The background of the slide features a light green and yellow color palette. It is filled with various microscopic images, including several large, multi-lobed cells with dark, granular centers, and numerous smaller, oval-shaped cells. A prominent, detailed diagram of a cell is centered in the lower half of the slide, showing internal organelles and a nucleus. The overall aesthetic is clean and scientific.

Evidence Based Reference Manual

Evidence Based Reference Manual

D I S C L A I M E R

The information in this manual is intended for professional use, as a resource and educational guide for health care practitioners. The content and contributions are from a variety of sources and have been organized to provide you with a reference tool. The information within these pages should not be construed as a claim or representation that any procedure, product, service, device, or assessment constitutes a specific cure for **any** condition or issue. It is meant to offer adjunctive support and insights from a nutritional and herbal perspective. These branches of natural therapy are based in nature and nourishing to the body and should be considered in this light.

There has been no evaluation of the legal status of any products, services or recommendations referenced in these materials with respect to state or federal laws, including scope of practice. Errors or omissions in content may occur but are not intentional. No content contributors take responsibility for any consequences from the application of this information.

The information contained in these pages is not intended for patient perusal. Qualified health care practitioners should use this information within the scope of practice allowed by their state or licensing. The statements in this guide have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure or prevent any disease.

Lastly, the statements made in this guidebook mention products manufactured or distributed by BioScience Formulas, Doctors' Research, Food Research, and others, but are not expressed as the opinions of any of these companies.

For current and accurate information about the products mentioned in this guide, please refer to the websites or current product catalogs for the mentioned companies. When using herbs, contraindications and cautions should be observed, including those for pregnancy and lactation, and drug interactions. There are many online and print resources for herbal precautions, and you are encouraged to use these resources.

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H O W T O U S E T H I S G U I D E

This guide is intended to be used as a clinical desk reference and adjunct tool in your nutrition practice. It should be used in conjunction with a number of resources you have at your disposal, including but not limited to:

- Product Company catalogs
- Product Company sales literature and practitioner handouts
- Herbal Materia Medica
- Herbal Safety handbooks
- Drug Interaction and Drug-herb Interaction resources Seminar
- and webinar slides and notes

We are already working on the next revision and have a number of great sections planned, like Advanced protocols, Nutrition Exams & Assessments. We will release as they become available. Please read any intro pages as they contain keys to best use the information, clinical tips, warnings, and instructions for the section.

Each section ends with a note-taking page (or two) so that you can add important bits of knowledge not included in the guide.

If you have a keen eye, and notice an error, omission, typo or grammatical/usage problem, please send us a quick email and the page number so we can make corrections in the next revision. You can reach us at. jim@solelypractitioner.com

QUICK
NUTRITIONAL
PROTOCOLS

Quick Nutritional & Herbal Protocols for Common Conditions & Symptoms

Introduction: Please read these important notes before using the Quick Protocols.

Using the Quick Nutritional & Herbal Protocols for Common Conditions & Symptoms provides the practitioner with a way to learn products and ingredient solutions quickly while managing nutritional cases. It's also a way to double check protocol direction and get a "second opinion" on product selection. The listings mention products from Food Research or Bioscience Formulas, both distributed by Doctors' Research. These suggestions are not representative of the guidance or opinions of this company. A team of practicing clinicians and experienced clinical consultants, working together as a group, confirmed research and proper dosing, discussed best practices, and arrived at a prioritized approach for each of the conditions/symptoms listed.

The following bullet points serve as a key to properly use this section. Please refer to the Product Listing pages for more detailed information, including therapeutic dosing ranges, complementary products that may be a better fit for the patient, details and research about the product or its ingredients, and indicators for gluten-free, vegetarian or organic products.

- **Foundational Products** - Vitamin-Mineral (vegetarian – 3 per day) or Catalyst Complex (with glandulars – 3 per day) are suggested as multivitamin-mineral options and will serve as the foundation for any protocol. Vitamin-Mineral tablets are listed in protocols if the symptom/condition requires the protection of a broad-spectrum multi-vitamin and mineral. Also, Omega 3/EPA/DHA is considered foundational at 2 gencaps per day (2 grams of fish oil) for brain, heart, nerve and digestive support. Various protocols include Omega 3/EPA/DHA at a higher dose.
- **Priority of Products** - Supplements for each protocol are listed in priority order. If there is a choice between similar products, "or" will be used. Products were chosen based on clinical results, researched ingredient components, proprietary formulas that provide a broad stroke for complex conditions, or for healing action.
- **Product Dosing** - Number in parentheses indicates the number of tablets/capsules/drops per day as a therapeutic range (at least 2 doses suggested). If it is important to take a specific dose two or more times per day, it will be listed as such (ie: 2x3 for 2 capsules, 3 times per day). Sensitive patients may need lower doses at the start of the protocol. If reactions occur, consider cutting doses in half, or stop and introduce only 1 product at a time at a reduced or full dose.
- **Adult/Child Dosing** - Adult dosing is provided unless otherwise specific. Nutritional products might consider the following reductions for children – 2-4 (1/4 of dose), 5-8 (1/2 dose), 9-12 (3/4 dose), >12 or over 120 lbs (adult dose). Certain herbs may not be recommended for children (please check your herbal resources), however, a reduction in dose based on age/weight is also advised for child friendly herbs.
- **Clinical Notes** - Our contributors have added clinical considerations, lifestyle recommendations or assessment options, when indicated, for better clinical outcomes.
- **Empty Stomach Notation** - This notation is provided for enzymes, glandular products and some herbs, when it's best for efficacy. Unless the EMPTY STOMACH notation is CAPITALIZED, consider this a suggestion and allow the patient to take with food if they will be more compliant.

Quick Nutritional & Herbal Protocols for Common Conditions & Symptoms

- **Diet Recommendations for Chronic & Inflammatory Conditions, Hormone Imbalance & Insulin Resistance** - for the purpose of simplicity, we have included a current version of the Melvin Page Phase I/II food plan (also known as the Page Hormone Balancing Diet) in the **Advanced Protocols** section. It's a clean-eating, low-carb, moderate fat and protein diet that has been used by HCPs since the early 1960s. Instructions and background for this diet are included to assist you in your direct patient conversations. The **Digital Downloads** include patient handouts for this diet.
- **Postbiotics** - For additional gut healing and restoration of proper intestinal pH, consider adding postbiotic foods to the diet. Postbiotics support a healthy gut microbiome by providing nutrients for beneficial bacteria and potentially inhibiting the growth of harmful bacteria. One source of postbiotic foods is ferments like apple cider vinegar, sauerkraut, kimchi, kombucha, kefir, tempeh, miso, pickles, yogurt, and sourdough. Also, high fiber foods like oats, flax, barley, garlic, onions, leeks, and asparagus can provide prebiotic fibers, or be naturally fermented by gut bacteria to produce postbiotics.
- **Turmeric** - Within these pages, turmeric is used in several products. There are different parts of the Turmeric herb (rhizome, root), different preparations, different added ingredients that may enhance bioavailability, and different delivery forms (capsules, powders, gummies).

The FR Turmeric-Boswellia C is very effective for gut and joint inflammation and provides the added anti-inflammatory benefits of Boswellia, Fenugreek and Ginger. Turmeric may thin the blood, so use caution when combining turmeric with blood-thinning drugs and discontinue before surgery.
- **Zinc Status** - General zinc status can be assessed using the Bryce-Smith Zinc Deficiency Test (also known as the Zinc Taste Test). According to a clinical trial listed in PubMed (PMID: 8112809 - 1993 Oct), "the accuracy of the zinc taste test in individual cases ranged between 70 and 100 percent. Overall, zinc taste test was well correlated with serum zinc level and provides a fair idea of zinc deficiency." See **Nutrition Exams** for test instructions and taste response ratings. Zinc is an essential micronutrient in the human body and is involved in over 300 enzymatic reactions (see **FR Zinc Complex** listing for more details about this important mineral). If using FR Zinc Complex for deficiency, be advised that it contains 18.75 mg per tablet, and Zinc from food and all supplements should not exceed 40 mg per day, as it blocks the absorption of copper and could cause copper deficiency when used in higher doses. Oysters, beef, lamb and chicken thighs, seeds, nuts and legumes are all good food sources of Zinc.
- **Herbal Safety** - Herbal safety and contraindications guides, apps or resources should be referenced for pregnancy, lactation, and when the patient is using prescription drugs. There are many online directories as well. This is a free download from the Apple App Store or Google Play <https://www.nccih.nih.gov/health/herblist-app>.

-A-

Abscess - Simply Thymus (6), Thymo-Immune (6)

Acid Foods Upset - Land and Sea Minerals (3), Green Vegetable Alkalizer (3), GB Support (1-2 per meal)

Note: Although the stomach tissues are inflamed and reactive, the patient likely still needs HCL. Coat the stomach by using Aloe Vera juice or Okra water (cook and strain) for 5 days, then add 1 Digesti-Pan at the end of the meal. If no burning occurs, increase to 2 with each meal, and continue as needed. If burning persists, Pro-Enzymes (1 per meal) can provide digestive enzymes without HCL, until recovery is achieved.

Acid Reflux - Digesti-Pan (2-4 per meal), and/or GB Support (1 per meal)

Note: Zinc is required for the production of HCL and proper food digestion in the stomach. Check zinc status and if needed, add Zinc Complex (1-2) and retest status every 3-4 weeks. Pro-Enzymes (1-2 per meal) can be used if Digesti-Pan causes increased burning in the esophagus or stomach while healing interventions are initiated.

Acidosis - Kidney Support (3), Green Vege Alkalizer (3), Land and Sea Minerals (6), B-Stress (1 for Thiamine)

Acne, General - Zinc Complex (1-3), use Zinc Taste Test as indicator as excess zinc will make acne worse), Simply Thymus (3-6), Beet-Food Plus (3), Hematic Formula (only if iron-deficient anemia – 2/day)

Note: Castor Oil can be an effective topical for acne. It is highly antibacterial, will not clog pores, and anti-inflammatory. Purchase 100% pure organic, cold-pressed extra virgin and hexane (chemical) free. Sensitive patients may blend with coconut oil, olive oil or almond oil. Spraying a colloidal preparation of silver may also be helpful.

Acne, Cystic/Hormonal - Feminine Advantage (3), Inositol Complex (3). See **Advanced Protocols: Gut Restoration** for microbiome rebalancing.

Note: Chronic and acute hyperinsulinemia initiates a hormone cascade that is often the root of cystic acne. It increases proliferation and dysfunction of keratinocytes by stimulation of IGF-1 receptors. The overproduction of sebum by the sebaceous glands leads to clogged pores and inflammatory acne lesions, particularly when combined with insulin resistance. This can happen at any age but is more prevalent in teens. Follow a clean, low refined sugar/carb diet.

Addiction, General - Metabolic Thyro (3), B-Stress (3), Anxie-Tone (3), Lith-Mag Forte (2)

Adrenal Support, General - B Stress (1-3x), C Complex (2)

- Phase I/Weakness - High Stress Adrenal or Vegetarian Adrenal (3)
- Phase II/Alarm - High Stress Adrenal (4)
- Phase III/Exhaustion - Simply Adrenal (3-6 on empty stomach)

Age Spots - C Complex (3), Herbal Antioxidant (2), use Wheat Germ Oil E (topically)

Alcoholism - B Stress Complex (1x3), Gluco-Sugar-Balance (3-6), Pro-Enzymes (3). See **Quick Protocols: Anxiety** for additional support.

Allergies, Airborne - Aller-Lung Support (6), A-C-P Complex (4). See **Advanced Protocols: Thymus Reactivation**.

Allergies, Food - Digesti-Pan (2-3 per meal), Pro-Enzymes (1 per meal), Intestinal Support (3x2). See **Advanced Protocols: Gut Restoration**.

Note: For additional healing, consider adding postbiotic or fermented foods like apple cider vinegar, sauerkraut, kimchi, kombucha, kefir, yogurt, etc. Remove known food or suspected allergies from the diet, especially eggs, wheat, dairy, soy, shellfish, peanuts/tree nuts and rotate overused foods, giving 4 days between consumption.

Anemia, Iron Deficient - Hematic Formula (3), C Complex (3)

Note: Consider the following underlying causes - low stomach acid (add 2 Digesti-Pan with each meal), low zinc (test and add Zinc Complex based on result). Addressing these simple things will improve absorption of minerals like iron.

Anemia, Pernicious - Vitamin B-6, B-12 & Folate (2-3)

Note: Consider the following underlying causes - low stomach acid (add 2 Digesti-Pan with each meal) or low zinc (test and add Zinc Complex based on result). Addressing these simple things will improve absorption of Vitamin B12.

Angina – Nattokinase (3-6, empty stomach), Cardio Power (3-6), C-Complex (3), Selenium E (3), B Stress Complex (1x4, last dose before bed), Omega 3/EPA/DHA (2x2)

Note: Anemia of any type can increase the incidents of angina, as well as a buildup of plaque in the arteries. See **Quick Protocols: Anemia** and **Arteriosclerosis** for additional support option if these conditions are present.

Ankle, Sprained - Advanced Joint Complex (3), Inflam-Enzymes (2 every hour on empty stomach), A-C-P Complex (1 every hour), Cal-Mag Complex (3)

Antibiotic, Natural – Vira-Bac-YST (6-9)

Note: Although many “natural” antibacterial herbs are thought to be more discriminate to good gut bacteria, they may still disrupt balanced flora. Probio-Zyme-YST (3) taken away from antibacterial herbs, will offset opportunistic bacteria and fungi. Topical and/or oral colloidal silver can be added.

Anxiety - Anxie-Tone (4), Restful Mind Support (3), Simply Hypothalamus (2) or Hypothalamus EMG (2)

Arrhythmias - B Stress (4x4, 1 at meals and 1 before bed), Simply Cardio (3 on empty stomach), Magnesium Complex (3), Cardio-Power (2x3, maintenance dose of 2x2 once stabilized)

Note: Consider Iodine supplementation but caution over 1.2 grams/day long-term. DR uses low dose, food-based iodine (<100 mcg per serving) from kelp/seaweed sources.

Arteriosclerosis – C-Complex (3), Nattokinase (4), Omega 3/EPA/DHA (4)

Arthritis, Osteo - Advanced Joint Complex (3x2 for 2-4 weeks, gather results, and modify as needed), Dento-Gums (4-6), Inflam-Enzymes (3-9), Cal-Mag Complex (2), Turmeric-Boswellia C (2-3 twice daily)

Note: Dento-Gums (name deceiving) is from the limited Bioscience line distributed by DR and is used to strengthen bones and teeth. It should be part of any broken bone, bone density, bone autoimmune protocol.

Arthritis, Rheumatoid – Advanced Joint Complex (3x2), Turmeric-Boswellia C (3x2), Inflamm-Enzymes (3-6 on empty stomach), Nattokinase (1x3 on empty stomach). See **Advanced Protocols: Gut Restoration and/or Thymus Reactivation**.

Note: This is a large protocol, but given this debilitating condition, this will address acute symptoms and pain quickly. Move to a maintenance dose (or streamline products) when the patient is stabilized. Follow an anti-inflammatory diet, auto-immune protocol (AIP) diet or the Melvin Page Phase I/II Food Plan in the **Advanced Protocols** section. Consider removing wheat and dairy for 12 months.

Asthma, General - Aller-Lung Support (4), C Complex (2x3), Inflamm-Enzymes (3x2 On empty stomach), Simply Lung (3 on empty stomach)

Note: See **Advanced Protocols: Gut Restoration** and/or **Thymus Reactivation** to address triggers, like food, pets, environment, etc.

Atrial Fibrillation - B Stress Complex (1x4, last dose before bed), Cardio Power (2x3), Simply Cardio (2x2 on empty stomach), Land & Sea Minerals (4), Calcium Lactate+ (6)

Attention Deficit Disorder (ADD/ADHD) - Complete Brain Health (3x2), Omega 3 EPA/DHA (2x2), Nerve Chex B (2-3)

Note: For hyperactivity issues use Restful Mind Support (2x2). For assistance with sleep, consider 2-4 Restful Mind Support 1 hour before bed.

Autism - Complete Brain Health (2x2), Intestinal Support (3-6), Probio-Zyme-YST (2), Turmeric-Boswellia C (2x2)

Note: In many studies, researchers link as much as 70% of autistic patients with gastrointestinal disturbances, including inflammation. There are many reasons attributed to this gut-brain connection. See **Advanced Protocols: Gut Restoration** for options to address leaky gut, microbiome imbalance, and food sensitivities.

Autoimmune, General Support - Simply Thymus (10), Simply or EMG glandular product for affected organ (3-6, ie: Simply Thyroid or Thyroid EMG for Hashimoto's, best on empty stomach). See **Advanced Protocols: Gut Restoration and Thymus Reactivation**.

-B-

Bacterial Infections - Vira-Bac-YST (3-6), Organic Mushrooms (3-6). For deep lung cough, add Intracellular Defense (2x3). If chronic and recurring infection, add BioFilm Detox (4-6) and see **Advanced Protocols: Stealth Pathogens**.

Benign Prostatic Hypertrophy – Masculine Advantage (4-6), Selenium E (1)

Note: Zinc is found in high concentrations in the prostate and proper zinc levels may help prevent prostate disease. Assess zinc levels and add Zinc Complex (1-2) as needed. Additional zinc info is found in the **Quick Protocols** introduction, the **FR Zinc Complex** product listing, and in the **Nutrition Exams** section.

Bladder Infections - Arginase Bladder (3x3), Vira-Bac-YST (3x2)

Note: In chronic or repetitive cases, use Biofilm Detox (2x2), Para-DysbioZyme (2x2), and Probio-Zyme-YST (3). For urgency and incontinence, see **Quick Protocols: Incontinence**.

Bloating, Gas - Digesti-Pan (3-6), Probio-Zyme-YST (4)

Blood Pressure – See **Quick Protocols: Hypertension or Hypotension.**

Bradycardia - B Stress Complex (3), Cardio Power (4)

Note: Determine source if low heart rate – adrenal, cardiovascular, thyroid, athletic heart, and/or medications. Recommend additional products as necessary (see specific support areas). Also, check serum blood phosphorus levels, low levels of phosphorus can cause bradycardia. Currently there is no individual phosphorus supplement from DR.

Brain Concussion - Complete Brain Health (2x3), Omega 3/EPA/DHA (2x2), B Stress Complex (3)

Breast Tenderness - Feminine Advantage (4), Simply Mammary (3)

Note: Some patients may be low in iodine, assess status and recommend as needed. Iodine may cause adverse reactions in patients with Autoimmune thyroid disorders, like Hashimotos.

Bronchitis - Intracellular Defense (6-9), Thymo-Immune (6), Vira-Bac-YST (2x3)

Bruising – C Complex (3) or A-C-P Complex (3)m Herbal Antioxidant (2) **Bursitis**

– Inflamm-Enzymes (4-8 on empty stomach), Turmeric-Boswellia C (6-8)

Note: Use Apple Cider Vinegar (up to 4 T per day) to assist with systemic acidification, which is best for inflammatory conditions.

-C-

Cancer Support - Simply Thymus (10x2) for 45 days, plus organ specific EMG (6) or glandular from Simply products (3), Organic Mushroom (4-6), after 45 days, replace Simply Thymus with Thymo-Immune (3x2). See Advanced Protocol/Thymus Reactivation

Note: Different mushrooms have been studied for various cancer support, and some may be better suited than others. Organic Mushrooms is a blend of 6 mushrooms. Also, providing supportive foundational nutrition, like Vitamin Mineral tablets or shake, and addressing known vitamin deficiencies is critical.

Candida - Intestinal Fungal Balance (3), Vira-Bac-YST (3x2), Probio-Zyme-YST (3x2). See **Advanced Protocols: Gut Restoration.**

Note: Stubborn or long-term symptoms of Candida would benefit from the addition of Biofilm Detox (2-3/2x daily). If patient has a poor diet with low fiber foods, consider Gaia's Kimchi Postbiotic (2 daily). Diet: no sugar, no refined carbs, limit fruit to 2 servings per day, gluten-free if possible.

Canker Sores – See **Quick Protocols: Cold Sores.**

Cardiomyopathy - Cardio-Power (6), CoQ10 Cardio (4-6)

Note: All minerals, including Magnesium and Selenium, play an important role in heart health and recovery. Test, assess and add minerals when indicated. When caused by a virus, add Vira-Chron (4-6).

Carpel Tunnel - Inflamm-Enzymes (4-8 split doses, between meals), Vitamin B-6, B-12, & Folate (2), Turmeric-Boswellia C (6-8)

Cataracts – Complete Eye Health (3x2), Omega 3 EPA/DHA (1-3)

Note: The formation of cataracts can be influenced by factors such as UV exposure, poor diet, smoking, and systemic health issues like diabetes. Surgery remains the primary treatment for advanced stages; however, nutrients and herbs can help prevent cataract formation and support eye health of those already affected.

Cholesterol, Normalization – Two-Week Turnaround (2-4 weeks – see **Advanced Protocols: Purification Programs**), Cholesterol-Right (3), Beet Food Plus (3), Omega 2/EPA/DHA (2x2) and/or Wheat Germ Oil E (2). See rep for detailed discussion on cholesterol.

Note: Underlying root cause may be related to inflammation, liver, and dietary habits. Normal cholesterol may be higher in some individuals based on genetics (up to 230+). Triglycerides, although included in the cholesterol panel, are more indicative of liver and blood sugar handling issues and highly influenced by diet, exercise, and genetics. Low cholesterol can be equally problematic and indicate serious health issues.

Cold, Common – Conga-Immune (6-12), C Complex (6 suck on tablet for sore throat), Vira-Bac-YST (6), Organic Mushrooms (4)

Cold Sores - Calcium Complex (3-6) or Calcium Lactate + (6), Vira-Chron (3-6)

Note: Calcium Lactate + tablets can be crushed and moistened into a paste and applied directly to mouth/skin sores to reduce pain and duration of the sore. If cold sores are chronic, add Omega 3 EPA/DHA (3) for calcium tissue utilization. Assess Zinc status and, if deficient, add Zinc Complex (1-2).

Colitis, Ulcerative - Intestinal Support (3-6), C Complex (3), Probio-Zyme-YST (2x2/day between meals), Inflamm-Enzymes (2x2, between meals), Hematic Formula (2 if anemic)

Note: This inflammatory disease affects the large intestines. Patients have varying symptoms, but mucous discharge, bloody stools, diarrhea, abdominal pain, and anemia are the biggest concerns. Acute onset may be caused by viral, parasitic, or bacterial infections, such as salmonella or E. coli, and is often medically addressed. Long-term cases should strictly follow an Anti-inflammatory or Auto-immune Protocol Diet. Turmeric helps with acute inflammation and the dose can be increased to (2x4). The next phase of long-term care may benefit from FR Biofilm Detox (3-6).

Congestive Heart Failure, Recovery - Calcium Complex (3-6), Cardio-Power (4), Magnesium Complex (4), Wheat Germ Oil E (4), B Stress Complex (2-4)

Constipation - Digesti-Pan (3), GB Support (3), Magnesium Complex (4), Beet-Food Plus (3)

Note: A high intake of magnesium may cause a laxative effect, if this occurs, reduce serving amount. For children > 6 months – soak 1 T of raisins to 2 T of boiling water for 2 hours. Mash to extract juice and discard pulp, administer 1-2 T of solution in AM and PM until bowel movement occurs. For children over 1 year, administer soaked mash without extracting juice, same dosing instructions.

Cough, Chronic, Allergy - Aller-Lung Support (6), C Complex (3)

Cough, Chronic, Low-Grade Infection - Intracellular Defense (4-6), Simply Lung (3), Thymo-Immune (3x2), Vira-Bac-YST (3x3)

COVID, Acute - Vira-Chron (2x3), D Complex (1), C Complex (1x3), Zinc Complex (2), Complete Brain Health (2x2)

COVID, Recovery/Long-haulers - Nattokinase (1x2 on empty stomach), Inflamm-Enzymes (2x3), Intracellular Defense (3x2), Organic Mushrooms (2x2)

Note: Use organ specific Simply products for affected areas (i.e.: Simply Adrenal, Simply Lung), as well as Vitamin Mineral tablets or shake to broadly cover nutritional deficiencies present from a prolonged period of ill health.

Cramps, Menstrual - Feminine Advantage (4-6), Magnesium Complex (2-4), Simply Uterus (3x2 on empty stomach, for 3+ cycles)

Cramps, Muscle, at night - Magnesium Complex (2-4), Calcium Complex (2), Omega 3/EPA/DHA (3)

Crohn's Disease - Intestinal Support (3-6), Probio-Zyme-YST (2)

Note: This inflammatory disease can affect any part of the GI tract from the mouth to the anus, but mostly the small and ascending colon. Like Colitis, patients have varying symptoms including mucous discharge, bloody stools, diarrhea, joint pain, abdominal pain, and anemia. Long-term cases should strictly follow an Anti-inflammatory or Auto-immune Protocol Diet. Turmeric helps with acute inflammation and the dose can be increased to (2x4).

Cystitis - Arginase Bladder (3-6), Kidney Support (4)

-D-

Dementia - Complete Brain Health (2x2), Selenium E (1), Vitamin B-6, B-12 & Folate (1), Omega 3/EPA/DHA (2x2)

Note: Determine insulin resistance/sensitivity or blood sugar regulation and provide Gluco-Sugar Balance as indicated. Diet recommendations should include higher protein thresholds and increased good fats, along with net carb limits (<130 grams per day).

Depression - B Stress Complex (3), Metabolic Thyro (3), Complete Brain Health (3), Lith-Mag Forte (3)

Note: To enhance the protocol, use Feminine or Masculine Advantage (3-6) for gender specific support, use Simply Orchic (if low T), or Restful Mind Support (2-4 before bed) to relax the mind and body for transition to sleep.

Detoxification, General - Liva Detox and Support (3x2), C Complex (3), Beet-Food Plus. See **Advanced Protocols: Purification Programs** for a complete approach with diet and lifestyle recommendations.

Note: Liva-Detox & Support includes Milk Thistle for regenerative liver support and detoxification of the liver, lymph, and blood. For more focus on detoxification of herbicides, pesticides, and heavy metals add Detox-N-Cleanse (3-6) but consider starting at a lower dose and building up.

Diabetes, Type I - Gluco-Sugar-Balance (3x2), Digesti-Pan or Pro-Enzymes (1x3 with meals), Simply Pancreas (3x2 on empty stomach)

Diabetes, Type II - Gluco-Sugar-Balance (3x2), Simply Pancreas (3). See **Advanced Protocols: Purification Programs**.

Note for both types of diabetes: Diet, regular exercise, and liver support are critical for management. Intermittent Fasting (IF), Ketogenic Diets or the Melvin Page Hormone Balancing Food Plan (see **Advanced Protocols**) should be discussed. Adrenal status, sleep quality and hydration should be assessed and addressed.

Diarrhea - Digesti-Pan (2x3 capsules on empty stomach, unless ulcers), Vira-Bac-YST (3x2), Probio-Zyme-YST (3-9).

Note: Administer clean electrolytes powders (no dyes, artificial flavors), trace mineral drops, diluted fruit juice, and coconut water liberally. See **Food Poisoning** for diarrheas due to bad food or toxins. For diarrhea that persists more than a few days, further assessment should be considered. Medications, changes in diet, irritable bowel syndrome (IBS), or a more serious disorders, like parasitic infection, celiac disease or inflammatory bowel disease (IBD) may be a root cause.

Disc Degeneration - Ligament Complex (3-6), Advanced Joint Complex (2-4), Turmeric-Boswellia C (6-8)

Disc Injury (Hot Disc) - Inflam-Enzyme (3x3 – EMPTY STOMACH), Turmeric-Boswellia C (6-8), Ligament Complex (3-6), Omega 3/EPA/DHA (3)

Diverticulitis - Digesti-Pan (1-2 with meals and snacks), Probio-Zyme-YST (3), Intestinal Support (3)

Dysbiosis, Gut - Digesti-Pan (1-2 with meals and snacks), Probio-Zyme-YST (2x2), Organic Mushrooms (4), See **Advanced Protocols: Gut Restoration**.

.

Dysmenorrhea - Feminine Advantage (3), Simply Uterus (3), Simply Ovary (2), Calcium Complex (3)

-E-

Earache - Conga-Immune (6-12, taken in split doses every 2-3 hours), Vira-Bac-YST (3), Complete Ear Health (3)

Eczema - Probio-Zyme-YST (3x2), Thymo-Immune (1x3), Vira-Bac-YST (3x2), Wheat Germ Oil (2-3), Omega 3 EPA/DHA (2-3), Consider Advanced Protocols/Gut Restoration

Edema - Kidney Support (2x2), Nerve Chex B (2x2), if cardiovascular involvement, add Nattokinase (2-4 ES), and Cardio Power (3-6)

Endometriosis – Simply Ovary (3), Simply Uterus (3), Feminine Advantage (3), Simply Spleen (2x2), Consider adding Simply Hypothalamus (2 on empty stomach) with unresponsive cases.

Erectile Dysfunction – Cardio-Power (4-6), Masculine Advantage (3-9), Simply Orchic (2-6), Selenium E (2), Zinc Complex (1-2)

-F-

Fatigue, General - B Stress (1-3), Dual Vitality (2-4), Vitamin-Mineral (3) and determine root casues.

Note: Fatigue can source from adrenal function, low-grade or ongoing infection, low thyroid function, vitamin B deficiency/anemia, cardiovascular concerns, sleep deprivation/disruption, female/male hormone decline, etc.

Fertility, Female – Feminine Advantage (2x2), Simply Ovary (3 before bed), Wheat Germ Oil (2). Also see **Advanced Protocols: Purification Programs**.

Fertility, Male – Masculine Advantage (2x2), Simply Orchic (3), Zinc Complex (2), Libida-Life (2x2). Also see **Advanced Protocols: Purification**.

Fever - Calcium Lactate+ (2-4 capsules every 2 hours until fever breaks) or Calcium Complex (2 every 2 hours until fever breaks), Conga- Immune (6-12, taken 2 every 2-3 hours), Omega 3/EPA/DHA (1x2)

Note: For babies > 4 months old – rinse 1 cup of pearled barley, place into a 1-quart glass jar, fill with pure water, and let sit in fridge overnight. Drain water, discard barley and add 1 T of pure lemon juice (for natural vitamin C). Administer liquid frequently until fever breaks. Barley may be boiled to reduce soak time.

Fibroids, Uterine – See Uterine Fibroids

Fibromyalgia - High Stress Adrenal (2x2), Magnesium Complex (3x2), Turmeric-Boswellia C (3x2), Dual Vitality (2), Advanced Joint Support (3-6)

Note: Fibromyalgia is a syndrome/disorder and is characterized by broad symptoms from many systems - digestive, hormonal, musculoskeletal, immune, nervous, as well as mental/emotional challenges, fatigue, sleep disturbances and more. It's critical to address comfort, energy and inflammation to gain confidence, hence the selected products above, however, these patients will require extensive discovery and phases of care with changing protocols. Discuss 1 month of consistency with protocols, diet and lifestyle for every year the patient has been ill (ie: patient reports symptoms for 15 years, prepare for 15 months of specific care).

Flatulence, General - Digesti-Pan (2x3 with meals), Probio-Zyme-YST (3x2 between meals)

Note: Food combining issues or food sensitivities, especially gluten or dairy, may be a core issue.

Flu - C Complex (2x3), Conga-Immune (2x6), Vira-Chron (2x3) or Vira-Bac-YST (2x3) if viral and bacterial insult suspected, Organic Mushrooms (4)

Food Poisoning - Liva DeTox & Support (2 every 2 hours until symptoms break). Use activated charcoal, bentonite clay, or other binder as soon as possible to bind and remove source of toxicity.

Note: For acute diarrhea, administer small amounts of clean electrolyte powders (no dyes, artificial flavors), trace mineral drops, diluted fruit juice, and coconut water frequently to keep hydrated and prevent cramping.

Fracture - Advanced Joint Complex (4-6), Cal-Mag Complex (4)

Note: Over 35 FR products contain *Saccharomyces Cerevisiae*, including Advanced Joint & Cal-Mag, which provides all 8 essential amino acids. Since bone contains 30+% protein (broken down into amino acids), this is an added benefit for bones remodeling.

Fungal Infections, General - Digesti-Pan (2x3 with meals), Probio-Zyme YST (3-6) (V), Vira-Bac-YST (3x2)

-G-

Gallbladder, Dysfunction – GB Support (1-2 with each meal or fatty snack), Beet-Food Plus (3), Choline Complex (6)

Gallbladder, Removed – GB Support (1-2 per meal or protein/fat snack - forever)

Gallbladder Stones – Beet-Food Plus (2x3), GB Support (2x3)

Note: For acute symptoms, short-term use of a phosphorus liquid to break stones at approx 360 mg per day may be useful. Thoroughly rinse mouth with water post intake.

GERD - Digesti-Pan (6) or Pro-Enzymes (3-6) if burning sensation increases with Digesti-Pan, Probio-Zyme-YST (3x2)

Note: Certain herbal teas can help soothe symptoms of GERD (Gastroesophageal Reflux Disease) due to their anti-inflammatory and digestive properties. Chamomile, ginger, licorice root, marshmallow root, and slippery elm teas have unique properties to reduce inflammation, soothe/coat the digestive tract. They can be used individually or in combination.

Gout - Nattokinase (3x3 - Empty Stomach), Green Vegetable Alkalizer (3), Kidney Support (3), Arginase Bladder (3)

Note: People with gout should avoid foods that are high in purines, which can increase uric acid levels (organ meats, red meat, shellfish and some seafood, alcohol, sugary drinks, etc. For recurring symptoms, use labs to monitor uric acid and C-reactive protein (CRP) levels and address appropriately.

Graves' Disease – Migratrol (3), Thyroid EMG (3), Simply Liver (3), Liva-Detox & Support (3/2x). See **Quick Protocols: Autoimmune, General**.

Note: Graves' disease can have some intense symptoms that need attention, like tachycardia, extreme anxiety, changes in the eye structure, etc. Hormones, stress, viral or bacterial infections, high iodine intake, and recent pregnancy/childbirth can all cause the thyroid to hyper-react. Detoxing the liver and calming the nervous system are important pieces of care.

-H-

H-Pylori - Digesti-Pan (2+ with meals), Biofilm Detox (3x2), Probio-Zyme-YST (3x2, between meals)

Hashimoto's Disease – Metabolic Thyro (3-6), Thyroid EMG (3-6 on empty stomach), Selenium E (3), Organic Mushrooms (2x2). See **Quick Protocols: Autoimmune, General** listing or **Advanced Protocols: Thymus Reactivation**.

Note: Iodine is important but keep under 1.2 mg of iodine per day from food and supplements until autoimmune state is stabilized. It's important to remove gluten from the diet and consider the Two-Week Turnaround Cleanse Program to provide liver detox and support and repeat for up to 6 weeks.

Hay Fever - Aller-Lung Support (3-12), C Complex (6 - suck 1 tablet every 2 hours for best results)

Headaches, General -Migratrol (2x2), Magnesium Complex (1x2). Assess patient and review specific suggestions to add to general protocol based on probably cause.

- **Headache, Adrenal Insufficiency** – High Stress Adrenal (3x2), Dual Vitality (2x2)
- **Headache, Blood Sugar** - Gluco-Sugar-Balance (3), Beet-Food Plus (3)
- **Headache, Concussion/TBI** - Complete Brain Health (2x2), Omega 3/EPA/DHA (3)
- **Headache, Food Sensitivity** – Digesti-Pan (1-2 per meal), Beet-Food Plus (3)
- **Headache, Hormone (female)** - Feminine Advantage (3x2), Simply Ovary (2x2), Hematic Formula (1-2)
- **Headache, Liver Toxicity** – Liva-DeTox & Support (2x2), GB Support (3), Choline (3x2)
- **Headache, Migraine*** - Magnesium Complex (2x2), B Stress Complex (1x3)
- **Headache, Sinus*** - Aller-Lung Support (3), Simply Liver (3),
- **Headache, Thyroid** – Simply Thyroid (3) or Thyroid EMG (3), Wheat Germ Oil E (2). See **Quick Protocols: Hyper or Hypothyroidism**.

Note: Patients with headaches have recurring symptoms and should avoid caffeine and alcohol and stay hydrated! The asterisk (*) indicates an acute protocol for heightened symptoms. If headaches do not resolve with lifestyle adjustments and supplemental care, the patient should be assessed by a chiropractor for subluxations of the cervical spine, laxity of the ligaments, muscular tone/weakness, and even sleep position or pillow. Corrective structural care may resolve symptoms completely.

Heartburn - See **Acid Reflux**.

Heart Palpitations - B Stress Complex (1-3), Cardio-Power (3), Land & Sea Minerals (2), Magnesium Complex (4-6), if blood sugar related add Gluco-Sugar-Balance (3)

Note: Stress and anxiety are the most common causes of non-heart related palpitations, mostly due to the increase of hormones, like adrenaline, that cause immediate symptoms, like an increase in heart rate and a pounding sensation in the chest. Lifestyle modifications and stress management should be reviewed with the patient. Nerve-Chex B is great for nervous tension and anxiety. For night anxiety/racing heart use Magnesium Complex (2) at bedtime.

Hemorrhoids - GB Support (3-6), Intestinal Support (3-6), A-C-P Complex (3-6)

Note: Low fiber diets, dehydration, holding or straining with bowel movements, cardiac or liver diseases, and chronic constipation can cause hemorrhoids. Vitamin Mineral shake supplies 8 grams of fiber per serving, plus protein and a broad reach of nutrients. For comfort during flares, suggest Epsom salt sitz baths for 10-20 minutes, 2-3 times per day and apply extra virgin coconut oil to the area.

Hives, Itching - Simply Spleen (3) and Simply Thymus (3), Calcium Complex (3-6)

Note: Traditionally, skin irritations can be allergic reactions, viral, bacterial or parasitic infections, autoimmune flares, hormonal surges, including thyroid, and stress induced. See individual **Quick Protocols** for each of these categories or **Advanced Protocols** for multiple category approaches.

Hot Flashes - Feminine Advantage (6), Hypothalamus EMG (3) or Simply Hypothalamus (3), Vitamin-Mineral (3, for iodine and trace nutrients)

Note: Hot flashes in transitioning or menopausal women can be complex to remedy, may change in different phases, and could require a combination of products. All women with declining hormones would benefit from adrenal support (High Stress Adrenal (3-6) or Simply Adrenal (3), and long-term adaptogenic support, like in Dual Vitality (2/day).

Hyperactivity - See **Attention Deficit (Hyperactivity) Disorder**

Hypertension, General - Nerve Chex B (3) or Anxie-Tone (3), Magnesium Complex (3), Kidney Support (3x2)

Note: The key to hypertension protocols is knowing the cause or ruling out possible causes in a systematic approach. The most common types are benign essential/primary hypertension (genetics, diet, obesity, lack of exercise, stress-induced, portal hypertension (liver congestion, scarring, clots), and secondary hypertension (kidney, vascular, heart or endocrine causes). Review patient intake, labs, and symptoms to make initial protocol effective by adding specific organ or system products.

Hyperthyroidism - Liva Detox & Support (3x2), Migratrol (2), Thyroid EMG (3), Hypothalamus EMG (3)

Hypoglycemia - Gluco-Sugar-Balance (3)

Hypotension - B Stress (3), Migratrol (2), Cardio-Power (3), Vegetarian Tyrosine (2)

Note: Hypotension is diagnosed at lower than 90/60 and has likely symptoms of lightheadedness, fainting, and weakness. Proper hydration and adequate, quality sleep is critical for these cases. Verify prescriptions, check for hypotensive side effects, and assess adrenal and thyroid function to determine potential root causes and create a baseline for care.

Hypothyroidism, General - Metabolic Thyro (3), Simply Thyroid (3) or Thyroid EMG (3)

-I-

Immune, Deficiency - Thymo-Immune (3-6), Organic Mushrooms (4) C Complex (2), Herbal Antioxidant (2)

Note: Zinc ions are involved in regulating intracellular signaling pathways in innate and adaptive immune function. Use the Zinc Taste Test to determine if levels are adequate. Supplement with Zinc Complex (1-2), as indicated.

Impotence, Male – Zinc Complex (2) and Simply Orchic (3), Masculine Advantage (3-6)

Note: Zinc is required to produce Testosterone. Men who received 30 milligrams of zinc per day showed increased levels of free testosterone in their bodies. If narrowing of arteries is present, add Nattokinase and C Complex.

Incontinence - Ligament Complex (3-6), Arginase Bladder (3), Nerve Chex B (2)

Note: See **Quick Protocols: Bladder Infections** if you suspect incontinence stems from a chronic, low-grade bladder infection.

Indigestion - Digest-Pan (2x3 with meals) and/or Pro-Enzymes (1x3 with meals), GB Support (1x3 with meals), Probio-Zyme-YST (3), Also see **Quick Protocols: Acid Reflux**.

Infertility, Male - Libida-Life (3x2), Simply Orchic (3-6), Masculine Advantage (3x2), Two-Week Turnaround (see **Advanced Protocol: Purification Programs**)

Note: Zinc is required to produce Testosterone and other hormones. Men who received 30 milligrams of zinc per day showed increased levels of free testosterone in their bodies. If adding Zinc Complex for deficiency, be advised that other products contain zinc, which has a daily threshold of 40 mg.

Infertility, Female - Libida-Life (3-6), Simply Ovary (3-6), Feminine Advantage (3-6), suggest Two-Week Turnaround. See **Advanced Protocols: Purification Programs**.

Inflammatory Bowel Disease (IBD) - Digesti-Pan (3-6), Intestinal Support (3-6), Turmeric-Boswellia C (3-6), Also see Quick Protocols: Colitis, Ulcerative or Crohn's Disease

Inflammation, General - Turmeric-Boswellia C (3-9), Inflamm-Enzymes (6-12 on empty stomach), Omega 3/EPA/DHA (3)

Insomnia – See **Quick Protocols: Sleep**.

Insulin Resistance - Digesti-Pan (3), Gluco-Sugar-Balance (3-6), Simply Pancreas (3)

Interstitial Cystitis - Kidney Support (3-6), Arginase Bladder (3-6), A-C-P Complex (3-6)

Irritable Bowel Syndrome (IBS) - Pro-Enzymes (1-2 with each meal), Hypothalamus EMG (3) and Pituitary EMG (3) on empty stomach before bed, Intestinal Support (3-6), Probio-Zyme-YST (3-6)

Note: Several factors may contribute to IBS, including altered gut motility (often alternating constipation and diarrhea), visceral hypersensitivity (increased sensitivity to pain in the intestines), carbohydrate digestion challenges, genetics, infection (including parasitic), and psychological factors like stress, anxiety, and depression.

-J-

Joints, Pain & Stiffness – Advanced Joint Complex (4-6), Turmeric-Boswellia C (4-6), Inflamm-Enzymes (3-9)

-K-

Kidney Infection - Arginase Bladder (3x3), Kidney Support (3), Vira-Bac-YST (3x2)

Kidney Stones - Arginase Bladder (6), Magnesium Complex (6), Kidney Support (4)

Note: Magnesium binds to oxalate, preventing crystallization and aggregation. This inhibits the formation of calcium oxalate stones, the most common type of kidney stones. Magnesium also helps to maintain the acidity of urine and reduces the risk of struvite stones formed in alkaline urine. Long-term magnesium supplementation is suggested for patients prone to kidney stones. Dietary intake for men is 420 mg and women is 310 mg, with individual patient tolerance typically between 200-400 mg. If diarrhea or gastrointestinal symptoms occur, drop dose in ½ and check for improvement.

-L-

Labs – See **Advanced Protocols/Blood Chemistry-Out of Range** or **Assessment Systems: HTMA for Hair Tissue Mineral Analysis**. For other lab interpretations, please contact your clinical consultant/ rep for resources.

Laryngitis - C Complex (1-6 – suck on tablet for best results), Conga-Immune (2x3), Zinc Complex (2), also consider Advanced Joint Complex (3) for trachea support and mild pain relief.

Leaky Gut/Intestinal Permeability - Intestinal Support (3-6), Digesti-Pan (3-6), Biofilm Detox (3). See **Advanced Protocols: Gut Restoration**.

Leg Cramps - Calcium Complex (3+), Magnesium Complex (3+), Omega 3/EPA/DHA (3)

Note: Cal-Mag Complex or Calcium Lactate + both have a 5:1 ratio of calcium to magnesium and can be used as maintenance after recovery is achieved.

Libido Low, Female - Libida-Life (3-9), Feminine Advantage (3-6), Metabolic Thyro (3)

Libido Low, Male – Masculine Advantage (3-9), Libida-Life (3), Simply Orchic (2), Selenium E (2)

Note: Assess Zinc status and provide Zinc Complex (1-3) based on results and zinc included in other products. Both Masculine Advantage (.4 mg) and Libida-Life (4 mg) have Zinc in each tablet. Zinc from food and supplements should not exceed 40 mg per day, as it blocks the absorption of copper and could cause copper deficiency when used in higher doses.

Ligament, Torn – Ligament Complex (3-6), Cal-Mag Complex (3-6), then transition to Advanced Joint Complex (3-6)

Liver Support - Liva Detox & Support (3-6), Simply Liver (3), Nerve Chex B (3)

Liver Detox - Liva Detox and Support (3x2). See **Advanced Protocols: Purification Programs** for a complete approach with diet and lifestyle recommendations.

Note: This product provides regenerative support for the liver and detoxification of the liver, lymph, and blood. **For more focus on detoxification of herbicides, pesticides, and heavy metals add Detox-N-Cleanse (3-6)** and consider starting at a lower dose.

Lung Support - Simply Lung (2x3), Aller-Lung (2x3), C Complex (3), and if cough present, Intracellular Defense (2x3)

Lupus - See Quick Protocols: Autoimmune, General for foundational support, plus consider the following recommendations for acute symptoms - Advanced Joint Complex (4), Arginase Bladder (3-6), Kidney Support (3-6), Vegetarian Tyrosine (1-2), Cal-Mag Complex (4), Thymo-Immune (4)

Lyme Disease - BioFilm Detox (3x2, between meals), Vira-Bac-YST (3x2), Thymo-Immune (3x2). For more considerations and pulse dosing approaches, see Advanced Protocols/Stealth Pathogens.

-M-

Macular Degeneration - Complete Eye Health (3-6), Omega 3/EPA/DHA (3), Herbal Antioxidant (2), Selenium E (1), if zinc deficient, add Zinc Complex (1-2)

Mastitis - Simply Thymus (6-10), Simply Mammary (3-6), Selenium E (2), Liva-Detox & Support (3)

Measles - Conga-Immune (6-12), Simply Thymus (10), Vira-Chron (3-6)

Memory Loss – Complete Brain Health (2x2), Vegetarian Tyrosine (3), Vitamin B-6, B-12 & Folate (2), Omega 3/EPA/DHA (2x2). Also see **Quick Protocols: Dementia**.

Meniere's Disease (Ear Nerve), Autoimmune - Complete Ear Health (3), Complete Brain Health (3), **See Autoimmune, General Support** for additional products.

Meniere's Disease (Ear Nerve), Viral - Complete Ear Health (3), Vira-Chron (6), Thymo-Immune (4)

Menopause Support - Feminine Advantage (6), Simply Uterus (3), High Stress Adrenal (6), Libida-Life (3). Also see **Advanced Protocols: Female Hormones**.

Menses, Heavy (Menorrhagia) - Feminine Advantage (6), Simply Uterus (6), Hematic Formula (1-2). See **Menses, Painful Cramps** for additional support.

Menses, Light - Feminine Advantage (3), Simply Ovary (3), Wheat Germ Oil (1)

Menses, Painful Cramps - Simply Uterus (3-6), Feminine Advantage (3-6), Magnesium Complex (3+)

Note: A high intake of magnesium may cause a laxative effect. If this occurs, reduce the serving amount in ½ and increase to tolerance. If chronic cramping persists, add Calcium Complex (3).

Migraines - Migratrol (3-4), Magnesium Complex (2-4), B Stress Complex (1-3)

Note: Slowly remove caffeine, as well as food chemicals (nitrates/nitrites/MSG), dyes, and foods with tyramine. Also add proper proteins at higher levels back into the diet. Consider cervical spine assessment for structural misalignment, injury or degeneration. If know thyroid condition is causing migraines, Metabolic Thyro and Thyroid EMG may be helpful.

Morning Sickness - Beet Food Plus (3), Vitamin B6, B12 & Folate (3)

Mouth, Dry - Complete Smell and Taste (3), Simply Parotid (3), Land and Sea Minerals (3)

Mouth, Sores – See **Quick Protocols: Cold Sores**.

Myocarditis, Long-term – Cardio-Power (6), Turmeric-Boswellia C (6-9 into 3 doses), B Stress Complex (3)

Note: Can be caused by virus (most common), bacteria, fungus, parasites, heavy metals, and autoimmune conditions. Use Vira-Chron, Vira-Bac-YST and/or Para-Dysbio-Zyme for stealth insults and Detox-N-Cleanse for heavy metals, chemicals, and vaccine reactions. Immune support should be added for any of these causes, Simply Thymus (10), Thymo-Immune (6-9), Organic Mushrooms (4). See **Advanced Protocols: Stealth Pathogens and/or Heavy Metal Detox and/or Spike Protein Detox.**

-N-

Nasal Congestion, Acute – See **Quick Protocols: Sinus Congestion, Acute.**

Nausea, Pregnancy – See **Quick Protocols: Morning Sickness** and **Advanced Protocols: Pregnancy.**

Nerve Injury - Vitamin B-6, B-12, & Folate (2), Nerve Chex B (3), Organic Mushrooms (4)

Neuralgia (Neuritis) - Nerve Chex B (3), Omega 3/EPA/DHA (3), Magnesium Complex (3), Turmeric-Boswellia C, plus Complete Brain (3) for enhanced fatty acids and aminos

Neuropathy - Nerve Chex B (3), Complete Brain Health (3), Calcium Lactate + (6) or Calcium Complex (4), plus Complete Brain (3) for enhanced fatty acids and aminos

Night Sweats - Nerve Chex B (6), Simply Hypothalamus (2), and Feminine Advantage (3x2) or Masculine Advantage (3x2). Also see **Quick Protocols: Adrenal.**

Nose Bleeds, frequent – C Complex (3), Vira-Bac-YST (3), Calcium Complex (3), Green Vegetable Alkalizer (3), Hematic Formula (1)

-O-

Obesity - Gluco-Sugar-Balance (3-6), B Stress Complex (2-3), Metabolic Thyro (3-6), Liva-Detox & Support (3-4)

Note: Obesity, like weight gain, has many similarities - lifestyle, diet, emotional eating, stress, inactivity, thyroid dysfunction, menopause, HPA dysregulation, cardio/metabolic, etc., but there may be more critical things to assess and address, like genetic predisposition, gut health, mood dysregulation, mental health diagnosis, neurotransmitter/ chemical imbalances, toxic burden, stealth pathogens, addictions, prescriptions, and embedded trauma. Selecting the right eating program with gentle detoxification for the individual so they experience success will go a long way to engaging in deeper, long-term lifestyle and support plans. Also see **Quick Protocols: Weight Gain** for other notes.

Obsessive-Compulsive Disorder (OCD) - B Stress Complex (2-3), Inositol Complex (6), Choline (2), Omega 3 EPA/DHA (4)

Note: Ashwagandha, Passionflower (Anxie-Tone), and Kava are helpful for managing the anxiety and stress that often exacerbate OCD symptoms.

Osteoarthritis - See **Quick Protocols: Arthritis, Osteo.**

Osteoporosis - Cal-Mag Complex (4-6, bone building complex), Dento-Gums (4-6, bone building complex), D Complex (1)

Note: Most common in women over 50 years old. Work to optimize declining hormones, like estrogen, increase proteins and/or essential amino acids, participate in strength or resistance training or simple weight-bearing exercises for less active people, and test Vitamin D levels regularly. For higher strength bone-building minerals, use Calcium Complex (4-6) and Magnesium Complex (4).

-P-

Palpitations – See **Quick Protocols: Heart, Palpitations.**

Pancreatitis - Digesti-Pan (3-6 with meals) and Pro-Enzymes (1x3 between meals), Simply Pancreas (2x2, best on EMPTY STOMACH), Turmeric-Boswellia C (2/3X)

Panic Attacks - Anxie-Tone (4), Restful Mind Support (2), B Stress Complex (1-2)

Note: A disruption in brain pH, where the brain becomes too acidic, could be a contributing factor to panic attacks. A diet rich in greens and other alkaline foods, stress reduction, and daily deep breathing can prevent drastic swings in brain pH. Use Green Vegetable Alkalizer if diet changes are not feasible. Evaluate adrenal status and provide adequate support.

Parasites - Digesti-Pan (6), Para-Dysbio-Zyme (4, 2x between meals), Arginase Bladder (6, especially if urinary/bladder symptoms are present). See **Advanced Protocols: Stealth Pathogens.**

Peripheral Neuropathy - Vitamin B6, B12 & Folate (3) or Nerve Chex B (3), Omega 3/EPA/DHA (3), plus Complete Brain (3) for enhanced fatty acids and aminos

Pernicious Anemia - See **Quick Protocols: Anemia, Pernicious.**

Pink Eye - Complete Eye Formula (3), Simply Thymus (3), A-C-P Complex (3), Thymo-Immune (3)

Note: Drop 3-4 drops of Colloidal Silver directly into the infected eye, 3-6 times per day to control redness and discomfort.

Pneumonia, Bacterial – Intracellular Defense (9), Thymo-Immune (10+), Vira-Bac-YST (6)

Note: Eliminate refined sugar and all dairy products as these are mucous producing foods and will worsen symptoms.

Polycystic Ovary Syndrome (PCOS) - Vitamin Mineral (3), Gluco-Sugar-Balance (3x2), Feminine Advantage (2x2), Inositol (3x2)

Note: Low Vitamin D levels increase risk for insulin resistance and diabetes, so test levels and supplement appropriately. Vitamin-Mineral tablets contain 800 iu of Vitamin D, B vitamins and other nutrients that support blood sugar and should be considered a foundation for this protocol. Inositol at 2 grams, twice daily has researched benefits for PCOS, diabetes and infertility. The PCOS diet should be low sugar, low carb and anti-inflammatory. See **Quick Protocols: Anxiety and Depression** for options to expand the PCOS protocol for mental/emotional symptoms.

Post Partum Depression - Simply Uterus (3, start one month prior to delivery), Anxie-Tone (3), Restful Mind Support (3). Check Zinc Status and supplement accordingly.

Pregnancy, Preconception Support - Vitamin-Mineral (3), Omega 3/EPA /DHA (3), Vitamin B6, B12 & Folate (3), Calcium Complex (4), Magnesium Complex (4), Wheat Germ Oil (2-3), may need Hematic Formula (1-2)

Pregnancy, General - Vitamin Mineral (2x2), Vitamin B-6, B-12 & Folate (3), Omega 3/EPA/DHA (3), Hematic Formula (1). See **Advanced Protocols: Pregnancy.**

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Pre-menstrual Syndrome (PMS) - Feminine Advantage (3), Anxie-Tone (3-6) or B-Stress (2)

Prostate Support – Male Advantage (3), Selenium E (2), Zinc Complex (2-3)

Psoriasis – GB Support (3-6), Digesti-Pan (6), Probio-Zyme-YST (6), D Complex (1 - if low levels dictate supplementation), Wheat Germ Oil (pierce gelcap and use topically for comfort)

-Q-

No Q Entries

-R-

Rashes – Vira-Chron or Vira-Bac-YST (3-6), Probio-Zyme-YST (2-4), Cal-Mag Complex (3), Organic Mushrooms (3)

Note: Causes for rashes can be irritant, pathogen, tissue calcium utilization and should be determined for proper treatment. Use a nano-particle Zinc ointment topically for comfort and inflammation.

Rash, Diaper - Probio-Zyme-YST (1, open and put in food or formula), Catalyst Complex (1-2)

Note: Check formula for allergens or sensitivities, or if breast-fed, eliminate mother's high allergen foods one at a time to reduce aggravation. Use a low chemical, dye and color free laundry detergent and breathable, cotton clothes. A clean, nano-particle Zinc ointment or diaper rash cream topically for comfort, inflammation and skin protection may be helpful (EWG.org). Coconut oil can also soothe irritated skin. Look deeper into the baby's use of antibiotics and familial history of digestive problems.

Restless Leg Syndrome – Magnesium Complex (3), Calcium Complex (2), Omega 3/EPA/DHA (2), take ALL before bed to calm nervous system

Note: A high intake of magnesium may cause a laxative effect. If this occurs, reduce the serving amount in ½ and increase to tolerance.

Rosacea - Digesti-Pan (3-6), Simply Thymus (3). See **Advanced Protocols: Gut Restoration** and determine additional autoimmune conditions.

Note: Check zinc and vitamin D status and supplement accordingly. Use a nano-particle Zinc ointment topically for comfort and inflammation.

-S-

Scars - Wheat Germ Oil (2 orally and pierce gelcap to apply topically)

Sciatica –Turmeric-Boswellia C (4-6), Nerve Chex B (3)

Note: Products may be helpful for nerve pain and inflammation, but this is a biomechanical issue, and a physical modality practitioner should be sought for this problem.

Seasonal Affective Disorder (SAD) - D Complex (1), B Stress Complex (2-4), Vegetarian Tyrosine (1-3), Pituitary EMG (1-3)

Shingles -Vira-Chron (3-6), Calcium Complex (3-6), Organic Mushrooms (4)

SIBO/SIFO (Small Intestinal Bacterial/Fungal Overgrowth) - Digesti-Pan (1-3 per meal), Probio-Zyme-YST (3), Vira-Bac-YST (3-6), Biofilm Detox (3-6)

Note: If weak gallbladder function, add GB Support (1 per meal or fat-based snack). Follow a low sugar/low Fodmap diet. See **Advanced Protocols: Gut Restoration**.

Sinus Congestion, Acute - C Complex (6, suck until dissolved, one at a time), Conga Immune (3-9), Intracellular Defense (3-9)

Sinus Congestion, Chronic - Aller-Lung Support (2-3), C Complex (2-4, suck until dissolved), Vira-Bac-YST (2-3), Thymo-Immune (2-3), Probio-Zyme-YST (2-3)

Sinusitis - Simply Thymus (2-3), A-C-P Complex (2-3), Conga-Immune (3x2)

Note: For chronic sinusitis support, assess immune function and possibility of stealth pathogens/biofilms, as well as upper and lower GI function and microbiome/flora balance. Using a Neti-pot or Navage system daily may greatly benefit these patients.

Skin Rash - See **Quick Protocols: Rashes**.

Stomach, Low Acid – See **Quick Protocols: GERD**.

Sleep, General – Cal Mag Complex (3), Magnesium Complex (2), and Land and Sea Minerals (2 - for mineral deficient patients with various sleep issues).

- **Sleep, Latency** – Restful Mind (2-4)
- **Sleep, Female Hormone Dysregulation**- Feminine Advantage (3), Simply Ovary (2-3, before bed)
- **Sleep, Blood Sugar Dysregulation** – Gluco-Sugar-Balance (2-4, 30 minutes before bed), 2T of Apple Cider Vinegar (with mother tincture) mixed in a few ounces of water before bed
- **Sleepy, After Meals (Reactive Hypoglycemia)** - B Stress Complex (2-3), Digesti-Pan (1 with each meal)

Note: Many patients benefit from a nighttime protein snack and elimination of carbohydrate foods 2 hours before bed.

Sneezing Attacks - Aller-Lung Support (2-3), Simply Liver (2-3)

Sore Throat - Conga-Immune (3-4), C Complex (suck on 1 every 2-3 hours), Zinc Complex (2-3)

Sprains and Strains, Acute, including weak ligaments and tendons - Ligament Complex (3), Inflamm-Enzymes (3-6), Turmeric-Boswellia C (3-6)

Startle Easily, Unable to Relax - Nerve Chex B (3), Magnesium Complex (3), Restful Mind Support (2x2)

Stealth Pathogens - Biofilm Detox (3-6), Vira-Bac-YST (3-6), See **Advanced Protocols: Stealth Pathogens**.

Sterility, Female, Male - See **Quick Protocols: Infertility**.

Strep Infection - Conga-Immune (6-8), Zinc Complex (2-3), C Complex (4-6, suck on 1 every 2-3 hours), Vira-Bac-YST (4-6)

Note: Crush 1 clove of fresh garlic and let it sit for 10 minutes to activate allicin. Mix it with honey or warm water. Repeat up to 3 times per day. Fire Water or Master Tonic recipes are also very effective (see internet search).

Stress – High Stress Adrenal (3-6) or Vegetarian Adrenal (2-3), B Stress Complex (1-3)

Stroke, Recovery - Complete Brain Health (3-4), Nattokinase (2-4), A-C-P Complex (3-6), Magnesium Complex (2-3), Nerve Chex B (2-3), Omega 3/EPA/DHA (4)

Sugar Cravings - Gluco-Sugar-Balance (4-6), Beet-Food Plus (3-4), Magnesium Complex (3)

Note: Magnesium helps regulate blood sugar and convert food into energy. When magnesium levels are low, the body may crave quick energy sources like sugar, leading to intense sugar cravings. Magnesium before bed is suggested.

Surgery, Pre - C Complex (2-3), Zinc Complex (2-3), Ligament Complex (3)

Note: Suggest patients go off all blood thinning supplements 4 weeks before surgery, including echinacea, feverfew, garlic, ginger, ginseng, kava, fish oil, ginkgo, green tea, St. John's Wort, turmeric, valerian, and vitamin E.

Surgery, Post - C Complex (2-3), Pro-Enzymes (2x2 between meals), Selenium E (1-2)

Sun Burn Prevention - Omega 3/EPA/DHA (2) and Calcium Lactate+ (3-4) two hours prior to sun exposure

Sun Stroke - Omega 3/EPA/DHA (3-4), Calcium Lactate+ (3-6)

Systolic Pressure, High - A-C-P Complex (3-6, vessel support), Magnesium Complex (2-3). See **Quick Protocols: Hypertension, General** for additional causative notes.

Systolic Pressure, Low - Nerve Chex B (2-3), Cardio-Power (3-4)

-T-

Tachycardia - Land and Sea (6-12 acute, 4-6 chronic), B Stress (3-4 last dose before bed), Magnesium Complex (4)

Tendon Disorders, Acute - See **Quick Protocols: Sprains and Strains**.

Tendonitis (Tennis Elbow) - See **Quick Protocols: Sprains and Strains**.

Testosterone, Low - Simply Orchic (4-6), Masculine Advantage (2-4), Libida-Life (3-6)

Note: Assess zinc status, if positive for deficiency add Zinc Complex (1 with each meal) until repleted then back down to 1/day. Raw pumpkin seeds are high in zinc and contain phytosterols which have additional male health benefits.

Throat, Sore - Conga-Immune (3-4), C Complex (suck on 1 every 2 hours), Zinc Complex (2-3)

Thrush - Probio-Zyme-YST (3-6). See **Advanced Protocols: Gut Restoration**.

Thymus Support - Thymo-Immune (4-6), Simply Thymus (3-6), Zinc Complex (2-3), C Complex (4-6)

Thyroid, General - Metabolic Thyro (3-4) or Vegetarian Thyro (3-4)

Note: Thyroid headaches are typically dull upon rising and usually wear off by late morning as metabolism and activity increase, suggesting a delay in adapting from rest to wakefulness. If headaches are present, Migratrol (3-4) may be an effective substitute for Metabolic or Vegetarian Thyro. Caffeine should be reduced or eliminated. Many OTC and Rx pain relievers have caffeine added to enhance other ingredients. If T3 conversion issue, add Liva-Detox & Support (2x3).

Thyroid, Hyper – See Quick Protocols: Hyperthyroid

Thyroid, Hypo - See Quick Protocols: Hypothyroid

Tinnitus - Complete Ear Health (4-6), Aller-Lung Support (4-6), Magnesium Complex (3-4), C Complex (suck on 1 every 2 hours)

Tonsillitis - Simply Thymus (4), Conga-Immune (3-6), C Complex (suck on 1 every 2 hours)

Triglycerides, High – Gluco-Sugar-Balance (3-6), GB Support (2 with each meal), Omega 3/EPA/DHA (1x3)
See **Advanced Protocols: Blood Chemistry-Out-of-Range**.

-U-

Ulcers, Duodenal and Peptic – Pro Enzymes (2+ with meals), Intestinal Support (2x2)

Ulcers, Stomach - Pro Enzymes (2+ with meals)

Urinary Incontinence – Arginase Bladder (6), Ligament Complex (3)

Urinary Tract Infections - Arginase Bladder (6-9), Vira-Bac-YST (6-9), for chronic add Biofilm Detox (3-6)

Note: Menopause can cause chronic UTIs due to drops in estrogen/progesterone, decreased bladder tone causing incomplete urination and bacteria accumulation, and thinner urinary tract tissue. Chronic UTIs can be bacterial or viral. Pain may be reduced by adding d-mannose at (about 2000 mg/day). Men can also get UTIs, however, prostate health and kidney stones should be considered. In troublesome cases, see **Advanced Protocols: Gut Restoration or Stealth Pathogens**.

Urination, Frequent, Female - Arginase Bladder (3), Feminine Advantage (3), Kidney Support (3), verify presence of UTI

Urination, Frequent, Male - Arginase Bladder (3), Male Advantage (3), Kidney Support (3)

Uterus Support - Feminine Advantage (2-4), Simply Uterus (3-6)

Uterine Fibroids – D Complex (1), Feminine Advantage (3-6), Simply Uterus (3-6)

-V-

Vaginal Dryness - Feminine Advantage (3-6), Omega 3/EPA/DHA (2-3), Simply Uterus (1-2), Wheat Germ Oil E (2-3, may puncture WGO capsule and apply topically)

Vaginal Yeast Infection - Probio-Zyme-YST (2 taken orally and 1 as vaginal suppository), Digesti-Pan (1-2 per meal as a system acidifier), very low sugar/no refined carbohydrate diet

Vaginitis - Probio-Zyme-YST (2 taken orally and 1 as vaginal suppository), Feminine Advantage (2x2), very low sugar/no refined carbohydrate diet. Also see **Advanced Protocols: Gut Restoration or Stealth Pathogens** to balance the microbiome or address chronic, low-grade pathogen infections.

Varicose Veins - Beet Food Plus (3-6), A-C-P Complex (3-6)

Vertigo, Occasional – Complete Ear Health (6-acute, 3-maintenance/prevention)

Note: Viral or bacterial infections, migraine headaches, and head injury are co-conditions with vertigo, check those **Quick Protocols** listings for deeper support.

Vertigo, Severe - Cardio-Power (3-6), Metabolic Thyro (3-4), High Stress Adrenal (2-3)

Viral Infections - Vira-Chron (3x3), Organic Mushrooms (4-6)

Vitamin Deficiency, Specific - See **Advanced Protocols: Vitamin-Mineral Deficiencies**.

-W-

Warts – Organic Mushrooms (2x2), consider Thuja homeopathic as an adjunct (orally and topically)

Water Retention, Excessive - See **Quick Protocols: Edema**.

Weight Gain - Gluco-Sugar-Balance (3x2), Metabolic Thyro (3-6), Liva-Detox & Support (3x2). See **Advanced Protocols: Purification Programs**.

Note: Question the cause of weight gain, whether lifestyle, diet, emotional eating, stress, inactivity, thyroid dysfunction, menopause, HPA dysregulation, cardio/metabolic, and if gain occurred over a long period of time or a sudden change, incident, injury or illness. Know the patient's priorities, pace, and prepare them for a longer treatment protocol with check-in timeframes and protocol adjustments to minimize overwhelm and ensure success.

Wounds - Inflam-Enzymes (2-3), A-C-P Complex (2x2), Wheat Germ Oil (2, can be used topically)

-X-

X-ray Exposure - Detox-N-Cleanse (3-6)

-Y-

Yeast Infections – See **Quick Protocols: Candida**.

-Z-

No Z Entries

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DOCTORS'
RESEARCH
PRODUCTS

INTRODUCTION TO FOOD RESEARCH & BIOSCIENCE FORMULA PRODUCTS

“THE BEST FORMS OF VITAMINS AND
ARE FOUND IN WHOLE FOODS.”
DR. ROYAL LEE

Doctors' Research is the North American distributor of Food Research and BioScience Formulas. This company has offered 100% food products since 1998. Many of the formulas were influenced by the writings and findings of Dr. Royal Lee and the other early adopters of nutrition science.

Food Research products are whole food nutrients, meticulously tested for purity and potency. Food Research supplements never contain ascorbic acid, synthetic vitamins, extracted or inorganic mineral salts, or magnesium stearate. Why? Because these ingredients are not whole food. Only real foods contain enzymes, protein chaperones, and other co-factors needed for nutrient utilization and transport.

Let's dig into some of the ingredients that you find in many other popular supplements:

Ascorbic acid is the antioxidant part of C complex that protects the other valuable components from being oxidized. Ascorbic acid is recognized as Vitamin C by the FDA and by scientific researchers. The other parts of the complex are P, K, and J factors, and tyrosinase (organic copper). P factors help strengthen blood vessels thus preventing bruising and bleeding gums (anti-scurvy). K factors help with blood coagulation, and J factors help with the oxygen carrying capacity of the blood. An analogy can be made between taking Vitamin C (ascorbic acid) and eating an egg. If you take Vitamin C as ascorbic acid only, it is like you are eating the the eggshell of the egg and not the egg.

Synthetic vitamins are usually less effective than those found in whole foods due to differences in nutrient profile, bioavailability, and lack co-factors and synergistic compounds. Whole foods offer a complex matrix of nutrients that work together, which is difficult to replicate in synthetic supplements.

Extracted mineral salts are typically mined or extracted from natural sources (like table salt, Pink or Himalayan salt, potassium chloride, etc.). In contrast, **inorganic minerals** are bound to organic molecules like amino acids or proteins. This is also known as chelated minerals. The body generally absorbs minerals from food more efficiently than from rock-derived supplements. This is because food minerals are often part of a complex matrix with other nutrients, whereas rock-derived minerals in supplements may be in a form that is less bioavailable or even irritating to the gut.

Rich, poor, well, or sick— studies state 92% of the population is suffering from at least one mineral or vitamin deficiency based on the Dietary Reference Intakes, and more specifically 75% of the American population is deficient in trace minerals.

Doctors' Research Intro (cont)

Magnesium stearate is a salt made from magnesium and stearic acid and is used in supplement manufacturing to lubricate the capsuling and tableting equipment. Many natural health care practitioners have concerns about patients' overexposure to this ingredient. Some clinical reports suggest immune suppression (specifically T-cells), biofilm formation in the gut causing intestinal lining irritation, reduced nutrient absorption, and a laxative effect may be common side effects that are hard to diagnose and determine root cause. Magnesium stearate is listed as a carcinogen by the US Department of Health and Human Services and may partially metabolize into formaldehyde.

Now let's uncover some of the **unique ingredients in the Food Research** brand.

- **Saccharomyces Cerevisiae Yeast** - is a pure, single-cell fungi culture that serves as a growth medium for some of the FR nutritional ingredients. The cell wall of the Sacch. Cerv. Yeast is enzymatically processed, making the nutrients better tolerated by sensitive people. This type of yeast does not cause yeast infections, rather, the PDR for Herbal Supplements states it is "*antibacterial and stimulates phagocytosis*," further supporting its benefit to overall immune health. Europe's Commission E approved Sacch. Cerv, for "dyspeptic (digestive) complaints." This superfood naturally provides all 10 essential amino acids, protein chaperones, enzymes, trace minerals, and the antioxidant Superoxide Dismutase.
- **Biogurt (Lactobacillus bulgaricus)** - main bacterium used for the production of yogurt, ripening of some cheeses, and in processes involving naturally fermented products. Food Research uses this ingredient much like Sacch Cerv yeast, as a food growth medium for specific products. Based on studies, this highly effective probiotic bacteria has possible added health benefits by aiding with digestion and lactose intolerance, supporting gut barrier integrity, assisting with blood sugar and lipid support, better absorption of mineral-enhanced Biogurt nutrients (calcium and magnesium) over mineral salts, inflammation, etc. There are 5 products that contain Biogurt - Calcium Complex (1400 mg), Catalyst Complex (65 mg), Magnesium Complex (1292 mg), Mineral Transport (350 mg), and Parathyroid Plus (493.5 mg). Now the 100% food Calcium Complex and Magnesium Complex are improved with high levels of L. Bulgaricus.
- **Enzymes** - digestive proteins aid in breaking down food into nutrients that the body can absorb. This can be helpful for individuals who don't produce enough enzymes on their own or have digestive impairments. These supplements typically contain a combination of enzymes like amylase (for carbohydrates), protease (for proteins), and lipase (for fats). FR also uses systemic enzymes like Serrapeptase and Nattokinase. These proteins help with more than digestion. Once in circulation, they act like clean-up crews by breaking down inflammatory compounds, helping the body clear scar tissue and cellular waste, and gently regulating immune function.

Doctors' Research Intro (cont)

- **Protein Chaperones** - a group of proteins that assist in the proper folding and assembly of other proteins within a cell. They play a critical role in cellular function and defense mechanisms and protect against degradation, aging, and inflammation. Many chaperone proteins are also known as shock proteins (Hsps) because their production increases in response to cellular stress, such as heat or cold.
- **Pastured Glandulars** - the pristine glands and organs used for the FR products are harvested from New Zealand, Australia and Argentina, where they are not exposed to chemical, pesticides, growth hormones or GMO grains. There are currently 12 Cytotrophins and 4 Enzymophogen products in the line and many other individual ingredients added to various formulas. Also see [Simply & EMG Glandular Overview](#) for more detailed information.
- **Wildcrafted & Grown Herbs and Foods** - many ingredients are sourced from reputable organic farms and providers. Others are wildcrafted plants/herbs, gathered from their natural, wild habitats like forests or fields, rather than cultivated on farms. None are treated with fertilizers or pesticides. This practice is rooted in traditional methods, where respect for the plant and its environment was paramount. They are all tested to meet FDA cGMP standards.
- **Acerola cherries** (and oranges) - acerola cherries are frequently used in FR supplements, as they are exceptionally rich in whole food vitamin C, containing significantly more than oranges or lemons. They are also high in anthocyanins, phytonutrients like carotenoids, phenolics, and flavonoids (rutin), amino acids, vitamins (C, B1, B2, niacin), beta-carotene, and minerals (iron, phosphorus, potassium, and calcium).

Product manufacturing and ingredient selection decisions made by Food Research create a big difference in quality and efficacy and make this product line worth your attention.

- **Enhanced Assimilation:** The presence of naturally occurring digestive enzymes, amino acids, protein chaperones, and bioflavonoids, within the whole food matrix, improves the body's ability to absorb and utilize the nutrients compared to isolated or synthetic vitamins.
- **100% Food Based:** Food Research supplements are 100% food, while other popular brands use USP synthetic vitamins or inorganic mineral salts mixed with some food.
- **Innovative Processing:** The company uses a cold fusion processing and a specialized hydroponic farming technique to grow nutrients without pesticides, herbicides, and similar toxins. This method produces nutrient-rich foods considered superior to conventionally grown foods.
- **No Harmful Additives:** Free of artificial colors, preservatives, GMOs, synthetic fillers, binders, or preservatives. Organic brown rice is used as a capsule filler, when needed. Most products, are manufactured in capsules only to eliminate additives needed for tableting.
- **Quality Control:** Rigorous quality control standards, including FDA registered manufacturing facilities and cGMP compliance, ensuring product integrity throughout the process.

The following pages incorporate listings for each of the supplements distributed by Doctors' Research. Various HCPs and researchers have provided therapeutic dosing, indications for use, complementary products, and educational commentary. Food Research (FR) and Bioscience Formulas (BF) are both distributed by Doctors' Research. Dairy-free (DF), gluten-free (GF), and vegetarian (V) are indicated on each product, as necessary.

DOCTORS' RESEARCH PRODUCT DIRECTORY

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A - C - P C O M P L E X

Therapeutic Dosing Range	Indications for Use:	Complementary Products:
3-6/day Acute dose: 2 every 2 hours DF	Fevers, inflammation, sinus & respiratory congestion, kidney disease, skin and eye conditions, air hunger, bruising, gingivitis, nose bleeds, weak blood vessels	Calcium Complex (FR) Herbal Antioxidant (FR) Thymo-Immune (FR)

Commentary: A-C-P Complex contains food-sourced vitamins, organ and glandular tissue, and herbs to support a healthy immune system, healthy capillaries and supply vitamin C (with “P” factors).

Vitamin P, also known as flavonoids, is part of Vitamin C Complex and affects capillary permeability and vessel wall integrity. Patients with hemorrhoids, pink toothbrush, and who bruise easily need “permeability factor” as do those in danger of ruptures due to fragile blood vessels and high blood pressure. Whole C complex also contains tyrosinase, a copper-containing enzyme that supports adrenal health, immune reactions and melatonin production. Acerola cherry contributes C to this formula which helps with infections and contains vitamin K, which promotes prothrombin and helps with coagulation. Vitamin K also contains the “J” factor which helps to increase the oxygen carrying capacity of the blood.

Vitamin A (Betacarotene, sourced from carrots) supports mucous membrane integrity, helps with cholesterol metabolism, and is an important factor in the health of epithelial issues. Patients with itchy eyes, ears, nose, rectum, etc. need Vitamin A. It is also helpful for hay fever and other allergies, visual disturbances, and retinal problems.

Buckwheat contains rutin, which was shown to inhibit both platelet accumulation and fibrin generation during thrombus formation [<https://www.jci.org/articles/view/61228>] “Rutin proved to be the most potently anti-thrombotic compound that we ever tested in this model,” says Robert Flaumenhaft of Harvard Medical School. [<https://news.harvard.edu/gazette/story/2012/05>] “Clots occur in both arteries and in veins,” explains Flaumenhaft. “Clots in arteries are platelet-rich, while those in veins are fibrin-rich. This discovery suggests that a single agent can treat and prevent both types of clots.”

Bone marrow supports immune function, kidney Cytotrophin supports kidneys and their role in immune homeostasis, and bone meal contains calcium, phosphorus and other trace nutrients (as does alfalfa) to further support immune health. Echinacea and Maitake mushrooms both have adaptogen and immune enhancing effects, while adrenal Cytotrophin is added to support patients during long periods of illness or repair, like allergies, hayfever, ongoing low-grade infections, etc.

Interesting note...Dr. George Goodheart, the “Father of Applied Kinesiology,” identified a patient's need for the combination of vitamins A, C and bioflavonoids, like in A-C-P Complex, as being associated with an imbalance of the sacrosipinalis (erector spinae) muscle group.

A D V A N C E D J O I N T C O M P L E X

Therapeutic Dosing Range	Indications for Use:	Complementary Products:
3-9/day with food DF, GF	Joint aches including shoulders, knees, hips and fingers; fibromyalgia, arthritis, costal chondritis, gagging reflex, GERD, fractures, lupus, Rheumatoid Arthritis (RA), Osteoarthritis (OA) and thrombosis	C Complex (FR) Inflam-Enzymes (FR) Cal-Mag Complex (FR) Ligament Complex (FR) Magnesium Complex (FR) Turmeric-Boswellia C (FR)

Commentary: Advanced Joint Complex is a multi-mineral, herb and nutrient dense tablet with bovine cartilage for joint growth and autoimmune factors.

This long-term support product is indicated for many conditions, including arthritis of all types and joint repair following injuries. The concentrated bovine tracheal cartilage in this formula, is naturally high in collagen, proteoglycans, chondrocytes (including, but not limited to, chondroitin sulfates), glucosamine, and other factors that have specific functions for joints and other connective tissue and provide complete building blocks for injury repair.

It works well for joint aches including shoulders, knees, hips and fingers, as well as fractures. It can also be used for specific conditions like fibromyalgia, costal chondritis, gagging reflex, GERD, lupus, RA/OA, and thrombosis.

In addition to food sourced Vitamin C, D, calcium, magnesium, zinc, boron, and silicon, to assist with joint and bone recovery and strength, this product also contains burdock root, grape seed extract, alfalfa, cayenne fruit, horse tail herb and Yucca root to help with pain and inflammation, however the Devil's Claw is the unsung hero. Devil's claw is well studied for osteoarthritis and back/neck pain. A 54-week study compared 38 people who took devil's claw with 35 people who took the pain reliever rofecoxib (Vioxx). For these people, devil's claw worked as well as Vioxx to relieve pain [Mountsinai.org/health-library/herb/devils-claw#]

Practitioners have stated great success using a short-term step-down approach to joint pain and discomfort.: 9 capsules per day for 10 days, 6 capsules per day for 15 days, and then 3 capsules per day for 30 days. Others have stated that 2/2x daily for 8-12 weeks provides support for a large majority of cases. A typical maintenance dose is 3 per day.

A L L E R - L U N G S U P P O R T

Therapeutic Dosing Range	Indications for Use:	Complementary Products:
2-4/day DF, GF, V	Respiratory and seasonal allergies, congestion due to respiratory infections and allergies, asthma, excess histamine and mucous	Conga Immune (FR) Simply Lung (FR) Thymo Immune (FR)

Commentary: Aller-Lung Support contains food source vitamins, food concentrates and herbs to support lung, sinus and respiratory health and supply antioxidant support. **(continued on next page)**

Aller-Lung Support (cont)

Acerola Cherry is one of the most vitamin C dense Foods. Not only does it have free radical scavenging abilities, it also has been shown to increase the antioxidant abilities of some other foods. Acerola contains bioflavonoids, anthocynins and quercitin, which have long been used for sinus and lung health. Even the PDR admits, "Quercetin is one of several flavonoids that have effects on mast cells and basophils". Citrus bioflavonoids have been found to help maintain lung health.

Bromelain is a widely used pineapple extract that has sometimes been advised for maintaining lung health. Fenugreek has been used for upper respiratory catarrh and breathing, has been shown to soften and dissolve hardened masses of accumulated mucous, and loosens and expels mucus and phlegm accumulated in the bronchial tubes.

Bitter orange contains synephrine which promotes normal nighttime breathing by relieving congestion and phlegm in nasal passages, helps inhibit histamine production, and sometimes is used in anti-snoring products. A pharmaceutical form of synephrine is used in allergy/hay fever medications like Neo-Synephrine. Stinging Nettle has been used to support healthy lungs and sinuses. [[Phytother Res. 2009 Jul;23\(7\):920-6. doi: 10.1002/ptr.2763.](#)] Thyme reduces symptoms of allergic rhinitis and decreases IL-17 gene expression. [[Rep Biochem Mol Biol. 2018 Apr;6\(2\):203-207.](#)] Studies show that Stinging Nettle can block histamine release and reduce multiple allergy symptoms such as nasal congestion and sneezing.

