

## Truly Natural Products



### **DIRECTIONLEAN™**

The DirectionLean™ Toxin/Fat/Size Loss Advancement System

DirectionLean™ is a system based upon the evolution of knowledge of the design of human physiology and the realities of present day to address one of the most complex and misunderstood human metabolic disorders, toxin/fat/size gain.

Our understanding of the body's chemistry is that being toxic and over-weight is related to a compromised metabolism that falls short of experiencing the true design potential of being healthy, energetic, and lean. The most dominant contributing factors include:

- Lifestyle choices
- Gender
- Age
- Increased levels of stress
- Environmental pollutions
- Toxins laced through our nutrient deficient foods
- Altered genetic set-points

This exclusive and exceptional system is pioneering in its methodology to address toxin/fat/size gain including a lifestyle education approach that provides a lifetime of healthy results. This premier system attends to the metabolic differences between women and men, the stages of development in the human life cycles, the different biological rhythms, the metabolic realities due to lifestyle choices, and the added complications of a toxic environment. The DirectionLean™ Advancement System is specifically designed for toxin, fat, and size loss without anxiety, deprivation, and brain fog while supporting and sustaining an energetic state of well-being.

[View Direction Lean Ingredients DL 1-2-5](#)

(pull all pdfs off web site and put on MC, with links to

[View Direction Lean Ingredients DL 3-4](#)

<http://www.directionh.org/changinglives/> throughout pages

[View The Direction Lean Booklet](#)



## THE BRAIN SERIES™

These remarkable products create a new category of nutritional offerings that actually support and increase the function and adaptability of the brain itself, our most important organ. The human brain is made up of approximately 100 billion cells and has the processing capacity of 0.1 quadrillion instructions per second. The body, comprised of trillions of independently functioning cells, depends entirely upon the orchestration from the brain to regulate its many complex systems. These products are formulated to powerfully support the design of the body's day and night rhythms, address the unique requirements of both male and female physiologies, and the phases of life with the consideration of all systems in concert. It's the Intelligent Choice™.

**Select the product below to view the ingredients.**

[24BRAIN Female Day-Night 18-30](#)

[24BRAIN Female Day-Night 31-45](#)

[24BRAIN Female Day-Night 46-60](#)

[24BRAIN Female Day-Night 60Plus](#)

[24BRAIN Male Day-Night 18-30](#)

[24BRAIN Male Day-Night 31-45](#)

[24BRAIN Male Day-Night 46-60](#)

[24 BRAIN Male Day-Night 60Plus](#)



## BRAINpeace™

This novel product is designed to offer neurological adaptive support to settle anxious pathways and manage nerve pain. BRAINpeace™ offers an option to calm an over-heated-inflamed brain and nourish the relaxing pathways to relieve stress. BRAINpeace™ is designed to be used during the day as needed.

### Challenges of Life

- Neurological tension
- Dietary & lifestyle choices
- Cognitive demands
- Environmental poisoning
- Emotional & mental distresses

### BRAINpeace™ Support

- Calms the agitated brain
- Restores body rhythm timing
- Supports detoxification of the brain
- Reduces inflammation & discomfort
- Releases stronghold of anxiety

### [View BRAINpeace Ingredients](#)



## PROTEINFIRST™

Next to water, Protein is the most abundant substance in your body. Protein is needed in your diet so that your brain has the right tools for optimal communication and construction of all body parts. This includes nerves, bones, organs, blood vessels, glands, tendons, ligaments, muscles, nails, hair, and immune system.

Without a steady diet of high-quality, complete proteins, you are unlikely to reach your healthy/happy size and keep your healthy/happy size and stay energetic. Protein F1rst is a naturally good tasting protein with a nutritionally complete spectrum of amino acids.

[View Protein F1RST Ingredients](#)



Three Levels of Energy Management

## EA#1, EA#2, and EA#3 – “Need an Energy Adjustment”

These products are all-natural healthy herbal formulas designed to release stored energy for both mental and physical demands of the moment. We call it Energy on Demand™. Due to the uniqueness of individuals and their ability to release stored energy and due to the varying demands, these products are designed to support three levels of energy management: Energy Adjustment1, 2, or 3 or EA1, EA2, or EA3. EA1 is formulated to support mental focus and clarity. EA2 is formulated to support increased levels of mental focus and clarity. EA3 is formulated to support increased levels mental focus, clarity and physical energy. These products are easily understood by their name and can be used in conjunction with all of our other day-oriented products. It is a powerful energy management solution designed with synergistic considerations of all systems, elevating an individual to a state of allostatic well-being.

**“Your Energy – Your Choice”**

[View Energy Adjustment Ingredients](#)

\*These statements have not been evaluated by the FDA. **These products are not intended to diagnose, treat, cure or prevent any disease**