Be Well Homeopathic and Richard Clement Nutrition

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Be Well Homeopathics was founded by Richard T. Clement MD in 2000.

Dr. Clement has been practicing Medicine for twenty years. He has practiced in Europe, The West Indies, The Pacific and America. He has managed the Medical department of a major Homeopathic company, Heel Inc. He formulated Homeopathic for Heel and Arkopharma. During his employment he learned about clinical studies, regulatory and manufacturing issues. He is a member of the HPCUS and has consulted for N.I.H. on CAM. He currently teaches Homeopathy and Pharmacology at the ATOM (Acupuncture) school of Fort Lauderdale. He formulates Homeopathics and Nutritional Products. He has lectured worldwide and written many articles on Homeopathy and Complementary Medicine. He has written two correspondence courses in Homeopathy and Homotoxicology. He is also a reviewer of 510 K for the FDA in the field of Medical Device and is a partner of LD Technology www.ldteck.com.

“Be Well Homeopathic formulas are scientifically formulated with respect for the homeopathic tradition, they are based on my personal clinical experience and the one of my colleagues, Be Well Homeopathics has improved existing formulas and allow the practitioner to obtain excellent clinical outcomes”.

“Be Well Homeopathic formulas cover the majority of indications, two of the formulas Flu Terminator and Phase 6 were studied at Miami Children Hospital and the research published in a peer-review journal”

“It was the first time in the USA that the mechanism of action of homeopathy was demonstrated at the cellular level”

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Investigation of Cytokine Expression in Human Leukocyte Cultures with Two Immune-Modulatory Homeopathic Preparations
Health Maintenance can no longer be practiced without managing optimum nutrition.

Balance diet is difficult to achieve because of the lack of good quality food at affordable price.

Medicine understand the need of supplementation:

Vit C in scurvy, B vitamins in Beri Beri, Iron in iron deficient anemia, Folic Acid in Pregnancy.

Nutrition is a growing field and there was a need to develop a small number of essential nutritional supplements to assist my patients, friends and clients.

The formulas have been designed to deal with the most common nutritional needs:

- Health and maintenance of joints
- Liver Detox
- Clean Fruits and Vegetables
- Fish Oil
- Cancer Prevention
- Immune Support
- Sleep Disorders

The products are manufactured in FDA visited facilities and the ingredients are carefully selected for quality, we also consider the economic impacts of Health and our products have a very small profit margin.
Nutrition

Arthroclem
Co Q10
Hepatika V5
Hepatika 8 VIP
Mega 100
Minty Greens
Pro-Colos Vanilla
Resveratrol
Trypto Mag B
Vit D 5000 UI
FORMULAS: HOMEOPATHY

ALLERGY DROPS

Eye, Nose, Sinus and Lung Allergies
2 OZ /60 ml Drops
Dosage: 10 drops sub lingual three times daily

Ingredients

- **Apis mellifica** 2X, 10X, 30X (a dilution of bee)
- **Apisinum** 12X, 15X, 30X (a dilution of bee venom) with
  strong action on eye allergies
- **Allium cepa** 3X (a dilution of red onion) indicated for runny nose and
  red eyes with tears and burning of the eyelids
- **Euphrasia** 3X (a dilution of Eyebright) indicated for watery eyes
  and runny nose
- **Sabadilla** 3X (a dilution of Asagraea officinalis) indicated for hay-fever,
  runny nose and sneezing
- **Euphorbium** 6X (a dilution of Euphorbia resinifera) for coryza,
  sinus conditions and spasmodic cough
- **Pulsatilla** 6X (a dilution of wind flower) for itching and burning eyes,
  coryza, dry cough, lung conditions
- **Histaminum** 6X, 12X (a dilution of Histamine)
  Lung histamine 5C (a dilution of Histamine)
  for allergic predisposition, blocked nose, itching, hay fever and asthma

ARNICA PLUS DROPS

Pain and inflammation
2 OZ /60 ml Drops
Dosage: 10 drops sub lingual three times daily