A N X I E - T O N E

Therapeutic Dosing Range

2-6/day
DF, GF

Indications for Use:

Anxiety, nervousness, sympathetic dominance

Complementary Products:

B Stress Complex (FR)
High Stress Adrenal (FR)
Restful Mind Support (FR)

Commentary: Anxie-Tone contains an important array of food based micro-nutrients to support the neurological system including methylation factors like folate, B12 and B6, choline, riboflavin and a rich array of food-based minerals, herbs and glandulars.

People with anxiety disorders may have heightened activity in the limbic system, specifically the hypothalamus, which is the master gland of the endocrine system. The inclusion of bovine hypothalamus Cytotrophin may assist with tranquillity, in addition to broad systems regulation. Thymus cytrophin supports the immune response from stress and may provide a gentle calming effect.

Brown rice is an excellent food source for B vitamins, ginkgo helps circulation, alfalfa is rich in minerals, and passionflower naturally builds GABA which calms the brain and is a well-researched anxiolytic herb.

L-Tyrosine (most common in supplements) is a non-essential amino acid used in the production of adrenal and thyroid hormones. +Tyrosine is essentially the same compound and serves as a precursor for the synthesis of dopamine, norepinephrine, and epinephrine, which are important neurotransmitters involved in various aspects of brain function, including mood regulation, stress response, attention, and arousal. Adequate levels of tyrosine in the diet are essential for the production of these neurotransmitters, and its availability can influence neurotransmitter synthesis and function in the brain.

A R G I N A S E B L A D D E R

Therapeutic Dosing Range

3-9/day
DF,GF

Indications for Use:

Bladder, kidney and urinary tract infections, high uric acid levels, gout, edema, renal hypertension, excessive urination, fluid balance issues, chronic parasites, all stages of kidney disease

Complementary Products:

Kidney Support (FR)
Liva DeTox & Support (FR)
Vira-Bac-YST(FR)

Commentary: Arginase Bladder contains food source vitamins, food concentrates, organ tissue and herbs that support bladder and urinary tract health and liver and kidney detoxification.

Healthy kidneys filter about ½ cup of blood every minute, process protein and liquids, remove metabolic waste from the blood, and make urine (urea). An excess accumulation of arginine (due to and insufficient amount of the enzyme arginase, produced by the liver) contributes to frequent urination as the body tries to flush diluted semi-urine and increases urinary tract infections since diluted semi-urine encourages pathogens. Parasites can block the production of arginase in the liver and deficiency in this enzyme can also cause elevated ammonia levels.

Acerola Cherry, a dense vitamin C food, activates the enzyme arginase. Beet root and brown rice, processed with rhizopus oryzae and islandic moss (similar to tillandsia usneoides) support an “intermediate process involving urea metabolism which supports liver and kidney function where toxic overload places stress on these organs.” [Dr. Royal Lee, 1950s] Other foods in this formula have a supportive role, like carrot root, which contains enzymes that speed up detoxification of the liver and other organs and appears to have some bladder protection benefits. Bovine kidney and liver are used in this formula to encourage cellular repair and appropriate detoxification of the kidneys and liver, supporting the creation of arginase in the liver. Well- functioning organs ensure the concentration of urine and elimination of infections.

B S T R E S S C O M P L E X

Therapeutic Dosing Range

1-4/day
DF, GF, V

Indications for Use:

Indigestion, weakness and fatigue, dizziness, forgetfulness, uneasiness, rage, anxiety, irregular heartbeat, depression, mental confusion, insomnia, craving for sweets, cracks and fissures in the tongue

Complementary Products:

Anxie-Tone (FR)
Cardio Power (FR)
High Stress Adrenal (FR)
Simply Adrenal (FR)
Vegetarian Adrenal (FR)
Vegetarian Tyrosine (FR)

Commentary: B Stress Complex is a complete B Vitamin profile from whole food sources. B vitamins play several key roles in helping the body manage stress: During stressful situations, the body's energy demands increase, and adequate B vitamins support optimal energy production.

Neurotransmitter Synthesis: B vitamins are involved in the synthesis of neurotransmitters such as serotonin, dopamine, and GABA, which play crucial roles in mood regulation. Adequate B vitamin levels can help maintain balanced neurotransmitter function, promoting a sense of well-being and resilience to stress.

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B Stress Complex (cont)

Energy Production: B vitamins, particularly B1 (thiamine), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), and B6 (pyridoxine), are essential for converting carbohydrates, fats, and proteins into energy.

Adrenal Function: The adrenal glands, which produce stress hormones like cortisol and adrenaline, rely on B vitamins for proper functioning. B5 (pantothenic acid) is particularly important for adrenal health and is often referred to as the "anti-stress" vitamin due to its role in supporting adrenal function during periods of stress.

Antioxidant Support: Some B vitamins, such as B2 (riboflavin), B6 (pyridoxine), and B9 (folate), act as antioxidants, helping to neutralize free radicals generated during times of oxidative stress which can mitigate the negative impact of stress on cells and tissues.

Nervous System Support: B vitamins are essential for the proper functioning of the nervous system because they contribute to nerve signaling, myelin sheath formation (protective covering of nerves), and overall nerve health, which is vital for maintaining cognitive function and emotional stability during stressful periods.

B E E T - F O O D P L U S

Therapeutic Dosing Range	Indications for Use:	Complementary Products:
1-3/day DF	Gallbladder issues, gall stones, liver dysfunction, high cholesterol, fatty liver, hypoglycemia, bile stasis, mild cleanse option, assist with methylation challenges	Choline Complex (FR) GB Support (FR) Inositol Complex (FR)

Commentary: Beet-Food Plus uses food source vitamins, organ tissue, herbs and food concentrates, including beets and beet juice, to promote optimal liver and gallbladder health, combat sugar cravings, and assist with methylation.

Beets are rich in a compound called betaine, which has been extensively studied for its lipotropic properties. Lipotropic agents play a crucial role in the transportation and utilization of fats in the body, supporting healthy gallbladder function and decongestion of the liver and gallbladder. By enhancing the breakdown and utilization of fats, Beet-Food Plus helps maintain a well-functioning gallbladder, ensuring efficient digestion, nutrient absorption and efficient detoxification via the bile route. The betaine from beets is also a methyl donor, assisting patients challenged with methylation activity and supporting the liver and kidneys. Betaine is also used to increase athletic performance, muscle strength and recovery, testosterone to cortisol ratios, improve body composition outcomes. Although the consumption of betaine-containing supplements are thought to increase nitric oxide (NO) levels in the blood, therefore relaxing blood vessels, improving blood flow, and potentially benefiting cardiovascular health, there are a number of factors that can influence the effectiveness. These include individual differences in response to betaine, the role of other nutrients and lifestyle factors, and the specific cardiovascular conditions being targeted

Beet-Food Plus also helps regulate blood sugar levels, reducing the likelihood of sudden spikes and crashes
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Beet-Food Plus (cont)

that can trigger cravings. By promoting stable blood sugar levels, Beet-Food Plus supports overall metabolic health. This formulation includes beets and beet juice (both containing betaine), as well as a synergistic blend of scientifically selected ingredients, including antioxidant support from Vitamins A and E, milk thistle and liver Cytotrophin for optimal liver function and regeneration, kidney Cytotrophin, and finally, orchic Cytotrophin for gall stone cleansing protocols, as noted by Dr. Dick Versandaal, founder of Contact Reflex Analysis (CRA). Similarly, Dr. Royal Lee asserted that the "prostate gland is a rich source of phosphatase, an enzyme that metabolizes calcium" and calcium precipitates to form gall stones.

B I O F I L M D E T O X

Therapeutic Dosing Range	Indications for Use:	Complementary Products:
3-6/day DF, GF, V	Chronic fungal, viral or bacterial infections, persistent low-grade fever, recurring UTIs, antibiotic resistance, sticky coating on teeth, unresolved aches/pain, skin irritations, lethargy, brain fog	Arginase Bladder (FR) Para-Dysbio-Zyme (FR) Probio-Zyme-YST (FR) Vira-Bac-YST (FR)

Commentary: Biofilm Detox contains enzymes and herbs to promote detoxification support cellular and immune health by facilitating dissolution of biofilms in the body.

Biofilms are complex structures that provide a long-established survival mechanism for microorganisms (like bacterial, gut parasites, fungi and viruses) against hostile environments, like the digestive and immune systems. Biofilm formations were first discovered on tooth surfaces and feel like fuzzy or sticky sweaters on the surface of your teeth. Colonized pathogens gather together and excrete an extracellular polymeric substance (ESP), a slimy coating that becomes a biofilm. Biofilms play a substantial role in pathogenesis as they can evade the immune response and be highly resistant to conventional antimicrobials, thus impacting human health.

The Naturopathic philosophy teaches that one is susceptible to infection if there is an accumulation of toxins that the body does not eliminate creating an environment where infections thrive [Thiel R. Naturopathy for the 21st Century. Whitman Books, 2011]. Biofilms are such an environment, and this product was formulated with herbs and enzymes that have a researched impact on biofilms, candida, microbes, specific recurring infections, increasing immune response, etc.

There are 11 enzymes and 9 ingredients from herbs, mushrooms, and other botanicals in Biofilm Detox. A partial list of notable inclusions are as follows.

Black Walnut hull "is widely used in traditional medicine for alleviating pain and treating skin diseases." It has antioxidant properties and has also long been used in traditional medicine as a blood purifier and to treat parasites [J Acupunct Meridian Stud. 2017 Jun;10(3):193-203].

Betaglucanase is an enzyme that breaks down beta-glucans, a substance that has been implicated with bacterial caused biofilm plaque. Glucanase and protease also degrade fungal cell walls to clear up biofilm.

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Biofilm Detox (cont)

Hemicellulase is an enzyme which “breaks down hemicellulose, a type of cellulose and a key component of the cell wall in all plants ... Some research suggests that an increase in this enzyme can help prevent and reduce yeast infestations such as Candida. This is perhaps related to the fact that the cell wall of candida is composed of hemicellulose” [[Group E. The Health Benefits of Hemicellulase. Global Healing Center, October 5, 2015](#)]

Serrapeptase Serratia pepitase is a proteolytic enzyme and it’s use as a biofilm buster has been speculated for Lyme disease [[Med Hypotheses. 2018 Mar;112:4-6](#)].

Parasitic and mycotic/yeast infections occur together frequently, and such dual infections may take the longest amount of time to address. This product should be used in conjunction with other specific products to address root causes and support immunity.

A full list of Biofilm Detox ingredients, their actions, and scientific references is available in the article **“Biofilm: What is it? Can enzymes or herbs help?”**

C C O M P L E X

Therapeutic Dosing Range

Acute: 4-8/day
Long-term: 2-4/day
DF, GF, V

Indications for Use:

Oxidative stress, inflammation, immune weakness, colds, viral & bacterial infections, infectious diseases, oxidative stress, capillary fragility, adrenal fatigue

Complementary Products:

Conga-immune (FR)
Thymo-Immune (FR)
Zinc Complex (FR)

Commentary: C Complex is a 100% food vitamin C. It does not contain any isolated ascorbic acid, which is only part of the vitamin C complex. The body does not retain isolated ascorbic acid as well as it retains vitamin C from foods. Vitamin C complex contains bioflavonoids which maintain capillary walls and enhance the effectiveness of vitamin C. C Complex bioflavonoids contain as many as sixteen truly organic bioflavonoids, making it more complete than other bioflavonoid-containing formulas. It's good to take C Complex daily because vitamin C, “can readily donate electrons to quench a variety of reactive free radical and oxidative species and is easily returned to its reduced state. The vitamin efficiently scavenges hydroxyl, peroxy, and superoxide radicals, as well as reactive peroxide, singlet oxygen, and hypochlorite species and protects against lipid and low-density lipoprotein (LDL) peroxidation, says the PDR for Nutritional Supplements.

Vitamin C has antioxidant activity and may aid in the detoxification of some heavy metals, such as lead and other toxic chemicals. C Complex tablets can be sucked on to aid in the pain and treatment of sore throats and sinus infections and reduce sinus congestion. This product can be taken for acute infections and for chronic support. Complementary products may be similar in action, however, and should also be selected to support acute or chronic needs. Vitamin C is also key in adrenal health and cortisol production so it can be supportive for adrenal fatigue patients.

C A L - M A G C O M P L E X

Therapeutic Dosing Range	Indications for Use:	Complementary Products:
3-9/day DF, GF, V	Bone, joint and ligament damage, general tooth decay, osteopenia, osteoporosis, calcium dysregulation, heavy fluoride treatments, restless leg, muscle cramps	Calcium Complex (FR) D Complex (FR) Ligament Complex (FR) Parathyroid Plus (FR) Dento Gums (BF)

Commentary: Cal-Mag Complex is a source of food source vitamins and minerals, and herbs inherent in healthy bone and bone building: vitamins D,C, and K, calcium, magnesium, manganese, boron and silicon from food: organic nettle leaf, horsetail, dandelion leaf and root, and orange. The treatment of bone and joint issues can be nutritionally complex. Many food nutrients, other than calcium, are required for proper bone and joint health.

Manganese deficiency can contribute to disorders of calcium metabolism and can cause skeletal abnormalities. Boron deficiency can lead to a weakening of bone composition, structure, and strength. Vitamin D is involved in bone formation and the calcium metabolism. Vitamin C is involved in collagen formation, which is necessary for joint health; it also improves the absorption of calcium. Vitamin K, boron, copper, phosphorus, and potassium also help the body retain calcium. Considered to be non-essential until 1972, silicon has an important role in bone and cartilage collagen biosynthesis and is necessary for healthy bones, skin, hair, and nails.

C A L C I U M C O M P L E X

Therapeutic Dosing Range	Indications for Use:	Complementary Products:
3-6/day DF, GF, V	Osteoporosis, low calcium, hypertension, hypotension, immune support, Herpes Simplex outbreaks	Cal-Mag Complex (FR) D Complex (FR) Digesti-Pan (FR) Omega-3 EPA/DHA (FR) Thymo-Immune (FR) Calcium Lactate + (BF)

Commentary: Calcium Complex is plant source calcium. Doctors who study calcium understand that the amount of calcium absorbed depends on its interaction with other dietary (food) constituents.

Food-contained nutrients such as in *Lactobacillus bulgaricus*, are superior to mineral salts. A randomized, double-blind, comparator-controlled, crossover study found calcium-enhanced *Lactobacillus bulgaricus* (also known as 'Biogurt' calcium) to have "higher levels of bioavailability as compared to calcium citrate" [Friling M, et al. Bioavailability of calcium in an enriched postbiotic system compared to calcium citrate in healthy postmenopausal females; A randomized, double-blind, comparator-controlled, crossover study. *Frontiers in Nutrition*, 2023; 10: doi 1073622].

Humans do not absorb minerals in rock form such as plants do and do not naturally eat rocks, eggshells, oyster shells, or coral (all of which contain calcium in the alkaline mineral salt form known as calcium carbonate). It should be noted that calcium needs an acidic, not alkaline environment for absorption. Therefore, it does not make sense to swallow rock forms to supplement long-term calcium needs. [Modern Nutrition in Health and Disease, 8th ed.p 144-163], [Nutr Reports Intl, 1987]

C A R D I O P O W E R

Therapeutic Dosing Range	Indications for Use:	Complementary Products:
3-8/day DF, GF	Cardiac dysfunction, decreased endurance, low energy, cold extremities, exhaustion, hypertension, hypotension (also HRV/HSR indicators), impaired athletic performance	B-Stress (FR) CoQ10-Cardio (FR) Simply Cardio (FR)

Commentary: Cardio Power is a combination of vitamins, herbs and organ tissue to support heart health, endurance and energy. Acerola Cherry is one of the most vitamin C dense foods. Not only does it have free radical scavenging abilities, it also has been shown to increase the antioxidant abilities of some other foods. It has been reported to protect plasma lipids from oxidative damage and appears to play an important role in potential cardioprotective actions. Several studies have shown that vitamin C has positive effects on hypertension.

Bovine glandular organs, such as heart, aorta, and liver contain nutritional peptides, enzymes (when freeze-dried or vacuumed-dried), and substances believed to be hormone precursors. Co-enzymes Q9 and Q10 are naturally found in bovine heart tissue. Bovine heart tissue also naturally contains folate, selenium, vitamin B6, vitamin B12, vitamin C, vitamin E and other essential nutrients.

Garlic constituents appear to have selective inhibition on platelet aggregation and adhesion, platelet functions that may help reduce the risk of myocardial infarction and ischemic stroke. Garlic has been found to lower LDL (but not HDL) and to slightly reduce blood pressure in those with high cholesterol. Garlic intake has been found to reduce age-related increases in aortic stiffness. Its antioxidant effects appear responsible for decreasing premature aging. In addition to alliums, garlic naturally also contains benfotiamine, which is a natural form of vitamin B1 with its own health benefits.

Hawthorn Berry dilates the coronary blood vessels, lowers cholesterol levels, and restores heart muscle, increases intracellular vitamin C levels, and is useful for anemia, cardiovascular and circulatory disorders, high cholesterol, and lowered immunity. Hawthorn flavonoid components also possess vasodilatory action, and is known to be beneficial in myocardial ischemia.

Selenium has antioxidant abilities and is found in heart tissue. Low dietary intake of selenium is associated with increased risk of some cardiomyopathies, ischemic heart disease and cardiovascular disease. Food selenium is about twice as well retained as non-food selenium.

Vitamin B6, B12 & Folate can work together to help lower homocysteine levels. Vitamin B6 also has antiatherogenic properties and sometimes has been found to help lower both systolic and diastolic blood pressure. B vitamins also help strengthen and tone the heart muscle, regulate irregular patterns, assist with exercise recovery, and provide much needed mitochondrial support. The heart requires high amounts of consistent energy, therefore heart cells contain about 5000+ mitochondria per cell to drive ATP production.

Vitamin E has antioxidant ability and may also have anti-atherogenic, antithrombotic, anticoagulant, neuroprotective, antiproliferative, immunomodulatory, cell membrane-stabilizing and anti-viral actions. Food vitamin E has up to 4.0 times more free radical scavenging strength than synthetic vitamin E.

C A T A L Y S T C O M P L E X

Therapeutic Dosing Range	Indications for Use:	Complementary Products:
3/day (chewable) DF	Multi-vitamin, multi-mineral, low dose whole food supplement, chewable nutrients for kids/elderly	Herbal Antioxidant (FR) Land and Sea Minerals (FR) Vitamin-Mineral (FR)

Commentary: Catalyst Complex contains vitamin A from carrot root, B1, B2, B6 from brown rice, vitamin C from acerola cherry, D, calcium and magnesium, all from food and enzymatically processed *Saccharomyces Cerevisiae*. In addition, it contains Biogurt (probiotic *Lactobacillus Bulgaricus* to enhance the bioavailability of the calcium and magnesium), bovine adrenal, bone meal, kidney, liver, and spleen tissue for whole body repair and support.

This low-dose nutritional strategy from natural, food sources - liver, wheat germ, brown rice and mushroom, and many other whole foods, serves as a metabolic “catalyst” to promote healthy biochemical processes throughout the body. The formula contains trace elements, meaning it contains necessary, low requirement trace minerals other than a concentration of major minerals, which past nutritional pioneers thought to be of the utmost importance.

This chewable product is ideal for kids, patients with esophageal narrowing, elderly, and can be crushed for infants, toddlers and patients with J-tube apparatus. It contains natural grape flavor, organic strawberry, organic sunflower lecithin, defatted wheat germ, wildcrafted alfalfa juice, parsley leaf, mushrooms, wheatgrass, and is sweetened with monkfruit.

C H O L E S T E R - R I G H T

Therapeutic Dosing Range	Indications for Use:	Complementary Products:
3-6/day DF, GF, V	High cholesterol, high triglycerides, hypertension	GB Support (FR) Nattokinase (FR)

Commentary: Cholester-Right is a combination of food extracts and detoxifying herbs that have been shown to support healthy cholesterol levels and promote healthy blood lipid profiles.

Apple pectin has favorable effects on lipids while brown kelp is a food source of trace minerals, and an excellent source of iodine. Kelp has long been used (since 3000 B.C.) to provide nutritional support for the thyroid gland. [\[ANMA Monitor, 2000;4\(1\):6-14\]](#)

Citrus bioflavonoids are the full complement of bioflavonoids that nature provides. Unlike some ascorbic acid formulas which may contain some of them, citrus contains the full variety of truly organic bioflavonoids. Vitamin C from acerola cherry has long been used for maintaining healthy cholesterol and other lipid levels.

Garlic bulb and ginger root have long been advised for maintaining healthy lipid levels.

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Cholester-Right (cont)

Guar gum seed is extracted from locust beans and can help maintain healthy lipid levels. Guggul gum is a type of myrrh extract and can help maintain healthy cholesterol, triglycerides, phospholipid and betalipid levels. The guggul gum in Cholester-Right contains 2.5% guggulsterones, a proper level for many of its stated benefits.

Hawthorn berry, oat beta-glucan fiber and policosanol can help maintain healthy cholesterol levels. The policosanol in Cholester-Right comes from two sources: rice bran and sugar cane. Pomegranates can also help maintain healthy cholesterol levels.

Rice bran is a food source of B vitamins. It is also a source of about ½ of the policosanol in Cholester-Right. Turmeric Root is indigenous to India and can help maintain healthy lipid levels.

C H O L I N E C O M P L E X

Therapeutic Dosing Range

9-12/day
DF, GF, V

Indications for Use:

Fatty liver, PCOS, blood sugar dysregulation, poor portal circulation, impaired liver function, poor fat metabolism, neurotransmitter production deficiency, prevention of birth defects, multiple sclerosis, demyelination

Complementary Products:

B Stress Complex (FR)
GB Support (FR)
Gluco-Sugar-Balance (FR)
Beet-Food Plus (FR)

Commentary: Choline is an essential nutrient that is naturally present in some foods and is considered a type of B vitamin. It is the precursor to the neurotransmitter acetylcholine and helps support the integrity of the cell membrane, is involved in cell messaging, is important in DNA synthesis and involved in memory.

It is required to make phospholipids and other substances necessary for cell membranes, including the myelin sheath which covers nerve cells. Choline is also a source of methyl groups needed for many steps in metabolism and useful for patients with genetic methylation challenges since it is an important intermediate metabolite in the methylation pathway.

It is necessary for gall bladder regulation, liver detoxification, cognition and brain support, carnitine metabolism, and nervous system support. Choline assists in fat metabolism in the liver and supports the action of bile salts by reducing the surface tension of fat particles, making them more easily emulsified by the bile salts. It may also assist with cardiovascular improvements through homocysteine metabolism.

C O M P L E T E B R A I N H E A L T H

Therapeutic Dosing Range

2-6/day
DF, GF

Indications for Use:

Brain issues, learning difficulties, poor mood, emotional challenges, pituitary dysfunction, head injuries, severe concussions, sports injuries to the head, memory loss, limited thinking capacity

Complementary Products:

Omega 3/EPA/DHA (FR)
Restful Mind Support (FR)

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Complete Brain Health (cont)

Commentary: Complete Brain Health contains food source vitamins, organ and glandular tissue and herbs to support healthy brain function, positive mood, emotional relaxation and well-being.

The brain, the master organ of the body, directly controls nearly all processes of the body, including movement, intellect, memory, and mood. Complete Brain Health contains vitamins C, E, B6, B12, Folate (B9), Choline, and the mineral Selenium. It also contains grass-fed, hormone-free glandulars (Cytotrophins), including brain, medulla, pancreas, pituitary, and trachea.

Whole food C complex from acerola cherry, with the "P" (permeability) factor helps support the integrity of the blood vessels and promotes phagocytosis, immune resistance, and increases the oxygen carrying capacity of the red blood cells.

Whole food vitamin E promotes cell repair, increases tissue resistance to stress, and supports skin, muscles, ligaments, and tendons. The natural selenium in vitamin E aids in pituitary function.

Vitamin B6 is a co-factor in many neurotransmitter processes, such as the conversion of 5HTP to serotonin and serotonin to melatonin. It also assists with protein metabolism by causing the transamination process in the synthesis of amino acids.

Vitamin B9/Folate functions as a co-enzyme. It is important for the synthesis of thymidine for DNA and purines for RNA. Also, a key nutrient used in the methylation pathway.

Vitamin B12 has two important functions: promotion of growth and advancement of red blood cell formation and maturation. A lesser known but vital function of B12 involves the replication of genes involving RNA and DNA. A key nutrient in the methylation pathway.

Choline is the precursor to the neurotransmitter acetylcholine. It helps support the integrity of the cell membrane, is involved in cell messaging, is important in DNA synthesis and involved in memory. It is an important intermediate metabolite in the methylation pathway. Inositol is closely related to choline and has been indicated for use in muscle and nerve pain, ADD, ADHD, OCD and SAD.

Selenium is intimately bound to natural whole food vitamin E and has antioxidant ability, through the endogenous antioxidant enzyme, glutathione peroxidase. Oxidative stress can result in the production of free-radicals which may, in some individuals, especially with diabetes, create advanced glycosylation end-products (AGEs). AGEs tend to accumulate in the brains of those who develop forms of dementia. Food forms of selenium are incorporated into endogenous glutathione peroxidase which may help prevent the accumulation of advanced glycosylation end products in people's brains. It's also the key mineral in the 5' deiodinase enzyme for the conversion of T4 to T3 thyroid hormones.

Alpha-Lipoic Acid is an antioxidant from flax which protects against oxidative stress and is also helpful in peripheral neuropathy.

Deoxyribonucleic Acid from wild salmon acts as building blocks for brain cells to support brain function. Grape seeds are rich in antioxidants, including phenolic acids, anthocyanins, flavonoids, and oligomeric proanthocyanidin complexes (OPCs). Due to its high antioxidant content, GSE can help prevent disease and protect against oxidative stress, tissue damage, and inflammation.

L-Carnosine is a dipeptide of amino acids alanine and histidine. This molecule has been studied for its benefits on aging, inflammation, neurological disorders and influencing neurotransmitters. It also affects glucose metabolism by reducing blood sugar in the brain, which can lead to cognitive impairment.

C O M P L E T E E A R H E A L T H

Therapeutic Dosing Range

2-6/day
DF, GF

Indications for Use:

Tinnitus, hearing loss from exposure, age-related auditory changes, ear infections, fluid in ears, possibly helpful in sensory integration for ASD

Complementary Products:

ACP Complex (FR)
Vira-Bac-YST (FR)
Vitamin B6 B12 Folate (FR)
Zinc Complex (FR)

Commentary: Complete Ear Health Contains food source vitamins, organ and glandular tissue, food extracts and herbs to support normal hearing and ear function, immune health and detoxification.

Doctors divide hearing loss into two basic categories: conductive hearing loss, which occurs when the passage of sound waves is impeded in the external and middle ear, and sensorineural hearing loss which results from damage to the structures or pathways of the inner ear. Causes can include excess ear wax, a blocked eustachian tube, and a dysfunction of the auditory nerve. Allergies may also play a role. If the problem is heart or brain caused, non-nutritional treatment should be sought. Sensory hearing loss in adults is a common occurrence, usually resulting from the loss of hair cells in the inner ear responsible for transmitting sounds to the nerves. Many disorders of the ear can be traced to infection, loud noise, and a variety of food and environmental allergies.

Acerola cherry is one of the richest sources of vitamin C in the world and contains flavonoids, other vitamins, such as thiamin, riboflavin, niacin, and beta carotene, and minerals, such as magnesium and potassium. Vitamin C with bioflavonoids has been found to aid in the prevention of ear infections. [[Age Page. Hearing Loss. National Institute on Aging](#)]

It has been reported that "thymus extract given orally has been shown to decrease children's food allergies, improve immune function, and may be of particular benefit in otitis media" [[Strohecker J, ed. Alternative Medicine, The Definitive Guide. Future Medicine Publishing, Fife \(WA\), 1995](#)]. Bovine thymus naturally contains nutrients such as manganese, potassium, and zinc, which have sometimes been recommended for better hearing [[Balch JF, Balch PA. Prescription for a Nutritional Healing, 2nd ed. Avery Publishing, Garden City Park \(NJ\), 1997](#)].

Chinese Thoroughwax has traditionally been used in China for problems including deafness. It contains various saikosaponins, including saikosaponin 1, which has been found to reduce ear edema in a mouse study. [[Life Sci. 1998;63\(13\):1147-1156](#)].

Co-Enzyme Q10 may prevent hearing loss according to animal and human studies. It also might be able to reverse some loss of inner ear hair cells [[Acta Otolaryngol Suppl. 1988;458:95-102](#)]. One human study found that it may delay the progression of hearing loss [[Acta Otolaryngol. 2005 May;125\(5\):510-512](#)]. Also, "it has been reported that CoQ10 is effective in promoting recovery from acute sudden deafness" [Sato]. CoQ10 and vitamin B-6 together seem to improve immune response.

Glandular tissues from Wild Caught Cod supplies peptides, enzymes, and other components needed to support the complex structures of the ear. Sensorineural hearing loss may result from damage to tiny cells called hair cells in the inner ear, which are responsible for translating sound waves into nerve impulses for transmission to the brain. Proponents of glandular therapies believe that ingestion helps the corresponding organ in humans. **(continued on next page)**

Complete Ear Health (cont)

Data recommends the use of N-Acetyl-L-Cysteine to remove fluid associated with chronic otitis media. Tillandsia is an epiphytic plant which has strong absorptive properties. It seems to have an affinity for ear canals as well as the ability to remove some unwanted substances from that area. Since the early 20th century, the combination of tillandsia and B vitamins have been used for hearing related issues.

The inner ear (cochlea) has the body's greatest concentration of zinc. One study concluded, "that patients with tinnitus may have low blood zinc levels (31%) and clinical and subjective improvement can be achieved by oral zinc medication" [*Otol Neurotol.* 2003;24(1):86-89]. Another human study concluded, "zinc is involved in the generation of tinnitus, especially in patients whose hearing is relatively normal" [*Auris Nasus Larynx.* 2003;30 Suppl:S25-28].

C O M P L E T E E Y E H E A L T H

Therapeutic Dosing Range

2-6/day
DF, GF

Indications for Use:

Cataracts, macular degeneration, glaucoma, dry eye, diabetic retinopathy, strabismus, eye strain, near and far-sightedness, general eye weakness

Complementary Products:

ACP Complex (FR)
C Complex (FR)
Omega-3 EPA/DHA (FR)
Vira-Bac-YST (FR)

Commentary: Complete Eye Health contains food source vitamins and minerals, organ tissue, food concentrates and herbs to support eye and vision health, anti-aging, detoxification and proper eye moisture.

Eye problems, ranging from cataracts to macular degeneration and glaucoma, are pervasive health issues affecting many individuals. Despite being overlooked for years, scientific research highlights the significance of nutrients in foods for maintaining eye health. Vitamins A, C, and E, along with minerals like selenium and zinc, have been recommended to support eye conditions such as macular degeneration and cataracts.

Freeze-dried bovine eye tissue is rich in ocular peptides, proteins, and enzymes, and has been beneficial for various eye conditions, including glaucoma, cataracts, and iritis. Eye tissue has also been recommended for strabismus, far sightedness, near sightedness, but not eye infections [Lee R. Eye Cytotrophin in Product Bulletins, circa 1950]. Taurine is a non-essential amino acid that is highly concentrated in the retina of the bovine eye and may protect photoreceptors from light and chemicals.

Bilberry, containing anthocyanosides, has antioxidative properties that slow retinal angiopathy, benefiting those with age-related macular degeneration and diabetic retinopathy. Anthocyanosides are believed to accelerate the resynthesis of rhodopsin, a chromoprotein in the retinal rods that stimulates the retinal sensory endings as it is formed and degraded and have been reported to modulate retinal enzyme activity. The anthocyanosides in bilberries also help prevent the breakdown of vitamin C, which helps it protect the eyes. Acerola cherry, rich in vitamin C and flavonoids, aids in improving night vision and capillary integrity, crucial for conditions like diabetic retinopathy. **(continued on next page)**

Complete Eye Health (cont)

A group of Italian researchers showed that a mixture of anthocyanidins from bilberry plus vitamin E halted the progression of lens clouding in a remarkable 97 percent of people with early-stage cataracts. Bilberry reportedly reduces eye strain, improves retinal sensitivity in myopia, and enhances night vision as well as macular recovery time, but is not recommended during pregnancy or nursing.

Broccoli, carrots, and cod liver oil provide essential nutrients like sulforaphane, betacarotene, and vitamin A, vital for maintaining healthy eyes and preventing conditions such as dry eyes and macular degeneration. Additionally, lutein from marigolds, rice bran, and rosemary offer antioxidant protection and promote eye health.

C O M P L E T E S M E L L A N D T A S T E

Therapeutic Dosing Range

2-6/day
DF, GF

Indications for Use:

Loss of smell and taste, dry mouth, smell and taste dysfunction, parotid gland dysfunction, oxidative stress, adjunct for heavy metal cleanse

Complementary Products:

Detox-N-Cleanse (FR)
Simply Parotid (FR)
Zinc Complex (FR)

Commentary: Complete Smell & Taste contains food source minerals and organ tissue to support healthy taste and smell, oral moisture and free-radical detoxification.

Over 2 million people in the U.S. have disorders of taste and smell. Many also have complaints of dry mouth. Much of this is age-related and many people do nothing about it. Since the onset of Covid, there have been many cases of taste and smell loss. Smell and taste are closely linked with both sensations being transmitted to the brain which then combines the two lots of information to correctly recognize and appreciate flavors. Many of the more complex flavors require both taste and smell to be properly sensed. [\[Drug Saf. 1994;11\(5\):318-377\]](#) Some of the foods that help support taste and smell are bovine liver, bovine parotid, olfactory tissue, tongue tissue, magnesium, rice, and zinc, which is an essential mineral that improves taste and smell.

Bovine liver is included because it has been reported that "Acute and chronic liver disease can effect taste, smell, food preference and appetite". The liver is the chemical factory of the body and makes many enzymes that affect essentially every function in the body. One study found that 71% of those with liver cirrhosis had impairment to their ability to smell [\[Wien Klin Wochenschr. 2005;117\(1-2\):26-30\]](#).

Bovine parotid glands are a type of salivary glands (there are other salivary glands in the tongue). They have been advised for "salivary disorders...diminished salivation, enlargement of the salivary glands...mouth- tongue disorders" by Dr. Royal Lee. In other words, parotid has long been advised for people with dry mouths.

C O N G A - I M M U N E

Therapeutic Dosing Range

4-6/day for 2-3 weeks or 2 every 2 hours for acute onset of symptoms
DF, GF

See Thymo-Immune for longer term or chronic immune support

Indications for Use:

Immune support for a wide range of infections, seasonal allergies, thymus support, sore throat, colds, flu, strep, conjunctivitis, whooping cough, mycoplasmic infection

Complementary Products:

Calcium Complex (FR)
Intracellular Defense (FR)
Vitamin-Mineral (FR)

Commentary: Conga-Immune contains food source vitamins and minerals, organ and glandular tissue, food concentrates and herbs to maintain and support optimal thymus, throat, and immune system health.

Bovine bone marrow produces B-lymphocytes which are the basis of much of what most consider to be part of the immune system (t-lymphocytes are essentially made from processing B-lymphocytes); bone marrow also produces red blood cells.

Bovine thymus tissue helps activate thymus function and maintain the thymus gland in a good state of repair. Echinacea primarily supports the non-specific cellular immune system by helping certain types of white blood cells during phagocytosis. Conga-Immune contains Acerola cherry which is one of the most vitamin C dense foods. Studies show that the rutin factors in buckwheat leaf and garlic have anti-microbial properties. Alfalfa, bovine liver, bovine lymph, bovine spleen, carrot root, rice bran with shiitake, provide support for a healthy immune system.

C O Q 1 0 - C A R D I O

Therapeutic Dosing Range

2-6/day
DF, GF, V

Indications for Use:

Cardiovascular disease, heart function concerns, bleeding or receding gums, poor circulation, low endurance and low mitochondrial/ATP energy, statin induced CoQ10 deficiency, improved blood sugar

Complementary Products:

A-C-P Complex (FR)
CardioPower (FR)
Simply Cardio (FR)

Commentary: CoQ10-Cardio is a combination of vitamin C, herbs and plant source ubiquinone COQ10 that supports the cardiovascular system, gums and circulation, and more recently, improved insulin sensitivity and glucose control.

Almost all cultures use Garlic for longevity. Garlic acts by dilating the blood vessel walls and inhibits platelet aggregation thus thinning the blood.

Known as the "Heart Nurse", Hawthorn Berry increases coronary artery blood flow, improves circulation, lowers blood pressure and high cholesterol. Hawthorne has also shown antiarrhythmic effects and due to its strong cardiac activity, can be helpful in congestive heart failure and to support cardiac performance.

Acerola cherry containing vitamin C has been shown to reduce atherosclerosis, acts as a diuretic to lower
(continued on next page)

CoQ10-Cardio (cont)

blood pressure and is an anti-oxidant and also supports gum health and organic brown rice is a rich source of dietary fiber, which can reduce your risk of heart disease.

Nutritional yeast is regarded as the best source of vegetarian CoQ10. CoQ10 improves energy production in cells, prevents blood clot formation, and acts as an antioxidant to support heart health, inhibiting oxidation of LDL cholesterol, which is believed to play a large roll in atherosclerosis. Significant CoQ10 deficiencies have been noted in diseased gingiva. CoQ10's efficacy in reducing gingival inflammation and periodontal pocket-depth has been demonstrated in placebo-controlled trials. In patients with stable moderate congestive heart failure, oral CoQ10 supplementation was shown to ameliorate cardiac contractility and endothelial dysfunction". [Mol Biotechnol. 2007 Sep;37(1):31-7] It has also been shown to increase energy and muscle recovery after exercise. Statin drugs deplete the body of CoQ10.

More recent studies demonstrate that 100-200 mg of CoQ10 may be effective for glycemic control and insulin sensitivity leading to improved blood glucose levels and HbA1C - this product contains 50 mg per capsule. [The Lancet, 2022]

D C O M P L E X

Therapeutic Dosing Range

1-2 /day (5000 iu each)
DF, GF, V

Indications for Use:

Calcium assimilation and utilization, nosebleeds, seasonal affects disorder (SAD), hemorrhaging, rickets, delayed healing, low sun exposure, hypotension and low blood calcium or low 25-hydroxyvitamin D on labs

Complementary Products:

Cal-Mag Complex (FR)
Calcium Complex (FR)
Green Vegetable Alkalizer (FR)
Omega-3 EPA DHA (FR)

Commentary: D Complex is a biologically optimized form of vegetarian vitamin D from shiitake mushrooms and enzymatically processed *Saccharomyces Cerevisiae* yeast.

The principal physiological function of vitamin D is to maintain serum calcium and phosphorus concentrations in a range that supports cellular processes, neurological function, and bone ossification. Vitamin D accomplishes this by enhancing calcium and phosphorus absorption in the small intestine and by mobilizing calcium stores from the bone. Clinically, food vitamin D has been used for problems including hyper-irritability (insomnia, restlessness, tachycardia, cramps), muscle spasms, bone disorders (osteoporosis), lung conditions (bronchitis), lowered resistance (worse in winter due to lack of sunshine), lack of exposure to sunshine, hypotension, nosebleeds, delayed healing (bed sores, ulcers, etc.) "The synthetic forms of vitamin D have been found to be toxic," stated Dr Royal Lee in the 1950s.

Outside of yeast sources, most vitamin D in supplements comes from a process of irradiating animal fat (normally from either pigs or sheep), although sometimes fish oils may be used. Unlike synthetic vitamin D supplements containing isolated D2 (ergocalciferol) or D3 (cholecalciferol), food vitamin D has been reported to raise blood calcium levels, promote the absorption of calcium, and cooperate with essential fatty acids (like olive oil, fatty fish, nuts and seeds, egg yolks, and Omega 3 supplements) in calcium metabolism.

 D E T O X - N - C L E A N S E

Therapeutic Dosing Range	Indications for Use:	Complementary Products:
3-6/day <i>Patients with chemical or environmental sensitivity may need a lower starting dose</i> DF, GF, V	Liver, colon and urinary tract toxicity, heavy metal burden, radiation or pesticide exposure, amalgam filling reactions or removal, vaccine reactions, included in Two-Week Turnaround Cleanse Program	Liva-Detox and Support (FR) Vitamin-Mineral (FR)

Commentary: Detox-N-Cleanse is a combination of vitamin C, herbs and food extracts designed to support the body's ability to detoxify via the bowel and urinary routes.

Acerola Cherry Vitamin C has free radical scavenging abilities and has been shown to increase the antioxidant abilities of some other foods. It contains bioflavonoids, anthocyanins, and quercetin, and has been used to help detoxify from aluminum, arsenic, cadmium, lead, mercury, nickel, and more. [[Thiel R. Serious Nutrition for Health Care Professionals](#)]. Acerola cherries also contain soluble and insoluble fiber, and such fibers are often part of successful colon cleanses.

Apple Pectin has been shown to support and improve colon health, and it also provides fiber. Apple pectin exerts "a scavenger effect in the intestinal digestion and portal circulation system as an anti-inflammatory food" [[Hum Cell. 1999 Dec;12\(4\):189-96](#)]. Apple pectin has been successfully given as a radioprotection agent to reduce radiation levels in those affected by Chernobyl. [[Swiss Med Wkly. 2004 Dec 18;134\(49-50\):725-9s](#)]. Bioflavonoids are found in acerola cherry, cilantro, collinsonia, garlic, wheat grass, and other plants and bioflavonoids, such as Quercetin dihydrate have long been used for toxicities.

Chlorella is a special type of algae which is often used for heavy metal and other forms of detoxification. It has the ability to absorb mercury, cadmium, arsenic and other heavy metals [[Thiel](#)]. The PDR states, "Chlorella contains chlorophyll, carotenoids and has putative anticarcinogenic, immunomodulatory, hypolipidemic, gastric mucosal-protective and detoxification activities. In rats, chlorella was found to promote the excretion of dioxin, which accumulate in the fatty tissues of animal, creating a toxic burden in our meats, dairy and fish. Chlorella had demonstrated ability to protect against gamma-radiation, as well as a number of drugs and various toxic chemicals".

Chlorophyll is contained in chlorella, cilantro, and wheat grass and has been used to help detoxify from fluoride and as well as toxic substances [[Thiel, 1997](#)]. It may ameliorate some drug side effects and is often a component of successful colon detox programs.

Cilantro is also called Chinese parsley, has been found to accelerate the excretion of lead and mercury through urine. [[Acupunct Electrother Res. 1995 Aug-Dec;20\(3-4\):195-229](#)]. It has also been found to remove both inorganic and methyl forms of mercury [[J Hazard Mater. 2005 Feb 14;118\(1-3\):133-9](#)]. Another study concluded that cilantro "has suppressive activity on lead deposition, probably resulting from the chelation of lead by some substances contained in Chinese parsley" [[J Ethnopharmacol. 2001 Oct;77\(2-3\):203-8](#)].

Collinsonia Root is also called stone root and has tonic effects, which may be due to its essential oil and rosmarinic acid. It is most often used for stomach complaints, hemorrhoids, or constipation, while its tonic effects within the bowels help maintain a state of calm (and also helps the bowels function more naturally). It has long been used in combination with ox bile to help support bile flow and deal with indigestion.

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Detox-N-Cleanse (cont)

Modified Citrus Pectin (from inner citrus peel) is one of the most effective known natural detoxifiers. It has been found to be effective for many heavy metals [Forsch Komplementmed. 2007 Dec;14(6):358-64]. A urinary output study found that it can reduce toxic metals like lead and cadmium in people with supposed “normal” levels of those toxins [Phytother Res. 2006 Oct;20(10):859-64]. Additionally, it has reduced lead in children with toxic lead levels. [Altern Ther Health Med. 2008 Jul-Aug;14(4):34-8]. MCP has been found to be strong enough to soak up toxins and heavy metals like a sponge and still be gentle on your system. Not a single person in these human trials reported any side effects. It is one of the safer forms of toxin removal because it does NOT deplete essential minerals. So, while it eliminates toxic metals and pesticides like lead, cadmium, mercury and nickel, it doesn't deplete your body of zinc, calcium, or magnesium. Research exists showing the effectiveness of pectin in chelating (binding to) heavy metals and removing them from the body.

D I G E S T I - P A N

Therapeutic Dosing Range

1-4/meal
DF, GF

Indications for Use:

Indigestion/GERD, improper digestion of dietary fats, proteins and carbohydrates, upset stomach, hypochlorhydria, bile and pancreatic enzyme insufficiency, systemic mycotic infections

Complementary Products:

GB Support (FR)
Para-Dysbio-Zyme (FR)
Pro-Enzymes (FR)

Commentary: Digesti-Pan is a combination upper digestion formula containing digestive enzymes, pancreatic tissue, betaine hydrochloride, okra, food-based vitamins and minerals and other herbs. Unlike isolated enzymes, this product supports the breakdown of proteins, fats and carbohydrates, while soothing the digestive tract and supporting the production of gastric juices.

Amylases are enzymes which are needed to digest starches and related carbohydrates.

Beet root is an herb which provides fiber and is useful in diseases of the liver and fatty liver, probably due to the fact that beet contains betaine, which is a metabolite of choline. Betaine hydrochloride is a delivery form of hydrochloric acid, which is needed to digest proteins. People with hypochlorhydria, more common as we age, need supplemental HCL, alone or with pepsin included as in Digesti-Pan. HCL is also part of the gastric barrier that fights parasites. Pair with Para-Dysbio-Zyme (taken between meals) to address parasitic infection.

Dietary fiber helps regulate nutrient absorption, sterol metabolism, cecal fermentation, and stool weight. Shortages of dietary fiber in the daily diet may lead to cholesterol problems, certain cancers, digestive problems, and nutrient problems.

Ginger root is an herb that contains fiber and can reduce nausea. Uses include prophylaxis for nausea and vomiting (associated with motion sickness, hyperemesis gravidum and surgical anesthesia), dyspepsia, lack of appetite, anorexia, colic, bronchitis, and rheumatic complaints. It also promotes secretion of saliva, gastric juices and bile. Its ability as an anti-emetic was proven in a double-blind trial where it was shown to prevent motion/sea sickness, according to the PDR. Its Gingerol component has properties which support motility, thus decreasing indigestion.

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Digesti-Pan (con't)

Glucomylase, invertase and lactase are enzymes assisting in the digestion of sugars and lipase is an enzyme which helps digest lipids.

Okra is used as a mucilaginous food additive against gastric irritation and inflammation. Substances within okra have been found to inhibit the adhesion of the H.pylori in humans. Okra also is a source of fiber and is supportive of beneficial gut bacteria and can help promote bowel regularity.

Bovine pancreas Cytotrophin supplies pancreatic tissue. Pancreatic secretion contains enzymes for digesting all three major types of food: proteins, carbohydrates, and fats. In traditional Chinese medicine, spleen deficiency may lead to malabsorption, low stomach acid, enzyme issues, etc. Dr. Royal Lee also added desiccated spleen to formulas to offset the effects of eating cooked food on the immune response (based on the work of Dr. Paul Kouchakoff, circa 1930's). Bovine spleen Cytotrophin is added for these benefits.

Pepsin is the most important peptic enzyme in the stomach. One of the important features of pepsin is its ability to digest collagen, an albuminoid that is affected little by other digestive enzymes. Collagen is a major constituent of the intercellular connective tissues of meats. Consequently, in people with low pepsin in the stomach, meats are less well penetrated by the digestive enzymes and therefore may be poorly digested. Pepsin works with betaine hydrochloride as an aid in protein digestion. Protease enzymes also help digest proteins primarily in the stomach, although further breakdown occurs in the intestines as well.

DUAL VITALITY

Therapeutic Dosing Range

2-4/day (moderate dose)
DF, GF, V

Indications for Use:

Low energy, vitality & endurance, mood and nervous system challenges, stress, antioxidant/anti-aging activity, low immunity, chronic health conditions, insulin resistance

Complementary Products:

B Stress Complex (FR)
Herbal Antioxidant (FR)

Commentary: Dual Vitality supplies a supporting blend of 2 powerful health and vitality ingredients, Cordyceps mushroom and American Ginseng. It's a sensible first approach for patients with both low energy and immune system challenges, or for patients needing an anti-aging and energy boost without specific health concerns.

The Cordyceps mushroom contained in this blend is produced by Nammex, a gold standard medicinal mushroom grower. Each serving contains a standardized form of cordecyepin/beta glucans (beta 1,3 and 1,6), a special class of indigestible polysaccharide fibers. Beta glucans are not only in mushrooms but also in plants such as oats and barley. The bioactive form of *Cordyceps Militaris* is cordecyepin and has a wide range of pharmacological effects. Cordyceps sinensis, a relatively similar genus, was studied to include the compounds of cyclodepsipeptides, nucleosides and polysaccharides and shows immunomodulatory, antioxidant, antitumor, cytotoxic, anti-inflammatory, anti-allergic, antidiabetic, analgesic, anti-HIV, antibacterial, antimalarial and antifungal activities. It also supplies ergothioneine (EGT), a naturally occurring hydrophilic amino acid that can only be obtained through food/diet. In mushrooms, the fruiting body is the main source of EGT (as found in this product) and eating 2 servings of cooked mushrooms from fruiting bodies per week is highly suggested.
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Dual Vitality (con't)

American Ginseng (AG) is a widely used adaptogen herb for fatigue, endurance, memory, blood sugar, cardiovascular and nervous system. The roots, stems, leaves and fruit of the plant contain the active compound ginsenosides, a steroidal saponins, which provides broad spectrum biological and [pharmacological activities](#)(Science Direct), including cytotoxic, immunostimulatory, [anticancer](#)(Science Direct), and antimicrobial effects. Saponins have also been shown to lower cholesterol levels and increase glucose uptake and insulin sensitivity. Aside from potential Warfarin (Coumadin®) interaction at much higher doses than this product offers, American ginseng is generally well tolerated and safe [<https://botanicalinstitute.org/american-ginseng/>]. This ingredient has been standardized to 5% to concentrate ginsenosides.

*Doctors' Research provides a technical data sheet for this product. Subscribe to [Digital Downloads](#) to access available data sheets, or contact Doctors' Research, or your local rep.

F E M I N I N E A D V A N T A G E

Therapeutic Dosing Range

3-6/day
DF, GF

Indications for Use:

Amenorrhea, dysmenorrhea, menstrual irregularity, premenstrual syndrome (PMS), menstrual cramping, hormonal headaches, ovarian cysts, menopausal symptoms, hot flashes, night sweats, vaginal wall thinning, female fertility support, uterine cysts

Complementary Products:

Metabolic Thyro (FR)
Nerve Chex B (FR)
Simply Ovary (FR)
Simply Uterus (FR)

Commentary: Feminine Advantage is a combination formula for both cycling and pre- or post-menopausal women and provides the whole, freeze-dried glandular tissue from bovine ovary and uterus, combined with traditional female herbs and foods that are nourishing to female organs and tissues, emotional well-being and hormonal balance.

Black Cohosh, a Native-American herb, contains compounds that bind to the estrogen receptor where it selectively suppresses LH secretion with no effect on FSH. The result is an estrogenic effect, which will decrease climacteric symptoms such as hot flashes, diaphoresis, and psychological disturbances. It is also known to reduce vaginal wall thinness by increasing the degree of proliferation of vaginal epithelium.

Chaste tree (Vitex) berries balance progesterone and estrogen production from the ovaries and regulate menstrual cycles. It has also been used for breast pain, ovarian insufficiency, uterine bleeding, placental integrity, and hormonal acne, among other complaints [[DerMardenosian, A, ed. The Review of Natural Products](#)].

Flaxseeds are an excellent source of essential fatty acids (alpha-linolenic acid) and have been used to improve mild menopausal symptoms and lower glucose and insulin levels, often increased in pre- and post- menopausal women.

Red Clover is a blood cleanser and tonic and is one of the highest non-soy sources of isoflavones. It has been used to reduce menopausal symptoms and bone loss in healthy women. **(continued on next page)**

Feminine Advantage (con't)

Wild Yam provides benefit to women of all ages, as it has provided relief for PMS symptoms, menstrual cramping, uterine health, and menopausal complaints alike. Wild Yam contains diosgenin, which has been referred to as a "natural progesterone" by some researchers. John R. Lee, M.D., a family physician, was among the first to discover that the natural progesterone-like substance from the wild yam can be effective against conditions such as osteoporosis.

Bovine ovary and uterus Cytotrophins are included to assist with a whole range of menstrual and menopausal concerns, especially restoring menstrual cycles, assisting with PMS (especially depression and anxiety), reducing inflammation in the uterus, uterine and ovarian cysts, sexual response, infertility, and hot flashes [[Lee, Royal, Therapeutic Food Manual and Product Bulletins, circa 1950](#) and [Harrower H. An Endocrine Handbook. The Harrower Laboratory, Glendale \(CA\), 1939](#)].

The range of complimentary products suggested for Feminine Advantage can be quite broad, so identifying triggers and root causes of hormone imbalance will narrow the field of options considerably. Targeting lifestyle contributors to female health issues, like sleep habits and quality, refined sugar intake, gluten consumption, and stress would benefit the patient's overall recovery. This product along with proper lifestyle recommendations can also be used as pre-treatment for those considering conventional hormone replacement therapy or those experiencing limited success with a single ingredient herbal approach.

G B S U P P O R T

Therapeutic Dosing Range	Indications for Use:	Complementary Products:
1-3/meal DF, GF	Symptoms of liver and/or gallbladder dysfunction such as: alternating bowel movements, belching, bloating, constipation, greasy foods upset, upper right abdominal pain, cholecystectomy	Choline Complex (FR) Digesti-Pan (FR) Liva DeTox & Support (FR) Simply Liver (FR)

Commentary: GB Support is a combination of ox bile, glandular support, herbs and foods that support the liver, gallbladder and bowel function and actively assist with fat digestion.

Beet leaf and root, rich in fiber, have a history of being used alongside carrots to support liver and gallbladder health, particularly in conditions like liver and gallbladder stasis and fatty liver disease. This support is attributed to betaine found in beets, a metabolite of choline. Beets are known to aid lymphatic function and stimulate gall bladder and liver function, crucial during detoxification. Additionally, beets and beet juice have been used traditionally to address issues such as gallstones, kidney stones, bladder disorders, and kidney disease.

Bovine Liver provides liver tissue, essential for bile production. Bile is secreted by the liver and contains bile acids, cholesterol, and organic constituents. It flows through bile canaliculi, terminal bile ducts, and larger ducts before entering the duodenum or gallbladder. **(continued on next page)**

GB Support (con't)

Carrots have been traditionally combined with beet leaf to aid in conditions like liver and gallbladder stasis. Scientists in India found that carrots offer significant liver protection by increasing enzyme activity for detoxification. Scottish studies demonstrated that consuming two carrots daily for three weeks lowered cholesterol levels by 10 to 20 percent due to their high pectin fiber content.

Collinsonia Root, also known as stone root, is renowned for its tonic effects and is commonly utilized for stomach complaints, hemorrhoids, and constipation. Its toning properties aid in bowel calmness and natural function. Additionally, it is valued for varicose vein conditions and hemorrhoids. Collinsonia root has a history of use alongside ox bile to support bile flow and address indigestion. It is also employed for various conditions such as calculi, kidney stones, bladder inflammation, dropsy, and gastrointestinal disorders.

Ox bile serves as a source of bile, which plays vital roles in digestion and waste excretion. It stimulates bile flow, combats constipation, and promotes the absorption of fat and fat-soluble vitamins. Bile aids in emulsifying fat particles for digestion and transports through the intestinal membrane. Bile is normally stored in the gallbladder until needed for digestion in the duodenum.

Research suggests that bile acid replacement therapy can improve fat absorption without causing significant side effects. However, bile consumption may not be suitable for individuals with ulcers, biliary stasis, or diarrhea.

G L U C O - S U G A R - B A L A N C E

Therapeutic Dosing Range	Indications for Use:	Complementary Products:
3-9/day DF, GF, V	Diabetes and prediabetes, digestive and sugar handling, pancreatic insufficiency, hypo and hyperglycemia, obesity, insulin resistance, sugar cravings	Beetfood Plus (FR) Inositol Complex (FR) Pro Enzymes (FR) Simply Pancreas (FR)

Commentary: Gluco-Sugar-Balance is a blend of minerals, herbs, and essential nutrients that work together to nourish the body's blood sugar systems and support healthy glucose metabolism.

One of the key ingredients is chromium GTF, a mineral known for its ability to enhance glucose metabolism and promote insulin sensitivity. Vanadium is another important mineral included in this formula, which helps regulate blood sugar levels, carbohydrate metabolism, and improve insulin function. Research has demonstrated that food-form chromium GTF is up to 25 times more bioavailable than inorganic chromium and 2.80 times more effective in reducing blood glucose levels [Vinson JA, Hsiao, KH. Comparative effect of various forms of chromium on serum glucose: an assay for biologically active chromium. ([Vinson, et al, 1985](#)).

Berberine has been well studied and found to help regulate insulin resistance and cellular glucose usage. It can increase the amount of insulin made and increase cellular uptake and use. Bitter melon has been used traditionally to help lower blood sugar and has an insulin-like activity as it also supports glucose uptake by cells.
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Gluco-Sugar-Balance (con't)

Gymnema is well-known for its blood sugar balancing properties and studies have even shown trophorestorative effects on pancreatic beta cells, thereby increasing insulin production. It can also help lower sugar cravings, and when held on the tongue, temporarily shuts down sweet taste buds so sweet substances cannot be tasted.

Goat's Rue (*Galega officianalis*) was the inspiration and footprint for the drug metformin, which is a chemical relative of galegine/guanidine. It contains both compounds and has been used to treat blood sugar dysregulation since 1918

Studies have also shown that NAC, cinnamon and fenugreek can help increase insulin sensitivity.

Diet and lifestyle adjustments, like a reduction in carbs, elimination of sodas, energy drinks, daily exercise and cellular detox, as well as a comprehensive protocol that addresses underlying nutritional factors in blood sugar regulation will help manage symptoms and address root causes. This is particularly important for pre-diabetic patients of all ages and those seeking to reduce dependency on pharmaceutical interventions.

GREEN VEGETABLE ALKALIZER

Therapeutic Dosing Range

3-6/day
DF, V

Indications for Use:

pH balance-alkalization, indigestion, poor vegetable consumption, diets high in acid-forming foods like refined grains, protein, and sugar, obesity, natural blood cleanser, metabolic acidosis

Complementary Products:

Detox-N-Cleanse (FR)
Digesti-Pan (FR)
Nattokinase (FR-Gout)

Commentary: Green Vegetable Alkalizer is a combination of enzymes, foods and herbs to support detoxification, alkalization, and supply vegetables and fiber.

This product may be an important addition to a comprehensive protocol addressing both acute and chronic pH imbalances, particularly for patients with inflammatory conditions or those transitioning to healthier dietary patterns. Most Americans suffer from a modern diet high in acid-forming foods like refined grains, protein, and sugar, which can create metabolic acidosis that places stress on the body's buffering systems. This formula can help balance pH by alkalizing the gut that has become acidic, however, certain conditions, need an acidifying approach. For example, fungi grow in a wide range of pH, but some *Candida*, *Aspergillus*, and *Trichoderma* thrive in an alkaline medium. For acidifying the system, Digesti-Pan may be more useful to obtain a proper pH balance. Since Digesti-Pan tends to acidify the stomach, while Green Vegetable Alkalizer tends to alkalize the bowels, these products may be clinically useful together.

The inclusion of active enzymes that have been carefully processed to be acid-stabilized can aid in digestion. This product contains amylase (digests carbohydrates), cellulase (digests cellulose), invertase (digests sucrose), lipase (digests fats), lactase (digests lactose), maltase (digests maltose) and two different proteases (helps digest differing types of proteins) [[Neumann C. Serious Nutrition: Incorporating Clinically Effective Nutrition Into Your Practice](#)]. **(continued on next page)**

Green Vegetable Alkalizer (con't)

There are also 8 green foods/herbs in this blend, providing trace nutrients, potassium, fiber, and detoxification action. Specifically, Celery Seed is used as a diuretic, for regulating the bowels, for glandular stimulation, rheumatic complaints, gout, gallstones, and kidney stones. Also, Barley Grass is high in calcium, iron, all the essential amino acids, chlorophyll, flavonoids, vitamin B12, vitamin C, and many minerals, plus enzymes. This food helps heal stomach, duodenal, and colon disorders as well as pancreatitis, and is an effective anti-inflammatory. [[Balch J. Prescription for Nutritional Healing](#)]

All of the green vegetables in Green Vegetable Alkalizer contain chlorophyll, assisting with blood cleansing, and are an excellent source of potassium (highest in all FR products).

H E M A T I C F O R M U L A

Therapeutic Dosing Range

1-3/day
DF, GF, V

Indications for Use:

Anemia, pernicious anemia, iron deficiency, low RBC count, pregnancy, low hemoglobin, hematocrit, MCV, MCHC and high RDW

Contraindication: hemochromatosis

Complementary Products:

Green Vege Alkalizer (FR)
Simply Spleen (FR)

Commentary: Hematic Formula is a non-constipating source of iron and vitamins to improve hemoglobin synthesis, with synergistic food-based vitamins C, B6, folate, and Methylated B 12 to improve absorption and build blood along with citrus bioflavonoids and wild crafted beet root.

Vitamin C from citrus helps with the absorption of iron. Folate and B12 assist with red blood cell production, as does B6, which also assists with hemoglobin production. Beet root is an excellent food source of easily absorbable iron and can support regeneration of red blood cells, increase hemoglobin levels, and contribute copper which supports the body to produce more iron. [[Braz J Med Biol Res.](#)]

It is important to consider the cause of anemia, be it poor diet, poor absorption, poor red blood production, increased red blood cell destruction, blood loss or pregnancy. This product contains food-based iron (not the inorganic form which sometimes causes oxidative damage) so it is more absorbable because it is in an organic form that is natural to the body and contains protein chaperones that aid in transport.

H E R B A L A N T I O X I D A N T

Therapeutic Dosing Range

1-3/day
DF, GF, V

Indications for Use:

Anti-aging, low glutathione production,
liver detoxification, vascular disease, low
immunity, inflammation, cancer

Complementary Products:

Turmeric Boswellia C (FR)
Vitamin Mineral (FR)

Commentary: Herbal Antioxidant contains food source vitamins and herbs intended to supply food-based antioxidant nutrients needed to maintain and support optimal health and protection from free radicals.

Inflammation is a key driver in many pathological conditions such as allergies, cancer, Alzheimer's disease, and many others, and the current state of available drugs prompted researchers to explore new therapeutic targets. In this context, accumulating evidence indicates that the transcription factor Nrf2 plays a pivotal role in controlling the expression of antioxidant genes that ultimately exert anti-inflammatory functions. Nrf2 is proved to contribute to the regulation of the heme oxygenase-1 (HO-1) axis, which is a potent anti-inflammatory target. Recent studies showed a connection between the Nrf2/antioxidant response element (ARE) system and the expression of inflammatory mediators, NF- B pathway and macrophage metabolism. (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7700122/>)

While oxidative stress alone is able to activate Nrf2, its effect is greatly enhanced by the presence of certain chemical compounds, including curcumin from the turmeric plant and carotenoids such as zeaxanthin and lutein from carrots. [www.mygenefood.com/blog/activating-nrf2-pathway] Carotenoids like alpha- and beta- carotene from carrots and turmeric function as antioxidants, thus this formula includes multiple food carotenoids, unlike isolated betacarotene that is in many antioxidant formulas. Carrots also contain "xanthophyll, a very powerful anticancer phytochemical" [Duarte A. Health Alternatives. Megasystems].

Eleuthero Root is an adaptagen, which means that it helps the body deal with various forms of stress.

Ginger root has constituents with antioxidant effects and can improve peripheral circulation. It also has antiglycation effects according to at least one study involving diabetic patients.

Ginkgo leaf contains about 40 different bioflavonoids (including proanthocyanidins and quercetin) that act as free radical scavengers. Cerebral insufficiency may cause anxiety and stress, memory, concentration, and mood impairment, and hearing disorders, all of which may benefit from ginkgo therapy.

Milk Thistle seed contains silymarin, which is a polyphenolic antioxidant flavonoid; it has been studied for its role in supporting a healthy liver.

Rosemary leaf contains antioxidants and can increase detoxification of carcinogens in certain instances.

Schisandra Fruit has pronounced liver protective effects and strong antioxidant activity [Planta Med 1992].

Superoxide Dismutase (S.O.D.) is naturally found in at least two of the Foods in Herbal Antioxidant and is one of the most important enzymes that functions as a cellular antioxidant and its absence is lethal.

Turmeric Root contains curcuminoids which have antioxidant and cancer-inhibiting properties.

H I G H S T R E S S A D R E N A L

Therapeutic Dosing Range

3-6/day
DF, GF

Indications for Use:

Adrenal fatigue, energy loss, inability to adapt to stressors and demands, mood changes, chronic immune challenges

Complementary Products:

B Stress Complex (FR)
C Complex (FR)
Simply Adrenal (FR)
Simply Hypothalamus (FR)

Commentary: High Stress Adrenal combines food source nutrients, including B and C Complex, zinc, glandulars, and herbs to support normal response to stress, adrenal health, mood and energy.

Vitamin C is one of the best stress-fighters that has been found because it can readily donate electrons to quench a variety of reactive free radical and oxidative species and is easily returned to its reduced state. It efficiently scavenges hydroxyl, peroxy, and superoxide radicals, as well as reactive peroxide, singlet oxygen, and hypochlorite species, and protects against lipid and low-density lipoprotein (LDL) peroxidation. Vitamin C is also crucial to adrenal health and Acerola cherry contributes food source vitamin C to this formula.

High Stress Adrenal also contains B1, B2, Niacinamide, B6, Folate, B12 and pantothenate to replete B vitamins that are depleted under high and chronic stress and are also co-factors in the synthesis and conversion of neurotransmitters and hormones involved in the stress response.

Eleuthero Root (Siberian ginseng) is an adaptogen, which is an herb that increases stress-handling abilities and improves well-being. The root contains bitter compounds that help the body quickly respond to stress. These compounds increase the production of DNA, RNA and essential proteins, and stimulate the adrenals. The main active component in ginseng consists of ginsenosides, a diverse group of steroidal saponins. It has been found to reduce anxiety, age-related cognitive impairment and fatigue, increases focus, and may be beneficial in blood sugar regulation.

Kelp supplies trace minerals critical for stress adaptation and brain function, while the amino acid L-tyrosine assists in the production of adrenal and thyroid hormones and may lessen anxiety.

The hypothalamus is the body's master endocrine gland and initiates a negative feedback loop of communication to the pituitary and adrenals. Hypothalamus tissue can increase tranquility and assist in difficult endocrine cases with symptoms of unknown origin. Adrenal glands help the body deal with stress through the production of hormones including epinephrine and norepinephrine, but high stress weakens the adrenal glands and leads to various phases of adrenal fatigue or unresponsiveness.

H Y P O T H A L A M U S E M G

Therapeutic Dosing Range	Indications for Use:	Complementary Products:
3-6/day DF, GF	Panic attacks, mood issues, unresolved hormone issues, hypothalamus-pituitary-adrenal axis dysfunction, nervous and endocrine system hyperfunction, brain injury and support, abnormal sleep-wake cycles	Anxie-Tone (FR) Complete Brain Support (FR) High Stress Adrenal (FR) Nerve Chex B (FR)

Commentary: Hypothalamus EMG (Enzomorphogen) is a glandular product containing uniquely derived extracts that support cellular health and function of the hypothalamus (*see Doctors' Research Intro for more information about Enzomorphogens*). It supports healthy gland function and repair, mood, calming and overall endocrine function.

The hypothalamus is the master regulatory gland and directly or indirectly controls nearly all the hormonal processes in the body. The therapeutic mechanism of Hypothalamus EMG™ addresses the foundational aspects of neuroendocrine regulation, providing nutritional support for chronic stress adaptation, mood balance, circadian rhythms, and metabolic function.

Note: Hypothalamus EMG has been recommended by some practitioners for children, elderly, and frail or very sensitive patients as it may be gentler on this class of patients and can be used for a long period of time. Simply Hypothalamus may serve as a substitute for Hypothalamus EMG in many cases.

I N F L A M - E N Z Y M E S

Therapeutic Dosing Range	Indications for Use:	Complementary Products:
3-9/day DF, GF, V	General inflammation, limited flexibility, muscle discomfort, muscle and joint inflammation, inability to hold adjustments	Advanced Joint Complex (FR) Turmeric-Boswellia-C (FR)

Commentary: Inflam-Enzymes contains food source vitamins, minerals and enzymes and herbs to relieve discomfort and inflammation, support muscle, tendon and joint health and improve flexibility.

Many people have inflammation in the discs of their back, their muscles, and various joints in the body. In addition to pain, inflammation can result in damage to soft tissues. And while there have long been products with minerals, and enzymes, Inflam-Enzymes appears to be the first 100% food product that combines both (products from other manufacturers typically include mineral salts, hence they are not 100% food and harder on the body). This product was designed for chiropractors. The tablets are enteric coated to ensure the efficacy of the constituents.

Chiropractors have long recognized that out-of-alignment situations occur when one or more of the bones of the spine (vertebrae) move out of position and create pressure on, or irritate, spinal nerves that come out from between each of the bones in the spine, and they connect to other parts (or organs) of the body. This pressure or irritation on the nerves then causes them to malfunction and interfere with the signals traveling over them, causing inflammation. And while moving the displaced vertebrae into its proper place is essential, reducing
(continued on next page)

Inflam-Enzymes (con't)

inflammation is often the key to reducing pain or discomfort.

Many nutritional products intended to assist with vertebral misalignments actually contain mineral salts and not minerals in food form. Except for chromium GTF, any time two words are used to describe a mineral (like calcium lactate) that two-word expression is describing a mineral salt and not a mineral as found in food. Minerals in foods are not bound together with compounds such as carbonate, chloride, gluconate, oxide, etc. as they are simply attached to food constituents. The taking of inorganic mineral salts can cause irritations to occur as the body must somehow dispose of "the other half" of the mineral salt. Additionally, for proper absorption of a mineral salt to occur, it will somehow need to cannibalize a protein chaperone from somewhere else in the body (protein chaperones are needed for the utilization of minerals.)

Vitamin C has collagen and other soft tissue-supporting properties.

Bromelain is composed of several proteolytic enzymes and has been studied for anti-inflammatory activity, including arthritis and inflammatory bowel disease. [[Int Immunopharmacol. 2005;5\(4\):783-93](#)]. The effects of bromelain are caused by an enhanced serum fibrinolytic activity and inhibition of fibrinogen synthesis, and by the direct degradation of fibrin and fibrinogen.

Food source calcium is for muscle contraction and magnesium is for muscle relaxation.

Manganese is essential to the synthesis of connective tissue and is involved in the health and maintenance of ligaments and tendons, cartilage and bones. It is an essential co-factor and enzyme activator.

Papain is a mixture of proteolytic enzymes which have been found to have anti-inflammatory activity.

Serrapeptase is a proteolytic enzyme isolated from a fermentation process involving the non-pathogenic enterobacteria *Serratia E15* and has been shown to be a powerful fibrinolytic enzyme and to rapidly reduce localized inflammation." [[J Int Med Res. 1990;18\(5\):379-88](#)].

I N O S I T O L C O M P L E X

Therapeutic Dosing Range	Indications for Use:	Complementary Products:
1-10/day DF, GF, V	Diabetes related circulatory disorders, muscular and nerve degeneration and pain, behavioral.mental health disorders (ADD, ADHD, ODD, OCD, SAD, panic, bi-polar), Polycystic Ovary Syndrome (PCOS), and gestational diabetes	Choline (FR) Digesti-Pan (FR) Gluco-Sugar-Balance (FR) Pro-Enzymes (FR)

Commentary: Inositol Complex contains inositol in a natural food matrix rather than as an isolated compound. Clinical significance stems from delivering inositol (once called vitamin B-8) as it naturally occurs in foods, complete with synergistic cofactors that enhance its bioavailability and physiological activity, rather than myo-inositol and D-chiro-inositol forms.

Inositol is a lipotropic factor, a chelator and seems to have positive effects in a number of areas including the **(continued on next page)**

Inositol Complex (con't)

immune system. It also shares many choline functions. Where choline (bitter tasting) supports taking fat out of the liver and vascular system, inositol (sweet tasting) has a similar effect, but might be a better choice in cases with blood-sugar issues like diabetes and insulin resistance. Diabetics not only have a poor sugar metabolism, but fat as well. Consider this when trying to distinguish between inositol vs choline.

Studies show that by taking an inositol supplement, especially with folic acid, you can improve many of the symptoms of PCOS. This includes improved blood sugar, reduced blood pressure and lower triglyceride levels. It may also promote ovulation and increase pregnancy rates [[Cleveland Clinic, https://my.clevelandclinic.org/health/drugs/25173-inositol](#)].

Inositol is involved with formation of phospholipids as well as cholesterol metabolism. Inositol phospholipids are integral parts of cellular and subcellular membranes and modulate many enzymes including adenosine triphosphate (ATP). Inositol has nutritional efficacy as a lipoatrophic factor and thus assists in burning hepatic and intestinal triglycerides. [[Robert Thiel, PhD. The Truth about Vitamins and Minerals in supplements](#)] Some reports suggest that since inositol is a precursor of phosphatidylinositol biphosphate which is affected by certain noradrenalin and serotonin receptors, it may be helpful for people with depression, panic disorder and obsessive-compulsive disorder at very high levels. Inositol supports emotional well-being; eases stress and promotes a positive mood.

A plant source inositol known as phytate [[Int J. Food Microbiology. 2004;97\(2\):157-169](#)] “has strong chelating power for doubly charge metal ions and its putative antiproliferative agent and may have antioxidant activity. Thus, inositol in *Saccharomyces cerevisiae* is preferred by some for its chelating abilities.

I N T E S T I N A L S U P P O R T

Therapeutic Dosing Range

3-6 per day
DF, GF

Indications for Use:

Inflammatory bowel diseases (IBD), like ulcerative colitis, celiac, Crohn's, and diverticulitis, ulcers, intestinal permeability (leaky gut)

Complementary Products:

A-C-P Complex (FR)
Digesti Pan (FR)
Pituitary EMG (FR)

Commentary: Intestinal Support contains intestinal, lymph, liver, and pancreas Cytotrophin glandular tissue, ox bile, and herbs to support proper digestion, the repair of intestinal tissue, and support of the gastro-intestinal system.

Healthy intestines are involved in the digestion and absorption of nutrients, as well as the excretion of waste. The late Dr. Edward Howell speculated that the duodenal portion of the intestines plays the role of an “enzyme stomach” in humans. Major portions of digestion and nutrient absorption take place in the intestinal duodenum and ileum. Most ulcers form in the duodenum and the stomach. If the intestines are weak, hernias and/or colorectal issues may develop. Bovine intestinal tissue provides peptides and enzymes to nutritionally support the intestines. Liver, lymph and pancreas all play a critical role in intestinal function, so organ tissues are included for a well-rounded approach. Cinnamon has prebiotic, anti-inflammatory, anti-spasmodic, and anti- fungal qualities. Collinsonia root supports the tone and mucosal integrity of the digestive tract.

I N T R A C E L L U L A R D E F E N S E

Therapeutic Dosing Range	Indications for Use:	Complementary Products:
3-12/day DF, GF	Mycobacterium tuberculosis, Toxoplasma gondii, Brucella, Legionella, Listeria, and other Mycobacterium, sinusitis, chronic cough, dry cough	C Complex (FR) Conga-Immune (FR) Thymo-Immune (FR) Vira-Bac-YST (FR)

Commentary: Intracellular Defense is a combination of food source vitamin C, organ and glandular tissue, foods and herbs to support immune and lymphatic health and a healthy trachea.

Coughs are multifaceted ailments, stemming from various causes, and herbal remedies have long been utilized by individuals seeking relief. Intracellular Defense is designed to offer nutritional support specifically for individuals exhibiting symptoms consistent with intracellular bacterial infections, often manifested by a chronic cough without an identifiable cause. Although allergies are a common trigger for chronic coughs, this product is not intended for allergy-related coughs. However, emerging research suggests a link between intracellular bacterial infections and allergic sinusitis, potentially warranting consideration of Intracellular Cough for those affected.

Mainstream studies, involving animals like horses and dogs, corroborate the presence of chronic coughs associated with intracellular bacterial infections. This finding is further supported by human research, with some bacteria acting directly and others indirectly to cause a chronic cough.

Given the challenges posed by these infections, conventional immune support products often fall short in providing adequate relief. This product represents a novel approach, drawing from traditional wisdom and modern research to offer a unique blend of ingredients tailored to address intracellular bacterial infections. Ingredients like bovine glandulars, bromelain, vitamin C, B vitamins and lecithin have been historically recommended for immune support in the presence of intracellular bacterial infections.

Acerola cherry contributes vitamin C and bioflavonoids, while multiple bovine glandular tissues provide essential nutrients to bolster the immune system. Liver, thymus and lymph Cytotrophins particularly support macrophages and lymphocytes which remove bacteria from the body. Herbs like elderberry, juniper berries, and uva ursi offer antibacterial and anti-inflammatory effects and lecithin has antitussive activity.

Specific glandulars included in this product are Cytotrophins of the heart, hypothalamus, liver, lymph, parathyroid, pineal, pituitary, spleen, thymus, thyroid and trachea. An impressive pluriglandular!

K I D N E Y S U P P O R T

Therapeutic Dosing Range	Indications for Use:	Complementary Product
3-6/day DF, GF	Kidney infection, bladder infection, arginine buildup, albuminaria	Arginase Bladder (FR)

Commentary: Kidney Support is a combination of food source vitamin C, organ and glandular tissue, food concentrates and herbs to support kidney and urinary tract health and proper fluid balance.

Wildcrafted Acerola Cherry Vitamin C has been shown to reduce inflammation, reduce kidney injury and oxidative kidney damage. Higher levels of Vitamin C have been associated with lower rates of kidney cancer. Bovine Kidney Cytotrophin provides kidney support. Bovine liver Cytotrophin provides liver support. The liver and kidneys work together through the urea cycle in addition to detoxification and waste removal, together with the adrenal glands in water and sodium regulation.

Bovine Pancreas Cytotrophin provides pancreatic support. The kidneys and pancreas work together to process food. Pancreatitis can result in the kidneys being unable to filter waste from the blood. Glandulars have been used for centuries under the premise of like repairs like. Buckwheat & seed is a good source of fiber, magnesium, and iron unlike other whole grains buckwheat does not have a high phosphorus content and offers excellent kidney support.

Wildcrafted beetroot & leaf are anti-inflammatory and blood cleansers. Beets and beet juice have been used to eradicate kidney stones and kidney disease in combination with carrots they are often used for liver gallbladder support. Red clover is a tonic and cleanser and is well known and used in the treatment of urinary issues. Wildcrafted una de gato is used to help support the immune system. Carrots help to control both hypertension and diabetes both of which are causes of kidney disease. In addition to brain support, corn silk is commonly used to treat urinary tract infections. Dandelion is a herbal diuretic and liver tonic. In addition to its antibacterial and antiviral properties garlic is well known to support digestion circulation and the liver.

L A N D A N D S E A M I N E R A L S

Therapeutic Dosing Range	Indications for Use:	Complementary Products:
2-4/day DF, GF, V	Alkaline ash mineral source, supports the parasympathetic nervous system, sleep latency, tachycardia, dehydration, muscle cramps, acidosis	Cal Mag Complex (FR) Vitamin Mineral (FR)

Commentary: Land and Sea Minerals are a food source of potassium, magnesium, chromium, iodine and other trace minerals from kelp and alfalfa. These minerals are from food sources, not chemical salt sources, so they contain all of the naturally occurring co-factors and are in a highly bio-available form.

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Land and Sea Minerals (con't)

Alfalfa contributes chlorophyll, potassium, magnesium, calcium, iron and zinc. Kelp is a food high in minerals, especially iodine, which supports the thyroid. Alkaline ash minerals are relaxing and can support parasympathetic dominance and sleep. They can be taken an hour before bed to promote sleep. This product is higher in potassium, which is necessary for proper cardiovascular function and a balanced nervous system. Potassium deficiency can cause cardiac arrhythmias, muscular weakness, nervous irritability, hypercalciuria, glucose intolerance and mental disorientation.

Magnesium helps with normalizing blood pressure, producing insulin, amino acid activation, DNA and RNA transcription, cardiac and smooth muscle relaxation, cAMP formation, ion channel regulation, DNA synthesis and glycolysis. Sixty percent of all magnesium is found in the bone matrix. Chromium has been found to support even blood sugar and reduce sugar cravings, creating calmer, more even energy without spikes and dips in blood sugar that can result in anxiety and physiological stress. Mineral Transport provides a more balanced array of alkaline ash minerals, containing more calcium and magnesium.

LIBIDA - LIFE

Therapeutic Dosing Range

3-6/day
DF, GF, V

Indications for Use:

Aging and all conditions around aging, environmental pollution, hepatitis, low libido for both men and women, poor sex drive for both females and males

Complementary Products:

Female Advantage (FR)
Masculine Advantage (FR)

Commentary: Libida-Life uses food source minerals, herbs and amino acids to support healthy aging, specifically enhancing mood and sex drive. Clinical significance stems from incorporating L-arginine, minerals, and specialized herbs that support various aspects of sexual health for both men and women.

Other key ingredients include milk thistle for liver support, resveratrol for oxidative stress, astragalus for immune support and the adaptogen maca for stress and energy and contains zinc and selenium. It also includes natural occurring potassium, CO-Q 10, glutathione, lipoic acid, trace minerals, natural occurring enzymes and peptides as well as RNA and all ten essential amino acids. Superoxide dismutase from enzymatically processed *Saccharomyces Cerevisiae* supports managing inflammation and immunity as one ages.

