune system in response to contact with one or more allergens (e.g. pollens, dust mite, molds, danders and food sensitivities). This response is 'flawed' because the foreign substances are usually harmless to a non-allergic person.

Asthma

Asthma is a breathing problem that results from the inflammation and spasm of the air passages (bronchial tubes) in the lungs causing them to narrow. This limits the flow of air into and out of the lungs. Asthma is often related to an allergic reaction, such as triggered by those examples listed above. Common symptoms include:

- **Shortness of breath**
- Wheezing
- **Coughing**
- Chest tightness.
- **Alzheimer's disease (AD)**

This is a progressive disease of the brain that is characterized by a failing in memory (most often short-term memory), abilities to carry out normal everyday tasks, speech and language abilities and overall judgement and is often accompanied by personality changes.

"Scientists believe AD may result from an increased production and accumulation of beta-amyloid protein, leading to nerve cell death. This can cause deficits in neurotransmitter ability in certain brain areas, contributing to memory and behavioural malfunctions. Nutritional deficiency is associated with this overproduction and many trials in nutritional rebalancing and monitored supplementation have proven successful in delaying or even reversing the symptoms."

Arthritis

Arthritis is a joint disorder and can appear in many forms, ranging from related wear and tear of cartilage (osteoarthritis) to inflammation resulting from an over-active immune system. Rheumatoid arthritis is an autoimmune disease that causes chronic inflammation of the joints.

Symptoms of arthritis include pain and limited joint function. Inflammation of the joints from arthritis is characterized by stiffness, swelling, redness and tenderness.

Many forms of arthritis can also cause symptoms that affect various organs not directly involving the joints. These can include fever, gland swelling, weight loss and fatigue.

You can find out more about this condition in our specific Arthritis section.

Cancer

Cancer is a disease of the body's cells. It is an abnormal growth of cells

that can reproduce in an uncontrolled way and, in some cases, spread to other organs and body systems.

A cancerous growth or tumor is referred to as malignant. (A non-malignant, or non-cancerous growth or tumor is referred to as benign.)

Cancer can involve any tissue of the body and have many different forms. Most cancers are named for the type of cell or organ in which they start - breast cancer, testicular, prostate, cervical, skin, lung, colon, bladder and bone.

While skin cancer is the most common type of malignancy for both men and women, the most common type in men is prostate cancer and in women is breast cancer.

Irritable bowel syndrome (IBS)

There are several names for IBS including spastic colon and spastic colitis. It is a common ailment of the lower intestines and bowel.

IBS is a 'functional' disease whereby the digestive muscles, organs and nerves are not working correctly and cannot function effectively, i.e. the normal processes of absorption and assimilation of foods becomes disturbed and disrupted.

Symptoms experienced, such as nausea, vomiting, abdominal bloating, distention, diarrhea and excess mucous.

Crohn's disease

This condition is a chronic inflammatory disease of the intestines causing tears to the intestinal lining. Granulomatous enteritis or colitis, regional enteritis, ileitis or terminal ileitis are all alternative names for Crohn's disease.

The immune system is normally activated when the body is exposed to harmful foreign bodies. With Crohn's disease the immune system is activated in the absence of these foreign bodies resulting in chronic inflammation and ulceration as the immune system attacks its own tissue.

Macular degeneration

Macular degeneration is a disease that affects central eye vision and can lead to actual vision loss. It usually occurs in older people of 60+, hence it is known as 'age-related macular degeneration (AMD)' (although there are forms that affect young people too).

There are 2 types of AMD, dry and wet:

- **In dry AMD the light sensitive cells in the macula slowly break down.**
- In wet AMD new blood vessels behind the retina start to grow

toward the macula and leak underneath it. This causes damage to the macula that can lead to vision loss.

Peripheral vascular disease

PVD is a disease of the blood vessels that develops when the arteries supplying blood to the internal organs and extremities become partially or completely blocked, usually resulting from atherosclerosis...

Atherosclerosis

Atherosclerosis is a condition where cholesterol 'plaque' is deposited on the arterial walls causing hardening and narrowing of the artery walls, potentially leading to angina, heart attacks and strokes.

Hyperthyroidism

Hyperthyroidism is a condition where the overactive thyroid gland produces excess thyroid hormone (thyrotoxicosis).

Obesity

Being overweight is probably the biggest single contributor to degenerative and chronic disease.

Obesity is a chronic condition defined as "an excess amount body fat". A certain amount of body fat is necessary to store energy and provide shock absorption for the musculoskeletal system, along with many other functions.

Normal body fat is between 25-30% in women and 18-23% in men. Women with over 30% body fat and men with over 25% body fat are therefore considered obese.

