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# WELLNESS GUIDE

## Understanding Your Body. Supporting Your Wellness.

A Guide to Body Systems, Common Health Conditions & Nutritional Wellness

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## 1. IMMUNE SYSTEM

**Abscess.** A collection of pus in tissue, usually caused by infection. *Ardyss products:* **Shield, Revive, Pure Noni, NutriShake.**

**HIV / AIDS.** HIV weakens immune defenses. AIDS is an advanced stage of HIV infection. *Ardyss products:* ***NutriShake*, Shield, Revive, Le'Vive Yellow.**

**Allergies.** An immune response to substances such as pollen, dust, or foods. *Ardyss products:* **Shield, Le'Vive Yellow, Green 29, Revive.**

**Tonsillitis.** Inflammation of the tonsils, often caused by infection. *Ardyss products:* **Shield, Revive, Pure Noni, NutriShake.**

**Athlete's Foot.** A fungal infection that commonly affects the skin of the feet. *Ardyss products:* ***NutriShake*, Pure Noni, Le'Vive Red, Le'Vive Yellow.**

**Cancer.** A group of diseases in which certain cells grow uncontrollably. *Ardyss products:* ***NutriShake*, Shield, Revive, Le'Vive Yellow, Le'Vive Red.**

**Breast and Cervical Cancer.** Cancer originating in the breast or cervix. *Ardyss products:* ***NutriShake*, Shield, Revive, Le'Vive Yellow, Le'Vive Red.**

**Vaginal Yeast Infection.** A vaginal infection caused by overgrowth of Candida yeast. *Ardyss products:* ***NutriShake*, Shield, Le'Vive Red, MetaBiome.**

**Tooth Decay.** Damage to teeth associated with bacteria, sugars, and oral hygiene. *Ardyss products:* **Coral Calcium, NutriShake, Le'Vive Yellow, Green 29.**

**Chlamydia.** A sexually transmitted infection caused by bacteria. *Ardyss products:* **Shield, NutriShake, Revive, Pure Noni.**

**Cold Sores.** A viral infection that may cause blisters around the lips. *Ardyss products:* **Shield, Revive, Le'Vive Yellow, Pure Noni.**

**Sore Throat.** Discomfort or irritation caused by infection, dryness, or allergies. *Ardyss products:* **Shield, Revive, Pure Noni, NutriShake.**

**Fever.** An increase in body temperature, often in response to infection. *Ardyss products:* **Shield, NutriShake, Revive, Le'Vive Yellow.**

**Gangrene.** Death of body tissue due to poor blood supply or severe infection. *Ardyss products:* ***NutriShake*, Shield, Revive, Pure Noni.**

**Hepatitis.** Inflammation of the liver, with viral and nonviral causes. *Ardyss products:* **Cirrhosis,** Advanced scarring of the liver

**Cirrhosis.** Advanced scarring of the liver that impairs its function. *Ardyss products:* ***NutriShake*, Shield, Le'Vive Yellow, Revive.**

**Herpes.** An infection caused by the herpes simplex virus. *Ardyss products:* **Shield, Revive, Le'Vive Red, Pure Noni.**

**Vaginal Discharge.** Discharge that may be normal or signal infection, depending on its features. *Ardyss products:* ***NutriShake*, MetaBiome, Cran Aloe, Le'Vive Yellow.**

**Lupus.** An autoimmune disease that can affect skin, joints, and organs. *Ardyss products:* ***NutriShake*, Le'Vive Yellow, Omega3 369, Green 29.**

**Meningitis.** Inflammation of the membranes surrounding the brain and spinal cord. *Ardyss products:* ***NutriShake*, Shield, Revive, Le'Vive Yellow.**

**Sinusitis.** Inflammation of the sinuses, sometimes with congestion. *Ardyss products:* **Shield, NutriShake, Le'Vive Yellow, Pure Noni.**

## 2. NERVOUS SYSTEM

**Stroke.** Interrupted blood flow to the brain or bleeding in the brain. *Ardyss products:* ***NutriShake*, Omega3 369, Coral Calcium, Le'Vive Yellow.**

**ALS.** A progressive neurological disease affecting motor neurons. *Ardyss products:* ***NutriShake*, Revive, Omega3 369, Le'Vive Yellow.**

**Alzheimer's Disease.** A disease that progressively affects memory and other abilities. *Ardyss products:* ***NutriShake*, Memory Fusion, Omega3 369, Coffee 7+1.**

**Parkinson's Disease.** A progressive neurological disorder affecting movement. *Ardyss products:* ***NutriShake*, Omega3 369, Memory Fusion, Le'Vive Yellow.**

**Epilepsy.** A disorder involving seizures caused by abnormal electrical activity in the brain. *Ardyss products:* ***NutriShake*, Le'Vive Yellow, Revive, Coral Calcium.**

**Anorexia Nervosa.** An eating disorder involving food restriction and fear of gaining weight. *Ardyss products:* ***NutriShake*, Revive, Le'Vive Yellow, Coral Calcium.**