The therapeutic mechanism of Libida-Life addresses multiple aspects of sexual and anti-aging health simultaneously, including support for healthy circulation, energy production, hormone balance, and mood enhancement. Research indicates that L-arginine serves as a precursor to nitric oxide, which plays a crucial role in vascular dilation and healthy blood flow—essential components of normal sexual response [Chen J, et al. Effect of oral administration of high-dose nitric oxide donor L-arginine in men with organic erectile dysfunction: results of a double-blind, randomized, placebo-controlled study. *BJU Int.* 1999;83(3):269-273 and Meston CM, Worcel M. The effects of yohimbine plus L-arginine glutamate on sexual arousal in postmenopausal women with sexual arousal disorder. *Arch Sex Behav.* 2002;31(4):323-332].

Healthcare practitioners report superior outcomes when implementing this supplement in protocols for sexual dysfunction, age-related libido decline, and general vitality enhancement compared to conventional single-mechanism approaches due to its multi-tiered approach.

L I G A M E N T C O M P L E X

Therapeutic Dosing Range	Indications for Use:	Complementary Products:
4-6/day, 2 every 2 hours with a sprain or strain DF	Joint, ligament and muscular issues, strains, sprains, osteoporosis, osteoarthritis, inability to hold chiropractic adjustments	Advanced Joint Complex (FR) Calcium Complex (FR)

Commentary: Ligament Complex contains food source vitamins A, C, D, E, methylated B12, Calcium and Manganese. In addition, several key foods and gland and organ tissues are also in this combination product: adrenal, bone marrow, bone meal, cartilage, collagen, heart Cytotrophin, RNA and natural carbamide are among some of the key nutrients.

Manganese is a key component in the formation and repair of cartilage, the connective tissue that cushions joints. Adequate manganese intake ensures that joints remain resilient, preventing wear and tear. Collagen is a structural protein essential for the integrity of tendons and ligaments. Manganese aids in the synthesis of collagen, contributing to the strength and elasticity of these connective tissues. Manganese facilitates the cross-linking of collagen fibers in tendons, enhancing their tensile strength. This, in turn, supports better joint stability and functionality. For ligaments, Manganese plays a crucial role in maintaining their elasticity. This is particularly beneficial in preventing injuries and ensuring the overall stability of joints.

Carbamide improves the osmotic transfer of fluid through the cell membranes and can help to eliminate excess fluid in the tissues.

Heart is a source of coQ10, vitamin B1, B3, B5, B6, B7,B2, B12, choline, iron, protein, selenium, phosphorus, taurine and zinc.

Bone marrow contains collagen, which improves the health and strength of bones and skin. It is also rich in glucosamine which can help to reduce pain and inflammation in the joints.

Dr. George Goodheart identified a need for the combination of vitamins A, C and bioflavonoids, as being associated with imbalance of the sacrosipinalis (erector spinae) muscle group.

L I V A - D E T O X & S U P P O R T

Therapeutic Dosing Range	Indications for Use:	Complementary Products:
2-6/day DF, GF	Liver detoxification, fat metabolism, gas & bloating, chronic fatigue, non-alcoholic fatty liver disease (NAFLD)/metabolic fatty liver disease (MAFLD)\, jaundice, liver enzyme abnormalities, abdominal weight gain, hepatitis	Simply Liver (FR) Detox-N-Cleanse (FR)

Commentary: Liva-Detox & Support contains liver and spleen tissues, garlic, milk thistle and beet root to support liver detoxification and organ health, release endogenous and environmental toxins and promote optimal lymphatic system activity. **(continued on next page)**

Liva-Detox & Support (con't)

Liver and spleen tissue support the vitality of the liver and spleen, as they are main organs of detoxification, particularly detox and cleansing the blood of pathogens, exogenous toxins and metabolic byproducts. Both are involved in the production, regulation, and circulation of blood. The spleen is responsible for generating and storing Blood (capitalized in TCM to differentiate from Western understanding), while the liver is responsible for ensuring the smooth flow of Blood throughout the body. A healthy spleen-liver relationship is crucial for maintaining proper Blood production and circulation. The liver is responsible for storing Blood and regulating the smooth flow of Qi (vital energy) throughout the body. The spleen plays a role in generating Qi from the nutrients extracted from food and fluids. When the spleen and liver function harmoniously, Qi can flow smoothly throughout the body, supporting overall vitality and well-being.

Milk thistle is renowned for its hepatoprotective properties, meaning it supports liver health and helps protect the liver from damage. The active compound in milk thistle, silymarin, has antioxidant and anti-inflammatory effects that are believed to help regenerate liver cells and promote liver function. It has a long history of use in traditional medicine, particularly in Mediterranean and European regions. Ancient Greek and Roman physicians recognized its therapeutic benefits for liver and gallbladder disorders, and it was commonly used as a remedy for jaundice, hepatitis, and other liver ailments.

Beets have been known to aid the lymphatic system and to stimulate gall bladder and liver function. This is especially important when detoxifying the body, as these organs are the primary avenues of detoxification. They contain betaine, a metabolite of choline which make them an excellent support for liver conditions, especially fatty liver.

Garlic is used for prevention of age-related vascular changes and arteriosclerosis as well as elevated lipid levels. Garlic contains compounds that help prevent nitrites—common substances found in foods as well as a variety of everyday pollutants—from transforming themselves into nitrosamines, harmful compounds that can trigger cancerous changes in the body. Garlic has antioxidant effects which means it can reduce toxicity associated free-radical damage. Garlic compounds have been found to inhibit lipid peroxidation, which is considered to be one of the main features of aging in liver cells.

M A G N E S I U M C O M P L E X

Therapeutic Dosing Range

3-9/day
DF, GF, V

Indications for Use:

Arrhythmia, asthma, atrial fibrillation, autism, blood pressure regulation, blood sugar concerns, bone loss, chronic fatigue, constipation, calcium regulation, depression, depressed tendon reflexes, excessive sweating, fibromyalgia, hyperactivity, muscle spasm, nausea, personality changes

Complementary Products:

Calcium Complex (FR)
Cal-Mag Complex (FR)
Omega 3 /EPA /DHA (FR)

Commentary: Magnesium Complex delivers magnesium as it naturally occurs in foods, complete with protein chaperones and cofactors that enhance absorption and utilization in a form that the body naturally recognizes and efficiently processes. **(continued on next page)**

Magnesium Complex (con't)

Magnesium is one of the most important enzyme activators in the body. Over 300 enzymes require magnesium. Most magnesium-containing supplements do not contain magnesium as found in food, instead they contain various rocks known also as mineral salts. Magnesium lactate, citrate, carbonate, are examples of mineral salt forms of magnesium. "Magnesium Complex is better absorbed and retained than the typical mineral salts" [Rude R.K., et al 2005].

Magnesium deficiency reportedly produces hypercholesterolemia, hypertriglyceridemia, and dyslipoproteinemia by increasing VLDL and low-density lipoprotein, and decreasing high density lipoprotein cholesterol.

According to a National Health and Nutrition Examination Survey (NHANES) 2005-2006, nearly half of all individuals 1 year and older and more than two thirds of teenagers (ages 14-18) and elderly adults (ages 71 and over) had inadequate magnesium intakes when compared to the estimated average requirement.

"Since the 1940s, it has been reported that T2DM is associated with hypomagnesemia. Low serum magnesium (Mg²⁺) levels have been reported in large cohorts of patients with T2DM. In T2DM, the prevalence of hypomagnesemia ranges between 14 and 48% compared with between 2.5 and 15% in healthy control subjects." - (Gommers et al., 2015)

Magnesium Complex is made with Biogurt (lactobacillus bulgaricus), and contains protein chaperones required for magnesium absorption, lipids, proteins, carbohydrates, enzymes, fatty acids, glycoproteins, lipoproteins, bioflavonoids, phospholipids, amino acids, and wildcrafted Spinach Leaf, for added fiber and chlorophyll.

M A S C U L I N E A D V A N T A G E

Therapeutic Dosing Range

3-6/day
DF, GF, V

Indications for Use:

Benign prostatic hypertrophy, enlarged prostate, low libido, male infertility, urination concerns

Complementary Products:

Libida-Life (FR)
ZInc Complex (FR)

Commentary: Masculine Advantage contains food source vitamin E and minerals, glandulars and herbs to support a healthy prostate and male reproductive health, and to enhance mood.

Prostate problems are increasingly prevalent, particularly with age, encompassing issues such as enlargement, urinary difficulties, and sexual dysfunction. Benign prostatic hyperplasia (BPH), characterized by prostate enlargement, is a common concern among aging men, affecting over half of those aged 60 and a staggering 90% by 85. One prevailing theory attributes BPH to insufficient inhibition of testosterone conversion to dihydrotestosterone, a process that can be modulated by certain natural compounds.

(continued on next page)

Masculine Advantage (con't)

Key ingredients in Masculine Advantage, like African Pygeum and beta-sitosterol, have demonstrated efficacy in reducing prostate enlargement and improving urinary symptoms. Bovine prostate and orchic tissues supply essential nutrients and peptides to support prostate health and hormonal balance. Other botanicals such as damiana, Korean red ginseng, and saw palmetto contribute to sexual vitality and prostate health through various mechanisms, including hormone regulation and anti-inflammatory effects.

Pygeum africanum extract (PAE) has become the primary course in the treatment of enlarged prostate. In contrast, surgery is the main treatment option in other Western countries. Pygeum is also therapeutic as an anti-inflammatory, to increase prostate secretions and to decrease certain hormones in the glandular area, which decreases the hypertrophy". One study found that Pygeum africanum resulted in an increase in acid phosphatase activity and total protein secretion, which led to improvement in the quality of the seminal fluid.

Another study found that in men with insufficient prostatic secretion, Pygeum africanum increased prostatic secretion. Pygeum africanum extract has been found to protect the testes and seminal vesicles—it has also been found to protect the prostate from experimentally-induced adenomas.

Bovine prostate tissue supplies prostate phosphatase, which has been found to improve the quality of seminal fluid. "The prostate gland secretes a thin, milky fluid. During {sexual} emission, the capsule of the prostate gland contracts simultaneously with the contractions of the vas deferens so that the thin milky fluid of the prostate gland adds further to the bulk of the semen". Prostate problems are quite common and increase with age. Bovine prostate has long been recommended for many of them such as nocturia (frequent urination at night), dribbling, loss of libido, and other aging processes.

Bovine orchic tissue combined with bovine prostate tissue has long been used for males with sterility problems—it not only increases the sperm count but normalizes the sperm cells. The testes secrete several male sex hormones, which are collectively called androgens, including testosterone, dihydrotestosterone, and androstenedione. Bovine orchic tissue has also long been recommended for hyperirritability, depression, and lack of well-being. Orchic tissue is sometimes used as part of some cleanses for bile duct stones, bladder stones, gallstones, kidney stones, liver stones, ureter stones, and/or urethra stones, according to Dick Versendaal.

Flaxseed, Korean red ginseng, saw palmetto, stinging nettle, turmeric, selenium and vitamin E all have protective effects, while damiana, maca, muira-puama and zinc have aphrodisiac effects.

M E T A B O L I C T H Y R O

Therapeutic Dosing Range

1-6/day
DF, GF

Indications for Use:

Symptoms of either hypothyroid or hyperthyroid dysfunction such as: constipation, dry skin, fatigue, irregular heartbeat, memory issues, muscle weakness, nervousness, weight loss/weight gain, etc.

Complementary Products:

Migratrol (FR)
Selenium E (FR)
Simply Hypothalamus (FR)
Simply Thyro (FR)
Vegetarian Tyrosine (FR)
Vitamin-Mineral (FR)

Commentary: Metabolic Thyro supplies nutrients, glandulars, and herbs needed to support optimal thyroid health. It contains both iodine containing kelp and plant source L-Tyrosine. **(continued on next page)**

Metabolic Thyroid (con't)

In today's high-stress environment, it can be easy for the thyroid to become dysregulated, especially with chronic adrenal fatigue. Metabolic Thyro contains adrenal, liver, pituitary, and thyroid glandulars to support thyroid function and other organs and glands that directly affect thyroid function.

Alfalfa is believed by some herbalists to have a beneficial effect on the pituitary gland and to help with chemical imbalance.

Burdock is believed to be helpful in fortifying the immune system. Burdock aids the pituitary gland to help adjust hormone balance. Burdock is sometimes recommended for thyroid health.

Kelp is a food high in minerals, especially iodine. Kelp has long been used (since 3000 B.C.) to provide nutritional support for the thyroid gland. Gary Null, Ph.D., has written, "Kelp can rebalance thyroid metabolism, resulting in successful weight management and the reversal of many conditions which are caused by a thyroid imbalance, including stomach and respiratory disorders". The mineral iodine is predominantly used to make thyroid hormones; however breast tissue and prostate also require iodine for proper function.

L-Tyrosine is an amino acid required to produce thyroid and adrenal hormones.

Liver organ tissue has sometimes been recommended to support metabolic balance. The liver is involved in blood sugar regulation, conversion of T4 to T3, and makes a variety of enzymes.

Pituitary glandulars have long been used to support production of thyroid stimulating hormone which signals to the thyroid that it needs to work and make its own hormones.

Skullcap is a nervine and tonic. It also is recommended by some herbalists for thyroid concerns.

M I G R A T R O L

Therapeutic Dosing Range

3-6/day
DF, GF

Indications for Use:

Migraines, chronic headaches of all types,
hypothyroidism

Complementary Products:

Magnesium Complex (FR)
Simply Liver (FR)

Commentary: Migratrol contains a combination of powerful ingredients that target the root causes of migraines or chronic headaches. These ingredients include adrenal glandular, borage leaf and flaxseeds, chromium GTF, feverfew leaves, liver glandulars, magnesium, niacinamide (vitamin B-3), pituitary glandular, thyroid glandular, and vitamin B-2.

Adrenal glandular have been used for decades by nutrition-oriented doctors to alleviate cluster headaches and headaches with associated stress histories. Borage leaf and flaxseeds are rich in essential fatty acids that can reduce the severity and frequency of migraines, especially when used over time. Chromium GTF helps reduce the length and severity of migraines, especially those caused by hypoglycemia, blood sugar dysregulation, and emotional stress. **(continued on next page)**

Migratrol (con't)

Feverfew leaves have anti-inflammatory and antiplatelet properties, providing relief from migraines and can also be used prophylactically. Liver tissue supports blood sugar regulation and enzyme production, which can contribute to migraines. Magnesium deficiency is often associated with migraines and Migratrol provides a near-ionic form of magnesium for optimal absorption. Niacinamide acts as a vasodilator, improving blood flow and reducing migraines. Pituitary glandular has long been used for headache relief, as the pituitary gland is closely associated with migraines. Thyroid glandular support thyroid function, which plays a role in migraine development. Lastly, vitamin B-2 has been shown to reduce headache scores in migraine sufferers.

Proper hydration and avoiding trigger foods are recommended. Artificial sweeteners, caffeine, alcohol (especially red wine), chocolate, processed meats (high sodium), and MSG (monosodium glutamate) are the top offenders.

M I N E R A L T R A N S P O R T

Therapeutic Dosing Range	Indications for Use:	Complementary Products:
2-4/day DF, GF, V	Sympathetic dominance, sleep latency, tachycardia, dehydration, muscle cramps, acidosis, any need for alkaline ash minerals	Cal Mag Complex (FR) Vitamin Mineral (FR)

Commentary: Similar to Land and Sea Minerals, Mineral Transport contains alkaline ash minerals and is a mild calming formula. Mineral Transport contains higher levels of calcium and magnesium, from highly bio-available Biogurt and food sources, to balance muscle and nervous system tone. Alfalfa contributes chlorophyll, potassium, magnesium, calcium, iron and zinc. Kelp is a food high in minerals, especially iodine, which supports the thyroid.

Land and Sea Minerals contains more potassium, so could be used more for repletion. Mineral transport has a robust array of all alkaline ash minerals so is a better general support for calming the body, and particularly to support sleep onset and sympathetic dominance.

N A T T O K I N A S E

Therapeutic Dosing Range	Indications for Use:	Complementary Products:
1-9/day (Empty Stomach) For Gout - 9/day until symptoms break, then 3 per day for 4 weeks, combine with Green Vege Alkalizer (3/day) DF, GF, V	Circulatory issues, fluid stasis issues, fibrinolytic enzyme, cardiovascular disease, hypertension, gout, blood clots, respiratory conditions, radiation-induced lung damage	C Complex (FR) Cardio Power (FR) Green Vegetable Alkalizer (FR)

Commentary: Nattokinase is an enzyme that is derived from natto, a traditional Japanese fermented food made from soybeans. Nattokinase is capable of directly activating pro-urokinase (endogenous) and breaking
(continued on next page)

Nattokinase (con't)

down fibrin, a protein involved in blood clot formation. It assists in the body's fibrinolytic activity, supports cardiovascular and respiratory health, and healthy circulation.

Fibrinolysis is a natural process in the body that helps dissolve blood clots. The term fibrinolytic refers to substances or processes involved in breaking down fibrin, a protein that forms the basis of blood clots. This enzyme is a subtilisin-like serine protease composed of 275 amino acid residues. It supports blood thinning purposes, thrombosis, and certain eye health issues.

Nattokinase can reduce the viscosity of mucus, making it easier to cough up and clear from the lungs. This is particularly beneficial for individuals with conditions like chronic bronchitis or obstructive pulmonary disease (COPD) where mucus buildup can be a major problem. It may also assist with lung inflammation present in so many conditions [[Hao Wu, Qian Zhang, Hao Suo, Feng Xu, Wanxu Huang, Dan Ohtan Wang, Nattokinase as a functional food ingredient: therapeutic applications and mechanisms in age-related diseases, Food Science and Human Wellness, Volume 13, Issue 5, 2024, Pages 2401-2409, ISSN 2213-4530](#)].

Consider Nattokinase as a specialized supplement in comprehensive protocols addressing circulatory health, particularly for patients seeking natural alternatives to pharmaceutical blood thinners or those with family history of cardiovascular concerns.

N E R V E C H E X B

Therapeutic Dosing Range	Indications for Use:	Complementary Products:
2-6/day DF	Anxiety, stress, nervousness, insomnia, general mood support, hyperkinetic children	Anxie-Tone (FR) B Stress Complex (FR) Restful Mind Support (FR)

Commentary: Nerve Chex B contains food source B & C vitamins and minerals, and organ tissue to support a healthy stress response, particularly vitamins B2, B6 and B3, which are calming fractions of the B vitamins. This formula is a moderate calmative.

Vitamin C is necessary for proper adrenal function and cortisol response. Organ specific glandulars in this formula, like bovine tissue from brain, hypothalamus, liver, spleen and orchic help modulate and balance moods.

Calcium and magnesium play complementary roles in muscle and mind relaxation. While calcium is crucial for muscle contraction, magnesium is essential for muscle relaxation and can be helpful for mind relaxation by helping to regulate neurotransmitters that influence mood and promoting a sense of calm. It can also help with sleep by balancing calming neurotransmitters like GABA and regulating melatonin production.

This product could serve as a foundational tool in protocols of both acute and chronic nervous system challenges, particularly for patients seeking natural alternatives to conventional anxiolytic medications.

O M E G A 3 / E P A / D H A

Therapeutic Dosing Range	Indications for Use:	Complementary Products:
1-3/day DF, GF	Inflammation, high blood pressure, high triglycerides, heart arrhythmias, asthma, allergies, joint discomfort, fetal brain development, depression, TBI, stroke, ADHD, poor memory, dementia	Calcium or Cal-Mag Complex (FR) Cholester-Right (FR) Complete Brain Health (FR) Turmeric-Boswellia C (FR)
<i>This product is foundational and has a large list of complements.</i>		

Commentary: Omega 3/EPA/DHA are essential fatty acids that help to maintain memory function, heart health, and support emotional responses and moods.

Omega 3/EPA/DHA contains oil from the wild herring fish that has been molecularly distilled to remove impurities (heavy metals, dioxins, etc.), saturated fats, and other undesirable organic compounds. Molecular distillation is gentle with exceptionally low heat and is performed in a vacuum to further reduce heat requirement. No other alterations to the natural structure of the oil have been made. Herring also boasts more omega-3 fatty acids than either salmon or tuna and contains less mercury than other omega-3-rich fish, like tuna, king mackerel, swordfish and halibut [[Cleveland Clinic Health Essentials, May 18, 2020](#)].

Fish oil has been shown to cleanse the heart and blood vessels, thereby supporting healthy circulation, aiding in the prevention of blood clots, and helping to maintain regular heart rhythm. It has also been shown to reduce the risk of coronary heart disease. DHA and EPA help strengthen cellular membranes and support healthy inflammatory response and immune system function.

Expectant mothers need plenty of DHA in their diets to ensure proper brain development for their babies. Growing babies will receive DHA from the mother's blood in the placenta and umbilical cord. DHA is a major building block of the brain, especially before birth. It is also vital for the proper development and function of the eyes.

EPA is the first choice for strong anti-inflammatory action. Consider this when patients are using a corticosteroid, as EPA works similarly by competing for the same enzyme used to release Arachidonic Acid from the cell membrane. Conditions such as asthma, allergies and autoimmune conditions can benefit from these strong anti-inflammatory properties. EPA is critically important for brain inflammation. This includes depression, TBI, stroke, ADHD, and brain other brain insults.

Each Omega 3/EPA/DHA gelcap is 1000 mg of of wild herring fish oil which translates to approximately 300+ mg of Omega-3 fatty acids. Patients would need to eat approximately 2-3 servings of fatty fish per week, and depending on the specific type of fish, this would be roughly 500 mg per day. A good serving is 6 ounces of cooked salmon twice per week. Most of the available research for known health indicators suggests daily therapeutic doses of 2000-3000 mg of fish oil per day for 12 weeks to reach maximum benefit.

There is no evidence that omega oils increase bleeding time. <https://omegaquant.com/omega-3-and-bleeding-risk/>.

O R G A N I C M U S H R O O M S

Therapeutic Dosing Range	Indications for Use:	Complementary Products:
2-4 daily	Immune, neurological, gastrointestinal, and cardiovascular challenges, mind, mood & cognitive concerns, lipid dysregulation, blood sugar regulation, anti-aging, general wellness product	Dual Vitality (FR) Complete Brain Support (FR) Herbal Antioxidant (FR) Intestinal Support (FR) Thymo-Immune (FR)
Long-term product, optimal results achieved after 1 year of use DF, GF, V		

Commentary: Organic Mushrooms is a combination of six mushrooms from fruiting bodies that naturally provide a significant dose of beta glucans, targeting multiple systems and broad support. This product can be added to most protocols to enhance results over the long-haul.

The mushrooms contained in this blend are produced by Nammex, a gold standard medicinal mushroom grower. Beta glucans are a special class of indigestible polysaccharide fibers. They are found not only in mushrooms but also in plants such as oat and barley. These substances increase host immune defense by activating complement systems, enhancing macrophages and natural killer cell function. In addition, these mushrooms are loaded with natural antioxidant support. They support immune, neurological, gastrointestinal, cardiovascular and cognitive health, as well as healthy blood sugar and mood. After polysaccharides, the second-most important active ingredients in functional mushrooms are terpenoids. Terpenoids are mushrooms' largest group of anti-inflammatory compounds and are present in Reishi, Chaga, and Lion's Mane.

Certain mushrooms contain ergothioneine. Ergothioneine (ERGO) is a naturally occurring amino acid and potent antioxidant with a sulfur-containing structure (a thiourea derivative of histidine). It is not produced by the human body but is obtained through the diet, primarily from mushrooms, and is considered a "longevity vitamin" by some researchers due to its potential to mitigate chronic diseases of aging, such as neurodegenerative disorders, cardiovascular issues, and oxidative stress-related conditions. It preferentially accumulates in tissues exposed to high oxidative stress (e.g., liver, kidneys, brain, red blood cells) via a specific transporter (SLC22A4), suggesting a critical role in cellular protection.

This product supplies a healthy blend of the following medicinal mushrooms:

- Organic Chaga (*Inonotus obliquus*) - possesses antioxidant, hypoglycemic, and hypolipidemic activities
- Organic Cordyceps (*Cordyceps militaris*) - immunomodulation, antioxidant, and anti-aging properties
- Organic Lion's Mane (*Hericium erinaceus*) - supports cognition, moods, healthy nerves, and sleep, naturally contains vitamin D, folate, zinc, and other nutrients
- Organic Reishi (*Ganoderma lucidum*) - supports antioxidant, immunomodulatory, neurological, and blood sugar activities,
- Organic Shiitake (*Lentinula edodes*) - anti-inflammatory properties, supports healthy gastro-intestinal system, naturally contains vitamin D, folate, zinc, and other nutrients
- Organic Turkey Tail (*Trametes versicolor* in an 8:1 concentrate) - supports a healthy immune system and gastrointestinal tract

*Doctors' Research provides a technical data sheet for this product. Subscribe to [Digital Downloads](#) to access this resource, or contact Doctors' Research or your local rep.

P A R A - D Y S B I O - Z Y M E

Therapeutic Dosing Range

1-4 capsules, 2-3 times per day
(not to be used during pregnancy
or lactation)
DF, GF, V

Indications for Use:

Parasites and related digestive problems

Complementary Products:

Biofilm Detox (FR)
Intestinal Support (FR)
Probio-Zyme-YST (FR)

Commentary: Para-Dysbio-Zyme is a combination of foods, food extracted enzymes and herbs designed to support a healthy gastro-intestinal system and intestinal tract and supply anti-parasitic proteolytic enzymes, foods and herbs. Parasites can deplete various nutrients, including vitamins (A, B6, B12), minerals (iron, calcium, magnesium), and protein, impacting a host's nutritional status and overall health.

Parasites, once considered to only be a problem in the developing world, increasingly are becoming problems in the more industrialized countries. Parasitic pathogens cause a wide spectrum of potentially debilitating symptoms as well as malabsorption. The severity and duration of these symptoms are determined by complex interactions between parasite factors such as virulence and antigenic variation. Parasites can cause a variety of health and digestive problems. Products containing plants such as fig powder and almonds have long been recommended for intestinal complaints where parasites could be a factor such as flatulence, abdominal pain and tenderness, epigastric gnawing and distress, nervousness, loss of weight, constipation or diarrhea, irregular fever, pruritus, nausea, vomiting, mucous and blood in stools.

Almond meal has long been used in anti-parasitic formulas. Raw almonds, like other raw seed products, contain enzyme-inhibitors as well as enzymes. Enzyme inhibitors not only help seeds to not sprout prematurely; they also allow substances to pass further into the intestines without being as digested as items without enzyme inhibitors. Almonds have a demulcent effect.

Black Walnut is used for gastrointestinal catarrh and as a blood purifier. Walnut is astringent and fungistatic. The juglone content in the walnut hulls has been linked to mutagenic action.

Bromelain has putative anti-inflammatory, immunomodulatory, antidiarrheal, anticarcinogenic and wound healing action. Bromelain's digestant ability is based on its ability to hydrolyze proteins to oligopeptides and amino acids. It has been shown to increase CD2-mediated T cell activation, to enhance antigen-independent binding to monocytes and to increase interferon. Animal studies confirm its effectiveness against *Escherichia coli*.

Burdock may have had antibacterial, antineoplastic, antioxidant, antiretroviral, and anti-inflammatory properties. Preparations of burdock root are used for ailments of the gastrointestinal tract, as a diaphoretic and diuretic, and for blood purifying.

Cellulase is an enzyme which is helpful for digesting cellulose which is contained in most plants. Cellulase is used as a digestive aid and for the management of flatulence.

Cloves have long been used to help combat parasites as well as antibiotic resistant bacteria and various viruses.

Carrots supply carotenoids such as beta-carotene, a vitamin A precursor, which helps strengthen the immune system. Scientists in India have discovered that carrots afford significant protection for the liver as they contain
(continued on next page)

Para-Dysbio-Zyme (con't)

substances which increase the activity of several enzymes that speed up detoxification of the liver and other organs.

Fig juice powder has long been used in anti-parasitic formulas. Ripe figs when fresh contain an enzyme to digest worms, so a fig on a tree never has a worm in it. In China, figs are used for dysentery and enteritis.

Garlic detoxifies the body and protects against infection by enhancing immune function. Garlic kills bacteria and has antimicrobial activity against many types of bacteria, fungi, and even viruses.

Goldenseal contains a substance known as berberine, which has shown antimicrobial activity against bacteria, protozoa, and fungi. It has been found to stop diarrhea.

Grapefruit seed extract is highly effective against viruses, protozoa, bacteria, and yeast, and has been used for quite some time in other countries for the treatment of parasites. A study found that grapefruit seed extract was effective in inhibiting *Escherichia coli* O157:H7 and *Salmonella*.

Lipase is an enzyme which helps digest lipids. In parasitic infections, lipase levels tend to reduce, thus lipase support can help insure a healthier intestinal environment.

Sweet Wormwood is also called Sweet Annie or *Artemisia annua*. Its antiprotozoal activity is especially effective against *Giardia*, but some caution is advised. It can initially cause a worsening of symptoms, allergic reactions, and some intestinal irritation. It is often used with grapefruit seed extract and other herbs and it can also be used in conjunction with conventional drug therapy. Artemisinins are extracted from sweet wormwood (*Artemisia annua*) and are the most potent antimalarials available, rapidly killing all asexual stages of *Plasmodium falciparum*. Artemisinins are sesquiterpene lactones widely used to treat multidrug-resistant malaria and other parasites.

P A R A T H Y R O I D P L U S

Therapeutic Dosing Range

3-6/day
DF, GF

Indications for Use:

Calcium deficiency, calcium utilization difficulties, osteoporosis, high blood calcium levels, and parathyroid dysfunction

Complementary Products:

Calcium Complex (FR)
Cal-Mag Complex (FR)
D-Complex (FR)
Calcium Lactate + (BS)

Commentary: This combination of vitamin D, calcium, magnesium, and bovine parathyroid glandular helps to enhance the absorption of calcium. It also contains biogurt (*Lactobacillus bulgaricus*) for improved calcium metabolism.

The parathyroid gland helps maintain blood calcium levels by controlling the body's calcium and phosphorous levels. Parathyroid hormone is the peptide hormone with the opposing effect of calcitonin (secreted by the thyroid - see Thyroid EMG). It is produced by the parathyroid gland in response to low calcium concentrations in the blood. Therefore, the main function of parathyroid hormone is to increase the calcium level in the blood. It stimulates osteoclasts, which are the cells responsible for bone resorption. Also, it releases calcium ions to the blood, increasing its concentration. **(continued on next page)**

Parathyroid Plus (con't)

One might check blood chemistry for parathyroid and thyroid function by checking serum calcium, parathyroid hormone (PTH) and/or calcitonin levels. This is for short-term use (typically 2-3 months). For long-term use, consider Calcium Complex or Cal-Mag Complex and an appropriate D Complex dose.

P I T U I T A R Y E M G

Therapeutic Dosing Range

3-6/day
DF, GF

Indications for Use:

Endocrine system dysregulation, childhood growth impairment, metabolic disorders, delayed healing response, chronic GI conditions, nervous disorders, Crohn's disease, colitis, all autoimmune dysfunction that involves the pituitary

Complementary Products:

Hypothalamus EMG (FR)
Intestinal Support (FR)
Simply Hypothalamus (FR)

Commentary: Pituitary EMG contains an Enzomorphogen extract which is uniquely derived to support cellular health and is intended to supply nutrients needed to maintain and support optimal pituitary health (*see Doctors' Research Intro for more information about Enzomorphogens*). The pituitary is a major endocrine gland and is responsible for numerous hormones, including those that regulate thyroid function and reproductive health.

The pituitary gland is also the master communication gland, often responsible for passing on signals from the hypothalamus to various organs and glands. Pituitary support should be considered for any difficult endocrine or digestive cases with unresolved symptoms. In many cases the organ or gland involved in a specific health condition may be functioning fine but not receiving proper messages to start a specific process, action, or to help correct a specific health issue.

P R O - E N Z Y M E S

Therapeutic Dosing Range

2-6+/day
GF, V

Indications for Use:

Maldigestion of proteins, fat and carbohydrates, diarrhea or constipation, flatulence, digestive enzyme insufficiency

Complementary Products:

DigestiPan (FR)
Magnesium Complex (FR)
Para-Dysbio-Zyme (FR)

Commentary: Pro-Enzymes combines vegetarian enzymes, herbs, fiber, naturally occurring food minerals and probiotics for a balanced vegetarian digestive product.

Pro-Enzymes provides amylase for digesting starches and related carbohydrates and cellulase which is helpful for digesting cellulose which is contained in most plants. Glucomylase is an enzyme for digesting maltose and is responsible for the hydrolysis and absorption of short polymers of glucose. [*Clin Pedr* 1944:675-682] Invertase is an enzyme for digesting sucrose and lactate is for digesting lactose. Lactobacillus
(continued on next page)

Pro-Enzymes (con't)

acidophilus is a probiotic which helps increase intestinal flora and thus improve the colon's environment [Clin Nutr, 2001;20 (Sup 1): 41-45] Lipase is an enzyme which helps digest lipids (fats) and protease helps digest proteins.

Beet root provides fiber and is used as supportive therapy in diseases of the liver and fatty liver. Caraway provides fiber and is used for gastrointestinal cramps, flatulence and feeling of fullness, as well as nervous cardiac-gastric complaints. Gentian Root is an herb which provides fiber and is used to stimulate bile secretion and alleviate loss of appetite, fullness and flatulence. Ginger Root contains fiber, can reduce nausea, promotes secretion of saliva, gastric juices and bile, and can facilitate stomach emptying.

In addition, magnesium, manganese and potassium are minerals naturally found in the foods contained in Pro-Enzymes.

P R O B I O - Z Y M E - Y S T

Therapeutic Dosing Range

3-6/day
V

Indications for Use:

Candida, diarrhea, constipation, post anti-biotic or general microbiome dysregulation, SIBO, GI tract infection

Complementary Products:

Thymo Immune (FR)
Intestinal Support (FR)

Commentary: Probio-Zyme-YST contains a variety of prebiotic, probiotic, and anti-fungal herbal ingredients.

Products like it have long been used as intestinal detoxicants [J Gastroenterol Hepatol. 2007 Aug;22(8):1199-204]. Combining pre- and pro-biotics seems to enhance effectiveness. Dr. Royal Lee stated that the most common cause of diarrhea is intestinal bacterial and fungal imbalance after antibiotic use. [Lee R. Diarrhea. Therapeutic Food Manual. Circa 1950]

Beet with specially processed *Tillandsia usneoides* have been claimed to support, "gastro-Intestinal symptoms (diarrhea, constipation, malassimilation, heartburn, etc.)" [J Gastroenterol Hepatol. 2007 Aug;22(8):1199-204]. Beet root contains substances, like fiber and natural sugars, that can have prebiotic properties. It has long been used in yeast-type formulas.

Cabbage, which contains vitamin U, protects the mucous membrane of the stomach from gastric hydrochloric acid. Caprylic acid has antifungal properties and when given orally by capsule antagonizes *Candida* colonization of the small intestine [J Orthomol Med, 2004;19(1):11-20]. Cellulase digests cellulose, which acts as prebiotic material and hence helps increase the probiotics in the body. Cellulase is used as a digestive aid and for the management of flatulence.

Cinnamon has antimicrobial and antifungal properties [Am J Chin Med. 2006;34(3):511-522]. Citrus seed extract is highly effective against viruses, protozoa, bacteria, and yeast. Clove oil is used internally for stomach ulcers, halitosis, flatulence, colic, gastropathy, and anorexia and has demonstrated antimicrobial activity towards *Candida*. **(continued on next page)**

ProBio-Zyme-YST (con't)

Garlic has demonstrated anti-microbial properties and has been used for gastrointestinal ailments, particularly digestive disorders with flatulence and gastrointestinal spasms.

Jerusalem artichoke contains inulin that has health-promoting prebiotic effects.

Lactobacilli are the predominant microorganisms of the vaginal bacterial microbiota, and they play a major role in the maintenance of a healthy urogenital tract. Lactobacillus acidophilus and Lactobacillus casei have been shown to effectively treat chronic diarrhea [[Medicina \(B Aires\)](#)]. Multiple lactobacilli, such as in ProBio-Zyme-YST are normally preferable for supplementation and are also used for those with vaginal yeast infections and vaginal bacterial infections [Lee]. Lactose is considered to be a prebiotic and has been used as part of an antidiarrheal, anti-yeast formula for decades—presuming those taking it are not lactose intolerant.

Olive Leaf Concentrate compounds have successfully repelled the growth of Candida albicans, Escherichia coli, Klebsiella pneumoniae, Bacillus cereus, Aspergillus flavus and Aspergillus parasiticus [[Mycoses.2003; 46\(3-4\): 132-136](#)].

Psyllium has been found to be useful for chronic constipation and some forms of diarrhea.

Saccharomyces Boulardii is a probiotic, which by itself, or in conjunction with other probiotics has been found effective for diarrhea. Wheat germ can be helpful as “ingestion of probiotics and wheat germ assists in parasite clearance” [[Altern Med Rev. 2003 May;8\(2\):129-42](#)].

Wheat germ seems to possess one or more elements that have antifungal properties [[Phytochemistry. 2001 Nov;58\(5\):743-50](#)].

Wild Oregano Oil, Origanum vulgare, has been reported to have effectiveness against yeast infections, parasites, bacteria, and viruses. Studies show oregano completely inhibits the growth of C. albicans in culture and in other forms of systemic and superficial fungal growth, especially with an olive extract, similar to the action of Nystatin. Psoriasis and eczema may respond to wild oregano.

As the body begins to deal with dead microbes, one may experience a variety of detox symptoms. This occurs when invading organisms die. Common reactions include fatigue, diarrhea, headaches, muscle/joint achiness, flu-like symptoms or a rash. The best way to maximize the power of olive leaf extract and limit any adverse reaction is to drink four cups of water in between usages. Water helps to strengthen the lymphatic system and flush the kidneys. Die-off effect is only temporary. This also can be true for oregano and other substances.

R E S T F U L M I N D S U P P O R T

Therapeutic Dosing Range	Indications for Use:	Complementary Products:
3-6/day DF, GF	ADD/ADHD, sleep/circadian rhythm, stress and apprehension, unable to relax, mood swings, anxiety	Anxie-Tone (FR) Complete Brain Health (FR) Mineral Transport (FR) Nerve Chex B (FR)

Commentary: Restful Mind Support contains multiple glandulars, food source tryptophan, and lemon balm to ease stress and apprehension, support mood, well-being and relaxation, and healthy circadian rhythm.

Bovine ovary Cytotrophin helps to reduce anxiety and stress in both male and female patients. Bovine/ovine hypothalamus Cytotrophin supports the master gland to improve signaling to downstream glands. Pineal Cytotrophin supports healthy circadian rhythm. Bovine pituitary Cytotrophin supports the pituitary gland to receive signals from the hypothalamus and secrete hormones which control most other endocrine glands.

Bovine parotid Cytotrophin supports the parotid, which is a natural chelator of chemicals, but also tags nutrients and sends them to cells needing repair. Lemon balm is a mild sedative with anti-viral, anti-bacterial, and antioxidant properties. Its abilities to suppress palpitations, migraines, high blood pressure and enhance a calming effect are well documented. L-Tryptophan (food sourced) is an essential amino acid which enhances mood and sleep and has been shown to suppress appetite and help with weight loss. Tryptophan is needed for serotonin and melatonin production, is a niacin precursor, necessary for immune regulation and gut health and motility.

S E L E N I U M E

Therapeutic Dosing Range	Indications for Use:	Complementary Products:
1-3/day Upper limit of Selenium is 400 mcg/day DF, GF, V	Tissue damage, connective tissue disorders, pituitary imbalance, sex hormone imbalances, viral infections, cardiovascular needs and post operative healing, oxidative stress	Feminine Advantage (FR) Metabolic Thyroid (FR) Thyroid EMG (FR)

Commentary: Selenium E is a vegan formula providing food-form selenium and vitamin E in their natural complexes rather than as isolated compounds, increasing bioavailability and retention advantages. Food-based selenium has demonstrated to be 2.26 times better retained in the liver and 1.22 times better absorbed in the blood than sodium selenite [Vinson JA, Bose P. Comparison of bioavailability of trace elements in inorganic salts, amino acid chelates, and yeast. Mineral Elements 80, Proceedings II, Helsinki, Dec 9-11, 1981]. Additionally, food-form vitamin E demonstrates up to 4.0 times the free radical scavenging strength of synthetic vitamin E forms [Traber MG. Vitamin E. In Modern Nutrition in Health and Disease, 9th ed. Williams & Wilkins, 1999:347-362].

The three most common forms of selenium in supplements are sodium selenite, selenomethionine, and food selenium or selenocysteine, which is also the predominant form of selenium found in the body.

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Selenium E (con't)

A study using 247 mcg/day of high-selenium yeast found that plasma selenium levels were 2-fold higher than baseline values after 3 and 9 months and returned to 136% of baseline after 12 months, whereas there was a 32% increase in blood glutathione levels also seen after 9 months [[Cancer Epidemiol Biomarkers Prev. 2002;11:1459-1465](#)]. This change coincided with a 26% decrease in protein-bound glutathione and a 44% decrease in the ratio of protein-bound glutathione to blood glutathione. The changes in glutathione and protein-bound glutathione were highly correlated with changes in plasma selenium levels and were believed to reflect a reduction in oxidative stress, thus it appears that food selenium is a much stronger antioxidant than non-food forms.

Oxidative stress can result in the production of glycation end-products that tend to also accumulate in the brains of those who develop Alzheimer's or similar forms of dementia. Selenium seems to support thyroid hormone production, function as part of many enzymes, have antioxidant effects, and supports cardiovascular health. It has been reported that yeast selenium seems to reduce toxicity associated with cisplatin chemotherapy [[Bio Trace Element Res, 1997;56:331-341](#)] and cancer mortality in some [[JAMA, 1996; 276:1957-1963](#)]. Based on animal research, Dr. David Williams claims that selenium is "better than a flu shot", because selenium-deficiency "may cause a harmless strain of the flu virus to mutate into a virulent pathogen" and that selenium may reduce lung-damage associated with the flu. Chinese scientists found similar results. [<https://doi.org/10.1016/j.envres.2021.110984>].

Selenium is necessary for iodine metabolism and has been suggested to regulate thyroid hormone. It helps in the conversion of thyroxine (T4) into triiodothyronine (T3). Food source selenium also contains the protein chaperones needed to absorb into cells.

Vitamin E is necessary for the optimal development and maintenance of the nervous system as well as skeletal muscle. Vitamin E deficiency can lead to certain anemias, nutritional muscular dystrophy, reproductive problems, and hyperlipidemia. Vitamin E has been shown to reduce the risk of various cancers, coronary heart disease, cataract formation, and even air pollution. It also is believed it may slow the aging process and decrease exercise-induced oxidative stress. The body regulates plasma vitamin E through a specific liver alpha-tocopherol transfer protein, whereas it has no such protein for other vitamin E forms- in other words, the liver produces a protein to handle vitamin E found in food, but not for the synthetic forms.

GLANDULAR NUTRITIONAL THERAPY OVERVIEW

Food Research has been invested philosophically in supplemental gland therapy from the onset. Glandular therapy is an alternative medicine approach that uses animal tissues and organs, typically from cows, sheep, or pigs, to treat various medical conditions. The core idea is that these tissues contain hormones, enzymes, antibodies, and other substances that can aid in the healing or improved functioning of the corresponding human organ or system.

Studies suggest potential benefits in treating autoimmune diseases, possibly through oral tolerance mechanisms that modulate or even downregulate the body's immune response to antigens.

Grass-fed and pastured glandular supplements are nutritional products containing glandular tissues (like thymus, adrenal, thyroid) from animals raised naturally on pasture with plenty of fresh air and sunshine. Supplements made from these glands have concentrated nutrients potentially aiding in immune function, stress response, and overall vitality.

Important differentiators for Food Research glandular supplements:

- All glandular tissues are sourced from cows (bovine) free ranging in Australia, New Zealand or Argentina. These countries are known for their stringent regulations regarding animal farming practices. Some products may contain sheep (ovine), goat, or wild fish glands or tissues, as indicated.
- Most glandular ingredients have been freeze-dried (lyophilized) to ensure they contain their natural enzymes, peptides, and hormone precursors. This is the case with the Simply line of products. This process involves immediately freezing the material and then vaporizing moisture directly from the solid state, which helps maintain the integrity of the gland tissue.
- Bovine glandulars are often referred to as Cytotrophins, meaning cell foods. The freeze-dried glands of the Simply line are all Cytotrophins. Other bovine glandular extracts in the Food Research products are known as enzomorphogens (EMGs). EMGs glands are also sourced from Australia, New Zealand and Argentina, however, their unique processing only contains about 10% of the freeze-dried gland (see next page).
- Glandular products can be taken with meals, although some practitioners prefer traditional dosing on an empty stomach for better utilization.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

SIMPLY – FREEZE – DRIED WHOLE GLANDS

Food Research offers 14 single gland supplements in freeze-dried form. These organs retain the complete nutrient profile of the original food - enzymes, amino acids, minerals, and vitamins related to the corresponding organ or gland, including valuable cofactors and supporting nutrients. They are a good source of B vitamins (including B12, crucial for energy production), iron (supporting red blood cell formation and energy levels), zinc (important for immune function), copper, and vitamin A. Freeze-drying also increases bioavailability, an important benefit for gut challenged patients.

Potential Benefits of freeze-dried glandular supplements:

- Increase energy levels
- Enhance immune system
- Improve brain health and cognitive function
- Support heart health
- Optimize muscle growth and recovery
- Improve skin, hair, and nail health
- Simple and clean supplement for pregnant women with no contraindications

ENZOMORPHOGENS (EMGS)

The term Enzomorphogen (EMG) is descriptive product name for Food Research's uniquely derived glandular products that support cellular health. Hypothalamus, Pituitary, Thymus, and Thyroid are all provided in EMG formulation. Often times, the EMG glandular product is gentler on sensitive patients and can be used for long-term support. When an EMG is available, it should be considered for the elderly, children, or frail/ill patients.

Morphogens are substances that govern the pattern of tissue development in the process of morphogenesis, while enzymes are biological catalysts that speed up chemical reactions. The term "enzomorphogen" suggests a potential intersection of these two areas, inferring how enzymatic activity influences the formation and differentiation of tissues during development.

Enzymes are biological catalysts that facilitate numerous processes within the body, including metabolic, catabolic, and digestive functions. They are often specific to the organ or tissue from which they originate, meaning enzymes from a specific gland can help support the function of the corresponding gland in the human body.

Both Simply and Enzomorphogen products are safe during pregnancy and lactation and should not be contraindicated with Rx.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

 SIMPLY ADRENAL

Therapeutic Dosing Range

2-6/day

DF, GF

*Use Ragland's, Pupillary**Response or Adrenal Stress**Profile to collect info about level of adrenal fatigue.***Indications for Use:**

Exhaustion, fatigue, hypoadrenia, high stress or burnout, low blood pressure, dizziness when rising or standing, chronic illness or allergies, Addison's Disease

Complementary Products:

B Stress Complex (FR)

C Complex (FR)

High Stress Adrenal (FR)

Vegetarian Adrenal (FR)

Commentary: Simply Adrenal is a bovine adrenal Cytotrophin (cell food) from whole freeze-dried glands, containing nutritional amino acids, peptides, enzymes, vitamins and minerals, and substances believed to be hormone precursors that support normal adrenal gland function.

It is used for people under stress, fatigued, having difficulty getting up in the morning, those having adrenal stress headaches, abnormal cravings for salt, as well as postural hypotension or adrenal insufficiency. This could include individuals with weak immunity, poor wound healing, chronic fatigue and vertigo.

If your patient is only taking glandular supplements, it would be advisable to add Vitamin-Mineral tablets to ensure that nutrients needed for adrenal repair and restoration are present. Adrenals have a particularly high vitamin C concentration and increased nutritional requirements during periods of stress. Some practitioners consider this product to be a short-term product (30-90 days), however, patients with chronic illness or under a tremendous amount of unchangeable stress may benefit from a low daily dose.

 SIMPLY CARDIO

Therapeutic Dosing Range

2-6/day

DF, GF

Indications for Use:

Muscle loss, cardiac atonicity, low blood pressure, low heart rate, poor athletic performance, poor circulation, indicators on Heart Sound Recorder

Complementary Products:

Cardio Power (FR)

CO-Q10 Cardio (FR)

Omega 3 EPA/DHA (FR)

Selenium E (FR)

Commentary: Simply Cardio is a bovine heart Cytotrophin (cell food) from whole freeze-dried glands, containing nutritional amino acids, peptides, enzymes, vitamins and minerals, and substances believed to be hormone precursors that support normal heart function.

Heart tissue is sometimes used by people with low blood pressure, overwhelming fatigue, people who need strength, people who feel cold, and athletes interested in improved performance. It is best not to take heart tissue after 2 pm as any heart glandular support product can affect sleep if taken late in the day [Thiel R. Serious Nutrition for Health Care Professionals, 2nd ed. Heart tissue, if appropriate, tends to show its benefits rather quickly (within a week or two for most people), however this varies. Heart tissue has historically been used as an aid in glucose uptake and the manufacture of ATP. Bovine heart tissue naturally contains CO-Q10.

If your patient is only taking glandular supplements, it would be advisable to add Vitamin-Mineral tablets to ensure that nutrients needed for heart repair and restoration are present. The heart is a huge consumer of nutrients and additional B vitamins may be helpful, as well as Omega 3s.

SIMPLY FEMALE

Therapeutic Dosing Range	Indications for Use:	Complementary Products:
3-6/day DF GF	HPA axis, Female hormone imbalances Fertility issues, Support after HRT. Female endocrine system. Thyroid.	Feminine Advantage Hypothalamus EMG Simply Mammary

Commentary: **Simply Female™** supports the HPA Axis, the reproductive organs and the thyroid gland. Simply Female offers complete glandular support for the neuroendocrine system, the endocrine system and the reproductive system.

Simply Female™ contains glandular support for the ovaries, fallopian tubes, uterus and cervix. While the ovaries are involved in reproduction and hormone production, bovine ovarian tissue has been advised to help women sleep at night, reduce the production of acne, improve mood, sometimes aid in menopausal issues and for some women, increase fertility.

The fallopian tubes are a pair of hollow, muscular ducts located between the ovaries and uterus. Each Fallopian tube is a channel between the ovaries which are involved with reproduction and menstruation. Estrogen causes the ciliated epithelial cells that line the fallopian tubes to increase.

Bovine uterus extracts have long been used for women with leucorrhea, uterine cysts, fibroids, uterine displacement, excessive or scanty mense, some types of sterility, menstruation cramps, prolapse uterus. Some practitioners have found uterine glandulars to be helpful for female moods.

The cervix is the lower, narrow canal part of the uterus, connecting it to the vagina. It plays a vital role in menstruation, fertility, pregnancy, and childbirth. The cervix allows fluids to leave and enter the uterus.

The HPA Axis is comprised of three glands: The hypothalamus is a structure deep within your brain.

The hypothalamus keeps your body in a balanced state (homeostasis). The hormones [it produces] can control body temperature, water balance, appetite, gastric activity, and the fear and rage emotions.

The hypothalamus can also increase feelings of tranquility.

The pituitary gland is a small endocrine gland located at the base of the brain below the hypothalamus.

It makes several essential hormones and regulates other endocrine glands management.

The Pituitary gland secretes human growth hormone, adrenocorticotrophin, thyroid-stimulating hormone, follicle-stimulating hormone, luteinizing hormone, antidiuretic hormone (also called vasopressin), and oxytocin. Beef pituitary glandulars have been recommended for fatigue, stress intolerance, digestive complaints, metabolic disorders, headaches, obesity, delayed healing response, and nervous manifestations [9]. Some have also recommended it to help with sleep as well as seasonal affective disorders.

The adrenal glands secrete androgens, which in a woman's body can be converted into estrogen, along with cortisol (which controls aspects of metabolism) and aldosterone. They also produce mineralocorticoids (involved in electrolyte balance) and glucocorticoids (involved in blood sugar regulation). Adrenal glands secrete epinephrine and norepinephrine in response to sympathetic stimulation. "More than 30 steroids have been isolated from the adrenal cortex". Adrenal glandular support is often used by people who are under stress, fatigued, having difficulty getting up in the morning, who have adrenal stress headaches or have an abnormal craving for salts.

Finally, **Simply Female™** also contains bovine **thyroid** tissue (note: bovine thyroid glands are thyroxine - free, thus do not result in a shutting down of the thyroid gland when taken). Thyroid tissue is used by people with symptoms associated with low thyroid such as afternoon tiredness, poor circulation, poor temperature tolerance, headaches, low metabolism, diminished female libido, weight concerns, and sometimes dry skin. After a short adjustment period many people will find that they crave less junk food, caffeine, and similar items less but instead crave more water, fruits, and even vegetables.

S I M P L Y H Y P O T H A L M U S

Therapeutic Dosing Range

2-6/day
DF, GF

Indications for Use:

Endocrine, neurological and hormonal disorders, unresponsive/unchanged endocrine therapies, OCD/ADD, anxiety, negative moods, brain function/injury, overeating

Complementary Products:

Gluco-Sugar Balance (FR)
Omega 3 EPA/DHA (FR)
Pituitary EMG (FR)

Commentary: Simply Hypothalamus is a bovine hypothalamus Cytotrophin (cell food) from whole freeze-dried glands, containing nutritional amino acids, peptides, enzymes, vitamins and minerals, and substances believed to be hormone precursors that support normal hypothalamus gland function.

The hypothalamus is the body's master endocrine gland. It directly or indirectly controls nearly all the hormonal processes in the body and supplies the building blocks to feed and support healthy hypothalamic function.

It is also responsible for the integration of many basic behavioral patterns involving neural and endocrine function and its releasing hormones control the secretions of the anterior pituitary. The hypothalamus synthesizes the hormones oxytocin, which is involved in milk secretion and uterine motility, and antidiuretic hormone (ADH) also known as vasopressin which plays a crucial role in regulating water balance in the body by controlling the amount of water reabsorbed by the kidneys.

The hypothalamus also plays a pivotal role in the body's "satiety center." In 1940, pioneering neuroscientist Dr. Paul Broca discovered that lesions in specific brain regions, including the hypothalamus, could lead to significant changes in an animal's eating behavior. Further research by Dr. John Brobeck, in the 1940s and 1950s, demonstrated that lesions in certain areas of the hypothalamus could cause animals to overeat excessively, leading to obesity, while lesions in other areas could suppress appetite, causing animals to eat less and lose weight.

While diet, exercise, and stress reduction will benefit all endocrine organs, a 2014 study in rats found that sleep deprivation was associated with hypothalamic dysfunction, and may also increase the risk of neurological disease [<https://www.healthline.com/health/hypothalamus>].

If your patient is only taking glandular supplements, it would be advisable to add Vitamin-Mineral tablets to ensure that nutrients needed for hypothalamus repair and restoration are present. Chromium has been shown to boost hypothalamus function and is present in Gluco-Sugar-Balance in a larger amount.

See **See Hypothalamus EMG** for further commentary.

S I M P L Y L I V E R

Therapeutic Dosing Range

2-6/day
DF, GF

Indications for Use:

Liver degeneration or disease, cirrhosis, hepatitis, enlarged liver, some forms of anemia, elevated liver enzymes, detox support

Complementary Products:

B Stress (FR)
Choline Complex (FR)
Liva Detox & Support (FR)

Commentary: Simply Liver is a bovine liver Cytotrophin (cell food) from whole freeze-dried glands, containing nutritional peptides, enzymes, vitamins and minerals, and substances believed to be hormone precursors that support normal liver function.

The portal vein and the hepatic artery deliver blood to the liver, which it filters and partially detoxifies several times per hour. The liver also contains Kupffer cells, which are large macrophages that can clean the blood of bacteria. In addition, the liver is the chemical factory of the body, so feeding the liver glandulars may assist in therapies that have not been previously effective. Liver glandulars seem helpful for many who have elevated liver enzymes, especially if given with detoxifying herbs like silymarin (milk thistle), red beet, and garlic. Historically, bovine liver has been used for enlarged livers, forms of anemia, and for support when chronic, degenerative diseases are present. The liver can expand and regenerate if given the right nutritional raw materials.

A healthy liver also supplies fat-soluble vitamins A, D, E & K to the bloodstream. These vitamins are released from the liver into the blood as needed. The liver also plays a role in the activation of vitamin D, converting it into its active form, calcitriol, which is necessary for calcium utilization. Simply Liver naturally provides all B vitamins.

If your patient is only taking glandular supplements, it would be advisable to add Vitamin-Mineral tablets to ensure that nutrients needed for liver repair and restoration are present, however, adding Magnesium Complex would help regulate liver enzyme function and supports detoxification, and magnesium (and calcium) are not profiled in Vitamin-Mineral.

S I M P L Y L U N G

Therapeutic Dosing Range

2-6/day
DF, GF

Indications for Use:

Chronic lower respiratory dysfunction, allergies, asthma, breathing irregularity, chest pain, congestion, cough, COPD, wheezing, COVID long-haul respiratory distress (breathlessness)

Complementary Products:

Aller-Lung Support (FR)
C Complex (FR)
Intracellular Defense (FR)
Magnesium Complex (FR)
Selenium E (FR)
Thymo-Immune (FR)

Commentary: Simply Lung is a bovine lung Cytotrophin (cell food) from whole freeze-dried glands, containing nutritional amino acids, peptides, enzymes, vitamins and minerals, and substances believed to be hormone precursors that support normal lung function. **(continued on next page)**

Simply Lung (con't)

Lung glandulars have been historically used to support healthy lung function in individuals with respiratory disorders like bronchitis, asthma, chronic coughs, and chest colds. It is also beneficial during convalescent stages of illnesses such as COVID, pneumonia, colds, and flu, as well as for pulmonary involvements due to accidents, industrial fumes, dust inhalation, and adrenal insufficiency.

Lungs play a key role in regulating blood pH by removing carbon dioxide, a volatile acid. Conditions like hypoventilation, where less CO₂ is exhaled, can lead to respiratory acidosis, where the blood becomes too acidic. Conversely, hyperventilation, where more CO₂ is exhaled, can lead to respiratory alkalosis, where the blood becomes too alkaline.

If your patient is only taking glandular supplements, it would be advisable to add Vitamin-Mineral tablets to ensure that nutrients needed for lung repair and restoration are present. For optimal lung health, focus on consuming nutrients like vitamins C and E, selenium, Omega-3 fatty acids and magnesium. Magnesium can help manage conditions like asthma and COPD, by relaxing and opening airways, reducing inflammation, and blocking chemicals that cause muscle spasms, potentially stooping asthma attacks.

S I M P L Y M A M M A R Y

Therapeutic Dosing Range

2-6/day
DF, GF

Indications for Use:

Mastitis, breast tenderness, nipple inflammation, tumors, breast lymph node enlargement, underdeveloped breasts, post-breast surgery recovery, support for breast milk supply, dense breast tissue

Complementary Products:

Calcium Lactate + (BS)
Feminine Advantage (FR)
Libida Life (FR)
Omega 3 EPA/DHA (FR)

Commentary: Simply Mammary is a bovine mammary Cytotrophin (cell food) from whole freeze-dried glands, containing nutritional amino acids, peptides, enzymes, vitamins and minerals, and substances believed to be hormone precursors that support normal mammary gland function.

The National Cancer Institute has extensively studied bovine mammary tissue to uncover its potential in preventing breast cancer in cows. The breasts play a crucial role in lactation and sexual response. Bovine mammary tissue has been recommended for various disorders related to female breasts, including nipple pain, lymph node enlargement, breast underdevelopment, mastitis, menstrual pain, nipple inflammation, congestion, and lactation difficulties. Calcium may play a role in breast lymphatic congestion in that it activates calcium channels and may improve lymph drainage. There is no evidence that one type of calcium is best, however, Dr. Royal Lee recommended calcium lactate and countless HCPs have used that form successfully.

If your patient is only taking glandular supplements, it would be advisable to add Vitamin-Mineral tablets to ensure that nutrients needed for mammary repair and restoration are present.

S I M P L Y O R C H I C

Therapeutic Dosing Range	Indications for Use:	Complementary Products:
3-6/day DF, GF	Hypogonadism, orchitis, infertility, testicular atrophy, gynomastia (enlarged breasts in boys/men), andropause (male menopause)	Vira-Bac-YST (FR) Wheat Germ Oil (FR) Zinc Complex (FR)

Commentary: Simply Orchic is a bovine orchic Cytotrophin (cell food) from whole freeze-dried glands, containing nutritional amino acids, peptides, enzymes, vitamins and minerals, and substances believed to be hormone precursors that support normal orchic/testicular function.

Orchic is another name for testicle, a male reproductive gland that produces sperm. Simply Orchic can support any testicular issue, including low libido, sperm count, testicle inflammation, etc. refers to the period of natural age-related decline in testosterone and growth hormone levels in men. It can also assist with age-related decline of hormones that leads to various symptoms and changes, similar to menopause in women. Some believe that supplementation with such glands can have a calming and balancing effect on the nervous system.

If your patient is only taking glandular supplements, it would be advisable to add Vitamin-Mineral tablets to ensure that nutrients needed for testicular repair and restoration are present.

S I M P L Y O V A R Y

Therapeutic Dosing Range	Indications for Use:	Complementary Products:
2-6/day DF, GF	Ovarian cysts, irregular menstrual symptoms, menopausal problems, hormone dysfunction, infertility, PMS symptoms, endometriosis, dysmenorrhea, delayed puberty/menstruation, PCOS	Feminine Advantage (FR) Pituitary EMG (FR) Wheat Germ Oil (FR)

Commentary: Simply Ovary is a bovine ovary Cytotrophin (cell food) from whole freeze-dried glands, containing nutritional amino acids, peptides, enzymes, vitamins and minerals, and substances believed to be hormone precursors that support normal ovary function.

Ovaries are female reproductive glands that produce reproductive cells and the hormones and estrogen and progesterone, which are essential for regulating the menstrual cycle, female characteristics, and pregnancy. For this reason, if hormones are declining or imbalanced, using Simply Ovary combined with nutrition and herbs that naturally support female hormone production would be the first step.

HCPs have been using ovarian glandular supplements for menstrual irregularities, including heavy bleeding and cramps for 70+ years with great clinical success, however, there is a lack of rigorous scientific studies demonstrating a direct cause-and-effect relationship between ovarian glandular supplements and improved menstrual regularity. In theory, Simply Ovary provides "like for like" nourishment to the cycling female

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Simply Ovary (con't)

endocrine glands AND to women with concerns related to monthly hormone changes due to aging.

Younger women may only need this product for a few months, however, “women of a certain age” who have low hormone levels naturally or due to conditions like a hysterectomy, may also benefit.

In additions, bovine ovarian tissue is sometimes used to help women sleep at night, reduce acne, improve mood, aid in menopausal issues, and for some women, increase fertility [Lee R. Ovary Cytotrophin in Product Bulletins, circa 1950]. The ovary glandular therapy has differing effects from thyroid glandular support (later doses may disrupt sleep), but many HCPs suggest ovarian glandular as a single dose before bed.

If your patient is only taking glandular supplements, it would be advisable to add Vitamin-Mineral tablets to ensure that nutrients needed for ovarian repair and restoration are present.

Note: Remember that unresponsive endocrine/hormone cases may also need to use Simply Hypothalamus or Hypothalamus EMG.

S I M P L Y P A N C R E A S

Therapeutic Dosing Range

2-6/day
DF, GF

Indications for Use:

Diabetes Type 1 and 2, insulin resistance, pancreatitis, hypoglycemia, pancreatic insufficiency, Celiac disease support

Complementary Products:

Digesti-Pan (FR)
Gluco-Sugar-Balance (FR)
Pro-Enzymes (FR)

Commentary: Simply Pancreas is a bovine pancreas Cytotrophin (cell food) from whole freeze-dried glands, containing nutritional amino acids, peptides, enzymes, vitamins and minerals, and substances believed to be hormone precursors that support normal pancreas function. Cytotrophic bovine pancreas tissue naturally contains amylase, lipase, protease, trypsin, and chymotrypsin enzymes.

The pancreas is instrumental in the regulation of blood sugar and is one of the most important organs related to a healthy digestive system. The endocrine pancreas is responsible for producing and releasing hormones like insulin and glucagon, and It's distinct from the exocrine pancreas, which produces about 8 ounces of digestive enzymes (in the form of a juice) each day. These enzymes include amylase, lipase, and proteases and are responsible for the breakdown of fats, carbohydrates and proteins. Bovine pancreas is often used to assist in the digestion of grains and other foods.

Recent studies suggest that pancreatic disease can be caused by or co-exist with celiac disease, potentially leading to both endocrine and exocrine changes in the pancreas. In some cases, a gluten-free diet may improve pancreatic function [[Celiac-associated pancreatic disease, Hugh J Freeman, PMID: PMC4923808](#)].

If your patient is only taking glandular supplements, it would be advisable to add Vitamin-Mineral tablets to ensure that nutrients needed for adrenal repair and restoration are present. Limit or avoid sugary drinks, processed foods, alcohol and refined carbohydrates, as they can contribute to inflammation and may increase the risk of developing diabetes, which can be a consequence of chronic pancreatitis.

S I M P L Y P A R O T I D

Therapeutic Dosing Range	Indications for Use:	Complementary Products:
2-6/day. DF, GF	Loss of taste or smell, heavy metal toxicity, dry mouth/eyes, mumps, lasting symptoms after viral infection, inflamed parotid, reaction to dental materials/removal, iodine overload, salivary issues	B Stress Complex (FR) Complete Smell & Taste (FR) Detox-N-Cleanse (FR) Vira-Chron (FR)

Commentary: Simply Parotid is a bovine thymus Cytotrophin (cell food) from whole freeze-dried glands, containing nutritional amino acids, peptides, enzymes, vitamins and minerals, and substances believed to be hormone precursors that support normal parotid gland function.

The primary function of the parotid glands is to produce saliva, which plays a crucial role in digestion and oral health. Specifically, they produce serous saliva, a watery fluid that contains the enzyme amylase and mucus, making it easier to swallow and breakdown starches.

The late Dr. George Goodheart felt that the consumption of parotid tissue aided in “biological tagging...When the parotid releases a specialized RNA into the saliva when a specific nutrient needed for damaged tissue is tasted in the mouth...When the parotid is not functioning properly, this specific activation of the nutrients cannot occur.” - Thiel R. Serious Nutrition, 3rd ed. Center for Natural Health Research, 1997

The late Dr. Royal Lee recommended parotid tissue extracts for a variety of conditions, including: children with developmental delays (such as undescended testicles), thyroid derangements (goiter, hypothyroidism, thyrotoxicosis), salivary disorders, salivary “stones,” orchitis, mumps, and sensitivity to iodine administration [Lee R. Parotid Cytotrophin. Product Bulletins, circa 1950].

If your patient is only taking glandular supplements, it would be advisable to add Vitamin-Mineral tablets to ensure that nutrients needed for parotid repair and restoration are present. The primary nutrient needs of the parotid are B vitamins, iron, and zinc which are all available in Vitamin-Mineral tablets, and as singular products - B Stress Complex, Hematic Formula, and Zinc Complex.

S I M P L Y S P L E E N

Therapeutic Dosing Range	Indications for Use:	Complementary Products:
2-6/day DF, GF	Leukopenia (low white blood cells) lymphopenia (low lymphocytes), enlarged spleen from infection, mononucleosis, liver diseases, blood cleansing, auto-immune conditions like Lupus & RA, HIV, cirrhosis, blood clots	Hematic Formula (FR) Nattokinase (FR) Simply Thymus (FR) Thymo-Immune (FR) Vira-Chron (FR)

Commentary: Simply Spleen is a bovine spleen Cytotrophin (cell food) from whole freeze-dried glands, containing nutritional amino acids, peptides, enzymes, vitamins and minerals, and substances believed to be hormone precursors that support normal spleen function.

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Simply Spleen (con't)

Spleen Cytotrophin helps support the immune system, especially for auto-immune conditions. The spleen plays a primary role in the lymphatic system, as the spleen is the largest lymphatic organ, filtering the blood destroying microorganisms, and getting rid of old or damaged red blood cells. It also makes and stores lymphocytes (white blood cells).

Cytotrophic bovine extracts have historically been taken by people with allergic reactions (rash/hives), canker sores and cold blisters, lymph node swelling, blood dyscrasia, anemia, lymphocytosis, demineralization accompanied by hyperirritability, as well as those with lowered resistance to infections and boils. Some have suggested that bovine spleen may aid in the elimination of allergic breakouts.

If your patient is only taking glandular supplements, it would be advisable to add Vitamin-Mineral tablets to ensure that nutrients needed for spleen repair and restoration are present and to address the reason for spleen enlargement or dysfunction.

S I M P L Y T H Y M U S

Therapeutic Dosing Range

3-30/day

*See Clinical Extras for Thymus
Reactivation Program.*

DF, GF

Indications for Use:

Bacterial infections, viral infections, cough with aches and pains, long term illness, hyperglandular conditions, cancer support, adaptive immune challenges

Complementary Products:

C Complex (FR)
Organic Mushrooms (FR)
Thymo-Immune (FR)
Vira-Bac-YST (FR)

Commentary: Simply Thymus is a bovine thymus Cytotrophin (cell food) from whole freeze-dried glands, containing nutritional amino acids, peptides, enzymes, vitamins and minerals, and substances believed to be hormone precursors that support normal thymus gland function.

Simply Thymus contains bovine thymus tissue, which is often used for immune cell development and immune system support. Thymus is sometimes taken by people with staph, strep, and other bacterial concerns, as it supports antibody production. Because it has few ingredients, it is useful to consider for those with other allergies, young children, and even pregnant women when they need immune system support. Bovine thymus has also been historically recommended with hyperglandular conditions, such as hyperthyroid and hyperadrenia. Oral supplementation with bovine thymus has been shown to be capable of enhancing T- lymphocyte activity, probably due to a thymosin-like activity.

If taking a significant dose to address an infection, go to ½ dose when patient begins feeling better, but do not go straight off. It is sensible to stay on 3-6 per day until fully recovered.

If your patient is only taking glandular supplements, it would be advisable to add Vitamin-Mineral tablets to ensure that nutrients needed for thymus repair and restoration are present.

Note: Simply Thymus is safe to use on children over 1, but start at a low dose for those individuals with a weak constitution. See [Adult/Childrens dosing](#) mentioned in the Intro of the Quick Nutritional Protocols.

S I M P L Y T H Y R O I D

Therapeutic Dosing Range	Indications for Use:	Complementary Products:
2-6/day DF, GF	Any thyroid dysregulation, lethargy, metabolic dysregulation, poor mood, PMS	Metabolic Thyro (FR) Mineral Transport (FR) Selenium E (FR) Thyroid EMG (FR) Vegetarian Thyro (FR)

Commentary: Simply Thyroid is a bovine thyroid Cytotrophin (cell food) from whole freeze-dried glands, containing nutritional amino acids, peptides, enzymes, vitamins and minerals, and substances believed to be hormone precursors that support normal thyroid gland function. This product is thyroxin-free, so it does not result in shutting down of the thyroid gland.

Thyroid glandular tissue is often used by people with symptoms associated with low thyroid such as afternoon tiredness, poor circulation, poor temperature tolerance, headaches, low metabolism, diminished female libido, weight concerns, and sometimes dry skin. It is best to take this product early in the day, typically before 2:00 pm. If taken later in the day, it may affect sleep.

Some women with PMS symptoms may benefit for using Simply Thyroid 1 week of their 4-week cycle, typically 5-14 days before their menstrual cycle.

The thyroid gland is critical for brain development and function, in the fetus during pregnancy, in children, and in adults' memory, thinking and concentration.

If your patient is only taking glandular supplements, it would be advisable to add Vitamin-Mineral tablets to ensure that nutrients needed for spleen repair and restoration are present. The thyroid gland has an affinity for iodine, selenium, and zinc. Patients with autoimmune thyroid disorders like Hashimoto's or Grave's Disease, may need to hold off on iodine supplements until they are stable and won't react with heightened symptoms.

Sensitive patients or those that react to even a small dose of Simply Thyroid might benefit from a month of Thyroid EMG. **See Thyroid EMG** for further commentary.

S I M P L Y U T E R U S

Therapeutic Dosing Range	Indications for Use:	Complementary Products:
2-12/day DF, GF	Dysmenorrhea, amenorrhea, hormonal balance, infertility, pregnancy support, especially history of miscarriage, post- partum symptoms, uterine fibroids and prolapse, post-surgical hysterectomy and sometimes menopausal symptoms	Feminine Advantage (FR) Vitamin B6, B12 & Folate (FR)

Commentary: Simply Uterus is a bovine uterus Cytotrophin (cell food) from whole freeze-dried glands, containing nutritional amino acids, peptides, enzymes, vitamins and minerals, and substances believed to be hormone precursors that support normal uterus function.

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Simply Uterus (con't)

Simply Uterus contains bovine uterine tissue which has long been used to improve the integrity of uterus cells and to assist with a whole range of menstrual and menopausal concerns. Specifically it has been used to restore menstruation in those who should have menstrual cycles, to assist those with PMS related symptoms (including depression), reduce inflammation of the lining of the uterus (endocervicitis), help with hot flashes, menstrual cramps, uterine cysts, uterine fibroids, aid with uterine displacement, reduce facial hair growth in women, normalize menstrual flow, improve sexual response, and reverse infertility.

Women with a history or miscarriage should take Simply Spleen prior to pregnancy, but certainly as soon as they become aware and continue though to delivery. The support this product provides during the last month of pregnancy should increase uterine muscles and help with inflammation and swelling. The herb Chaste Tree/Vitex (as in some of the complementary products) has been shown to help raise progesterone levels and lower prolactin levels, both of which may help with fertility in some women. In addition, boosted progesterone levels may help prevent miscarriage. HCPs are encouraged to have current labs for these levels and work within the scope of their practice. Patients at risk of miscarriage should begin Chaste Tree before they become pregnant and discontinue at the end of the first trimester. Starting Chaste Tree once pregnant is strongly discouraged.

For acute post-partum symptoms, take 12/day for 3-5 days and monitor changes for a positive response. Some women have reported a lack of post-partum depression when taking uterus extracts for the first 1-3 months after delivery, and some doctors have recommended it to help the uterus shrink back to normal size after childbirth.

Women with a long peri-menopausal menstrual cycle may benefit from this product. Take Simply Uterus for 2-3 menstrual cycles to see a positive change. Women who undergo a hysterectomy can take Simply Uterus to ease the symptoms of drastic change and healing and can use the acute dose mentioned above for the first week or so, and then reduce to ½ dose and remain on support for 2-3 months.

If your patient is only taking glandular supplements, it would be advisable to add Vitamin-Mineral tablets to ensure that nutrients needed for spleen repair and restoration are present.

T H Y M O - I M M U N E

Therapeutic Dosing Range	Indications for Use:	Complementary Products:
3-9/day DF, GF	Bacterial infections like staff and pneumonis, chronic Infections, colds, flu, mold, yeast, viral infections, pre/post-vaccination, extreme fatigue, pain all over-no known cause, autoimmune challenges	Conga-Immune (FR) Organic Mushrooms (FR) Probio-Zyme-YST (FR) Vira-Bac-YST (FR)

Commentary: Thymo-Immune is a combination of time-tested glandulars, vitamins and herbs that support the immune system. It can be taken as a long-term immune support product and will benefit the most challenging cases.

Acerola cherry is one of the most vitamin C dense foods, with free radical scavenging abilities.
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Thymo-Immune (con't)

Astragalus root is used for immune support, to prevent infections and for chronic immune issues, such as chronic fatigue syndrome. It has antimicrobial and anti-inflammatory properties and provides tonic and adaptogenic activity and can help restore a chronically depleted immune system.

Bovine liver supplies bovine liver tissue containing Kupffer cells, which are large macrophages that can efficiently cleanse the blood of various bacteria.

Bovine parotid supplies parotid tissue, one of the main types of salivary glands. It appears that low salivary production of IgA, IgG, and IgM contributes to higher infection rates for institutionalized individuals with Down syndrome [[J Intellect Disabil Res. 2003;47\(Pt 2\):101-107](#)], and probably others.

Bovine spleen supplies spleen tissue, the body's largest lymphatic organ. The lymphocytes are located most extensively in the lymph nodes, but they are also found in specialized lymphoid tissues. When the blood is invaded by infectious agents, the reticuloendothelial cells of the spleen rapidly remove debris, bacteria, parasites, and so forth.

Bovine thymus supplies thymus tissue. The T lymphocytes, after their origination in the bone marrow, first migrate to the thymus gland, where they divide rapidly and at the same time develop extreme diversity for reacting against millions of specific antigens. It is believed that feeding the thymus can affect both the type of T lymphocytes released as well as their quantity, thus impacting the body's ability to fight infection. Oral consumption of a bovine thymus extract has been shown to reduce the frequency of recurrent respiratory infections and increase salivary IgA in children [[Thymus. 1986;8\(6\):331-339](#)].

Echinacea is a strong immune modulator and can be used for prevention and treatment of any infection, as supportive therapy for colds and chronic infections of the respiratory track and lower urinary tract, of viral or bacterial origins. If started at onset of symptoms, it has been shown to stop an infection from propagating. It is approved by the German Commission E for colds, coughs, bronchitis, fevers, urinary tract infections, inflammation of the mouth and pharynx, and tendency towards infections.

One double-blind human study found that Eleuthero root resulted in a "drastic increase in the absolute number of immunocompetent cells, with an especially pronounced effect on T lymphocytes, predominantly of the helper/inducer type, but also on cytotoxic and natural killer cells. In addition, a general enhancement of the activation state of T lymphocytes was observed" [[Arzneimittelforschung. 1987 Oct;37\(10\):1193-1196](#)].

Garlic contains allicin which is antimicrobial, antibacterial, antimycotic and lipid reducing. Garlic tablets studied in vitro were found to enhance natural killer (NK) cells. In folk medicine, garlic is utilized internally for inflammatory respiratory conditions, whooping cough, and bronchitis. The antiseptic and antibacterial properties of garlic have been known for centuries.

Carrot root naturally contains beta carotene, a vitamin A precursor. Vitamin A is used by the body to strengthen the immune system and to help fight infections.

Cayenne fruit may help boost the immune system and fight infections due to its high levels of vitamins A and C, as well as its antimicrobial properties.

T H Y M U S E M G

Therapeutic Dosing Range	Indications for Use:	Complementary Products:
3-6/ day DF, GF	Allergies, autoimmune conditions and other chronic or debilitating diseases, hyperthyroid disease, infections of all types, tonsillitis, dry cough or dull chest pain with no origin	A-C-P Complex (FR) C Complex (FR) Vira-Bac-YST (FR) Vira-Chron (FR)

Commentary: Thymus EMG supplies whole gland bovine thymus tissue and intact enzymes to help support healthy thymus function.

The thymus gland plays a crucial role in antibody production, acting as a key player in the body's immune response by seeding the lymphatic tissue and initiating the production of antibodies when exposed to bacteria. Antibodies are essential to identifying and neutralizing pathogens and helping to fend off infections. It typically takes about seven days for the thymus gland to produce enough antibodies to effectively combat the invading bacteria. However, as individuals age, the thymus gland tends to become less active and may even shrink in size. The diminishing activity of the thymus gland as we grow older can lead to a reduction in the body's ability to build antibodies efficiently. Consequently, older individuals may experience challenges in mounting robust immune responses to infections. If an infection persists for longer than seven days, it may indicate that the individual's antibody production is not operating at full capacity.

Viral infections and stress can damage your thymus. When damage happens, you may notice symptoms like chest pain, since your thymus gland is in your chest. Shortness of breath and weight loss are other symptoms of a problem with your thymus.

Note: Thymus EMG has been recommended by some practitioners for children, elderly, and frail or very sensitive patients as it may be gentler on this class of patients and can be used for a long period of time. Simply Thymus may serve as a substitute for Thymus EMG in many cases.

T H Y R O I D E M G

Therapeutic Dosing Range	Indications for Use:	Complementary Products:
2-6/ day DF, GF	Hypothyroid, hyperthyroid, temperature dysregulation, thyroid hormone imbalance, calcium utilization problems, osteopenia, brain development in fetus, children and, poor concentration in adults	Metabolic Thyro (FR) Parathyroid Plus (FR) Simply Thyroid (FR) Vegetarian Thyro (FR)

Commentary: Thyroid EMG supplies whole gland bovine thyroid tissue and intact enzymes to help support healthy thyroid function.

This glandular extract supports normal thyroid function, repair and rebuilding. EMG products can be gentler than whole glandular products, particularly for the thyroid, so might be recommended for more frail or elderly
(continued on next page)

Thyroid EMG (con't)

patients. The thyroid produces hormones that regulate your metabolism, which is how your body transforms food into energy. It primarily releases two hormones, thyroxine (T4) and triiodothyronine (T3), that influence various bodily functions such as heart rate, digestion, brain function, and temperature control. It also plays an important role in calcium utilization by secreting the peptide hormone, calcitonin, in response to high calcium levels in the blood. Calcitonin reduces the calcium levels in the blood by increasing bone mineralization and the synthesis of bone matrix, maintaining the right balance of calcium in the bloodstream and in tissues that depend on calcium for proper functioning.

This is especially important for nerve and muscle function, as well as bone health. Patients with no thyroid function due to thyroidectomy or radioactive iodine are especially challenged with calcium balance. The opposing peptide hormone in this equation is parathyroid hormone produced by the parathyroid glands. Together, they are responsible for calcium homeostasis. [<https://pediaa.com/what-is-the-difference-between-calcitonin-and-parathyroid-hormone/>]

Note: Thyroid EMG has been recommended by some practitioners for children, elderly, and frail or very sensitive patients as it may be gentler on this class of patients and can be used for a long period of time. Simply Thyroid may serve as a substitute for Thyroid EMG in many cases.

T U R M E R I C - B O S W E L L I A C

Therapeutic Dosing Range	Indications for Use:	Complementary Products:
3-6/day with fatty foods or oil supplements DF, GF, V	Inflammatory conditions including rheumatoid and osteoporosis arthritis, fibromyalgia, Crohn's disease, IBS and various cancers	Advanced Joint Complex (FR) Inflam-Enzymes (FR) Intestinal Support (FR)

Commentary: Turmeric-Boswellia C is a combination of vitamin C and anti-inflammatory herbs to help reduce inflammation, support joint health and comfort, and supply anti-oxidants.

Turmeric is often described as “the most powerful herb on the planet” because of the impact it has on so many conditions and systems within the body. It is the go to herb for any inflammatory condition.

In many clinical trials Boswellia has been shown to treat inflammatory conditions including rheumatic disorders and pulmonary diseases. It has been shown to outperform drugs such as sulfasalazine in randomized trials for ulcerative and chronic colitis. It has also shown to reduce edema in patients with brain tumors. Boswellia is best taken with a fat to improve bioavailability.

