



**Encino Acu-Medical Center**  
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# BALANCING BRAIN FUNCTION FORMULA

## “RELAXED AND HEALTHY”

### **Formula I Instructions** (see Use Guidelines on back):

Formula I:

1 pill under the tongue at bedtime, for **2 days**.  
 Wait 1 week, then start Formula II.

Date / /  
 ○ ○

A supplement to Formula I, to be taken at daytime, Gemotherapy Herb Drops (see back).

### **Formula II (A, B, C) Instructions** (see Use Guidelines on back):

Please note Formula Pills (A, B, C) should be taken during the same 6 week period.

#### **N.B.F. Formula A**

1 pill under the tongue at bedtime.  
**Every Monday for 6 weeks.**

#### **N.B.F. Formula B**

1 pill under the tongue at bedtime.  
**Every Wednesday for 6 weeks.**

#### **N.B.F. Formula C**

1 pill under the tongue at bedtime.  
**Every Friday for 6 weeks.**

This 6-8 week treatment may harmonize brain function and balance brain chemistry by enabling the brain to produce neurotransmitter levels. It may address the Pituitary gland, which is the “Master” gland of the body located in the pit of the skull, and supervise internal glands.

	<b>Mon.</b>	<b>Wed.</b>	<b>Fri.</b>
<b>Week # 1</b>			
Date / /	○	○	○
<b>Week # 2</b>			
Date / /	○	○	○
<b>Week # 3</b>			
Date / /	○	○	○
<b>Week # 4</b>			
Date / /	○	○	○
<b>Week # 5</b>			
Date / /	○	○	○
<b>Week # 6</b>			
Date / /	○	○	○

You may mark the circles with the corresponding calendar dates.

1<sup>st</sup> supplement to be taken at daytime, Amino Acid for HGH production. (see back).

2<sup>nd</sup> supplement to be taken at daytime, Energy Pills (see back).

3<sup>rd</sup> supplement Enzyme treatment to be taken with meals (see back).

## Gemmotherapy Herb Drops\*

Recommended to Brain Formula.

\*Special note: hit bottom of bottle once a day with 10 strong taps before use.

### Viscum album

50-60 drops 1X a day in ¼ glass of water.

5 days a week, every **Morning**, Monday to Friday, off on weekends.

Use entire bottle, 30-60ml

Date / /  
 ○ ○ ○ ○ ○

### In the afternoon take Alnus glutinosa

### Alnus glutinosa

50-60 drops 1X a day in ¼ glass of water.

5 days a week, every **Afternoon**, Monday to Friday, off on weekends.

Use entire bottle, 30-60ml.

Date / /  
 ○ ○ ○ ○ ○

## **1<sup>st</sup> Amino Acid for production of HGH (produced automatically from anterior pituitary gland) :**

1 capsule, 1 time during morning **or** afternoon. Finish bottle.

## **2<sup>nd</sup> Energy Pills: Aurum Metallicum**

1 pill, once a day, morning **or** afternoon. For 10 days.

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.

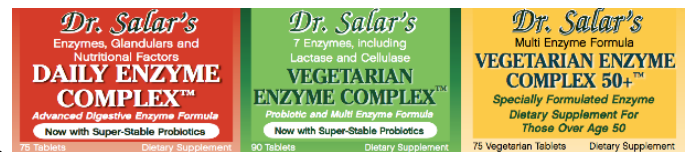
Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.

## **3<sup>rd</sup> Enzyme Therapy**

Daily, Vegetarian or 50+, depending on diet and age.

1 tablet 3X a day with regular meals, or 2 tablets with large fatty/fried meals.

As directed by your healthcare professional.



### Homeopathy Remedy Use Guidelines:

1. Please do not eat or drink 15 minutes before or after taking remedies.
2. Store remedies away from electrical appliances (e.g. TV, microwave, computer, etc.) and direct sunlight.
3. Avoid any contact with camphor (also known as camphora and camfrey). Any contact (smell, touch) with camphor can antidote homeopathic remedies.
4. Limit your intake of caffeine and nicotine while taking homeopathic remedies. Also avoid raw onion, raw garlic and raw mint.
5. Do not touch pills with your hands. Please use the bottle cap or a plastic spoon or brake open the blister by folding back the marked corners.

\* Warning: If symptoms persist/worsen or if pregnant/nursing, consult your practitioner. Keep out of reach of children. Do not use if blister is broken.

If you are still having symptoms, please contact Dr. Salar Farahmand for additional care.