

# New options and tools available from AHI! Health & Nutritional Solutions

## *A healthy body, a healthy mind...*

**After more than twenty years of providing cutting edge continuing education (CE) courses, AHI is expanding its role to include complementary health solutions in nutrition and nutritional support.**

More than 100 million Americans take dietary supplements every day, according to *Prevention Magazine*. The growing evidence of the potential gain to be realized is simply too compelling to ignore. The National Institutes of Health and many other respected healthcare organizations spend many millions of dollars every year on complementary health issues and studies.

Many of your clients are either already taking supplements or thinking about taking them. And with good reason: Certain dietary risk factors for physical ill health also appear to be risk factors for such problems as depression and cognitive impairment.



***The individual consumer typically receives little guidance to help make beneficial, cost-effective, and non-harmful selections. That's where you can make a difference, both in your clients' lives and in your own.***

We invite you to visit [www.ahi-online.com](http://www.ahi-online.com), click on the button labeled Health & Nutritional Solutions and tour the many options available.

AHI's new Health & Nutrition Store offers a broad array of vitamin and mineral supplements, antioxidants, weight-management formulas, heart-health supplements and complete wellness and anti-aging systems designed by health care professionals for health care professionals and their clients.

**These products were selected because they have several advantages:**

- **Affordability**
- **Usability by the body:** These products are 'isotonic' (i.e., of the same consistency as fluids naturally produced by the body). They offer the fastest and most efficient delivery system of all oral forms of nutritional supplementation, which maximizes the absorption of nutrients directly into the bloodstream.
- **Selection Guidance:** To replace guesswork, individualized guidance in selection and proper dosage of these products is readily available. Easily understood by a lay audience, links to scientific studies are also available. (A specialized service analyzes an individual's DNA and customizes a program to that individual's body chemistry.)

*Health and mental health professionals can become more active in distribution of these products, both as a way to further assist clients and as a means of generating significant extra income. For more information about this program, please write to [TinaMcDermott@ahi-online.com](mailto:TinaMcDermott@ahi-online.com).*