Fenugreek has significant anti-inflammatory and anti-arthritic activities which are due to the presence of linolenic and linoleic acids. Fenugreek's soluble fiber is made of galactose and mannose units, which form a gel that protects curcumin from enzymes in the upper gastrointestinal tract. It also slows down the digestion and elimination of curcumin, which increases its concentration in the body.

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Turmeric-Boswellia C (con't)

Ginger is used as a diaphoretic in chronic rheumatism. It is a circulatory stimulant and increases circulation to arthritic joints. Ginger also supports tissue cleansing and increases the effectiveness of other ingredients in the formula.

Vitamin C is an essential vitamin that plays a huge role in immunity and inflammation. It contains antioxidants, so it can reduce inflammation by neutralizing free radicals that cause oxidative damage.

VEGETARIAN ADRENAL

Therapeutic Dosing Range	Indications for Use:	Complementary Products:
3-9/day DF, GF, V	Fatigue, low energy, high stress levels (physical or mental), lengthy recovery from illness or injury, convalescence, circulatory issues	Anxie-Tone (FR) C Complex (FR) Dual Vitality (FR) High Stress Adrenal (FR) Simply Adrenal (FR)

Commentary: Vegetarian Adrenal is a vegan food supplement intended to nutritionally support the adrenal glands and help support biochemical imbalances associated with cortisol production.

The adrenal glands play a role in energy, stress, mood, and even pain control. This is a powerful combination of nutrients and herbs to keep the adrenal glands healthy and functioning normally. This vegetarian formulation includes ashwagandha, amino acids, vitamin C complex, and other foods and nutrients, all plant based.

Acerola Cherry is one of the most vitamin C dense foods. Vitamin C in the human body is found in the greatest abundance in the adrenal glands, which demonstrates that many aspects of adrenal physiology require vitamin C. As we know trace copper and vitamin C complex are necessary for the adrenal gland to make adrenal cortex-based hormones therefore this product will support long term adrenal function. One M.D. writes, "If anything helps you battle the effects of stress, it is vitamin C."

Ashwagandha (*Withania somnifera*) is an adaptogenic herb that is widely known for its ability help deal with stress. Studies show that it normalizes adrenal function and lowers cortisol, helps promote sleep and reduce fatigue.

Carob Pod (*Ceratonia siliqua*) is a natural food source high in the amino acid serine (see L-Serine below). In addition, research has concluded, "The presence of substances with central benzodiazepine activity in carob extracts seems of great importance in view of the possibility to use carob extract as potential natural products with anxiolytic-sedative effects" [[Fitoterapia. 2002;73\(5\):390-396](#)].

Kelp is food that supplies trace minerals and adrenal glands contain trace minerals.

L-serine is a non-essential amino acid that, along with some others, helps produce the enzyme that catalyzes the first step in the conversion of circulating (DHEA), pregnenolone or 17alpha-hydroxypregnenolone to produce
(continued on next page)

Vegetarian Adrenal (con't)

the appropriate, active steroid hormone(s): estradiol, testosterone, progesterone, aldosterone or cortisol respectively. L-serine is known to help restore compromised adrenal function, as well as helping to reduce elevated cortisol levels.

L-tyrosine is an amino acid used in the production of adrenal and thyroid hormones and may improve vigilance and lessen anxiety. Women on oral contraceptives have been found to have lower plasma and brain levels of tyrosine which results in a reduction in catecholamines, which affect mood. Oral consumption of tyrosine has, in some case, been shown to completely alleviate depression while increasing plasma tyrosine levels.

Rice bran is a food source of B vitamins, which are often used for stress, anxiety, and adrenal support. Tomato powder supplies carotenoids and lycopene in an extremely bioavailable form. Among the common dietary carotenoids, lycopene has the highest single oxygen quenching capacity in vitro. There are high concentration in the adrenal gland.

Yeast and rice bran contain more natural food vitamin B-6 than other foods. Reports suggest that food vitamin B-6 is superior to synthetic forms. When the body is stressed, the adrenal glands use vitamin B6 to produce epinephrine and norepinephrine, which can deplete the body's vitamin B6 levels. Low levels of vitamin B6 can limit other bodily functions, such as the production of neurotransmitters that regulate mood, feelings of calm, and movement.

Other B vitamins that can affect the adrenal glands' response to stress include B1 (thiamine), B5 (pantothenic acid), and B12 (naturally methylated). B3 (niacin) and B12 can also affect the sleep-wake cycle, which can be impacted by stress and cortisol. Deficiencies in B vitamins can affect overall health and may even cause adrenal fatigue. A relatively high number of those with certain adrenal conditions seem to be deficient in vitamin B-12 so it may have a role in supporting adrenal health.

V E G E T A R I A N T H Y R O

Therapeutic Dosing Range

1-3 /day
DF, GF, V

Indications for Use:

Hypothyroidism (clinical or sub-clinical),
Hashimoto's thyroiditis, iodine deficiency,
irregular menstruation, slow metabolism,
cold intolerance

Complementary Products:

High Stress Adrenal (FR)
Metabolic Thyro (FR)
Migratrol (FR)
Thyroid EMG (FR)

Commentary: Vegetarian Thyro contains kelp, dong quai, carrot root, burdock root, Icelandic moss, L-tyrosine, B vitamins and zinc to support healthy thyroid function, energy and mood.

Dong Quai is used in TCM to help balance women's hormone levels by moderating the body's production of estrogen. It may help ease menstrual and menopausal symptoms, including cramps, migraines, mood swings, night sweats, and hot flashes. Dong Quai is also used to help ease fatigue and speed recovery for women after childbirth. It may also act as a serotonin reuptake inhibitor, which may help treat hot flashes. It is an adaptogen that may help protect the body from stress, boost the immune system, and create balance in
(continued on next page)

Vegetarian Thyro (con't)

the body. It can increase vitality, stamina, and mental focus and has calming and grounding effects that can harmonize stress and anxiety.

Burdock root has been traditionally used to support thyroid health because it contains iodine and zinc, which are both important for thyroid function. Iodine can help reduce elevated thyroid hormone levels and zinc helps with enzyme function, as well as synthesis and binding of thyroid hormones, which can optimize hormone concentrations. Burdock root also contains antioxidants and can help cleanse the blood and remove toxins.

Kelp contains iodine, which is essential for the thyroid to function properly. The body doesn't produce iodine, so it's important to get it from the diet. Iodine deficiency can lead to hypothyroidism, a condition where the thyroid doesn't produce enough hormones. It can also cause goiter, or an enlargement of the thyroid gland, and impact metabolism. Kelp also contains tyrosine, an amino acid that's used with iodine to produce hormones that help the thyroid, T1, T2, T3 and T4.

Icelandic moss (*Cetraria islandica*), is nutrient dense lichen used in supplements and traditional medicine. Lichens are unique organisms consisting of both algae and fungus growing together in a mutually beneficial relationship and used for chronic pulmonary problems, catarrh, dysentery, chronic digestive disturbances, tuberculosis, cough & bronchitis, dyspepsia, inflammation of mouth and pharynx, loss of appetite. A persistent cough, throat inflammation, and other throat issues can be associated with thyroid disorders, particularly when the thyroid gland becomes enlarged (a goiter) or when nodules develop. Enlarged thyroid glands can put pressure on the windpipe and esophagus, leading to coughing, swallowing difficulties, and a feeling of pressure in the throat.

B6 is a co-factor in the production of thyroid hormones and B12 and folate aid in TSH production.

V E G E T A R I A N T R Y P T O P H A N

Therapeutic Dosing Range

1-4/day (Empty Stomach)
DF, GF, V

Indications for Use:

Anxiety, depression, low mood, insomnia,
stress, circadian rhythm support, appetite

Complementary Products:

Anxie-Tone (FR)
D Complex (FR)
Intracellular Defense (FR)
Restful Mind Support (FR)
Vitamin B6, B12 & Folate (FR)

Commentary: Vegetarian Tryptophan (TRP) is a food source of the essential amino acid tryptophan extracted from legumes and believed to have an antidepressant effect. The pathway for brain uptake of TRP is shared by other large neutral amino acids; therefore, the best time to take TRP may be between meals.

When combined with co-factors such as B6 present in foods like meats, chicken, fish and dairy products, and many Food Research products containing whole food B vitamins, it can be converted to serotonin and then, through a series of enzymatic reactions, converted into melatonin. The production of melatonin from serotonin is regulated by light exposure. Higher melatonin production is done in darkness, while in light, enzymes inhibit
(continued on next page)

Vegetarian Tryptophan (con't)

melatonin synthesis. Most of this conversion occurs in the pineal gland, and to a lesser degree, other tissues like those of the intestinal tract.

Restful Mind and Intracellular Defense both contain pineal gland Cytotrophin and may be helpful in challenging cases. Serotonin is key to reducing anxiety and increasing feelings of well-being and levels peaks in the morning and before bed. Stress, poor diet and certain medications can deplete serotonin levels. Use caution with patients already on SSRIs or other antidepressants, as this could lead to symptoms of serotonin syndrome. Melatonin controls circadian and especially sleep-wake cycles.

Supplemental melatonin is a controversial topic amongst practitioners, however, whole food options like Vegetarian Tryptophan that provide support for the proper and natural production of melatonin, are suggested over synthetic or natural melatonin supplementation. HCPs report superior outcomes when implementing this food-form tryptophan supplement, particularly for individuals experiencing occasional sleep difficulties, mood fluctuations related to serotonin pathways, and stress adaptation.

V E G E T A R I A N T Y R O S I N E

Therapeutic Dosing Range

1-4 /day
DF, GF, V

Indications for Use:

Adrenal dysfunction, thyroid dysfunction, ADHD, anxiety, brain fog, cognition, depression, focus, hypothyroid, skin health, stress, sympathetic NS dominance, low energy

Complementary Products:

High Stress Adrenal (FR)
Simply Adrenal (FR)
Metabolic Thyro (FR)
Simply Thyroid (FR)
Complete Brain Health (FR)

Commentary: Vegetarian Tyrosine is a vegan formula providing L-tyrosine from plant sources. This important amino acid serves as a precursor for several critical neurotransmitters and hormones, including dopamine, norepinephrine, and epinephrine, as well as thyroid hormones. The tyrosine in this product is non-GMO, sourced from Europe, and delivers tyrosine in its food matrix rather than as an isolated amino acid, enhancing its bioavailability and physiological integration.

Tyrosine, a non-essential, amino acid is also needed for the synthesis of proteins, catecholamines, melanin pigment, and thyroid hormones. Tyrosine has been shown to be beneficial in anxiety and depression.

“L-tyrosine has been shown to alleviate reduced memory under stressful conditions. It’s that stress component that’s key. If you’re stressed then you’re going to have depleted neurotransmitters and therefore, you probably have low L-tyrosine” [[Cleveland Clinic Health Essentials, Courtney Barth, RD, LD, 2023-04-12](#)].

Tyrosine is the molecule that Iodine attaches to in the thyroid. The primary thyroid hormone (T1) is called monoiodotyrosine. The body converts this primary hormone from T1 to T2, (diiodotyrosine) to T3 to T4 and back to T3. It all starts with tyrosine attaching to iodine. Robert Thiel, PhD refers to this as the “scaffolding that the thyroid hormones hangs on.” Hypothyroidism can be associated with low levels of tyrosine.

V I R A - B A C - Y S T

Therapeutic Dosing Range

2-9/day
DF, GF, V

Indications for Use:

Immune dysfunction, frequent recurrent infections, general fatigue or malaise, unexplained headaches, slow wound healing, unexplained weight fluctuations, sore throat and/or difficulty swallowing

Complementary Products:

C Complex (FR)
Conga-Immune (FR)
Intracellular Defense (FR)
Thymo-Immune (FR)
Vira-Chron (FR)
Zinc Complex (FR)

Commentary: Vira-Bac-YST is a combination of herbs designed to support a healthy immune and digestive system.

Buckwheat leaf and juice from fagopyrum esculentum have been used traditionally as a tonic and in homeopathic forms for itching. They are often recommended for capillary and venous health, such as bruising and varicose veins. Naturopaths, chiropractors, and holistic doctors also use its immune-supporting components to fight viral and bacterial infections. It contains chlorophyll, rutin, quercetin, hyperoside, and other beneficial compounds. Despite its name, buckwheat is not related to wheat and is used in gluten-free, wheat-free diets.

Olive Leaf is known for its remarkable properties. It has been shown to inhibit HIV-1 infection and replication, as well as having antimicrobial effects against various bacteria and fungi. Its active component, oleuropein, is converted into elenolic acid in the body, which has broad-spectrum antiviral and antibacterial actions. Olive leaf components are used for conditions such as chronic fatigue, fibromyalgia, parasites, colds, flu, herpes, ear infections, and Staphylococcus aureus infections. However, it's important to note that olive leaf extract doesn't "treat pathogens" but rather supports the immune system's ability to fight pathogens.

Wild oregano leaf and stem from origanum vulgare have been reported to be effective against yeast infections, parasites, bacteria, and viruses. Its essential oil, containing carvacrol and thymol, is antimicrobial. Oregano is used for respiratory disorders, colds, fevers, digestive issues, and even fungal infections. It has shown efficacy against a range of pathogens and is known for its broad antimicrobial properties. However, some caution is advised regarding potential photosensitivity associated with oregano.

Beet root is known for its nitrate content and support of the vascular and muscular system. but it also provides anti-inflammatory properties, supports liver detoxification and improves kidney function.

Some patients may experience "detox" reactions as the body begins to deal with dead microbes. Common reactions include fatigue, diarrhea, rash, headaches, muscle/joint aches, or flu-like symptoms. The best way to limit any adverse reaction is to drink four cups of water in between doses. Water helps to strengthen the lymphatic system and flush the kidneys...Die-off effect is only temporary" [[Concoby R, dir. The Olive Leaf: Unequalled Immune Support for Health and Longevity, 5th printing. National Life Extension Institute, Inc., Kent OH, 1999](#)].

V I R A - C H R O N

Therapeutic Dosing Range

2-6/day

- 2-4/day long term support;
- 2 every 2 hours for acute infections
- Contraindicated for infants, pregnancy, lactation and

DF, GF, V

Indications for Use:

Long and short-term immune challenges, acute & chronic viral infections and outbreaks, sinus infections, liver support, lower GI infections

Complementary Products:

Calcium Complex (FR)
Organic Mushrooms (FR)
Vira-Bac-YST (FR)

Commentary: Vira-Chron is a combination of herbs to support immune health, healthy liver and sinuses and to help the human body cope with viruses. Taking the combinations of herbs provided in this product greatly reduces symptoms associated with the common cold & pneumonia, cold sores, and herpes, and helping those with various forms of hepatitis, cope with viruses. **These herbs are generally not recommended for pregnant nor lactating women nor infants.**

This product listing provides a short detail on each of the active ingredients in Vira-Chron, providing a sound basis for understanding the formula.

Angelica, because of its abortive potential, is not advised during pregnancy. One study found that a version of it “exhibited some anti-HIV activity” [*In Vivo*. 2012 Nov-Dec;26(6):1007-13]. One of its components has been found to have a “synergistic effect with Combivir” [*Int J Biol Macromol*. 2013 Feb;53:122-6.], an anti-AIDS drug.

Bupleurum: “Saikosaponins, the main active constituents of Bupleurum spp., have been shown to possess immunomodulatory, hepatoprotective, anti-tumor and anti-viral activities... saikosaponin c exhibits anti-HBV activity” [*Planta Med*. 2003 Aug;69(8):705-9]. WebMD states, “Bupleurum is used for respiratory infections, including the flu (influenza), swine flu, the common cold, bronchitis, and pneumonia; and symptoms of these infections, including fever and cough.” Based upon its effects on the H1N1 virus, one study concluded that an extract could “be developed as an antiviral agent” [*Immunopharmacol Immunotoxicol*. 2011 Sep;33(3):433-7].

Coptis: The plant’s roots contain berberine, which can be used as an anti-inflammatory and antibacterial, and berberine-like alkaloids which are believed to facilitate healing. Coptis has been found to have protective anti-viral effects on cells [*In Vivo*], as well as inhibitory effects on certain viruses [*Altern Med Rev*. 2000 Apr;5(2):175-7].

Forsythia has been found to work “by indirectly suppressing the virus proliferation via regulating the immune systems in hosts, and also, by directly inhibiting virus proliferation through targeting viral proteins essential for the viral life cycle” [*Integr Biol (Camb)*. 2013 Jan 28;5(2):351-71]. It contains a substance which “inhibits the avian infectious bronchitis virus, at least in vitro”. [*Phytother Res*. 2011 Mar;25(3):338-42].

Gardenia: One study found that gardenia had the most protective anti-viral effects on cells of various herbs tested [*In Vivo*]. One study found that components of it had moderate inhibitory effects against the H1N1 virus [*Fitoterapia*. 2013 Apr 6;88C:7-11]. Gardenia has been found to have many substances that may contribute to its anti-influenza properties [Ellis. *Arch Pharm Res*. 2012 Jan;35(1):9-17]. An animal study found that “six kinds of viruses were inhibited, significantly influenza viral pneumonia”. “Gardenia jasminoids Ellis (Rubiaceae) has **(continued on next page)**

Vira-Chron (con't)

mediated through direct inactivation of the virus infectivity" [[Antiviral Res. 2008 Jan;77\(1\):14-9](#)].

Glycyrrhiza is also known as licorice. WebMD reports, "Some people use licorice for sore throat, bronchitis, cough, and infections caused by bacteria or viruses". Licorice, even in "low appropriate doses, antimicrobial and anti-viral properties have been reported by researchers worldwide" [[Nat Prod Commun. 2013 Mar;8\(3\):415-8](#)]. Various forms have been found to be "effective against HRSV infection on airway epithelial cells. Radix Glycyrrhizae inhibited HRSV mainly by preventing viral attachment, internalization, and by stimulating IFN secretion" [[J Ethnopharmacol. 2013 Jul 9;148\(2\):466-73](#)].

Lonicera is also known as honeysuckle. WebMD states, "Honeysuckle is used for upper respiratory tract infections including colds, influenza, swine flu, and pneumonia; other viral and bacterial infections." Lonicera has been found to work "by indirectly suppressing the virus proliferation via regulating the immune systems in hosts, and also, by directly inhibiting virus proliferation through targeting viral proteins essential for the viral life cycle" [In [Vivo](#)]. Components seem to have anti-influenza virus effects [[Zhongguo Zhong Yao Za Zhi. 2011 Apr;36\(8\):1071-4](#)]. Lonicera has at least one component found to be effective in inhibiting chronic hepatitis C virus infection [[Biochem Biophys Res Commun. 2009 Jul 24;385\(2\):230-5](#)].

"Magnolia flower is typically used to treat nasal conditions, such as stuffy nose, nasal obstructions, congestion, and sinus headaches", states Acupuncture Today. A substance contained in magnolia has "been shown to inhibit hepatitis C virus (HCV) infection in vitro. It inhibits HCV infection by targeting cell entry and replication" [[Liver Int. 2012 Jul;32\(6\):989-97](#)].

Moutan is also known as peony. One study concluded that a peony extract "could be beneficial at preventing HRSV infection by inhibiting viral attachment, internalization, and stimulating IFN secretion" [[Am J Chin Med. 2013;41\(3\):585-99](#)]. One or more substances in its root is believed to be an effective agent against the hepatitis B virus [[Biol Pharm Bull. 2006 Oct;29\(10\):2131-4](#)]. One study of herbs found that peony was amongst those that "possess the strongest anti-Coxsackie virus B3 activity on viral replication". [[World J Gastroenterol. 2006 Jul 7;12\(25\):4078-81](#)]. Related to herpes simplex, an "extract of Paeonia suffruticosa prevented the process of virus attachment and penetration".

Olive leaf extract (OLE) "inhibits acute infection and cell-to-cell transmission of HIV-1. These anti-HIV effects of OLE are dose dependent, and in the effective dose range, no cytotoxicity on uninfected target cells was detected" [[Microbios. 1998; 93\(374\): 43-54](#)]. "The antimicrobial potential of eight phenolic compounds isolated from olive leaf was tested against the growth of Escherichia coli, Klebsiella pneumoniae, Bacillus cereus, Aspergillus flavus and Aspergillus parasiticus. All the phenolic compounds inhibited the growth of bacteria or fungus or both. [[Microbios. 1998; 93\(374\): 43-54](#)]. Research has concluded that oleuropein "showed significant antiviral activities against" respiratory syncytial virus and parainfluenza type 3 virus" [[Chem Pharm Bull \(Tokyo\). 2001; 49\(11\): 1471-1473](#)] and can possess antibacterial action. It is believed that oleuropein from olive leaves is converted into elenolic acid in the body—elenolic compounds are believed to have "a killer effect against many viruses, bacteria and other microbes" [[The Olive Leaf: Unequaled Immune Support for Health and Longevity. 5th printing. National Life Extension Institute, Inc., Kent \(OH\), 1999](#)].

Phellodendron has been found to have "antiviral activity on herpes simplex virus" [[Am J Chin Med. 2009;37\(1\):195-203](#)]. An extract was found to have anti-coronaviral effects [[J Clin Virol. 2008 Feb;41\(2\):122-8](#)].
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Vira-Chron (con't)

Stinging Nettle has been used to support healthy lungs and sinuses. A study concerning a lectin present found in nettle suggests a potent and selective inhibitor for HIV and cytomegalovirus replication.

Vitex/Chaste tree extracts have exerted "intracellular antiviral activity" and "inhibited virus propagation" [Phytotherapy Research, 2001 Nov;8(6):477-80]. Jing Zi" (also spelled "Man Jing Zi") referenced on this label refers to the fruit of the Vitex agnus-castus tree.

Wild Oregano *Origanum vulgare*: The PDR for Herbal Medicines states that its "essential oil, which contains carvacrol, is antimicrobial in vitro" and that "Oregano herb is used for respiratory disorders such as coughs, inflammation of the mucous membranes, and as an expectorant. Origanum oil possesses a broad spectrum of in vitro antimicrobial activities attributed to the high content of phenolic derivatives such as carvacrol and thymol. The results from our study encourage examination of the efficacy of origanum oil in other forms of systemic and superficial fungal infections and exploration of its broad spectrum effect against other pathogenic manifestations including malignancy," especially with an olive extract. [Mol Cell Biochem. 2001; 228(1-2): 111- 117].

Xanthium, in traditional Chinese medicine, is one of the most important herbs used for sinus congestion, chronic nasal obstructions and discharges, and respiratory allergies. Xanthium components have been found to have antibacterial and cytotoxic properties [Z Naturforsch C. 1994 Jan-Feb;49(1-2):154-5].

V I T A M I N B 6 , B 1 2 A N D F O L A T E

Therapeutic Dosing Range

1-3/day
DF, GF, V

Indications for Use:

Anemia, prenatal health, neural tube defect (NTD) prevention, nerve degeneration, MTHFR gene mutation, elevated homocysteine, compromised blood cell production, multiple sclerosis, low cellular energy

Complementary Products:

B Stress Complex (FR)
Catalyst Complex (FR)
Green Vegetable Alkalizer (FR)
Hematic Formula (FR)

Commentary: Vitamin B-6, B-12 & Folate is a targeted methylation support from these three critical B vitamins exclusively from natural, bioavailable food sources rather than as synthetic isolates. Of particular importance is the formula's use of natural folate rather than synthetic folic acid, which has been associated with potential health concerns when consumed in excess.

Research indicates that these three B vitamins work synergistically to support cardiovascular health by helping to maintain healthy homocysteine levels, while also playing critical roles in neurotransmitter synthesis, myelin formation, and DNA synthesis [Thiel R. Folic Acid is Hazardous to Your Health. What About Food Folate? The Original Internist, 17(2) June 2010, 88-90 and Selhub J, et al. Vitamin status and intake as primary determinants of homocysteinemia in an elderly population. JAMA. 1993;270(22):2693-2698]. This targeted approach makes the formula particularly valuable for addressing the specific nutritional factors involved in methylation pathways.

Some individuals may have genetic variations in the MTHFR gene, which can affect how they metabolize
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Vitamin B-6, B-12 & Folate (con't)

folate. These variations can increase the risk of NTDs even if folate levels appear adequate. Regardless of MTHFR gene identification, adequate folate levels before and during early pregnancy are essential for proper neural tube closure, which occurs within the first few weeks of gestation. Folic acid (synthetic) supplementation is a key strategy to reduce the risk of NTDs. The WHO and CDC both recommend 400 mcg of folic acid per day for women of child-bearing years, and this product offers 800 mcg per capsule of folates in a natural food form. For this reason, Vitamin B-6, B-12 & Folate should be considered as a foundational product for women in this age category.

Various forms of anemia often have a nutritional component, and fatigue is a common symptom. Folate is crucial in red blood cell production and when levels are low, it can lead to folate deficiency anemia, a condition where the body doesn't have enough healthy red blood cells. This deficiency can cause various symptoms like weakness, fatigue, and shortness of breath. Vitamin B12 is crucial for preventing anemia and maintaining healthy nerves, and needed to make healthy red and white cells and platelets. Symptoms of vitamin B12 deficiency are extreme tiredness, lack of energy, pins and needles, a sore and red tongue, mouth ulcers, and muscle weakness.

Vitamin B6 also plays a crucial role in treating disorders such as Down's syndrome, autism, and gestational diabetes. It is found naturally in foods like yeast and broccoli and plays a vital role in reducing homocysteine levels.

Deficiencies in these vitamins can lead to other health issues, including cognitive impairment and cardiovascular diseases. Additionally, Vitamin B-6, B-12, & Folate naturally contains Superoxide Dismutase (S.O.D.), a powerful antioxidant enzyme that protects the body from oxidative damage, as well as naturally occurring co-factors of B1, B2, B3, B5, choline, and inositol.

V I T A M I N - M I N E R A L

Therapeutic Dosing Range

1-3/day
DF, GF, V

This product is foundational and has a long list of complements.

Indications for Use:

Whole food multi-vitamin and multi-mineral, ideal nutrient gap coverage for healthy and challenged individuals, children and teens (can be crushed)

Complementary Products:

Cal-Mag Complex (FR)
(sub) Catalyst Complex (FR)
Green Vege Alkalizer (FR)
Land and Sea Minerals (FR)
Omega 3/EPA/DHA (FR)

Commentary: Vitamin-Mineral is a premier vegetarian formula providing a complete array of vitamins and minerals exclusively from food sources rather than from isolated USP nutrients or mined rocks. The food mineral forms are easily digested and can be taken on an empty stomach without upset.

Vitamin-Mineral contains naturally occurring, food source trace minerals, carbohydrates, lipids, proteins (including all ten essential amino acids), monosaccharides (including all considered essential), and superoxide dismutase, as found in enzymatically processed *Saccharomyces cerevisiae* yeast, acerola cherry, carrots, brown rice, and alfalfa extracts - all the nutrients contained in this product are in these foods. It includes all Vitamins A, C, D, E, K, B1, B2, B3, B6, B9, B12, B7, B5 and includes trace minerals iron, iodine, zinc, s **(continued on next page)**

Vitamin-Mineral (con't)

selenium, copper, manganese, chromium GTF, molybdenum, boron, silicon, and vanadium, as well as nutrients choline and inositol.

It does not contain calcium, magnesium or potassium, as this would reduce other important nutrients and increase the dose necessary to obtain broad coverage. Most foods naturally contain potassium. Green Vege Alkalizer or Land and Sea Minerals can be added for potassium support. Cal-Mag Complex, Calcium Complex or Magnesium Complex can be added to represent those minerals in the amounts that the HCP prefers.

This product is an excellent choice for patients with multiple nutrient deficiencies, those with synthetic nutrient sensitivities, and individuals seeking preventative nutritional support from a single product. In the Quick Nutritional Protocols, Vitamin Mineral tablets, along with Omega 3/EPA/DHA are considered foundation products to add to any protocol. It's easy to focus on therapeutic products and miss the foundation that will feed a patient's deficiencies and fill gaps.

*Use Catalyst Complex as a substitute if a chewable is needed or you prefer glandular ingredients in a multivitamin-mineral.

V I T A M I N - M I N E R A L S H A K E

Therapeutic Dosing Range

1/2 to 2 scoops/day
DF, GF

Indications for Use:

Foundational vitamins & minerals, whole food meal replacement, weight loss support, bowel regularity, detox programs, insulin resistance and blood sugar management, use in feeding tubes

Complementary Products:

Cal-Mag Complex (FR)
Gluco-Sugar-Balance (FR)
Green Vege Alkalizer (FR)
Land and Sea Minerals (FR)
Omega 3/EPA/DHA (FR)

Commentary: Vitamin-Mineral Shake is a 100% vegetarian, certified organic whole food formula often considered a functional food by the HCPs that use it with patients. It provides nutritional support for detoxification, weight management, cardiovascular function, healthy insulin levels, immune health, and anti-aging processes.

Unlike conventional meal replacement powders containing synthetic nutrients, this food-based approach delivers all nutrients within their natural matrices, enhancing bioavailability and physiological integration. It can be used as a meal replacement shake and as a foundational product detox product and is free of gluten, corn, soy, dairy, and artificial ingredients, making it particularly valuable for individuals with food sensitivities seeking comprehensive nutritional support.

Vitamin & Mineral Shake contains naturally occurring food sources carbohydrates, lipids, 9.5 grams of protein per scoop (including all ten essential amino acids), monosaccharides (including all considered essential), and superoxide dismutase, as found in enzymatically processed *Saccharomyces cerevisiae* yeast. It also delivers 8 grams of combined soluble/insoluble fiber!

All the nutrients contained in this product come from foods and include vitamins A, C, D, E, K, B1, B2, B3, B6, B9, B12, B7, B5, trace minerals iron, iodine, zinc, selenium, copper, manganese, chromium GTF,
(continued on next page)

Vitamin-Mineral Shake (con't)

molybdenum, boron, silicon, and vanadium. The green powder base of this blend consists of organic carrots, alfalfa, barley grass, brown rice, celery, cinnamon, grapes, hemp, parsley, peppermint, spinach, watercress, wheatgrass, acerola cherry and spirulina, along with enzymes and probiotics.

Vitamin & Mineral Shake does not contain calcium, magnesium or potassium, as this would add to the volume (scoop) necessary to deliver the product's nutrient profile. A wide variety of fruits, vegetables, grains, dairy and meat products contain potassium. Green Vege Alkalizer or Land and Sea Minerals can be added for potassium support. Cal-Mag Complex, Calcium Complex or Magnesium Complex can be added to represent those minerals in the amounts that the HCP prefers.

This functional food product is free of gluten, corn, soy, dairy, and artificial ingredients making it a perfect foundational product in the Two-Week Turnaround Cleanse Program.

Go to Two-Week Turnaround Explanation



W H E A T G E R M O I L

Therapeutic Dosing Range

1-3/day
DF

Indications for Use:

Skin issues, topically for scars, hyperlipidemia, inflammation, tachycardia, hyperirritability, muscle cramps, capillary fragility, hormonal dysregulation, constipation, hot flashes

Complementary Products:

Cholester-Right (FR)
Omega 3 / EPA / DHA (FR)
Selenium E (FR)

Commentary: Wheat Germ Oil delivers vitamin E as it naturally occurs in wheat germ oil, complete with the full spectrum of tocopherols and tocotrienols in their natural ratios. Healthcare practitioners report superior outcomes when implementing this supplement in protocols for cardiovascular health, fertility support, skin health, athletic performance, and neurodegenerative prevention compared to synthetic vitamin E supplements.

The supplement PDR states, "Wheat germ oil protects and nurtures the skin, is a laxative and reduces lipids. It is a valuable dietetic because of the high level of polyunsaturated acids and vitamin E. Chinese medicine uses it for night sweats, whereas "flatulence, constipation, itching, and menorrhagia are indications for use in Indian medicine".

Royal Lee advised its use for those who bruise easily (capillary fragility), have lowered metabolism, have anoxia-like symptoms (frequent sighing/yawning, tachycardia, hyperirritability), have tissue concerns (bleeding gums), have low stamina, are obese and/or have cramps brought on by exertion. He also wrote, "Wheat germ oil is about 75% unsaturated fatty acids and as such is believed to influence iodine metabolism, acting to
(continued on next page)

Wheat Germ Oil (con't)

increase thyroid activity in this respect. This may account for the relief of fatigue often expressed by patients using wheat germ oil in the diet". Some doctors also report that they use wheat germ oil for those with depression.

Recent research confirms that wheat germ oil can help reduce oxidative stress. Wheat germ oil also contains policosanol (a substance that can be helpful in lowering raised blood sugar and/or cholesterol levels), as well as octacosanol (a substance reported to improve human fitness) and is sometimes advised for Parkinson's.

Wheat germ oil naturally is high in the steroidal esters which are used as a treatment in Europe for benign prostate hypertrophy. Interestingly, three studies using non-purified beta-sisterols found that it tends to improve urinary output (and at the same time reducing mean residual urinary volume for males with prostate problems). Wheat Germ Oil E contains the naturally-occurring non-purified form.

Wheat germ oil is one of the most concentrated natural active sources of vitamin E. Synthetic vitamin E has less ability to correct vitamin E deficiencies than food vitamin E because the body regulates plasma vitamin E through a specific liver alpha-tocopherol transfer protein, whereas it has no such protein for other synthetic vitamin E forms. The form of vitamin E found in food has been found to be 2.7 times more retained in the body than a synthetic form—this appears to be because the body attempts to rid itself of synthetic forms as quickly as possible. Vitamin E-containing wheat germ oil been shown to quench free radicals (antioxidant ability) yet other vitamin E forms (like succinate) do not.

Vitamin E is necessary for the optimal development and maintenance of the nervous system as well as skeletal muscle and deficiency can lead to certain anemias, nutritional muscular dystrophy, reproductive problems, and hyperlipidemia. Vitamin E has been shown to reduce the risk of various cancers, coronary heart disease, cataract formation, and even air pollution. It also is believed it may slow the aging process and decrease exercise-induced oxidative stress.

Note: Wheat germ oil is generally considered safe for people with wheat sensitivity since it undergoes a refining process that removes most of the gluten proteins. However, caution should be used by individuals with celiac disease or wheat sensitivity as trace amounts of gluten may be present in non-highly refined oils or those produced in facilities that also process wheat.

Z I N C C O M P L E X

Therapeutic Dosing Range

1-2/day

Upper limit of Zinc is 40 mg/day

Use Zinc Taste Test as indicator

for dosing. Excess zinc may

make acne worse.

DF, GF, V

Indications for Use:

Infections, leaky gut, poor wound healing, low insulin, insulin resistance, diabetes, loss of taste and smell, sex hormone dysregulation, hypochlorhydria, neurological dysfunction, skin and hair issues

Complementary Products:

Complete Smell & Taste (FR)

Digesti-Pan (FR)

Masculine Advantage (FR)

Thymo-Immune (FR)

Commentary: Zinc Complex is a whole food, essential mineral in a high potency dose. The formulation is complete with all essential amino acids, superoxide dismutase, organic bioflavonoids, and organic pumpkin seeds. **(continued on next page)**

Zinc Complex (con't)

Zinc is involved in over 300 enzymes processes in the body. These zinc-containing enzymes are involved in various essential biological processes, including protein metabolism, DNA replication and repair, and immune function. They also play a role in digestion, hormone production, and maintaining healthy skin, eyes, and other tissues. It's involved in various physiological processes, including its role as a cofactor for certain enzymes.

Food forms of zinc are better absorbed than zinc found in inorganic mineral salts. Studies indicate that food zinc is more absorbed in the blood than zinc sulfate, zinc chelate, zinc gluconate and zinc orotate. Zinc deficiency in humans can cause alopecia, impotence, skin problems, immune deficiencies, increased susceptibility to infection/sore throats, night blindness, impaired taste, delayed wound healing, impaired appetite, photophobia (hypersensitivity to light), difficulty in dark adaptation, growth retardation, male infertility (low sperm counts), liver enlargement, and spleen enlargement.

Zinc his highly indicated in prostate gland function, growth and repair of reproductive organs, and a healthy immune system. Zinc enhances the function of taste and smell. It protects the liver from chemical damage, assists with stomach acid production, and supports tight junctions.

Nutritional yeast is an excellent source of zinc because fermenting organisms produce phytases that break down phytate and increase the amount of absorbable zinc. Nutritional yeast also contains certain amino acids that enhance the absorption of zinc.

Note: Taking more than 40 mg of zinc daily can lead to zinc toxicity, which can cause symptoms like nausea, vomiting, stomach pain, and diarrhea. This threshold includes dietary and supplemental zinc. For information about testing zinc levels, see the Intro for the Quick Nutritional Protocols.



Bioscience Formulas is a small product division of Doctors' Research. It differs from the Food Research brand since it is not 100% food ingredients, but rather foods combined with non-food sources, like bone meal, mineral salts, and a broader form of glandular sources.

C A L C I U M L A C T A T E +

Therapeutic Dosing Range

4-12/day
DF, GF

Indications for Use:

Low blood calcium levels, muscle weakness, nerve conduction issues, frequent infections due to poor calcium utilization, fevers, cold sores

Complementary Products:

Calcium Complex (FR)
Cal-Mag Complex (FR)
D Complex (FR)
Omega-3 EPA/DHA (FR)
Parathyroid Plus (FR)

Commentary: Calcium Lactate + was formulated to satisfy requests for a bioavailable mineral salt calcium and magnesium citrate in a 5:1 ratio. Calcium lactate can be used to support healthy bones, however, it is better suited for proper muscle contractions, nerve conduction, and cell membranes.

Calcium lactate is formed when lactic acid reacts with a calcium-containing substance like calcium carbonate or calcium hydroxide, creating a more bioavailable form for supplementation. When stomach HCL is deficient it decreases absorption of B12, iron, and calcium, so betaine HCL was added to help breakdown the calcium and provide the added benefit of assisting with protein digestion, and killing bacteria and parasites. Spleen tissue has an indirect effect on calcium by increasing osteoclast activity and peppermint (oil) was added for its known effect of relaxing smooth muscles in the digestive tract by affecting calcium channels, which could potentially aid in digestion or alleviate discomfort associated with calcium supplements.

D E N T O - G U M S

Therapeutic Dosing Range

4-6/day
DF

Indications for Use:

Dental caries, receding gums, broken bones, fractures, osteopenia, osteoporosis, chewable calcium

Complementary Products:

Calcium Complex (FR)
Cal-Mag Complex (FR)
D Complex (FR)
Omega-3 EPA/DHA (FR)

Commentary: Dento-Gums provides nutrients and glandular ingredients for healthy teeth, bones, and gums, including calcium, vitamin C, herbs and foods. This product

For better absorption and direct application on teeth and gums, chew the product into a paste and direct the placement over teeth and gums before swallowing. This is manufactured as a chewable calcium product and is great for children, elderly, tube-fed patients and for those with difficulty swallowing. Several glandulars including adrenal, bone marrow, bone meal, cartilage, and spleen support overall bone building and dental health. Neem Oil provides health benefits through its blood-purifying properties, which can aid in recovery from infections and support bone marrow health. Research has found neem to possess antibacterial and antiviral properties as well.

L I T H - M A G - F O R T E

Therapeutic Dosing Range

3/day
DF, GF, V

Indications for Use:

Anxiety, bipolar disorder, mania,
hypomania, depression, addiction
recovery, irritability, impulsivity, ODD,
ADD

Complementary Products:

Complete Brain Health (FR)
Restful Mind Support (FR)

Commentary: Lith-Mag-Forte blends magnesium amino acid chelate and lithium orotate, along with Collinsonia root and Lion's Mane mushroom to assist with upregulating neurotrophins, including brain-derived neurotrophic factor (BDNF), nerve growth factor, neurotrophin-3 (NT3), as well as receptors for these growth factors in the brain.

Lions' Mane has been shown to increase Nerve Growth Factor (NGF) and Brain Derived Neurotropic Factor (BDNF). It may help alleviate stress and promote mental well-being by modulating the body's stress response and potentially promoting nerve cell growth in areas of the brain involved in emotional regulation. Lion's mane may also enhance cognitive function, potentially improving memory recall and concentration.

Magnesium is one of the minerals most deficient in the American diet. Clinical deficiency in magnesium can result in personality changes, tremors, muscle spasms and anorexia, while repletion supports relaxation, particularly muscle relaxation.

Lithium has been used medically for bipolar disorders, manic and mixed episodes, and as a mood stabilizer. One study indicates that chronic, low-dose lithium treatment up-regulates BDNF production in primary neuronal cell culture, increasing extracellular BDNF from 30-44%. [[Bipolar Disord. 2016 Dec;18\(8\):692-695.](#)] Lion's Mane offers a neuro-protective effect.

MY NOTES

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MY NOTES

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E X T R A
T O O L S
&
R E S O U R C E S

B U S I N E S S T O O L S & E X T R A S

This selection of Business Tools & Extras is too assist you in evaluating and implementing nutrition specific software, tools or forms. As you know, the emerging capabilities of AI for note-taking and streamlining processes is changing everyday, however, we expect to update tested systems frequently and update this section and our Digital Downloads and Assets.

If you

	Page
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• Neuro-Spinal Nutrition Chart	121
• Two-Week Turnaround	123
• Direct-2-Patient Online Ordering	128

NEURO-SPINAL NUTRITION CHART

The human spine is not just a structural column—it is a central highway for neurological communication between the brain and the rest of the body.

Each vertebra protects a segment of the spinal cord from which spinal nerves branch out, delivering messages from the brain to specific organs, glands, and tissues. These nerves exit the spinal column through openings between the vertebrae, forming what is known as the somatovisceral connection—the relationship between spinal segments and internal organ function. For example, the nerves emerging at the C5 vertebra influence the thyroid gland and vocal cords, while nerves exiting near T6 are connected to stomach function.

When the spine is misaligned or under mechanical stress—whether from poor posture, injury, or repetitive strain—it can create neurological interference. This interference can be mechanical, where nerves are compressed or irritated, or it can be chemical, often in the form of inflammation. Chronic inflammation, common in today's high-stress, high-toxin, highly processed food environment, can inflame the soft tissues around the spine, contributing to swelling, stiffness, and nerve irritation. This inflammation can compromise the integrity of nerve signaling to organs, leading to dysfunction or a lowered threshold for disease.

Interruptions in this vital communication pathway can manifest as systemic symptoms. Over time, this kind of stress can contribute to more chronic imbalances such as fatigue, hormone dysregulation, or weakened immunity. Addressing both inflammation and structural alignment allows for more complete care, helping the nervous system restore its ability to communicate efficiently with the organs and systems it regulates.

The chart on the following page gives the organ, gland, muscle or system connection for each vertebra along with nutritional products to consider for each. **Inflam-Enzymes is recommended for most subluxations to address the chronic inflammation** that plays a major role in the interruption of normal nervous system communication and function. Inflam-Enzymes contains both enzymes and minerals that work to reduce inflammation, and is enterically coated to release in the lower digestive tract to ensure the effectiveness of the product.

Calcium and magnesium are included for muscle contraction and relaxation. Manganese is essential for the synthesis of connective tissue, as well as health and maintenance of ligaments, tendons, cartilage and bones, and is an essential cofactor for enzyme activation. Proteolytic enzymes papain and serrapeptase both have strong anti-inflammatory activity.

In this chart, the anti-inflammatory activity of Inflam-Enzymes is combined with targeted nutritional support for each gland, organ, muscle or system connected to the subluxated vertebrae. Using our example of a subluxation at T6, we would use Inflam-Enzymes combined with Digesti-Pan to reduce inflammation and support stomach function and digestion.

Health practitioners and their patients, regardless of the modality they practice, can benefit greatly by considering spinal integrity as part of a root-cause approach to nutritional support. Gaining a foundational understanding of the spine's neuro-visceral influence can enhance your ability to formulate effective nutritional protocols.

CHIRO NUTRITION CHART



Vertebrae	Chiropractic Connection	Product Considerations	
C1	Cervical 1	Blood supply to head, pituitary	Inflam-Enzymes (4), Serious Brain Enhancer (3), Hematic Formula (1)
C2	Cervical 2	Eyes, optic nerve forehead	Inflam-Enzymes (4), Complete Eye Health (1)
C3	Cervical 3	Cheeks, teeth, trifacial nerve	Inflam-Enzymes (6), Cal-Mag Complex (2)
C4	Cervical 4	Nose, lips, mouth	Inflam-Enzymes (6), Complete Smell & Taste (3)
C5	Cervical 5	Vocal cords, neck glands	Inflam-Enzymes (4), Advanced Joint Complex (3)
C6	Cervical 6	Neck muscles, shoulders	Inflam-Enzymes (6), Magnesium Complex (3)
C7	Cervical 7	Thyroid gland	Inflam-Enzymes (4), Metabolic Thyro (3)
T1	Thoracic 1	Hands, trachea	Inflam-Enzymes (6), Advanced Joint Complex (3)
T2	Thoracic 2	Heart, including its valves	Inflam-Enzymes (4), Cardio-Power (3), Omega 3/EPA/DHA (2)
T3	Thoracic 3	Lungs, bronchials, breasts	Inflam-Enzymes (4), Simply Lung (2) or Simply Mammary (2)
T4	Thoracic 4	Gall bladder, bile duct	Inflam-Enzymes (4), GB Support (3)
T5	Thoracic 5	Liver, blood	Inflam-Enzymes (4), Liva-Detox & Support (3), Hematic Formula (1)
T6	Thoracic 6	Stomach	Inflam-Enzymes (4), Digesti-Pan (3-6)
T7	Thoracic 7	Pancreas	Inflam-Enzymes (4), Simply Pancreas (3)
T8	Thoracic 8	Spleen, diaphragm	Inflam-Enzymes (4), Simply Spleen (3)
T9	Thoracic 9	Adrenal glands	Inflam-Enzymes (4), Simply Adrenal (3) or Anxie-Tone (3)
T10	Thoracic 10	Kidneys	Inflam-Enzymes (4), Uro-Kid Support (3-6)
T11	Thoracic 11	Kidneys, ureters	Inflam-Enzymes (4), Uro-Kid Support (3-6) or Arginase Bladder (3-6)
T12	Thoracic 12	Small intestines, lymph nodes	Inflam-Enzymes (4), Digesti-Pan (3-6) or Simply Pancreas (3-6)
L1	Lumbar 1	Large intestines	Inflam-Enzymes (6), Intestinal Support (3) or Para-Dysbio-Zyme (4)
L2	Lumbar 2	Abdomen	Inflam-Enzymes (6), Digesti-Pan (3-6)
L3	Lumbar 3	Sex organs	Inflam-Enzymes (4), Feminine Advantage (3) or Prosta-Power (3)
L4	Lumbar 4	Prostate, lower back muscles	Inflam-Enzymes (6), Prosta-Power (3) or Magnesium Complex (4)
L5	Lumbar 5	Lower legs, feet, toes	Inflam-Enzymes (6), Cal-Mag Complex (2) or Vegetarian Adrenal (2)
S	Sacrum	Hips, buttocks	Inflam-Enzymes (4), Advanced Joint Complex (4)
C	Coccyx	Rectum, anus	Inflam-Enzymes (4), Para-Dysbio-Zyme (6)

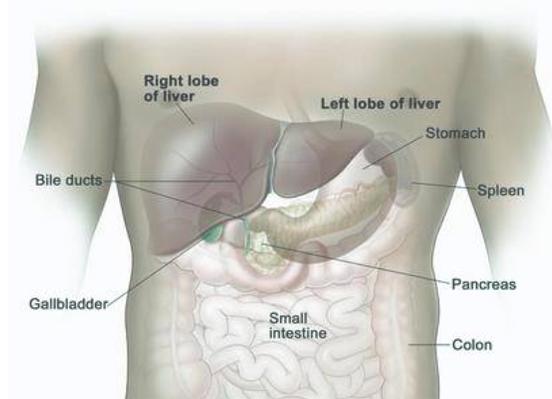
Other Concerns	Chiropractic Connection	Product Considerations
Ankles	Ankles	Uro-Kid Support (4) or Advanced Joint Complex (3)
Bones	Bones	Calcium Complex (4), D Complex (1) or Cal-Mag Complex (3)
Elbows	Elbow	Inflam-Enzymes (6), Advanced Joint Complex (2)
Health	All systems	Vitamin-Mineral (1-2)
Injury	Joint, muscle	Inflam-Enzymes (8), Omega 3/EPA/DHA (4)
Knee	Knee	Advanced Joint Complex (3-6), also avoid caffeine
Moving aches	Muscles, joints	Inflam-Enzymes (6), Migratrol (3)
Muscles	Muscles	Magnesium Complex (3), Omega 3/EPA/DHA (4)
Wrists	Wrists	Inflam-Enzymes (6), Vitamin B-6, B-12, & Folate (2)

Note: Many spinal nerves are connected to multiple organs/systems, thus this chart is not always applicable. The above chart also normally is not including suggestions when a problem is caused by some type of infection. The amount of tablets/capsules often taken per day is shown between the (). None of these statements have been approved by the US Food and Drug Administration, Health Canada, or similar authorities.

TWO - WEEK TURNAROUND GENERAL SUMMARY

Purification or detoxification programs are often suggested to help the body eliminate toxins and promote overall health and well-being. Many such programs, like the Two-Week Turnaround, incorporate a combination of protein, superfoods, and herbs to support the body's natural detoxification processes. Short programs are a starting point for patients to observe changes, overcome food cravings, gain more energy and feel success. Some of the most common changes observed in a short two-week timeframe are:

- Improved sleep quality and morning vitality
- Improved digestion and bowel movements
- Less burping, bloating and flatulence
- Clearer skin
- Slight changed in weight or weight distribution
- Fewer aches and pains in joints and muscles
- Improved energy and motivation
- Better overall mood and attitude



Eating fresh, clean food and exercising to your abilities will be the biggest contributors to enhancing the effects of the Two-Week Turnaround. Many of us assume our lack of energy is simply a sign of stress and aging. In most cases, age is not the issue. The lack of energy is often a symptom of overindulgence, especially refined carbs, sweets and alcohol, exposure to household, environmental and occupational toxins, poor sleep hygiene, and poor food choices. We eat out often, and even some of the best restaurants are using pre- made mixes and frozen, pre-seasoned food that contain seed oils, chemical flavorings, preservatives, and GMO ingredients...and fast-food is far worse. These are great talking points to share with your patients/clients.

Two-Week Turnaround Basic Instructions:

- Eat fresh food and cook at home, rather than processed food or fast-food restaurants.
- Eat from the Phase 1 food plan for 14+ days, then transition to Phase 2 for continued benefits. This is a Mediterranean eating plan with good variety and studied results.
- Eat twice as many vegetables as fruits, and if the patient has insulin resistance, T2D, T1D, PCOS, candida or SIBO/SIFO, limit fruit servings to 2/day.
- Drink ½ your body weight in ounces of clean, filtered water every day.
- Experiment with the Food Research shake and customize ingredients, added flavors (spices, herbs), texture, thickness and amount of fluid.
- Herbal teas, especially those containing green tea, dandelion are encouraged for additional nutrients and detoxification benefits.
- Additional therapies: 20 minutes of direct sunbathing each day, far-infrared sauna, 20-40 minute Epsom salt baths, foot bath/detox, skin brushing, PEMF, and stretching.

TWO-WEEK TURNAROUND KIT OPTIONS

Liva-Detox & Support Kit

When to Use:

- First time participants who need a simple approach for best compliance
- Patients with a sensitive disposition or health challenges
- Patients with higher levels of toxicity, but low functioning excretion pathways (serves as a prep program)
- Healthy individuals wanting a simple liver cleanse system they can use 1-3 times per year.
- Can be used as a long-term weight loss/weight management system with Gluco-Sugar-Balance and/or Metabolic Thyro.

2 - Vitamin & Mineral Shakes
1 - Liva-Detox & Support
1 - Tote Bag
1 - Comprehensive Food List



Detox-N-Cleanse Kit

When to Use:

- Patients that want a deeper liver detoxification, especially after a period of preparation using Liva-Detox & Support and GB Support
- Patients with known heavy metal levels or chemical exposures
- Patients that want support after amalgam removal procedures
- Patients that want support after reactions to vaccinations, chemicals or other environmental toxins

2 - Vitamin & Mineral Shakes
1 - Detox-N-Cleanse
1 - Tote Bag
1 - Comprehensive Food List



The Two-Week Turnaround kits can be used back to back to create a customized Four Week Program. Begin with the Liva-Detox & Support for 2 weeks, then move to the Detox-N-Cleanse for 2 weeks, and stick to the diet and lifestyle recommendations. Add specific products to support the patients challenges (blood sugar, immune function, gut repair and function, endocrine organ support, hormone balance, etc). A specific health protocol should be continued after the 4 weeks.

TWO-WEEK TURNAROUND CLIENT INSTRUCTIONS

FOOD RESEARCH TWO WEEK TURNAROUND

Patient
Flyer Available
in Color

\$280

Kit Includes

- 2 - Vitamin & Mineral Shakes
- 1 - Detox-N-Cleanse
- 1 - Tote Bag
- 1 - Comprehensive Food List

- ✓ The Two Week Turnaround is an excellent and straight forward Detox program which due to its simplicity allows full Patient compliance.
- ✓ Minimal restriction on the amount of food eaten, focus is on the quality of food consumed.
- ✓ Excellent adherence due to simplicity.



This is an excellent way to start a new Patient's nutrition regime. It truly shows how powerful and healing whole food nutrition can be.

1 Patients take 2 scoops of the Vitamin & Mineral Shake per day, either by adding to a shake, sprinkling over food, or mixing with water.

Each scoop of Vitamin & Mineral Shake includes a full spectrum of whole food vitamins and minerals supporting any nutritional deficiencies your patients may have.

In addition each scoop contains 9.5 grams of Protein and 8 grams of Fiber.

2 Patients also take 3 Detox-N-Cleanse capsules per day in week 1 and 5 per day in week two.

Detox-N-Cleanse contains natural ingredients to cleanse and remove toxins from key organs including the liver, kidneys and intestines in addition to supporting the lymphatic system.

3 Finally food choices are made based upon the comprehensive list supplied.

Now is the perfect time to offer the Two Week Turnaround to Patients.

- ✓ On completion patients may experience improved sleep, have clearer skin, a reduction in achiness, feel their vitality return, and have more energy.
- ✓ Metabolic syndrome or pre-diabetic or diabetic patients can include Gluco-Sugar-Balance to support sugar handling.
- ✓ Of course there is also the additional side effect for many of weight loss.
- ✓ Make it a group transformation; invite your family and friends to join you! You can all start together, cook together, dine together and make clean eating an enjoyable social experience. Sharing your favorite recipes is a great way to make these changes sustainable!
- ✓ Consider before and after blood panels to fully see the wide range of benefits of the program.

The beauty of the Two Week Turnaround is its simplicity.



DIETARY GUIDELINES

FOOD RESEARCH

TWO WEEK TURNAROUND

PHASE 1

VEGETABLES

3%
or less carbs

Asparagus	Celery	Kale	Sauerkraut
Bamboo Shoots	Chard	Kohlrabi	Spinach
Bean Sprouts	Chicory	Lettuce	String Beans
Beet Greens	Collard Greens	Mushrooms	Summer Squash
Bok Choy Greens	Cucumber	Mustard Greens	Turnip Greens
Broccoli	Endive	Parsley	Watercress
Cabbage	Escarole	Radishes	Yellow Squash
Cauliflower	Garlic	Salad Greens	Zucchini Squash

VEGETABLES

6%
or less carbs

Bell Peppers	Green Beans	Pickles	Tomatoes
Bok Choy Stems	Green Onions	Pimento	Water Chestnuts
Chives	Okra	Rhubarb	Yams
Eggplant	Olives	Sweet Potatoes	

VEGETABLES

7-9%
or less carbs

Acorn Squash	Brussels Sprouts	Leeks	Rutabaga
Artichokes	Butternut Squash	Onion	Turnip
Avocado	Carrots	Pumpkin	Winter Squash
Beets	Jicama		

MEAT & PROTEIN

You can enjoy meat within these guidelines:

- Portion size is the size and thickness of your palm
- 2-3 Servings per day
- Eat half the amount of protein as of vegetables

Cold water fish

Eggs (organic and free range if possible)

Poultry (chicken, turkey etc.)

Red meat

(grass fed if at all possible - if you are not able to get free range organic meats, choose leaner options)

FRUIT

Only to be used in shakes

Apples	Papaya
Berries	Peaches
Cherries	Pears
Grapes	Plums

MISCELLANEOUS

In Limited Amounts

Butter

Dressing - Oil/Cider Vinegar only

Nuts, raw (except Peanuts)

Oils (preferably cold-pressed)

Coconut Oil, Macadamia Nut Oil, Olive Oil, Sesame Seed Oil, (No Canola Oil)

BEVERAGES

Bouillon
Beef, Chicken (no MSG)
Filtered or Spring Water

Herbal Teas (Non-caffeine)

Green Tea is an excellent choice. (Don't worry about the small amount of caffeine in green tea unless you find you cannot tolerate it.)

Note to the patient:

During the 14 Day program (and beyond if your objective is to lose weight) follow the Phase 1 plan. Once you have completed the 14 days, if you are trying to improve your overall eating, transition to the Phase 2 plan.

Patient Flyer Available in Color

Other side for PHASE 2



DIETARY GUIDELINES

FOOD RESEARCH

TWO WEEK TURNAROUND

PHASE 2

VEGETABLES

3%
or less carbs

Asparagus	Cauliflower	Escarole	Mustard Greens	String Beans
Bamboo Shoots	Celery	Garlic	Parsley	Summer Squash
Bean Sprouts	Chard	Kale	Radishes	Turnip Greens
Beet Greens	Chicory	Kohlrabi	Salad Greens	Watercress
Bok Choy Greens	Collard Greens	Lettuce	Sauerkraut	Yellow Squash
Broccoli	Cucumber	Mushrooms	Spinach	Zucchini Squash
Cabbage	Endive			

VEGETABLES

6% or less carbs

Bell Peppers	Eggplant	Okra	Pimento	Tomatoes
Bok Choy Stems	Green Beans	Olives	Rhubarb	Water Chestnuts
Chives	Green Onions	Pickles	Sweet Potatoes	Yams

VEGETABLES

7-9% or less carbs

Acorn Squash	Beets	Carrots	Onion	Turnip
Artichokes	Brussels Sprouts	Jicama	Pumpkin	Winter Squash
Avocado	Butternut Squash	Leeks	Rutabaga	

VEGETABLES

12-21% carbs

Chickpeas	Kidney Beans	Parsnips	Seeds, Sprouted
Horseradish	Lima Beans	Peas	Soybeans
Jerusalem Artichokes	Lentils	Potatoes	Sunflower Seeds

MEAT & PROTEIN

You can enjoy meat within these guidelines:

- Portion size is the size and thickness of your palm.
- 2-3 Servings per day
- Eat half the amount of protein as of vegetables.

Cold water fish

Eggs (organic and free range if possible)

Poultry (chicken, turkey etc.)

Red meat (grass fed if at all possible - if you are not able to get free range organic meats, choose leaner options)

FRUIT

Limited quantity on limited basis (shakes or snacks)

Apples
Berries
Cherries
Grapes
Papaya
Peaches
Pears
Plums

GRAINS

Low glycemic

- 2-3 Times per week max
- Avoid higher glycemic grains: Amaranth, Barley, Brown or White Rice, Millet, Wheat

Quinoa
Sprouted Grains
Wild Rice

Note to the patient:

This food plan is designed to help balance your body chemistry and aid the body in returning to its normal function. Your practitioner may modify this plan to best suit your needs and objectives.

MISCELLANEOUS

In Limited Amounts

Butter
Cottage Cheese
Dressing - Oil/Cider Vinegar only
Kefir (liquid yogurt)

Milk, raw (if at all possible)
Nuts, raw (no Peanuts)
Oils (preferably cold-pressed)
Coconut Oil, Macadamia Nut Oil, Olive Oil, (No Canola Oil)

BEVERAGES

Bouillon - Beef, Chicken (no MSG)
Filtered or Spring Water

Herbal Teas (Non-caffeine) Green Tea is an excellent choice.
Red Wine only (Max 1 glass per day)

Patient
Flyer Available
in Color



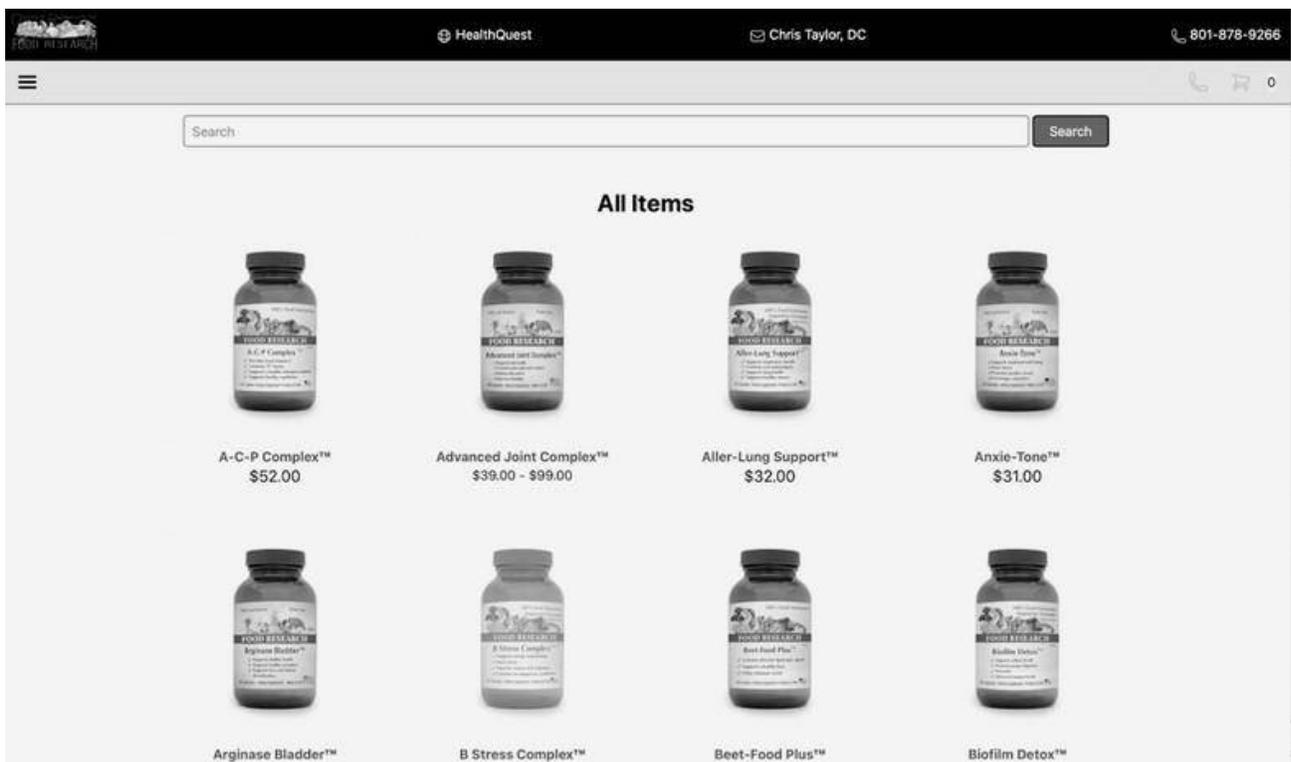
Direct-2-Patient Online Ordering System

- ✓ Patient Ordering Made Simple with a Template URL Site
- ✓ Practitioner Participation is Absolutely Free
- ✓ Wholesale HCP Retail Revenue Share is 40%
- ✓ Profit Shares are Processed Daily Through Stripe
- ✓ Patients Pay Standard Shipping of \$12.98

Doctors Research has created an ordering and shipping option called Direct-2-Patient. Now, your patients will be able to purchase products on your personalized store, and you will be notified about each purchase via email, allowing you to check in with your patient or new internet customer. The best part is that payments are processed through Stripe.com, so your orders are batched daily and paid to your bank account within a few days, just like the credit cards you process in your business.

There is no cost or set-up fee for you to participate in this program. This online store is offered to all Doctors' Research clients that would like to have an online presence to better serve their clients.

Here is a snapshot of a sample storefront. Patients, friends and family access your store with a passcode that you select. Your sub-domain is also selected by you (the name you select is inserted after <https://> and before foodresearchproducts.com). There is no discounting option at this time. All prices are published at retail cost. To view this sample storefront enter or click <https://drchristaylor.foodresearchproducts.com> and use the passcode wholefoodfirst (lower case) to enter.



Direct-2-Patient Overview con't

Your Cart

	Aller-Lung Support™ #135 - Aller-Lung Support™ - 90 CAPSULES	- 1 + 	\$32.00
	Digesti-Pan™ #295 - Digesti-Pan™ - 90 CAPSULES	- 1 + 	\$36.00

Subtotal	\$68.00
Shipping	\$12.98
Tax	Calculated at checkout.
Order Total Before Tax	\$80.98

Warning At Checkout – once an order has been placed, additional supplements cannot be added, nor can the order be changed.

[Checkout](#)

Here is an example of the patient cart.

Your state sales tax is established during set-up.

Your patients can increase or decrease the number of bottles directly from this page.

Shipping is \$12.98. charged to the patient at checkout, unless the total retail order exceeds \$399.99, then it's free shipping.

The checkout process resembles many online ordering sites, making the consumer experience simple and familiar.

And the final example of the patient checkout and payment processing. Notice the state tax shows up on the checkout page. Also, Apple Pay, Link Pay and all major credit cards are accepted. Doctors' Research and the health care practitioner will both receive immediate order notifications. Doctors' Research will pack and ship the order immediately, based on daily cut off times:

Doctors Research Inc

Pay Doctors Research Inc
\$83.02

Aller-Lung Support™ #135 - Aller-Lung Support™ - 90 CAPSULES	\$32.00
Digesti-Pan™ #295 - Digesti-Pan™ - 90 CAPSULES	\$36.00
Subtotal	\$68.00
Shipping	\$12.98
Sales Tax (3%)	\$2.04
Total due	\$83.02

Shipping information

Email: email@example.com

Shipping address

Full name: [input]
United States [dropdown]
Address: [input]
Phone: (201) 555-0123 [input]

Payment details

Card information

1234 1234 1234 1234 [input] VISA [input] [input] [input]

MM / YY [input] CVC [input]

Billing info is same as shipping

Save my info for 1-click checkout with Link
Securely pay on Doctors Research Inc and everywhere Link is accepted.

[link](#)

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Ready to get started?

There is no cost to you for this service and there is no minimum annual sales threshold to meet.

Everyone can participate.

Just reach out to Doctors' Research (805-489-7185) or your designated Doctors' Research Sales Professional for set-up instructions.

FOOD
RESEARCH
ARTICLES &
PUBLICATIONS

Biofilm: What is it? Can enzymes or herbs help?

By Dr. Bob Thiel

"Microorganisms attach to surfaces and develop biofilms ... Biofilms have great importance for public health because of their role in certain infectious diseases and importance in a variety of device-related infections. A greater understanding of biofilm processes should lead to novel, effective control strategies for biofilm control and a resulting improvement in patient management ... A biofilm is an assemblage of surface-associated microbial cells that is enclosed in an extracellular polymeric substance matrix ... Several studies have shown that treatment of adsorbed cells with proteolytic enzymes caused a marked release of attached bacteria" [1].

"Biofilm accounts for 65-80% of microbial infections in humans" [2].

"*Candida albicans* ... cells proliferate in a planktonic (suspension) state, but they also form biofilms, organized and tightly packed communities of cells attached to a solid surface. Biofilms colonize many niches of the human body and persist on implanted medical devices, where they are a major source of new *C. albicans* infections" [3].

"Urinary tract infections (UTIs) are one of the most important causes of morbidity and health care spending affecting persons of all ages. Bacterial biofilms play an important role in UTIs, responsible for persistent infections leading to recurrences and relapses" [4].

Betaglucanase is an enzyme that breaks down beta-glucans, a substance that has been implicated with bacterial caused biofilm plaque [5]. Furthermore, glucanase and protease degraded fungal cell walls to clear up biofilm [6].

Bilberry is a plant rich in antioxidants known as anthocyanins and polyphenols. "Urease-producing bacteria are known to produce crystalline biofilms and encrustation on catheters" and bilberry is a plant extracted urease-inhibitor, hence can be helpful to deal with biofilm and UTIs [4].

Black Walnut hull "is widely used in traditional medicine for alleviating pain and treating skin diseases" [7]. It has antioxidant properties [7] and has also long been used in traditional medicine as a blood purifier [8] and to treat parasites.

Cellulase is an enzyme that helps break down cellulose. The cell walls of fungi, including *Candida*, is made of cellulose. Cellulase can "Break down harmful microbial biofilms ... *In vitro* studies show that the cellulase enzyme can stop the growth and increase the breakdown of biofilms produced by the bacteria *Pseudomonas*. This may help detoxify the intestinal tract, as well as the body's major organ systems ... Other tests found an improvement in immune function for the patients. Furthermore, when the enzyme supplement was withdrawn, the positive benefits ended" [9].

DPP IV ("DPP 4") is the acronym for the enzyme Dipeptidyl Peptidase IV. It has been found to inhibit bacterial caused biofilm [10]. DPPIV has gluten-detoxification abilities [11].

Echinacea *Echinacea purpurea* can help prevent viral and other infections and seems to reduce types of biofilm [9].

Endopeptidase is a proteolytic enzyme that breaks peptide bonds other than terminal ones in a peptide chain. **Exopeptidase** is any peptidase that catalyzes the cleavage of the terminal (or the penultimate) peptide bond; the process releases a single amino acid or dipeptide from the peptide chain. "A **peptidase** is a catalytically active protein that cleaves one or more peptide bonds in a protein or peptide by hydrolysis" [12].

Garlic *Allium sativa* has antimicrobial properties [9]. Allicin from garlic has been shown to inhibit infectious biofilm [13].

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Glucoamylase are inverting exo-acting starch hydrolases/enzymes releasing β -glucose from the non-reducing ends of starch and related substrates. "Glucoamylase, when combined with other enzymes may ease the negative effects of irritable bowel syndrome (IBS) ... Studies show that glucoamylase combined with other enzymes can promote a normal autoimmunity response. In the case of autoimmune disorders, antigens, and antibodies, when not cleared out over time, can create tissue damage in the body" [14]. Hence, glucoamylase can help in detoxification.

Goldenseal *Hydrastis Canadensis* contains berberine "Berberine has broad-spectrum antibiotic activity ... and immune-enhancing properties. ... Berberine has shown antimicrobial activity against bacteria, protozoa, and fungi ... Berberine, a constituent of goldenseal, when used to treat urinary tract infections, is known to reduce synthesis of *Escherichia coli* fimbriae, thus preventing adhesion to the bladder lining" [9]. "Berberine has been ... found to reduce biofilm [15].

Grapefruit Seed Extract has certain antimicrobial properties [16,17]. It seems to help prevent biofilm when used with other substances [18].

Hemicellulase is an enzyme which "breaks down hemicellulose, which is a type of cellulose and a key component of the cell wall in all plants ... Some research suggests that an increase in this enzyme can help prevent and reduce yeast infestations such as *Candida*. This is perhaps related to the fact that the cell wall of *Candida* is composed of hemicellulose" [19].

Lysozyme is an enzyme catalyzes the breakdown of some carbohydrates found in the cell walls of certain bacteria that can reduce biofilm [20]. Lysozyme has been shown to inhibit *Candida* biofilm [21].

Milk Thistle *Silybin marianum* "has been shown to have a positive hepatoprotective effect in the treatment of liver cirrhosis associated with alcohol or viruses" [9]. Silymarin (a constituent of Milk Thistle) seems to have inhibitory effects on bacterial biofilm [22].

Pectinase is an enzyme that breaks down pectin, a polysaccharide found in plant cell walls. It also helps inhibit bacterial biofilm [23].

Proteolytic enzymes like various peptidases and proteases have been shown to reduce bacterial [e.g.24] and fungal biofilm [e.g. 1,3].

Serrapeptase *Serratia pepitase* is a proteolytic enzyme. Its use as a biofilm buster has been speculated for Lyme disease [25]. It has also been claimed to reduce toxins associated with Alzheimer's disease [26].

Shiitake Mushroom *Cang Er Zi* has positive immune enhancing [27] and antibiofilm properties [28].

Wild Oregano *Organum vulgare* has "antibacterial and antifungal activity" as well as antiparasitic effects [9]. Its constituent, carvacrol, has antibiofilm effects against pathogens such as *Escherichia coli* [29].

Naturopathic philosophy teaches that one is susceptible to infection if one there is an accumulation of toxins that the body does not eliminate which makes an environment that infections can thrive in [30-32]. Biofilms are such an environment.

Even those not interested in natural health realize that biofilm is a major cause of infectious disease.

Herbs and enzymes are "novel approaches" that more health care professionals may wish to try.

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CHOLINE & INOSITOL

Choline and Inositol are considered to be in the B-vitamin family. They are both lipotropic factors and have some similar functions in the human body.

CHOLINE

“Choline is crucial for sustaining life. It modulates the basic signaling processes within cells, is a structured element in membranes, and is vital during critical periods in brain development” [1]. It was discovered in 1862, yet it was not recognized as a required nutrient for humans until 1998 [1].

“Choline has several important functions: it is a source of methyl groups needed to make S-adenosylmethionine, it is a part of the neurotransmitter acetylcholine, and it is a part of the predominant phospholipids in membranes (phosphatidylcholine and sphingomyelin). Betaine, formed from choline, is an important osmolyte in the kidney glomerulus and helps with the reabsorption of water from the kidney tubule. Although they represent a smaller proportion of the total choline pool, important metabolites of choline include platelet-activating factor, choline plasmalogens, lysophosphatidylcholine, phosphocholine, and glycerophosphocholine” [1].

Choline is a quaternary amine which is required to make phospholipids and other substances necessary for all cell membranes, including myelin sheath which covers nerve cells. It is necessary for gall bladder regulation, liver detoxification, carnitine metabolism, and nerve support. Choline is needed to form the neurotransmitter acetylcholine. Fatty deposits in the liver are associated with a choline deficiency. Choline helps prevent the formation of fatty liver by promoting the production of lecithin. Choline helps in the strengthening of weak capillaries, thereby helping in the reduction of hypertension. Since choline deficiencies have been shown to raise cholesterol, it can be helpful for people with cholesterol concerns. Choline is believed to help insure effective DNA repair. Choline appears to be needed in serum plasma and various metabolic functions. It may have beneficial effects for cholesterol as well as for people with Alzheimer's. High amounts of oral choline can result in dizziness, nausea, diarrhea, depression, and a fishy odor [2]. Postmenopausal women seem to need more choline than other women [1].

“Phosphatidylcholine may be indicated to help restore liver function in a number of disorders, including alcoholic fibrosis, and possibly viral hepatitis. It may also be indicated for the treatment of some manic conditions. There is some evidence that Phosphatidylcholine may be useful in the management of Alzheimer's disease and some other cognitive disorders. A possible future role in cancer therapy is also suggested by recent research. It may also be indicated in some with tardive dyskinesia. Phosphatidylcholine has been used to lower serum cholesterol levels, based on the premise that lecithin cholesterol acyltransferase (LCAT) activity has an important role in the removal of cholesterol from tissues” [3].

“Increased choline intake has recently been recommended

by the Food and Nutrition Board of the National Academy of Sciences for pregnant and nursing women to help ensure normal fetal brain development. And, like phosphatidylcholine ..., choline may be helpful in some liver diseases, manic conditions, cognitive disorders, tardive dyskinesia and, possibly, some cancers.” [3]

“Healthy humans with normal folate and vitamin B12 status who were fed a choline-deficient diet developed liver damage...a diet deficient in choline has major consequences including hepatic, renal, pancreatic, memory, and growth disorders...Large amounts of lipids (mainly triglycerides) can accumulate in the liver...Choline deficiency causes cancer in rodent models” [1].

Some have claimed that choline is vitamin B-4 and is helpful for cardiovascular health [4]. Yet while there are cardiovascular benefits associated with food choline, it appears that what was once called vitamin B-4 was probably more accurately a substance known as adenine [5], which is not choline. Both adenine and choline play a role in ATP metabolism [1], and choline can have cardiovascular benefits, but calling it vitamin B-4 seems inaccurate.

Regarding choline, WebMD reports, “Athletes use it for bodybuilding and delaying fatigue in endurance sports” [6]. Low levels of choline have been found in endurance athletes and supplementation may decrease fatigue during exercise [7].

While probably the best food form in supplements is from specially-grown *Saccharomyces cerevisiae*, choline is also found in eggs (yolks) and liver [1,11].

The official Recommended Daily Intake of choline is as low as 125 mg per day for infants up to 6 months of age to as high as 550 mg per day for lactating women (the RDI for non-lactating women is 450 mg per day) [1]. The RDI for adult males is 550 mg per day [1].

Many people simply take choline to feel better.

INOSITOL

Inositol was once called vitamin B-8 [2]. It is a lipotropic factor, a chelator, and seems to have positive effects on the immune system [2,3]. It also shares many of choline's functions. When it comes to moods, it basically helps people feel better in various ways.

In healthy people, more inositol is in the body than any other vitamin except B-3. Inositol metabolism is sometimes affected by diabetes, renal disease, respiratory distress syndrome, multiple sclerosis, and hypercholesterolemia. Inositol has

been used as nutritional support for people with brain, kidney, bone marrow, skin, hair, mood, muscular control, and blood cholesterol concerns. Inositol is involved with the formation of phospholipids as well as cholesterol metabolism. Inositol phospholipids are integral parts of cellular and subcellular membranes and modulate many enzymes including adenosine triphosphate (ATP). Inositol has nutritional efficacy as a lipotropic factor and thus assists in burning hepatic and intestinal triglycerides. Many diabetics have lower inositol levels than non-diabetics; treatment with dietary inositol has been shown to normalize neural inositol levels, ATP activity, and motor conduction velocities for diabetics. Recent reports suggest that since inositol is a precursor of phosphatidylinositol biphosphate which is affected by certain noradrenalin and serotonin receptors, it may be helpful for people with depression, panic disorder, and obsessive-compulsive disorder (OCD) at high levels [2]. Clinically, it is often recommended for OCD.

Web MD states, "Inositol is used for diabetic nerve pain, panic disorder, high cholesterol, insomnia, cancer, depression, schizophrenia, Alzheimer's disease, attention deficit-hyperactivity disorder (ADHD), autism, promoting hair growth, a skin disorder called psoriasis, and treating side effects of medical treatment with lithium. Inositol is also used by mouth for treating conditions associated with polycystic ovary syndrome, including failure to ovulate; high blood pressure; high triglycerides; and high levels of testosterone" [8].

The plant source inositol known as phytate [9] "has strong chelating power for doubly charged metal ions" and "is a putative antiproliferative agent and may have antioxidant activity" [3]. Thus, inositol in *Saccharomyces cerevisiae* is preferred by some for its chelating abilities.

Certain plant foods contain phytate as well as *myo*-inositol. "*Myo*-inositol may have antidepressant and anti-anxiety activity...*Myo*-inositol has exhibited positive effects in a number of studies related to depression, panic attacks, and obsessive-compulsive disorder...In general, it appears that *myo*-inositol may be effective in many of the same disorders in which the SSRIs have shown some usefulness" [3].

Inositol is also used clinically for 'perfectionists' and some with anger concerns.

The non-food version of inositol is made from phytin processed with sulfuric acid [10]. Inositol is a lipotropic factor and is also necessary for hair growth. While nutritional yeast is probably the best source of inositol, it is also found in fruits, lecithin, legumes, meats, milk, unrefined molasses, raisins, vegetables, and whole grains [11].

Web MD states, "Inositol might balance certain chemicals in the body to possibly help with conditions such as panic disorder, depression, obsessive-compulsive disorder, and polycystic ovary syndrome" [8]. In the body, inositol also has an effect on calcium and magnesium levels [12], hence this could explain some of the claimed results.

"Inositol is found in brewer's yeast" [11]. "Dosages range from 500 milligrams to 4 grams daily taken with meals" [3].

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BALANCING GLUCOSE with Supplementation

Clinical experience has demonstrated that minerals such as chromium GTF and vanadium, as well as herbs and certain other foods, can nutritionally support the body's blood sugar control systems.

Chromium GTF

Doctors understand that, "The biologically active form of chromium, sometimes called glucose tolerance factor or GTF, has been proposed to be a complex of chromium, nicotinic acid, and possibly the amino acids glycine, cysteine, and glutamic acid. Many attempts have been made to isolate or synthesize the glucose tolerance factor; none have been successful" [1]. Chromium is not naturally found in the body in the commonly supplemented forms such as chromium picolinate or chromium chelate. **Only 1% or less of inorganic chromium is absorbed vs. 10-25% of chromium GTF** [2]. Research suggests that there is much less likelihood of toxicity from chromium in foods than from chromium picolinate, chromium chelate or chromium VI [3].

Chromium has been reported to reduce sugar cravings [4] and is sometimes advised to help with weight loss. There is an exceedingly small amount of chromium in white sugar, but that small amount can cause cravings if the body is otherwise deficient in chromium. However, since some chromium is needed by the body to fully digest white sugar, this sometimes leads to a cycle of repeated sugar cravings. Supplemental chromium can help break this sugar craving cycle.

Chromium is found in *Food* with accompanying *Food* factors which include protein chaperones [5,6], which aid in absorption of chromium (chromium mineral salts are chemical compounds which are rocks or synthetically produced). Chromium rocks are poorly absorbed by humans (some are less than 1% absorbed [2]). Plants convert soil constituents including chromium into *Food* [7]. Humans are supposed to consume *Food*, not soil [7]. Yet most chromium-containing supplements do not contain chromium as found in *Foods*; instead they contain various acid-processed rocks or other mineral salts. Consuming mineral salts poses at least two problems. The first is that the body has to attempt to breakdown the rock into its elemental forms, which it is not really designed to do (plants are supposed to do that [7], which is why they are considered to be lower down on the food chain than humans). The second is that the body has to discard the non-chromium portion somehow as it may not be of any use to the body (if undesirable elements accumulate, they can contribute to toxic accumulations and/or reactions in the body, including free radicals). Because it is a *Food* and not ground up rock, **chromium GTF is easier on the digestive system than other chromium forms and can often be better tolerated by sensitive individuals.**

What Kind of Chromium is in Your Chromium Supplements?

