



DR. AVA FRICK'S
LifeExtend Method
For Healthy, Happy, and Naturally Rejuvenated Animals

SUPPLEMENT CHECKLIST AND RESOURCES

BY DR AVA FRICK



SUPPLEMENTS

STANDARD PROCESS

Chlorophyll Complex™

Chlorophyll Complex supports multiple body systems.*

- Provides ingredients with antioxidant activity
- Supports vascular health
- Supports the body's normal immune system response function
- Provides cardiovascular support

Maintains skin and hair health*



Cataplex® E

Cataplex E supports cells and cell processes as well as healthy thyroid function.*

- Provides ingredients with antioxidant activity
- Supports cell signaling and regulation of gene expression*
- Excellent source of vitamin E and selenium



Choline

Choline supports healthy fat metabolism.*

- Supports healthy cell membrane structure and function
- Provides support for methylation reactions
- Supports healthy liver and gallbladder function
- Supports a healthy nervous system



Inositol

Inositol helps support the cardiovascular and nervous systems.*

- Supports healthy cell membrane integrity
- Supports normal cell membrane signaling
- Supports the normal processing of fats in the liver*



Cataplex® F

- May support healthy structural composition of skin and hair*
- Contains iodine for thyroid support
- Supports fat metabolism*
- Excellent source of vitamin B6 and iodine



EDNO-MET

Paramin

- Provides the necessary balance of calcium and magnesium.
- Provides these essential elements in a very well absorbed form including calcium and magnesium citrate and chelate.
- Contains supportive nutrients including boron to enhance the absorption and utilization of these essential minerals.



Colloidal Silver

- Colloidal silver is a powerful, safe alternative to antibiotics.
- It can be used as part of an anti-candida program as well.
- It is excellent for chronic as well as acute infections.



BANYAN BOTANICALS



Ayurveda Herbs

In 1996, the Banyan Trading Company was started with the mission of providing the highest quality Ayurvedic herbs and products to Ayurvedic practitioners.



Amalaki (Amla) powder

Detoxification & Rejuvenation for Pitta*

- Removes excess pitta from the system*
- Assists natural internal cleansing and maintains regularity*



Bibhitaki powder

Detoxification and Rejuvenation for Kapha*

- Supports proper function of the lungs and healthy, comfortable breathing*
- Promotes healthy elimination



Bilva powder

Supports Proper Function of the Bowels & Promotes Healthy Stool Formation*

- Promotes healthy, solid stools*
- Dries excess kapha and soothes the mucus membranes in the intestines*

doTERRA

Copaiba Oil

Copaiba Oil, similar to Black Pepper, has a soothing aroma and, when taken internally, supports a healthy immune and cardiovascular system.*



Frankincense Oil

Frankincense essential oil is a proprietary blend of resins from four species of Boswellia trees, Boswellia carterii, Boswellia sacra, Boswellia papyrifera, and Boswellia frereana.

Purify Oil

The Purify Cleansing Blend produces an airy aroma that purifies the air in a natural, safe way.



Zendocrine® Oil

Zendocrine essential oil blend supports the body's natural ability to rid itself of unwanted substances.

DDR Prime® Oil

DDR Prime is a proprietary blend of CPTG Certified Pure Tested Grade™ essential oils that help protect the body against oxidative stress to cellular DNA.



doTERRA On Guard® Oil

As one of doTERRA's most popular oils, doTERRA On Guard is a powerful proprietary blend that supports healthy immune function when used internally* and contains cleansing properties.



Cedarwood Oil

With properties that help to soothe the mind and body, the warm, woody scent of Cedarwood oil promotes a relaxing environment when used topically or aromatically.

Lime Oil

Known for its distinct aroma and taste, Lime provides cleansing benefits when taken internally or used topically—making it the perfect oil for purifying skin and surfaces

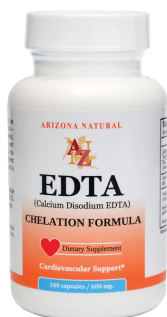


WHOLISTIC PET ORGANICS MSM™ POWDER



Wholistic MSM™ is a safe compound that helps support healthy joints and many more positive benefits. Because of possible mineral depletion and today's food processing and storage practices, adding MSM can help to maintain your pet's good health.

ARIZONA NATURAL



EDTA (CALCIUM DISODIUM)

EDTA (Calcium disodium) is an amino acid and chelating agent that binds and removes metals and minerals from the body.