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**Bulimia Nervosa.** An eating disorder involving binge eating and compensatory behaviors. Ardyss products: **NutriShake, Revive, Le'Vive Yellow, Shield.**

**Autism.** A neurodevelopmental condition affecting communication and behavior. Ardyss products: **NutriShake, Le'Vive Yellow, MetaBiome, Green 29.**

**Depression.** A mood disorder involving persistent sadness or loss of interest. Ardyss products: **Omega3s, NutriShake, Shanthi, Le'Vive Yellow.**

**Migraine.** Recurring headache that may involve nausea or sensitivity to stimuli. Ardyss products: **Omega3s 369, NutriShake, Coral Calcium, Le'Vive Yellow.**

**Stress.** A physical and emotional response to demands or pressure. Ardyss products: **Memory Fusion.**

**Female Sexual Dysfunction.** Persistent difficulties involving desire, arousal, or sexual satisfaction. Ardyss products: **Omega3s 369, NutriShake, Shanthi, Coffee 7+1.**

**ADHD.** A neurodevelopmental condition affecting attention and/or impulse control. Ardyss products: **NutriShake, Omega3s 369, Memory Fusion, Le'Vive Yellow.**

**Insomnia.** Recurrent difficulty falling or staying asleep. Ardyss products: **NutriShake, Coral Calcium, Omega3s 369, Le'Vive Yellow.**

**Alcohol Use Disorder.** Problematic alcohol use that affects health and daily life. Ardyss products: **NutriShake, Shield, Le'Vive Yellow, Revive.**

**Drug Addiction.** A substance use disorder caused by interrupted blood flow. Ardyss products: **NutriShake, Shield, Revive, Le'Vive Yellow.**

**Multiple Sclerosis.** An autoimmune disease affecting the central nervous system. Ardyss products: **NutriShake, Omega3s 369, Le'Vive Yellow, Revive.**

**Schizophrenia.** A mental health disorder that may affect perception, thought, and behavior. Ardyss products: **NutriShake, Omega3s 369, Le'Vive Yellow, Revive.**

## 3. URINARY SYSTEM

**Urethritis.** Inflammation of the urethra, sometimes caused by infection. Ardyss products: **Cran Aloe, NutriShake, Shield, Pure Noni.**

**Cystitis.** Inflammation of the bladder, often associated with urinary infection. Ardyss products: **Cran Aloe, Pure Noni, NutriShake, Le'Vive Red.**

**Pyelonephritis.** A kidney infection that requires medical evaluation. Ardyss products: **NutriShake, Shield, Revive, Cran Aloe.**

**Acute Kidney Injury.** Rapid loss of the kidneys' ability to filter blood. Ardyss products: **NutriShake, Shield, Revive, Le'Vive Yellow.**

## 4. CIRCULATORY SYSTEM

**High Blood Pressure.** Persistently elevated blood pressure. Ardyss products: **Omega3s 369, NutriShake, Green 29, Le'Vive Yellow.**

**Atherosclerosis.** Buildup of plaque along artery walls. Ardyss products: **Omega369, NutriShake, Green 29, Le'Vive Red.**

**Heart Attack.** Damage to heart muscle caused by interrupted blood flow. Ardyss products: **NutriShake, Omega3s 369, Shield, Revive.**

**High Cholesterol.** Elevated blood cholesterol levels associated with cardiovascular risk. Ardyss products: **Omega3s 369, NutriShake, Green 29, Le'Vive Yellow.**

**Varicose Veins.** Enlarged, twisted veins, often in the legs. Ardyss products: **Omega3s 369, Green 29, NutriShake, Le'Vive Red.**

**Anemia.** Reduced healthy red blood cells or hemoglobin. Ardyss products: **NutriShake, Le'Vive Yellow, Revive, Green 29.**

**Glaucoma.** A group of diseases that damage the optic nerve and may affect vision. Ardyss products: **NutriShake, Green 29, Le'Vive Yellow, Revive.**

**Edema.** Excess fluid buildup in body tissues. Ardyss products: **NutriShake, Le'Vive Yellow, Green 29, Revive.**

## 5. DIGESTIVE SYSTEM

**Colitis.** Inflammation of the colon, which can have several causes and diagnoses. Ardyss products: **MetaBiome, NutriShake, Green 29, Le'Vive Green.**

**Diarrhea.** Stools that are looser or more watery and frequent than usual. Ardyss products: **NutriShake, MetaBiome, Shield, Le'Vive Yellow.**

**Diverticulitis.** Inflammation of small pouches that develop in the colon. Ardyss products: **NutriShake, MetaBiome, Green 29, Le'Vive Yellow.**

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**Constipation.** Difficulty passing stools or having infrequent bowel movements. *Ardyss products:* **MetaBiome, Green 29, NutriShake, Le'Vive Yellow.**
**Gastritis.** Inflammation of the stomach lining. *Ardyss products:* **NutriShake, MetaBiome, Le'Vive Yellow, Green 29.**
**Peptic Ulcer.** A sore in the lining of the stomach or small intestine. *Ardyss products:* **NutriShake, MetaBiome, Le'Vive Yellow, Green 29.**