Chromium Form

Chromium chloride

Chromium picolinate

Chromium GTF

Actually Is / Often Used As

A preparation of hexahydrates; used as a corrosion inhibitor & to waterproof [8].

Chromium III with picolinic acid; picolinic acid is used in herbicides [9].

Enzymatically processed plants; only used as a food.

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Please also understand that chromium picolinate is a human-made substance, apparently created by Gary Evans [8,10]--it is not a natural food. Picolinic acid is used in herbicides [9]; furthermore "picolinic acid is an excretory or waste product. It is

not metabolized by, or useful to the body" [11]. Scientists report, "some research groups recently suggested that chromium (III) picolinate produces significantly more oxidative stress and potential DNA damage than other chromium supplements" [3].

Chromium, *Saccharomyces Cerevisiae*, and Diabetes

"Chromium is generally accepted as an essential nutrient that potentiates insulin action, and thus influences carbohydrate, lipid, and protein metabolism" [1]. One small study found that chromium GTF reduced blood glucose levels by 16.8% versus 6.0% for inorganic chromium [12], thus it was 2.80 times more effective. Another study found that chromium GTF benefited certain diabetics by improving blood glucose control, lowering serum lipids, and decreasing the risk of coronary heart disease [13].

Saccharomyces cerevisiae is also known as nutritional or baker's yeast and it holds several unique advantages for diabetics. Perhaps the first is that it is the most natural medium in which to grow chromium GTF. GTF is the body's form of chromium (Cr) and is the form that is best for regulating blood sugar. Specifically it has been found that "dietary high Cr yeast supplementation improved glucose tolerance, probably through a decrease in hepatic extraction of insulin" [12]. *Saccharomyces cerevisiae* chromium GTF is up to 25 times more bioavailable than chromium mineral salts [2]. In 1999, the Nobel prize was awarded for discovering that protein chaperones are necessary for mineral transport into cellular receptors; *Saccharomyces cerevisiae* naturally contains protein chaperones and other Food factors which aid in mineral absorption [5,6] (these are lacking in

chromium salts).

Additionally, *Saccharomyces cerevisiae* has proinsulin-like substances, "the specificity of the yeast processing enzymes is so similar to the proinsulin converting enzymes in the human pancreatic beta-cell that it allows the processing of the mini-proinsulin to insulin" [13]. *Saccharomyces cerevisiae* also contains a variety of insulin precursors that can be helpful for diabetics [14].

Saccharomyces cerevisiae (the primary yeast used in baking and brewing) is beneficial to humans and can help combat various infections [15], as well as eczema according to the German E monograph. In the text, Medical Mycology John Rippon (Ph.D., Mycology, University of Chicago) wrote, "There are over 500 known species of yeast, all distinctly different. And although the so-called 'bad yeasts' do exist, the controversy in the natural foods industry regarding yeast related to health problems which is causing many health-conscious people to eliminate all yeast products from their diet is ridiculous." It should also be noted, that W. Crook, M.D., who was perhaps the nation's best known expert on *Candida albicans*, wrote "yeasty foods don't encourage candida growth...Eating a yeast-containing food does not make candida organisms multiply" [16].

Supporting Food Items

Combining blood sugar supporting herbs (such as fenugreek and gymnema) with lower dosages of a medicine such as glimepiride (Amaryl) has been shown to be safer and more effective than using high dosages of the medicine by itself [17].

One report concluded that chromium GTF has been found to reduce glycosylated hemoglobin (HbA1c) and fasting blood glucose (FBG) levels in a large meta-analysis; gymnema sylvestre reduced HbA1c levels; cinnamon improved FBG; fenugreek reduced FBG in 1 of 3 small trials; and vanadium

reduced FBG in small, uncontrolled trials [18].

Bitter Melon *Momordica charantia* "has been extensively used traditionally as food and herbal medicine for type 2 diabetes mellitus in Asia, Brazil, and east Africa" [19]. "Momordica charantia Linnaeus (Family Cucurbitaceae) is the most studied herb for its anti-hyperglycemic effect in vivo and in clinical studies" [20]. Studies show that it can be helpful in maintaining proper glucose levels [15, 19].

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Berberine "Berberine promotes glucose uptake and inhibits gluconeogenesis ... Many studies have confirmed the glucose-lowering effect of berberine in type 2 diabetes patients" [21]. Berberine is a constituent of many plants. A 2018 study found that berberine (BBR) "was more effective than metformin ... in decreasing the serum MGO levels and insulin resistance through improved glycemic control in newly diagnosed type 2 diabetic patients. BBR decreased MGO and insulin resistance by 56% and 73% compared to 43% and 40% by metformin therapy, respectively. BBR was found superior to metformin in decreasing the MGO and insulin resistance" [22].

Cinnamon Bark *Cinnamomum cassia* has been found to improve fasting blood glucose (FBG) [18]. Another cinnamon study noticed FBG improvement with "significant decrease in plasma C-peptide, serum triglyceride, total cholesterol and blood urea nitrogen levels while serum high density lipoprotein (HDL)-cholesterol levels were significantly increased" [23] (HDL is known as "good cholesterol"). "Cinnamon extract regulates glucose transporter and insulin-signaling gene expression... and this regulation could contribute to the potential health benefits of CE" (cinnamon extracts) [24].

Fenugreek Seed *Trigonella foenum-graecum* has been used as part of a program for blood sugar management. The PDR states, "Fenugreek reduces blood sugar" [15]. A human study "showed that FBS, TG and VLDL-C decreased significantly (25 %, 30 % and 30.6 % respectively) after taking fenugreek seed soaked in hot water" [25]. An animal study concluded that "fenugreek oil significantly improved blood glucose levels, glucose intolerance, and insulin sensitivity compared to the diabetic group... diabetic rats showed low activities of superoxide dismutase, catalase, glutathione peroxidase, and reduced glutathione content in kidney, which were restored to near normal levels by treatment with fenugreek oil. The increased levels of lipid peroxidation, creatinine, albumin, and urea in diabetic rats decreased significantly in diabetic rats treated with fenugreek oil. Diabetic rats treated with fenugreek oil restored almost a normal architecture of pancreas and kidney. In conclusion, this study reveals the efficacy of fenugreek oil in the amelioration of diabetes, hematological status, and renal toxicity which may be attributed to its immunomodulatory activity and insulin

stimulation action along with its antioxidant potential" [26]. A recent study "confirms the anti-hyperglycaemic and anti-dyslipidemic properties of 4-hydroxyisoleucine, an unusual amino acid isolated from *Trigonella foenum-graecum* seeds, for the first time in a well-characterised model of type II diabetes... significantly ($p < 0.05$) declined their elevated blood glucose, plasma insulin, triglycerides, total cholesterol, low-density lipoprotein-cholesterol levels and raised their declined plasma high-density lipoprotein-cholesterol level. These results indicate that 4-hydroxyisoleucine exhibits significant potential as an anti-diabetic agent by suppressing progression of type II diabetic states that is suggested by enhancement of insulin sensitivity and glucose uptake in peripheral tissue." [27]. "Diosgenin present in fenugreek improves glucose metabolism by promoting adipocyte differentiation and inhibiting inflammation in adipose tissues... *Trigonella foenum-graecum* (fenugreek) can ameliorate hyperglycemia and diabetes" [28].

Goat's Rue/French Lilac *Galega officinalis* was the basis for the anti-diabetic medication Metformin (but Metformin is a chemical isolate) [29]. "Guanidine is an active ingredient extracted from *Galega officinalis*...we observed that guanidine decreased plasma glucose in STZ rats" [30]. "*Galega officinalis* (galega, Goat's Rue, French Lilac) is well known for its hypoglycaemic action and has been used as part of a plant mixture in the treatment of diabetes mellitus... During pharmacological investigations ... a weight reducing effect of galega was discovered... together with its established hypoglycaemic effects, galega has a novel weight reducing action that, in normal mice, is largely independent of a reduction in food intake. The mechanism of the weight reducing action of galega is unclear but involves loss of body fat" [31].

Gymnema Leaf and Callus "*Gymnema sylvestris* is a plant that has found use in the traditional medicine of a number of societies for the management of blood sugar disorders" [32]. "The phyto-constituents of *Gymnema sylvestris* are used in the treatment of diabetes and obesity" [33]. Various animal studies have found that it has protective effects for the pancreas of diabetics. It contains substances that researchers have concluded "showed anti-diabetic activities through regenerating beta-cells" [34].

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N-Acetyl-L-Cysteine (NAC) (plant source) is a more stable form of the amino acid l-cysteine because it has an acetyl group (CH₃CO) attached. It seems to help with high glucose (HG) levels. One study stated "Cotreatment with N-acetylcysteine reduced the effect of HG on aromatase gene expression, suggesting that hyperglycemia may perturb biochemical networks because of the elevation of oxidative stress" [35]. Another study concluded, "Our results clearly demonstrate protective effect of NAC is mediated through attenuation of oxidative stress and apoptosis, and suggest therapeutic potential of NAC in attenuation of diabetic neuropathy" [36]. Another diabetic study concluded that the "antioxidant, N-acetyl-L-cysteine, suppressed glucose-induced osteopontin expression by decreasing ROS concentration" [37]. "Epidemiological studies have suggested that the levels of advanced glycation end products (AGEs) are enhanced in patients with diabetes mellitus and during the aging process... Our data showed that APP {amyloid precursor protein} was up-regulated by AGEs in vitro and in vivo, and pretreatment of cells with an ROS inhibitor (N-acetyl-L-cysteine) blocked the effects of AGEs" [38].

Pancreatic tissue is nutritional support for the pancreas. The pancreas is instrumental in the regulation of blood sugar and is one of the most important organs related to a healthy digestive system. The pancreas produces trypsin and is operational in intermediate protein metabolism. Pancreatic glands have long been used to support healthy glucose balance [39,40].

Phosphorus is a macromineral. Hypophosphatemia (low phosphorus levels) is clinically associated with diabetes mellitus [41]; "Excessive amounts of phosphorus can also be lost in the urine of uncontrolled diabetics who have polyuria and acidosis" even if plasma phosphorus appears to be normal [41].

Vanadium is a mineral believed to support healthy blood levels. Food Research supplies a vegan Food form of vanadium, not a rock or mineral salt form. Vanadium "is used in pharmacological quantities to potentiate the effect of insulin" [42]. Studies suggest that vanadium improves fasting blood glucose levels [18]. Vanadium in a ferment "can effectively lower blood glucose levels of diabetic rats" [43]. Vanadium may help with carbohydrate metabolism and seems to have "insulin-like effects" [44]. "Vanadate forms compounds with other biological substances" [45]. "Vanadium has been postulated to play a role in the regulation of (NaK)-ATPase, phosphoryl transferase enzymes, adenylate cyclase, and protein kinases; as an enzyme cofactor in the form of vandyl and in hormone, glucose, lipid, and tooth metabolism" [45]. Vanadium in foods is found in an organic form. Vanadium in Food is safer than non-food forms and also appears to be about 50% more effective [46].

Minerals and herbs are something to seriously consider to maintain blood sugar balance.

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Some of these studies (or citations) may not conform to peer review standards, therefore, the results are not conclusive. Professionals can, and often do, come to different conclusions when reviewing scientific data. None of these statements have been reviewed by the USFDA, Health Canada, or other international governmental regulatory agency.

Boswellia, Fenugreek, Ginger, Turmeric, Vitamin C, and Inflammation, etc.

Many herbs have historically been used to assist with inflammation, joints, and pain relief [1]. This referenced paper will look at a few of them.

Acerola Cherries are one of the richest natural sources of vitamin C and contain phytonutrients like carotenoids phenolics, anthocyanins, and flavonoids [2]. “*The vitamin C produced by acerola is better absorbed by the human organism than synthetic ascorbic acid*” [3]. The presence of functional phytochemicals in acerola has been shown to influence the intestinal epithelial cells to increase the cellular uptake of vitamin C as opposed to vitamin C alone [4]. “Results of DPPH, ABTS, and FRAP assays indicated that the antioxidant activity of acerola juice was stronger than that of the fruit juices reported in the literature, such as strawberry, grape, or apple. ... Similarly, exotic acerola showed the highest antioxidant values in the 10 exotic fruits investigated” [5]. “Acerola...contains bioflavonoids” [6], anthocyanins, and quercetin [7]. An animal study found that “acerola juice reduces low-grade inflammation” [8]. Vitamin C “occurs in the body in the form of ascorbate, known for its strong antioxidant and anti-inflammatory properties ... A deficiency of ascorbate is associated with numerous disorders, such as general weakness, fatigue, muscle and joint pain” [9]. Not only does vitamin C have free radical scavenging abilities, it also has been shown to increase the antioxidant abilities of some other foods [6]. Vitamin C, itself, is also a component of collagen which is needed for healthy joints [10]. Curcumin, which is a component of turmeric, tends to improve the anti-inflammatory traits of vitamin C [11].

Boswellia Gum (*Boswellia Serrata*), also known as frankincense, has been shown to have anti-inflammatory properties and it works best for rheumatoid arthritis when combined with other herbs [1]. It has anti-inflammatory and anti-oxidant properties [12]. “The gum exudate obtained from the bark of the tree *B. serrata*, also called Indian olibanum, has been extensively used in the treatment of arthritis, asthma, ulcers, and skin diseases by practitioners of Indian traditional medicine. It has also been widely used in various formulations for the treatment of inflammation related disorders in the past decade” [13]. “For several thousand years (~4000) *Boswellia serrata* and *Curcuma longa* have been used in Aryurvedic medicine for treatment of various illnesses, including asthma, peptic ulcers, and rheumatoid arthritis, all of which are mediated through pathways associated with inflammation and pain. ... The anti-inflammatory effects of boswellic acids and curcumin have translated to the improvement of symptoms of OA {osteoarthritis} and joint pain as shown in numerous clinical trials” [14]. A 2018 study concluded, “that curcuminoid and boswellia formulations could be a valuable addition to the knee OA treatment regimens by relieving symptoms while reducing safety risks.” [15]. Another paper concluded that boswellia and fenugreek were effective in “in improving glycemic control in T2DM {type 2 diabetes} patients” [16].

Fenugreek (*Trigonella foenum graecum L.*) (FG) is a plant whose seeds have been historically used in cooking and as an herbal remedy, with anti-microbial, anti-inflammatory, anti-oxidant, anti-cancer, and anti-diabetic effects ... evidence supports a role for fenugreek in protecting against hepatic steatosis, inflammation, or the oxidative stress secondary to diabetes” [17]. It is a common ingredient in curries. It is approved by *German Commission E* for inflammation of the skin [1]. It has also been found to be helpful for dealing with toxins and inflammation of the lungs [18]. Fenugreek gum and Boswellia gum are considered to be “major antidiabetic galactomannans” that have been found synergistically assist in maintaining healthier blood sugar levels [19].

Ginger Rhizome (*Zingiber Officinale*) has anti-inflammatory and antimigraine effects [1]. “Scientific evidence supports the beneficial properties of ginger, including antioxidant and anti-inflammatory capacities ... One of ginger’s main uses is to treat urinary tract inflammatory problems” [20]. “Ginger, a well-known natural product, has been demonstrated to possess antioxidant, anti-inflammatory, anticancer, and antimicrobial properties” and supports “healthy aging” [21]. “Overall, eight RCTs reported the anti-inflammatory effect of ginger supplementation. Among them, arthritis-related diseases were the most conducted studies, particularly osteoarthritis (OA). Regarding OA, six studies investigated the efficiency of the constituents of ginger that serve as anti-inflammatory agents. All studies reported improvement following ginger intake compared to the control group” [22]. On a totally different note, a randomized double-blind study concluded “Mixed herbal supplementation that contained fenugreek, ginger, and turmeric can increase human milk volume without adverse effects” [23].

Turmeric (*Curcuma Longa*) is a type of herb belonging to ginger family ... Turmeric is also known to have been used for centuries in India and China for the medical treatments of illnesses such as dermatologic diseases, infection, stress, and depression. Turmeric's effects on health are generally centered upon an orange-yellow colored, lipophilic polyphenol substance called "curcumin," which is acquired from the rhizomes of the herb. Curcumin is known recently to have antioxidant, anti-inflammatory, anticancer effects and, thanks to these effects, to have an important role in prevention and treatment of various illnesses ranging notably from cancer to autoimmune, neurological, cardiovascular diseases, and diabetic" [24]. "*Curcuma longa* (syn. *C. domestica* Valetton and *C. brog* Valetton) is also known as "turmeric" worldwide ... In traditional medicine, turmeric is extensively used as a carminative, digestive aid, stomachic, appetizer, anthelmintic, tonic and laxative. It is also used for treating fever, gastritis, dysentery, infections, chest congestion, cough, hypercholesterolemia, hypertension, rheumatoid arthritis, jaundice, liver and gall bladder problems, urinary tract infections, skin diseases, diabetic wounds, and menstrual discomfort" [25]. "In general, curcumin is beneficial to human health, demonstrating pharmacological activities of anti-inflammation and antioxidation, as well as antitumor and immune regulation activities. Curcumin also presents therapeutic potential in neurodegenerative, cardiovascular and cerebrovascular diseases [26]. Curcumin in combination with boswellic acid is more effective. Combining *Curcuma longa* and *Boswellia serrata* extracts .. increases the efficacy of treatment of OA {osteoarthritis} presumably due to synergistic effects of curcumin and boswellic acid" [27]. Turmeric compounds support "healthy aging" as they have helped prevent cellular damage [28]. A study including turmeric, ginger root, vitamin C, and boswellia extracts concluded there was efficacy of the blend on the patients with knee osteoarthritis [29].

Various peer-reviewed scientific papers have concluded that combinations of these types of herbs have been found to be more effective than many of them alone for things like inflammation and joint health.

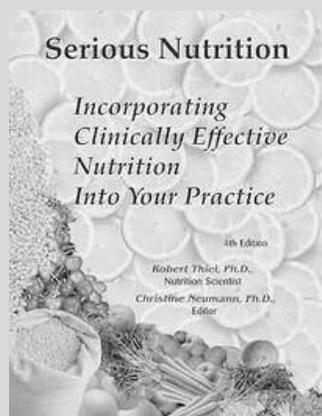
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EDUCATIONAL RESOURCES FROM ROBERT THIEL, PHD

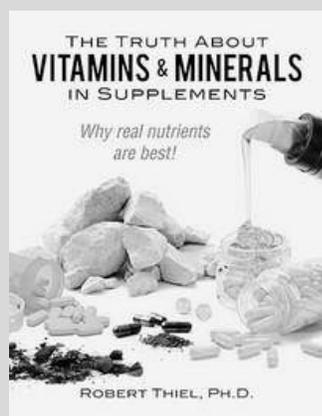
Dr. Robert Thiel, is a nationally recognized researcher, scientist, and naturopath. He believes that clinical science demonstrates that through natural interventions, the body can heal itself of both chronic and acute ailments. Dr. Thiel's research captured the attention of the National Institute of Health, National Cancer Institute, and National Institute for Allergy and Infectious Disease, all of which have reviewed Dr. Thiel's research on nutritional supplementation and serum levels of immune system lymphocytes. In 1998, he was named Research Scientist of the Year by the American Naturopathic Medical Association. In 1999, they named him Physician of the Year.

Also, visit healthresearch.com for a list of Dr. Robert Thiel's research papers and articles with links to published documents and books.



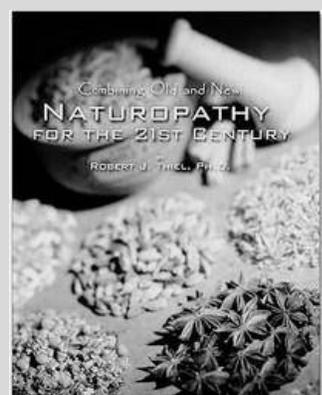
This is a favorite amongst HCPs for reference and study. These 60 chapters cover food vitamins, food minerals, herbs, enzymes, glandulars, amino acids, health concerns, and how to use nutrition in a holistic, chiropractic, and medical practice. Includes forms, food plans, charts, and protocols. Primarily written by Dr. Thiel. Also contains chapters from the late Dr. Royal Lee and Dr. Bernard Jensen, who inspired his research and focus.

[Link to Purchase Serious Nutrition on Amazon](#)



Many people have wrongly assumed that vitamin and mineral formulas on the market are natural, the same as vitamins and minerals found in food, and safe for consumption. This highly referenced book explains the biological advantages of food vitamins and minerals and what most "so-called natural" vitamins and minerals are actually made from. Suitable for practitioner reference and patient education.

[Link to Purchase The Truth About...on Amazon](#)



This book has been adopted as a textbook by several naturopathic schools and includes works by J.H. Kellogg, M.V. Kulkarni, Royal Lee, G.J. Drews, J.H. Tilden and other early naturopathic and nutritional pioneers. This book further explains what modalities are used by naturopaths and answers the questions, "Why do people get sick?", "What is the cause of disease?" and "How do people get well?"

[Link to Purchase Naturopathy...on Amazon](#)



TREATMENT PROTOCOLS

Key Treatment Protocols

The key protocols on this page are repeatedly referred to in the treatment recommendations.

The Super Food Trio

Daily Support for Every Member of the Family

- Three premier-quality daily products for optimal health for every adult and child
- **Vitamins:** synergistic, “once living” natural-source vitamins
- **Pr. Organic Greens Powder/Caps:** 1 to 2 tsp./day or 4 to 8 Vcaps/day
- **Minerals:** synergistic, “once living” natural-source minerals **Pr. Calcium Magnesium Plus:** 2 Vcaps/day; children (age 4 to 9): 1 Vcap/day. In severe cases, use the pH Trio (see pH Trio box) for 6 to 12 weeks first.
- **Healthy Oils:** Ideal ratio of essential fatty acids: Omega 3, 6, 9 **Pr. EPA/DHA Marine Soft gels** or **Pr. EPA/DHA Marine Liquid:** 2 soft gels/day or 1 tsp./day with breakfast; children (age 2 to 9) ¼ - ½ tsp./day with breakfast.

Primary Rejuvenative Tonic

Daily super-healthy support for every member of the family

The number one, most essential, single product for optimal health; broad-spectrum support for the immune system, nervous system, hormones, brain, anti-aging and rejuvenation **Adaptogen-R3™:**
 (adults) 1 to 3 Vcaps/day;
 (children, age 4 to 9): 1 to 2 Vcaps/day

The pH Trio

Three key products to rapidly re-establish an alkaline pH (measured by your first morning urine pH)

1. **Pr. Calcium Magnesium Powder:** mix 1/4 to 1/2 tsp. daily in 1/2 cup water with 1 scoop **Pr. Aloe Powder**
2. **Pr. Aloe Powder:** (see above)
3. **Pr. D3+K2 or D3 Serum:** 1Vcap or 5 drops/daily

Digestive Support

Plant Enzymes for Optimal Digestive Support

Highly purified plant enzymes (superior quality) for those with poor digestion; for use after every meal with cooked food, especially needed for people over age 35; critically needed for those over age 50 **Pr. Digest:** 2 Vcaps after each meal that contains cooked food (not needed after meals that are raw); children (age 4 to 9): 1 Vcap after each meal that contains cooked food

Ramp Up Sequence = 1 Vcap/day for 3 to 7 days;

2 Vcaps/ day for 3 to 7 days;

3 Vcaps/day for 3 to 7 days;

4 Vcaps/day for 3 to 7 days;

up to 6 to 9 Vcaps/day total

Detox Therapies

Premier Castor Oil Packs

External Detoxification Body Packs Using Heated Castor Oil

See Premier Castor Oil Instructions for all details. Initially, use castor oil packs on the key “detox” organs (kidney, liver, large intestine) as determined by QRATM testing. When each detox organ tests strong (several packs may be needed), then go to the next detox organ. After all 3 detox organs test strong, begin using the packs over the

target (problem) area. Typical frequency (initially) for using the packs: 2 to 4 times per week.

QCI™ Vial

Quantum Coherence Integrator Technique

This unique vial is designed to reset the body’s biofield. This allows nutrients and biological energy to enter the previously blocked meridians.

The patient should use the QCI™ vial before each meal to ensure their meridians are open before nutrition is taken. See the “QCI Vial Technique.”

Medi-Body Packs™

External Detoxification Body Packs

Use the Medi-Packs according to new detailed instructions. These packs are available to rapidly eliminate interference fields which block normal energy and nerve flow as well as enhance nutritional uptake and deep-seated tissue detoxification.

Typical use: 1 pack every 2 to 3 days until all interference fields

test strong using QRATM Level III (8 stress taps).

Note:

A) When possible, spread the following doses throughout the day, rather than taking them all at once.

B) In the following recommendations, the bold items are the most commonly used remedies. The other products are useful alternatives and/or support nutrients.

HCL Detox Therapy

Eliminating Impervious Biofilms For Superior Immune Function

The Master Immune Detox Therapy

In the 1930s, medical pioneers discovered that a dilute, natural-source HCL solution when specifically combined with potassium and other mineral salts was an incredibly efficient media to eliminate even serious, long-standing infections. It was safe, efficient and easy to use -- taken orally several times daily. So outstanding were the results that numerous medical researchers found it uncompromisingly beneficial for every condition they used it for -- from tonsilitis to malaria to cancerous tumors.

Without question, they realized that this HCL solution could break down the impervious polysaccharide sac surrounding virulent disease organisms such as tuberculosis -- with almost unfailing resolution of the condition. Today, we know that over 99% of all infections in the body exist in these sacs, which we now call biofilms.

In our current times of many chronically ill people, worldwide research now links most major degenerative diseases to underlying, hidden infections. Such a simple, efficient, safe and highly effective therapy to eliminate biofilms as they used in the past is now badly needed.

For HCL Detox Therapy, natural-source betaine HCL (hydrochloride) is taken at the same time as potassium- rich, natural substrates that together create a unique, highly ionized complex that is fully capable of detoxifying and bursting the biofilm sacs (where infectious organisms hide and have become impervious to the immune system). This allows the immune system (previously locked out) to easily enter the biofilms and successfully attack and kill the virulent micro-organisms. Now, just as the medical researchers were able to do over half a century ago, we have an effective method for clearing biofilms and the degenerative, infection-driven states they cause.

Ingredients

- Premier HCL
- Premier HCL Activator

Directions:

For individuals between ages 25 and 50 and who weigh 100 to 150 lbs., take 1 to 2 Vcaps of Pr. HCL with 1 to 2 Vcaps of Pr. HCL Activator. Drink at least 1/4 cup purified water. Take after meals with cooked food, 1 to 3 times daily.

For those between ages 25 to 50 and who weigh 151 to 200 lbs., take 3 to 4 Vcaps of Pr. HCL after each meal with cooked food, 1 to 3 times daily. For those between ages 25 to 50 and who weigh over 200 lbs., add 1 to 2 Vcaps of each product for each additional 50 lbs. of weight, 1 to 3 times daily.

TREATMENT PROTOCOLS

For individuals over age 50 and who weigh between 100 to 150 lbs., take 3 to 4 Vcaps of Pr. HCL and 3 to 4 Vcaps of Pr. HCL Activator after every meal with cooked food. For each additional 50 lbs. over 150 lbs., add 1 Vcap of each.

For those who are under age 25, be sure they are consuming adequate amounts of good quality sea salt, such as **Premier Pink Salt**, at least 1/2 to 1 tsp. daily in food, to provide the raw material from which hydrochloric acid may be made. For those under age 25, the amount of HCL recommended depends on body size, as well as the amount of sea salt consumed daily, exercise levels and amount of perspiration lost daily.

Caution:

Exercise caution with patients in kidney failure or those with high white cell counts (as in leukemia, etc.). After ensuring that they have adequate baseline nutrient support, start slowly with HCL Detox Therapy, using only 1 Vcap of Pr. HCL with 1 Vcap of Pr. HCL Activator per day, immediately following the main meal (lunch). In some cases, you may recommend taking the HCL combination only every other day.

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Acid Reflux (Also called heartburn or GERD)

Comments: Acid reflux, also called GERD (gastroesophageal reflux disease) is a condition where the liquid content of the stomach regurgitates (backs up or refluxes) into the esophagus. The esophagus can become inflamed and damaged due to the acid content and pepsin in the liquid (which the throat is not designed to handle). The refluxed liquid can also contain bile that has backed up into the stomach from the duodenum (the first part of the small intestine). Once GERD begins, it often becomes chronic.

Linked to deficiency of HCL (unable to break down lactic acid and other waste products); also linked to stomach dysfunction; often infection in the stomach (often from biofilms); commonly overcome by use of Pr. HCL toward the end of the meal and GastroVen. The longer the condition has been present, the more difficult it is to correct. Also linked to overeating cooked food, high stress.

Common Symptoms: heartburn, regurgitation, nausea; most reflux occurs during the day after meals.

Complications of GERD can be ulcers of the esophagus, stricture of the esophagus (a narrowed opening of the esophagus can occur when ulcers heal with scar tissue [fibrosis] that narrows the lumen [passageway] of the esophagus), cough, asthma, inflammation of the throat and larynx, inflammation and infection in the lungs

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL Detox Therapy: See front page protocols

Stomach Support: Pr. HCL (1 to 2 Vcaps after every meal with cooked food); GastroVen (1 to 2 Vcaps after every meal with cooked food)

Healthy Bacteria Support: Pr. Probiotic (1 to 2 Vgels, 30 minutes before breakfast and dinner), MicroBiome-18™ (1 vcap daily), MicroBiome-18™ (1 vcap daily)

Anti-Infective Support: Allicidin™ (1 to 2 Vcaps per meal)

Anti-Inflammation Support: Inflammacin (1 to 4 Vcaps/day)

Hormone Support: Adaptogen-R3 (3 Vcaps at breakfast for 3 to 6 months)

Liver Support: Max B-ND™ (1/2 tsp. in 4 oz water, twice daily)

Detox Therapies: Pr. Organic Castor Oil Packs, esp. stomach, low abdomen; see front page protocols; QCI Vial before meals, Medi-Body Packs™ (esp. at stomach and download areas).

Special Considerations: Especially avoid red meat, fried food and foods that have been heated to high temperatures (over boiling, 212 deg. F). Limit animal protein meals to once/day (or less) at lunch only. Avoid pasteurized milk and soft drinks; drink more fluids, especially purified water and healing teas such as using 2 Vcaps of Hyssinol™ as tea. Eat more vegetables (esp. steamed or in soups) and cultured foods (i.e., homemade kefir); daily walking and sunshine.

Acne

Comments: Proven link to disordered intestinal bacterial ecology (often due to intestinal infection); poor diet exacerbates this condition (esp. sugar, fried foods, hydrogenated oils); slower response to heal in non-breast-fed adults.

Common Symptoms: Pimples and often reddish areas, especially on cheek areas; may occur anywhere on the face, shoulders, back; may leave scarring

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL Detox Therapy: See front page protocols

Healthy Bacteria Support: Pr. Probiotics 1 to 2 Vgels, 30 minutes before breakfast and dinner),

MicroBiome-18™ (1 vcap daily)

Healthy Skin Support: Green Tea-ND™ (1 to 2 tsp. upon arising), Q. Propolis Extract (1 to 2 Vcaps/meal)

Anti-Infective Support: Allicidin™ (1 to 2 Vcaps per meal for 4 ms), Oregano Oil (2 to 4 drops/day in 1/4 cup water), ImmunoVen™ (1 Vcap/day, ramp up to 3 Vcaps/day, Pr. Coconut Oil (1 tbspd/daily)

Intestinal Restorative/Cleansing: Pr. Noni (3 Vcaps/day), Galactan™ (2 tablespoons mixed in food or 12 oz water or juice before breakfast and dinner). Pr. Coffee Enemas (1 to 2/week for 4 weeks)

Blood Purification/ Waste Product Cleansing: RenaVen (2 to 6 Vcaps/day)

Lymphatic Detoxification: UltraPollen™ (1 to 4 Vcaps/day)

Detox Therapies: QCI™ before meals, Medi-Body Packs™, Pr. Organic Castor Oil Packs (esp. face, kidneys; see front page Protocol)

Facial Cleansing/Support: Use only QRA™-tested skin care products to avoid commercial skin products which typically contain toxic, skin-degenerating ingredients.

Special Considerations: Eliminate fried foods and hydro-generated oils; add more vegetables to diet; increase outdoor exercise. Add in Pr. Multi-vitamin (4 vcaps daily taken with meals to supply the body with whole food derived nutrients to relieve deficiencies).

ADD (Attention Deficit Disorder)

Comments: Often associated with adrenal burn-out; long-term deficiency of critical nutrients for kidney/adrenal/ spleen axis; often poor mineral nutriture (and acid pH) due to “empty nutrition” food choices such as soft drinks, refined grains (white bread, etc.). It is essential to correct the diet (see our sample menus).

Common Symptoms: inability to focus on tasks at home or school; easily distracted, may be hyperactive, may disrupt other children at school, forgetfulness, wandering mind

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL Detox Therapy: See front page protocols

Adrenal Deficiency Support: AdrenaVen™ (4 Vcaps at breakfast/day)

Brain Chemistry Support: Max B-ND™ (1/2 tsp. in 4 oz. liquid, twice daily), PQQ Complex (1-2 capsules/day), CereVen (1 to 3 Vcaps/day)

Anti-Infective Support: Allicidin™ (1-2 Vcaps per meal), ImmunoVen™ (1 Vcap/day, ramp up to 3 Vcaps/day)

Transitional Support (when withdrawing from Ritalin): Pr. DHEA (1 to 2 Vcaps/day for 3 months to assist post-Ritalin use)

Broad-Spectrum Male/Female Hormone Support: UltraPollen™ (1 to 4 Vcaps/day)

Additional Hormone Support: Adaptogen-R3 (3 Vcaps at breakfast for 3 to 6 months), Pr. American Ginseng (1 Vcap daily in the morning)

If Severe Zinc Deficiency: Liquid Zinc Ultra (10 cc/day for 8 **Intestinal Support** (if intestinal problems): Pr. Probiotics (1 to 2 Vgels, 30 minutes before breakfast and dinner); Pr. Coffee Enemas (1 to 2/week for 4 weeks)

Detox Therapies: QCI Vial before meals, Medi-Body Packs™ (esp. kidneys/ adrenals)

Special Considerations: Avoid soft drinks, refined sugar, white breads and junk foods. Avoid foods with toxic chemicals such as “natural flavors” (a disguised term for MSG). Eat more fresh organic vegetables in diet; see our sample menus for healthy eating. Receive daily sunlight outside (restrict TV watching to 10 hours per week or less); daily exercise. Add in Pr. Multi-vitamin (4 vcaps daily taken with meals to supply the body with whole food derived nutrients to relieve deficiencies).

Adrenal Concerns

Comments: Often linked to stress or infection/poor function of kidneys, high protein consumption (esp. red meat), heavy metal toxicity (from silver fillings, etc.), low pH (due to deficient minerals, especially magnesium), toxic liver (liver unable to process toxicity so kidneys become overburdened). If adrenals are weak, impaired lymph drainage is common (and thus lymph detoxification is needed).

Common Symptoms: fatigue, weakness, poor stamina, sweaty hands, low back pain

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL Detox Therapy: See front page protocols

HM Detox: HM-ND™ (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Adrenal/Urinary Tract Support/Detox: Pr. Aloe Powder (1-2 scoops/day), AdrenaVen™ (2 to 6 Vcaps/day)

Anti-Infective Support: ImmunoVen™ (1 Vcap/day, ramp up to 3 Vcaps/day), if acute: Olive Leaf Immune (2 to 4 Vcaps at breakfast and lunch)

Hormone/Rejuvenation Support: Pr. American Ginseng (1 Vcap in morning), UltraPollen™ (2 to 4 Vcaps/day), Adaptogen-R3 (2 to 4 Vcaps/day) EstroFlavone (for females, 2 to 4 Vcaps/day)

Digestive Support: Pr. Digest (2 Vcaps after each meal with cooked food)

Intestinal Support: Pr. Probiotics (1 to 2 Vgels, 30 minutes before breakfast and dinner), MicroBiome-18™ (1 vcap daily)

Detox Therapies: Pr. Organic Castor Oil Packs, esp. kidneys (low back), low abdomen; see front page protocols; QCI™ Vial before meals, Medi-Body Packs™ (esp. at kidneys and leg download areas).

Special Considerations: Especially avoid red meat and most commercial protein powders (which contain cross-linked protein which stresses the kidneys). Limit animal protein meals to once/day (or less) at lunch only. Avoid pasteurized milk and soft drinks; drink more fluids, especially purified water and healing teas such as using 2 Vcaps of Hyssinol™ as tea. Eat more vegetables (esp. steamed or as soups) and cultured foods (i.e., homemade kefir); daily walking.

AIDS (HIV Infection)

Comments: Associated with exhausted immune and endocrine systems; typically there are multiple infections, esp. intestinal infections (often parasitic). Olive leaf has been shown to effectively inhibit HIV viral replication (treatment of choice); pH balancing is essential.

Common Symptoms: fatigue, muscle wasting, diarrhea (due to intestinal infections), weakness, brain fog, opportunistic infections (these can be anywhere -- such as Kaposi's sarcoma)

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL Detox Therapy: See front page protocols

Intestinal Restorative Support: Pr. Colostrum-IgG (3 to 6 Vcaps, 1 to 2 times/day), Pr. Probiotics (1 to 2 Vgels, 30 minutes before breakfast and dinner)

Anti-Infective Support: Allicidin™ (1-2 Vcaps per meal), ImmunoVen™ (2 Vcaps/day, ramp up to 6 Vcaps/day), Oregano Oil (2 to 4 drops/day in 1/4 cup water)

Anti-Parasitic Support: (Begin only after 2 to 3 weeks of nutritional support and gentle detoxification so as not to overwhelm the body's detox capacity) ParaStat™ (2 to 8 Vcaps/day), Paratostin™ (3 to 6 Vcaps/day)

Blood Purifier: RenaVen (1 to 2 Vcaps/meal), Medi-Chlorella-FX (2 vcaps twice/day), ErythroPro® (2 vcaps/day).

Hormone Balancing: UltraPollen™ (2 Vcaps/ day), **Antioxidant Support:** Pr. NAC (1 vcap, 2 times daily), Pr. Plant Vitamin C (2vcaps, 2-3 times daily with meals)

Liver Support: Max B-NDT™ (1/2 tsp. in 4 oz water, twice daily), Reishi Immune (2 Vcaps per meal; ramp up to 6 Vcaps/Day)

Liver Cleansing/DNA Repair: Liver-ND (1/2 to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner); **Pr. Coffee Enemas** (1 to 2/week for 4 weeks)

Detox Therapies: Pr. Organic Castor Oil Packs (esp. adrenals/kidney areas, liver, intestinal area; see front page protocols), BRT™, **Medi-Body Packs™** (see protocol).

Special Considerations: Adopt an organic, whole foods natural diet regime. Eliminate soft drinks, processed foods, foods with hydrogenated oils, etc. Do a Mini-Liver Flush once weekly for 2 to 3 months. Add in Pr. Multi-vitamin (4 vcaps daily taken with meals to supply the body with whole food derived nutrients to relieve deficiencies).

Take 1 to 2 cups of **detoxifying tea** upon arising and in the evening (open 1 Vcap each of Hyssinol, Paratostin, ParaStat™ and ImmunoVen™ into a cup; pour in 1 cup boiling water; steep 10 min.; when cool, drink).

Alcohol Withdrawal (Best Nutritional Support)

Comments: Alcohol is highly addictive; difficult to eliminate without superb nutritional support and professional help. Alcohol consumption degenerates brain cells and brain function; creates toxic, degenerative liver; creates massive nutritional deficiencies, esp. B vitamins.

Definition of an alcoholic: consuming 2 or more oz. of hard alcohol per day on average

Common Symptoms: craving alcohol daily, making excuses to drink alcohol (e.g., wanting a drink "to relax," drinking to "have fun," etc.); hiding and sneaking alcoholic drinks; anger, being irrational, losing control of composure

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL Detox Therapy: See front page protocols

Anti-Craving (for alcohol) Support: Pr. Glutamine (2 Vcaps/meal)

Liver Detox/Support: Reishi Immune (6 Vcaps, break- fast and lunch)

Blooder Builders/Anti-Stress Support (B vitamins, blood nutrients): Max B-ND™ (1/2 tsp. in 4 oz. water, twice daily), ErythroPro® (2 to 4 Vcaps/day)

Intestinal Support: Pr. Probiotics (1 to 2 Vgels, 30 minutes before breakfast and dinner), MicroBiome-18™ (1 vcap daily)

Hormone/ Rejuvenation Support (men/women): UltraPollen™ (2 to 4 Vcaps/day)

Detox Therapies: Pr. Organic Castor Oil Pack (esp. liver area; see front page protocols), QCI Vial before meals, ERT (Emotional Repolarization Technique), Medi-Body Packs™ (esp. liver area)

Special Considerations: If a person is an alcoholic, they should not try to eliminate alcohol use on their own. It is essential to join a professional alcoholic support group to help ensure successful elimination of alcohol use. Get daily outdoor exercise; change of social outings (do not hang out with others who drink).

Do not consume any foods or nutritional products that contain alcohol. Do not use any body care products that contain alcohol (e.g., mouthwash, perfume, etc.) which may trigger reactions.

Allergies, Airborne

Comment: Often stems from organ toxicity and infection, especially liver/gallbladder, kidney and colon (need to de-tox); commonly weak adrenals, thymus and digestion; need to support the lungs/sinuses.

Common Symptoms: Sneezing, coughing, stuffy nose, watery eyes, fatigue, difficulty breathing

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL Detox Therapy: See front page protocols

Broad-Spectrum Allergy Support: AllerCaps (3 to 6 Vcaps at breakfast and lunch)

Liver/Thymus Support: Nucleo Immune (3 to 6 Vcaps at breakfast and lunch)

Adrenal Deficiency Support: AdrenaVen™ (3 to 6 Vcaps at breakfast and lunch)

Liver Detox Support (Phases I, II, III): Max B-ND (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner); Pr. Coffee Enemas (1 to 2/ week for 4 weeks)

Anti-Infective Support: Allicidin™ (1 to 2 Vcaps per meal), ImmunoVen™ (2 Vcaps/day, ramp up to 6 Vcaps/day)

Lung Support: PneumoVen (2 to 6 Vcaps/day) **Organ Detoxification:** Colon cleansing using Galactan™ (2 tablespoons mixed in food or 12 oz water or juice before breakfast, lunch, and dinner).

Detox Therapies: BRT™, Medi-Body Packs™, Pr. Organic Castor Oil Packs (esp. liver, adrenals; see protocol)

Special Considerations: Avoid soft drinks, processed foods, foods with hydrogenated oils which act to congest the liver (and thus decrease the body's ability to detoxify). Identify and eliminate exposure to toxic airborne agents (such as hair sprays, perfumes, cigarette smoke, etc.). Use an air purifier at home and/or work.

Allergies, Food

Comments: Often stems from organ toxicity and infection, especially liver/gallbladder, kidney and colon (need to de-tox); commonly weak adrenals, thymus and digestion.

Common Symptoms: bloating after eating, fatigue, burping, sneezing, headache, post-nasal drip, intestinal gas, brain fogginess, memory problems

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL Detox Therapy: See front page protocols

Broad-Spectrum Allergy Support: AllerCaps (3 to 6 Vcaps at breakfast and lunch)

Liver/Thymus Support: Nucleo Immune (3 to 6 Vcaps at breakfast and lunch)

Adrenal Deficiency Support: AdrenaVen™ (3 to 6 Vcaps at breakfast and lunch, RenaVen(1 to 2 Vcaps/meal)

Liver Detox Support (Phases I, II, III): Max B-ND (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Intestinal Support: Pr. Probiotics (1 to 2 Vgels, 30 minutes before breakfast and dinner), ParaStat™ (2 to 4 Vcaps/day), MicroBiome-18™ (1 vcap daily)

Hormone Support: Adaptogen-R3 (3 Vcaps at breakfast)

Organ Detoxification: Mini-Liver/Gallbladder Flush (once/ week for 8 weeks) (see Protocol); Pr. Coffee Enemas (1 to 2/week for 4 weeks)

Detox Therapies: QCI Vial before meals, Medi- Body Packs™, Pr. Organic Castor Oil Packs (esp. adrenals, kidneys, liver)

Special Considerations: Avoid soft drinks, processed foods, foods with hydrogenated oils, etc. Identify and eliminate offending foods. Rule out parasitic infection (by serology testing, not stool testing). BRT™ therapy is extraordinarily effective in rapid, permanent food allergy elimination.

Allergies, Chemical Hypersensitivity

Comments: Chemical and environmental allergies often stem from organ toxicity and infection, especially liver and gallbladder. Thorough liver detoxification is essential in order to permanently clear symptoms.

Common Symptoms: fatigue, weakness, headaches, brain fog, inability to sleep, over-reaction to perfumes and other odors, often inability to be in public places (due to odors, harsh lights, etc.)

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL Detox Therapy: See front page protocols

Broad-Spectrum Allergy Support: AllerCaps (3 to 6 Vcaps at breakfast and lunch)

Adrenal Deficiency Support: AdrenaVen™ (3 to 6 Vcaps at breakfast and lunch), RenaVen (1 to 2 Vcaps/meal)

Liver/Thymus Support: Nucleo Immune (3 to 6 Vcaps at breakfast and lunch)

Intestinal Support: Pr. Probiotics (1 to 2 Vgels, 30 minutes before breakfast and dinner), MicroBiome-18™ (1 vcap daily)

Liver Detox Support (Phases I, II, III): Max B-ND™ (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Hormone Support: Adaptogen-R3 (3 Vcaps at breakfast)

Organ Detoxification: Pr. Coffee Enemas (1 to 2/week for 4 weeks)

HM Detoxification: HM-ND™ tsp in water, twice daily)

Chemical Detoxification: Pr. NAC (1 vcap, 2 times daily), **Medi-Chlorella-FX** (2 vcaps, 2 times daily), Medi-Clay-FX (1 vcap. 1-2 times daily--empty contents of the capsule(s) into 4 oz. of water, stir well, and consume; best taken away from any medications)

Detox Therapies: Pr. Organic Castor Oil Packs (esp. liver, gallbladder, abdomen), QCI Vial™ before meals, Medi-Body Packs™

Special Considerations: Avoid soft drinks, processed foods, foods with hydrogenated oils, etc. Adopt a whole foods, organic diet regime. Identify and eliminate offending foods. Evaluate toxic electromagnetic field exposure (esp. in sleeping area). Liver detoxification is essential: Mini-Liver Flush (once/week for 3 mos.); Pr. Coffee Enemas (1 to 2/week for 4 weeks). Add in Pr. Multi-vitamin (4 vcaps daily taken with meals to supply the body with whole food derived nutrients to relieve deficiencies).

Alzheimer's Disease

Comment: *Worldwide research shows this disease is linked to toxicity (often heavy metals such as mercury & aluminum), nutritional deficiency and infection (esp. brain, liver). Parasitic infection is often present. Often liver toxicity; often interference fields reflexing to head, esp. dental (such as undiagnosed infected teeth).*

Common Symptoms: *starts with mild memory problems (forgetfulness) which progresses to severe problems; in later stages, no longer able to recognize family members or friends; unable to take care of oneself; must be constantly watched so person does not harm themselves or wander off*

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL Detox Therapy: See front page protocols

Brain Chemistry Support: **Cognitropic (4 vcaps daily)** CereVen (2 to 6 Vcaps/day), UltraPollen (2 to 6 Vcaps/day)

Liver Detox Support (Phases I, II, III): Max B-ND™ (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner); Pr. Coffee Enemas (1 to 2/ week for 4 weeks)

Anti-Infective Support: Allicidin™ (1-2 Vcaps per meal), ImmunoVen (1 Vcap/day, ramp up to 3 Vcaps/day), Oregano Oil (2 to 4 drops/day in ¼ cup water), Green Tea-ND™ (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Anti-Parasitic Support: ParaStat™ (2 to 8 Vcaps/day), Paratosin™ (3 to 6 Vcaps/day)

Mitochondria/DNA Repair: Pr. CoQ-10 (3 Vcaps at break- fast)

Low Cell Energy: Pr. NADH (1 vcap in the morning)

HM Detox: HM-ND™ (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Brain Rejuvenative Support: Pr. American Ginseng (1 Vcap daily in morning)

Detox Therapies: Pr. Organic Castor Oil Packs at head and neck (see front page protocols), Medi-Body Packs™ (esp. at liver, kidneys), QCI Vial™

Special Considerations: Eliminate all sources of mercury and aluminum such as toxic dental materials, anti-perspirants, aluminum cookware, toxic skin care products, etc. Adopt an organic, whole foods diet. Receive natural sunlight daily. See article, "The Overlooked Role of Infection in Neurodegeneration" for more details.

Angina (Chest Pain)

Comments: *Worldwide research shows heart disease is linked to infection - typically unable to be diagnosed by typical lab tests.*

Common Symptoms: *Angina refers to a feeling of pain/pressure in the chest area (and often shortness of breath) not due to exercise-- which may be continuous or intermittent*

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL Detox Therapy: See front page protocols.

Heart Support/Arterial Cleansing: Cardio-ND™ (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner; for Vata and Kapha body type) or CardioVen (1 to 2 Vcaps/meal; for Pitta body type); CircuZyme™ (4-12 Vcaps, 2 times daily)

Mitochondria/DNA Repair: Pr. CoQ-10 (3 vcaps at breakfast)

Anti-Infective Support: Allicidin™ (1-2 Vcaps per meal), ImmunoVen (1 Vcap/day, ramp up to 3 Vcaps/day)

Liver Detox Support (Phases I, II, III): Max B-ND™ (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Complete Vitamin E Support (with tocopherols): Deltanol™ (1 vcap daily)

To Oxygenate Heart Tissue: CardioVen (1-3 vcaps daily) Detox Therapies: Pr. Organic Castor Oil Packs (esp. head and neck, see front page protocols), QCI Vial™, Medi-Body Packs™

Special Considerations: Avoid soft drinks, processed foods, hydrogenated oils, etc. Adopt an organic, whole foods diet, esp. with more vegetables. Get regular exercise and daily sunlight.

Anti-Aging Support

To promote the elegant anti-aging strategies for a long, healthy life, use the following key recommendations:

***Super Food Trio:** Foundation Support for all programs (see front page Protocol); delivers maximum bioavailability of all essential nutrients

HCL Detox Therapy: See front page protocols (clears bio- films which create stagnant infection pockets in the body)

Digestive Support: Pr. Digest (2 Vcaps with cooked food meals); minimizes digestive burden from eating cooked food

Intestinal Support: Pr. Colostrum-IgG (2 Vcaps at breakfast and lunch) or **Pr. Colostrum-IgG Powder** (1 tsp. at breakfast); provides broad-spectrum DNA protection and repair

****Antioxidant and DNA Protection/Repair:** Pr. Resveratrol (1 tsp. at breakfast mixed in 1-2 oz. of water) **Pr. NAC** (1 vcap, 2 times daily), Green Tea-ND™ (½ tsp. in 2 oz. of water at breakfast and dinner), Pr. CoQ-10 (100mg) (3 to 6 Vcaps/day), Deltanol™ (1 vcap daily)

Melatonin/Hormone Support: Melatonin-ND™ (1 drop, ramp up to 5 drops before bedtime/daily); the first natural source melatonin, a fundamental and critical building block of all cells

Hormone/Rejuvenation Support: Adaptogen-R3™ (3 Vcaps at breakfast), UltraPollen™ (1 Vcap/meal), Pr. Plant Vitamin C (¼ tsp./day)

Brain Rejuvenative Support: Pr. American Ginseng (1 Vcap daily in the morning)

Natural B Vitamin Support: Max B-ND™ (½ tsp. in 2 oz. of water at breakfast and dinner)

Essential Oils/Cholesterol Support: Pr. Coconut Oil (start at 1 tsp. per day, then slowly increase 1 tsp. per week to 2 tbsp. daily, preferably take early in the day); supports healthy thyroid, normal weight levels and high energy.

Anxiety

Comments: Often linked to weak adrenals, liver stress from exposure to toxic chemicals/foods, acidic pH (deficient mineral status), infection (especially parasitic if anxiety is worse at night) and heavy metal toxicity.

Common Symptoms: Feelings of anxiety or nervousness (often overwhelming) that may come and go -- even when not in stressful situations; may often occur with depression.

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL Detox Therapy: See front page protocols

Brain Chemistry Support (methyl-group-based B vitamins for anti-anxiety): Max B-ND™ (½ tsp. in 2 oz. of water at breakfast and dinner), CereVen (1 to 3 Vcaps/day)

Adrenal Deficiency Support: AdrenaVen (3 to 6 Vcaps at breakfast and lunch), RenaVen (2 to 6 Vcaps/day)

Alkaline pH/ Mineral Support: The pH Trio (see front page protocols; ramped up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Anti-Infective Support:** Hyssinol (1 to 3 Vcaps/ meal); Melatonin-ND (1 mL [1 dropper full] daily or before bedtime)

Hormone/Rejuvenation Support: Adaptogen-R3 (3 Vcaps at breakfast), UltraPollen™ (1 Vcap/meal)

Brain Rejuvenation: Pr. American Ginseng™ (Vcap daily in the morning)

If Depression is Present: Max B-ND™ (½ tsp. in 2 oz. of water at breakfast and dinner)

Liver Support/Detox (To Clear Toxic Chemicals): Liver-ND™ (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Intestinal/Thyroid/Brain Support: Pr. Noni (2 to 6 Vcaps/ day)

Detox Therapies: Pr. Organic Castor Oil Packs at adrenals (see front page protocols), QCI Vial™, Medi-Body Packs™

Special Considerations: Anxiety feelings can often be trig- geared by consuming toxic food chemicals (i.e. aspartame, “natural flavors” [MSG], etc.). Avoid soft drinks, processed foods, foods with hydrogenated oils, etc. Anxiety feelings may also be triggered by emotional/mental reactions: see ERT (see front page protocols).

Arthritis (Rheumatoid or joint pain in general)

Comments: Worldwide research shows arthritis is often linked to **infection** at the joints (not just inflammation) and intestinal infection. Also linked to poor diet, especially consumption of hydrogenated oils and/or fried foods; low pH (deficient minerals), toxic gallbladder, intestinal infection (backup of waste products into liver & joints), heavy metal exposure/toxicity; dental toxicity/infection.

Common Symptoms: Pain, swelling, redness in joints, fatigue, insomnia (pain wakes them up), reduced joint mobility

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL Detox Therapy: See front page protocols

Alkaline pH/ Mineral Support: The pH Trio (see front page protocols)

Anti-Infective Support for Joints: Pr. Bone Health (3 to 6 Vcaps at breakfast and lunch), Allicidin™ (1 to 2 Vcaps per meal), Pr. Joint & Disc (3 vcaps daily), Oregano Oil (2 to 4 drops/day in ¼ cup water), ImmunoVen™ (1 to 2 Vcaps/day ramp up), Hyssinol™ (3 to 6 Vcaps at breakfast and lunch)

Anti-inflammatory Support (pain relief): Inflammacin™ (3 vcaps on an empty stomach, twice daily)

Topical, Anti-inflammatory Joint Support (pain relief): Pr. Organic Castor Oil massaged into the affected joint areas daily, Inflammacin (3 vcaps daily)

Adrenal Deficiency Support: AdrenaVen (1 to 3 Vcaps at breakfast and lunch)

Blood Purification: RenaVen (ramp up) **Intestinal Restorative/Cleansing:** Pr. Probiotics (1 to 2 Vgels, 30 minutes before breakfast and dinner), ParaStat™ (1 to 3 Vcaps/day)

Hormone Support: Adaptogen -R3™ (3 Vcaps at breakfast)

Liver/Gallbladder Detoxification: Mini-Liver/Gallbladder, Flush (once/week for 4 weeks); **Pr. Coffee Enemas** (1 to 2/week for 4 weeks)

Detox Therapies: Pr. Organic Castor Oil Packs (esp. kidneys, liver, affected areas, see front page protocols), QCI Vial™, Medi-Body Packs™

Special Considerations: Reduce main protein dish to once/ day at lunch. Avoid red meat (and too much protein in general), pasteurized milk; eat more organic vegetables. Receive daily sunshine outside (vitamin D is important for good joint function).

Arthritis, Osteo –

See *Osteoarthritis* (Page: 91)

Asthma

Comments: Often linked to low pH (**deficient minerals**), **weak adrenals/kidneys** and lung infections (often fungal or parasitic); low HCl (which allows infectious agents to enter the body and thrive).

Symptoms: difficulty breathing; may experience asthma attacks, chronic chapped lips, sinus symptoms, frequent mucus

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL Detox Therapy: See front page protocols

Alkaline pH/ Mineral Support: The **pH Trio** (see front page protocols; ramped up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0)

Anti-Infective Support: Allicidin™ (1-2 Vcaps per meal), ImmunoVen (1 Vcap/day, ramp up to 3 Vcaps/day), Pr. Noni (2 to 6 Vcaps/day)

Lung/Breathing Support: PneumoVen (1 to 2 Vcaps/ day), Green Tea-ND™ (1/2 tsp in 4 oz water/ day)

Blood Purification: RenaVen (2 Vcaps/day, ramp up to 6 Vcaps/day)

Intestinal Support: Galactan™ (2 tablespoons mixed in food or 12 oz water or juice before breakfast and dinner); Pr. Probiotics (1 to 2 Vgels, 30 minutes, MicroBiome-18™ (1 vcap daily) before breakfast and dinner)

Hormone/Rejuvenation Support: Adaptogen-R3 (3 Vcaps at breakfast), AdrenaVen (1 to 3 Vcaps at breakfast and lunch)

Thymus/ Immune Support: Nucleo Immune (3 to 6 Vcaps at breakfast and lunch)

Kidney/Bone Support: Pr. American Ginseng (1 Vcap daily in the morning)

Detox Therapies: Pr. Organic Castor Oil Packs, esp. for kidneys and lungs (see front page protocols), QCI Vial™, Medi-Body Packs™

Special Considerations: Adopt a whole foods diet, no soft drinks, hydrogenated oils, fried foods, refined foods,

etc. Avoid smoking, second-hand smoke, hair sprays and commercial perfumes. At home a purifier, especially in the bedroom, may be helpful.

Atherosclerosis (Hardening of Arteries)

Comments: *Worldwide research shows atherosclerosis is linked to nutritional deficiency and arterial infection. Analysis of the plaque in arteries contains calcification as well as various pathogenic organisms. These plaque deposits narrow the arterial lumen (i.e. the blood passageways), predisposing the person to thrombosis (i.e. the formation of a clot within a blood vessel that can cause infarction of the tissues that it supplies).*

The reduced blood flow (ischemia) can cause angina pectoris (chest pain/pressure), myocardial infarction (heart attack), strokes, intermittent claudication (difficulty walking due to reduced blood flow), gangrene in the legs and occasional renal hypertension (high blood pressure).

Symptoms: *There may be no apparent symptoms or severe symptoms, such as any of the above listed conditions.*

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL Detox Therapy: See front page protocols

Heart Support/Arterial Cleansing: Cardio-ND™ (½ to 2 tsp. in 2 oz. of water upon arising and 1 hour after dinner; for Vata and Kapha body types) or CardioVen (1 to 2 Vcaps/meal; for Pitta body type); CircuZyme™ (4 - 12 Vcaps, 2 times daily)

Mitochondria/ DNA Repair: Pr. CoQ-10 (1 vcap, 3 times daily)

Anti-Infective Support: Allicidin™ (1-2 Vcaps per meal), ImmunoVen (1 Vcap/day, ramp up to 3 Vcaps/day), Oregano Oil (2 to 4 drops/day in ¼ cup water)

Blooder Builders/ Blood Purification: (B vitamins, blood nutrients): ErythroPro® (2 to 4 Vcaps/day), Max B-ND™ (½ tsp. in 4 oz. liquid, twice daily), Pr. Nutritional Flakes (1 to 2 tbsp./day, mixed in food)

Intestinal Restorative/Cleansing: Pr. Probiotics (1 to 2 Vgels, 30 minutes before breakfast and dinner), MicroBiome-18™ (1 vcap daily)

Complete Vitamin E Support (with tocopherols): Deltanol™ (1 vcap daily)

Brain Chemistry/ Nerve Support: CereVen (1 to 3 Vcaps/day)

Detox Therapies: Pr. Organic Castor Oil Packs (esp. kidneys, liver, see front page protocols), QCI Vial™, Medi-Body Packs™

Special Considerations: Avoid red meat and pasteurized milk. No soft drinks or refined sugar (sugar encourages immune system depression and infections); no hydrogenated oils or fried foods. Adopt an organic, whole foods diet. Work up to eating about 50% of the diet as raw food. Receive daily sunlight and exercise. Add in Pr. Multi-vitamin (4 vcaps daily taken with meals to supply the body with whole food derived nutrients to relieve deficiencies).

Athlete's Foot (Fungal infection of feet)

Comments: *Often contagious; frequently contracted from walking barefoot in public showers.*

Symptoms: *Itchy rashes on the feet, commonly between the toes*

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL Detox Therapy: See front page protocols

Intestinal Support: Galactan™ (2 tablespoons mixed in food or 12 oz water or juice before breakfast and dinner), Pr. Probiotics (1 to 2 Vgels, 30 minutes before breakfast and dinner), MicroBiome-18™ (1 vcap daily)

Anti-Infective Support: Allicidin™ (1-2 Vcaps per meal), Oregano Oil (2 to 4 drops/day in 1/4 cup water)

Hormone/Rejuvenation Support: Adaptogen-R3™
(3 Vcaps at breakfast)

External Anti-infective Agents: Oregano Oil (1-2 drops) diluted with Pr. Coconut Oil and apply to affected area. Extra: Prepare a foot soak using ½ cup of Medi-Soak® Cleanse with 8 cups of warm water. Soak affected foot for 10-20 minutes. Recommended for daily use until symptoms improve.

Detox Therapies: Pr. Organic Castor Oil Packs (esp. kidneys, liver, affected foot areas; see front page protocols), Medi-Body Packs™ (see protocols), QCI Vial™

Special Considerations: No soft drinks or refined sugar (sugar encourages fungal infections). Change socks daily; keep feet dry during the day; let feet breathe (no socks or shoes) as much as possible; wear rubber sandals in public showers.

Autism

Comments: Often linked to mercury toxicity (from vaccines), low pH (deficient minerals), weak adrenals/kidneys and brain infections.

Symptoms: Severe emotional disturbance (often seen in children) with inability to relate socially and mentally with others; may throw temper tantrums, may no longer talk, may sit and stare for long periods of time

Special Note: Dramatic turn-arounds in children have been seen in short periods of time using this protocol, esp. focus- sing on heavy metal detoxification

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL Detox Therapy: See front page protocols

Alkaline pH/ Mineral Support: The pH Trio (see front page protocols; ramped up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **HM Detox:** HM-ND™ (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Brain Chemistry Support: Max B-ND™ (1/2 tsp., twice daily), **Cognitropic (4 vcaps daily)**, CereVen (2 Vcaps/day, ramp up to 6 Vcaps/day)

Adrenal Deficiency Support: AdrenaVen (1 to 2 Vcaps/meal)

Anti-Infective Support: Allicidin™ (1-2 Vcaps per meal), Oregano Oil (2 to 4 drops/day in 1/4 cup water), ImmunoVen™ (1 Vcap/day, ramp up to 3 Vcaps/day), Pr. Noni (2 to 6 Vcaps/day)

Hormone/Rejuvenation Support: Adaptogen-R3™ (3 Vcaps at breakfast)

Intestinal Support: Pr. Probiotics (1 to 2 Vgels, 30 minutes before breakfast and dinner)

Digestive Support: Pr. Digest (1 to 2 Vcaps) with all meals

Detox Therapies: Pr. Organic Castor Oil Packs (esp. adrenals, kidneys, head and neck; see front page protocols), QCI Vial™

Special Considerations: No soft drinks or refined sugar (sugar encourages infections); no hydrogenated oils or fried foods. Adopt an organic, whole foods diet. Work up to eating about 50% of the diet as raw food. Receive daily sunlight

and exercise. Avoid sources of heavy metal contamination.

Autoimmune Disease (Including Lupus, Hashimoto's disease and more)

Comments: Worldwide research now shows autoimmune disease is linked to **infection** (not previously found by routine lab tests).

Also linked to poor diet, high protein consumption (esp. red meat), consumption of hydrogenated oils and/or fried foods; low pH (deficient minerals), toxic gallbladder, intestinal infection (backup of waste products into liver and then systemically), weak adrenals/kidneys, heavy metal exposure/ toxicity; dental toxicity/infection.

Common Symptoms: Lupus (*Lupus erythematosus*): three types of lupus (discoid, systemic and drug-induced); achy joints, fever over 100 deg F, extreme fatigue, arthritis, skin rashes, anemia, kidney dysfunction, chest pain, butterfly rash over cheeks, light sensitivity

Hashimoto's Disease (also called Autoimmune Thyroiditis): enlarged neck or goiter, fatigue, weight gain, intolerance to cold, dry skin, hair loss, irregular menses, difficulty concentrating

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL Detox Therapy: See front page protocols

Alkaline pH/ Mineral Support: The pH Trio (see front page protocols)

Anti-Infective Support: Allicidin™ (1-2 Vcaps per meal), ImmunoVen (1 to 2 Vcaps/day ramp up), Hyssinol (3 to 6 Vcaps at breakfast and lunch), Oregano Oil (2 to 4 drops/day in 1/4 cup water)

Anti-inflammatory Support: UltraPollen™ (2 to 4 Vcaps/day), **Inflammacidin™** (6 vcaps daily on an empty stomach). **Antioxidant Support:** Pr. NAC (1 vcap, twice daily)

Free Radical/Radiation Detox/Protection: Green Tea-ND™ (1 to 2 tsp. in 2 oz. of water, 2 to 3 times daily)

Lymphatic Drainage/Detox (an essential therapy to overcome autoimmune disease is the restoration of normal flow of lymphatic fluids; hard granular deposits in the lymph [which feel like hard BBs, especially in the chest or between the ribs] must be eliminated): **Inflammacidin™** (6 vcaps daily on an empty stomach). Incorporate daily dry brushing to promote lymphatic movement. Extra: may coat bristles with 1-2 drops of QC Oil Blend.

Adrenal Deficiency Support: AdrenaVen (1 to 3 Vcaps at breakfast and lunch), Adaptogen-R3 (3 Vcaps at breakfast)

Blood Purification: RenaVen (2 Vcaps/ day, ramp up to 6 Vcaps/day)

Intestinal Restorative/Cleansing: Pr. Probiotics (1 to 2 Vgels, 30 minutes before breakfast and dinner), ParaStat™ (1 to 3 Vcaps/day)

Hormone Support: Adaptogen-R3™ (3 Vcaps at breakfast)

Kidney/Bone Support: Pr. American Ginseng™ (1 Vcap daily in the morning)

HM Detox: HM-ND™ (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Liver Support: Max B-ND™ (½ to 1 tsp. in 2 oz. of water, twice daily, esp. earlier in the day, before

6 pm)

Liver/Gallbladder Detoxification: Mini-Liver/Gallbladder Flush (once/week for 4 weeks); Pr. Coffee Enemas (1 to 2 wk/for 4 wks)

Topical Pain Relief: Oregano Oil (massage a few drops into affected areas, 1 to 3 times daily)

Detox Therapies: Pr. Organic Castor Oil Packs (esp. kidneys, liver, affected areas, see front page protocols), QCI™ Vial, Medi-Body Packs™ (focus on packing key lymphatic regions).

Special Considerations: Reduce main protein dish to once/ day at lunch. Avoid red meat (and too much protein in gen- eral), pasteurized milk; eat more fresh, organic vegetables. In general, adopt a natural, whole foods, organic diet. Receive daily sunshine outside; regular exercise. Add in Pr. Multi-vitamin (4 vcaps daily taken with meals to supply the body with whole food derived nutrients to relieve deficiencies).

Benign Prostatic Hyperplasia (BPH)

(Enlarged prostate gland)

Comments: Often linked to high protein consumption (esp. red meat), low pH (deficient minerals), weak adrenals/ kidneys and prostate infection; heavy metal toxicity (from silver fillings, etc.), toxic dental work in front teeth (such as root canals; which reflex to the prostate area)

Symptoms: weak urine stream, dribbling, up at night to urinate, poor erectile function, fatigue, poor libido

***Super Food Trio** (Foundation Support: see front page Protocols)

HCL Detox Therapy: See front page Protocols

Alkaline pH/ Mineral Support: The **pH Trio** (see front page Protocols; ramped up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **HM Detox:** HM-ND™ (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Prostate Support: ProstaVen (3 to 6 Vcaps/day) **Anti-Infective Support:** Allicidin™ (1-2 Vcaps per meal), ImmunoVen (1 Vcap/day, ramp up to 3 Vcaps/day), Oregano Oil (2 to 4 drops/day in 1/4 cup water), Pr. Noni (2 to 6 Vcaps/day), ImmunoVen or Olive Leaf Immune (3 to 6 Vcaps/day)

Adrenal Deficiency Support: AdrenaVen (3 to 6 Vcaps at breakfast and lunch), RenaVen (2 Vcaps/day, ramp up to 6 Vcaps/day)

Hormone/Rejuvenation Support: UltraPollen™ (2 to 4 Vcaps/day), Adaptogen-R3™ (3 Vcaps at breakfast); Testosterone Premium (3 vcaps daily)

Bone/Kidney Support: Pr. American Ginseng™ (1 Vcap daily in the morning)

Intestinal Support: Pr. Probiotics (1 to 2 Vgels, 30 minutes before breakfast and dinner), MicroBiome-18™ (1 vcap daily)

Detox Therapies: Pr. Organic Castor Oil Packs (esp. adrenals, kid- neys, prostate area, lower abdomen; see front page protocol), QCI Vial™, Medi-Body Packs™

Special Considerations: Avoid red meat, limit animal protein meals to once/day at lunch; avoid pasteurized milk; eat more vegetables, eat cultured foods (i.e. kefir), daily walking. Drink kidney cleansing teas often, such as Noni or Neem tea. Eat fresh asparagus and parsley often.

Bladder Concerns

Comments: Often linked to infection (viral) in bladder or urinary tract not found by typical lab tests, high protein consumption (esp. red meat), heavy metal toxicity (from silver fillings, etc.), low pH (due to deficient minerals), weak adrenals/kidneys.

Key consideration: antibiotics are frequently prescribed for symptoms of pain/burning on urination -- however, since many of these infections are viral, the use of antibiotics is ineffective (as well as suppressing the immune system further).

Common Symptoms: burning urination, frequent urges to urinate (without much urination), leaking urine with cough- ing, dribbling, up at night to urinate, abdominal pain.

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL Detox Therapy: See front page protocols

Alkaline pH/ Mineral Support: The **pH Trio** (see front page protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) HM-ND: (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Urinary Tract/Bladder Support/Detox: Pr. **Aloe Powder** (1 scoop daily), **UriVen** (2 to 6 Vcaps/day)
Hormone/Rejuvenation Support: **UltraPollen** (2 to 4 Vcaps/day), **Adaptogen R3™** (2 to 4 Vcaps/day) **EstroFlavone** (for females, 2 to 4 Vcaps/day) or **ProstaVen** (for men, 3 to 6 Vcaps/day)

Anti-Infective Support: **Allicidin™** (1 to 2 Vcaps per meal), **ImmunoVen** (1 Vcap/day, ramp up to 3 Vcaps/day), **Oregano Oil** (2 to 4 drops/day in 1/4 cup water), **Q. Neem Tea** (2 to 3 cups/day). If acute: **Olive Leaf Immune** (2 to 4 Vcaps at breakfast and lunch)

Adrenal/Kidney Deficiency Support: **AdrenaVen** (3 to 6 Vcaps at breakfast and lunch), **RenaVen** (2 Vcaps/day, ramp up to 6 Vcaps/day)

Intestinal Support: Pr. **Probiotics** (1 to 2 Vgels, 30 minutes before breakfast and dinner), **MicroBiome-18™** (1 vcap daily)

Detox Therapies: Pr. **Organic Castor Oil Packs** (esp. kidneys, bladder, low abdomen; see front page protocols), **QCI Vial™**, **Medi-Body Packs™**

Special Considerations: Avoid red meat; limit animal protein meals to once/day at lunch only. Avoid pasteurized milk and soft drinks. Drink more liquids, especially purified water and healing teas such as Hyssinol™ (open 2 Vcaps in a cup; add one cup boiling water; let steep 10 minutes, then drink). Eat more vegetables and cultured foods (i.e., homemade kefir); daily walking.

Blepharitis (Eyelid spasms/inflammation of eyelids)

Comments: Often linked to toxicity or infection (viral) in eye muscles - but not found by typical lab tests; use of toxic soaps or cosmetics (especially around the eyes); deficient eye nutrients; low pH (deficient minerals); toxic liver, weak adrenals/kidneys.

Special Note: In Oriental Medicine, the liver meridian rules the eyes. In many cases, liver toxicity and/or deficiency may contribute to this condition.

Symptoms: painful spasms in eyes and eyelids, sensitive to light, difficulty sleeping due to eye pain

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL Detox Therapy: See front page protocols

Alkaline pH/ Mineral Support: The **pH Trio** (see front page protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Eye Support/**

Antioxidants: **OcuVen** (3 to 6 Vcaps/ day), Pr. **Astaxanthin Complex** (2 vcaps daily)

HM Detox: **HM-ND** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Anti-Infective Support: **Allicidin™** (1-2 Vcaps per meal), **Inflamacidin™** (3 vcaps daily) **ImmunoVen** (1 Vcap/day, ramp up to 3 Vcaps/day), **Oregano Oil** (2 to 4 drops/day in 1/4 cup water) if acute: **Olive Leaf Immune** (2 to 4 Vcaps at breakfast and lunch)

Anti-Inflammatory Support: **Inflamacidin™** (3 vcaps on an empty stomach, twice daily)

Adrenal/ Kidney Deficiency Support: **AdrenaVen** (3 to 6 Vcaps at breakfast and lunch), **RenaVen** (2 Vcaps/day, ramp up to 6 Vcaps/day)

Liver Support/Detox: **HepatoVen** (1 to 3 Vcaps/ day)

Intestinal Support: Pr. **Probiotic** (1 to 2 Vgels, 30 minutes before breakfast and dinner)

Detox Therapies: Pr. **Organic Castor Oil Packs** (esp. liver, adrenals, head & neck areas; see front page protocols), **QCI Vial™**, **Medi- Body Packs™** to chelate out toxic chemicals/heavy metals near eye areas

(target areas: liver, around eyes and eyelids, forehead and other head areas; see protocols)

Special Considerations: Switch 100% chemical-free products; eat cultured foods (i.e. kefir); daily walking and sunlight exposure.

Blood Pressure, High (Hypertension)

Comments: Worldwide research now links high blood pressure to infection (often viral) not found by typical lab tests; also low pH (deficient minerals), heavy metal toxicity, toxic liver, weak kidneys.

Common Symptoms: Blood pressure over 140/90; frequent headaches, difficulty sleeping, feeling tense, irritable

***Super Food Trio:** Foundation support for all programs (see front page Protocol)

HCL Detox Therapy: See front page protocols.

Alkaline pH/ Mineral Support: The pH Trio (see front page protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Heart/Blood**

Pressure Support: Cardio-ND (½ to 2 tsp. in 2 oz. of water upon arising and 1 hour after dinner),

Pr. B.P. Complex (2 to 3 Vcaps/meal)

HM Detox: HM-ND (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Anti-Infective Support: Allicidin™ (1-2 Vcaps per meal), **ImmunoVen** (1 Vcap/day, ramp up to 3 Vcaps/day), Q. Carvacrol Oil (2 to 4 drops/day in ¼ cup water)

Kidney Deficiency Support: Pr. American Ginseng (1 Vcap daily in the morning), **RenaVen** (2 Vcaps/day, ramp up to 6 Vcaps/day)

Complete Vitamin E Support (with tocopherols): **Deltanol** (1 vcap daily)

Liver Support/Detox: **HepatoVen** (1 to 3 Vcaps/day)

Intestinal Support: Pr. Probiotics (1 to 2 Vgels, 30 minutes before breakfast and dinner), **MicroBiome-18™** (1 vcap daily)

Detox Therapies: Pr. Organic Castor Oil Packs (liver, kidneys; see front page protocol), **QCI Vial™**, **Medi-Body Packs™** (target areas: liver, kidneys; see protocol)

Special Considerations: Avoid red meat. Limit animal protein meals to once/day at lunch only. Strive to use only plant-based proteins such as beans, grains, mushrooms, nuts and seeds, as well as Pr. Organic Greens Powder. Avoid pasteurized milk and soft drinks. Drink more liquids, especially purified water and healing teas such as Pr. Noni (open 2 Vcaps in a cup; add one cup boiling water; let steep 10 minutes, then drink). Eat more vegetables and cultured foods (i.e., kefir); daily sunshine and walking.

Blood Sugar, High (Hyperglycemia)

- See **Diabetes (Type II)** (Page: 43)

Blood Sugar, Low (Hypoglycemia)

Comments: Linked to diet high in refined carbs, weak adrenals, **toxic liver, pancreas or weak adrenals**, low pH (deficient minerals), heavy metal toxicity (mercury from silver fillings).

Symptoms: Fatigue, weakness, dizziness, fuzzy thinking, needs to eat small meals often or feels weak or shaky

***Super Food Trio:** Foundation support for all programs (see front page Protocol)

HCL Detox Therapy: See front page protocols.

Alkaline pH/ Mineral Support: The **pH Trio** (see front page protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Adrenal Deficiency Support:** **AdrenaVen** (3 to 6 Vcaps at breakfast and lunch)

Liver (Phase I, II, III) Support/ Adrenal Hormone Production: **Max B-ND™** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Hormone/Rejuvenation Support: **Adaptogen R3™** (3 Vcaps at breakfast), **UltraPollen** (2 Vcaps/day)

Blood Builders: (B vitamins, blood nutrients): **ErythroPro** (2 to 4 Vcaps/day), **Pr. Nutritional Flakes** (1 to 2 tbsp./day)

HM Detox: **HM-ND™** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Anti-Infective Support: **ImmunoVen** (1 Vcap/day, ramp up to 3 Vcaps/day),

Liver Support/Detox: **Liver-ND** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Intestinal Support: **Pr. Probiotics** (1 to 2 Vgels, 30 minutes before breakfast and dinner), **MicroBiome-18™** (1 vcap daily)

Detox Therapies: **Pr. Organic Castor Oil Packs** (liver, adrenals/kidneys; see front page protocol), **QCI Vial™**, **Medi-Body Packs™** (target areas: liver, adrenals/kidneys; see protocol) **Special**

Considerations: **Avoid all refined carbs** (foods with white flour/white sugar); eat smaller meals more often during the day (five meals/day); have protein snacks handy (such as organic cashews) for times of feeling weak; eat more fresh vegetables

Bone Concerns

See *Osteoporosis* (Page: 92)

Bone Loss

See *Osteoporosis* (Page: 92)

Breast, Calcified Nodules

Comments: Often linked to hormonal imbalance, deficiency of essential fatty acids, chronic infection, wearing underwire bras (which restrict the lymph outflow from the breast), low pH (deficient minerals), lack of natural sunlight; toxic liver (the liver meridian goes through the chest & breast areas).

Common Symptoms: hard, painful breast nodules, breast swelling, tenderness.

Special Note: Chronic breast calcifications and breast cancer are often linked to leaking root canal teeth, esp. in molar teeth. Root canals contain toxic heavy metals (lead, barium, cadmium) that gradually leach out via the gums into the lymphatic system, which can often congest the breast areas. Conventional root canal fillings should be replaced with biocompatible dental materials.

***Super Food Trio:** Foundation support for all programs (see front page Protocol)

HCL Detox Therapy: See front page protocols

Alkaline pH/ Mineral Support: The **pH Trio** (see front page protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Breast Lymphatic Drainage Support:** **Inflammacin** (6 vcaps daily on an empty stomach)

Breast Nutritional Support: Hyssinol (1 vcap, 3 times daily with meals)

For Fast Pain Relief (if very painful): Use external **Medi- Body Pack™** mixed with HCL water (2 times per day, every other day for 1 to 3 wks)

Liver Support/Detox and Pain Relief: **Liver-ND** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner); Mini-Liver/Gallbladder Flush (once/week for 8 weeks)

Intestinal Restorative/Cleansing: **Pr. Aloe Powder** (1 scoop daily), **Pr. Probiotics** (1 to 2 Vgels, 30 minutes before breakfast and dinner), **ParaStat™** (1 to 3 Vcaps/day)

Xeno-Estrogen Detoxification (toxic foreign hormones): **EstroFlavone** (1 to 3 Vcaps/day);

XenoStat™ (1-2 Vcaps per meal for 2 to 3 months)

Hormone Support/ Rejuvenation: **Adaptogen R3™** (3 Vcaps at breakfast), **Pr. Pregnenolone** (1vcap daily), **Pr. DHEA** (for men: 1vcap 4 times daily; for women: 1 vcap 2 times/day), **Pr. Plant Vitamin C** (2 vcaps/day), **Pr.**

Organic Castor Oil Packs (over liver, kidney, affected breast areas; see front page protocol), **QCI Vial™**, **Medi-Body Packs™**

Special Considerations: Many breast calcifications and/or breast cysts are completely resolved after liver detoxification and re-establishing normal hormone balance. Avoid toxic oils (esp. hydrogenated oils). Be sure to get adequate daily sunlight exposure (essential for healthy hormone balance). Avoid caffeine sources (e.g., commercial chocolate, coffee) and wine or alcohol which can aggravate breast conditions.

Discontinue wearing underwire bras (which congest the lymphatic outflow of the breasts; the metal can also create electromagnetic distress).

Breast Concerns

Comments: Often linked to hormonal imbalance, deficiency of essential fatty acids, infection, low pH (deficient miner- als), lack of natural sunlight; toxic liver (the liver meridian goes through the chest & breast areas).

Common Symptoms: Painful breast nodules, often worse one week before the menstrual period, pain in the breasts, breast swelling, tenderness.

Special Note: Chronic breast symptoms and breast cancer are often linked to leaking root canal teeth, esp. in molar teeth. Root canals contain toxic heavy metals (i.e., lead, barium, cadmium) that gradually leach out via the gums into the lymphatic system, which can often congest the breast areas. Conventional root canal fillings should be replaced with biocompatible dental materials.