Ingredients

- **Aconitum napellus** 3X Inflammation
- **Arnica montana** 3X Injuries, blow, contusions
- **Chamomilla** 3X Pain
- **Hypericum perforatum** 3X Injuries to nerves
- **Ruta graveolens** 3X Injuries to tendons, sprains, pain, backache
- **Symphytum officinale** 3X Bone pain
- **Belladonna** 4X Inflammation of the vascular system
- **Colocynthis** 4X Neuralgias, strong pain
- **Rhus tox** 6X Neuralgias, arthritis
- **Ferrum phos** 8X Inflammation
- **Magnesium phos** 8X Pain
ARNICA WELL GEL

For the relief of bruises, pain, contusions and inflammation.
50 Gr Tube Aloe Base
Also 300 gr Aloe Base

Dosage:
Apply three times daily on the skin or as needed.

Ingredients:

- Arnica D3 1.0 gr
- Apis Mellifica D3 0.05 gr
- Chamomilla 1X 0.20 gr
- Calendula MT 0.20
- Hamamelis MT 0.30 gr
- Symphytum D4 0.1 gr
- Bellis Perennis MT 0.1 gr
- Hypericum D6 0.09 gr
- Millefollium MT 0.9 gr
- Belladonna D3 0.05 gr
- Magnesia Phos D2 0.1 gr
- Ferrum Phos D2 0.1 gr
- Ledum Palustre MT 0.5 gr

ATOPIA DROPS

For the temporary relief of Eczema and Atopia
2 OZ /60 ml

Dosage: 10 drops sub lingual three times daily
or as suggested by a Health professional
Children under 12 1/2 Dose

Ingredients:

- Niccolum (Metallic Nickel) : 3X Itching, burning, stinging, biting of the skin
- Alumina 6X 14X 22X Intolerable itching
- Arsenicum Album: 8X 16X 24X Skin dry and scaly, urticaria
- Graphites (Black Lead) 6X14X22X Itching, eczema
- Viola Tricolor 1X Dry skin
- Histaminum 6X 22X Allergies
- Petroleum 3X Chronic eczema
- Pix Liquida 6X Irritating eczema
- Kali Bromatum 4X Itching, eczema
- Radium Bromatum 4X Eczema
- Natrium Salicylicum 4X Eczema
FLU TERMINATOR® DROPS AND ORAL SPRAY

Flu and viral diseases, increase cytokines(1)
2 OZ. /60 ml
Dosage: 10 drops sub lingual three times daily
1 OZ/ 30 ml Oral Spray
Dosage: Two sprays several times daily under the tongue until symptoms subside

Ingredients
- Gelsemium 3X Influenza, fever, chills
- Zincum gluconicum 3X Flu, fever
- Zincum metallicum 3X Flu, fever
- Aconitum napellus 4X Influenza, fever
- Eupatorium perfoliatum 4X Influenza, coryza
- Sulphur 4X Fever, cold
- Phosphorus 5X Fever, cold, chills
- Asclepias vincetoxicum 6X Antiviral
- Influenzinum 12X Fever, flu, viral infection
- Anas Barbariae Hepatis and Cordis Extractum 200K

FLU TERMINATOR® TABLETS

Flu and viral diseases 100 Tablets
Dosage: Take one tablet several times daily at the onset of the Flu sublingually

Ingredients
- Gelsemium 3X Influenza, fever, chills
- Zincum gluconicum 3X Flu, fever
- Zincum metallicum 3X Flu, fever
- Aconitum napellus 4X Influenza, fever
- Eupatorium perfoliatum 4X Influenza, coryza
- Sulphur 4X Fever, cold
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HYPERTONIA DROPS

For the adjunct treatment of high blood pressure
2 OZ /60 ml Drops
Dosage: 10 drops sub lingual three times daily
Ingredients