Obesity increases your risk of developing a number of other chronic and potentially fatal conditions:

- **Type 2 (adult-onset) diabetes**
- High blood pressure (hypertension)
- **High cholesterol**
- Arthritis, gout and osteoarthritis
- **Stroke**
- Heart attack / heart failure
- **Cancer**

The additional load on the muscles and joints from the excess fat affects your heart. Your heart then has to then work overtime to push more blood through your body at a faster rate for every pound of excess fat you hold.

The liver, kidneys and many other organs are also affected. They all have to overwork to try and correct the imbalances brought on by obesity.

Statistics

General

Obesity and heart disease are currently the top diseases of the 21st century, causing more adult men and women deaths in more countries than ever before. These are closely followed by diabetes, crohns disease and cancer.

These degenerative disorders all stem from nutritional and lifestyle deficiency...

...and are all preventable...

- **A staggering 19 out of 20 people will die from nutritional factor (degenerative) disease.**
- Of the 2.4 million deaths in the US each year, 75% are the result of avoidable nutritional factor diseases. (The U.S. Surgeon General).

Allergies

- **Around 50 million North Americans are affected by allergic conditions**
- Hay fever affects around 35 million Americans (6 million of whom are children)
- **Asthma affects 15 million Americans (5 million of whom are children).**

Irritable bowel syndrome

- **IBS is one of the most common ailments of the bowel (intestines) and affects an estimated 15% of the population in the US.**

Obesity

- **1 in 3 Americans is obese. Obesity is increasing rapidly throughout the world and has nearly doubled in only 7 years.**
- In the US roughly 300,000 deaths per year are directly related to obesity.
- **More than 80% of these deaths are in patients with a BMI (body mass index) of over 30.**

Causes

Excess mental stress and toxins add to the need for adequate nutritional components. Once the body is depleted in this way the

breakdown of tissue occurs rapidly. The build-up of toxins follows and energy and immune ability is lost.

The most common symptoms first noticed are fatigue, followed by infections and colds and flu, all recurrent problems. These deficiencies contribute to further chronic diseases like arteriosclerosis, high blood pressure, [diabetes](#) and [arthritis](#).

"Scientists now recognize that even mild nutritional deficiencies and biochemical imbalances can create the subtle symptoms of major disease. Prevention of natural chemical and nutritional depletion is therefore the key to optimal health."

Conventional treatment

Conventional medicine generally uses only suppressive methods to treat degenerative conditions, masking the symptoms rather than addressing the actual underlying causes.

These treatments come in the guise of antibiotics, painkillers, steroids and chemical stimulants or relaxants. Unfortunately all of these medications have side effects, many of which require further medication to suppress those symptoms and so a vicious circle of 'pill-popping' begins, but with none actually aiming to conquer the problem!

Prevention - Cures

It is a firm belief that your state of health is directly related to four main factors:

- **Your diet**
- Your level of exercise
- **Your state of mind**
- Your environment – stress, pollution, industrialisation...

These factors dramatically increase your need for nutritional rebalancing and professional supplementation to nourish your organs and maintain immune system function and strength, protecting your body.

Diet

Processed foods such as sodas, energy drinks, white breads and flour products all contain dangerous additives, hydrogenated oils, emulsifiers, flavorings, preservatives and artificial colorants. They also contain contaminants from transport and handling. Dairy products (including milk), excess animal proteins and many plant based foods also contain contaminants as well as hormones and many medications used to 'bulk' up animal produce.

Even tap water amazingly contains contaminants and chemicals detrimental to your chemical balance, and should also be avoided. This should be replaced with good quality filtered or reverse osmosis water.

Where societies have been exposed to the Western culture diet, health deterioration soon occurs and incidences of heart disease, cancer and obesity begin to take hold.

As a form of contrast to this economy-driven Western world there still remains some people in isolated and remote communities who live on natural and unfarmed produce, to whom current modern ailments of cancer, heart disease and strokes are virtually unknown, where women do not suffer reproductive problems or osteoporosis (as in Western society) and where people are not overweight.

Exercise

Moderate exercise is well documented to help maintain your ideal body weight, improve your mood, help regulate cholesterol, improve diabetic conditions, circulation, overall strength and much more.

The value of regular aerobic and gradual weight bearing activity, from a daily half hour walk to low-level gym work is not to be underestimated.

Moderate yoga and swimming exercise is also very beneficial, keeping the body supple and stimulating blood flow to all internal organs, helping to keep you young and vibrant.

"If you don't use it... you lose it!" This old saying relates to the function of your body and how you take care of it! When you stop using your body and prevent it from carrying out the tasks it is designed to do it will, in part or in whole, start deteriorating rapidly!