YOUNG LIVING



Thieves Essential Oil Blend

Thieves® essential oil is a legendary blend of purifying essential oils, Clove, Lemon, Cinnamon Bark, Eucalyptus radiata, and Rosemary, known for immune support and cleansing properties.

BRIGHT NUTRITION



Corydalis Powder

Corydalis is a herb often used in Traditional Chinese Medicine. Corydalis contains a compound, dehydrocorybulbine (DHCB), that is thought to be responsible for the herb's analgesic effects.

CBD DOG HEALTH

SENIORPET20 - 20% OFF 1ST PURCHASE



Calm: CBD Oil

This organic, full spectrum CBD oil for dogs with anxiety is perfect for naturally managing your dog's chronic anxiety and situational fear. CALM provides the perfect holistic CBD for dogs' anxiety and stress-inducing events like thunderstorms, fireworks, grooming and vet visits, travel, and separation anxiety.



Ease: CBD Oil

EASE is a proprietary, full-spectrum CBD for dog pain, joint pain, back pain, inflammation, and allergies. EASE is a natural anti-inflammatory for dogs, formulated with frankincense and turmeric, to target inflammation, balance the immune system and soothe your dog's aches and pains.



Heal: CBD Oil

HEAL is a proprietary full spectrum CBD oil for dogs, designed to enhance your dog's endocannabinoid system and address a variety of health conditions including pain and inflammation.

Remedy Salve

Don't allow your dog to suffer from tumors, cysts, lumps, and infections. This all-natural, best-selling Full Spectrum CBD Salve for dogs is formulated to give your pet the relief they need from a wide variety of painful conditions and common illnesses.



Soothe Salve

Active and curious dogs don't have to suffer irritation from allergies, hot spots, or bug bites. This all-natural, Full Spectrum CBD Salve for dogs provides the perfect holistic solution to everyday irritants and allergies that pester your dog during their everyday life.



TURMERIC LIFE

Turmeric Powder

The key ingredient to any great Golden Paste is high potency Turmeric Powder, and we are excited to say our new Turmeric Powder packs have 7% active curcumin, Curcumin is known for its anti-inflammatory properties and ability to assist your body in removing inflammation from the body.



PETSUMMITS- 20% OFF 1ST PURCHASE

VENJENZ



Both Barrels K9

It contains a proprietary blend of Transfer Factors using naturally occurring components from cow colostrum and bovine, as well as natural citric acid from lemon rind and essential fatty acids from flaxseed oil (source of Omega 3's) to help support your pets' immune system.

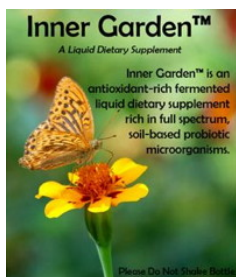


Rampant K9

It contains a proprietary blend of vitamins and minerals to help support the absorption of Transfer Factors and provide your pet with general health and immune system functioning. Each drop of RAMPART K9 proprietary probiotics includes acid-producing bacteria and yeast cell wall ingredients, which help to support your pets' immune system

LIFEEXTEND10 - 10% OFF 1ST PURCHASE

GO BEYOND ORGANIC



Inner Garden Probiotic

Inner Garden™ Probiotic is an all natural multi-family & multi-species probiotic that promotes proper digestion. The probiotics in the Inner Garden are what Mother Nature uses to create balance, whether in our digestive system or our pets', or the soil, rivers and oceans.

NEW ZEALAND VELVET DEER



Dog joint

The vet product, with its focus on components for musculoskeletal health, is remarkably useful for arthritis, and for pre- and post-orthopedic surgery, trauma, and as a potential preventative strategy in our patients with a propensity toward mobility derangements, e.g. hip dysplasia.

PETAG



Bene-Bac® Plus Pet Powder

Bene-Bac® Plus Pet Powder contains concentrated FOS and live, naturally occurring microorganisms.

NATREN



Canine Dophilus

Natren animal probiotics are specially formulated to support the digestive health of cats, dogs and birds. Probiotics or Direct Fed Microbials can help support intestinal health and help maintain healthy intestinal flora.



DEVICES



ALPHA-STIM DEVICE



Alpha-Stim M Microcurrent & Cranial Electrotherapy Stimulator
Combined microcurrent and cranial electrotherapy stimulator treats pain, anxiety, insomnia and depression



Alpha-Stim AID Cranial Electrotherapy Stimulator
The Alpha-Stim AID cranial electrotherapy stimulator treats anxiety, insomnia and depression.