- **Crataegus oxyacantha 6X** (Hawthorn berries) - This is a heart tonic that is used to reduce your blood pressure
- **Cynara scolymus 8X** (Artichoke) - This helps in stimulating your kidneys
- **Plumbum iodatum 12X** - This helps to reduce your Hypertension and Atherosclerosis.
- **Plumbum metallicum 12X** - This helps to reduce your Hypertension and Atherosclerosis.
- **Rauwolfia serpentina 3X** Congestive vascular condition
- **Sulfur 10X** - Stimulates elimination.
- **Baryta Carb 12X** - Degenerative changes - cardiac, vascular and cerebral.
- **Aurum iodatum 10X** Atherosclerosis
- **Aurum metallicum 10X** Atherosclerosis
- **Viscum album 6X** High blood pressure Palpitations
- **Melilotus Off 1X** Throbbing blood vessels

HYPER ORAL SPRAY

For restlessness, impatience, quick-temper, hyperactivity
1 OZ/30 ml Oral Spray
Dosage: One spray sublingual (under the tongue) three time daily or as often as needed
Ingredients

- **Chamomilla 1X, 30X** Restlessness, impatience, quick-tempered, unkind
- **Cina 3X** Children remedy, irritability of temper
- **Coffea cruda 3X** Irritability, impatience
- **Aethusa cynapium 3X, 11X, 19X, 27X** Restless, anxious, inability to fix the attention
- **Agaricus muscarius 3X, 11X, 19X, 27X** Cerebral excitement
- **Kali Phos 6X** Very nervous, irritable
- **Hyoscyamus niger 6X, 14X, 22X, 30X** Disturbances of the nervous system
- **Stramonium 6X, 14X, 22X, 30X** Hyperactivity
- **Tarentula hispanica 8X, 16X, 24X** Extreme restlessness.
LIBIDO FEMININE DROPS

For the relief of feminine low sexual drive sexual satisfaction
2 OZ /60 ml
Dosage: 10 drops sub lingual three times daily
Ingredients:

- Agnus castus 6X Sexual melancholy, dislike of sexual intercourse
- Causticum 6X Muscular weakness
- Ignatia amara 6X Feminine sexual frigidity from grief
- Helionas 6X Melancholia, fatigue, irritability
- Natrum muriaticum 6X Irritable, ill effects from grief and/or fright,
- Sepia 8X, 16X, 24X Irritable, vagina painful, especially during sex
- Staphysagria 8X Sexual neurasthenia

LIBIDO MASCULINE DROPS

For the relief of male low sexual drive and/or sexual satisfaction.
2 OZ /60 ml
Dosage: 10 drops sub lingual three times daily
Ingredients:

- Agnus castus 6X Diminution of sexual power, impotence
- Avena sativa 1X Nervous exhaustion
- Damiana 1X Maintain mental and physical capacity, aphrodisiac
- Lycopodium 3X, 6X, 200X Weakness, absence of erections
- Phosphoric Acid 3X Weakness, exhaustion after coition
- Picricum Acidum 6X Great weakness
- Selenium 8X Feeble erection, too prompt emission
- Zincum phosphoratum 8X Impotence
- Conium 6X Erections imperfect and too short
Lungs Drops

Cough, Dyspnea, Asthma
2 oz / 60 ml Drops
Dosage: 10 drops sub lingual three times daily
Ingredients:

- Belladonna 4X Inflammation, cough.
- Ipecacuanha 4X Dyspnea, cough, whooping cough
- Lobelia inflata 4X Dyspnea, asthma, senile emphysema
- Quebracho 5X Dyspnea, cough
- Antimonium tartaricum 6X Cough and dyspnea
- Blatta orientalis 6X Asthma associated with bronchitis
- Naphthalinum 6X Asthma
- Natrum sulfuricum 6X Dyspnea during damp weather, cough with expectoration.
- Pulsatilla 6X Dry cough, short breath
- Rumex Crispus 6X Cough.
- Mercurius solubilis 8X Anti-infectious properties, cough with expectoration
- Adrenalinum 5C Asthma

Menopause Drops

For the relief of hot flushes, sweating, fatigue, irritability during pre-menopause and menopause
2 oz / 60 ml
Dosage: 10 drops sub lingual three times daily
Ingredients:

- Calcarea carbonica 6X Palpitation, night sweats
- Sanguinaria 6X Climacteric (menopause) disorders
- Amyl nitrosum 8X Climacteric (menopause) headaches and hot flushes
- Causticum 8X Fatigue
- Manganum aceticum 8X Hot flushes
- Sepia 12X Fatigue, hot flushes
- Theridion 30X Menopause
- Oophorinum 9C Menopause, ovarian dysfunction
PHASE 6

For the stimulation of the non specific defense system according to Homeopathy and Homotoxicology, increase cytokines (1)

4 OZ /120 ml

Dosage: 10 drops sub lingual three to six times daily

Ingredients:

- Taraxacum Off 1X Exhaustion
- Galium Aparine 1X 3X Dedifferentiation phase (skin)
- Thuja 3X Induration, tumors
- Aloe 3X 6X 12X 30X Dysbiosis, digestive symptoms
- Phytolaca 3X11X19X27X Swollen lymph nodes
- Euphorbium Officinarum 6X Antiviral
- Zincum Metallicum 6X Exhaustion
- Arsenicum Album 6X14X22X30X Exhaustion
- Viscum Album 8X16X24X Immuno-stimulation
- Conium Maculatum 30X Tumors
- Histaminum Hydrochloricum 200X Immuno modulator
- Formicum Acidum 200X Immuno modulator according to Homeopathy

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www.web-outpatients.com
REDUCE

For weight management according to Homeopathy. Be Well Reduce diminish cravings and stimulates natural elimination
2 OZ /60 ml
Dosage 10 drops sub lingual three times daily before meals

Ingredients:

- Fucus vesiculosus 1X
- Phytolacca 2X
- Calcarea Sulf 3X
- Solidago 3X Stimulation of elimination by the kidneys
- Thuja occidentalis 3X Hydrogenoid constitution
- Antimonium crudum 3X, 11X, 19X
- Staphysagria 3X, 11X, 19X
- Carbo Veg 5X Imperfect oxygenation of the tissues
- Calcarea Carb 10X, 30X, 200X
- Graphites 10X, 30X, 200X Overweight
- Sulphur 10X, 30X, 200X Excessive appetite, chronic overweight.

NO EPHEDRINE
NO CAFFEINE
NO SIDE-EFFECTS
SEA-SIK

For the temporary relief of sea and motion sickness, nausea, dizziness.
1 OZ/30 ml Oral Spray

Dosage: Spray under the tongue several times daily according to symptoms

Ingredients:

- **Bryonia 8X** Anxiety, giddiness, vertigo
- **Nux vomica 3X, 10X, 30X** Heartburn, nausea, vomiting
- **Tabacum 4X** Headache with nausea and vertigo
- **Conium maculatum 5X** Vertigo, nausea, vomiting
- **Cocculus indicus 6X** Vomiting, vertigo
- **Petroleum 8X** Nausea, heartburn, vertigo from motion
- **Theridion 10X** Seasickness

SINUS NASAL SPRAY

For acute and chronic rhinitis, sinusitis and hay fever, contains no animal products
1 OZ/30 ml Nasal Spray

Dosage: Spray in each nostril several times daily according to symptoms

Ingredients:

- **Pulsatilla 2X** Coryza, loss of smell, yellow mucus, sinusitis
- **Euphorbium 4X** Nasal itching, rhinitis, sinusitis
- **Allium cepa 6X** Coryza, sneezing, hay fever
- **Histaminum 6X** Allergies
- **Luffa operculata 6X** Coryza, rhinitis, sinusitis
- **Sabadilla 6X** Coryza, hay fever, spasmodic sneezing
- **Hepar sulphuris calcareum 12X** Hay fever, sneezing
STRESS DROPS

For anxiety, post-traumatic stress and emotional imbalance
2 OZ / 60 ml
Dosage: 10 drops sub lingual three times daily or as needed
Ingredients:

- Cimicifuga racemosa 3X Nervous subjects, agitation, fear
- Gelsemium 3X Emotional excitement, stage fright, trembling, cramp and/or weakness of the limbs
- Hypericum 3X Anxiety, depression, post traumatic stress
- Staphysagria 3X Nervous affection with irritability, very sensitive at the opinion of others
- Ignatia amara 4X Nervousness, emotional imbalance
- Kali bromatum 6X Depression, fear
- Kali phosphoricum 6X Depression, anxiety, nervous and irritable
- Moschus 6X Anxiety with fast heartbeats
- Lachesis mutus 12X Jealousy, confusion
- Pulsatilla 12X High emotions, fear and shyness
NUTRITION

FORMULAS: NUTRITION

ARTHROCLEM

Supporting Healthy Joints
60 capsules per container.
Dosage: One capsule two to three times daily with meals.