"Exercise does not have to be intense or time consuming. If you only do 3 x 30 minute workouts, plus 2 x 30 minute walks a week you will be doing 2 1/2 hours of structured exercise a week out of a total of 168 hours of your life!

Your body is not designed to be sedentary! It is a highly sophisticated and complex organism that we are fortunate to have. It has to be respected and properly maintained. You have to give it the correct fuel and ensure it is kept flexible and strong."

Warren Matthews, Chairman, Xtend-Life

Professional Supplementation

Nutritional supplements are necessary because it is almost, if not totally impossible to obtain proper essential nutrition from modern food processing. On top of this, modern day lifestyles ensure that our body is pushed to the limit. You need to be able to provide your body and vital organs with support and preventative care.

The average nutritional supplement is not enough today to satisfy these needs. Current RDA guidelines only cover a small number of common nutrients, so broad supplementation is indispensable.

There are many individual ingredients that can provide functions to keep our major organs healthy and strong. Individual amino acids, herbal extracts, vitamins, minerals, enzymes and trace elements do not provide the quality or efficacy of support required however, although they are of course helpful in their own right.

When combined in the correct combinations and complementary doses they work in harmony to provide overall vitality. In this form they help to keep your immune system strong, your organs to function well and they provide additional energy and preventative benefits to keep degenerative and chronic conditions at bay.

Despite all this positive information, many formulas are produced using cheap, poor quality ingredients, often contaminated, providing little effect for the user.

You need a range of quality, high potency ingredients to maintain your health, not a cut-rate, low-strength remedy.

Below is a comprehensive list of ingredients considered essential nutrients for your 'whole' body health.

In most formulas many of these ingredients are lost during digestion, destroyed by stomach acid or excreted. Xtend-Life protect their ingredients via a unique enteric coating process. This ensures they survive digestion and are released safely in the small intestine. For more information on this delivery system please [click here](#).

The ingredients listed in bold can be found in Xtend-Life Total Balance, a formula so complete that it covers every aspect of your health and the nutrients you need to obtain it!

Vitamins and co-factors

Vitamins and co-factors help to protect against hardened arteries; excess cholesterol, environmental pollutants, heart and circulatory problems, fatigue, digestive pressure, metabolism problems, brain diseases, aging, eye and skin problems and nervous system disease...

Vitamin C, Vitamin D/D3, Vitamin E, Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Vitamin B12, Folate (as folic acid), Beta-Carotene, Biotin, Folic Acid, Inositol, Lutein, Phosphatidyl Choline, Rutin, Tocotrienols, Vitamin A (usually as Beta Carotene), Vitamin K (is considered to be a drug in some countries...for example Canada. It can adversely affect some pharmaceutical drugs as it is also a blood thinner.)

Amino acids

Amino acids and natural supplements are involved in many metabolic processes involving energy, immune system, aging, nervous system, musculoskeletal system, bones and joints, hormone balancing, blood sugar, cardiovascular disease and brain and memory health.

L-Arginine HCL, L-Methionine, L-Threonine, L-Tyrosine, L-Carnosine, L-Glutathione (reduced), L-Taurine, L-Proline, L-Lysine, N-Acetyl-L-Cysteine, Acetyl-L-Carnitine, Myricetin, Resveratrol, Ribonucleic Acid (RNA)

Macro minerals and trace elements

Macro minerals and trace elements are essential for strong bones; central nervous system function, muscle and cardiac health, brain function, hormonal health, to keep cells healthy and fight aging, help the body detox, keep energy levels high, protect eye health and vision and to help prevent high blood pressure, heart attacks and strokes.

Trace elements help enhance food and mineral absorption, correct mineral deficiencies, increase energy, improve blood pressure, reduce obesity and help to delay aging, aid detoxification, promote normal cell function, help prevent osteoporosis and improve bone and joint flexibility.

Calcium, Magnesium, Zinc, Copper, Boron, Manganese, Potassium, Chromium, Iodine, Selenium, Molybdenum, Indium

Antioxidants

Antioxidants fight free radical damage to your organs, tissues and cells to help protect against aging and disease.

Ningxia Wolfberry (from China), Blueberry, Bilberry, Green Tea, Gingko Biloba, Resveratrol, Beta carotene (ProVitamin A), Lycopene, Curcumin (Turmeric), Hawthorne Berry, Alpha Lipoic Acid, Coenzyme Q10, Lutein, Zeaxanthin, Quercetin, Rutin, Hesperiden, Grape Seed, Oregon Grape (Mahonia), Ginger, Black Cumin, Soy Isoflavones, L-Glutathione (reduced), N-Acetyl L- Cysteine, L – Carnosine, Astaxanthin, Vitamin C, Vitamin E, Tocotrienols, DMAE

Of these the following are very expensive for supplement manufacturers to purchase:

Bilberry, Blueberry, Resveratrol, Turmeric (high potency form), Zeaxanthin, L-Glutathione (reduced)**

**L-Glutathione is an absolutely crucial substance in your cells. It is essential for cell health and organ survival. It is a very expensive ingredient however, which is why so most supplements don't contain it.