REVITAVET™



RevitaVet™ IR2
RevitaVet™ provides healthy maintenance and rehabilitation of your equine athletes, enhancing their peak performance condition, while preventing costly veterinary ailments before they arise.

AVAFRICK - 15% OFF



AYURVEDA



The Five Elements and Foods	
EARTH	Most kinds of seeds and nuts. Meat. Mushrooms. Root vegetables. Beans. Wheat, rice, many other grains. Coconut meat. Hard dried fruits. Minerals.
WATER	Milk and dairy products. Juicy fruits; plums, watermelon, grapes, cantaloupe, organs, papaya, peaches. Coconut water. Juicy vegetables; cucumber, zucchini, tomatoes. Salt.
FIRE	Spices; hot peppers, black pepper, cinnamon, cloves, ginger, garlic, onions. Sour fruits; pineapple, lemons, grapefruit, sour berries (cranberries). Alcohol. Tobacco.
AIR	Dried fruits, raw vegetables, rough vegetables; broccoli, cabbage, sprouts. Nightshades; potatoes, tomatoes, eggplant. Many beans; black, pinto, chickpeas.
ETHER	Sprouts. Fresh vegetable juice. Algae and spirulina. Alcohol, narcotic drugs; marijuana, LSD, cocaine, and tobacco. Anesthetic drugs especially via gas.

These tables are addendums to the program. Excerpted from Vasant Lad, MASc, Textbook of Ayurveda Fundamental Principles, Vol 1, Chapter 8. The Ayurveda Press, Albuquerque, New Mexico, 2002.



Taste and Five Elements	
Sweet	Earth + Water
Sour	Earth + Fire
Salty	Water + Fire
Pungent	Air + Fire
Bitter	Air + Ether
Astringent	Air + Ether

Taste and Their Related Organs	
Sweet	Thyroid and upper lungs
Sour	Lungs
Salty	Kidneys
Pungent	Stomach, heart
Bitter	Pancreas, liver, spleen
Astringent	Colon

EXAMPLES OF ATTRIBUTES OF CERTAIN FOODS			
Attribute	Food	Attribute	Food
Heavy	Meat, cheese, peanuts	Light	Rice, popcorn, sprouts, ginger
Cold	wheat, milk mint	Hot	Chili pepper, alcohol, eggs
Oily	Cheese, avocado, coconut	Dry	Millet, rye, dry cereal
Slow	Meat, yogurt, tofu	Sharp	Chili pepper, ginger, mustard
Stable	Ghee, dry grains, dry beans	Mobile	Alcohol, sprouts, popcorn
Slimy	Yogurt, avocado, ghee	Rough	Salad, popcorn, raw veggies
Dense	Cheese, meat, coconut	Liquid	Milk, juices
Soft	Ghee, avocado, oils	Hard	Coconut, almonds, sesame seeds
Gross	Meat, cheese, mushrooms	Subtle	Ghee, honey, alcohol
Cloudy	Yogurt, cheese, urad dal	Clear	Fresh water, algae, vegetable juice

FUNCTIONS AND EFFECTS OF HEATING AND COOLING FOODS	
NORMAL FUNCTIONS OF HEATING	NORMAL FUNCTIONS OF COOLING
Pacifies vata and kapha, stimulates pitta	Pacifies pitta, builds kapha and vata
Promotes meatabolic activity (digestion)	Promotes anabolic activity (growth)
Kindles agni (the fire element)	Slows agni
Promotes digestion	Relieves burning, irritation, and inflammation
Increases body temperature	Decreases body temperature
Enhances blood circulation	Enhances lymphatic circulation
ABNORMAL FUNCTIONS DUE TO EXCESSIVE USE	ABNORMAL FUNCTIONS DUE TO EXCESSIVE USE
Burns ojas, reduces kapha, builds vata	Inhibits pitta
High or sharp agni	Low or dull agni
Promotes catabolic (breaking down) activity	Abnormal growth
Hypoglycemia	Slow metabolism, obesity
Inflammation, ulceration, perforation	Poor digestion and malabsorption
Bleeding	Ama formation - the morbid toxic sticky remnants of undigested foods

Effects of Tastes on the Doshas						
Taste	Effects					
Sweet	V	↓	P	↓	K	↑
Sour	V	↓	P	↑	K	↑
Salty	V	↓	P	↑	K	↑
Pungent	V	↑	P	↑	K	↓
Bitter	V	↑	P	↓	K	↓
Astringent	V	↑	P	↓	K	↓

↓ Reduces

↑ Elevates