**Parasitic Infection.** An infection caused by parasites. *Ardyss products:* **NutriShake, Shield, Revive, Le'Vive Yellow.**
**Crohn's Disease.** A chronic inflammatory disease of the digestive tract. *Ardyss products:* **NutriShake, MetaBiome, Le'Vive Yellow, Green 29.**

## 6. RESPIRATORY SYSTEM

**Asthma.** An inflammatory disease that narrows the airways. *Ardyss products:* **Omegas 369, NutriShake, Green 29, Le'Vive Yellow.**
**Bronchitis / Pneumonia.** Inflammation of the bronchi or an infection of lung tissue. *Ardyss products:* **NutriShake, Shield, Revive, Pure Noni.**

**Laryngitis.** Inflammation of the voice box that can cause hoarseness. *Ardyss products:* **NutriShake, Shield, Pure Noni, Le'Vive Yellow.**
**Emphysema.** Damage to the lung's air sacs that makes breathing difficult. *Ardyss products:* **NutriShake, Omegas 369, Shield, Revive.**
**Tuberculosis.** A bacterial infection that usually affects the lungs. *Ardyss products:* **NutriShake, Shield, Revive, Le'Vive Yellow.**

**Cystic Fibrosis.** An inherited disease affecting the lungs and other organs. *Ardyss products:* **NutriShake, Omegas 369, Le'Vive Yellow, Revive.**

**Obstructive Sleep Apnea.** Repeated interruptions in breathing during sleep caused by upper airway obstruction. Nutritional support: To be evaluated; no Ardyss products assigned.

## 7. GLANDULAR (ENDOCRINE) SYSTEM

**Diabetes.** A group of diseases affecting blood glucose regulation. *Ardyss products:* **NutriShake, Omegas 369, Green 29, Le'Vive Yellow.**

**Acne.** A skin condition associated with blocked hair follicles and inflammation. *Ardyss products:* **NutriShake, Green 29, Le'Vive Yellow, MetaBiome.**
**Dandruff.** Flaking of the scalp. *Ardyss products:* **NutriShake, Le'Vive Yellow, Green 29, Le'Vive Red.**
**Hyperthyroidism.** Excess production of thyroid hormones. *Ardyss products:* **NutriShake, Le'Vive Yellow, Coral Calcium, Revive.**
**Hypothyroidism.** Insufficient production of thyroid hormones. *Ardyss products:* **NutriShake, Le'Vive Yellow, Coral Calcium, Revive.**
**Prostatitis.** Inflammation of the prostate, with various possible causes. *Ardyss products:* **NutriShake, Cran Aloe, Pure Noni, Le'Vive Red.**

## 8.HORMONAL SYSTEM

**Premenstrual Syndrome.** Physical and emotional symptoms before menstruation. *Ardyss products:* **Omegas 369, Coral Calcium, NutriShake, Le'Vive Yellow.**

**Menopause.** The natural end of menstrual periods and the reproductive stage of life. *Ardyss products:* **Omegas 369, Coral Calcium, NutriShake, Shanthi.**

## 9. MUSCULOSKELETAL SYSTEM

**Arthritis.** Inflammation of one or more joints. *Ardyss products:* **Omegas 369, Coral Calcium, NutriShake, Revive.**
**Osteoporosis.** Loss of bone density and strength. *Ardyss products:* **Coral Calcium, NutriShake, Le'Vive Yellow, Revive.**
**Fibromyalgia.** Widespread pain that may come with fatigue and sleep difficulties. *Ardyss products:* **NutriShake, Omegas 369, Coral Calcium, Collagen Coffee.**

**Gout.** Inflammatory arthritis associated with uric acid crystals. *Ardyss products:* **NutriShake, Green 29, Le'Vive Yellow, Omegas 369.**
**Bursitis.** Inflammation of the fluid-filled sacs that cushion joints. *Ardyss products:* **Omegas 369, NutriShake, Coral Calcium, Collagen Coffee.**

**Muscle Cramps.** Involuntary, painful muscle contractions. *Ardyss products:* **Coral Calcium, NutriShake, Le'Vive Yellow, Omegas 369.**

**Wrinkles.** Skin folds associated with changes in elasticity. *Ardyss products:* **Collagen Coffee, NutriShake, Revive, Le'Vive Red.**

**Dermatitis.** Skin inflammation with many possible causes. *Ardyss products:* **NutriShake, Le'Vive Yellow, Green 29, Collagen Coffee.**

**Psoriasis.** An inflammatory skin disease with scaly patches. *Ardyss products:* **Omegas 369, NutriShake, Green 29, Le'Vive Red.**

**Vitiligo.** Loss of pigmentation in areas of the skin. *Ardyss products:* **NutriShake, Le'Vive Yellow, Green 29, Revive.**
**Obesity.** A complex disease associated with excess body fat. *Ardyss products:* **NutriShake, Weight Loss Coffee, MetaBiome, Green 29.**

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