L-Glutathione is essential to strengthen your defence system, enhance energy levels, reduce physical stress and fight free radicals. In summary,

it is an antioxidant needed for cellular production of energy and proper immune function.

Due to their unique manufacturing processes and procedures Xtend-Life are able to include L-Glutathione and still keep consumer cost low! Not only this, but Xtend-Life L-Glutathione is in its 'reduced' form. This is necessary because normal L-Glutathione is often lost during digestion as it is too large to pass through the cell membranes. In its reduced form this does not happen, enabling the whole ingredient to pass into the blood stream.

Immunity support

The immune system modulates and actions biochemical activity. Natural immune stimulants help strengthen the immune system, protect the cardiovascular system and maintain healthy cholesterol levels.

Polysaccharides (Best sources: Aloe Vera Leaf, Beta 1,3-Glucan, Mushrooms - Shiitake, Maitake, Sen Su Take, Tea Polysaccharides), Alpha Lipoic Acid, Quercetin, Turmeric, Vitamin C, Vitamin E, Beta Carotene (Vitamin A), Vitamin B6, Zinc, Calcium, Manganese, Colostrum, Beta Sitosterol, Echinacea, Goldenseal, Astragalus (Chinese herb), Protease (enzyme), N-Acetyl L-Cysteine

Digestive system

Digestive enzymes, especially:

Amylase, lipase, Isolase, Cellulase, Lactase, Protease, Bromelain, Papain, Betaine HCL, Peppermint leaf, Acidophilus, Ginger root, Black Walnut, Psyllium seed/husk, Flaxseed, Pepper Fruit

Liver support

L-Glutathione (reduced), SAME, Milk Thistle (Silymarin), Green Tea (Camellia sinensis), N-Acetyl L- Cysteine, Alpha Lipoic Acid, Vitamins B1, B12, Vitamin C, Vitamin E, Copper, Choline, L – Methionine, Grape Seed/Oregon Grape (Mahonia), Turmeric

Metabolism and energy

Coenzyme Q10, Green Tea, Licorice root, Ginseng, Acetyl-L-Carnitine, L-Tyrosine, L-Arginine, Gugulipid (Myrrh), Alpha Lipoic Acid, Betaine HCL, Picosanol, DMG, RNA, Gotu Kola, Olive Leaf, Vitamin B Complex, Choline, Inositol, Folic Acid, Vitamin C, E, Beta-Carotene, Biotin, Copper, Zinc, Potassium, Molybdenum, Magnesium, Manganese, MSM, Selenium, Iodine, Indium

Brain function (neurological support and the nervous system)

The most potent nutrients for the brain, central nervous system (CNS) and peripheral nervous system (PNS)...

NB: Along with the ingredients in bold, representing those included in our Total Balance formula, the numerous ingredients in blue, or in blue brackets, represent our speciality Neuro-Natural General (NNG) formula, specifically helping to boost your brain and nervous system health, function and longevity. As you can see almost all recommended ingredients are included in Neuro-Natural General!

Neuro-Natural General concentrates on your nervous system and brain function and the diseases connected to them, helping to both protect you and relieve you of chronic and degenerative disease more and more commonly affecting people as they age.

Ginkgo Biloba, Acetyl-L-Carnitine (NNG), L- Tyrosine (NNG), L-Carnosine (NNG), Vinpocetine, Schizandra, Black Cohosh, Valerian Root, Hops Flowers, Passion Flowers, Chamomile, Gotu-Kola, Huperzine A, SAME, Blueberry, Bilberry (NNG), 5 – HTP (5 – hydroxytryptophan), Alpha Lipoic Acid (NNG), DMAE (NNG), Di Methyl Glycine (DMG), Inositol (NNG), Phosphatidyl Choline (NNG), Phosphatidyl Serine, Magnesium, Vitamin E and C in combination, Vitamin B Complex (NNG), Vitamin D, Calcium, Manganese (NNG), Selenium (NNG), Folic Acid (NNG), Biotin (NNG)

Omega 3 - more specifically the DHA (Docosahexaenoic Acid) – recommended as a complementary protocol.

