

Thank you for your interest in our products & services!
Please see below for an informative list of resources that we have made available to support you in your personal health journey.

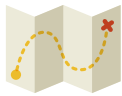
In Good Health Always,
Holistic Health International, LLC

WELCOME!



ABOUT HOLISTIC HEALTH INTERNATIONAL

View this short video about HHI from the perspective of Dr. Amy & her husband Ed.



YOUR ROADMAP TO HEALTH

A visual and interactive guide for those just starting on the Yasko Protocol.



THE YASKO PROTOCOL STARTER PACKET

A great resource for beginners! This includes Dr. Amy's latest book *Feel Good Nutrigenomics*, *Your Roadmap to Health* as well as a three disc set featuring a series of hand-selected lectures by Dr. Amy.



SIMPLIFIED PROTOCOL

A condensed version of the protocol for those who wish to take a more streamlined and general approach.



FEEL GOOD NUTRIGENOMICS COMPANION GUIDE

An introduction to the Yasko Protocol.



DR AMY'S FORUM

We invite you to join our chat group, a place for emotional support along with concrete scientific ideas & stories of hope rewarded. With over 200,000 posts 36,000 topics & almost 30,000 people. Parents chat to each other, moderators help to answer questions about the Yasko protocol, & there are regular posts from Dr. Amy herself.



ONLINE VIDEO CONFERENCES

See Dr. Amy speak in detail on many topics. These presentations provide additional information to help understand and implement the protocol.

TESTS



DNA METHYLATION PATHWAY

WITH

METHYLATION PATHWAY ANALYSIS

Dr. Amy's preferred genetic testing tool. It's the perfect place to start if you're considering the Yasko Protocol.



SAMPLE MPA

View an example of a DNA Methylation Pathway Analysis which comes with your DNA test results. The MPA provides suggestions on implementing a customized supplement plan that is right for you!

ONLINE BOOKS



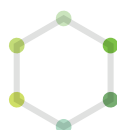
FEELGOODNUTRIGENOMICS.COM

Dr. Amy's book on the importance of genetic testing and how to begin your personal journey to health and wellness.



FEELGOODSUPPS.COM

A comprehensive guide to every supplement used by Dr. Amy, as well as suggested areas of support based on your own supplement list.



FEELGOODBIOCHEM.COM

A detailed explanation of the different types of biochemical tests used to assess levels of toxic elements and other important indicators.



FEELGOODNUCLEOTIDES.COM

An in-depth look at RNA Nucleotide Blends and why they play such an important role in Dr. Amy's protocol.

OTHER RESOURCES



KNOWYOURGENETICS.COM

Use your nutrigenomic test results to receive your own customized Methylation Pathway Analysis (MPA) with recommended supplementation.



FRIENDS & FAMILY REWARDS PROGRAM

Learn more about our Rewards Program and how to earn points on every purchase & redeem them for free products & money saving coupons!



HOLISTICHEAL.COM

Visit our e-commerce site to browse available supplements, tests, and other health products to support you in your personal health journey.



ARTICLES WRITTEN BY DR. AMY

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