

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.

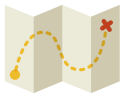
In Good Health Always,  
Holistic Health International, LLC

## 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



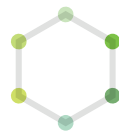
### FEELGOODNUTRIGENOMICS.COM

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

Click here to read recent articles written by Dr. Amy & Dr. Nancy Mullan for free.



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Follow Dr. Amy on [Facebook](#) & [Instagram](#) for some insight into her personal life, scientific research, & shared interests. Dr Amy's personal site can be found at [www.Dr.AmyYasko.com](http://www.Dr.AmyYasko.com).