Cardiovascular health (heart and circulation)

For a strong, healthy heart, normal blood pressure and good circulation the most potent nutrients for cardiovascular health are:

Betaine HCL, Coenzyme Q10, Olive Leaf Extract, Ginkgo Biloba, Green Tea, Alpha Lipoic Acid, Calcium, Magnesium, Chromium, Selenium, Vitamin E, Vitamin C, Vitamin B6, Vitamin B12, Beta Carotene (ProVitamin A), Lycopene, Hawthorne Berry, L-Carnitine, Policosanol, Folic Acid, N-Acetyl L-Cysteine, Garlic

Omega 3 - more specifically the DHA (Docosahexaenoic Acid) – recommended as a complementary protocol.

Bone and joint support

The most potent 'bone nutrients' are:

Calcium, Magnesium, Vitamin D, Soy Isoflavones, Boron, Silicon, Vitamin K (is considered to be a drug in some countries...for example Canada. It can adversely affect some pharmaceutical drugs as it is also a blood thinner.)

Vision

The most potent nutrients for your eyes are:

Zeaxanthin, Lutein, Bilberry, Blueberry, Alpha Lipoic Acid, Quercetin, Gingko Biloba, Rutin, Vitamin A (Beta Carotene), Vitamin C, Vitamin E, Vitamins B2, B12, Zinc, N-Acetyl L-Cysteine, Copper

Skin health

The most potent nutrients' for skin rejuvenation are:

DMAE, Alpha Lipoic Acid, Vitamin C, Green Tea, Coenzyme Q10, Omega 3 & 6, Vitamin E, Tocotrienols, Vitamin B Complex, Evening Primrose, Vitamins D, K, MSM, Selenium, Copper, Zinc, Lutein, Olive Leaf, Grape seed/Oregon Grape (Mahonia), Aloe Vera, L-Methionine, N-Acetyl L-Cysteine, L-Proline, N-Acetyl Glucosmine

Cancer-fighting nutrients

Numerous scientific studies have demonstrated powerful anti-cancer properties belonging to the following nutrients.

Lutein, Zeaxanthin, Lycopene, Garlic, Maitake Mushroom (D Fraction), Beta 1,3-Glucan, Polysaccharides, Aloe Vera Polysaccharides, Tea Polysaccharides, Grape seed/Oregon Grape (Mahonia), Green Tea, Gotu Kola, Gingko Biloba, Alpha Lipoic Acid, Omega 3 Fatty Acids, Coenzyme Q10, Acidophilus, Quercetin, Resveratrol, Ginger, Turmeric, Flax Seed, Ginseng, Soy Isoflavones, Saw Palmetto, MSM, Limonene, Blueberry, Olive Leaf, Black Cumin, Red Clover, L- Arginine, L- Glutathione (reduced), L- Theanine, N-Acetyl Cysteine, Melatonin, Hesperidin, DIM 3,3', DMG, Calcium, Beta Carotene (ProVitamin A), Alpha Carotene, Choline, Inositol, Vitamin B Complex, Folic Acid, Biotin, Selenium, Vitamins C, E, D, Molybdenum, Zinc, Iodine

Omega 3 - more specifically the DHA (Docosahexaenoic Acid) – recommended as a complementary protocol.

As well as all of the above, different formulas need to be able to help more specific problems to help both women and men individually.

Men's health - hormonal support

Certain nutrients can assist in naturally rebalancing the male hormonal system.

L-Carnitine, L-Arginine, L-Methionine, L-Lysine HCL, DHEA, Pregnenolone, Chrysin – to help inhibit testosterone conversion to estrogen, naturally increasing testosterone levels. Damiana, Nettle Root, Licorice , DIM, Maca Root, Ginseng (Siberian, American, Panax, Asian), Tribulus, GABA, Saw Palmetto, Beta Sitosterol – to help prevent BPH and prostatitis and to help enhance sexual stamina, Pygeum Africanum, Zinc, Magnesium, Vitamins B3, B5, B6, B12

Men's health - sexual health

The most potent sexual health nutrients are:

Saw Palmetto – to help with benign prostatic hyperplasia (BPH) and prostatitis symptoms. Also as a mild diuretic, anti-inflammatory and antiseptic. It also helps to improve sexual vigor. Tribulus Terrestris, Pygeum, Ginseng, Stinging nettle, Soy Isoflavones, Cordyceps Sinensis (Chinese herb/fungus), Epilobium Parviflorum, Schizandra, Chrysin, Corn Silk, Licorice root, Phytosterols, B- Complex, Black Cumin, Omega 3 & 6, Ginkgo Biloba, Gotu Kola, L-Arginine, L-Tyrosine, Zinc, Lycopene – to help in the treatment of prostate cancer, with additional antioxidant activity and immune stimulating properties.