The 8 ingredients have synergistic action and are well documented in the literature to support health joints. The amount of Glucosamine and Chondroitin has been carefully selected to reduce the risk of digestive discomfort without jeopardizing the effectiveness. Arthroclem 8 is extremely well tolerated.

- Glucosamine 300 mg -
- Chondroitine Sulfate 200 mg -
- MSM 200 mg -
- Chicken Collagen Type II 100 mg -
- Flaxseed 100 mg
- Bromelain 30 mg
- Boswellia 10 mg
- Curcumin 10 mg -

CO Q10 RCN 60 MG

Antioxidant, Cellular ATP production
Dosage: One capsule two to three times daily with meals.
Ingredient:

Coenzyme Q10 (CoQ 10) or ubiquinone is essentially a vitamin or vitamin-like substance.
HEPATIKA V 5

Helps Maintain a Healthy Liver
90 Capsules
One before each meal with ½ glass of water

Ingredients:
- Milk Thistle (Std. Extract 80% silymarin) 150 mg
- Curcuma longa (Std. Extract 95% curcuminoids) 125 mg (Ant-inflammatory, hypocholesterolemic, seems to be a strong anti-cancer substance in many digestive cancer (colon, pancreas, liver) and a cancer preventative.
- Artichoke (Std. Extract cynarine) 125 mg (Kidney Drainage Antibacterial, Antifungal)
- Boldo (Std. Extract boldine) 100 mg (Vermifuge, Anti-oxidant, Anti-inflammatory, Anti-colitis)
- Alpha lipoic acid 50 mg (is Anti-poison and Hepato -protective, it decrease levels of toxicants in the brain and increase Glutathion levels)

HEPATIKA 8 VIP
(Same as V 5 but with L Taurine, Zinc, N Acetyl Cysteine and more alpha lipoic acid)

Helps Maintain a Healthy Liver
90 Capsules
One before each meal with ½ glass of water

Ingredients:
- Milk Thistle (Std. Extract 80% silymarin) 150 mg
- Taurine 150 mg
- Curcuma longa (Std. Extract 95% curcuminoids) 125 mg (Ant-inflammatory, hypocholesterolemic, seems to be a strong anti-cancer substance in many digestive cancer (colon, pancreas, liver) and a cancer preventative.
- Artichoke (Std. Extract cynarine) 125 mg (Kidney Drainage Antibacterial, Antifungal)
- Boldo (Std. Extract boldine) 100 mg (Vermifuge, Anti-oxidant, Anti-inflammatory, Anti-colitis)
- Alpha lipoic acid 100 mg (is Anti-poison and Hepato -protective, it decrease levels of toxicants in the brain and increase Glutathion levels)
- N Acetyl L Cysteine 80 mg
- Zinc 3 mg
MEGA 1000 (OMEGA 3)

100 softgels 60mg mercury free fish oils
Dosage: 1 to three softgel daily with water.

