

### **Healys Compound formulas**

#### **Directions:**

**Dose 3 grms of powder of each of the following Amino acids in 100 ml filtered water (mix and drink AM & PM with food) or as advised by your health professional**

**150 grams (x3 gram doses = 50 days worth) = ½ teaspoon**

#### **FAT BURNER/DETOX Formula**

##### **Acetyl L-carnitine**

Stimulates fatty acid oxidation in liver and heart muscles which can cross the mitochondria (cell furnace)

#### **Medical uses:**

- \*muscle weakness
- \*Hypoglycaemia
- \*reduces cholesterol
- \*benefits connective tissue
- \*benefits to diabetics
- \*helps chronic fatigue
- \*helps Alzheimer's

#### **\*WEIGHT LOSS**

##### **Choline**

- \*Lipotropic agent /carries fats in the blood
- \*precursor of neuro transmitter acetyl choline (most common neurotransmitter in nervous system)

#### **Medical uses:**

- \*Movement disorders (involuntary /jerky movements) ie helps the neurotransmission
- \*Memory loss disorder
- \*cardio vascular disease atherosclerosis

##### **Inositol**

- \* produces energy / broken down in kidney to produce glucose for energy
- \*precursor for serotonin receptors in central nervous system (brain)

#### **Medical uses:**

- \*treatment of diabetics
- \*treatment of depression and panic disorders

#### **\*WEIGHT LOSS**

##### **Methionine**

- \*precursor for cysteine
- \*Mobilises fat deposits in liver caused by dietary imbalances
- \*lowers blood cholesterol levels
- \*releases Growth Hormone
- \*positive effect on heart muscle (increases contraction)

#### **Medical Uses:**

- \*treatment of liver damage (paracetamol poisoning)
- \*DETOXIFICATION OF LIVER
- \*treatment of hangovers

#### **\*WEIGHT CONTROL**

#### **Sports :**

- \*elevates synthesis of creatine
- \*elevates blood glucose

#### **REFERENCE SOURCE:**

Professor Barry Finnin B Pharm,PhC,PhD,FFs ESSENTIAL GUIDE TO AMINO ACIDS

Note: all prescriptions for amino acids, and naturopathic medicines ,even though they are natural occurring products require prescription advise by the Healy's health Team and Dr.Matt Bambling (research bio chemist and psychologist) is

Healy's Team oversight in all natural medicines, amino acids and Healy's recommended product range.  
periodically our Consultant Dr of Chiropractic Dr.Marshall Montgomery has input and recommendations in some formulations for better outcomes for Healy's patients and clients.