Women's health - hormonal support

The following nutrients have been extensively studied for their ability to aid in rebalancing the female hormonal system:

L-Arginine, Wild Yam (soy Isoflavones) – as a helpful "natural alternative" to estrogen replacement therapy, helping to combat postmenopausal vaginal dryness, premenstrual syndrome, osteoporosis and the resultant lack of energy and libido.

Black Cohosh – to help normalize the female reproductive system and help inhibit the growth of breast cancer cells.

Red Clover – to help combat menopausal symptoms and hot flashes and help prevent Osteoporosis

Dong Quai, Macca, Chasteberry, Licorice root, Evening Primrose Oil, DIM, Resveratrol, EFA's (Omega 3 & 6), Vitamin B6, Vitamin E

Women's health - sexual health

The most potent sexual health nutrients are:

Dong Quai, Soy Isoflavones, Ginseng, Tribulus Terrestris, Wild Yam, Licorice root, Resveratrol, Black Cumin, Red Clover, Cordyceps Sinensis, Ginkgo Biloba, Gotu Kola, Damiana, Schizandra, Black Cohosh, Omega 3 & 6, B-Complex, Zinc, L-Arginine, L-Tyrosine

Xtend-Life Total Balance (and Neuro-Natural General) contain all the necessary nutrition to help you reach optimum health, covering brain health, immunity, digestive health, your nervous system, skin and all vital organs, as well as those for specific male and female needs.

Total Balance is available in 6 versions:

- [Unisex](#)
- [Women's Standard](#)
- [Men's Standard](#)
- [Childrens](#)
- [Unisex Premium](#)
- [Women's Premium](#)
- [Men's Premium](#)

It combines the above ingredients in a comprehensive manner from a quality source. Each ingredient works in harmony with the others to ensure optimal efficacy and effectiveness.

Staff at Xtend-Life headquarters have had such amazing customer feedback on this no. 1 seller. For more detailed info on these, or on any aspect of [Xtend-Life Total Balance](#) or [Neuro-Natural General](#), please go to our product pages.

Protocols

Protocol 1: Bare Minimum

To give your organs and systems a helping hand against the stresses and infections of today's modern world.

Product	Quantity Per Day	You Need
Total Balance Men's / Women's Standard	4 tablets per day	2 bottles per month
Omega 3/DHA Fish Oil	2 soft gels per day	1 bottle per month

NB: Total Balance is available in 3 versions. Please select the most appropriate one for you from the product pages.

Protocol 2: Minimum Recommended

To provide optimum additional strength to your immune system and protection for your organs and systems against disease, weakness and malfunction...also helping to relieve current symptoms and strengthen your body against reoccurrence...

Product	Quantity Per Day	You Need
Total Balance Men's / Women's Standard	6 tablets per day	2 bottles per month
Omega 3/DHA Fish Oil Premium	2 soft gels per day	1 bottle per month
Neuro-Natural General	3 - 6 tablets per day	1 - 2 bottles per month

NB: You can add further Xtend-Life products to any of these protocols if you are seeking more targeted help for specific conditions.

For example, if you have high cholesterol you may wish to add our [Cholest-Natural](#), or if you suffer from arthritis pain you may add our [Arthrit-Eze](#). If you are a man and feel like you need a boost then adding our [Male Rejuvenator](#) to these protocols will likely achieve what you need.

HOME STUDY



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Alternative Healing Academy

[Advanced Color/Crystal Reflexology Practitioner](#) | [Basic Anatomy & Physiology](#) | [Basic Reflexology Practitioner](#)
[Basic Aromatherapy Practitioner](#) | [Advanced Reflexology Practitioner](#) | [Advanced Aromatherapy Practitioner](#)
[Basic Color/Crystal Therapy Practitioner](#) | [Mini Courses](#) | [Advanced ReflexAromatherapy Practitioner](#)

With the increasing popularity of aromatherapy, reflexology, color & crystal therapy and a return to a more holistic lifestyle, people have begun searching for ways to earn more money; expand their skills; improve the health of themselves, friends & family; and increase their knowledge of alternative medicine.

The Alternative Healing Academy has developed several new courses in the holistic health care field for those who would like the opportunity to learn a healing modality at their own pace and in their own homes.

A Doctor of Reflexology with The Alternative Healing Academy is teaching classes with curriculum very similar to the Reflexology Practitioner Course and the Basic Aromatherapy at her local community college.

Our holistic health courses were developed by professionals in the Holistic Health Care field trained in the following modalities: Aromatherapy, Advanced/Master Aromatherapy, Reiki, Tuning Fork Therapy, Color and Crystal Therapy, Homeopathy, Herbalism, and Advanced Reflexology.

