PHYSICIANS OF TRADITIONAL CHINESE MEDICINE

www.HealthForFlightCrews.com

Did you know that the average moisture content of the air in the Sahara Desert is about 20%, while the moisture content of Aircraft Cabin Air averages between 1% and 15%?

DICUT



Recommendations for Flight Crews based on 15 years of experience

(Buy at VitaminShoppe.com or any good Health Food Store)



WHEN YOU FLY To Help Prevent Radiation Damage Vitamin C Vitamin C Vitamin E For External & Internal Dryness Flax Seed Oil (in 1000 mg capsules) For Glands and Joints Primrose Oil (in 1300 mg capsules) For Solid Nutrition Greens Plus EVERY DAY Multi-Alive by Nature's Way For Brain and Liver Function Carlson's Fish Oil (in 1000 mg capsules) WHEN AT HOME For Joints and Spine Support Glucosamine Chondroitin Sulfate with MSM (liquid) For Solid Nutrition Greens Plus (powder) - Try the Berry Flavor For Optimum Health 11 tablespoons of Flax Seed Oil 11b. Cottage Cheese (this makes the oil water soluble) 1 cup of water Mix thoroughly in a blender.		RIGHT BEFORE YOU FLY	UPON ARISING	WITH BREAKFAST	WITH LUNCH	WITH DINNER	BEFORE SLEEP
Vitamin C Vitamin E For External & Internal Dryness Flax Seed Oil (in 1000 mg capsules) For Glands and Joints Primrose Oil (in 1300 mg capsules) For Solid Nutrition Greens Plus EVERY DAY Multi-Alive by Nature's Way For Brain and Liver Function Carlson's Fish Oil (in 1000 mg capsules) WHEN AT HOME For Joints and Spine Support Glucosamine Chondroitin Sulfate with MSM (liquid) For Solid Nutrition Greens Plus (2 tbsp) For Solid Nutrition Greens Plus (3 tsp in Juice - Try the Berry Flavor For Optimum Health 14 tablespoons of Flax Seed Oil 11b. Cottage Cheese (this makes the oil water soluble) 1 cup of water	WHEN YOU FLY						
Vitamin E For External & Internal Dryness Flax Seed Oil (in 1000 mg capsules) For Glands and Joints Primrose Oil (in 1300 mg capsules) For Solid Nutrition Greens Plus EVERY DAY Multi-Alive by Nature's Way For Brain and Liver Function Carlson's Fish Oil (in 1000 mg capsules) WHEN AT HOME For Joints and Spine Support Glucosamine Chondroitin Sulfate with MSM (liquid) For Solid Nutrition Greens Plus (powder) - Try the Berry Flavor For Optimum Health 14 tablespoons of Flax Seed Oil 11b. Cottage Cheese (this makes the oil water soluble) 1 cup of water							
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We are in the Lower Lobby of the Sherry Frontenac Hotel 6565 Collins Ave., Miami Beach, FL 33141 305.867.7716