Ingredient:
Omega 3 60 mg

MINTY GREENS

304 Gr (10.72 oz) Phytonutrients Blend Minty Flavored Sugar Free.
High in Chlorophyll, contains Lutein and Pomegranate.
35 Calories per serving 38 servings per container
Dosage: 1 to three scoops daily with water or fruits

Ingredients

- Super Greens: Spirulina, Alfalfa, Barley Grass and Chlorella
- Fibers: Apple and Oat Fiber
- Essential Fatty Acids: Lecithin (non GMO)
- Fruits and Vegetables: Mung Bean Sprouts, Acerola Berry, Red Beet, Grapeseed, Pomegranate seed, Carrot, Tomato, Spinach, Broccoli, Elderberry, Blueberry and much more...
**PROCOLOS VANILLA**

Health benefits of Colostrum includes
- Improved digestive efficiency
- Stronger gut walls
- Increased nutrient uptake
- Support immunity and fight infection
- Improved recovery from auto-immune illness

A delicious blend of Whey Protein and Colostrum (Vanilla flavor)

304 Gr 20 Servings of 15 gr Protein (with 20% Colostrum) only 1 Gr of Sugar and 60 Calories per servings

**Dosage:** 1 to three scoops daily with water or fruits

**Ingredients:**
- New Zealand Whey Protein from Hormone Free Cows (no BGH or BST)
- Fresh Colostrum Grade A US Dairies

**PROCOLOS REDI BERRIES**

Health benefits of Colostrum includes
- Improved digestive efficiency
- Stronger gut walls
- Increased nutrient uptake
- Support immunity and fight infection
- Improved recovery from auto-immune illness

A delicious blend of Whey Protein and Colostrum (Red fruits natural flavor)

304 Gr 20 Servings of 15 gr Protein (with 20% Colostrum) only 1 Gr of Sugar and 60 Calories per servings

**Dosage:** 1 to three scoops daily with water or fruits

**Ingredients:**
- New Zealand Whey Protein from Hormone Free Cows (no BGH or BST)
- Fresh Colostrum Grade A US Dairies, Berries.
RESVERATROL

Antioxidant, Anticancer
120 mg of Resveratrol St.Ex 50% per capsules 120 capsules
Dosage: Cancer Prevention one a day, adjunct treatment in neoplastic conditions 3 to 6 a day
(based on existing published study with Resveratrol, individual results vary)

Ingredient:

Resveratrol Polygonum Extract 120 mg of Resveratrol St.Ex 50% per capsule

TRYPTO MAG B

60 Vegetarian Capsules
Dosage: One to two capsules at bed time for sleep regulation, one a day for depressed mood with anxiety

Ingredients:

- L Tryptophan 500 mg
- Magnesium 250 mg
- Thiamin B1 50 mg
- Riboflavin Vit B2 50mg
- Vit B6 50 mg
- Folic Acid 400 mcg
- Vit B12 50 mcg
- Panthotenic Acid 50 mg

VITAMIN D

Supports bone health, immune wellness, cardiovascular function
120 Gel Caps 5000 IU

Dosage: 1 a day

Ingredient: Vitamine D3 (Cholecalciferol)
Investigation of Cytokine Expression in Human Leukocyte Cultures with Two Immune-Modulatory Homeopathic Preparations

CHEPPAIL RAMACHANDRAN, Ph.D., M.B.A.,1,2 P.K. RAVEENDRAN NAIR, Ph.D.1, RICHARD T. CLÉMENT, M.D.,3 and STEVEN J. MELNICK, Ph.D., M.D.2

ABSTRACT
Background: The efficacy of homeopathic medicines for maintaining human health and treating disease has been extensively examined in clinical trials. However, there is a paucity of preclinical evaluations of the effects of homeopathic medicinal preparations on cellular signaling pathways relevant to the applications of these preparations.

Materials and methods: In this study, the immune-modulatory effects of Phase 6 (for the stimulation of the nonspecific defense system) and Flu Terminator® (for influenza and viral diseases) (Be Well Homeopathics Inc. Miami, FL), two homeopathic preparations developed for the purpose, were evaluated in normal human leukocyte cultures in vitro.

Results: Both Phase 6 and Flu Terminator® stimulated the production of pro- and anti-inflammatory cytokines by human leukocytes, although higher doses often produced a weaker response than lower doses. The carrier solvent (20% ethanol) failed to elicit any cytokine synthesis.

Conclusions: The results of the in vitro studies suggested that ultralow concentrations of ingredients in Phase 6 and Flu Terminator® were capable of eliciting a human immune response.

Full text: www.fluterminator.com
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