***Super Food Trio:** Foundation support for all programs (see front page Protocol)

HCL Detox Therapy: See front page protocols

Alkaline pH/ Mineral Support: The **pH Trio** (see front page protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Breast Nutritional Support:** Hyssinol (1 vcap, 3 times daily with meals)

Liver Support/Detox (Pain Relief): **Liver-ND** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner); Mini-Liver/Gallbladder Flush (once/week for 8 weeks); **Premier Coffee Enemas** (1 to 2/week for 4 weeks)

Breast Nodule Detox: Inflammacin (6 vcaps daily on an empty stomach)

Intestinal Restorative/Cleansing: **Pr. Aloe Powder** (1 scoop daily), **Pr. Probiotics** (1 to 2 Vgels, 30 minutes before breakfast and dinner), **ParaStat™** (1 to 3 Vcaps/day)

Xeno-Estrogen Detoxification (toxic foreign hormones):

EstroFlavone (1 to 3 Vcaps/day); **XenoStat** (1-2 Vcaps per meal for 2 to 3 months)

Hormone Support/ Rejuvenation: **Adaptogen R3™** (3 Vcaps at breakfast), Pr. Pregnenolone (1vcap daily), Pr. DHEA (for men: 1vcap 4 times daily; for women: 1 vcap 2 times/day), Pr. Plant Vitamin C (2 vcaps/day)

Detox Therapies: Pr. **Organic Castor Oil Packs** (over liver, kidney, affected breast areas; see front page protocol), QCI Vial™, Medi-Body Packs™

Special Considerations: Many breast symptoms are completely resolved after liver detoxification and re-establishing normal hormone balance. Avoid toxic oils (esp. hydrogenated oils). Be sure to get adequate daily sunlight exposure (essential for healthy hormone balance).

Avoid caffeine sources (e.g., commercial chocolate, coffee), wine and alcohol which can aggravate breast conditions. Discontinue wearing underwire bras (which congest the lymphatic outflow of the breasts; the metal can also create electromagnetic distress).

Bruising, Frequent

Comments: Often linked to drug use (especially aspirin), deficiency of natural vitamin C and bioflavonoids, hormone imbalance, chronic infection (which depletes antioxidant levels), low pH (deficient minerals), lack of natural sunlight, inadequate antioxidant intake, weak kidneys (kidneys control skin thinning).

Symptoms: skin bruises easily even with very light pressure; small bruises in various places in the body***Super Food Trio:** Foundation support for all programs (see front page Protocol)

HCL Detox Therapy: See front page protocols

Alkaline pH/ Mineral Support: The **pH Trio** (see front page protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Skin Support/**

Antioxidants: Pr. **Plant Vitamin C** (2 to 4 Vcaps at breakfast and lunch), Pr. Astaxanthin Complex (Take 1-2 vcaps 3 times daily with meals)

Kidney Support (to promote skin density/integrity): RenaVen (1 to 3 Vcaps/day)

Hormone Support/Rejuvenation: **Adaptogen R3™** (3 Vcaps at breakfast), Pr. Plant Vitamin C (2 to 4 vcaps at breakfast and lunch), Fem Balance (1 vcap, 2 times daily)

Topical Skin Support: Massage a drop or two of a QC Oil Blend (Vata, Pitta or Kapha) into affected areas daily for several weeks

Detox Therapies: Pr. **Organic Castor Oil Packs** (over bruised areas; see front page protocol), QCI Vial™, Medi-Body Packs™

Special Considerations: Instead of low-dose aspirin (for those with heart concerns), worldwide research shows taking cod liver oil keeps the blood slippery (no clumping) and is free of side effects (aspirin predisposes you to more heart attacks)

Bunions (Painful swelling of bursa sac of big toe)

Comments: A bunion is an abnormal bony lump that forms at the base of the big toe. Often linked to bone loss, imbalanced pressure on the feet (due to hip imbalances), infection, low pH (deficient minerals), walking in high heels that cram the toes or years of wearing tight, poorly fitting shoes that force the foot into an unnatural shape. Check if there has been a low back injury (which may imbalance the hips), skeletal shrinkage; check structural alignment of spine.

Common Symptoms: A bony lump that sticks out of the side of the base of the big toe on the foot; may also be swelling, redness, tenderness or pain at the base of the big toe and the ball of the foot.

***Super Food Trio:** Foundation support for all programs (see front page Protocol)

HCL Detox Therapy: See front page protocols

Alkaline pH/ Mineral Support: The **pH Trio** (see front page protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Bone and Joint Support:** Pr. Joint & Disc (2 Vcaps, 3 times daily)

Anti-Infective Support: ImmunoVen (1 Vcap/day, ramp up to 3 Vcaps/day) Massage Pr. Organic Castor Oil into the affected joint areas daily.

Detox Therapies: Pr. Organic Castor Oil Packs (over bunion areas; see front page protocol), **Medi-Body Packs**TM (over bunion areas or trauma areas that are reflexing to the toe)

Special Considerations: Check and clear scar interference fields using QCI VialTM. Key focus: Halt bone loss if present (using nutrition); use Medi-Body PacksTM if there has been previous trauma (a foot injury, low back, legs, etc.); rebalance structural alignment of spine and pelvis (if needed).

Burns, Minor

Comments: Minor burns can heal quickly and often without scarring by using ozonated gel. Apply as soon as possible after the burn in addition to oral Nucleotide Complex.

Special Note: During extreme trauma such as burns, the body's nutritional needs can be accelerated up to 20 times normal. Therefore, for best healing, it is essential to receive superior nutrition.***Super Food Trio:** Foundation support for all programs (see front page Protocol)

HCL Detox Therapy: See front page protocols

Topical Ozone Gel: Create a paste using the following: Pr. Coconut Oil (¼ tbsp.), Deltanol (open 1 vcap), Pr. Plant Vitamin C (open 7 vcaps) Mix and apply to the affected area. Extra: May incorporate Canadian Gold Honey.

Internal Skin Healing Nutrients: Pr. Aloe Powder (1 scoop daily), AllicidinTM (1-2 Vcaps per meal; provides excellent sulfur compounds for rapid burn recovery)

Anti-Inflammatory Support: InflammacinTM (3 vcaps on an empty stomach, twice daily)

Detox Therapies: Pr. Organic Castor Oil Packs (over kidneys to support healing; see front page protocol), **Medi-Body Packs**TM (near burned areas [*not* on the burned area] to deliver topical minerals to shorten healing time)

Special Considerations: Drinking Pr. Aloe Powder helps deliver powerful, internal skin-healing alkaloids. Pr. Hair/Skin/Nails may support the restoration of the skin's barrier function during the healing process by stimulating keratinocyte activity.

Bursitis

(Inflammation of the bursa in the shoulder, elbow or knee joints; bursa are small lubricating sacs in the joints)

Comments: Often linked to infection at the joints (not just inflammation), low pH (deficient minerals), weak adrenals, toxic liver, intestinal infection (backup of waste products into joints).

Common Symptoms: Pain and stiffness in the joints; inability to move normally

TREATMENT PROTOCOLS

***Super Food Trio:** Foundation support for all programs (see front page protocol)

HCL Detox Therapy: See front page protocol.

Alkaline pH/ Mineral Support: The **pH Trio** (see front page protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0)

Anti-Infective/Nutrient Support for Joints: Pr. Bone Health (3 to 6 Vcaps at breakfast and lunch), ImmunoVen (1 to 3 Vcaps/day; ramp up to 6 Vcaps/ day)

Anti-Inflammatory Support: Inflammacidin™ (3 vcaps on an empty stomach, twice daily)

Adrenal Deficiency Support: AdrenaVen™ (1 to 3 Vcaps at breakfast and lunch), RenaVen (2 Vcaps/day, ramp up to 6 Vcaps/day)

Intestinal Restorative/Cleansing: Pr. Aloe Powder (1 scoop daily), Pr. Probiotics (1 to 2 Vgels, 30 minutes before breakfast and dinner), ParaStat™ (1 to 3 Vcaps/day)

Hormone/Rejuvenative Support: Adaptogen R3™ (3 Vcaps at breakfast)

Liver/Gallbladder Detoxification: Mini-Liver/Gallbladder Flush (once/week for 4 weeks)

Pain Relief: Pr. Joint & Disc (6 vcaps taken daily)

Detox Therapies: Pr. Organic Castor Oil Packs (esp. adrenals, liver, affected joint areas, see front page protocol), QCI Vial™, Medi- Body Packs™

Special Considerations: Avoid red meat and reduce animal protein consumption. Reduce main protein dish to once/day only at lunch. Avoid pasteurized milk and refined foods; eat more vegetables. Get adequate sunlight daily. Adopt a joint movement exercise routine daily for 10 to 20 minutes.

Cancer (All Types)

Comments: Cancer is the ultimate degenerative disease. Often multiple organ systems have become toxic, congested and infected (especially complex parasitic infection). In addition, heavy metal toxicity and toxic dental materials are common and need to be eliminated.

Often there is an extreme acidic pH (chronic deficiency of minerals) and other baseline nutrient deficiencies. Supportive dietary and lifestyle changes are also essential. Regardless of the type of cancer, the initial key organs to detoxify first are: liver, kidneys, intestines. It is critical to find the interference fields and treat them (see Medi-Body Pack procedure).

Special Note: It is important to begin gentle, slow detoxification of the body, taking care so the liver and kidneys do not become overwhelmed.

***Super Food Trio:** Foundation support for all programs (see front page Protocol)

HCL Detox Therapy: See front page protocol.

Alkaline pH/ Mineral Support: The **pH Trio** (see front page protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Cancer**

Detox/Elimination/Prevention: **EstroFlavone** (1-2 Vcaps daily), **Pr. Resveratrol** (1 tsp mixed in ½ cup water daily), **Pr. AllerCaps** (3 vcaps daily), **Hyssinol** (3 vcaps daily), **Pr. Digest** (3 vcaps daily taken away from meals).

Anti-Infective Support (general): **Allicidin™** (1-2 Vcaps per meal), **ImmunoVen** (1 Vcap/day, ramp up to 3 Vcaps/day), **Green Tea-ND™** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner), **Olive Leaf Immune™** (3 to 6 Vcaps/day)

Parasite Detox: **ParaStat™** (1 to 3 Vcaps/day, ramp up to 6 Vcaps/day), **Paratosin™** (1 to 3 Vcaps/day, ramp up to 6 Vcaps/day), **Oregano Oil** (2 to 4 drops/day in ¼ cup water)

Chemical Detoxification: **Pr. NAC** (1 vcap, 2 times daily), **Medi-Chlorella-FX** (2 vcaps, 2 times daily), **Medi-Clay-FX** (1 vcap. 1-2 times daily—empty contents of the capsule(s) into 4 oz. of water, stir well, and consume; best taken away from any medications)

HM Detoxification: **HM-ND** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Kidney/Adrenal Deficiency Support: **RenaVen** (2 Vcaps/day, ramp up to 6 Vcaps/day), **AdrenaVen** (1 to 3 Vcaps at breakfast and lunch)

Intestinal Restorative/Cleansing: **Pr. Aloe Powder** (1 scoop daily), **Pr. Probiotics** (1 to 2 Vgels, 30 minutes before breakfast and dinner), **ParaStat™** (1 to 3 Vcaps/day), **extra Pr. Colostrum-IgG™ Powder** with food (1 tsp. to 1 tbsp/day)

Hormone/Rejuvenative Support: **Adaptogen R3™** (3 Vcaps at breakfast), **UltraPollen** (1 to 2 Vcaps/day)

Immune Support: **Pr. American Ginseng™** (1 Vcap daily in the morning)

Anti-Inflammatory Support: **Inflammacidin™** (3 vcaps on an empty stomach, twice daily)

Liver/Gallbladder Detoxification: **Mini-Liver/Gallbladder Flush** (once/week for 8 weeks); **Premier Coffee Enemas** (1 to 2/week for 4 weeks)

Special Anti-Infective/Nutrient Support

- **BLOOD CANCER (LEUKEMIA, ETC):** **ErythroPro** (3 Vcaps/meal)
- **BONE CANCER:** **Pr. Bone Health** (3 to 6 Vcaps at breakfast and lunch)
- **BRAIN CANCER:** **CereVen** (1 to 3 Vcaps/meal)

TREATMENT PROTOCOLS

- **BREAST CANCER:** **Radiant Woman** (1 to 3 Vcaps/ meal)
- **COLON CANCER:** **Pr. Aloe Powder** (1 scoop daily); **Max B-ND™** (½ tsp. in 4 oz. water, twice daily)
- **KIDNEY CANCER:** **RenaVen** (2 Vcaps/day, ramp up to 6 Vcaps/day)
- **LIVER CANCER:** **Reishi Immune** (3 Vcaps per meal), **Liver-ND™** (½ to 1 tsp. in 2 oz. water upon arising and 1 hour after dinner)
- **LUNG CANCER:** **Green Tea-ND™** (½ to 1 tsp. in 2 oz. water upon arising and 1 hour after dinner), **PneumoVen** (1 to 3 Vcaps/meal)
- **LYMPHATIC CANCER (LYMPHOMA, HODGKINS, ETC.):** **Green Tea-ND™** (½ to 1 tsp. in 2 oz. water upon arising and 1 hr. after dinner), **Inflammacin** (6 vcaps on an empty stomach), **Melatonin-ND™** (6 to 10 drops at bedtime under the tongue for females or 2 to 4 drops for males).
- **OVARIAN OR UTERINE CANCER:** **EstroFlavone** (3 Vcaps/ meal), **Hyssinol** (1 vcap taken 3 times/day)
- **PANCREATIC CANCER:** **PancreVen** (3 Vcaps/meal)
- **PROSTATE CANCER:** **ProstaVen** (3 Vcaps/meal)
- **SKIN CANCER (INCLUDING MELANOMA):** **Deltanol™** (Take 1 vcap 3 times daily with meals).
- **TESTICULAR CANCER:** **Testosterone Premium** (3 vcaps daily)
- **THROAT CANCER:** **Green Tea-ND™** (½ to 1 tsp in 2 oz. water upon arising and 1 hr after dinner)
- **THYROID CANCER:** **ThyroVen** (3 Vcaps/ meal)
- **CANCER PREVENTION (IN GENERAL):** **Pr. Resveratrol** (1 tsp. in ½ cup water daily)

Detox Therapies: **Pr. Organic Castor Oil Packs** (esp. kidneys, liver, intestines; later, affected tumor areas; see front page proto- col), **QCI Vial™**, **Medi-Body Packs™** (esp. kidneys, liver and intestines; see protocol)

Special Considerations: Requires thorough change in eating habits to natural, organic whole foods diet; avoid red meat, coffee, soft drinks, fried food, hydrogenated oil. Reduce main protein dish to once/day at lunch. Add in Pr. Multi-vitamin (4 vcaps daily taken with meals to supply the body with whole food derived nutrients to relieve deficiencies).

Extract any infected or dead teeth and remove toxic dental materials (often reflexes to tumor areas).

Best choice: recommend that the person work directly with a QRA™ practitioner to precisely determine ongoing nutritional and specific detoxification needs and sequence.

Candida (Candida albicans) (Yeast or fungal infection)

Comments: New research shows that candida is a normal commensal in the human intestinal tract. Overgrowth of candida is often due to heavy metal toxicity (such as mercury gradually leaching from silver fillings). Swiss research shows that candida actually helps protect the body against heavy metal toxicity.

Rather than trying to “kill” the candida, the best therapy is to clear the heavy metals and toxic dental work (all metals) so the candida can return to normal levels in the body. Also, often low pH (deficient minerals), weak adrenals/kidneys, toxic liver, stomach/intestinal infection. Trying to “kill” the candida without clearing the heavy metal toxicity will often just make the symptoms worse.

Common Symptoms: Extreme fatigue, bloating after eating, rashes, poor digestion, bowel dysbiosis

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL Detox Therapy: See front page protocol.

Alkaline pH/ Mineral Support: The **pH Trio** (see front page protocols; ramped up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Anti-Infective**

Support: **Allucidin™** (1-2 Vcaps per meal), **ImmunoVen** (1 Vcap/day, ramp up to 3 Vcaps/day), **Oregano Oil** (2 to 4 drops/day in 1/4 cup water), **Pr. Noni** (2 to 6 Vcaps/day), **Olive Leaf Immune™** (3 to 6 Vcaps/day)

HM Detox: **HM-ND™** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Adrenal/ Kidney Deficiency Support: **AdrenaVen** (1 to 3 Vcaps at breakfast and lunch), **RenaVen** (2 Vcaps/day, ramp up to 6 Vcaps/day)

Intestinal Support: **Galactan™** (2 tablespoons mixed in food or 12 oz water or juice before breakfast and dinner); **Pr. Probiotics** (1 to 2 Vgels, 30 minutes before breakfast and dinner), **ParaStat™** (2 to 8 Vcaps/day)

Hormone/Rejuvenation Support: **Adaptogen- R3™** (3 Vcaps at breakfast)

Liver Detox: **Pr. Coffee Enemas** (1 to 2/week for 4 weeks)

Detox Therapies: **Pr. Organic Castor Oil Packs** (esp. adrenals, liver, intestines; see front page protocols), **QCI Vial™**, **Medi-Body Packs™** (esp. adrenals/kidneys)

Special Considerations: Assess and remove toxic dental materials; avoid refined sugar/honey, no red meat, no coffee; eat a variety of fresh organic foods. Daily sunlight and exercise.

Capillary Fragility/Breakage

See *Bruising* (Page: 20)

Carpal Tunnel Syndrome (Painful, weak wrists)

Comments: Often linked to infection at the joints (not just inflammation), low pH (deficient minerals), weak adrenals, toxic liver, intestinal infection (backup of waste products into joints) and deficient B vitamins. Surgery is often not helpful and can worsen the condition. The C7/T1 spinal area (at the base of the back of the neck) is often weakened and needs to be detoxified (with Medi-Body Pack).

Symptoms: Pain, swelling and weakness of wrist, difficulty carrying objects, achiness/pain in wrists wakes them up at night

***Super Food Trio:** Foundation support for all programs (see front page Protocol)

HCL Detox Therapy: See front page protocol.

Alkaline pH/ Mineral Support: The **pH Trio** (see front page protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0)

Anti-Infective/Nutrient Support for Joints: Pr. Bone Health (3 to 6 Vcaps at breakfast and lunch), **Green Tea-ND™** (1/2 tsp. in 2 oz. of water upon arising and 1 hour after dinner), **ImmunoVen** (1 to 3 Vcaps/ day; ramp up to 4 to 6 /day)

B Vitamin Support: Max B-ND™ (1/2 tsp. in 4 oz. water, twice daily)

Adrenal Deficiency Support: AdrenaVen (1 to 3 Vcaps at breakfast and lunch), **RenaVen** (2 Vcaps/day, ramp up to 6 Vcaps/day)

Intestinal Restorative/Cleansing: Pr. Aloe Powder (1-2 scoops daily), **Pr. Probiotics** (1 to 2 Vgels, 30 minutes before breakfast and dinner), **ParaStat™** (1 to 3 Vcaps/day)

Hormone/Rejuvenative Support: Adaptogen-R3™ (3 Vcaps at breakfast)

Anti-Inflammatory Support: Inflammacin™ (3 vcaps on an empty stomach, twice daily)

Liver/Gallbladder Detoxification: **Mini-Liver/Gallbladder, Flush** (once/week for 4 weeks)

Pain Relief: **Pr. Joint & Disc** (6 vcaps taken daily)

Detox Therapies: Pr. Organic Castor Oil Packs (esp. adrenals, liver, affected areas; later, over affected wrist area, see front page protocol), **QCI Vial™**, **Medi-Body Packs™** (especially on C7-T1 spinal area at base of posterior neck; see protocol)

Special Considerations: Reduce main protein dish to once/day at lunch. Avoid red meat, pasteurized milk, refined food, soft drinks; eat more vegetables; exercise upper arms daily.

Cataracts

(Cloudiness of the lens of the eye, causing partial or total blindness)

Comments: Often linked to toxicity (heavy metals) or infection, deficient eye nutrients (esp. antioxidants), low pH (deficient minerals), toxic liver, weak adrenals/kidneys.

Symptoms: objects begin to appear fuzzy and hazy; in later stages, blindness

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL Detox Therapy: See front page protocol.

Alkaline pH/ Mineral Support: The **pH Trio** (see front page protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0)

Cataract Formation Protection: Focus on bone remineralization to reduce calcium deposits in ocular tissues. **Pr. Calcium Magnesium Plus** (3 vcaps daily), **Pr. Bone Health** (3 vcaps daily), **Pr. Vitamin D3+K2** (1 vcap daily taken with food).

Eye Support/ Antioxidants: OcuVen (3 to 6 Vcaps/ day), **Green Tea-ND™** (1/2 to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner), **Astaxanthin Complex** (1 to 6 Vcaps/day)

HM Detox: HM-ND™ (1/2 to 1 tsp. in 2 oz. of water upon rising and 1 hour after dinner)

Anti-Infective Support: Allicidin™ (1-2 Vcaps per meal), **ImmunoVen™** (1 Vcap/day, ramp up to 3 Vcaps/day), **Olive Leaf Immune™** (2 to 4 Vcaps at breakfast and lunch)

Adrenal/ Kidney Deficiency Support: **AdrenaVen** (3 to 6 Vcaps at breakfast and lunch), **RenaVen**

(2 Vcaps/day, ramp up to 6 Vcaps/day)

Liver Support/Detox: Liver-ND™ (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner); Mini- Liver/Gallbladder Flush (once/week for 4 weeks); **Pr. Coffee Enemas** (1 to 2/week for 4 weeks)

Intestinal Support: Pr. Probiotics (1 to 2 Vgels, 30 minutes before breakfast and dinner), MicroBiome-18™ (1 vcap daily)

Detox Therapies: **Pr. Organic Castor Oil Packs** (liver, adrenals, head & neck areas; see front page protocol), QCI Vial™, Medi-Body Packs™ (target areas: liver, head areas; see protocol)

Special Considerations: Eliminate foods with hydrogenated oil, no refined sugar; increase fresh organic vegetables/ fruits, cultured foods (i.e., kefir); eliminate infections, especially in teeth/gums (often reflexing to the eyes); daily walking and indirect sunlight (20 minutes/day).

Chemotherapy

(Eliminating toxic byproducts/control-ling side effects of chemotherapy)

Special Note: See “Cancer” section for nutrient recommendations for specific types of cancer.

Comments: *Chemotherapy is an unproven cancer therapy; clinical trials show that mean survival time is generally longer in untreated people than treated people. Chemotherapy appears to work at first (i.e., there is initial tumor shrinkage) but because it severely damages the immune system, the tumors later reappear typically bigger and much more virulent. Chemo severely stresses the immune system, stomach, liver, kidneys and adrenals.*

Symptoms: *nausea, extreme hair loss, fatigue, depression, poor digestion, headaches, vomiting*

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL_Detox Therapy: See front page protocol.

Alkaline pH/Mineral Support: The **pH Trio** (see front page protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0)

Cancer Detox/Elimination/Prevention: **EstroFlavone** (1-2 Vcaps daily), **Pr. Resveratrol** (1 tsp mixed in ½ cup water daily), **Pr. AllerCaps** (3 vcaps daily), **Hyssinol** (3 vcaps daily), Pr. Digest (3 vcaps daily taken away from meals).

Anti-Cancer Antioxidants & Stomach Support (quells_nausea): **Green Tea-ND™** (½ to 1 tsp. in 2 oz. water upon arising and 1 hour after dinner)

Chemical Detox: Pr. NAC (1 vcap, 2 times daily), **Medi-Chlorella-FX** (2 vcaps, 2 times daily), Medi-Clay-FX (1 vcap. 1-2 times daily--empty contents of the capsule(s) into 4 oz. of water, stir well, and consume; best taken away from any medications)

Anti-Infective Support: **Allucidin™** (1 to 2 Vcaps per meal), ImmunoVen (1 Vcap/day, ramp up to 3 Vcaps/day), Olive Leaf Immune™ (2 to 4 Vcaps at breakfast and lunch)

Parasite Detox: **ParaStat™** (1 to 6 Vcaps/day), **Paratosin™** (1 to 3 Vcaps/day); Oregano Oil (2 to 4 drops/day in ¼ cup water)

Adrenal/Kidney Deficiency Support: **Pr. American Ginseng™** (3 Vcaps at breakfast), **AdrenaVen** (3 to 6 Vcaps at breakfast and lunch), **RenaVen** (2 Vcaps/day, ramp up to 6 Vcaps/day)

Liver Support/Detox: **Liver-ND™** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner), **Pr. Glutathione Complex** (1 vcap 3 times daily)

Hormone/Rejuvenation_Support: **Adaptogen-R3™** (3 Vcaps at breakfast), **UltraPollen** (1 Vcap/ meal),

Intestinal_Support: Pr. Probiotics (1 to 2 Vgels, 30 minutes before breakfast and dinner), extra Pr. Colostrum-IgG (6 Vcaps/meal)

Detox_Therapies: Pr. **Organic Castor Oil Packs** (esp. liver, kidneys, affected areas; see front page protocol), QCI Vial™, Medi-Body Packs™ (esp. liver, kidney; see protocol)

Special Considerations: Seriously rethink taking chemo. Make an informed decision about chemotherapy by reading Dr. Ralph Moss' comprehensive book, Questioning Chemotherapy (he warns against it).

Cholesterol, High (Cholesterol levels above 180 mg/dl)

Comments: Worldwide research shows high cholesterol is often linked to **infection in the arterial walls**, nutritional deficiency, liver/gallbladder toxicity, deficiency of B vitamins.

Special Note: Gallbladder cleansing is essential (see Liver/ Gallbladder cleansing recommendations below).

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL_Detox Therapy: See front page protocol.

Blood /Arterial Cleansing: **Cardio-ND™** (½ to 2 tsp. in 2 oz. of water upon arising and 1 hour after dinner; for Vata or Kapha body types) or **CardioVen** (1 to 2 Vcaps per meal; for Pitta body types)

Anti-Infective Support: **Allicidin™** (2 Vcaps, 3 times/day), **Green Tea-ND™** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner), ImmunoVen (1 Vcap/day, ramp up to 3 Vcaps/day), Oregano Oil (2 to 4 drops/day in 1/4 cup water)

B_Vitamin_Support: **Max B-ND™** (1/2 tsp. in 4 oz. water, twice daily)

Intestinal Restorative/Cleansing: Pr. Probiotics (1 to 2 Vgels, 30 minutes before breakfast and dinner), ParaStat™ (1 to 3 Vcaps/day)

Hormone/Rejuvenative_Support: Adaptogen-R3™ (3 Vcaps at breakfast)

Liver/Thymus Support: Nucleo Immune (3 to 6 Vcaps at breakfast and lunch)

Liver/Gallbladder Detoxification: **Gallbladder-ND™** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner), Liver-ND™ (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Special_Liver/Gallbladder_Detox: **Mini-Liver/Gallbladder Flush** (once/week for 4 weeks); **Pr. Coffee Enemas** (1 to 2/week for 4 weeks)

Detox_Therapies: Pr. **Organic Castor Oil Packs** (esp. liver, gallbladder see protocol), QCI Vial™, Medi-Body Packs™ (esp. liver, gallbladder)

Special Considerations: Avoid soft drinks, white sugar, white breads, hydrogenated oil, no red meat; get daily sun- light; eat more fresh organic vegetables in diet. Have only one meal daily with animal protein (at lunch meal only). Daily exercise (20 minutes walking 3 times per week).

Chronic Fatigue

(Also called CFS, Chronic Fatigue Syndrome)

Comments: Often linked to multiple infections in various organ and gland systems (that are difficult to diagnose), parasitic infection, low pH (deficient minerals), weak adrenals/kidneys, toxic liver/gallbladder,

intestinal infection (backup of waste products into body), heavy metal exposure/toxicity; dental toxicity/infection, deficiency of B vitamins. Often blamed on Epstein Bar virus (EBV), but EBV usually accompanies other infections and is not the cause; this condition is usually linked to multiple infections (not just one infection).

Symptoms: Feelings of fatigue and weakness unrelated to any identifiable exacerbating factor (such as exercise or foods)

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL_Detox Therapy: See front page protocol.

Alkaline pH/Mineral Support: The **pH Trio** (see front page protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0)

Anti-Infective Support: **Allicidin™** (2 Vcaps, 3 times/day), **ImmunoVen** (1 Vcap/day, ramp up to 3 Vcaps/day), **Hyssinol™** (2 to 4 Vcaps/meal)

B_Vitamin Support: **Max B-ND™** (1/2 tsp. in 4 oz. water, twice daily)

Adrenal/Kidney Deficiency Support: **AdrenaVen** (3 to 6 Vcaps at breakfast and lunch), **RenaVen** (2 Vcaps/day, ramp up to 6 Vcaps/day)

Hormone/Rejuvenation Support: **Adaptogen-R3™** (3 Vcaps at breakfast), **PR. American Ginseng™** (1 Vcap daily in the morning), **UltraPollen** (1 Vcap/meal), **Pr. CoQ-10** (3 Vcaps/day)

Intestinal Support: Pr. Probiotics (1 to 2 Vgels, 30 minutes before breakfast and dinner), extra Pr. Colostrum-IgG (6 Vcaps/meal)

Chemical Detox: Pr. NAC (1 vcap, 2 times daily), **Medi-Chlorella-FX** (2 vcaps, 2 times daily), **Medi-Clay-FX** (1 vcap. 1-2 times daily--empty contents of the capsule(s) into 4 oz. of water, stir well, and consume; best taken away from any medications)

Intestinal Parasite Detox: Use only after the 1st morning pH is at least 6.0/person is feeling better: add **ParaStat™** (3 to 8 Vcaps/day)

Detox Therapies: Pr. **Organic Castor Oil Packs** (esp. liver, adrenals kidneys, intestines; see front page protocol), **QCI Vial™** (esp. use QCI™ Vial before each meal), **Medi-Body Packs™** (esp. liver, kidney; see protocol)

Special Considerations: avoid soft drinks, processed foods, foods with hydrogenated oils; adopt a natural whole foods diet; evaluate toxic electromagnetic field exposure (esp. in sleeping area); check for emotional trauma (which can sedate the brain). Add in Pr. Multi-vitamin (4 vcaps daily taken with meals to supply the body with whole food derived nutrients to relieve deficiencies).

Chronic Obstructive Pulmonary Disease (COPD)

Comments: Often linked to history of smoking and lung infection, often hidden parasitic infection, low pH (deficient minerals), weak kidneys, toxic liver/gallbladder, intestinal infection (backup of waste products into lungs), heavy metal exposure/toxicity; dental toxicity/infection.

Symptoms: *Difficulty breathing; feeling weak and tired, poor stamina; poor oxygen capacity*

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL_Detox_Therapy: See front page protocol. *Note: Usually the lung tissue is suffering widespread low cell energy, so the first step is to take Pr. CoQ-10 (600 mg/day) along with Pr. NAC (1 vcap, 2 times daily.*

Alkaline pH/Mineral Support: The **pH Trio** (see front page protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Anti-Infective Support:**

AllicidinTM (2 Vcaps, 3 times/day), ImmunoVen (1 Vcap/day, ramp up to 3 Vcaps/day), HyssinolTM (2 to 4 Vcaps/meal)

Lung/Oxygen Support: **Green Tea-ND**TM (2 tsp. in 4 oz. water, twice daily), **PneumoVen** (1 to 3 Vcaps/meal), Pr. Phyto-Iron (4 vcaps taken daily), Pr. Allercaps (3 vcaps daily)

Heart/Blood Detox Support: **Cardio-ND**TM (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner; for Vata or Kapha body types) or **CardioVen** (1 Vcap/meal; for Pitta body types)

Kidney/Blood Purification Support: **RenaVen** (2 Vcaps/day, ramp up to 6 Vcaps/day)

Intestinal Support: Pr. Probiotics (1 to 2 Vgels, 30 minutes before breakfast and dinner), MicroBiome-18TM (1 vcap daily)

Hormone/Rejuvenation Support: **Adaptogen-R3**TM (3 Vcaps at breakfast), **UltraPollen** (1 Vcap/ meal), Pr. CoQ-10(3 Vcaps/day)

Detox Therapies: Pr. **Organic Castor Oil Packs** (esp. kidneys, intestines first, then lungs; see front page protocol), **QCI Vial**TM (esp. use QCITM Vial before each meal), **Medi-Body Packs**TM (esp. kidneys, lungs; see protocol)

Special Considerations: Stop smoking; avoid second-hand smoke and aerosol sprays; avoid soft drinks, processed foods, foods with hydrogenated oils; adopt a natural whole foods diet; evaluate toxic electromagnetic field exposure (esp. in sleeping area)

Circulation, Poor

Comments: *Often linked to adrenal/kidney dysfunction. Also linked to nutritional deficiency, low pH (deficient minerals), toxic liver/gallbladder, intestinal infection (backup of waste products into body), heavy metal exposure/toxicity; dental toxicity/infection, arterial infection and lack of exercise. **Symptoms:** Feelings of cold or numbness in legs or hands and feet; legs feel heavy, turn bluish color easily.*

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL Detox Therapy: See front page protocol. **Circulation Support:** **CircuZyme**TM (4 to 12 Vcaps/meal) - (delivers immediate circulatory symptom relief, but does not address the underlying cause or causes)

Heart Support/ Arterial Cleansing: **Cardio-ND**TM (½ to 2 tsp. in 2 oz. of water upon arising and 1 hour after dinner; for Vata or Kapha body types) or **CardioVen** (1 to 2 Vcaps/meal; for Pitta body types)

Mitochondria/DNA Repair: Nucleo ImmuneTM (3-6 vcaps daily on an empty stomach), Pr. CoQ-10(3 Vcaps at breakfast) **Anti-Infective Support:** **Allicidin**TM (2 Vcaps, 3 times/day), ImmunoVen (1 Vcap/day, ramp up to 3 Vcaps/day), Oregano Oil (2 to 4 drops/day in 1/4 cup water)

Blooder Builders/ Purification: (B vitamins, blood nutrients): **ErythroPro** (2 to 4 Vcaps/day), **Max B-ND**TM (1/2 tsp. in 4 oz. water, twice daily)

Intestinal Restorative/Cleansing: Pr. Probiotics (1 to 2 Vgels, 30 minutes before breakfast and dinner)

Hormone/Rejuvenation_Support: **Adaptogen-R3™** (3 Vcaps at breakfast), **UltraPollen** (1 Vcap/ meal), Pr. CoQ-10 (3 Vcaps/day)

Detox_Therapies: Pr. **Organic Castor Oil Packs** (esp. adrenals; see front page protocols), **QCI Vial™**, **Medi-Body Packs™** (see protocols)

Special Considerations: Avoid soft drinks, processed foods, foods with hydrogenated oils; adopt a natural whole foods diet; daily stretching exercises, regular walking (20 min. 4 times/wk); regular sunlight exposure (to stimulate hormone/ nervous system)

Claudication, Intermittent

(Trouble walking more than a short distance)

Comments: This disease is a predictable pattern of lower leg pain caused by inadequate blood flow to exercising muscles.

Linked to infection in arteries (it may also involve severe bone loss in the spine which compresses the nerves making it difficult to walk); toxic-laden connective tissue and lymphatics. Also linked to nutritional deficiency, weak heart/circulation, low pH (deficient minerals), toxic liver/ gallbladder, intestinal infection (backup of waste products into body), heavy metal exposure/toxicity; dental toxicity/ infection, lack of exercise.

Common symptoms: Three main characteristics: a) cramping pain in the calves brought on by exercise; b) relief by rest, and c) it is reproducible (i.e. it almost always occurs after having walked the same distance)

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL_Detox Therapy: See front page protocol.

Heart Support/ Arterial Cleansing: **Cardio-ND™** (1/2 to 2 tsp. in 2 oz. of water upon arising and 1 hour after dinner; for Vata or Kapha body types) or **CardioVen** (1 to 2 Vcaps/meal; for Pitta body types)

Circulation and Muscle Strength_Support: **CircuZyme** (4 to 12 Vcaps/meal). Pr. Fermented Beets (1 scoop mixed in favorite beverage)

Anti-Infective Support: **Allicidin™** (2 Vcaps, 3 times/day), **ImmunoVen™** (1 Vcap/day, ramp up to 3 Vcaps/day), Oregano Oil (2 to 4 drops/day in 1/4 cup water)

Blooder_Builders/_Purification (B vitamins, blood nutrients):

ErythroPro (2 to 4 Vcaps/day), **Max B-ND™** (1/2 tsp. in 4 oz. water, twice daily)

Intestinal Restorative/Cleansing: Pr. Probiotics (1 to 2 Vgels, 30 minutes before breakfast and dinner), Pr. Noni (15 to 20 Vcaps/meal for 1 to 3 days until a loose stool is passed)

Hormone/Rejuvenation_Support: **UltraPollen** (1 Vcap/meal), **Adaptogen-R3™** (3 Vcaps at breakfast), Pr. CoQ-10 (3 Vcaps/day)

Liver/Gallbladder_Detox: Mini-Liver/Gallbladder Flush (once/wk for 6 wks)

Detox_Therapies: Pr. **Organic Castor Oil Packs** (esp. adrenals; see front page protocols), **QCI Vial™**, **Medi-Body Packs™**

Special Considerations: Avoid soft drinks, processed foods, foods with hydrogenated oils; adopt a natural whole foods diet; daily stretching exercises, regular walking (20 min., 4 times/wk or start out slower if necessary); sunlight exposure often (esp. in the morning hours).

Colds & Flu

Comments: *Linked to nutritional deficiency, run-down immunity, weak thymus; also low pH (deficient minerals), weak kidneys, toxic liver/gallbladder, toxic colon. Note: Food poisoning can often cause symptoms that are mistaken for a cold or flu*

Common symptoms: *Fever, nausea, aching joints, sniffing, sneezing, headache, runny nose, sinus pain, etc.*

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL_Detox Therapy: See front page protocol.

Alkaline pH/Mineral Support: The **pH Trio** (see front page protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0)

Anti-Infective Support: **Allicidin™** (2 Vcaps, 3 times/day), ImmunoVen (1 Vcap/day, ramp up to 3 Vcaps/day), Oregano Oil (2 to 4 drops/day in 1/4 cup water), Hyssinol™ (2 to 4 Vcaps/meal)

Thymus/Intestinal/Liver Support: **Nucleo Immune** (3 to 6 Vcaps/meal)

Lung/Oxygen Support: PneumoVen (1 to 3 Vcaps/ meal)

Liver/Gallbladder Detox: **Liver-ND™** (1/2 to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner), HepatoVen (1 to 2 Vcaps/day), Mini-Liver/Gallbladder Flush (once/wk for 6 wks)

Kidney/ Blood Purification Support: RenaVen (2 Vcaps/day, ramp up to 6 Vcaps/day)

Intestinal Support: Pr. Probiotics (1 to 2 Vgels, 30 minutes before breakfast and dinner)

Hormone/Rejuvenation Support: Adaptogen-R3™ (3 Vcaps at breakfast)

Detox Therapies: Pr. **Organic Castor Oil Packs** (esp. upper chest, kidneys; see front page protocols), QCI Vial™, Medi-Body Packs™

Special Considerations: Avoid soft drinks, processed foods, foods with hydrogenated oils. Keep the body warm; eat light foods such a hot homemade vegetable soup. Avoid heavy or hard to digest foods such as red meat, cheese, dairy; get plenty of rest (no exertion).

Cold Sores (Herpes Simplex)

Symptoms: *small blister eruptions on the lips, which often occur during times of stress or low immunity; can often flare up when exposed to sunlight*

Comment: *Viral infection linked to nutritional deficiency, run-down immunity, weak thymus; also low pH (deficient minerals), toxic liver/gallbladder, toxic colon. Long-term use of olive leaf (6 months) can neuter this virus so it can- not reproduce.*

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL_Detox Therapy: See front page protocol.

Alkaline pH/Mineral Support: The **pH Trio** (see front page protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Anti-Infective Support:**

Allicidin™ (2 Vcaps, 3 times/day), ImmunoVen (1 Vcap/day, ramp up to 3 Vcaps/day), Oregano Oil (2 to 4 drops/day in 1/4 cup water), Hyssinol (2 to 4 Vcaps/meal; or make into a tea - 2 Vcaps per cup hot water; let steep 10 min.)

Local Application: **Oregano Oil** (apply 1 drop, 3 times/day on sore). Can be diluted with Pr. Coconut Oil

Thymus/Intestinal/Liver Support: **Nucleo Immune™** (3 to 6 Vcaps/meal)

Intestinal_Restorative/Cleansing: Pr. Probiotics (1 to 2 Vgels, 30 minutes before breakfast and dinner)

Detox Therapies: Pr. **Organic Castor Oil Packs** (esp. intestines, neck and throat area -- for lymphatic drainage from mouth/head; see front page protocols), QCI Vial™, Medi-Body Packs™

Special Considerations: The hardest cases to clear are those with weak digestion. Poor digestion intoxicates the intestines, creating a toxic environment that perpetuates this virus. In these cases, a digestive aid (Pr. Digest) is essential with meals.

Colic (Intestinal cramping/distress in babies)

Comment: Linked to failure to breastfeed and a toxic liver; need to eliminate commercial baby formulas (usually toxic and indigestible ingredients). If the child is being breastfed, the mother may be consuming food(s) that are disturbing the baby (such beans, dairy products or foods that the mother is allergic to).

Common symptoms: Fussy baby; cries a lot, esp. after eating; lots of gas

Intestinal Support: Pr. **Colostrum-IgG Powder** (1 to 2 tsp./day for child; also for mother if breastfeeding), Pr. **Probiotics** (squeeze out contents of 1 Vgel/day into fluid for infant)

Support Therapies: QCI Vial™ (for mother and child) (strength-ens biofield)

Special Considerations: If the child is being breastfed exclusively, then use only the above recommendations. If the child is being given other foods, then eliminate commercial foods, cooked foods, fried foods, etc. Prepare the baby's food fresh. Eliminate commercial baby formulas (too many toxics). Prepare fresh-blended baby foods (nothing from cans or boxes), such as fresh fruits and vegetables. Avoid difficult-to-digest foods. If breastfeeding, decrease raw vegetables in the mother's diet if necessary.

Colitis, Ulcerative (Intestinal inflammation/bleeding)

Comments: Acute inflammation of the large intestine; always linked to infection, usually parasitic (routinely missed in lab tests). Over time, this condition induces nutritional deficiency, endocrine exhaustion, protein deficiency, fatigue, free radical pathology (loss of all antioxidants) and excitotoxicity (excess stimulation to the nerve cells serving the colon) which can degenerate the nerve cells to the colon and surrounding area. Interference fields may be present, especially dental (such as an infected molar) which are reflexing to the colon.

Common Symptoms: intermittent rectal bleeding, diarrhea, urgency (a sudden feeling of having to defecate and running to the bathroom), tenesmus (painful contractions to move one's bowels but without eliminating anything), rectal pain. In more severe cases: bloody diarrhea, abdominal pain and cramps, weight loss, fatigue, fever, night sweats.

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL Detox Therapy: See front page protocol.

Alkaline pH/Mineral Support: The **pH Trio** (see front page protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Anti-Infective Support (general):**

Allicidin™ (2 Vcaps, 3 times/day), ImmunoVen™ (1 Vcap/day, ramp up to 3 Vcaps/day), Hyssinol (2 to 4 Vcaps/meal)

Anti-Parasitic Detox: **ParaStat™** (1 to 2 Vcaps/day, ramp up to 8 Vcaps/day), **Paratosin™** (1 Vcap per meal)

Thymus/Intestinal Repair Support: **Nucleo Immune** (3 to 6 Vcaps/meal; reduces wound healing time up to 67%)

Protein_(Amino_Acid)_Support: Pr. Nutritional Flakes (1 tbsp. mixed into drinks or sprinkled on foods) and/or Pr. Whey Protein (5 tbsp. daily mixed in water or juice) and/or Pr. Marine Collagen (2 scoops daily mixed in water or juice)

Pain_Relief_and_Antioxidant_Support: **Liver-ND™** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner, **Inflammacin™** (6 vcaps on an empty stomach daily), Pr. CoQ-10 (1 to 3 Vcaps at breakfast and lunch for first 6 weeks; corrects low cellular energy; prevents neurodegeneration; prevents loss of neurological control of colon)

Kidney_Support (support kidneys so the use of anti-infectives does not congest the surrounding lymphatics and overload the kidneys): **RenaVen** (2 Vcaps/day, ramp up to 6 Vcaps/day)

Adrenal_Support (essential to help regenerate the normal anti-inflammatory response of the body): **AdrenaVen** (3 to 6 Vcaps at breakfast and lunch)

Intestinal_Support: Pr. **Probiotics** (1 to 2 Vgels, 30 minutes before breakfast and dinner), Pr. **Aloe Powder** (1-2 scoops daily; helps settle inflammation at lining of intestine), Pr. Colostrum-IgG Powder (1 to 2 tbsp. daily; rich in N-acetylneuraminic acid for healing and repair for intestines), Pr. Glutamine (3 to 6 Vcaps at break- fast and lunch, for the first 3 to 6 weeks only) Nucleo Immune™ (3-6 vcaps daily on an empty stomach)-helps regenerate epithelial lining of intestines.

Detox_Therapies: Pr. **Organic Castor Oil Packs** (esp. intestines, kidneys; see front page protocols), QCI Vial™, Medi-Body Packs™

Special Considerations: Avoid charbroiled meat or foods; avoid raw food (unless fermented); avoid dairy (except for homemade kefir); avoid acid fruits (such oranges, peaches, etc.). Have moderate protein meals (not high protein -- or it creates too much acid).

Congestive Heart Failure

Comments: Worldwide research shows heart disease is linked to infection (typically missed on lab tests); weak adrenals; kidneys are overloaded (unable to clear toxic waste); usually heart muscle is weak (needs CoQ-10 & antioxidants), especially DHLA to make the CoQ-10 fully active (to the reduced form).

Common symptoms: Chest pain, fluid retention, fatigue, ankle swelling

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL_Detox Therapy: See front page protocol.

Heart Anti-Infective_Support/Arterial_Cleansing: **Cardio-ND™** (½ to 1 tsp. in 2 oz. water upon arising and 1 hour after dinner; for Vata or Kapha body types) or **CardioVen** (1 to 2 Vcaps/meal; for Pitta body types)

Mitochondria/_DNA_Repair: Nucleo Immune™ (3-6 vcaps daily on an empty stomach)

Pain_Relief,_Antioxidant_and_Reperfusion_Support: Pr. Joint & Disc (3 vcaps, twice daily), Deltanol (3 vcaps daily in divided doses with meals)

Anti-Infective_Support_(whole_body): **Allicidin™** (2 Vcaps, 3 times/day), ImmunoVen (1 Vcap/day, ramp up to 3 Vcaps/day), Oregano Oil (2 to 4 drops/ day in 1/4 cup water)

Kidney_Support: (support kidneys so anti-infectives do not congest the surrounding lymphatics and overload kidneys): **RenaVen** (2 Vcaps/meal, ramp up to 6 Vcaps/ day)

Adrenal_Support: (the adrenals are critical for fluid balance; often compromised by kidney overload): **AdrenaVen** (3 to 6 Vcaps at breakfast and lunch)

Complete Vitamin E Support: Deltanol (1 vcap daily)

Healthy Intestinal Bacteria Support: Pr. Probiotics (1 to 2 Vgels, 30 minutes before breakfast and dinner)

Detox Therapies: Pr. **Organic Castor Oil Packs** (esp. adrenals, kidneys; see front page Protocols), QCI Vial™, Medi-Body Packs™

Special Considerations: Avoid processed foods, hydroge-nated oils; avoid high protein, esp. red meat (high protein stresses the kidneys). Eat more vegetables; eat homemade kefir; exercise regularly (ramp up to 20 minutes walking daily, esp. in AM)

Conjunctivitis

(Inflammation of the conjunctiva of the eye)

Symptoms: Redness, itching, burning of eyes

Comments: Linked to intestinal infection, toxic liver. Some forms are said to be contagious (i.e., pinkeye), but the host must be compromised first and is therefore more susceptible. In Oriental Medicine, the eyes are controlled by the liver meridian.

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL Detox Therapy: See front page protocol.

Alkaline pH/Mineral Support: The **pH Trio** (see front page protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Eye Support/Antioxidants:** **OcuVen** (3 to 6 Vcaps/ day), Q. OPC Complex (1 to 6 Vcaps/day)

Anti-Infective Support: **Allicidin™** (2 Vcaps, 3 times/day), **ImmunoVen™** (1 Vcap/day, ramp up to 6Vcaps/day)

Anti-Inflammatory Support: **Inflammacidin™** (3 vcaps on an empty stomach, twice daily)

Anti-Parastic Support (if needed): **ParaStat™** (3 to 8 Vcaps/ day), **Allicidin™** (3 vcaps daily)

B_Vitamin Support: **Max B-ND™** (1/2 tsp. in 4 oz. water, twice daily)

Liver/Gallbladder Detox: **Liver-ND™** (1/2 to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner), **HepatoVen** (1 to 2 Vcaps/day), **Mini-Liver/Gallbladder Flush** (once/wk for 6 wks)

Transitional Support (while detoxifying the liver which may have impaired methylation and therefore is unable to use dietary folate to produce essential 5-methyltetrahydrofolate): End-chain folate is found in **Max B-ND™** (1/2 tsp. in 4 oz. water, twice daily)

Intestinal Support: Pr. Probiotics (1 to 2 Vgels, 30 minutes before breakfast and dinner)

Local Eye Relief: Make a neem bark tea and use as a poultice over the eye area (pour warm tea on wash cloth; wring out and place over closed eyes for 5 to 10 minutes)

Detox Therapies: Pr. **Organic Castor Oil Packs** (liver, adrenals, head and neck areas; see front page Protocol), QCI Vial™, Medi-Body Packs™ (target areas: liver, head areas; see protocol)

Special Considerations: Switch to non-toxic skin and body care products, eat cultured foods (i.e., kefir), daily walking and sunlight.

Constipation

Comments: Linked to a diet high in refined food and highly cooked food; often **intestinal infection** (maybe parasitic). When there are no regular bowel eliminations (at least once/day), the intestines can absorb toxic waste matter into systemic circulation creating skin problems, fatigue, kidney stress and more. Hence, the

saying: “Death begins in the colon.”

Lifelong constipation may be linked to **adrenal insufficiency**. The adrenals are responsible for holding fluid in the colon; without adequate adrenal hormones, the stool becomes very hard, looking like small hard balls.

A **toxic liver** can contribute to creating a toxic colon. When the liver/gallbladder function is abnormal, lack of bile and failure to synthesize critical compounds can lead to undigested fat and other toxic chemical compounds entering colon, disrupting gut ecology and, possibly, inducing increased weight gain as a protective mechanism to deal with the chemicals begin absorbed by the colon that should have been detoxified by the liver. **Liver/gallbladder cleansing** is often needed.

Symptoms: Irregular or infrequent bowel eliminations (normal should be at least one healthy bowel elimination daily); dry stools (may be hard round balls), difficulty passing stool, must strain to pass stool; frequent gas

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL_Detox Therapy: See front page Protocol.

Alkaline pH/Mineral Support: The **pH Trio** (see front page protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Adrenal Support** (the adrenals hold fluid in the colon): **AdrenaVen™** (3 to 6 Vcaps at breakfast and lunch) **Anti-Infective_Support:** ImmunoVen (1 Vcap/ day, ramp up to 3 Vcaps/day), Hyssinol (2 to 4 Vcaps/meal)

Anti-Parasitic_Detox: ParaStat™ (1 to 2 Vcaps/day, ramp up to 8 Vcaps/day)

Vitamin_B_Support: **Max B-ND™** (1/2 tsp. in 4 oz. water, twice daily)

Healthy_Intestinal_Bacteria_Support: **Pr. Probiotics** (1 to 2 Vgels, 30 minutes before breakfast and dinner)

Intestinal_Detox/Cleansing: **Pr. Aloe Powder** (1 scoop 3 to 5 times/day; helps detoxify the colon), **Galactan™** (2 tablespoons mixed in food or 12 oz water or juice before breakfast and dinner).

Intestinal_Repair_Support: Nucleo Immune (3 to 6 Vcaps/meal; supports healing of intestinal lining), **Pr. Colostrum-IgG Powder** (1 to 2 tbsp. daily; rich in N-acetyl-neurominic acid for healing and repair for intestines)

If acute constipation (no B.M.s for several days or longer):

Pr. Noni (6 to 20 Vcaps/meal until a BM is produced) **Detox_Therapies:** **Pr. Organic Castor Oil Packs** (esp. intestines, kidneys; see front page protocols), **QCI Vial™**, **Medi-Body Packs™**

Special Considerations: Avoid hard to digest foods (esp red meat, commercial dairy); no white flour (very constipating); no white sugar, fried foods, soft drinks. Eat more fresh foods, esp. fresh vegetables; make homemade kefir (high in natural probiotics); drink sufficient purified water; get regular exercise (walking helps the peristalsis of the colon).

Cough

Comments: Often linked to low pH (deficient minerals), weak adrenals/kidneys and lung infection.

Symptoms: May be dry or wet cough (producing sputum); it may be acute (lasting a few days) or chronic.

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL_Detox Therapy: See front page protocol.

Alkaline pH/Mineral Support: The **pH Trio** (see front page protocols; ramped up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Anti-Infective Support:**

Allicidin™ (2 Vcaps, 3 times/day), ImmunoVen (1 Vcap/day, ramp up to 3 Vcaps/day), Oregano Oil (2 to 4 drops/day in 1/4 cup water)

Lung/Breathing Support: **PneumoVen** (1 to 2 Vcaps/ day),

Blood Purification: **RenaVen** (2 Vcaps/day, ramp up to 6 Vcaps/day)

Intestinal Support: Galactan™ (2 tablespoons mixed in food or 12 oz water or juice before breakfast and dinner); Pr. Probiotics (1 to 2 Vgels, 30 minutes before breakfast and dinner)

Thymus/ Immune Support: **Nucleo Immune™** (3 to 6 Vcaps at breakfast and lunch; proven support for colds/ flus)

To Soothe Cough: Hyssinol™ (1 opened vcap) mixed with Canadian Gold Honey (1 tsp) held in back of mouth/ throat for a few minutes, then swallowed)

Local Therapy: Mix a few drops of Oregano Oil in the palm of hand with a carrier oil such as Pr. Coconut Oil; massage into external sore throat area (often provides relief to throat and stops cough)

Detox Therapies: Pr. **Organic Castor Oil Packs** (esp. adrenals, kidneys, lungs; see front page protocols), QCI Vial™, Medi-Body Packs™

Special Considerations: Avoid red meat, soft drinks, white flour. Adopt a whole foods diet; stop toxic aerosol sprays, air out stagnant indoor air; get adequate sunlight.

Crohn's Disease

Comments: Acute inflammation of the intestines (esp. small intestines); typically linked to infection, **usually parasitic** (routinely missed in lab tests). Over time, this condition induces nutritional deficiency, endocrine exhaustion, protein deficiency, fatigue, free radical pathology (loss of all anti- oxidants) and excitotoxicity (excess stimulation to the nerve cells serving the intestine) which can degenerate the nerve cells to the small intestine and surrounding area. May be interference fields, esp. dental (such as an infected molar)

Symptoms: abdominal pain, pencil-size or watery stools, painful, crampy stools, may be streaked with blood, may be frequent stools every day

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL_Detox Therapy: See front page protocol.

Alkaline pH/ Mineral Support: The **pH Trio** (see front page protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0)

Anti-Infective Support: **Allicidin™** (2 Vcaps, 3 times/day), ImmunoVen (1 Vcap/day, ramp up to 3 Vcaps/day), Hyssinol™ (2 to 4 Vcaps/meal)

Anti-Inflammatory Support: **Inflammacidin™** (3 vcaps on an empty stomach, twice daily)

Anti-Parasitic Detox: **ParaStat™** (1 to 2 Vcaps/day, ramp up to 8 Vcaps/day), Paratosin™ (1 to 3 Vcaps/day)

Thymus/Intestinal Repair Support: Nucleo Immune (3 to 6 Vcaps/meal; reduces wound healing time up to 67%)

Protein_Support: Pr. Nutritional Flakes (1 tbsp. mixed into drinks or sprinkled on foods) and/or Pr. Whey Protein (5 tbsp. daily mixed in water or juice) and/or Pr. Marine Collagen (2 scoops daily mixed in water or juice)

Antioxidant Support: Liver-ND™ (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner), Pr. CoQ-10 (1 vcap, 3 times daily) corrects low cellular energy; prevents neurodegeneration; prevents loss of neurological control of intestine), Pr. Glutathione Complex (1 vcap, 3 times daily)

Kidney_Support: (support kidneys so anti-infectives do not congest the surrounding lymphatics and overload kidneys):

RenaVen (2 Vcaps/day, ramp up to 6 Vcaps/ day)

Adrenal Support: AdrenaVen™ (3 to 6 Vcaps at breakfast and lunch; essential to help regenerate the normal anti-inflammatory response of the body)

Intestinal_Support: Pr. Probiotics (1 to 2 Vgels, 30 minutes before breakfast and dinner), Pr. Aloe Powder (1 scoop 3 to 5 times/day; helps settle inflammation at lining of intestine), Pr. Colostrum-IgG Powder (1 to 2 tbsp. daily; rich in N-acetylneurominic acid for healing and repair for intestines), Pr. Glutamine (3 to 6 Vcaps at breakfast and lunch, for the first 3 to 6 weeks only), Nucleo Immune™ (3-6 vcaps daily on an empty stomach)- helps regenerate epithelial lining of intestines)

Detox Therapies: Pr. Organic Castor Oil Packs (esp. intestines, kidneys; see front page protocols), QCI Vial™, Medi-Body Packs™

Special Considerations: Avoid charbroiled meat or foods; avoid raw food (unless fermented); avoid dairy (except for homemade kefir); avoid acid fruits (such oranges, peaches, etc.). Have moderate protein meals (not high protein – or it creates too much acid).

Cystic Fibrosis (CF)

Comment: CF is a genetic disorder that affects the respiratory, digestive and reproductive systems. Approximately 30,000 people in the U.S. have CF. with over 2,500 new cases diagnosed each year. Currently, medical science has no cure for CF. The median life expectancy for a person with CF is now age 32, although many people live into their 50s and 60s.

The medical view is that CF is an inherited (genetic) condition affecting the glands that produce mucus, tears, sweat, saliva and digestive juices. Normally, these secretions are thin and slippery, but in CF the secretions become thick and sticky. Instead of acting as a lubricant, the secretions may plug up tubes, ducts and passageways, especially in the pancreas and lungs. Respiratory failure is the most dangerous consequence of CF.

However, worldwide research shows this disease may be linked to infection in the glands, lungs, stomach and reproductive organs, which causes genetic mutations. In addition, CF is also linked to acidic pH (deficient mineral status, thus poor oxygenation to the brain), nutritional deficiencies (especially essential fatty acids), brain infection, weak adrenals/kidneys and lungs, toxic liver, weak digestive dysfunction, heavy metal toxicity and often external interference fields are present.

Key Focus: We have observed that the underlying key to CF is faulty digestion which begins at an early age, which then sets the stage for infection elsewhere in the body. Digestive and anti-infective support is paramount.

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL_Detox Therapy: See front page protocol.

Alkaline_pH/_Mineral_Support: The **pH Trio** (see front page protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Digestive_Support: Pr. Digest** (2 per meal, if cooked food); GastroVen (2 to 4 Vcaps/meal)

Anti-Infective Support: Allicidin™ (2 Vcaps, 3 times/day), ImmunoVen (1 Vcap/day, ramp up to 3 Vcaps/day), Oregano Oil (2 to 4 drops/day in 1/4 cup water), Hyssinol™(2 to 4 Vcaps/meal)

Brain_Chemistry_Support: CereVen (1 to 3 Vcaps/ day), Pr. Noni (2 Vcaps/meal), Green Tea-ND™ (1/2 to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Lung_Deficiency_Support: PneumoVen (2 to 4 Vcaps/ meal)

Reproductive_Organ_Support_(men_&_women): Pr. Plant Vitamin C (2 vcaps, 3 times daily with meals)

Pancreas Support: PancreVen (2 to 4 Vcaps/ meal)

Intestinal_Support: Pr. Probiotics (1 to 2 Vgels, 30 minutes before breakfast and dinner), Pr. Aloe Powder (1 scoop mixed in carbonated spring water, 3 to 5 times/day)

Detox_Therapies: Pr. Organic Castor Oil Packs (esp. adrenals, liver, head and neck; see front page protocols), QCI Vial™, Medi-Body Packs™ (over affected organs)

Special Considerations: Avoid food chemicals (aspartame, “natural flavors” [MSG], etc.) and toxic foods, esp, white sugar, soft drinks, processed foods and hydrogenated oils. Adopt a natural, whole foods diet. Take digestive enzymes after all meals with cooked food.

Cysts, Ovarian

(Fluid-filled sacs on ovaries)

Comments: *Slow-growing, fluid-filled sacs on the ovaries; usually benign but may be cancerous. Linked to long-term mineral deficiency (acidic pH), ovary infection, toxic liver, toxic colon, STDs (Sexually transmitted diseases).*

Symptoms: *May have no symptoms or may be linked to weight gain, painful menstruation, fatigue. When undergoing detox, sacs may burst with the fluid draining through the vaginal canal (which is an excellent outcome) but may be unnerving temporarily.*

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL_Detox Therapy: See front page protocol.

Alkaline pH/Mineral Support: The **pH Trio** (see front page protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Hormone Detox/Support:** **Fem Balance** (2 Vcaps, 2 times daily); **UltraPollen** (2 Vcaps, 2 times daily);

EstroFlavone (2 Vcaps, 2 times daily)

Anti-Infective Support: **Allicidin™** (2 Vcaps, 3 times/day), **ImmunoVen** (1 Vcap/day, ramp up to 3 Vcaps/day), **Oregano Oil** (2 to 4 drops/day in 1/4 cup water), **Hyssinol™** (1 Vcap, 3 times/day)

Full Body Detox/Support: **“Nano” Cocktail** (2 times daily; ingredients: **Max B-ND™** (1/2 tsp), **Pr. CoQ-10** (open 1 vcap), **Pr. Green Tea Extract** (open 2 vcaps), **HM-ND** (1/2 tsp.), **Pr. Resveratrol** (1 tsp.) add to 4 oz. water; slowly sip over 20+ minutes.) **Extra:** **Medi-Clay-FX** (1 vcap) --empty contents of the capsule(s) into 4 oz. of water, stir well, and consume; best taken away from any medications). Take 15-20 minutes before Nano Cocktail.

Xeno-Estrogen Detox: **XenoStat™** (1-2 Vcaps, twicedaily)

Liver Detox/Support: **Liver -ND™** (1/2 to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner) **If Digestive Problems:** add **Pr. Digest** (2 per meal)

Intestinal Support: **Pr. Probiotics** (1 to 2 Vgels, 30 minutes before breakfast and dinner), **Pr. Aloe Powder** (2 tbsp. mixed in carbonated spring water, 3 to 5 times/day)

Detox Therapies: **Pr. Organic Castor Oil Packs** (esp. liver, intestines, affected cyst areas; see front page protocols), **QCI Vial™**, **Medi-Body Packs™**

Special Considerations: Chronic candida can create nutritional deficiency that triggers the formation of cysts. Candida is not the problem, but the symptom of other infections. Shift diet to plant-based proteins (e.g., vegetables, whole grains, nuts, seeds, mushrooms) -- especially avoid red meat, chicken and farm-raised fish. Avoid refined sugar and flour, hydrogenated oils; get regular exercise.

Depression

Comments: *Linked to acidic pH (deficient mineral status, thus poor oxygenation to the brain), brain infection, weak adrenals, vitamin B deficiency, toxic liver, digestive dysfunction, heavy metal toxicity. Many medical drugs can interfere with brain function and cause depression.*

Feelings of depression after traumatic events (e.g., death of a loved one, etc.) are normal and require a period of adjustment (6 weeks or more). Use of ERT (Emotional Repolarization Technique) may be helpful for emotional trauma.

Symptoms: *Feeling gloomy, lifeless, avoids social interaction, sense of hopelessness, feelings of poor self-worth, feeling life is not worth living, etc.*

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL_Detox Therapy: See front page Protocol.

Vitamin C Support: Pr. Plant Vitamin C: natural vitamin C with its naturally occurring bioflavonoids and all essential synergists, cofactors and transporters has been reported very effective as a natural anti-depressant

Alkaline pH/Mineral Support: The **pH Trio** (see front page protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0)

Adrenal Deficiency Support: AdrenaVen (3 to 6 Vcaps at breakfast and lunch)

Vitamin B Support (a first-line anti-depressive complex): Max B-ND™ (1/2 tsp. in 4 oz. water, twice daily)

Anti-Infective Support: Allicidin™ (2 Vcaps, 3 times/day), ImmunoVen (1 Vcap/day, ramp up to 3 Vcaps/day), Hyssinol (2 to 4 Vcaps/meal)

Brain Chemistry Support: Cognitropic (4 vcaps daily), CereVen (1 to 3 Vcaps/ day), **Pr. Noni** (2 Vcaps/meal), Green Tea-ND™ (1/2 to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Brain Rejuvenation Support: Pr. American Ginseng™ (1 Vcap daily in the morning)

Intestinal/Thyroid/Brain Support: Pr. Noni (2 to 6 Vcaps/ day)

If Digestive Problems: add Pr. Digest (2 per meal)

Detox Therapies: Pr. Organic Castor Oil Packs (esp. adrenals, liver, head and neck; see front page protocols), QCI Vial™, Medi- Body Packs™

Special Considerations: Depression can often be triggered by consuming toxic food chemicals (aspartame, “natural flavors” [MSG], etc.), toxic foods, esp, white sugar, soft drinks, processed foods, hydrogenated oils. Constipation can have a dramatic negative effect on brain chemistry; ask to be sure the person has regular bowel eliminations (if not, consider Pr. Noni)

Other Support: Studies show regular walks in nature help dramatically clear depression. If a person still feels depressed after a traumatic event (i.e., death of a loved one) and cannot function normally even after a period of adjustment (6 weeks or more), professional counselling or support groups may help.

Diabetes (Type II)

(High blood sugar; often toxicity/ infection of pancreas)

Comment: *Worldwide research shows this disease is linked to infection in the pancreas (often **viral or flukes**) and other organs such as heart and kidneys - not found by typical lab tests (because the infection is often nanobacteria - very, very small and hard to diagnose). Also low pH (deficient minerals), intestinal/digestive dysfunction, especially parasitic; often heavy metal toxicity (such as mercury & cadmium), nutritional deficiency, weak kidneys. Often interference fields reflexing to pancreas, esp. dental (such as undiagnosed infected teeth, toxic root canals, etc.)*

Blood Tests: *Special blood tests are now available for nanobacteria but yields too many false negatives.*

QRA™ testing is preferred.

Special Note: *Many people on insulin injections have been able to completely get off all medications (& injections) in a reasonably short time after whole body detox & proper nutrition.*

Common Symptoms: *weight gain, insatiable thirst, polyuria, neuropathy, retinopathy (can lead to blindness), nephrosis (can lead to kidney failure), degenerative changes in blood vessels*

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL_Detox Therapy: See front page protocol.

Alkaline pH/Mineral Support: The **pH Trio** (see front page protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0)

Pancreas/Blood Sugar Support: **PancreVen** (1 to 3 Vcaps/meal), Green Tea-ND™ (1/2 to 1 tsp. in 2 oz. water upon arising and 1 hr after dinner), Whey™ Protein (4 tbsp. at breakfast)

Digestive Support: **Pr. Digest** (2 Vcaps after each meal with cooked food)

Vitamin B Complex Support: **Max B-ND™** (1/2 tsp. in 2 oz. water, twice daily)

Anti-Infective Support: **Cardio-ND™** (1 to 2 tsp. in 2 oz. of water upon arising and 1 hour after dinner for 4 months; for Vata or Kapha body types), **Allicidin™** (2 Vcaps, 3 times/day), ImmunoVen (1 Vcap/ day, ramp up to 3 Vcaps/day), Oregano Oil (2 to 4 drops per day in 1/4 cup water); if recent, acute onset (within last 30 days): Olive Leaf Immune (2 to 3 Vcaps/meal)

Anti-Parasitic Detox: **Paratosin™** (3 to 6 Vcaps/day for 3 to 4 weeks; clears liver flukes), ParaStat™ (1 to 2 Vcaps/ day, ramp up to 8 Vcaps/day),

Anti-Inflammatory Support: **UltraPollen** (2 Vcaps, 3 times/day), Inflammacidin™ (3 vcaps on an empty stomach, twice daily)

Intestinal Support: **Pr. Probiotics** (1 to 2 Vgels, 30 minutes before breakfast and dinner), Pr. Noni (2 to 6 Vcaps/day)

Hormone/ Rejuvenation Support: **Pr. American Ginseng™** (1 Vcap daily in the morning), Adaptogen-R3™ (3 Vcaps at breakfast)

HM Detox: HM-ND™ (1/2 tsp. to 1 tsp. in 2 oz. water upon rising and 1 hr. after dinner)

Kidney Deficiency Support: RenaVen (2 Vcaps/ day, ramp up to 6 Vcaps/day)

Liver Support/Detox: HepatoVen (1 to 3 Vcaps/day)

Detox Therapies: **Pr. Organic Castor Oil Packs** (esp. liver, intestines, kidneys, pancreas; see front page protocols), QCI Vial™, Medi- Body Packs™ (esp. kidneys)

Special Considerations: Avoid refined foods (esp. sugar, white flour); avoid alcohol, red meat; avoid

pasteurized dairy (except for homemade kefir). Have moderate protein meals (not high protein – or it creates too much acid; difficult to digest; hard on kidneys to process). Eat a diet high in fresh, organic vegetables (steamed, soups, etc.) and organic, whole grains. Eating fermented seed cheese is especially helpful. Add in Pr. Multi-vitamin (4 vcaps daily taken with meals to supply the body with whole food derived nutrients to relieve deficiencies).

Diabetes (Type I)

(Childhood diabetes)

Comment: Worldwide research shows this disease is linked to infection (often viral) in the pancreas. By adulthood, so much of the islets of Langerhans have been destroyed that insulin may be necessary for life.

Concerns: circulatory compromise in the feet, diabetic retinopathy both of which can be managed by the use of multi-pollen extract or pine bark extract. Associated with nutritional deficiency; often interference fields reflexing to pancreas, esp. dental (such as undiagnosed infected teeth, toxic root canals, etc.)

In Type I diabetes, it is rare to be able to discontinue insulin although quality of life can be enormously altered for the better after whole body detox and proper nutrition.

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL_Detox Therapy: See front page Protocol.

Alkaline pH/Mineral Support: The **pH Trio** (see front page protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Digestive Support:** Pr. Digest (2 Vcaps after each meal with cooked food)

Anti-Infective Support: **Allicidin**TM (2 Vcaps, 3 times/day), ImmunoVenTM (1 Vcap/day, ramp up to 3 Vcaps/day); if recent onset (within last 30 days): Olive Leaf Immune (2 to 3 Vcaps/meal); if chronic: **Cardio-ND**TM (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Blood_Sugar_(Insulin)_Management_&_Antioxidant_Support:

PancreVen (1 to 3 Vcaps/meal), **Green Tea-ND**TM (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner), WheyTM Protein (4 tbsp. at breakfast)

Hormone/Rejuvenation Support: Adaptogen-R3TM (3 Vcaps at breakfast)

Immune-Boosting Support: Green Tea-NDTM (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Intestinal Support: Pr. Probiotics (1 to 2 Vgels, 30 minutes before breakfast and dinner), Pr. Noni (2 to 6 Vcaps/day)

Anti-Inflammatory Support (associated with common bile duct and small intestine): **Inflammacidin**TM (3 vcaps on an empty stomach, twice daily), Pr. Aloe Powder (1 scoop. mixed in carbonated spring water, 3 to 5 times/day)

Detox Therapies: Pr. Organic Castor Oil Packs (esp. pancreas, liver; see front page protocols), QCI VialTM, Medi-Body PacksTM

Special Considerations: Avoid refined foods (esp. sugar, white flour); avoid alcohol, red meat; avoid dairy (except for homemade kefir). Have moderate protein meals (not high protein – or it creates too much acid; difficult to digest); eat a diet high in fresh organic vegetables (steamed, soups, etc.) and whole grains. Eating fermented seed cheese is especially helpful.

Digestion, Poor

Comment: Linked to a diet high in refined carbs, cooked foods, highly heated food and excess complete protein (meat, etc.); **toxic liver**, low pH (deficient minerals), heavy metal toxicity (such as mercury from silver fillings); often **infection in the stomach** or GI tract.

Symptoms: Sleepy after eating, bloating after eating, pain in stomach, inability to digest protein well, intestinal gas, weight gain at stomach

***Super Food Trio:** Foundation support for all programs (see front page Protocol)

HCL_Detox Therapy: See front page Protocol.

Alkaline pH/Mineral Support: The **pH Trio** (see front page protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Anti-Infective Support:**

Allicidin™ (2 Vcaps, 3 times/day), **ImmunoVen** (1 Vcap/day, ramp up to 3 Vcaps/day), **Green Tea-ND™**, a specific for di- gestive infections (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Digestive Support: **Pr. Digest** (2 Vcaps after every meal with cooked food); **GastroVen** (1 to 6 Vcaps after meals), **Pr. Noni** (2 to 6 Vcaps/day), **Pr. HCl** (1 to 2 Vcaps at end of main meals - better yet, use HCL Detox Therapy - see protocols); use **Pr. Pink Salt** daily on food (to promote the body's HCl production)

Hormone/Rejuvenation Support: **Adaptogen-R3™** (3 Vcaps at breakfast), **UltraPollen** (2 Vcaps/ day)

Liver_Support/Detox: **Liver-ND™** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

HM_Detox: **HM-ND™** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Liver/Gallbladder Detox: **Mini Liver/Gallbladder Flush** (once per week for 6 weeks); **Pr. Coffee Enemas** (1 to 2 wk/for 4 wks)

Detox_Therapies: **Pr. Organic Castor Oil Packs** (esp. stomachs, liver; see front page protocols), **QCI Vial™**, **Medi-Body Packs™** (see front page Protocols)

Special Considerations: Avoid eating past 7 PM, drink sufficient fluids. Avoid refined foods (esp. refined sugar, white flour); avoid alcohol, red meat; avoid dairy (except for homemade kefir). Have moderate protein meals (not high protein – or it creates too much acid; difficult to digest); eat a diet high in fresh organic vegetables (steamed, soups, etc.) and whole grains. Eating fermented seed cheese is especially helpful. Plant enzymes are also very critical.

Diverticulitis

(Inflammation of colon; small pockets in the wall of the colon that fill with stagnant fecal matter and become inflamed)

Comments: Linked to a diet high in refined food and highly cooked food; often intestinal infection (may be parasitic). When there are no regular bowel eliminations (at least once/day), the intestines can absorb toxic waste matter into systemic circulation creating skin problems, fatigue, kidney stress and more. Hence, the saying “Death begins in the colon.” In addition, when the fecal matter sits in the colon for too long of a period, then toxic pockets can form.

Lifelong colon problems and irregular bowel eliminations may be linked to adrenal insufficiency. The adrenals are responsible for holding fluid in the colon; without adequate adrenal hormones, the stool becomes very hard looking like small hard balls. A toxic liver can contribute to creating a toxic colon. When the liver/gallbladder function is abnormal, lack of bile and failure to synthesize critical compounds can lead to undigested fat and other toxic chemical compounds entering colon, disrupting gut ecology and possibly, inducing increased weight gain as a protective mechanism to deal with the chemicals begin absorbed by the

colon that should have been detoxified by the liver. Liver/ gallbladder cleansing is often needed.

***Super_Food_Trio:** Foundation Support for all programs (see front page Protocol)

HCL_Detox Therapy: See front page Protocol.

Alkaline_pH/Mineral_Support: The **pH Trio** (see front page Protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Adrenal Support** (the adrenals hold fluid in the colon): **AdrenaVen™** (3 to 6 Vcaps at breakfast and lunch) **B Vitamin Support: Max B-ND** (the in- flammed diverticuli fail to make B vitamins so another source is needed) (½ tsp. in 2 oz. water, upon arising and 1 hour after dinner)

Anti-Infective Support: Allicidin (2 Vcaps, 3 times/day), ImmunoVen (1 Vcap/day, ramp up to 3 Vcaps/day), Hyssinol (2 to 4 Vcaps/meal),

Anti-Inflammatory Support: Inflammacidin™ (3 vcaps on an empty stomach, twice daily)

Anti-Parasitic Detox: ParaStat™ (1 to 2 Vcaps/day, ramp up to 8 Vcaps/day), Oregano Oil (2 to 4 drops/day in 1/4 cup water)

Healthy_Colon_Support/Detox: Galactan™ (2 tablespoons mixed in food or 12 oz water or juice before breakfast, lunch, and dinner).

Healthy_Intestinal_Bacteria_Support: Pr. Probiotics (1 to 2 Vgels, 30 minutes before breakfast and dinner)

Intestinal Repair Support: Nucleo Immune™ (3 to 6 Vcaps/meal; supports healing of intestinal lining), Pr. Colos- trum-IgG Powder (1 to 2 Tbsp. daily; rich in N-acetyl-neurominic acid for healing and repair for intestines)

Detox Therapies: Pr. Organic Castor Oil Packs (esp. intestines, kidneys; see front page protocols), QCI Vial™, Medi-Body Packs™

Liver/Gallbladder Detox: Mini Liver/Gallbladder Flush (once per week for 6 weeks); **Pr. Coffee Enemas** (1 to 2 wk/for 4 wks)

Special Considerations: Avoid hard to digest foods (esp. red meat, commercial dairy products). Avoid white flour (very constipating, leading to pocket formation), white sugar, fried foods, soft drinks.

Increase natural fiber by eating more fresh foods, esp. fresh vegetables. Make homemade kefir (high in natural probiotics); drink purified water; get regular exercise (walking helps the peristalsis of the colon and exercises the abdominal muscles).

Ear, Failure to Release Pressure

Symptoms: *Feeling of fullness in the ear, sometimes decreased hearing in that ear; may occur early in life as a child or as an adult, it may be gradual onset or after an airplane flight, swimming or a shower but does not get better.*

Comments: *When ear pressure occurs early in life (up to age 10), it is usually the result of lack of essential fatty acids in the diet. The inner ear desperately needs these essential fatty acids for proper growth, development and detoxification. Ear pressure builds when the Omega-3 fats are outweighed by the Omega-6 fats in the diet by a ratio of 10 to 1 (or higher).*

When ear pressure occurs in adults (after age 10 and up), it may be due to infection, esp. dental infection in the upper teeth (reflexing to the ears), chronic lymphatic congestion in the head and neck and/or essential fatty acid deficiency, esp. Omega-3 fatty acids. Gallbladder disease can also induce essential fatty acid deficiency due to malabsorption of the oils.

Also linked to weak kidneys, intestinal infection and a toxic liver/gallbladder. Often needed: liver/gallbladder detoxification. In Oriental Medicine, the ears and their functions (including normal pressurization) are controlled by the kidney meridian. Therefore, kidney support also needed.

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL Detox Therapy: See front page Protocol.

Alkaline pH/ Mineral Support: The **pH Trio** (see front page Protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0)

Ear Support -- Essential Oils and Antioxidants: Pr. EPA/DHA Marine Liquid (1 tsp. daily with meals), **Green Tea-ND™** (1/2 tsp., 1 to 3 times/day, Pr. Resveratrol (1 tsp. mixed with ¼ cup water daily)

Anti-Infective Support: **Allicidin™** (2 Vcaps, 3 times/day), ImmunoVen (1 Vcap/day, ramp up to 6Vcaps/day)

Kidney Deficiency Support: **RenaVen** (2 to 6 Vcaps/day)

Intestinal Support: Pr. Probiotics (1 to 2 Vgels, 30 minutes before breakfast and dinner)

Detox Therapies: Pr. **Organic Castor Oil Packs** (kidneys, adrenals, head and neck areas; see front page Protocols), **QCI Vial™**, **Medi-Body Packs™** (target areas: kidney, head areas; see protocol)

Special Considerations: Individuals with ear concerns often need an "oil change" -- including good sources of natural oils in the diet and elimination of toxic oils (such as hydro-generated oils, fried foods, etc.)

The kidneys (which govern the functions of the ears) are particularly stressed by high intake of protein. Therefore, have moderate protein meals (*not* high protein – or it creates too much acid; hard on the kidneys); eat a diet high in fresh organic vegetables (steamed, soups, etc.) and whole grains. Eating fermented seed cheese is especially helpful.

Short-term help. When the feeling of pressure occurs in the ears, an immediate help is to open the jaws very wide slowly several times to help release tight TMJ muscles. Also swallowing for several times can be helpful.

Ear Infections, Recurrent

Comments: *When recurrent ear infections occur early in life (from infants up to age 10), it is usually the result of lack of essential fatty acids in the diet. The inner ear desperately needs these essential fatty acids for proper growth, development and detoxification. Ear infections are more frequent when the Omega-3 fats are outweighed by the Omega-6 fats in the diet by a ratio of 10 to 1 (or higher).*

When recurrent ear infections occur in adults (after age 10), it may be due to infection somewhere else in the body, esp. dental infection in the upper teeth (reflexing to the ears), chronic lymphatic congestion in the head and neck and/ or essential fatty acid deficiency, especially Omega-3 fatty acids. Gallbladder disease can also induce essential fatty acid deficiency due to malabsorption of essential fatty acids.

Also linked to weak kidneys, intestinal infection and a toxic liver/gallbladder. Often needed: liver/gallbladder detoxification. In Oriental Medicine, the ears and their functions are controlled by the kidney meridian. Therefore, kidney support also needed.

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL_Detox Therapy: See front page Protocol.