Furthermore, since we at the Alternative Healing Academy also realize that not everyone wants to make alternative medicine a career choice, we also offer [basic courses](#) as well as several [Mini Courses](#) which will teach you the skills you need to help improve the health and quality of life for yourself, your family and your friends.

[Check out our Affordable Payment Plans!](#)



All graduates of an Alternative Healing Academy home study course will receive a 20% discount off [AHHA Practitioner Membership](#) if they meet qualifying criteria and join within six months of their graduation date.

About Our Courses

Would you like to learn accurate, detailed aromatherapy, reflexology and/or color & crystal therapy information at your own pace in the comfort of your home? Would you like to become certified in Reflexology, Aromatherapy or Color and Crystal Therapy? An Alternative Healing Academy Distance Learning Course could be what you're looking for...

If you own or work for one of the following:

Natural Foods Store, Aromatherapy Store,
New Age Retail Store, Gift Shop, Herb Store,

Aromatherapy Manufacturer,
Massage Center, Holistic Center, Day Spa, or any type of Salon

If you are a practitioner:

Massage Therapist, Esthetician, Chiropractor, Nurse, Herbalist,
Acupuncturist, Bach Flower Therapist, Body Worker, Reiki,
Doula, Midwife, Energy Worker

If you are interested in personal development or improving the health of yourself and your family - these courses are also for you!

[Advanced Color/Crystal Reflexology Practitioner](#) | [Basic Anatomy & Physiology](#) | [Basic Reflexology Practitioner](#)
[Basic Aromatherapy Practitioner](#) | [Advanced Reflexology Practitioner](#) | [Advanced Aromatherapy Practitioner](#)
[Basic Color/Crystal Therapy Practitioner](#) | [Mini Courses](#) | [Advanced ReflexAromatherapy Practitioner](#)

Common Questions Asked About Holistic Health Distance Learning Courses:

What is Certification?



Most schools will offer an exam that tests the student's knowledge of the material taught in the respective course. Upon successful completion of this exam, a Certificate or Diploma will be issued by the school attesting that the student has successfully met the requirements as specified by that school. The only governmental recognition of Aromatherapy in North America is the occupational title designation granted to the BCAA under the Societies Act of British Columbia.

What is a Certified Aromatherapist or Reflexologist?

Most prospective students want to know whether taking our courses will lead to their becoming 'Certified' in that healing modality, thereby leading to the title of Certified Aromatherapist, Certified Reflexologist or Certified Color/Crystal Therapist. The answer to this really depends on what you mean by 'Certified.' We believe it can be misleading to purport that completing a course in a healing modality such as reflexology, aromatherapy or color/crystal therapy will lead to a designation of 'Certified' Therapist. These are not official

title designations nor are they ones which are recognized by any country's governmental body. All that these titles mean is that this is what an Individual Instructor, School or Institution decided to put on the Diploma it awards those who successfully complete their course.

What is an accredited course in Aromatherapy or Reflexology?

The answer to this will depend on who you are asking. At the present time, British Columbia is the only government to recognize Aromatherapy as a distinct profession and has granted Occupational Title Protection to the members of the BCAA (British Columbia Alliance of Aromatherapy) with the exclusive right for its members to call themselves Registered Aromatherapists (R.A.).

At this time, neither Reflexology nor Color/Crystal Therapy have such occupational designations in any country although one prominent Reflexology school in Colorado, The Modern Institute of Reflexology, has gained occupational designation for their institution in that state. MIR has been designated by the Colorado State Division of Private Occupational Schools - Dept. of Higher Education as an approved school. Our Reflexologist who developed the reflexology modules for our courses was trained at MIR as a Certified Reflexologist, a Master Reflexologist and a Dr. of Reflexology.

In the United States, the NAHA (National Association for Holistic Aromatherapy) has put into place their Approved Standards for Aromatherapy Training. The Alternative Healing Academy's Advanced Aromatherapy course meets and exceeds these standards and we are in the application process of becoming an approved program through the NAHA.

In Canada, there are a number of different Associations including the BCAPA (British Columbia Association of Practicing Aromatherapists) and the CFA (Canadian Federation of Aromatherapists). Time will tell if one authoritative body or association becomes the standard by which to judge and govern the educational offerings of these alternative healing modalities.

It has to be noted that NO form of aromatherapy "certification" is currently recognized in the USA by anyone other than those in the trade, nor is aromatherapy (or essential oils in the aromatherapy trade) regulated by any governmental body.

Some information about the courses we offer:

1) You can receive the course in one of two ways: A cd with the modules and tests in PDF format can be shipped to you; or, The modules can be emailed to you three at a time. Each time you complete the tests for the current three modules, a new set of three modules will be emailed to you.

2) All modules are clearly explained, are in pdf format and fully

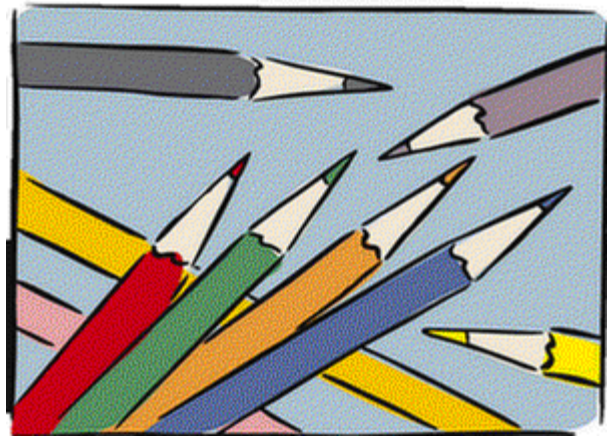
illustrated.

3) The Advanced Aromatherapy Practitioner and the Advanced Reflexology Practitioner courses are designed to meet the National Association for Holistic Aromatherapy (NAHA) guidelines.

4) A tutor will be available via email to answer any questions you may have.

You will be contacted after purchase to find out how you would like your course delivered. All tests for the course can be either emailed or snail-mailed to The Alternative Healing Academy.

Upon successful completion of any full diploma or certification course (with a score of 80% or higher), you will receive a beautiful Diploma, suitable for framing.



Course Testimonials

"I'm done! Going through the final and the case studies and having such amazing experiences and opportunities to help people, I truly feel blessed and honored to have had the intense education that came with this course. I discovered in me a new ability to serve others, not only through education but through the power of healing that comes with the use of essential oils. I am continuing to train personally with Alexandria Brighton and have begun work toward opening an aromatherapy practice. Thank you so much for your patience and knowledge. Most of all thank you for this new way of living and enjoying Life."

-A. Lindquist - Advanced Aromatherapy Practitioner

"I am finding the course great. It is written very well so even people like me can understand the human body a whole lot better. I just hope that I can remember it all. I don't think I have a chance of remembering the names of everything in the muscular system or the movement system. But, I do have more of an understanding of how everything works now. I find it just amazing. Thanks Heaps."

-M. Oliver - Basic Anatomy & Physiology

"This information is great that you are teaching. I would really like to talk my oldest daughter into taking your course. It really goes into detail which is very informative."

-Debbie F. - Basic Reflexology

"Seven years ago I started to see a reflexologist for migraines and sinus problems. I was amazed that I finally found relief without medication. I decided this year to search out a course in reflexology so I could help family and friends and show them the benefits of reflexology. I researched various courses on the internet and decided to go with the basic course through the Alternative Healing Academy. I was impressed with course material and the ease of receiving the course material."

"I was given an choice of having a CD sent to me or to receiving and sending back the assignments through email. I choose email. I received 3 lessons at a time that I could read and study on my own time frame and return the lessons when I was done. Everything was sent in a very timely manner and communication was open and quick. If I needed help, I knew it was only a click away and the response time was very quick. The techniques used also came in a video mode in the email that I could replay as much as I needed to."

"I felt I learned a lot and am able to help myself and others. Being able to log 20 hours of treatment time and writing the case histories for the final exam was extremely rewarding and helpful. I would recommend this course to others interested in reflexology because the course material was very informative and complete and written in easy to understand language."

-Jean Russell - Basic Reflexology Course

"I'm so excited about (the Advanced Aromatherapy course) and I'm particularly excited about the possibility of making custom blends for people! I hadn't anticipated having that opportunity when I took the course so I'm excited to have everything done! I'm very excited to have finished. I really enjoyed this course and really appreciate all the work you've put into it! This has been a fabulous jumping off point for me and I'm so glad I took it."

"p.s. I know the boys are much slower at the Reflexology, but my son is loving the classes."

-Megan P. - Advanced Aromatherapy Course

Our Associations

Organizational Member of the American Holistic Health Association - <http://www.ahha.org/>

Professional & Business Member of the National Association of Holistic Aromatherapy - <http://www.naha.org/>

Professional Member of the International Reflexology Association - <http://www.holisticbenefits.com/ima/international-reflexology-association.html>

Professional Member of the International Aromatherapy Association - <http://www.internationalaromatherapyassociation.com/>

Payment plans are available, please [Click Here for More Info](#)

Sales & Refund Policy

We will, within 30 days, refund the purchase price of any course you purchased ***MINUS* the cost of the modules you have already received**. This policy does ***NOT*** apply to our informational Mini Courses. Please see the [Mini Courses page](#) for more information on those. Please [email support](#) if you wish to be refunded or have questions about our refund policy.