Alkaline_pH/Mineral_Support: The **pH Trio** (see front page Protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0)

Ear Support -- Essential Oils and Antioxidants: Pr. EPA/DHA Marine Liquid (1 tsp. daily with meals), **Green Tea-NDTM** (1/2 tsp., 1 to 3 times/day, Pr. Resveratrol (1 tsp. mixed with ¼ cup water daily)

Anti-Infective Support: **Allicidin™** (2 Vcaps, 3 times/day), ImmunoVen (1 Vcap/day, ramp up to 6Vcaps/day)

Anti-Inflammatory Support: **Inflammacidin™** (3 vcaps on an empty stomach, twice daily)

Kidney_Deficiency_Support: **RenaVen** (2 to 6 Vcaps/day)

Intestinal_Support: Pr. Probiotics (1 to 2 Vgels, 30 minutes before breakfast and dinner)

Detox_Therapies: Pr. **Organic Castor Oil Packs** (kidneys, adrenals, head and neck areas; see front page protocols), **QCI Vial™**, **Medi-Body Packs™** (target areas: kidney, head areas; see Protocol)

Special Considerations: Individuals with ear concerns often need an “oil change” -- including good sources of natural oils in the diet and elimination of toxic oils (such as hydro-generated oils, fried foods, etc.)

The kidneys (which govern the functions of the ears) are particularly stressed by high intake of protein. Therefore, have moderate protein meals (*not* high protein – or it creates too much acid; hard on the kidneys); eat a diet high in fresh organic vegetables (steamed, soups, etc.) and whole grains. Eating fermented seed cheese is especially helpful.

Eczema

(General term for acute and chronic inflammatory conditions of the skin, often with redness, scaling, crusts, vesicles, weeping, etc.)

Comments: *In Oriental Medicine, skin conditions are often linked to a **toxic colon**, a **toxic liver** and **weak adrenals**. Also linked to a poor diet, especially eating refined food and highly cooked food; often intestinal infection (may be parasitic).*

When there are no regular bowel eliminations (at least once/day), the intestines can absorb toxic waste matter into systemic circulation creating many types of skin problems as well as fatigue, kidney stress and more. Hence, the saying “Death begins in the colon.” When the skin problem occurs externally it is usually only the surface of a deeper problem.

Lifelong irregular bowel eliminations may be linked to adrenal insufficiency. The adrenals are responsible for holding fluid in the colon; without adequate adrenal hormones, the stool becomes very hard and difficult to pass.

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL Detox Therapy: See front page Protocol.

Alkaline pH/ Mineral Support: The **pH Trio** (see front page Protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Adrenal/Kidney Support** (the adrenals hold fluid in the colon): **AdrenaVen** (3 to 6 Vcaps at breakfast and lunch); **RenaVen** (2 to 6 Vcaps/day)

Anti-Infective Support: **Allicidin™** (2 Vcaps, 3 times/day), **ImmunoVen** (1 Vcap/day, ramp up to 3 Vcaps/day), **Hyssinol** (2 to 4 Vcaps/meal)

Anti-Inflammatory Support: **Inflammacin™** (3 vcaps on an empty stomach, twice daily)

Anti-Parasitic Support: **ParaStat™** (1 to 2 Vcaps/day, ramp up to 8 Vcaps/day)

Systemic Skin Support: **AllerCaps** (3 to 6 Vcaps at breakfast and lunch), **Adaptogen-R3™** (3 Vcaps at breakfast)

Adrenal Support: **AdrenaVen** (2 Vcaps, 3 times/ day)

Local Skin Support: For topical application: Oregano Oil (massage a few drops in to affected areas daily), followed by Pr. Organic Castor Oil (apply to cotton flannel and cover over affected area overnight; throw away used flannel and repeat several times)

Healthy Intestinal Bacteria Support: **Pr. Probiotics** (1 to 2 Vgels, 30 minutes before breakfast and dinner)

Intestinal Detox/Cleansing: **Pr. Aloe Powder** (2 tbsp. [1 oz.] 3 to 5 times/day; helps detoxify the colon), **Galactan™** (2 tablespoons mixed in food or 12 oz water or juice before breakfast and dinner).

Intestinal Repair Support: **Nucleo Immune™** (3 to 6 Vcaps/meal; supports healing of intestinal lining), **Pr. Colostrum -IgG Powder** (1 to 2 tbsp. daily; rich in N-acetyl-neurominic acid for healing and repair for intestines) **Liver/Gallbladder Detox:** **Liver-ND™** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner; **Mini Liver/Gallbladder Flush** (once per week for 6 weeks); **Pr. Coffee Enemas** (1 to 2/week for 4 weeks)

Detox Therapies: **Pr. Organic Castor Oil Packs** (esp. intestines, kidneys, liver; see front page protocols), **QCI Vial™**, **Medi- Body Packs™**

Special Considerations: Be sure salt intake is adequate to ensure enough chloride is present for the body to make adequate HCL for proper digestion: use Pr. Pink Salt in food daily.

Avoid hard to digest foods (esp. red meat, commercial dairy); no white flour (very constipating), no white sugar, fried foods, soft drinks. Eat more fresh organic foods, esp. fresh vegetables; make homemade kefir (high in natural probiotics); drink purified water; get regular exercise (walking helps the peristalsis of the colon).

Edema

(Water retention)

Comments: *Edema refers to an accumulation of an excessive amount of watery fluid in the body's cells and tissues.*

Edema can occur in many different diseases, especially heart disease, kidney disease, cancer, etc. Water accumulation is often due to an infection in an organ

Common symptoms: *swelling around the ankles (often due to weak kidney or heart function), swelling in upper chest (often due to toxic focal dental areas draining into the upper chest area) or water retention in all areas of the body.*

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL Detox Therapy: See front page Protocol. (Use only one dose per day after the main meal to prevent kidney overload.)

Alkaline pH/ Mineral Support: The **pH Trio** (see front page protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Adrenal/Kidney Support** (the adrenals hold fluid in the co- lon): **AdrenaVen** (3 to 6 Vcaps at breakfast and lunch); **RenaVen** (2 to 6 Vcaps/day)

Anti-Infective Support: **Allicidin**TM (2 Vcaps, 3 times/day), **ImmunoVen** (1 Vcap/day, ramp up to 3 Vcaps/day), **Hyssinol**TM (2 to 4 Vcaps/meal)

Anti-Parasitic Support: **ParaStat**TM (1 to 2 Vcaps/day, ramp up to 8 Vcaps/day)

Kidney/Bone Support: **Pr. Bone Health** (3 vcaps daily with food)

Healthy Intestinal Bacteria Support: **Pr. Probiotics** (1 to 2 Vgels, 30 minutes before breakfast and dinner), **MicroBiome-18**TM (1 vcap daily)

Intestinal Detox/Cleansing: **Pr. Aloe Powder** (1 scoop 3 to 5 times/day; helps detoxify the colon), **Galactan**TM (2 tablespoons mixed in food or 12 oz water or juice before breakfast and dinner).

Detox Therapies: **Pr. Organic Castor Oil Packs** (esp. intestines, kidneys, liver; see front page protocols), **QCI Vial**TM, **Medi-Body Packs**TM

Special Considerations: Be sure salt intake is adequate to ensure enough chloride for the body to make adequate HCL for proper digestion: use Pr. Pink Salt in food daily. Avoid foods or food chemicals that are known to create swelling such as MSG ("natural flavors").

Emphysema

See "Lung Concerns" (Page: 78)

Energy, Low

Comments: *Can be due to a broad range of causes. Key areas to suspect are: chronic infection (often undiagnosed; may include dental infections), toxic colon (ask if bowel eliminations are normal), hormonal imbalance, low pH (deficient minerals), toxic liver; poor dietary habits, esp. consumption of hydrogenated oils, soft drinks, refined flour/sugar; heavy metal toxicity (from silver fillings, etc.), weak adrenals/kidneys, key nutrient deficiencies such as B vitamins or essential oils*

Common symptoms: *difficulty getting up in the morning, afternoon fatigue or may feel tired all the time.*

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL Detox Therapy: See front page protocol.

Alkaline pH/ Mineral Support: The **pH Trio** (see front page protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Adrenal/Kidney Support:** **AdrenaVen™** (3 to 6 Vcaps at breakfast and lunch); **RenaVen™** (2 to 6 Vcaps/day)

Antioxidant/Brain Support: Cognitropic (4 vcaps daily)

Vitamin B Support: **Max B-ND** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Low Cell Energy: Pr. NADH (1 vcap in the morning)

Hormone Support/ Rejuvenation: **Adaptogen-R3™** (1 Vcap/meal), Pr. American Ginseng (1 Vcap daily in the morning), **UltraPollen** (1 to 2 Vcaps/day), Pr. Plant Vitamin C (2 vcaps 3 times/day with meals)

Anti-Infective Support: **Allicidin™** (2 Vcaps, 3 times/day), ImmunoVen (1 Vcap/day, ramp up to 3 Vcaps/day), Hyssinol™ (2 to 4 Vcaps/meal) **Mitochondria/Circulation/ Energy Support:** Pr. **CoQ-10** (1 vcap. 3 times daily)

Healthy Intestinal Bacteria Support: Pr. **Probiotics** (1 to 2 Vgels, 30 minutes before breakfast and dinner), MicroBiome-18™ (1 vcap daily)

Intestinal Detox/Cleansing: Pr. **Aloe Powder** (1 scoop 3 to 5 times/day; helps detoxify the colon), **Galactan™** (2 tablespoons mixed in food or 12 oz water or juice before breakfast and dinner) --esp. if bowel eliminations are irregular or have a bad odor.

Detox Therapies: Pr. **Organic Castor Oil Packs** (esp. over intestines, kidneys, liver; see front page protocols), **OCI Vial™**, **Medi-Body Packs™**

Special Considerations: Adopt a diet rich in fresh vegetables and fruits; eat cultured foods often (i.e., homemade kefir); daily walking and daily sunlight.

Eye Concerns

Comments: Eye concerns are often linked to toxic liver, deficient eye nutrients, low pH (deficient minerals), weak adrenals/kidneys, heavy metal toxicity. In the science of acupuncture and Oriental Medicine, the liver meridian controls and regulates the eyes. Therefore, **liver cleansing** is always recommended if there are eye concerns.

Common Symptoms: Worsening eyesight, blurry vision, floaters, tired eyes, vision worse at night

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL Detox Therapy: See front page Protocol.

Alkaline pH/ Mineral Support: The **pH Trio** (see front page Protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Eye Support (for macula, retina, cornea, lens):** **OcuVen** (3 to 6 Vcaps/day), Pr. Astaxanthin Complex (2 vcaps daily with a meal)

Chemical Detox: Pr. NAC (1 vcap, 2 times daily), Medi-Chlorella-FX (2 vcaps, 2 times daily), Medi-Clay-FX (1 vcap. 1-2 times daily--empty contents of the capsule(s) into 4 oz. of water, stir well, and consume; best taken away from any medications)

Anti-Inflammatory Support: Pr. DHA (1 vgel, 3 times daily with food)

HM Detox: HM-ND (½ to 1 tsp. in 2 oz. of water upon rising and 1 hour after dinner)

Liver/Gallbladder Detox: Gallbladder-ND™ (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner), Liver-ND™ (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner; Mini Liver/Gallbladder Flush (once per week for 6 weeks); Pr. Coffee Enemas (1 to 2/week for 4 weeks); HepatoVen (1 to 3 Vcaps/day)

Anti-Infective Support: Allicidin™ (2 Vcaps, 3 times/day), ImmunoVen (1 Vcap/day, ramp up to 3 Vcaps/day)

Intestinal Support: Pr. Probiotics (1 to 2 Vgels, 30 minutes before breakfast and dinner), MicroBiome-18™ (1 vcap daily)

Detox Therapies: Pr. Organic Castor Oil Packs (esp. gallbladder, liver, head and neck areas; see front page Protocols), QCI Vial™, Medi-Body Packs™ (target areas: liver, head, eye areas; see protocols)

Special Considerations: Adopt a diet rich in fresh vegetables and fruits; eat cultured foods often (i.e., homemade kefir); daily walking and sunlight. Add in Pr. Multi-vitamin (4 vcaps daily taken with meals to supply the body with whole food derived nutrients to relieve deficiencies).

If the person wears glasses or contact lenses, they should be taken off so that the person can receive at least 20 minutes of natural sunlight through the eyes. The solar frequencies of sunlight enter the eyes and are distributed via the optic nerve to all the organs and glands of the body. Therefore, receiving natural **sunlight daily** is important for optimal health.

Fibrocystic Breast Disease

(Painful, lumpy nodules in breast tissue)

Comments: Fibrocystic breast disease is characterized by benign, lumpy, rubbery nodules that form in the breast tissue, associated with ovarian hormone changes. Estimated to affect over 60% of all women, it is common in women between ages 30 to 50; rare in postmenopausal women.

Often linked to **hormonal imbalance (esp. progesterone deficiency)**, deficiency of essential fatty acids, infection, low pH (deficient minerals), lack of natural sunlight (sunlight stimulates normal hormone production); **toxic liver** (the liver meridian goes through the chest & breast areas).

Common Symptoms: Symptoms are typically worse before the menstrual period and improve immediately after the period. In addition to lumpy nodules that form in the breast, there may be full, swollen, painful breasts and PMS symptoms.

***Super Food Trio:** Foundation support for all programs (see front page Protocol)

HCL Detox Therapy: See front page Protocol.

Alkaline pH/ Mineral Support: The **pH Trio** (see front page protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Breast Support/Detox: Pr. Radiant Woman** (3-6 Vcaps daily), **Estro Flavone™** (1 vcap 2x day) **Deltanol™** (1-2 vcaps with food), **Pr. Plant Vitamin C** (rich in bioflavonoids; take 2 caps daily).

Anti-Infective Support: Allicidin™ (2 Vcaps, 3 times/day), **ImmunoVen™** (1 Vcap/day, ramp up to 3 Vcaps/day),

Liver Support/Detox: Liver-ND™ (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner); **Mini-Liver/Gallbladder Flush** (once/week for 8 weeks); **Premier Coffee Enemas** (1 to 2/week for 4 weeks); **HepatoVen**(2 to 6 Vcaps/day)

Intestinal Restorative/Cleansing: Pr. Aloe Powder (1 scoop 3 to 6 times/day; can be sipped during meals), **Pr. Glutamine** (5-10 Vcaps first thing in the morning) **Pr. Probiotic** (1 to 2 Vgels, 30 minutes before breakfast and dinner), **ParaStat™** (1 to 3 Vcaps/day)

Hormone Support/ Rejuvenation: Adaptogen-R3™ (3 Vcaps at breakfast), **Pr. Pregnenolone** (1vcap daily), **Pr. Plant Vitamin C** (2 vcaps/day)

Complete Vitamin E Support (with tocopherols): **Deltanol™** (1 vcap/day with meals)

Detox Therapies: Pr. Organic Castor Oil Packs (over liver, kidney, breast areas; see front page protocol), **QCI™ Vial, Medi-Body Packs™** (see protocols)

Special Considerations: Many breast symptoms are completely resolved after liver detoxification and re-establishing normal hormone balance. Avoid toxic oils (esp. hydrogenated oils). Be sure to get adequate sunlight exposure (essential for healthy hormone balance). Especially avoid caffeine sources (e.g., commercial, alkali-processed chocolate, coffee), excess fat (cheese, etc.) and wine or alcohol (which can severely aggravate breast conditions). Discontinue wearing underwire bras (which congest the lymphatic outflow of the breasts; the metal can also create electromagnetic distress.)

Fibromyalgia (Muscle pain and fatigue)

Comments: *Fibromyalgia (or FMS for fibromyalgia syndrome) is chronic disease of pain in muscles and soft tissue where the muscles and their attachments are mainly affected. Although the cause of FMS is considered to be unknown, researchers link this disease to viral infection in the muscle tissue. It may start after an illness like the flu or a traumatic event.*

Also linked to infection (often parasitic) where the waste products inflame and irritate the muscles; often a toxic liver/gallbladder, toxic intestines, low pH (deficient minerals), poor diet, especially eating refined food and highly cooked food. In Oriental Medicine, the liver governs the muscles. Therefore, in muscle syndromes, liver detox programs are highly recommended.

Common symptoms: *Widespread pain in various muscles of the body, fatigue, mood changes, headaches, difficulty concentrating, abdominal pain, bloating, constipation or diarrhea, trouble sleeping.*

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL Detox Therapy: See front page Protocol.

Alkaline pH/ Mineral Support: The **pH Trio** (see front page Protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Pain Control/ Liver Detox:** **Liver-ND™** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner), **Anti-Infective Support:** **Allicidin™ Complex** (2 Vcaps, 3 times/day), **ImmunoVen™** (1 Vcap/day, ramp up to 3 Vcaps/day), **Hyssinol™** (2 to 4 Vcaps/meal)

Anti-Inflammatory Support: **Inflammacin™** (3 vcaps on an empty stomach, twice daily)

Anti-Parasitic Detox: **ParaStat™** (1 to 2 Vcaps/day, ramp up to 8 Vcaps/day), **Oregano Oil** (2 to 4 drops/day in ¼ cup water)

Muscle Nutrition Support: **Pr. Creatine** (1 scoop mixed in water or juice)

Antioxidant Support: **Pr. CoQ-10** (3 Vcaps at breakfast), **Pr. Astaxanthin Complex** (Take 1-2 vcaps 3 times daily with meals)

Healthy Colon Support/Detox: **Galactan™** (2 tablespoons mixed in food or 12 oz water or juice before breakfast and dinner).

Healthy Intestinal Bacteria Support: **Pr. Probiotic** (1 to 2 Vgels, 30 minutes before breakfast and dinner)

Liver Support: **Reishi Immune™** (2 Vcaps per meal) **Special Liver Detoxification:** **Mini-Liver Flush** (1 to 2 times weekly for 4 to 6 weeks; see protocol); **Premier Coffee Enemas** (1 to 2/week for 4 weeks)

Other Detox Therapies: **Pr. Organic Castor Oil Packs** (esp. liver, intestines; see front page protocol), **QCI™ Vial** (esp. use **QCI™ Vial** before each meal), **Medi-Body Packs™** (esp. liver, gallbladder; see Protocol)

Special Considerations: Avoid soft drinks, processed foods, foods with hydrogenated oils; adopt a natural whole foods diet. Eat more organic fruit (high content of water) to cleanse the bowels and download the liver. Stop all foods/drinks with excitotoxins such as MSG (AKA “natural flavors,” NutraSweet), which is linked to fibromyalgia. Add in Pr. Multi-vitamin (4 vcaps daily taken with meals to supply the body with whole food derived nutrients to relieve deficiencies).

Flatulence –

See “Gas, Intestinal” (Page: 55)

Flu - See “Colds and Flu” (Page: 32)

Gallbladder Concerns

Comments: Often linked to a toxic liver, low pH (deficient minerals), parasitic infection and bile sludge in the bile ducts, consumption of toxic oils in the diet, especially fried foods and hydrogenated oils (as found in commercial breads, crackers, cakes, bagels, etc.) Because of the widespread use of toxic oils, most Americans will develop gallstones in the gallbladder as well as in the biliary tract.

For complete cleansing of the liver/gallbladder organs, the **Mini-Liver Flush** and **Premier Coffee Enemas** are highly recommended. In addition, it is critical to regularly consume healthy unrefined oil sources. **Common Symptoms:** Burping frequently, bloating, inability to digest fats, weight gain, nausea after meals, headaches, fatigue, gallbladder "attacks", especially after eating fatty foods

***Super Food Trio:** Foundation Support for all programs (see front page Protocol);

HCL Detox Therapy: See front page Protocol.

Alkaline pH/ Mineral Support: The **pH Trio** (see front page Protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Gallbladder Support** (helps decongest common bile duct; supports healthy bile composition): **BiliVen™** (1 to 3 Vcaps/meal)

Natural B Vitamin Support: Max B-ND™ (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

To soften stones: **Fermented Gallbladder-ND™** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner) or **BiliVen™** (for those who cannot consume tinctures with alcohol) (3 Vcaps at breakfast and lunch) **Gallbladder Stone Clearance:** **Mini-Liver/Gallbladder Flush** (once/week for 8 weeks); **Premier Coffee Enemas** (1 to 2/week for 4 weeks)

Intestinal Healing/Cleansing: **Pr. Aloe Drink** (1 scoop 3 to 6 times/day; can be sipped during meals), **Pr. Noni** (3 Vcaps at breakfast and lunch), **Pr. Glutamine** (5-10 Vcaps first thing in the morning). **Pr. Probiotic** (1 to 2 Vgels, 30 minutes before breakfast and dinner), **ParaStat™** (1 to 3 Vcaps/day)

Hormone Support/ Rejuvenation: **Adaptogen-R3™** (3 Vcaps at breakfast), **Pr. Pregnenolone** (1vcap daily), **Pr. Plant Vitamin C** (2 vcaps/day), **Other Detox Therapies:** **Pr. Organic Castor Oil Packs** (over liver, gallbladder areas; see front page protocol), **QCI™ Vial**, **Medi- Body Packs™**

Special Considerations: Many gallbladder symptoms can be completely resolved after liver/gallbladder detoxification. Avoid toxic oils (esp. fried oils, hydrogenated oils). Do not eat fatty foods past 2 PM (such as cheese, meat, etc.) Digestive aids such as Pr. Digest should be taken (2 Vcaps/meal) after every meal with cooked food.

For best results, the Premier Coffee Enemas (1 to 2/wk for 4 wks) should be continued once every 1 to 2 months until no further stones are expelled in the stool (see front- page protocols); often 5 to 10 flushes are needed.

Gallbladder, Removed

- See “Gallbladder Concerns” for nutritional support program (Page: 54)

Comments: Even when the gallbladder has been removed, the conditions are all still present that created the need to remove the gallbladder in the first place. After the gallbladder is removed, the bile manufactured by the liver can no longer be stored in the gallbladder - the bile drips directly into the small intestine, which can create a toxic intestinal condition, especially if the bile is highly acidic. That is why gallbladder removal is linked with a higher incidence of colon cancer.

Considerations: Often linked to a toxic liver, low pH (deficient minerals), parasitic infection and bile sludge in the bile ducts (which must be cleansed even though the gallbladder has been removed), consumption of toxic oils in the diet, especially fried foods and hydrogenated oils (as found in commercial breads, crackers, cakes, bagels, etc.)

Gallstone Development. Because of the widespread use of toxic oils, most Americans will develop gallstones and many will have their gallbladders removed unnecessarily. Many people are surprised to find that after removal of the gallbladder, their gallbladder symptoms are often still the same. Even after gallbladder surgery, it is still necessary to cleanse and detoxify the liver/gallbladder tract.

Gallstone Elimination. If the gallbladder has not been removed, **Premier Coffee Enemas** can often safely eliminate gallstones without surgery.

Gallbladder Tract Cleansing. After gallbladder surgery, the **Mini-Liver Flush** and **Premier Coffee Enemas (2/week for 13 weeks)** are highly recommended for complete cleansing of the liver and gallbladder tract.

Healthy Oil Consumption. It is critical to regularly consume a healthy oil source (with balanced Omega oils). Since bile flow is predominantly from 10 AM to 2 PM, dietary oil consumption should be during this time period to avoid unnecessary weight gain and ensure best uptake of dietary oils.

Interference Fields Due to Surgery. Every surgery produces some trauma to the body's biofield and also impairs nerve and energy flow, resulting in an interference field. Unless this is cleared using QRA™ techniques, each interference field can relentlessly reflex to other body areas, ever escalating its energetic blockade, decreasing the health and vitality of the body. Therefore, it is paramount that all scars (from surgery or otherwise) be treated by QRA™ procedures until they test clear and no longer block normal energy flow anywhere in the body.

Gallstones

See “Gallbladder Concerns” (Page: 54)

Gas, Intestinal

(Flatulence)

Comments: Linked to a diet high in refined food, highly cooked food and very little natural fiber to stimulate peristalsis; often intestinal infection (may be parasitic). Frequent intestinal gas indicates putrefaction of food, such as incomplete digestion of protein. Digestive enzymes are critical for digestive support of cooked food.

Regular bowel eliminations (at least once/day) are necessary so that the intestines do not allow absorption of toxic waste matter back into systemic circulation, thus creating gas as well as many other symptoms: skin problems, fatigue, kidney stress and more. Hence, the saying: “Death begins in the colon.” In addition, if fecal matter sits in the colon for too long of a period, toxic pockets can form that can also contribute to the formation of gas.

*Improper bowel flora ecology can also contribute to gas. Regular intake of **probiotics** (“good bacteria”) are necessary for good bowel health. A toxic liver and /or toxic gallbladder can contribute to creating a toxic colon and often, frequent gas. When the liver/gallbladder function is abnormal, lack of bile and failure to synthesize critical compounds can lead to undigested fat and other toxic chemical compounds entering colon, disrupting gut ecology and creating gas. Liver/gallbladder cleansing is often needed.*

***Please note:** Foul-smelling gas is usually due to incomplete protein digestion. Mild or no-smelling gas is usually due to incomplete carbohydrate digestion.*

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL Detox Therapy: See front page protocol.

Alkaline pH/ Mineral Support: The **pH Trio** (see front page protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Healthy Colon**

Support/Detox: **Galactan™** (2 tablespoons mixed in food or 12 oz water or juice before breakfast and dinner); **Green Tea-ND™** (½ to 1 tsp. in 2 oz. water, twice daily) **Digestive Support:** **Pr. Digest** (2 Vcaps after every meal with cooked food); **GastroVen** (2 to 6 Vcaps/day), use Pr. Pink Salt as only source of salt (to provide electrolytes and the chloride fraction to make HCL), Pr. HCL (1 to 2 Vcaps at the end of main meals)

Healthy Intestinal Bacteria Support: **Pr. Probiotic** (1 to 2 Vgels, 30 minutes before breakfast and dinner), **MicroBiome-18™** (1 vcap daily), **Pr. Noni** (1 to 6 Vcaps/day), **Deltanol™** (1 vcap/day), **Pr. Colostrum IgG** (2 to 6 Vcaps/day), **Pr. Aloe Powder** (1 scoop/day) or **Galactan™** (2 tablespoons/day mixed in food or 12oz liquid)

Anti-Infective Support: **Allicidin** (2 Vcaps, 3 times/day), **ImmunoVen™** (1 Vcap/day, ramp up to 3 Vcaps/day), **Hyssinol™** (2 to 4 Vcaps/meal), **NeuroVen™** (2 vcaps twice/day)

Anti-Parasitic Support: **ParaStat™** (1 to 2 Vcaps/day, ramp up to 8 Vcaps/day)

Intestinal Repair Support: **Nucleo Immune** (3 to 6 Vcaps/meal; supports healing of intestinal lining), **Pr. Colostrum-IgG™** Powder (1 to 2 tbsp. daily; rich in N-acetyl-neurominic acid for healing and repair for intestines)

If gallstones are suspected or present (see “Gallstones”): do Mini Liver/Gallbladder Flush (once per week for 6 weeks); **Premier Coffee Enemas** (1 to 2/week for 4 weeks), **Pr. Coconut Oil** (1 tsp/daily in food; ramp up to 3 tablespoons daily) **Detox Therapies:** **Pr. Organic Castor Oil Packs** (esp. intestines, kidneys; see front page protocols), **QCI Vial™**, **Medi-Body Packs™**

Special Considerations: Avoid eating after 7 PM (for best digestion). Avoid hard-to-digest foods, esp. red meat, beans, milk products; eat fruit alone spaced by 2 hours from other foods. Avoid white flour (very constipating, leading to pocket formation), white sugar, fried foods, soft drinks. Increase natural fiber by eating more fresh foods, esp. fresh vegetables. Make homemade kefir (high in natural probiotics); drink more purified water; get regular exercise (walking helps the peristalsis of the colon and exercises the abdominal muscles).

Gingivitis

Inflammation of the gums – See “Gum Disease” (Page: 59)

Glaucoma

(Increased intraocular pressure in eyes)

Comments: Increased intraocular pressure in the eyes (diagnosed by an ophthalmologist) is usually from calcification of the eyes, the net result of chronic infection in the body (usually stemming from a hidden infection in the teeth), creating depletion of soft tissue calcium reserves (mono-ortho calcium phosphate), forcing the body to recruit calcium from the bone (MCH) which by its nature cannot be returned to the bone and is then routinely deposited in soft tissues, including the eye.

Also linked to toxic liver, deficient eye nutrients, infection in the connective tissue/muscles around the eye, low pH (deficient minerals), poor fatty acid nutrition, weak adrenals/kidneys, heavy metal toxicity. In the science of Oriental Medicine, the liver controls the eyes. Therefore, liver cleansing is always recommended when there are eye concerns.

Note: Even mild glaucoma is of concern because, unchecked, it can lead to blindness.

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL Detox Therapy: See front page Protocol.

Alkaline pH/ Mineral Support: The **pH Trio** (see front page Protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) Eye Support/ Antioxidants: **Pr. Glutathione Complex** (1 vcap taken 3 times/day), **OcuVen** (3 to 6 Vcaps/day), **UltraPollen™** (1 to 3 Vcaps/day), **Pr. Resveratrol** (1 tsp in ½ cup water/day), **NeuroVen™** (especially for retinal detachment) (2 Vcaps twice daily)

Anti-Infective Support: **Allicidin™** (2 Vcaps, 3 times/day), **ImmunoVen™** (1 Vcap/day, ramp up to 3 Vcaps/day), **Hyssinol™** (2 to 4 Vcaps/meal), **NeuroVen™** (2 vcaps twice/day)

HM Detox: **HM-ND** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Liver/Gallbladder Detox: **Liver-ND** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner; Mini Liver/Gallbladder Flush (once per week for 6 weeks); **HepatoVen** (1 to 3 Vcaps/day); **Premier Coffee Enemas** (1 to 2/week for 4 weeks)

Kidney Deficiency Support: **RenaVen** (2 Vcaps/ day, ramp up to 6 Vcaps/day)

Intestinal Support: **Pr. Probiotic** (1 to 2 Vgels, 30 minutes before breakfast and dinner), **MicroBiome-18™** (1 vcap daily)

Detox Therapies: **Pr. Organic Castor Oil Packs** (esp. liver, adrenals, head & neck areas; see front page protocols), **QCI Vial™**, **Medi- Body Packs™** (target areas: liver, head traumas [if any], eye areas and occipital lobes at base of skull; see protocols) *Special Considerations:* Adopt a diet rich in fresh vegetables and fruits; eat cultured foods often (i.e., homemade kefir). Avoid trans fats (hydrogenated oils) and cooked oils.

Daily walking and sunlight. If the person wears glasses or contact lenses, they should be taken off so that the person can receive at least 20 minutes of natural sunlight through the eyes. The solar frequencies of sunlight enter the eyes and are distributed via the optic nerve to all the organs and glands of the body. Therefore, receiving natural sunlight daily is important for optimal health.

Goiter

Comments: Goiters can be any one of several types of growths in the thyroid gland, located at the base of the front of the neck. In Grave's disease, the entire thyroid gland may enlarge. In toxic nodular goiter, one or more nodules (called adenomas) develop in the thyroid and trigger excess production of thyroid hormone. A goiter may be a temporary problem and resolve over time without intervention or may be a symptom of a possibly worse thyroid disease.

Often linked to poor diet, especially consumption of hydrogenated oils and/or fried foods, and **infection at the thyroid** (including bacterial, viral, fungal, parasitic or a combination of these). Also linked to low pH (deficient minerals), **toxic liver and gallbladder**, weak kidneys, intestinal infection (backup of waste products into liver), **heavy metal exposure/toxicity** esp. at the thyroid (often due to metal ions from silver filings migrating to the thyroid area); other dental toxicity/infection. Highly recommended to do **Premier Coffee Enemas**.

Common symptoms: swelling at the front of the base of the neck (thyroid area), ranging from a small lump to a large mass; dizziness, hoarseness, difficulty swallowing, May create symptoms of either hyperthyroid (an overactive thyroid) or hypothyroid (an underactive thyroid)

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL Detox Therapy: See front page Protocol.

Thyroid Support: **ThyroVen** (3 Vcaps at breakfast and lunch), Pr. Noni (2 Vcaps/meal)

Anti-Infective Support: **Allicidin™** (2 Vcaps, 3 times/day), **ImmunoVen™** (1 Vcap/day, ramp up to 3 Vcaps/day), Hyssinol™ (1 to 3 Vcaps/meal) and/ or NeuroVen™ (2 vcaps twice/day)

HM Detox: **HM-ND** (½ to 1 tsp. in 2 oz. of water upon rising and 1 hour after dinner)

If exposed to radiation: **Green Tea – ND** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Natural Digestive Support: Pr. Pink Salt (¼ to ½ tsp./ day) (supports production of HCl)

Detox Therapies: Pr. **Organic Castor Oil Packs** (esp. thyroid, liver, neck areas; see front page Protocols), QCI™ Vial, **Medi-Body Packs™** (target areas: **thyroid**, liver)

Special Considerations: Avoid soft drinks, processed foods, foods with hydrogenated oils, red meat, alcohol; adopt a natural, whole foods diet. Eat animal protein food once/day at lunch (maximum). Eat more organic fruit (high content of water) to cleanse the bowels and download the liver. Add in Pr. Multi-vitamin (4 vcaps daily taken with meals to supply the body with whole food derived nutrients to relieve deficiencies).

Gout

Comments: Gout is systemic disease thought to be caused from the buildup of uric acid in the joints causing pain, swelling and inflammation. Classically, it is thought to be due to a) the liver, which secretes more uric acid than the kidneys can filter or b) a diet of rich foods (organ meats and red meat, red wine, buttery cream sauces, etc.)

New worldwide research now links gout to infection (not previously found with typical medical lab tests). Therefore, a key part of the resolution of gout is using anti-infective nutritional formulas.

Often linked to poor diet, especially consumption of hydrogenated oils and/or fried foods, and infection (including bacterial, viral, fungal, parasitic or a combination of these). Also linked to low pH (deficient minerals), **toxic liver and gallbladder**, weak kidneys, intestinal infection (backup of waste products into liver), heavy metal exposure/toxicity; dental toxicity/infection. Highly recommended to do **Liver/ Gallbladder Flush**.

Common symptoms: Pain, swelling, inflammation **in the big toe** (often comes as attacks of severe pain); gout can develop quickly and in usually only one joint at a time (although 2 or 3 joints may be affected).

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL Detox Therapy: See front page Protocol.

Alkaline pH/ Mineral Support: The **pH Trio** (see front page Protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Anti-Infective**

Support: Liver-ND

- (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner), **Fermented Gallbladder-ND**
- (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner), **Cardio-ND**
- (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Anti-Inflammatory Support: Inflammacidin™ (3 vcaps on an empty stomach, twice daily)

Liver Nutrient Support: HepatoVen (2 to 6 Vcaps/day)

Kidney Support: RenaVen (2 Vcaps/day, ramp up to 6 Vcaps/day)

HM Detox: HM-ND (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Intestinal Support: Pr. Probiotic (1 to 2 Vgels, 30 minutes before breakfast and dinner), MicroBiome-18™ (1 vcap daily), Pr. Noni (2 to 6 Vcaps/ day), Galactan™ (2 tablespoons mixed in food or 12 oz water or juice before breakfast and dinner).

Special Liver Detoxification: Mini-Liver Flush (1 to 2 times weekly for 4 to 6 weeks; see protocol);

Premier Coffee Enemas (1 to 2/week for 4 weeks)

Other Detox Therapies: Pr. **Organic Castor Oil Packs** (esp. liver, kidneys, intestines; see front page protocol), **QCI Vial™** (esp. use **QCI Vial™** before each meal), **Medi-Body Packs™** (esp. liver, gallbladder, kidneys; see protocol)

Special Considerations: Avoid soft drinks, processed foods, foods with hydrogenated oils, red meat, alcohol (including wine); adopt a natural whole foods diet. Eat animal protein food once/day at lunch (maximum). Eat more organic fruit (high content of water) to cleanse the bowels and download the liver.

Gum Disease

Comments: Inflammation of the gums, often due to *enta- moeba gingivitis* or other infections, frequently stemming from chronic dental infections. Also linked to low pH (due to deficient minerals), heavy metal toxicity saturating the gum tissue (from silver fillings, metal crowns, stainless steel posts, etc.), high protein consumption (esp. red meat), and weak kidneys. If kidneys are weak, impaired lymph drainage is common (and thus lymph detox is needed).

Because of the toxic nature of many dental materials, the gums can become a repository of toxic metal ions that have gradually leached out over the years into the gum tissue and that can block proper gum function and repair, weakening gum tissue. If the retromolar spaces (the areas behind the last molar on all four quadrants of the jaw) have become infected, the gums can become chronically infected from the constant retromolar source of infection and blocked drainage to the lymphatic system.

In Oriental Medicine, the main strength of the body lies in the kidneys (energetically speaking), which govern the growth and metabolism of the teeth and gums. If the kidney energetics weaken, then the teeth and gums may become more prone to inflammation and infection.

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL Detox Therapy: See front page Protocol.

Alkaline pH/ Mineral Support: The **pH Trio** (see front page Protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **HM Detox:** **HM-ND** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Anti-Infective Support: **Allicidin™** (2 Vcaps, 3 times/day), **ImmunoVen™** (1 Vcap/day, ramp up to 3 Vcaps/day)

Antioxidant/Anti-infective Support: **Hyssinol™** (1 vcap 3 times daily), **Pr. CoQ-10** (100 mg) (2 to 3 Vcaps daily)

Topical Anti-Infective Gum Support: **Oregano Oil**(massage several drops/day into gums for 3 to 4 wks); **Pr. Probiotic** (chew 1 to 2 Vgels, 30 minutes before breakfast and dinner and let substance dissolve in mouth before swallowing; spit out gelcap)

Daily Gum Support Tea: For severe cases, make tea of 1 Vcap each: **Hyssinol™** , **NeuroVen™** and **ParaStat™** (drink 4 times/day for 2 months).

Kidney Support/Detox: **RenaVen**(2 to 6 Vcaps/ day), **Pr. Aloe Powder** (1 scoop mixed in water or liquid)

Hormone/Rejuvenation Support: **Pr. UltraPollen™** (2 to 4 Vcaps/day), **Adaptogen-R3** (2 to 4 Vcaps/ day), **Estro Flavone** (for females, 2 to 4 Vcaps/day) **Digestive Support:** **Pr. Digest** (2 Vcaps after each meal with cooked food)

Intestinal Support: **Pr. Probiotic** (1 to 2 Vgels, 30 minutes before breakfast and dinner), **MicroBiome-18™** (1 vcap daily)

Detox Therapies: **Pr. Organic Castor Oil Packs**, (esp. kidneys [low back], low abdomen; see front page protocols); **Medi- Dental Packs** (esp. affected tooth and gum areas; see pro- tocol); **QCI Vial™**, **Medi-Body Packs™** (esp. at kidneys and leg download areas)

Special Considerations: Please read “Making the Right Dental Choice” article for specific information about bio- compatible dental materials and procedures.

Especially avoid red meat and most commercial protein powders (which contain cross-linked protein, which stresses the kidneys). Limit animal protein meals to once/day (or less) at lunch only. Avoid pasteurized milk and soft drinks; drink more fluids, especially purified water and healing teas such as using 2 Vcaps of **Hyssinol™** as tea. Eat more vegetables (esp. steamed or as soups) and cultured foods (i.e., homemade kefir); daily walking and sunlight (20 minutes per day). Sunlight exposure is critical to healthy bone and tooth metabolism. Avoid fluoride toothpaste.

Hair Loss

(Including Male Pattern Baldness)

Comments: Hair loss is often linked to poor diet, especially consumption of hydrogenated oils and/or fried foods, and **infection** (including bacterial, viral, fungal or parasitic) which may be in the scalp itself (often causing dandruff) or it may be a systemic infection. Also linked to low pH (deficient minerals), intestinal infection (backup of waste products into liver, which can then affect the head and scalp), heavy metal exposure/toxicity (esp. from dental materials); lack of sunlight; dental toxicity/infection, which may be reflexing to the head and scalp.

Please note: In Oriental medicine, the condition of the hair is said to be a direct reflection of the blood, the organs responsible for cleansing the blood (esp. kidneys), the liver and the adrenal glands. Therefore, weak kidneys or liver toxicity, or high stress (affecting the adrenals) can create hair loss. It is highly recommended to do liver detoxification (esp. **Mini-Liver Flush** and **Premier Coffee Enemas**).

Male pattern baldness: Androgenic alopecia: a characteristic pattern of hair loss: begins at temples and at top of head; it may continue until more and more hair is lost. Approx. 25% of men in the U.S. begin balding by age 25; 66% by age 60. In male pattern baldness, testosterone's derivative, dihydrotestosterone (DHT) hardens the galea (skin on top of the head) and chokes the hair follicle to death, resulting in hair loss. This process can be halted by using **oat grass** (as in Pr. Organic Greens) because it prevents the formation of DHT. Symptoms: hair loss may be gradual and generalized (small amounts of hair coming out over the whole head), hair may come out in clumps (often a parasitic problem); hair loss may be localized (only on top of the head, etc.)

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL Detox Therapy: See front page Protocol.

Alkaline pH/ Mineral Support: The **pH Trio** (see front page Protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Overall Anti-Infective Support:** **Allucidin™** (2 Vcaps, 3 times/day), **ImmunoVen™** (1 Vcap/day, ramp up to 3 Vcaps/day)

Skin/Scalp Anti-infective and Nourishment: **Green Tea – ND** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner), Pr. Hair/Skin/Nails (2 vcaps twice daily with meals).

Kidney Support/Detox: **RenaVen** (2 to 6 Vcaps/ day), **Pr. Aloe Powder** (1 scoop mixed in water or liquid)

Adrenal Support: **AdrenaVen™** (3 to 6 Vcaps at breakfast and lunch)

B Vitamin Support: **Max B-ND** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Hormone/Rejuvenation Support: **UltraPollen™** (2 to 4 Vcaps/day), Pr. Pregnenolone (1vcap daily), Adaptogen-R3 (2 to 4 Vcaps/ day), Pr. Plant Vitamin C (2 vcaps daily)

Antioxidant Support: Pr. **CoQ-10** (100 mg) (2 to 3 Vcaps daily)

HM Detox: **HM-ND** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Male Pattern Baldness: Extra Pr. **Organic Greens Powder** (1 to 2 tbsp. daily; to stop DHT formation and hair follicle death)

Special Liver Detoxification: Mini-Liver Flush (1 to 2 times weekly for 4 to 6 weeks; see Protocol); **Premier Coffee Enemas** (1 to 2/wk for 4 wks)

Detox Therapies: Pr. **Organic Castor Oil Packs** (esp. over intestines, kidneys, liver; see front page protocols), **QCI Vial™**, **Medi-Body Packs™** (esp. kidneys, liver, intestines, neck areas)

Special Considerations: Adopt a diet rich in fresh vegetables and fruits; eat cultured foods often (i.e., homemade kefir); limit main meal to lunch; eat dinner before 7 PM. Daily exercise (esp. walking) and daily sunlight.

Hashimoto's Disease

See "Autoimmune Disease" (Page: 13)

Hay Fever

Comments: Allergic rhinitis (hay fever) is typically brought on at certain seasons by airborne pollens of trees, grasses, weeds, etc. Other allergens can cause hay fever all year long, such as molds, dust mites, and animal dander.

The underlying causes to suspect are: **toxic liver**, chronic infection (often undiagnosed; may include dental infections which reflex to the liver), **toxic colon** (ask if bowel eliminations are normal), **hormonal imbalance**, which stresses liver, low pH (deficient minerals), **heavy metal toxicity** (esp. from silver fillings, etc.), poor dietary habits, esp. consumption of hydrogenated oils, fried foods (toxic gallbladder), soft drinks, refined flour/sugar; heavy metal toxicity (from silver fillings, etc.), weak adrenals/kidneys, key nutrient deficiencies such as B vitamins or essential oils. Highly recommended to do **Premier Coffee Enemas**.

Common symptoms: Headaches, sneezing, watery eyes, runny nose, nasal congestion, itchy palate and throat, sinus pain, fatigue

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL Detox Therapy: See front page Protocol. **Immediate Allergy Relief:** Pr. AllerCaps (1 to 6 Vcaps at breakfast and lunch), RenaVen (1 to 2 Vcaps/ meal)

Alkaline pH/ Mineral Support: The **pH Trio** (see front page protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Lung Support:** PneumoVen (1 to 3 Vcaps/day), Pr. Glutathione Complex (1 Vcap taken 3 times day)

Adrenal/Kidney Support: AdrenaVen™ (3 to 6 Vcaps at breakfast and lunch); **RenaVen** (2 to 6 Vcaps/day), **Pr. American Ginseng** (1 Vcap daily in the morning)

Liver/ Gallbladder Detox Support: **Liver-ND b** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner), **Fermented Gallbladder-ND** (½ to 1 tsp. in 2 oz. of water upon rising and 1 hour after dinner)

HM Detox Support: **HM-ND™** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Special Liver Detoxification: Mini-Liver Flush (1 to 2 times weekly for 4 to 6 weeks; see protocol); **Premier Coffee Enemas** (1 to 2/week for 4 weeks)

Other Detox Therapies: Pr. **Organic Castor Oil Packs** (esp. liver, intestines; see front page protocol), **QCI Vial™** (esp. use **QCI Vial™** before each meal), **Medi-Body Packs™** (esp. liver, gallbladder; see protocol)

Special Considerations: Avoid soft drinks, processed foods, foods with hydrogenated oils; adopt a natural whole foods diet. Eat more organic fruit (high content of water) to cleanse the bowels and download the liver.

Headaches

(Including migraines)

Comments: Can be due to a broad range of causes. Key areas to suspect are: chronic infection (often undiagnosed; may include dental infections), **toxic colon** (ask if bowel eliminations are normal), **hormonal imbalance**, low pH (deficient minerals), **toxic liver**; **heavy metal toxicity** (esp. from silver fillings, etc.) poor dietary habits, esp. consumption of hydrogenated oils, fried foods (toxic gallbladder), soft drinks, refined flour/sugar; heavy metal toxicity (from silver fillings, etc.), weak adrenals/kidneys, key nutrient deficiencies such as B vitamins or essential oils; allergies to certain foods.

Common symptoms: headaches near or during menstrual periods (suspect hormone imbalances), headache upon awakening (suspect toxic liver or dental infection); headache after eating (suspect food allergies, toxic food consumption or toxic intestines); headaches in bright sunlight (suspect toxic liver); headaches appear later in the day (suspect inadequate nutrient levels), headaches appear to be random (suspect overall toxicity/ nutrient deficiencies)

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL Detox Therapy: See front page Protocol.

Alkaline pH/ Mineral Support: The **pH Trio** (see front page Protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0)

Anti-Inflammatory Support: **Inflammacidin™** (3 vcaps on an empty stomach, twice daily)

Adrenal/Kidney Support: **AdrenaVen™** (3 to 6 Vcaps at breakfast and lunch); **RenaVen** (2 to 6 Vcaps/day)

Liver/ Gallbladder Detox Support: **Liver-ND** (½ to 1 tsp. in 2 oz. of water upon rising and 1 hour after dinner), **Fermented Gallbladder-ND** to 1 tsp. in 2 oz. of water upon rising and 1 hour after dinner), **Mini-Liver Flush** (see front page protocols)

HM Detox Support: **HM-ND™** (½ to 1 tsp. in 2 oz. of water upon rising and 1 hour after dinner)

Vitamin B Support: **Max B-ND** (½ to 1 tsp. in 2 oz. of water upon rising and 1 hour after dinner), **Pr. Nutritional Flakes** (2 tbsp./day)

Hormone Support/ Rejuvenation: **UltraPollen™** (1 to 2 Vcaps/day), **Adaptogen-R3** (1 Vcap/ meal), **Pr. Plant Vitamin C** (2 vcaps/day)

Anti-Infective Support: **Allicidin™** (2 Vcaps, 3 times/day), **ImmunoVen™** (1 Vcap/day, ramp up to 3 Vcaps/day)

Healthy Intestinal Bacteria Support: **Pr. Probiotic** (1 to 2 Vgels, 30 minutes before breakfast and dinner), **MicroBiome-18™** (1 vcap daily)

Intestinal Detox/Cleansing: **Pr. Aloe Powder** (1 scoop mixed in water or liquid 3 to 5 times/day; helps detoxify the colon), **Galactan™** (2 tablespoons mixed in food or 12 oz water or juice before breakfast and dinner) --esp. if bowel eliminations are irregular or have bad odor.

Detox Therapies: **PR. Organic Castor Oil Packs** (esp. over intestines, liver; see front page Protocols), **QCI Vial™**, **Medi-Body Packs™**

Special Considerations: Adopt a diet rich in fresh vegetables and fruits; eat cultured foods often (i.e., homemade kefir); daily exercise (esp. walking) and daily sunlight.

Try to identify the root cause(s) if the headaches. Eliminate offending foods, toxic personal care products and toxic dental restorative materials or dental infections.

Heart Burn –

See “Acid Reflux” (Page: 01)

Heart Concerns

Comments: *Worldwide research now shows heart disease is linked to infection (not found during typical lab tests), esp. Chlamydia pneumoniae (in over 80% of heart attacks). Other common factors: toxicity (often heavy metals such as mercury & aluminum), nutritional deficiency and other chronic infections (in intestines, liver); liver toxicity; interference fields reflexing to head, esp. dental (such as undiagnosed infected teeth).*

Note: *Rotted wisdom teeth or infected retromolar spaces (the places behind the molars where the wisdom teeth have been pulled) can reflex to the heart and create symptoms.*

Common symptoms: *Heart palpitations, irregular heart beat, high or low blood pressure, high cholesterol, heart pounding without exercise, pressure or pain in chest (angina), shortness of breath*

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL_Detox_Therapy: See front page Protocol.

Alkaline pH/Mineral Support: The **pH Trio** (see front page Protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Antioxidant/Arterial Support** Pr. Plant Vitamin C (2 vcaps daily), **UltraPollen™** (1 to 3 Vcaps/day), Pr. Resveratrol (1 tsp in ½ cup water)

Anti-Infective Support: **Allicidin™** (2 Vcaps, 3 times/day), **ImmunoVen™** (1 Vcap/day, ramp up to 3 Vcaps/day), Hyssinol™ (2 to 4 Vcaps/meal), NeuroVen™ (2 vcaps twice/day)

HM_Detox: **HM-ND™** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Heart Support/Arterial Cleansing/DNA Repair: **Cardio-ND** (½ to 1 tsp. in 2 oz. of water upon rising and 1 hour after dinner), **CardioVen** (1 to 2 Vcaps/meal), **Pr. CoQ-10** (1 vcap, 3 times/day), **CircuZyme™** (4-12 Vcaps, 2 times/day)

Liver_Detoxification: **Liver-ND™** (½ to 1 tsp. in 2 oz. of water upon rising and 1 hour after dinner); Mini-Liver Flush (1 to 2 times weekly for 4 to 6 weeks; see Protocol); **Premier Coffee Enemas** (1 to 2/week for 4 weeks) **Hormone/Rejuvenation Support:** **Pr. American Ginseng** (1 Vcap daily in the morning), **Adaptogen-R3** (1 Vcap, 3 times daily)

If_edema_(swelling_of_feet/ankles): **RenaVen** (2 Vcaps/meal) (purifies blood; helps clear waste products) **Digestive Support:** **Pr. Digest** (2 Vcaps after every meal with cooked food)

Detox Therapies: **Pr. Organic Castor Oil Packs** (esp. head, neck, chest; see front page protocols), **QCI Vial™**, **Medi-Body Packs™** (esp. kidneys, liver; see Protocols)

Special Considerations: Adopt an organic, plant-based diet rich in fresh vegetables and fruits. Avoid red meat, processed foods, hydrogenated oils. Avoid eating after 7 PM; get regular exercise and sunlight exposure (20 min./day). Add in Pr. Multi-vitamin (4 vcaps daily taken with meals to supply the body with whole food derived nutrients to relieve deficiencies).

Heart Failure, Congestive

See “Heart Concerns” (Page: 64)

Heavy Metal Detoxification

(See organs listed below)

Comments: Heavy metal toxicity is now almost universal in Americans. We are exposed to many sources of heavy metals, including environmental contaminants, vaccinations (which typically contain mercury preservatives) and dental materials (which can contain multiple sources of toxic heavy metals). See our protocols for non-toxic, biocompatible dental materials. A heavy metal detoxification procedure is recommended for literally everyone.

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL_Detox_Therapy: See front page Protocols.

- **Intestinal Lining** Medi-Chlorella-Fx(2 Vcaps/meal), **HM-ND™** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner),
- **Nerve** - **HM-ND™** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner), **NeuroVen™** (2 Vcaps/meal), Pr. Lion’s Mane (3 vcaps/day) **Deltanol™** (1 vcap daily with meals)
- **Brain** - **HM-ND™** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner), **CereVen™** (2 Vcaps/meal), Pr. Glutathione Complex (1 Vcap taken 3 times day) **Liver-ND™** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner), **Fermented Gallbladder-ND™** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)
- **Kidney** - **HM-ND™** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner), **RenaVen** (2 Vcaps/meal), **Fermented Gallbladder-ND™** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)
- **Whole Body Detox** – **HM-ND™** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner), Pr. Glutathione Complex (1 Vcap taken 3 times day) **Liver-ND™** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner), **Medi- Body Bath™** (1 bath every 2 to 3 days in the morning for 21 baths). Incorporate binders like **Medi-Clay-FX™** (open 1 to 2 vcaps and empty contents in 4oz water, allow clay to rehydrate for 15-20 mins before consuming – take away from medications.

Note: pH support is critical. See Pr. Calcium Magnesium Plus in Super Food Trio Kit. Use enough coral to get 1st morning urine pH between 6.4 and 7.0.

If weight loss is occurring concurrently with heavy metal detox, **Medi-Clay-FX™** or **Medi-Chlorella-FX** can protect the body from pesticide residues, etc. liberated from the fat that may interfere with heavy metal detox (usually 2 Vcaps/meal), **Pr. Whey Protein** (4 tbsp. at breakfast).

Hemorrhoids

Comments: *Linked to a diet high in refined food and highly cooked food; often intestinal infection (may be parasitic), liver toxicity. When bowel eliminations are not regular (should be at least once/day), the fecal matter can build up in the rectal area (which increases pathogenic bacteria colonies) and places stress on the anal area. Chronic constipation and straining during bowel eliminations can eventually create hemorrhoids.*

Long-standing constipation may be linked to adrenal insufficiency. The adrenals are responsible for holding fluid in the colon; without adequate adrenal hormones, the stool becomes very hard and can be difficult to eliminate.

Common symptoms: *Bleeding with bowel eliminations; Pain while sitting*

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL_Detox_Therapy: See front page Protocol.

Alkaline pH/Mineral Support: The **pH Trio** (see front page Protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Adrenal Support** (the adrenals hold fluid in the colon): **AdrenaVen™** (3 to 6 Vcaps at breakfast and lunch) **Anti-Infective Support:** **Allicidin™** (2 Vcaps, 3 times/day), **ImmunoVen™** (1 Vcap/day, ramp up to 3 Vcaps/day)

Anti-Inflammatory Support: **Inflammacidin™** (3 vcaps on an empty stomach, twice daily)

Healthy_Skin/_Mucus_Membrane_Support: **Liquid Zinc Ultra** (1 tsp diluted in water or juice)

Vitamin_B_Support: **Max B-ND** (1/2 tsp. in 4 oz. water, twice daily)

Liver_Detox Support: **Liver-ND™** (1/2 to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Healthy_Intestinal_Bacteria_Support: **Pr. Probiotic** (1 to 2 Vgels, 30 minutes before breakfast and dinner), **MicroBiome-18™** (1 vcap daily)

Intestinal_Detox/Cleansing: **Pr. Aloe Powder** (2 tbsp. [1 oz.] 3 to 5 times/day; helps detoxify the colon), **Galactan™** (2 tablespoons mixed in food or 12 oz water or juice before breakfast and dinner).

Intestinal Repair Support: **Nucleo Immune** (3 to 6 Vcaps/meal; supports healing of intestinal lining), **Pr. Colostrum-IgG™** (1 to 2 tbsp. daily; rich in N-acetyl-neurominic acid for healing and repair for intestines)

If acute constipation (*no B.M.s for several days or longer*): **Pr. Noni** (6 to 20 Vcaps/meal until a BM is produced)

Detox Therapies: **Pr. Organic Castor Oil Packs** (esp. over intestines, liver; see front page protocols), **QCI™ Vial**, **Medi-Body Packs™**

Special Considerations: Adopt a diet rich in fresh vegetables and fruits; eat cultured foods often (i.e. homemade kefir); daily exercise (esp. walking) and daily sunlight. Avoid red meat, refined white flour, sugar; avoid eating solid food past 7 PM (so the body can completely digest the food before bed).

Hepatitis

(Including Hepatitis B and C) - See “Liver Concerns” for recommendations

Comments: *Hepatitis is a general term that means inflammation of the liver. It applies to a group of viruses known as hepatitis viruses A, B, C, D and E. Hepatitis is one of the most serious of contagious diseases. Hepatitis is often undiagnosed since it is mistaken for the flu. Hepatitis is serious because it interferes with the liver’s many functions (including bile to aid digestion and screening harmful substances from the blood).*

The five viruses can be transmitted in various ways -- but all infect the liver and cause it to become inflamed. The acute phase lasts about 2 to 3 weeks. In chronic hepatitis, the liver remains inflamed for 6 months or more. This condition can lead to liver cirrhosis and early death.

- **Hepatitis A** -- *Generally contracted through fecal contamination of water or food; caused from improper handling of food; the least dangerous of the 5 viruses*
- **Hepatitis B** -- *Spread through sexual contact, blood transfusions, sharing of IV needles; can travel between adults and children to infect whole families*
- **Hepatitis C** -- *Spread through contact with blood or contaminated needles, including tattoo needles and blood transfusions. Chronic hepatitis C often leads to liver cancer.*
- **Hepatitis D** -- *Occurs only in people infected with Hepatitis B and can magnify the severity of the disease. Can be transmitted from sexual contact and from mother to child. The rarest form, but most dangerous.*
- **Hepatitis E** -- *Occurs mainly in Asia, Mexico, India, Africa; only a few cases reported in the US. Spread through fecal contamination.*

Homocysteine, Elevated

- See “Liver Concerns” (Page: 78)

Special Note: Also use: **Phyto Methylate** (2 vcaps daily), **Pr. NAC** (1 vcap twice daily), **Max B-ND** (1/2 tsp. in 4 oz. water, twice daily)

Hypoglycemia

- See “Blood Sugar, Low” (Page: 18)

Immune System Concerns (Run Down, Weak- ened)

Comments: Linked to a diet high in refined food and highly cooked food, especially consumption of hydrogenated oils and/or fried foods; infection (including bacterial, viral, fun- gal, parasitic or a combination of these). Also linked to low pH (deficient minerals), toxic liver/gallbladder, intestinal infection, heavy metal exposure/toxicity; dental toxicity/ infection, severe nutritional deficiencies.

To improve the overall functioning of the immune system, focus on the key detox organs (liver, kidney, large intestines); support and detoxify them first.

Comon symptoms: Fatigue, headache, frequent colds and flu, high white cell count, etc.

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL_Detox_Therapy: See front page Protocol.

Alkaline_pH/Mineral_Support: The **pH Trio** (see front page Protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Anti-Infective**

Support: **Allicidin™** (2 Vcaps, 3 times/day), **ImmunoVen™** (1 Vcap/day, ramp up to 3 Vcaps/day)

Thymus_Support: **Nucleo Immune** (3 to 6 Vcaps at breakfast and lunch)

Skin/Mucus_Membrane_Support: **Liquid Zinc Ultra** (1tsp diluted in water or juice)

Intestinal_Support: **Paratosis™** (3 Vcaps, breakfast and lunch), Pr. Probiotic (1 to 2 Vgels, 30 minutes before breakfast and dinner), **MicroBiome-18™** (1 vcap daily), extra Pr. Colostrum-IgG™ (2 to 6 Vcaps/day)

Digestive_Support: Pr. **Digest** (2 Vcaps after each meal with cooked food)

Lymph_Cleansing: **Inflammacidin™** (6 vcaps on an empty stomach)

Hormone/Rejuvenation_Support: **Adaptogen-R3** (3 Vcaps at breakfast), **American Ginseng** (1 Vcap daily in the morning), **UltraPollen™** (2 to 4 Vcaps/ day)

Special Liver Detoxification: Start with **Mini-Liver Flush** (1 to 2 times weekly for 4 to 6 weeks; see protocol); **Premier Coffee Enemas** (1 to 2/week for 4 weeks)

Kidney_Support: **RenaVen** (2 to 6 Vcaps/day), **HepatoVen** (2 to 6 Vcaps/day)

Quality Protein_Support: **Whey Protein** (4 tbsp. at breakfast)

Detox_Therapies: Pr. **Organic Castor Oil Packs** (esp. liver, intestines, kidneys; see front page protocols), **QCI Vial™**, **Medi-Body Packs™**

Special Considerations: Adopt a natural whole foods diet. Eat more organic fruit to cleanse the bowels and download the liver. Take daily walks; get regular sunlight exposure. Add in Pr. Multi-vitamin (4 vcaps daily taken with meals to supply the body with whole food derived nutrients to relieve deficiencies).

Incontinence (Inability to hold urine)

- See "Bladder Concerns" (Page: 18)

Indigestion -

See "Digestion, Poor" (Page: 44)

Infection (In general)

Comments: The tendency to get infections is linked to a weakened immune system, poor diet high in refined foods, low pH (mineral deficiency), widespread nutrient deficiency, toxic liver, often intestinal infection.

Comon symptoms: fatigue, headache, frequent colds and flu, high white cell count, etc.

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL_Detox_Therapy: See front page Protocol.

Alkaline_pH/Mineral_Support: The **pH Trio** (see front page Protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Anti-Infective**

Support: **Allicidin™** (2 Vcaps, 3 times/day), **ImmunoVen™** (1 Vcap/day, ramp up to 3 Vcaps/day); if acute: **Olive Leaf Immune™** (2 Vcaps/day, ramp up to 6 Vcaps/day)

Anti-Inflammatory_Support: **Inflammacidin™** (3 vcaps on an empty stomach, twice daily)

If parasitic_infection: **ParaStat™** (2 to 8 Vcaps/day)

If upper GI infection: **Oregano Oil** (1 to 3 drops/ day)

If skin infection: **Olive Leaf Immune™** (2 vcaps taken twice daily)

Thymus_Support: **Nucleo Immune** (3 to 6 Vcaps at breakfast and lunch)

Skin/Mucus_Membrane_Support: **Liquid Zinc Ultra** (1tsp diluted in water or juice)

Intestinal_Support: Pr. Probiotic (1 to 2 Vgels, 30 minutes before breakfast and dinner), **MicroBiome-18™** (1 vcap daily), extra Pr. Colostrum-IgG™ (2 to 6 Vcaps/day)

Digestive_Support: Pr. **Digest** (2 Vcaps after each meal with cooked food)

Hormone/Rejuvenation_Support: **UltraPollen™** (2 to 4 Vcaps/day), **Adaptogen-R3** (3 Vcaps at breakfast)

Special Liver Detoxification: **Mini-Liver Flush** (1 to 2 times weekly for 4 to 6 weeks; see protocol); **Premier Cof-fee Enemas** (1 to 2/wk for 4 wks)

Kidney_Support: **RenaVen** (2 to 6 Vcaps/day), **HepatoVen** (2 to 6 Vcaps/day)

Quality Protein_Support: Pr. **Whey Protein** (4 tbsp. at breakfast)

Detox Therapies: Pr. **Organic Castor Oil Packs** (esp. liver, intestines, kidneys; see front page protocols), **QCI Vial™**, **Medi-Body Packs™**

Special Considerations: Adopt a natural whole foods diet. Eat more organic fruit to cleanse the bowels and download the liver. Take daily walks; get regular sunlight exposure. Add in Pr. Multi-vitamin (4 vcaps daily taken with meals to supply the body with whole food derived nutrients to relieve deficiencies).

Infertility (Male)

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL_Detox_Therapy: See front page Protocol.

Alkaline_pH/Mineral_Support: The **pH Trio** (see front page Protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0)

Hormone/Rejuvenation_Support: **UltraPollen™** (2 to 4 Vcaps/day), **Adaptogen-R3** (3 Vcaps at breakfast)

Prostate_Support: **ProstaVen** (2 to 6 Vcaps/day); **UltraPollen™** (2 to 4 Vcaps/day),

Testosterone Support: Testosterone Premium (3 Vcaps daily)

Liver_Support/Detox: Max B-ND (1/2 tsp. in 4 oz. water, twice daily), Liver-ND™ (1/2 tsp. in 4 oz. water, twice daily)

Kidney Support: RenaVen (2 to 6 Vcaps/day),

Anti-Infective_Support: Allicidin™ (2 Vcaps, 3 times/day), ImmunoVen™ (1 Vcap/day, ramp up to 3 Vcaps/day)

Detox Therapies: Pr. Organic Castor Oil Packs (esp. liver, intestines, kidneys; see front page protocols), QCI Vial™, Medi-Body Packs™ (to eliminate bioaccumulation of toxicity; see Protocols)

Special Considerations: Change to plant-rich, organic diet; identify and eliminate harmful EMFs, chemicals and toxic drugs.

Infertility (Female)

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL_Detox_Therapy: See front page Protocol.

Alkaline_pH/Mineral_Support: The pH Trio (see front page Protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0)

Hormone/Rejuvenation_Support: UltraPollen™ (2 to 4 Vcaps/day), Adaptogen-R3 (3 Vcaps at breakfast)

Female_Hormone_Support: Fem Balance-FX (1 to 3 Vcaps/ meal for 2 to 3 months), Pr. Pregnenolone (1vcap daily), Estro Flavone (2 to 6 Vcaps/ day)

Liver_Support/Detox: Max B-ND (1/2 tsp. in 4 oz. water, twice daily), Liver-ND™ (1/2 tsp. in 4 oz. water, twice daily)

Kidney Support: RenaVen (2 to 6 Vcaps/day),

Anti-Infective_Support: Allicidin™ (2 Vcaps, 3 times/day), ImmunoVen™ (1 Vcap/day, ramp up to 3 Vcaps/day)

Detox Therapies: Pr. Organic Castor Oil Packs (esp. liver, intestines, kidneys; see front page protocols), QCI Vial™, Medi-Body Packs™ (to eliminate bioaccumulation of toxicity; see Protocols)

Special Considerations: Change to plant-rich, organic diet; identify and eliminate harmful EMFs, chemicals and toxic drugs.

Inflammation

In general: Inflammacidin™ (3 vcaps on an empty stomach, twice daily). Use as often as needed for relief of pain and inflammation.

Injury, Major

***Super Food Trio:** Foundation Support for all programs (see front page Protocol), Nucleo Immune (3 to 6 Vcaps at breakfast and lunch), Inflammacidin™ (3 vcaps on an empty stomach, twice daily)

Injury, Minor

Local_Healing_Support: Oregano Oil(apply locally), **Inflammacidin™** (3 vcaps on an empty stomach daily)

Insect_Bites (Relief from)

For_minor_bites,such_as_ants,mosquitos: **Canadian Gold Honey** (massage a small amount immediately into the bite area; cover with a bandage or other material to keep the gel in contact with the bite area. Can also make a paste by breaking open 1 capsule of Medi-Clay-X and mixing with honey).
Note: chigger bites may take several days to clear up. Most other bites may only require application of the gel for a few hours.

For serious bites such as spider bites, tick bites (including Lyme's_disease),etc.: use **Medi-Body Pack™** mixed with HCL water; apply daily to site (see instructions).

Nutritional_Support_for_all_types_of_bites:

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

Antioxidant_Support:), Pr. Glutathione Complex (1 Vcap taken 3 times day)

Anti-inflammatory_Support: **UltraPollen™** (3 Vcaps, morning and lunch), **Inflammacidin™** (3 vcaps on an empty stomach, twice daily)

For_Rapid_Pain_Relief: Liver-ND™ (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Insomnia

(Inability to sleep at night) See “Sleep Concerns” (Page: 104)

Intermittent Claudication

See “Claudication, Intermittent” (Page: 31)

Intestinal Concerns

Comments: *Linked to a diet high in refined food and highly cooked food; often intestinal infection (may be parasitic). When there are no regular bowel eliminations (at least once/day), the intestines can absorb toxic waste matter into systemic circulation creating skin problems, fatigue, kidney stress and more. Hence, the saying “Death begins in the colon.” In addition, when the fecal matter sits in the colon for too long of a period, then toxic pockets can form.*

Lifelong colon problems and irregular bowel eliminations may be linked to adrenal insufficiency. The adrenals are responsible for holding fluid in the colon; without adequate adrenal hormones, the stool becomes very hard looking like small hard balls.

A toxic liver can contribute to creating a toxic colon. When the liver/gallbladder function is abnormal, lack of bile and failure to synthesize critical compounds can lead to undigested fat and other toxic chemical compounds entering colon, disrupting gut ecology and possibly, inducing increased weight gain as a protective mechanism to deal with the chemicals begin absorbed by the colon that should have been detoxified by the liver. Liver/gallbladder cleansing is often needed.

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

Alkaline_pH/Mineral_Support: The **pH Trio** (see front page Protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Adrenal Support** (the adrenals hold fluid in the colon): **AdrenaVen™** (3 to 6 Vcaps at breakfast and lunch) **Anti-Infective Support:** **Allicidin™** (2 Vcaps, 3 times/day), ImmunoVen™ (1 Vcap/day, ramp up to 3 Vcaps/day), Hyssinol™ (2 to 4 Vcaps/meal), NeuroVen™ (2 vcaps, taken twice/day) if acute: **Olive Leaf Immune™** (2 Vcaps/day)

Anti-Parasitic_Support: **ParaStat™** (1 to 2 Vcaps/day, ramp up to 8 Vcaps/day)

Healthy_Colon_Support/Detox: **Galactan™** (2 tablespoons mixed with food or 12oz liquid) **Green Tea - ND** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Healthy_Intestinal_Bacteria_Support: **Pr. Probiotic** (1 to 2 Vgels, 30 minutes before breakfast and dinner), Deltanol™ (1 vcap/day taken with food), Pr.Colostrum-IgG (2 to 6 Vcaps/day)

Intestinal_Repair_Support: Nucleo Immune (3 to 6 Vcaps/meal; supports healing of intestinal lining), Pr. Colostrum-IgG™ Powder (1 to 2 Tbsp. daily; rich in N-acetyl-neurominic acid for healing and repair for intestines); Pr. Marine Collagen (1-2 scoops/day); Pr. Glutamine (5-10 Vcaps first thing in the morning)

Detox Therapies: **Pr. Organic Castor Oil Packs** (esp. intestines, kidneys; see front page Protocols), QCI Vial™, Medi-Body Packs™

Liver/Gallbladder Detox: Mini Liver/Gallbladder Flush (once per week for 6 weeks); **Premier Coffee Enemas** (1 to 2/week for 4 weeks).

Special Considerations: Avoid hard to digest foods (esp red meat, commercial dairy); no white flour (very constipating, leading to pocket formation), no white sugar, fried foods, soft drinks. Increase natural fiber by eating more fresh foods, esp. fresh vegetables. Make homemade kefir (high in natural probiotics); drink purified water; get regular exercise (walking helps the peristalsis of the colon and exercises the abdominal muscles).

Intestinal Polyps

See “Intestinal Concerns” (Page: 71)

In_addition: Transitionally use **Max B-ND** (1/2 to 1 tsp. in 2 oz. water, 2 times daily), **Iron_Deficiency** (Often due to parasites)

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL_Detox_Therapy: See front page Protocol.

Alkaline_pH/Mineral_Support: The **pH Trio** (see front page Protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Blood_and_Blood_Factors_Support:** **Pr. Phyto-Iron** (4 vcaps daily with or without food) **ErythroPro®** (2 to 3 Vcaps/meal)

Anti-Infective_Support: **Allicidin™** (2 Vcaps, 3 times/day), ImmunoVen™ (1 Vcap/day, ramp up to 3 Vcaps/day), **ParaStat™** (1 to 3 Vcaps/day)

Detox Therapies: **QCI Vial™** (see protocols)

Irritable Bowel Syndrome - See “Intestinal Con- cerns”

Jet Lag

Comments: Travel by airplane exposes the body to high levels of irradiation; it is important to nutritionally protect yourself before and after the plane flight.

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

Sound Sleep/Antioxidant Support: Melatonin-ND (1 to 5 drops under the tongue before sleep)

Anti-Radiation Nutritional Support: Green Tea - ND (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner), continue 1 tsp in water for up to 3 days post flight. Pr. PQQ Complex (1 vcap while on airplane), Pr. CoQ-10 (1 vcap 3 times/day)

External Support: Use QCI Vial™ before meals.

Joint Concerns

Comments: Joint and ligament problems are often linked to poor diet, especially consumption of hydrogenated oils and/or fried foods, and infection (including bacterial, viral, fungal or parasitic), which may be systemic or localized to specific joints. Also linked to low pH (deficient minerals), intestinal infection (backup of waste products into liver which can then affect joints), heavy metal exposure/toxicity; lack of sunlight; dental toxicity/infection which may be reflexing to the joints.

Please note: In Oriental medicine, the liver meridian controls all the joints and ligaments of the body. Therefore, liver toxicity or stagnation can create weak or painful joints. When joint concerns are present, it is highly recommended to do liver detoxification (esp. **Mini-Liver Flush** and **Premier Coffee Enemas**). Many joint problems completely resolve after liver detoxification. Especially avoid alcohol or fried food, which will typically worsen joint problems.

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL Detox Therapy: See front page Protocol.

Alkaline pH/Mineral Support: The pH Trio (see front page Protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Joint and Bone Healing/Support:** Pr. Bone Health (2 to 3 Vcaps/meal), Pr. Joint & Disc (3 Vcaps/ day), Nucleo Immune (2 to 3 Vcaps, breakfast and lunch)

Pain Relief and Anti-Inflammatory Support: Liver ND™ (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner), Inflammacin™ (3 vcaps on an empty stomach, twice daily), Pr. Joint & Disc (3 Vcaps/ day)

Anti-Infective Support: Allicidin™ (2 Vcaps, 3 times/day), ImmunoVen™ (1 Vcap/day, ramp up to 3 Vcaps/day)

Anti-Inflammatory Support: Inflammacin™ (3 vcaps on an empty stomach, twice daily)

Liver Function Support: Reishi Immune (3 to 6 Vcaps/ day); Max B-ND (½ to 1 tsp. in 2 oz. of water, twice daily); for acute symptoms, add HepatoVen™ (3 Vcaps/meal)

Intestinal Support: Pr. Probiotic (1 to 2 Vgels, 30 minutes before breakfast and dinner), MicroBiome-18™ (1 vcap daily)

Kidney Support: D3 Serum (5 drops daily with meals)

TREATMENT PROTOCOLS

Parathyroid_Support: HM-ND (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner),

Green Tea - ND (½ to 1 tsp. in 2 oz. of water, twice daily)

Special Liver Detoxification: Start with **Mini-Liver Flush** (1 to 2 times weekly for 4 to 6 weeks; see protocol); **Premier Coffee Enemas** (1 to 2/week for 4 weeks)

Other Detox Therapies: Pr. **Organic Castor Oil Packs** (esp. liver, affected joint areas; see front page protocol), **QCI Vial™**, **Medi-Body Packs™** (esp. liver, affected joint areas; see Protocols)

Special Considerations: Especially avoid alcohol (including beer and wine) and fried foods which will typically worsen joint concerns. Avoid other processed foods as well including soft drinks, foods with hydrogenated oils, and other food chemicals.

Adopt a natural whole foods diet. Eat more organic fruit to cleanse the bowels and download the liver. Take daily walks and as much as possible, exercise affected joint areas to strengthen them.

Kidney Concerns

Comments: Often linked to infection in kidneys or urinary tract (often not found by typical lab tests), high protein consumption (esp. red meat), heavy metal toxicity (from silver fillings, etc.), low pH (due to deficient minerals), weak adrenals; toxic liver (liver unable to process toxicity so kidneys become overburdened). If kidneys are weak, impaired lymph drainage is common (and thus lymph detox is needed).

In Oriental Medicine, the main strength of the body lies in the kidneys (energetically speaking). When the kidneys weaken, many symptoms can appear since the kidney energetics play an important role in many bodily processes, including physical strength, energy levels, brain, bones, teeth and fertility.

Symptoms: Low back pain or stiffness, getting up at night to urinate (one or more times); urination symptoms (such as increased frequency, pain or burning on urination, leaking urine with coughing, dribbling, etc.); fluid retention (at ankles or legs); poor stamina, difficulty thinking (poor memory, clarity, attention span), infertility, bone pain or weakness, poor tooth integrity

Comments: Often linked to infection in kidneys or urinary tract (often not found by typical lab tests), high protein consumption (esp. red meat), heavy metal toxicity (from silver fillings, etc.), low pH (due to deficient minerals), weak adrenals; toxic liver (liver unable to process toxicity so kidneys become overburdened). If kidneys are weak, impaired lymph drainage is common (and thus lymph detox is needed).

***Super Food Trio:** Foundation Support for all programs (see front page Protocol) *If the individual has extremely poor kidney function or is in kidney failure, mineral supplements, including coral may further stress the kidneys and are not recommended until kidney function has improved. In these cases, the recommended natural mineral source is*

Pr. Organic Greens Powder. Please note: For most people, Pr. Calcium Magnesium Powder (i.e., coral minerals) are extremely safe and effective and the preferred mineral source (over almost all other mineral supplements).

HCL_Detox_Therapy: See front page Protocols. Please

Note: if kidneys are very weak, then begin HCL Detox very slowly (i.e., very small doses) or wait until kidney function is stronger.

HM_Detox: HM-ND™ (½ to 1 tsp. in 2 oz. of water upon rising and 1 hour after dinner)

Kidney/Urinary Tract Support/Detox: Pr. Aloe Powder (2 to 4 tbsp./day mixed in 4 oz of water or liquid), RenaVen (2 to 6 Vcaps/day)

Anti-Infective Support (for nanobacteria): Cardio-ND (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner); ImmunoVen™ (1 Vcap/day, ramp up to 3 Vcaps/day),

if acute: Olive Leaf Immune™ (2 Vcaps taken at breakfast and lunch)

Biofilm_Purging/Elimination: Allicidin™ (2 Vcaps, 3 times/day)

Low_Cell_Energy: Pr. CoQ-10 (1 vcap 3 times/day) **Hormone/Rejuvenation Support:** Adaptogen-R3 Complex (2 to 4 Vcaps/day), Pr. American Ginseng (1 Vcap daily in the morning), UltraPollen™ (2 to 4 Vcaps/day)

Digestive Support: Pr. Digest (2 Vcaps after each meal with cooked food)

Adrenal_Deficiency_Support: AdrenaVen™ (3 to 6 Vcaps at breakfast and lunch)

Intestinal_Support: Pr. Probiotic (1 to 2 Vgels, 30 minutes before breakfast and dinner), MicroBiome-18™ (1 vcap daily)

Detox_Therapies: Pr. Organic Castor Oil Packs, esp. kidneys (low back), low abdomen; see front page

protocols; **QCI Vial™**, **Medi-Body Packs™** (esp. at kidneys and leg download areas).

Special Considerations: Loss of kidney function, including kidney stones and kidney failure, 80% or more of the time, is linked to nano-bacterial infection. Cardio-ND is known to eliminate nano-bacterial infection, typically a dose of 1 to 2 tsp., breakfast and dinner (use for approximately 4 months). In the event the person is a Pitta-dominant Tridosha body type, this therapy should be discontinued after 2 to 3 weeks and replaced with CardioVen (1 to 3 Vcaps, breakfast and lunch), together with ImmunoVen™ (3 to 6 Vcaps, breakfast and lunch) for 5 to 6 months.

Especially avoid red meat and most commercial protein powders (which contain cross-linked protein which stresses the kidneys). Limit animal protein meals to once/day (or less) at lunch only. Avoid pasteurized milk and soft drinks; drink more fluids, especially purified water and healing teas such as using 2 Vcaps of Hyssinol™ as tea. Eat more vegetables (esp. steamed or as soups) and cultured foods (i.e., homemade kefir); daily walking.

Kidney Stones

Comments: *Worldwide research has linked infection (nano- bacteria) to the formation of kidney stones (these very small bacteria are not found by typical lab tests -- only PCR test- ing); high protein consumption (esp. red meat), heavy metal toxicity (from silver fillings, etc.), low pH (due to deficient minerals, esp. calcium, magnesium and potassium), weak adrenals; toxic liver (liver unable to process toxicity so kidneys become overburdened). Impaired lymph drainage is common and lymphatic detoxification is typically needed.*

Common symptoms: *(Acute) severe pain in low back, flank (sides) or abdominal area, fever, extreme fatigue; kidney stones confirmed by I. V. pyelogram by a doctor*

***Super Food Trio:** Foundation Support for all programs (see front page Protocol) *If the individual has extremely poor kidney function or is in kidney failure, mineral supplements, including coral may further stress the kidneys and are not recommended until kidney function has improved. In these cases, the recommended natural mineral source is Pr. Organic Greens Powder.* Please note: For most people, Pr. Calcium Magnesium Powder i.e., coral minerals) are extremely safe and effective and the preferred mineral source (over almost all other mineral supplements).

HCL Detox Therapy: See front page Protocols. Please note: if kidneys are very weak, then begin HCL Detox very slowly (i.e., very small doses) or wait until kidney function is stronger.

HM_Detox: **HM-ND** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Kidney/Urinary Tract Support/Detox: **Pr. Aloe Powder** (1 scoop mixed in water or liquid), **RenaVen** (2 to 6 Vcaps/day)

Pain Relief/Elimination: **Liver-ND™** (½ to 1 tsp. in 2 oz. of water, one to 2 times daily, upon arising and after dinner, or as needed)

Anti-Inflammatory Support: **Inflammacidin™** (3 vcaps on an empty stomach, twice daily)

To Dissolve Stones: **Fermented Gallbladder-ND** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner); continue for 3 to 6 months, Pr. HCl (4-6 vcaps taken on an empty stomach) -start low and slowly titrate up the dose, For oxalate origin, add Cardio-ND™ (1/2 tsp mixed with 4oz liquid taken twice/day) and Pr. Magnesium Glycinate (3 vcaps/daily).

Digestive Support: **Pr. Digest** (2 Vcaps after each meal with cooked food)

Anti-Infective Support (for nanobacteria): **Cardio-ND** (½ to 1 tsp. in 2 oz. of water upon arising

and 1 hour after dinner); ImmunoVen™ (1 Vcap/day, ramp up to 3 Vcaps/day), if acute: Olive Leaf Immune™ (2 to 4 Vcaps at breakfast and lunch)

Biofilm_Purging/Elimination: Allicidin™ (2 Vcaps, 3 times/day)

Hormone/Rejuvenation_Support: UltraPollen™ (2 to 4 Vcaps/day), Adaptogen-R3™ (2 to 4 Vcaps/day), Estro Flavone (for females, 2 to 4 Vcaps/day)

Adrenal Deficiency Support: AdrenaVen™ (3 to 6 Vcaps at breakfast and lunch)

Intestinal_Support: Pr. Probiotic (1 to 2 Vgels, 30 minutes before breakfast and dinner), MicroBiome-18™ (1 vcap daily)

Detox_Therapies: Pr. Organic Castor Oil Packs, esp. kidneys (low back) and low abdominal area; see front page protocols; QCI Vial™, Medi-Body Packs™ (esp. at kidneys and leg down-load areas).

Special Considerations: Until all stones have passed or been dissolved, adopt an organic, plant-based diet (rich in fresh vegetables) with little or no animal protein. Especially avoid red meat, most commercial protein powders (which contain cross-linked protein, which stresses the kidneys) and food chemicals such as “natural flavors” (MSG), as- partame, etc.

If animal protein is difficult to give up, have organic chicken or fish once or twice per week only and at lunch only (not in the evening). Avoid pasteurized milk, soft drinks and most premade foods. Drink more fluids, especially purified water and healing teas such as Hyssino™ (2 Vcaps per cup hot water); drink 1 to 2 cups daily).

Eat more vegetables (esp. steamed or as soups) and cultured foods (i.e. homemade kefir); daily walking. Avoid eating too much raw food. (When the kidneys are weak, the mingmen fire of the body is low -- too much raw food may weaken it further.) However, foods should not be heated too highly or cooked too long.

Lactase Deficiency (Inability to digest milk) **Digestive Support:** Pr. Digest (1 to 2 Vcaps/meal)

Fatty_Acid_Support: Pr. Colostrum-IgG™ (2 to 6 Vcaps/day)

Anti-Infective_Support: ImmunoVen™ (1 Vcap/day, ramp up to 3 Vcaps/day)

Comments: Avoid milk and milk products; use QCI Vial™ before every meal.

Lens Concerns

- See “Eye Concerns” (Page: 50)

Laxative

- See “Constipation” (Page: 36) **Especially Note:** Pr. Noni (15 to 20 Vcaps/meal; works as a natural, highly effective laxative without addiction)

Liver Concerns

Comments: Liver problems are often linked to poor diet, especially consumption of hydrogenated oils and/or fried foods; infection (including bacterial, viral, fungal, parasitic or a combination of these). Also linked to low pH (deficient minerals), toxic gallbladder, intestinal infection (backup of waste products into liver), heavy metal exposure/toxicity; dental toxicity/infection, severe B complex deficiency.

Comon symptoms: fatigue, joint pain, sinus problems, headache, difficulty sleeping, menstrual/hormonal imbalances, etc.

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL_Detox_Therapy: See front page Protocol.

Alkaline pH/Mineral Support: The **pH Trio** (see front page Protocols; ramp up until 1st morning

urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Anti-Infective**

Support: **Liver-ND™** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner); for chronic symptoms: **Reishi Immune™** (6 to 12 Vcaps/day); for acute symptoms, add Olive Leaf Immune™ (3 Vcaps/meal); Hyssinol™ (1 Vcap, 3 times/day)

Biofilm_Purging/Elimination: **Allicidin™** (2 Vcaps, 3 times/day)

Liver Nutrient_Support: **HepatoVen™** (2 to 6 Vcaps/ day)

Intestinal_Support: Pr. Probiotic (1 to 2 Vgels, 30 minutes before breakfast and dinner), MicroBiome-18™ (1 vcap daily) Galactan™ (2 tablespoons mixed in food or 12 oz water or juice before breakfast and dinner).

Special_Liver_Detoxification: Mini-Liver Flush (1 to 2 times weekly for 4 to 6 weeks; see protocol);

Premier Coffee Enemas (1 to 2/wk for 4 wks)

Other Detox Therapies: Pr. **Organic Castor Oil Packs** (esp. liver, intestines; see front page protocol),

QCI Vial™ (esp. use **QCI Vial™** before each meal), **Medi-Body Packs™** (esp. liver, gallbladder; see protocol)

Special Considerations: Avoid soft drinks, processed foods, foods with hydrogenated oils; adopt a natural whole foods diet. Eat more organic fruit (high content of water) to cleanse the bowels and download the liver. Add in Pr. Multi-vitamin (4 vcaps daily taken with meals to supply the body with whole food derived nutrients to relieve deficiencies).

Lung Concerns

Comments: Lung problems are often linked to a history of smoking and lung infections. May often be hidden parasitic infection, low pH (deficient minerals), weak kidneys, toxic liver/gallbladder, intestinal infection (backup of waste products into lungs), heavy metal exposure/toxicity; dental toxicity/infection.

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

Alkaline pH/Mineral Support: The **pH Trio** (see front page Protocols; ramp up until 1st morning

urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Anti-Infective**

Support: **ImmunoVen™** (1 Vcap/ day, ramp up to 3 Vcaps/day), Hyssinol™ (2 to 4 Vcaps/meal)

Lung/Oxygen_Support: **PneumoVen**(1 to 3 Vcaps/ meal), **Hyssinol™** (3 Vcaps at breakfast and lunch), Pr. **Phyto-Iron** (4 vcaps/ day)

Heart/Blood_Detox_Support: **Cardio-ND™** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner), **CardioVen**(1 Vcap/meal)

Kidney/ Blood_Purification_Support: **RenaVen™** (2 Vcaps/day, ramp up to 6 Vcaps/day)

Intestinal_Support: Pr.. **Probiotic** (1 to 2 Vgels, 30 minutes before breakfast and dinner), **MicroBiome-18™** (1 vcap daily)

Hormone/Rejuvenation_Support: **Adaptogen-R3™** (3 Vcaps at breakfast), **UltraPollen™** (1 Vcap/ meal), Pr. **CoQ-10**(3 Vcaps/day)

Detox_Therapies: Pr. **Organic Castor Oil Packs** (esp. kidneys, intes- tines first, then lungs; see front page protocol), **QCI Vial™** (esp. use **QCI Vial™** before each meal), **Medi-Body Packs™** (esp. kidneys, lungs; see protocol)

Special Considerations: Stop smoking; avoid second-hand smoke and aerosol sprays; avoid soft drinks, processed foods, foods with hydrogenated oils; adopt a natural whole foods diet; evaluate toxic electromagnetic field exposure (esp. in sleeping area)

Lupus

(A “so-called” autoimmune disease, involving infection usually of the kidneys and lungs) –

See “Autoimmune Disease” (Page: 13)

Lyme Disease

Comments: *Lyme disease is a bacterial infection caused by the spirochete (spiral-like) form of a bacterium (Borrelia burgdorferi). Lyme disease was first identified in 1977 just outside Lyme, Connecticut, and has now spread to all 50 states. Some researchers believe that Lyme disease is a genetically engineered, bio-warfare organism. It is now believed that Lyme disease is spread by more vectors than just the deer tick (called the Lyme tick) as originally as- sumed. It is now known that Lyme disease can be spread from person to person by sexual contact, breastfeeding and contaminated water. Often there are few symptoms at first so it is often not caught early. Once it has resided in the body for a period of time, it is more difficult to eradicate as the bacterium may go into a cell-wall deficient form.*

Common symptoms. *In many cases, a large, reddish rash about 2 inches in diameter appears and expands near the site of the tick bite. Sometimes multiple rashes appear. **Early stage:** May be chills and fever, headache, stiff neck, muscle/ joint pain, swollen lymph nodes or often no early symptoms occur. If left untreated (for several months), more serious symptoms may occur, such as arthritis, meningitis, chronic fatigue, heart abnormalities, dizziness, spine and brain symptoms depending on the sites affected.*

Key Concerns. *For this bacterium to infect you, you must first be nutrient deficient. Common imbalances: low pH (deficient minerals), intestinal/digestive dysfunction, liver toxicity, often heavy metal toxicity (such as mercury and cadmium), nutritional deficiency, weak kidneys. Often in- terference fields reflexing to key organs, esp. dental (such as undiagnosed infected teeth, toxic root canals, etc.)*

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL_Detox_Therapy: See front page Protocol.

Alkaline_pH/Mineral_Support: The **pH Trio** (see front page Protocols; ramp up until 1st morning

urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Anti-Infective**

Support: **Allicidin™** (2 Vcaps, 3 times/day), **ImmunoVen™** (1 Vcap/day, ramp up to 3 Vcaps/day); if recent onset within last 30 days (acute): **Olive Leaf Immune™** (2 to 3 Vcaps/meal)

Liver_Detox_Support: **Liver-ND™** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Intestinal_Support: Pr. Probiotic (1 to 2 Vgels, 30 minutes before breakfast and dinner), **MicroBiome-18™** (1 vcap daily)

Skin Healing Support: **Olive Leaf Immune™** (2 vcaps taken twice daily), **Pr. Hair/Skin/Nails** (1 vcap taken 3 times/day with meals), **Pr. Marine Collagen** (1-2 scoops daily mixed in 8oz liquid of choice)

Hormone/Rejuvenation Support: **Adaptogen-R3™** (3 Vcaps at breakfast)

Local Skin_Detox: **Pr. Organic Castor Oil**, apply to the affected area and allow to absorb.

Detox_Therapies: **Pr. Organic Castor Oil Packs**, esp. over liver, tick bite area (if known), other affected areas, see front page protocol; **QCI Vial™**, **Medi-Body Packs™** (esp. liver, affected areas; see Protocol)

Special Considerations: To prevent further tick bites, walk only on hiking trails (avoid walking in high grass/bushes); wear protective clothing; avoid wearing open shoes (such as sandals). Monitor urine pH to be sure that nutrient deficiencies are being corrected. Adopt a whole foods natural diet. Add in Pr. Multi-vitamin (4 vcaps daily taken with meals to supply the body with whole food derived nutrients to relieve deficiencies).

Lymph Drainage

In General: **Inflammacin™** (6 vcaps on an empty stomach)

Kidney_support_often_essential: **RenaVen™** (2-4 Vcaps/meal), Pr. **Glutathione Complex** (1 vcap, 3 times daily)

Lypoma

Comments: A lipoma is a fatty deposit underneath skin, commonly the result of gross dietary imbalance over a long time of heated, damaged fats (a few healthy fats), especially fried fats (such as potato chips and other fried foods). Certain infections at the liver (such as hepatitis) may also impair normal fatty acid metabolism and may induce lipoma formation.

It is essential to detoxify the liver using **Premier Cof-fee Enemas** and support the liver's complex detoxification processes using **Max B-ND™** and **Allicidin™** for the most rapid, long lasting results.

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

Alkaline_pH/Mineral_Support: The **pH Trio** (see front page Protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Anti-Infective_**

Support: **Allicidin™** (2 Vcaps, 3 times/day), **Liver-ND™** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner), **Reishi Immune™** (6 to 12 Vcaps/day); for acute symptoms, add **Olive Leaf Immune™** (3 Vcaps/meal); **ImmunoVen™** (2 to 6 Vcaps/day)

Liver Nutrient_Support: **HepatoVen™** (2 to 6 Vcaps/ day)

B Vitamin_Support/Detox: **Max B-ND™** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

TREATMENT PROTOCOLS

Intestinal Support: Pr.. Probiotic (1 to 2 Vgels, 30 minutes before breakfast and dinner), MicroBiome-18™ (1 vcap daily,) Galactan™ (2 tablespoons mixed in food or 12 oz water or juice before breakfast and dinner)

Local Detoxification of Lipoma: Pr. Organic Castor Oil pack (apply locally to lipoma and cover with gauze overnight for several nights)

Special Liver Detoxification: Green Tea - ND™ Complex (1/2 tsp, 2 to 3 times daily in 4 oz. liquid), Mini-Liver Flush (1 to 2 times weekly for 4 to 6 weeks; see protocol); **Premier Coffee Enemas** (1 to 2/wk for 4 wks)

Other Detox Therapies: Pr. **Organic Castor Oil Packs** (esp. liver, intestines and over lipoma; see front page Protocol), **QCI Vial™** (esp. use **QCI Vial™** before each meal), **Medi-Body Packs™** (esp. liver, gallbladder and over lipoma; see Protocol)

Special Considerations: Reduce saturated fat intake and eliminate hydrogenated oils and fried foods. Avoid soft drinks, processed foods; adopt a whole foods natural diet. Eat more organic fruit (high content of water) to cleanse the bowels and download the liver.

Macular Degeneration

(Degeneration of the macula in the eye) See “Eye Concerns” (Page: 50)

Marathon Training

(Best Nutritional Support)

Comment: Marathon training taxes the very core of your being. There is no room for infection or nutrient deficiency. If either one is present, DNA damage and accelerated aging are the consequences. Be sure how to monitor your morning and evening pH and your rising heart rate to head off serious degenerative consequences.

***Super_Food_Trio:** Foundation Support for all programs (see front page Protocol)

HCL_Detox_Therapy: See front page Protocols

Alkaline_pH/Mineral_Support: The **pH Trio** (see front page Protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Digestive_Support:** **Pr. Digest** (2 to 3 Vcaps/meal that contains cooked food)

Thymus/Fast Recovery Support: **Nucleo Immune™** (2 to 3 Vcaps, breakfast and lunch)

Hormone/Rejuvenation_Support: **Adaptogen-R3™** (4 Vcaps at breakfast), **Pr. American Ginseng** (1 Vcap daily in the morning); older athletes (over age 45)

Superior Protein Support: **Pr. Whey Protein** (8 tbsp. at breakfast mixed in homemade kefir), extra **Pr. Colostrum-IgG™** Powder (2 tbsp./day; may mix in drink)

Antioxidant and Super Energy Support: **Pr. PQQ Complex** (1 vcap taken twice/day with meal) **Pr. Resveratrol** (1 tsp mixed in ½ cup water) (resveratrol for high endurance, circulation and unmatched DNA protection), **Deltanol™** (1 vcap taken daily with meals)

Antioxidant Protection of Brain and Deep Tissue Melatonin-ND™ (1 dropper before bedtime)-also promotes deep sleep esp. when shifting time zones:

Liver Energy_Booster: **Max B-ND™** (½ to 1 tsp. in 2 oz. of water, twice daily)

Pain_Relief/Superior_Recovery_from_Hard_Training: **Liver-ND™** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner), **Pr. Joint & Disc** (3-6 vcaps daily), **Inflamacidin™** (6 vcaps on an empty stomach)

Electrolyte_Balancing: **Pr. Pink Salt** (¼ to ½ tsp. daily;

use on food or a pink in water), **Pr. pH Minerals** (¼-½ tsp diluted in 1-2 liters of water), extra: mix in Canadian Gold Honey (1 tablespoon) -contain glucose which aids in cellular fluid uptake & balance.

Joint_and_Membrane_Protection: **Pr. Aloe Powder** (1 scoop mixed in water, consumed 1-2 times/day), **Pr. Marine Collagen** (2 scoops mixed in water or juice)

Testosterone Support/Maximum Endurance: **Testoster- one Premium** (3 Vcaps, twice daily)

Prevention_of_Muscular_Injury_Support: **Pr. Creatine** (1 scoop daily mixed in water or juice), **Amino hGH** (7 vcaps after dinner or before a workout), **Nucleo Immune™** (3 vcaps daily on an empty stomach or before bed)- contains nucleotides that aid in the recovery of muscle damage.

Muscle>Loading for Maximum Strength: **Pr. Creatine** (1 scoop mixed in water or juice).

Cell-Resonant_Purified_Water: **Purified Water** (3 bottles minimum), protein (½ body weight in grams/day)

Premier_Electrolyte_Maintenance/Detox: **Medi-Soak™** (use twice per week)

Detox Therapies: **Pr. Organic Castor Oil Packs** at liver (see front page protocols), **Medi-Body Packs™**

(esp. at liver, kidneys), **QCI Vial™**

*Special Considerations: Use **unrefined** carbohydrate loading only (no refined carbs).*

Memory Concerns

Comment: *Worldwide research shows that memory dysfunction is linked to toxicity (often heavy metals such as mercury and aluminum), nutritional deficiency and infection (esp. brain, liver). Parasitic infection may be present (and can create foggy memory symptoms). Often liver toxicity; often interference fields reflexing to head, esp. dental (such as undiagnosed infected teeth).*

Common Symptoms: *May be mild memory problems (forgetfulness) but it can progress to severe problems as in Alzheimer's disease.*

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL_Detox_Therapy: See front page Protocols

Brain_Chemistry_Support: **Cognitropic** (4 vcaps daily) **CereVen**(2 to 6 Vcaps/day), **UltraPollen™** (2 to 6 Vcaps/day), **Max B-ND™** (1/2 tsp in 4 oz. water, twice daily)

Brain/Nerve Tissue Support: **NeuroVen**(1 to 6 Vcaps at breakfast and lunch), **Pr. DHA** (1 softgel, 1-2 day with meals, **Pr. Lion's Mane**(3-6 vcaps taken daily with meals).

Anti-Infective Support: **Allicidin™** (2 Vcaps, 3 times/day), **ImmunoVen™** (1 Vcap/day, ramp up to 3 Vcaps/day), **Oregano Oil** (2 to 4 drops/day in 1/4 cup water), **Green Tea-ND™** (1/2 to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Anti-Parasitic_Support: **ParaStat™** (2 to 8 Vcaps/day), **Paratosin™** (3 to 6 Vcaps/day)

Mitochondria/DNA_Repair: **Pr. CoQ-10** (3 Vcaps at breakfast), **Nucleo Immune™** (3-4 vcaps daily on an empty stomach).

Liver Detox/Support: **Liver-ND™** (1/2 to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

HM_Detox: **HM-ND™** (1/2 to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner), incorporate a binder like **Medi-Clay-FX** (1 vcap. 1-2 times daily--empty contents of the capsule(s) into 4 oz. of water, stir well, and consume; best taken away from any medications)

Detox Therapies: **Pr. Organic Castor Oil Packs** at head and neck (see front page protocols), **Medi-Body Packs™** (esp. at liver, kidneys), **QCI Vial™**

Special Considerations: Eliminate all sources of mercury and aluminum such as toxic dental materials, anti-perspirants, aluminum cookware, toxic skin care products, etc. Adopt an organic, whole foods diet. Receive natural sun-light daily. See article "The Overlooked Role of Infection in Neurodegeneration" for more details.

Menopause

Comment: *Menopause is the medical term for the end of a women's menstrual periods. Menopause typically occurs between ages 45 to 60 but can occur earlier than age 45. Menopause also occurs if the ovaries are surgically removed. During menopause, both estrogen and progesterone levels drop to much lower levels (especially progesterone).*

Supplementing the body with natural progesterone in the form of a cream can help to immediately stop uncomfortable symptoms. However, long-term solutions must also address all areas of imbalances.

Common imbalances: low pH (deficient minerals), intestinal/digestive dysfunction, liver toxicity, often

heavy metal toxicity (such as mercury & cadmium), nutritional deficiency, weak kidneys. Often interference fields reflexing to digestion and female organs, esp. dental (such as undiagnosed infected teeth, toxic root canals, etc.)

After menopause (lower hormone levels), women are at higher risk for osteoporosis and heart attacks.

Common Symptoms: Hot flashes (sudden waves of heat that come and go; may disturb sleep), weight gain, digestive disturbances, fatigue, insomnia, night sweats, depression, cloudy thinking, dry vaginal area (painful to have intercourse), dry skin and hair

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

Alkaline pH/Mineral Support: The **pH Trio** (see front page Protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Natural Hormone Support:** **Pr. Radiant Woman** (3 vcaps daily), **Pr. Pregnenolone** (1vcap daily), **Pr. DHEA** (for women: 1 vcap 2 times/day), **Fem Balance-FX™** (1 to 3 Vcaps/ meal), **UltraPollen™** (1 Vcap/ meal), **Estro Flavone™** (natural estrogen replacement) (2 to 6 Vcaps/day)

Xeno-Estrogen Detox: **XenoStat™** (1-2 Vcaps per meal for 2 months); especially important if HRT has been used **Hormone Rejuvenation:** **Adaptogen-R3™** (2 to 4 Vcaps at breakfast), **Pr. Plant Vitamin C** (2 vcap, twice daily)

HM Detox: **HM-ND™** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner), **Medi-Clay-FX** (1 vcap. 1-2 times daily--empty contents of the capsule(s) into 4 oz. of water, stir well, and consume; best taken away from any medications)

Kidney/Adrenal Support: **RenaVen™** (2 to 6 Vcaps/ day), **AdrenaVen™** (2 to 6 Vcaps/day)

Liver Support and Detox Support: **Liver-ND™** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner), **HepatoVen** (1 to 3 Vcaps/day)

Special Liver Detoxification (esp. if severe hot flashes): **Mini-Liver Flush** (1 to 2 times weekly for 4 to 6 weeks; see protocol); **Premier Coffee Enemas** (1 to 2/wk for 4 wks) **Intestinal Support:** **Pr. Probiotic** (1 to 2 Vgels, 30 minutes before breakfast and dinner), **MicroBiome-18™** (1 vcap daily), **Galactan™** (2 tablespoons mixed in food or 12 oz water or juice before breakfast and dinner)

Other Detox Therapies: **Pr. Organic Castor Oil Packs** (esp. liver, kidneys; see front page protocol), **QCI Vial™** (esp. use **QCI Vial™** before each meal), **Medi-Body Packs™** (esp. liver, gallbladder; see protocol)

Special Considerations: Avoid soft drinks, processed foods, foods with hydrogenated oils; adopt a natural whole foods diet. Get adequate exercise and sunlight exposure (stimulates natural hormone balance). Add in Pr. Multi-vitamin (4 vcaps daily taken with meals to supply the body with whole food derived nutrients to relieve deficiencies).

Menstruation, Heavy (Menorrhagia)

See “PMS” (Page: 97)

Mental Clarity

See “Memory Concerns” (Page: 83)

Migraines

See “Headaches” (Page: 69)

Mitral Valve Prolapse

See “Heart Concerns” (Page: 64)

Morning Sickness

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

Kidney Deficiency Support: RenaVen™ (1 Vcap/ meal)

Hormone Support: UltraPollen™ (1 Vcap/meal),

Adrenal Deficiency Support: AdrenaVen™ (3 Vcaps at breakfast and lunch)

Digestive Support: Pr. Digest (2 to 3 Vcaps after each meal with cooked food); use QCI Vial™ before meals

Motion Sickness

For immediate control, drink ginger tea or eat crystallized ginger.

To correct the underlying cause: ***Super Food Trio:** Foundation Support for all programs (see front page Protocol) **Alkaline pH/Mineral Support:** The pH Trio (see front page Protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Brain Support:** CereVen(1 to 3 Vcaps/day)

Anti-Infection Support: Allicidin™ (2 Vcaps, 3 times/day), ImmunoVen™(2 Vcaps/day, ramp up to 6 Vcaps/day)

Detox Therapies: Pr. Organic Castor Oil Packs (esp. stomach, brain, liver, kidneys; see front page protocol), QCI Vial™ (esp. use QCI Vial™ before each meal), Medi-Body Packs™ (esp. liver, gallbladder; see protocol)

Mouth Ulcers

See “Ulcer, Mouth” (Page: 111)

MSG Sensitivity

Comment: MSG is a neurotoxin, not an allergen. MSG is should **not** be consumed by anyone. Avoid all sources of MSG, including soft drinks and foods that contain “natural flavors” (a deceptive name for MSG). When in a restaurant, ask the waiter to avoid using MSG on your food.

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

Hormone Support and Rejuvenation: UltraPollen™ (2 Vcaps/meal)

Liver Support and Detox: Liver-ND™ and/or Pr. Glutathione Complex (1 vcap, 3 times daily) HepatoVen™ (1 to 3 Vcaps/day), CereVen™ (1 to 3 Vcaps/day)

Multiple Sclerosis

***Comment:** Medical authorities label MS an autoimmune disease (when the body is supposedly attacking itself). However, recent research shows that MS as well as other autoimmune diseases are really linked to infections, especially viral. Key focal sites are often the brain and nervous system.*

In addition, there is frequently liver and intestinal toxicity, chemical and/or heavy metal toxicity (such as mercury & aluminum), nutritional deficiencies (especially vitamin C and essential fatty acids and their synergism in cell protection and building of the nerve sheaths [called myelin]); interference with normal cell membranes, esp. of nerve tissue (often due to consumption of trans fats), exterior interference fields reflexing to head and/or spine, esp. dental foci (such as undiagnosed infected teeth).

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

Alkaline pH/Mineral Support: The pH Trio (see front page Protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Brain Chemistry Support:** CereVen™ (2 to 6 Vcaps/ day); CogniTropic™ (4 vcaps daily); Max B-ND™ (1/2 tsp., 2 times daily)

Nerve Support and Regeneration: NeuroVen (3 Vcaps at breakfast and lunch). If radiation exposure, also use Green Tea-ND™ (1 tsp, breakfast and dinner), Pr. Lion's Mane (3-6 vcaps daily taken with meals)

Anti-Infective Support: Allicidin™ (2 Vcaps, 3 times/day), Hyssinol™ (1 Vcap/day, ramp up to 3 Vcaps/day), ImmunoVen™ (1 Vcap/day, ramp up to 3 Vcaps/day)

Mitochondria/DNA Repair: Pr. CoQ-10 (3 Vcaps at breakfast), Nucleo Immune™ (3-6 vcaps daily on an empty stomach)

Fatty Acid/Vitamin C Support for Healthy Myelin Support: Extra Pr. DHA (1-2 softgel daily with meals), Pr. Plant Vitamin C (2 Vcaps/ day, ramp up to 6 Vcaps/day)

Liver Detox/Support: Liver-ND™ (1/2 to 1 tsp. in 2 oz. of water upon rising and 1 hour after dinner,

HM Detox: HM-ND™ (1/2 to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Detox Therapies: Pr. Organic Castor Oil Packs (esp. spine, neck; see front page protocol), QCI Vial™ (esp. use QCI Vial™ before each meal), Medi-Body Packs™ (esp. spine, liver; see protocol)

Special Considerations: Avoid the "bad fats" (trans fats and fried foods). Avoid soft drinks, processed foods, commercial bread. Adopt a natural whole foods diet. Eat more organic fruit (high content of water) to cleanse the bowels and download the liver.

Other Considerations: See article "The Overlooked Role of Infection in Neurodegeneration" for more details.

Nails, Brittle

Comment: For brittle nails, be sure to get adequate mineral support and essential fatty acids. In Oriental Medicine, the liver controls the nails. Liver support/detox is often needed.

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL_Detox_Therapy: See Protocols.

Alkaline_pH/Mineral_Support: The **pH Trio** (see front page Protocol)

Liver_Detox/Support: **Liver-NDTM** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner).

Kidney Deficiency Support: **RenaVen**(1 to 2 Vcaps/meal)

External_Support: Pr. Organic Castor Oil (rub into nails daily).

Detox_Therapies: Pr. **Organic Castor Oil Packs** (esp. liver; see front page Protocol), **QCI VialTM**, **Medi-Body PacksTM** (esp. liver; see Protocol)

Nails, Yellow (Fungal Nails)

Comment: Linked to toxic liver, poor diet, low pH (deficient minerals); may be multiple injuries to foot (creating a deficient meridian flow that allows fungal infection to take place); often linked to toxic dental work (infection, toxic metals) reflexing to feet and toenails. In Oriental Medicine, the liver controls the nails. Liver support/detox is often needed.

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL_Detox_Therapy: See Protocols.

Alkaline_pH/Mineral_Support: The **pH Trio** (see front page Protocol)

Anti-Infection Support: **AllicidinTM** (2 Vcaps, 3 times/day), **ImmunoVenTM** (2 Vcaps/day, ramp up to 6 Vcaps/day)

Liver_Detox/Support: **Liver-NDTM** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner); **Mini-Liver Flush** (one to two times/week for 8 week; see protocols) **Kidney Deficiency Support:** **RenaVen**(1 to 2 Vcaps/meal)

External_Support: Pr. **Organic Castor Oil** (rub into nails daily).

Detox_Therapies: Pr. **Organic Castor Oil Packs** (esp. liver; see front page protocol), **QCI VialTM**, **Medi-Body PacksTM** (esp. liver; see protocol)

Nervousness

See “Anxiety” (Page: 09)

Neurodegeneration

Comment: Neurodegeneration is a general term referring to the gradual degenerative conditions of the body, such as arthritis, heart disease, kidney disease, etc. The ultimate neurodegenerative disease is **cancer**, where multiple body systems have typically broken down and become infected and toxic. Key focal sites are often the brain and nervous system.

In neurodegeneration, there is commonly liver and intestinal toxicity, chemical and/or heavy metal toxicity (such as mercury, cadmium, etc.), nutritional deficiencies (especially vitamin C, essential fatty acids, minerals, etc.), interference with normal cell membrane integrity, esp. of nerve tissue (often due to consumption of trans fats), exterior interference fields reflexing to head and/or spine, esp. dental foci (such as undiagnosed infected teeth).

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL_Detox_Therapy: See Protocols.

Alkaline_pH/Mineral_Support: The **pH Trio** (see front page Protocol)

Super Foods Support: **Deltanol™** (1-3 vcaps daily), **homemade kefir** (½ to 1 cup several times/week), **Pr. Whey Protein** (2 to 4 tbsp. daily mixed with homemade kefir), **Pr. Nutritional Flakes** (1 to 2 tbsp./day mixed in salads or food), **Pr. Turmeric** (3 to 5 Vcaps/week, opened and sprinkled on food 3 to 5 times/week)

Brain Chemistry Support: **CereVen**(2 Vcaps/meal), **Pr. CoQ-10** (1 vcap, 3 times/day), **Pr. Green Tea Extract** (2 vcaps twice daily) **Pr. NADH** (1 to 2 Vcaps emptied under the tongue, early in the day), **Pr. EPA/DHA Marine** (3 softgels or 1 tsp. liquid with breakfast)

Anti-Infective Support: **Allicidin™** (2 Vcaps, 3 times/day), **ImmunoVen™** (1 Vcap/day, ramp up to 3 Vcaps/day)

Nerve Support and Regeneration: **NeuroVen**(3 Vcaps at breakfast and lunch); **Pr. Lion's Mane** (3-6 vcaps daily with meals)

If_radiation_exposure: **Green Tea-ND™** (1 tsp in 2 oz water, breakfast and dinner)

HM_Detox: **HM-ND™** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Kidney/Adrenal_Support: **RenaVen™** (2 to 6 Vcaps/ day), **Pr. American Ginseng** (2 Vcap daily in the morning), **AdrenaVen™** (2 to 6 Vcaps/day)

Liver Support and Detox Support: **Liver-ND™** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner), **HepatoVen** (1 to 3 Vcaps/day)

Liver_Energy_and_Cell_Energy_Boost Max B-ND™ (½ to 1 tsp. in 2 oz. of water, twice daily)

Special Liver Detoxification (esp. if severe hot flashes): **Mini-Liver Flush** (1 to 2 times weekly for 4 to 6 weeks; see protocol); **Premier Coffee Enemas** (1 to 2/wk for 4 wks)

Intestinal_Support: **Pr. Probiotic** (1 to 2 Vgels, 30 minutes before breakfast and dinner), **MicroBiome-18™** (1 vcap daily), **Galactan™** (2 tablespoons mixed in food or 12 oz water or juice before breakfast and dinner)

Hormone Support/ Rejuvenation: **Adaptogen-R3™** (2 to 4 Vcaps at breakfast), **Pr. Plant Vitamin C** (2-4 vcaps daily), **UltraPollen™** (2 to 6 Vcaps/day)

If_taking_cholesterol-lowering_drugs and/or a low cell energy state exists, add **Pr. CoQ-10** (3 Vcaps/day at breakfast)

If eyes are affected: OcuVen(1 to 6 Vcaps at breakfast and lunch)

If homocysteine is elevated: **Phyto Methylate** (2 vcaps daily), Pr. NAC (1 vcap twice daily)

If taking NSAIDS: use Liver-ND™ to clear pain (½ tsp./day in 4 oz. water, once or twice/day [3 or 4 times/ day in special cases] for 2-3 months)

Detox_Therapies: Pr. **Organic Castor Oil Packs** (esp. liver, kidneys; see front page protocol), **QCI Vial™** (esp. use **QCI Vial™** before each meal), **Medi-Body Packs™** (esp. liver, gallbladder; see Protocol)

Special Considerations: Consume an organic, green leafy salad (3 to 5 times/week); use raw, unfiltered apple cider vinegar and raw, unrefined extra virgin olive oil (1 to 2 tbsp. of each mixed together as a salad dressing/daily); organic raw garlic (one clove once/week or more); use Pr. Pink Salt (use in place of regular salt); organic fresh fruit is excellent. Limit animal protein, avoid canned/processed foods, avoid hydrogenated oil, aspartame and MSG (“natural flavors,” etc.). Install EMF Protectors; avoid unnecessary medical drugs.

Night Blindness

See “Eye Concerns” (Page: 50)

OCD

(Obsessive Compulsive Disorder)

Comments: OCD is linked to infection in the brain, often in the frontal lobe (or other sites); often heavy metal toxicity; test interference fields in the head area.

Symptoms: In OCD, the individual obsesses about simple tasks, such as locking and relocking a door 20 times or cleaning something over and over again.

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

Brain Chemistry Support: CereVen(2 to 6 Vcaps/day), NeuroVen(1 to 3 Vcaps breakfast and lunch)

Anti-Infective Support: ImmunoVen™ (1 Vcap/day, ramp up to 3 Vcaps/day) or Allicidin® (2 Vcaps/day, ramp up to 6 Vcaps/day)

Mitochondria/DNA Repair: Pr. CoQ-10 (3 Vcaps at break- fast), Nucleo Immune™ (3-6 vcaps daily on an empty stomach)

Liver Detox/Support: Liver-ND™ (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner), Pr. Glutathione Complex (1 vcap 3 times daily).

HM Detox: HM-ND™ (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Detox Therapies: Pr. Organic Castor Oil Packs at head and neck (see front page protocols), QCI Vial™, Medi-Body Packs™ (see protocol)

Special Considerations: See article “The Overlooked Role of Infection in Neurodegeneration” for more details. Eliminate foods with hydrogenated oil, refined sugar and soft drinks, coffee; increase fresh vegetable intake. Get daily sunshine exposure.

Osgood-Schlatter Disease

(Bone inflammation of shin)

Comment: This disease is a common, temporary condition that causes knee pain in older children and teenagers, especially those who play sports. The connection between the tibia and tendon is particularly vulnerable to stress and injury during times when the bones are growing rapidly, esp. if insufficient minerals and other nutrients are not present. In Oriental Medicine, the liver controls the tendons. Eating a diet with hydrogenated oil, fried foods, etc. can stress the liver. Liver detox is often needed.

Symptoms: pain, tenderness and swelling of the soft tissues at the top of the shin bone, just below the kneecap, may be a bony bump there.

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL Detox Therapy: See Protocols.

Alkaline pH/Mineral Support: The pH Trio (see front page Protocol)

Anti-Infective Support: Pr. Bone Health (2 Vcaps per meal), ImmunoVen™ (1 Vcap/day, ramp up to 3 Vcaps/day)

Liver Detox/ Pain Control: Liver-ND™ (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner, as needed), Pr. Turmeric (2 Vcaps 1 to 3 times/day)

Kidney Support: RenaVen(1 Vcaps/meal)

Hormone Support: UltraPollen™ (2 vcaps, twice daily)

Digestive Support: Pr. Digest (2 Vcaps after each meal with cooked food)

Intestinal Support: Pr. Probiotic (1 to 2 Vgels, 30 minutes before breakfast and dinner), MicroBiome-18™ (1 vcap daily)

Topical Anti-infective Support: Pr. Organic Castor Oil massaged into the affected areas daily.

Detox Therapies: Pr. Organic Castor Oil Packs, esp. kidneys (low back), affected shin areas; see front page protocols; QCI Vial™, Medi-Body Packs™ (esp. at liver, kidneys)

Special Considerations: Avoid agents which tear down bone such as a highly acidic diet (avoid red meat); eliminate foods with hydrogenated oil, fried foods, alcohol, refined sugar and soft drinks, coffee; increase fresh vegetable intake.

Osteoarthritis (OA)

Comment: OA is the most common form of arthritis in the U.S. In OA, there is a gradual breakdown of the cartilage in joints, resulting in joint stiffness, swelling and pain. OA commonly affects the fingers, knees, spine and hips and less frequently the wrists, elbows, shoulders and ankles. OA usually comes on slowly and esp. in those over age 45. At first, joints may ache after exercise or work. Later, the joints degenerate. Not everyone with OA feels pain.

If the joints are red, hot and tender, then it is probably not OA (more likely rheumatoid arthritis).

Often linked to infection in the joints which promotes cartilage destruction; often due to low pH (poor mineral status) and chronic, high protein consumption (esp. red meat) which creates an acid pH (due to heavy mineral loss to buffer the acidic meat proteins), heavy metal toxicity (from silver fillings, etc.); toxic liver.

In Oriental Medicine, the maintenance and flexibility of the joints is controlled by the liver (energetically speaking). Therefore, it is important to detoxify the liver to keep the joints strong.

Common Symptoms: Steady or intermittent pain in a joint, stiffness in a joint after periods of inactivity (sleeping, sitting); swelling or tenderness in one or more joints; crunching feeling or creaking sound when moving a joint (called crepitus)

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL Detox Therapy: See Protocols.

Alkaline pH/Mineral Support: The pH Trio (see front page Protocol)

Anti-Infective Support: Pr. Bone Health(2 Vcaps per meal), ImmunoVen™ (1 Vcap/day, ramp up to 3 Vcaps/day), Allicidin® (2 vcaps daily, ramp up to 6 vcaps/day)

Anti-Inflammatory Support: UltraPollen™ (2 to 4 Vcaps/day), Liver-ND™ (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner) **Hormone/Rejuvenation Support:** Adaptogen-R3™ (2 to 4 Vcaps/day), Estro Flavone (for females, 2 to 4 Vcaps/day), UltraPollen™ (2 vcaps, twice daily))

Digestive Support: Pr. Digest (2 Vcaps after each meal with cooked food)

HM_Detox: HM-ND™ (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Intestinal_Support: Pr. Probiotic (1 to 2 Vgels, 30 minutes before breakfast and dinner), MicroBiome-18™ (1 vcap daily)

Liver Support and Detox Support: Liver-ND™ (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner), HepatoVen (1 to 3 Vcaps/day)

Special Liver Detoxification (esp. if severe hot flashes): Mini-Liver Flush (1 to 2 times weekly for 4 to 6 weeks; see protocol); **Premier Coffee Enemas** (1 to 2/wk for 4 wks)

For Joint Pain (immediate relief): Liver-ND™ (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Detox_Therapies: Pr. **Organic Castor Oil Packs**, esp. liver, affected joints; see front page protocols; **QCI Vial™**, Medi-Body Packs™ (esp. at liver).

Special Considerations: Especially avoid red meat and most commercial protein powders (which contain cross-linked protein, which stresses the kidneys). Limit animal protein meals to once/day (or less) at lunch only. Avoid pasteurized milk, soft drinks, refined white flour/sugar, hydrogenated oils, drink more fluids, especially purified water and healing teas such as using 2 Vcaps of Hyssinol™ (anti-mycoplasmic) as tea. Eliminate coffee. Avoid eating after 7 PM; have main meal at noon only. Eat more vegetables (esp. steamed or as soups) and cultured foods (i.e., homemade kefir); daily walking. Regular sunlight exposure for strong, healthy joints and bones.

Osteoporosis (Bone loss)

Comments: Osteoporosis is not just thin bone but “sick” bone. Often linked to infection in the bone, which dis-rupts the ability of the body to build and maintain healthy bones, leading to degenerative conditions such as neck- arm-shoulder syndromes, difficulty with joints (pain and inflammation), etc.

Osteoporosis typically does **not** resolve by boosting minerals and vitamin D. Often due to chronic, high protein consumption (esp. red meat) which creates an acid pH (due to heavy mineral loss to buffer the acidic meat proteins), heavy metal toxicity (from silver fillings, etc.). Many drugs can promote osteoporosis (and inhibit bone repair) such as calcium channel blockers, diuretics, caffeine (coffee), etc.

In Oriental Medicine, the growth and maintenance of the bones are controlled by the kidneys (energetically speaking). Therefore, it is important to protect and support kidney function.

Common Symptoms: Thinning bone structure as indicated on p-Dexa test; low back pain or stiffness, poor stamina, bone pain or weakness, arm-neck-shoulder syndrome (hard to move arms); joint pain, stiffness or inflexibility

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL_Detox_Therapy: See Protocols.

Alkaline_pH/_Mineral_Support: The pH Trio (see front page Protocol)

Anti-Infective Support: Pr. **Bone Health** (2 Vcaps per meal), ImmunoVen™ (1 Vcap/day, ramp up to 3 Vcaps/day), Pr. Calcium Magnesium Plus (3 vcaps daily)- contains medicinal mushrooms.

Anti-Inflammatory_Support: UltraPollen™ (2 to 4 Vcaps/day), Liver-ND™ (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

TREATMENT PROTOCOLS

Hormone/Rejuvenation_Support: **Adaptogen-R3™** (2 to 4 Vcaps/day), Estro Flavone (for females, 2 to 4 Vcaps/day),

Digestive_Support: **Pr. Digest** (2 Vcaps after each meal with cooked food)

HM_Detox: HM-ND™ (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Kidney_Support/Detox: Pr. Aloe Powder (2 to 4 tbsp./day mixed in 4 oz of water or liquid), RenaVen (2 to 6 Vcaps/day)

Adrenal Deficiency_Support: AdrenaVen™ (3 to 6 Vcaps at breakfast and lunch)

Intestinal_Support: Pr. Probiotic (1 to 2 Vgels, 30 minutes before breakfast and dinner), MicroBiome-18™ (1 vcap daily)

Detox_Therapies: **Pr. Organic Castor Oil Packs**, esp. kidneys (low back), spine; see front page protocols; **QCI Vial™**, Medi-Body Packs™ (esp. at kidneys).

Special Considerations: Especially avoid red meat and most commercial protein powders (which contain cross-linked protein which stresses the kidneys). Limit animal protein meals to once/day (or less) at lunch only. Avoid pasteurized milk, soft drinks, refined white flour/sugar; drink more fluids, especially purified water and healing teas such as using 2 Vcaps of Hyssinol™ (anti-mycoplasmic) as tea. Eliminate coffee. Do not eat after 7 PM; have main meal at noon only. Eat more vegetables (esp. steamed or as soups) and cultured foods (i.e., homemade kefir); daily walking. Regular sunlight exposure for strong, healthy bones.

Pancreas Concerns

Comment: *Worldwide research shows that pancreas dysfunction is often linked to infection in the pancreas (often **viral or nanobacterial**) in addition to infections in other organs - not found by typical lab tests (because the infection is often nanobacteria - very, very small and hard to diagnose). Also low pH (deficient minerals), intestinal/ digestive dysfunction, especially parasitic; often heavy metal toxicity (such as mercury and cadmium), nutritional deficiency, weak kidneys. Often interference fields reflexing to pancreas, esp. dental (such as undiagnosed infected teeth, toxic root canals, etc.)*

Common Symptoms: *Weight gain, digestive disturbances, fatigue, symptoms may lead to diabetes*

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL_Detox_Therapy: See front page Protocol.

Alkaline_pH/Mineral_Support: The **pH Trio** (see front page Protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0)

Pancreas/Blood_Sugar_Support: **PancreVen™** (1 to 3 Vcaps/meal), Green Tea-ND™ (1/2 to 1 tsp. in 2 oz. water upon arising and 1 hr after dinner), Deltanol™ (1 vcap/day), Pr. Whey Protein (4 tbsp. at breakfast)

Digestive_Support: **Pr. Digest** (2 Vcaps after each meal with cooked food)

Vitamin B Complex Support: **Max B ND™** (1/2 tsp. in 2 oz. water, twice daily), Pr. Nutritional Flakes (1 to 2 tbsp. mixed in food daily)

Anti-Infective Support: if chronic: **Cardio-ND™** (1/2 to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner), **Allucidin™** (2 Vcaps, 3 times/day), **ImmunoVen™** (1 Vcap/day, ramp up to 3 Vcaps/day), **Oregano Oil** (2 to 4 drops/day in 1/4 cup water); if recent, acute onset (within last 30 days): **Olive Leaf Immune™** (2 to 3 Vcaps/meal)

Anti-Parasitic Detox: **Paratosin™** (3 to 6 Vcaps/day for 3 to 4 weeks), **ParaStat™** (1 to 2 Vcaps/day, ramp up to 8 Vcaps/day)

Anti-Inflammatory Support: **UltraPollen™** (2 Vcaps, 3 times/day), **Inflammacidin™** (3 vcaps on an empty stomach, twice daily)

Intestinal Support: **Pr. Probiotic** (1 to 2 Vgels, 30 minutes before breakfast and dinner), **Pr. Noni** (2 to 6 Vcaps/day), **MicroBiome-18™** (1 vcap daily)

Hormone/Rejuvenation_Support: **Adaptogen-R3™** (3 Vcaps at breakfast)

HM Detox: **HM-ND™** (1/2 tsp. to 1 tsp. in 2 oz. water upon arising and 1 hr. after dinner), **Medi-Chlorella-FX** (2 Vcaps, 3 times/day)

Kidney_Deficiency Support: **RenaVen™** (2 Vcaps/ day, ramp up to 6 Vcaps/day)

Liver Support/Detox: **HepatoVen** (1 to 3 Vcaps/ day)

Detox Therapies: **Pr. Organic Castor Oil Packs** (esp. liver, intestines, kidneys, pancreas; see front page protocols), **QCI Vial™**, **Medi-Body Packs™** (esp. pancreas and kidneys)

Special Considerations: Avoid refined foods (esp. sugar, white flour); avoid alcohol, red meat; avoid pasteurized dairy (except for homemade kefir). Have moderate protein meals (not high protein – or it creates too much acid; difficult to digest; hard on kidneys to process). Eat a diet high in fresh, organic vegetables (steamed, soups, etc.) and organic, whole grains. Eating fermented seed cheese is especially helpful.

Pap Smear, Abnormal

- See “PMS” protocol (Page: 97)

Parasitic Infection

Comments: Research shows that up to 80% of Americans may have some form of parasitic infection and not realize it. Some researchers estimate up to 95% of people have parasites. Therefore, we recommend a “**Para Purge**” for everyone at least **once or twice per year**.

Linked to a diet high in refined food and highly cooked food; low pH (deficient minerals), intestinal/digestive dysfunction; often heavy metal toxicity (such as mercury & cadmium); overall nutritional deficiency; liver toxicity. Often interference fields reflexing to digestive organs, esp. dental (such as undiagnosed infected teeth, toxic root canals, etc.) Liver/gallbladder cleansing is often needed.

If there are no regular bowel eliminations (at least once/ day), the intestines retain toxic waste for too long and become a breeding ground for parasites. Parasites may influence any organ/gland or area of the body.

If a person has tried dietary changes and many nutritional supplements without improvement in their symptoms, then consider the problem may be due to parasites.

Common Symptoms: Weight gain, digestive disturbances, fatigue, intestinal symptoms (diarrhea or constipation; or alternation of both), headaches, bloating, unusual nerve symptoms (feeling itchy, tingling in certain areas, etc.), waking up at 3 AM. Almost any symptom can be caused by parasites (especially symptoms that do not ever seem to get better no matter what you do).

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

Alkaline pH/Mineral Support: The **pH Trio** (see front page Protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Healthy Colon Support/Detox:** **Galactan™** (2 tablespoons mixed in food or 12 oz water or juice before breakfast and dinner); **Green Tea-ND™** (1/2 tsp. in 2 oz. water, twice daily)

Healthy Intestinal Bacteria Support: **Pr. Probiotic** (1 to 2 Vgels, 30 minutes before breakfast and dinner), **MicroBiome-18™** (1 vcap daily), **Deltanol™** (1 to 2 vcaps/day), **Pr. Colostrum-IgG™** (2-6 vcaps/day) or **Pr. Colostrum-IgG™ Powder** (1 tsp twice/day mixed in water)

Anti-Infective Support: **ParaStat™** (for all O & P except flukes) (2 to 8 Vcaps/day), **Paracidin™** (esp. flukes; usu- ally reside in gallbladder, spleen or pancreas) (2 to 3 Vcaps/ meal for 3-4 weeks), **ImmunoVen™** (2 Vcaps/day, ramp up to 6 Vcaps/day), **Allicidin™** (2 Vcaps/ day, ramp up to 6 Vcaps/day)

Kidney Support: **RenaVen** (1 to 3 Vcaps/day)

Skin-Healing Support: **Olive Leaf Immune™** (2 vcaps taken twice daily), **Pr. Hair/Skin/Nails** (1 vcap taken 3 times/day with meals), **Pr. Marine Collagen** (1-2 scoops daily mixed in 8oz liquid of choice)

Hormonal Support: **UltraPollen™** (1 to 2 Vcaps/ day)

Intestinal Repair Support: **Nucleo Immune™** (3 to 6 Vcaps/meal; supports healing of intestinal lining), **Pr. Colostrum-IgG™ Powder** (1 to 2 tbsp. daily; rich in N-acetyl-neurominic acid for healing and repair for intestines), **Pr. Glutamine** (5-10 Vcaps first thing in the morning); **Pr. Marine Collagen** (1-2 scoops/day)

Detox Therapies: **Pr. Organic Castor Oil Packs** (esp. intestines, kidneys; see front page protocols), **QCI Vial™**, **Medi-Body Packs™**

Liver/Gallbladder Detox: Mini Liver/Gallbladder Flush (once per week for 6 weeks), then the Master Liver/Gall- bladder Flush (see front page protocols).

Special Considerations: Avoid hard to digest foods (esp red meat, commercial dairy); no white flour (very constipating, leading to pocket formation), no white sugar, fried foods, soft drinks. Increase natural fiber by eating more fresh foods, esp. fresh vegetables. Make homemade kefir (high in natural probiotics); drink purified water; get regular exercise (walking helps the peristalsis of the colon and exercises the abdominal muscles).

Parathyroid Concerns

Comments: Often linked to infection in parathyroid glands (often not found by typical lab tests), heavy metal toxicity (from silver fillings or other toxic dental metals) that drain toxic metal ions to accumulate in the thyroid area; low pH (due to deficient minerals), toxic liver stagnation (the liver meridian goes through throat/thyroid area).

Thyroid Dysfunction: Toxicity in the thyroid gland can reflex to the parathyroid glands and cause parathyroid dysfunction but the primary cause can truly be the thyroid. In this case, when the thyroid is detoxified, parathyroid function often returns to normal.

Please note: If the thyroid had been irradiated, then often the parathyroids have been irradiated as well. In this case, detoxification from irradiation is essential, such as using **HM-ND™**

Symptoms of hypoparathyroid dysfunction: muscle spasms (tetany), difficulty sleeping, irritability of the nervous system (twitching), decreased blood calcium and increased blood phosphorus, cataracts

Symptoms of hyperparathyroid dysfunction: Severe bone thinning, non-responsive to mineral or vitamin B therapy, calcium deposits (most notably in kidney)

***Super_Food_Trio:** Foundation Support for all programs (see front page Protocol)

HCL Detox Therapy: See front page Protocols. **Parathyroid Support:** Pr. Noni (1 to 3 Vcaps/meal)

HM Detoxification: HM-ND™ 2 tsp. in 4 oz. water, twice daily), Medi-Clay-FX (1 vcap. 1-2 times daily--empty contents of the capsule(s) into 4 oz. of water, stir well, and consume; best taken away from any medications)

If Radiation Exposure (such as parathyroid radiation treatment): **Green Tea-ND™** /2 tsp in 4 oz. water, twice daily), Deltanol™ (1 vcap taken 3 times/day with meals)

Hormone/Rejuvenation Support: UltraPollen™ (1 to 3 Vcaps/meal),

Detox Therapies: Pr. Organic Castor Oil Packs (esp. liver, thyroid area; see front page protocols); QCI Vial™, Medi-Body Packs™ (esp. parathyroid area to chelate out heavy metals) *Special Considerations:* Find a well trained, metal-free, toxic-free dentist such as Dr. Eriq Nguyen (Irvine, CA) to properly remove silver fillings and other toxic dental materials; replace with biocompatible restorative materials.

Avoid toxic, refined foods, especially soft drinks and refined white sugar, hydrogenated oils and fried foods. Eat more fresh fruits, vegetables and cultured foods (i.e., home-made kefir). Eat more fresh fruits, vegetables and cultured foods (i.e., homemade kefir).

Photosensitivity

(Sunlight or bright lights bother/irritate the eyes) –

See “Eye Concerns” (Page: 50)

PMS (Premenstrual Syndrome)

Comment: PMS is complex of symptoms that a woman may get before and during her menstrual period.

Up to 75% of women experience some form of PMS. PMS can include over 150 different symptoms, ranging from mood swings to weight gain to acne. Symptoms can vary for each woman and even from period to period. Symptoms can be mild to severe to incapacitating.

PMS is linked to a diet high in refined foods and highly cooked food; low pH (deficient minerals), intestinal/digestive dysfunction, liver toxicity; often heavy metal toxicity (such as mercury & cadmium), overall nutritional deficiency, hormone imbalances. Often interference fields reflexing to reproductive organs, esp. dental (such as undiagnosed infected teeth, toxic root canals, etc.) Liver/gallbladder cleansing is often needed.

Common Symptoms: Mood related (depression, anger, anxiety, etc.); pain-related (headache, breast tenderness, joint and muscle pain); nervous system related (insomnia, sleeping too much, fatigue, dizziness, decreased concentration); gastrointestinal related (nausea, diarrhea, bloating, food cravings); skin symptoms (acne, oily skin, greasy or dry hair); other symptoms (weight gain, etc.)

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

Alkaline pH/Mineral Support: The **pH Trio** (see front page Protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0)

Natural Hormone Support: **Fem Balance-FX** (1 to 3 Vcaps/ meal), **UltraPollen™** (1 Vcap/meal), Estro Flavone (natural estrogen) (2 to 6 Vcaps/day) **Hormone Rejuvenation:** **Adaptogen-R3™** (2 to 4 Vcaps at breakfast), **Pr. Plant Vitamin C** (2 vcaps daily)

Xeno-Estrogen Detox: **XenoStat™** (1-2 Vcaps per meal for 2 months or long term)

HM Detox: **HM-ND™** (½ to 1 tsp. in 2 oz. of water upon rising and 1 hour after dinner), **Medi-Clay-FX** (1 vcap. 1-2 times daily--empty contents of the capsule(s) into 4 oz. of water, stir well, and consume; best taken away from any medications)

Kidney/Adrenal Support: **RenaVen™** (2 to 6 Vcaps/ day), **AdrenaVen™** (2 to 6 Vcaps/day)

Liver Support and Detox Support: **Liver-ND™** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner), **HepatoVen** (1 to 3 Vcaps/day)

Special Liver Detoxification (esp. if severe hot flashes): **Mini-Liver Flush** (1 to 2 times weekly for 4 to 6 weeks; see protocol); **Premier Coffee Enemas** (1 to 2/wk for 4 wks) **Intestinal Support:** **Pr. Probiotic** (1 to 2 Vgels, 30 minutes before breakfast and dinner), **MicroBiome-18™** (1 vcap daily, **Galactan™** (2 tablespoons mixed in food or 12 oz water or juice before breakfast and dinner).

If excessive heavy bleeding: **Fem Balance-FX™** (3 Vcaps/meal or more; make a tea using 2 Vcaps per cup; drink 3 times daily); **Liver-ND™** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner); **ErythroPro®** (3 Vcaps, 3 times daily)

If headaches are severe: need Liver detox (see above)

Other Detox Therapies: **Pr. Organic Castor Oil Packs** (esp. liver, kidneys; see front page protocol), **QCI Vial™** (esp. use **QCI Vial™** before each meal), **Medi-Body Packs™** (esp. liver, gallbladder; see Protocol)

Special Considerations: Avoid soft drinks, processed foods, foods with hydrogenated oils; adopt a natural whole foods diet. Get adequate exercise and sunlight exposure (stimulates natural hormone balance).

Polyps (Intestinal)

See “Intestinal Concerns” protocol. (Page: 71)

Also consider: Phyto Methylate (1 to 2 Vcaps/daily), Pr. NAC (1 vcap twice daily), also consider **Max B ND™** (½ tsp. 1 to 2 times daily in 2 oz. of water)

Post-Surgery Support (Support for Best Healing) *Comment: Nutritional support after surgery is especially important because nutritional needs can skyrocket up from 10 to 20 times normal. If sufficient nutrients are not available after surgery, wound healing time and general recovery will be impeded.*

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL Detox Therapy (see front page Protocol) **Recuperation and Healing Support: Nucleo Immune™** (3 to 6 Vcaps at breakfast and lunch)

Anti-Inflammatory_Support: Inflammacin™ (3 vcaps on an empty stomach, twice daily)

Hormone/Rejuvenation_Support: Adaptogen-R3™ (3 at breakfast for at least 3 weeks)

Healthy_Skin_Support: Olive Leaf Immune™ (2 vcaps taken twice daily), **Pr. Hair/Skin/Nails** (1 vcap taken 3 times/day with meals), **Pr. Marine Collagen** (1-2 scoops daily mixed in 8oz liquid of choice)

Intestinal Support: Galactan™ (2 tablespoons mixed in food or 12 oz water or juice before breakfast and dinner); MicroBiome-18™ (1 vcap daily) or Pr. Probiotic (1 to 2 Vgels, 30 minutes before breakfast and dinner)

Healthy_Protein_Support: Whey Protein (one serving/day)

Water/Anti-Dehydration_Support: Purified Water (8 oz. or more daily), add a pinch of Pr. Pink Salt and Pr. pH Minerals (1/4-1/2 tsp diluted in 1-2 liters of water)

Anti-Aging/DNA Repair Support: Nucleo Immune™ (3-6 vcaps daily on an empty stomach), Pr. PQQ Complex (1 vcap twice/day taken with meals)

Liver_Detox_and_Pain_Relief_Support: Liver-ND™ (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner and as often as needed for pain)

Detox Therapies: Pr. Organic Castor Oil Packs (over intestines, affected areas; see front page protocol), **QCI Vial™** (reset 21 days and treat scars), **Medi-Body Packs™** (over affected areas)

Pregnancy & Postpartum Support

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

Alkaline_pH/Mineral_Support: The **pH Trio** (see front page Protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Brain Support:** CereVen (1 to 3 Vcaps/day)

Kidney Support: RenaVen(2 to 6 Vcaps/day)

Adrenal Support: AdrenaVen™ (3 to 6 Vcaps at breakfast and lunch)

Hormone/Rejuvenation Support: Adaptogen-R3™ (3 Vcaps at breakfast), **UltraPollen™** (1 to 2

Vcaps/day)

Intestinal_Support: Pr. Probiotic (1 to 2 Vgels, 30 minutes before breakfast and dinner), MicroBiome-18™ (1 vcap daily)

Healthy Protein Support: **Whey Protein** (one serving/day)

Immune Support: extra Pr. Colostrum (2 to 6 Vcaps/day) **B_Vitamin_Support:** **Max B-ND™** (½ to 1 tsp. in 2 oz. water upon arising and 1 hour after dinner)

Water/Anti-Dehydration Support: Nariwah Water (purified water) (8 oz. or more daily)

Support_Therapies: QCI Vial™ (use before each meal)

Prostatic Hyperplasia (benign)

See “Benign Prostatic Hyperplasia” (Page: 15)

Prostate Concerns

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL_Detox_Therapy: See front page Protocol

Alkaline_pH/_Mineral_Support: The **pH Trio** (see front page Protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Prostate Support:** **ProstaVen**(1 to 3 Vcaps/ meal)

Kidney/Bladder_Support: **RenaVen™** (1 to 3 Vcaps/ meal)

Hormone_Support: **UltraPollen™** (1 to 2 Vcaps/ meal)

Xeno-Estrogen_Detox: **XenoStat™** (1-2 Vcaps per meal for 2 months)

Intestinal_Support: Pr. Probiotic (1 to 2 Vgels, 30 minutes before breakfast and dinner)

Anti-Infective_Support: **Allicidin™** to 2 Vcaps/ meal), **ImmunoVen™** (1 to 3 Vcaps/day), Oregano Oil (1 to 2 drops/day in 1/4 cup water), if acute, Olive Leaf Immune™ (3 to 6 Vcaps at breakfast and lunch) **Antioxidant_Support:** Pr. Astaxanthin Complex (2 vcaps daily with meals)

Detox_Therapies: QCI Vial™, Medi-Body Packs™

Special_Note: Check front teeth for referred interference fields reflexing to prostate; if front teeth are compromised (i.e., root canals, toxic dental metals), it is critical to see a bio-compatible dentistry dentist to replace toxic materials.

Psoriasis

See “Skin Concerns” (Page: 103)

Pulmonary Disease, Chronic Obstructive

See “Chronic Obstructive Pulmonary Lung Disease” (Page: 29)

Radiation_Therapy (overcoming side effects from)

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL Detox Therapy: See front page protocol **Skin_Support: Olive Leaf Immune™** (2 vcaps taken twice daily), **Pr. Hair/Skin/Nails** (1 vcap taken 3 times/day with meals), **Pr. Marine Collagen** (1-2 scoops daily mixed in 8oz liquid of choice)

Radiation_Detox: Green Tea-ND™ (½ to 2 tsp. in 2 oz. of water upon arising)

Liver Detox: Liver-ND™ (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner), **Pr. Glutathione Complex** (1 vcap 3 times/day)

Anti-Infective_Support: Allicidin™ to 2 Vcaps/ meal), **ImmunoVen™** (1 to 3 Vcaps/day)

Anti-Inflammatory_Support: Inflammacidin™ (3 vcaps on an empty stomach, twice daily)

Kidney Support: RenaVen (2 Vcaps/day, ramp up to 6 Vcaps/day)

Immune_Support: extra Pr. Colostrum-IgG™ (6 Vcaps/meal) or use 1 tbsp. **Pr. Colostrum-IgG™ Powder**, best blended in water

Intestinal_Support/Probiotic_Replacement: Pr. Probiotic (1 to 2 Vgels, 30 minutes before breakfast and dinner), **MicroBiome-18™** (1 vcap daily)

Detox Therapies: **Pr. Castor Oil Packs** (over liver, intes- tines, affected skin areas; see front page protocol), **QCI Vial™**, **Medi-Body Packs™** (helps draw out residual radiation)

Raynaud's Disease (Cold fingers)

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL_Detox_Therapy: See front page Protocol

Alkaline_pH/Mineral_Support: The **pH Trio** (see front page Protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **If adrenals weak:** AdrenaVen™ (3 to 6 Vcaps at breakfast and lunch)

If hands red: add HM-ND™ (½ to 1 tsp. upon arising and 1 hour after dinner) and Medi-Chlorella-FX (1 to 6 Vcaps/day)

Hormone_Support: UltraPollen™ (1 to 2 Vcaps/ meal)

Anti-Infective_Support: Allicidin™ (to 2 Vcaps/ meal), ImmunoVen™ (1 to 3 Vcaps/day)

Detox_Therapies: **Pr. Organic Castor Oil Packs** (over liver, kidney s, affected skin areas; see front page protocol), MicroBiome-18™ (1 vcap daily), **QCI Vial™**, **Medi- Body Packs™** (over affected areas, kidneys, liver)

Respiratory Concerns

See “Lung Concerns” (Page: 78)

Retina, Detached

See “Eye Concerns” (Page: 50)

In addition to recommendations under “Eye Concerns,”

please note special support for detached retina: **Pr. Multivitamin** (4 vcaps daily with meals) and **Pr. NAC** (1 vcap twice/day)

Retinopathy

- See “Eye Concerns” (Page: 50)

Rickets

- See “Joint Concerns” and “Bone Concerns” *Comment: Rickets is a childhood disease caused by deficiency of vitamin D and sunlight associated with impaired metabolism of calcium and phosphorus.*

Common Symptoms: pain in the bones of the arms, legs, spine, pelvis; spinal deformities, “bowed” legs, dental problems, weakness, muscle cramps, impaired growth

Rosacea

- See “Acne” (Page: 01)

Shingles (Herpes Zoster)

- See "Skin Concerns" (Page: 103)

Sinus Concerns

Comments: Often linked to underlying infection in the intestines, low pH (due to deficient minerals), toxic dental work or gum infections which may be reflexing to the sinus area (constantly feeding the sinus infection); fungal growth in the sinus area (very common), heavy metal toxicity in the sinus area (from toxic migrating dental metals to sinus area) which allows infections to take hold; also weak adrenal function

Common Symptoms: sinus pain in any of the sinuses (over cheek areas, frontal sinus [low forehead area]), post-nasal drip, frequent colds and flu, nasal sound to the voice

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL_Detox_Therapy: See front page Protocol

Sinus Detox/Support: AllerCaps (3 to 6 Vcaps at breakfast and lunch), UltraPollen™ (1 Vcap/ meal)

Anti-Infective Support: Allicidin™ to 2 Vcaps/ meal), ImmunoVen™ (1 to 3 Vcaps/day), Oregano Oil (1 drop on tongue, 3 times/day)

Topical Sinus Support/Detox: Oregano Oil or Pr. QC Oil (massaged over affected sinus area topically)

Liver Support/Detox: Liver-ND™ (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner), Nucleo Immune™ (3 to 6 Vcaps at breakfast and lunch), HepatoVen (1 to 3 Vcaps/day, ramp up to 6/day)

Intestinal Support/Beneficial Flora: Pr. Probiotic (1 to 2 Vgels, 30 minutes before breakfast and dinner), MicroBiome-18™ (1 vcap daily)

Detox Therapies: Premier Coffee Enemas (2/week for 13 weeks), Pr. Organic Castor Oil Packs (over intestines, affected sinus areas; see front page Protocol), QCI Vial™, Medi-Body Packs™ (liver, intestines, over affected sinus areas)

Special Considerations: Eat main meal at lunch, no food past 7 PM. Many sinus symptoms are completely resolved after intestinal detoxification and re-establishing healthy liver function. Sometimes sinus problems are completely resolved after eliminating a "bad tooth," especially on the upper palate. Avoid toxic oils (esp. hydrogenated oils). Get adequate daily sunlight exposure.

Skin Concerns

Comments: Often linked to hormonal imbalances, deficiency of essential fatty acids, consumption of toxic oils (hydro- genated oil, fried food, etc.), underlying infection (of the skin or other organs), low pH (due to deficient minerals), lack of natural sunlight; toxic intestines (the large intestine is directly related to the body's surface skin in Oriental Medicine).

Hypoadrenal conditions (such as lack of salt in the diet, lack of sleep, protracted stress and poor eating habits) can also lead to chronic skin conditions. Also, weak kidney function can allow the lymph to congest and then the skin is used to dump the waste products.

Special Note: Chronic skin symptoms are also often linked to toxic dental materials and leaking root canal teeth. Root canals contain toxic heavy metals (lead, barium, cadmium) that gradually leach out via the gums into the lymphatic system, which can often congest specific skin areas. Con- ventional root canal fillings should be replaced with bio- compatible dental materials.

Common Symptoms: Fragile, flaky or dry skin; pimples, rashes, nodules, etc.

***Super Food Trio:** Foundation support for all programs (see front page Protocol)

HCL_Detox_Therapy: See front page Protocol

Skin_Nutritional_Support: **Green Tea-ND™** (½ to 2 tsp. in 2 oz. of water upon arising)

Skin_Anti-Infective_Support: **Olive Leaf Immune™** (2 vcaps taken twice daily), **Allicidin™** to 2 Vcaps/meal), **Nucleo Immune™** (2 Vcaps per meal)

Essential Fatty Acid Support: **Pr. Coconut Oil** (1 tbsp./ day)

Intestinal_Restorative/Detox: **Pr. Aloe Powder** (1 scoop 3 to 6 times/day; can be sipped during meals), **Pr. Probiotic** (1 to 2 Vgels, 30 minutes before breakfast and dinner), **ParaStat™** (1 to 3 Vcaps/day), **Pr. Glutamine** (5-10 Vcaps first thing in the morning); **Pr. Marine Collagen** (1-2 scoops/day) **Galactan™** (2 tablespoons mixed in food or 12 oz water or juice before breakfast and dinner)

Hormone_Support/Rejuvenation: **Adaptogen-R3™** (3 Vcaps at breakfast)

Kidney Detox Support (to clear waste products from the lymph): **RenaVen**(2 to 6 Vcaps/day)

Liver Detox: **Liver-ND™** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Skin Metabolism Support: **Max B-ND™** (which contains folate to help overcome a “short circuit” in the citric acid cycle that is linked to psoriasis and other skin concerns) (½ tsp. in 4 oz. water, twice daily)

Topical_Skin_Support/Detox: **Pr. QC Oil Blend** (massage a few drops into affected areas once or twice daily), Combine with **Pr. Organic Castor Oil** and massage into the affected joint areas daily

Detox Therapies: **Pr. Organic Castor Oil Packs** (over intestines, affected skin areas; see front page protocol), **QCI Vial™**, **Medi- Body Packs™** (over affected skin areas, kidneys, liver)

Special Considerations: Many skin symptoms are completely resolved after intestinal detoxification and re-establishing healthy hormone balance. Avoid toxic oils (esp. hydroge- nated oils). Be sure to get indirect daily sunlight exposure (essential for healthy skin). Avoid soft drinks, fried foods, caffeine sources (such as commerical chocolate, coffee) and alcohol, which can aggravate skin conditions.

Avoid toxic skin care products (i.e., those which contain toxic chemicals such as parabens, SLS, etc.) Use Premier Hair and Skin Care Kits.

Sleep Concerns

Comments: Inability to sleep well can be due various fac- tors: a) **Dietary imbalances:** eating too late

before going to bed, esp. difficult to digest foods such as red meat; drinking too much fluid before bed; allergies or reactions to certain foods, drinking stimulants after 2 PM such as coffee or caffeine-containing colas, etc.; reactions to food chemicals such as “natural flavors” (MSG), aspartame, etc.

- *Dietary deficiencies: low pH (due to poor mineral status), inadequate vitamins, antioxidants, essential fatty acids*
- *Certain medications can interfere with normal sleep patterns*
- *Poor sleeping area (too hard or soft bed, synthetic bedding materials, noisy area, too much light in the room, leaving radio or TV on, high electromagnetic fields)*
- *Insufficient sunlight exposure (to stimulate pituitary gland)*
- *Internal infections (esp. parasitic) can often become active at night (creating restlessness and loss of sleep)*
- *Pain: pain anywhere in the body can worsen rest and sleep*
- *Toxicity, esp. heavy metals from dental work, can create an acidic pH and poor ability to rest or sleep. Liver/gall-bladder detox programs are often recommended.*
- *Adrenal stress can result in poor sleep ability.*

General types of insomnia: *Difficulty falling asleep, difficulty staying asleep, difficulty sleeping at least 5 hours continuously, waking up frequently at night or a combination of these factors*

Note: In Oriental medicine, the liver and gallbladder are key meridians which influence the head area. Toxicity in either energetic pathway can result in sleep problems.

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCl_Detox Therapy: See front page Protocols

Alkaline_pH/Mineral_Support: The **pH Trio** (see front page Protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Deep Sleep REM Support:** **Tranquinol™** (2 Vcaps, 1 hr before bed)

HM_Detox: HM-ND™ (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Liver/Gallbladder Support/Detox: **Liver-ND™** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner); **Fermented Gallbladder-ND™** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner); **Mini-Liver Flush** (1 to 2 times weekly for 4 to 6 weeks; see protocol); **Premier Coffee Enemas** (1 to 2/wk for 4 wks)

Adrenal_Deficiency_Support: AdrenaVen™ (3 to 6 Vcaps at breakfast and lunch), **Pr. Aloe Powder** (1 scoop 1 to 3 times/day; can be sipped during meals)

Pituitary/Pineal_Support: Melatonin-ND™ (1 to 2 drops before sleep)

Anti-Infective_Support: Allicidin™ (to 2 Vcaps/ meal), ImmunoVen™ (1 to 3 Vcaps/day; ramp up to 3 Vcaps/day), Nucleo Immune™ (3-6 vcaps daily on an empty stomach)

Hormone/Rejuvenation_Support: **UltraPollen™** (2 to 4 Vcaps/day), **Adaptogen-R3™** (2 to 4 Vcaps/day) **Estro Flavone** (for females, 2 to 4 Vcaps/day)

Digestive_Support: **Pr. Digest** (2 Vcaps after each meal with cooked food), **Pr. Noni** (2 to 8 Vcaps/day)

Allergy_Elimination_Support: AllerCaps (3 to 6 Vcaps at breakfast and lunch)

Intestinal_Support: Pr. Probiotic (1 to 2 Vgels, 30 minutes before breakfast and dinner), MicroBiome-18™ (1 vcap daily)

Detox_Therapies: Pr. **Organic Castor Oil Packs**, esp. adrenals/ kidneys (low back), lower abdomen; see front page Protocols; **QCI Vial™**, Medi-Body Packs™ (esp. at low back, liver).

Special Considerations: Avoid drinking coffee or caffeine drinks (soft drinks) after 2 PM (best to avoid them completely). Avoid difficult to digest foods, esp. red meat. Avoid food chemicals (MSG, aspartame, preservatives, etc.) that can stress the liver and cause sleep problems.

Eat more fresh fruits and vegetables and cultured foods (i.e., homemade kefir); daily walking. Avoid eating after 7 PM; eating within 2 to 3 hours of bedtime can strain the digestion and affect sound sleep. Avoid drinking fluids right before bed. Get 20 to 40 minutes of sunlight outside daily (with nothing between the eye and daylight, such as contact lenses, sunglasses, etc.).

Note: If doing the above and still sleep problems, test the deep sleep points; also test dental areas.

Stress Relief

See “Anxiety” (Page: 09)

Stretch Marks

Comments: Stretch marks which occur during pregnancy or during growth spurts in children are typically due to fatty acid deficiency. There may also be zinc deficiency.

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

Alkaline_pH/Mineral_Support: The **pH Trio** (see front page protocols)

Fatty_Acid_Support: Extra EPA/DHA Marine Liquid (1 tbsp./day), Pr. Coconut Oil (½ to 1 tbsp./day)

Extra_Zinc_Support: Pr. Liquid Zinc Ultra (1 to 2 tsp./day for 6 weeks only)

Topical_Skin_Support: **QC Oil Blend** (apply topically/daily to the affected area)

Antioxidant_Support: Pr. **Astaxanthin Complex** (1 to 2 Vcaps 3 times daily with meals), **Green Tea - ND™** (1/2 to 1 tsp arising in 4 oz water)

Detox_Therapies: **QCI Vial™** therapy

Special Considerations: Especially avoid toxic oils, such as hydrogenated and fried foods. Eat more fresh fruits, vegetables and cultured foods (i.e., homemade kefir).

Sunburn

- (How to treat/prevent sunburn)

Comments: Sunburns create several problems: a) oxidation of fatty acids in the skin b) inflammation c) generation of free radicals in the skin d) overactivity of neurotransmitters **Anti-inflammatory Support and to calm overactive neurotransmitters:** UltraPollen™ (2 to 4 Vcaps per meal),

AdrenaVen™ (3 to 6 Vcaps at breakfast and lunch), Inflammacidin™ (6 vcaps on an empty stomach)

To neutralize free radicals: Pr. Astaxanthin Complex (2 vcaps taken twice/ daily), Deltanol™ (1 vcap taken twice/day with meals)

To prevent/protect from sunburns: Green Tea-ND™ (2 tsp. at breakfast and lunch); also use topically (before sunlight exposure and after)

Overall Skin Support: Pr. Hair/Skin/Nails (1 vcap taken 3 times/day with meals), Pr. Marine Collagen (1-2 scoops daily mixed in 8oz liquid of choice)

Topical Healing Skin Support: QC Oil Blend (apply to affected areas), Medi-Mineral Serum™ (apply ¼ tsp to affected areas, can be left on or washed off once dry)

Special Considerations: If the person is not used to being in the sun for long periods of time, start very slowly with sun exposure time and gradually build up to spending longer times outside.

Teeth Concerns

Comments: Tooth symptoms can often be caused by an infection deep in the tooth (not always visible on the surface of the tooth), root resorption (where the root of the tooth dies), gum infection (bleeding gums almost always mean infection) and residual infection from an osteonecrotic infection (i.e., where an infected tooth was extracted but all the infection in the gum area was not eliminated) and micro-cracks in plastic tooth fillings which have let infection enter under the filling (only detectable by caries dye staining by a dentist).

Toxic Dental Materials. Key underlying causes of infection in teeth can stem from heavy metal toxicity (from silver fillings or other toxic dental metals) that gradually deposit toxic heavy metal ions in the dentin of the tooth and in the surrounding gum tissue, initiating or perpetuating chronic infection, pain and many other symptoms. Particularly toxic dental materials are most composites (plastic-like, white-colored fillings).

Nutritional causes for tooth decay include inadequate nutrient intake, low pH (insufficient minerals), toxic dietary choices such soft drinks and refined sugar, protracted high stress, chemotoxic exposure (i.e., eating pesticided foods, cleaning chemicals, etc.).

Acute Pain in a Tooth: Use Pr. Organic **Castor Oil Pack** on back of neck for 30 min. (see front page Protocol), **Liver-ND™** (1/2 tsp. in 4 oz. water, every 15 minutes until pain in gone -- usually about 4 times); sip a Pr. **Calcium Magnesium** drink (1/2 tsp. powder mixed in 1/4 cup water); **Medi-Dental Pack** (place on area of pain; see Protocols)

General Protocols:

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

Alkaline pH/Mineral Support: The **pH Trio** (see front page Protocols)

HCl Detox Therapy: See front page Protocols

Anti-Infective Support: **Allicidin™** to 2 Vcaps/ meal), **Green Tea-ND™** (1/2 to 1 tsp arising in 4 oz water) (Note: research shows **green tea kills the bacteria responsible for tooth decay** and strengthens tooth structure), **ImmunoVen™** (1 to 3 Vcaps per meal), **Oregano Oil** (5 drops in 4 oz of water daily)

Topical Support: **Medi-Dental Pack** mixed with 1 drop of **Oregano Oil** and 1/4-1/2 tsp Pr. **Coconut Oil** apply locally for tooth pain or sensitivity, receding or bleeding gums and gum pockets.

Tooth Minerals Support: Pr. **Bone Health**(1 to 2 Vcaps/meal)

Intestinal Support: Pr. **Probiotic** (1 to 2 Vgels, 30 minutes before breakfast and dinner), **MicroBiome-18™** (1 vcap daily)

Detox Therapies: Pr. **Organic Castor Oil Packs**, esp. kidneys [low back], neck area; see front page protocols); **QCI Vial™**, **Medi-Dental Pack** (see protocol)

Special Considerations: Find a well-trained holistic dentist such as Dr. Eriq Nguyen (located in Irvine, CA) to properly remove silver fillings and other toxic dental materials; replace with biocompatible restorative materials.

Avoid toxic refined foods, especially soft drinks and refined white sugar, hydrogenated oils and fried foods. Eat more fresh fruits, vegetables and cultured foods (i.e., homemade kefir). Get daily sunlight to strengthen the metabolism of bones and teeth.

Thymus Concerns

Comments: Generally, thymus dysfunction occurs due to long-term chronic infection, typically dental infection (since it is the only infection the body cannot overcome on its own) but also biofilms formed anywhere in the mucus membranes of the body that grow to sufficient size (greater than 15 micrometers) can also function impervious to the immune system and wear down the thymus which is unable to eliminate the infection (so it's like its revved up all the time).

Nutritional causes for thymus dysfunction include inadequate nutrient intake, low pH (insufficient minerals), toxic dietary choices such as soft drinks and refined sugar, protracted high stress, chemotoxic exposure (e.g., eating pesticided foods, cleaning chemicals, etc.), heavy metals from toxic dental restorations (such as silver fillings).

Caution: Long-term use of animal glandulars to support the thymus does not provide what the thymus needs (and may contain infectious prions) and also dangerously allows the underlying infection to grow stronger, unchecked, setting the stage for serious illness, including cancer.

Common symptoms: Fatigue, slow wound healing, low white cell count, frequent colds and flus, sometimes low-grade fever

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCl Detox Therapy: See front page Protocols

Thymus Support: Nucleo Immune™ (2 to 3 Vcaps/ meal), Pr. Noni (1 to 3 Vcaps/meal)

HM Detoxification: HM-ND™ 2 tsp. in 4 oz. water, twice daily), Medi-Clay-FX (1 vcap. 1-2 times daily--empty contents of the capsule(s) into 4 oz. of water, stir well, and consume; best taken away from any medications)

Hormone/ Rejuvenation Support: Pr. Pregnenolone (1vcap daily), UltraPollen™ (1 to 3 Vcaps/meal)

Detox Therapies: Pr. Organic Castor Oil Packs (esp. thymus area; see front page protocols); QCI Vial™, Medi-Body Packs™ (esp. thymus area to chelate out heavy metals/toxins)

Special Considerations: Avoid toxic, refined foods, especially soft drinks and refined white sugar, hydrogenated oils and fried foods. Eat more fresh fruits, vegetables and cultured foods (i.e., homemade kefir). Eat more fresh fruits, vegetables and cultured foods (i.e., homemade kefir). Get daily sunlight exposure (to enhance immune system function). Add in Pr. Multi-vitamin (4 vcaps daily taken with meals to supply the body with whole food derived nutrients to relieve deficiencies).

Thyroid Concerns

Comments: Often linked to infection in thyroid (often not found by typical lab tests), heavy metal toxicity (from silver fillings or other toxic dental metals) that drain toxic metal ions to accumulate in the thyroid area; low pH (due to deficient minerals), toxic liver stagnation (the liver meridian goes through throat/thyroid area).

Parathyroid Dysfunction: Toxicity in the parathyroid glands can reflex to the thyroid and cause thyroid dysfunction but the primary cause is really the parathyroids. In this case, when the parathyroids are detoxified, thyroid function often returns to normal.

Special Note: Low progesterone levels can often create hypothyroid symptoms. Raising progesterone levels to normal by using natural progesterone cream has often eliminated the need to continue thyroid medication.

Symptoms of hypothyroid (underactive thyroid): fatigue, cold hands and feet; weight gain, low libido, depression, slowed heart rate, slowed physical and mental functions, constipation, intolerance to cold

Symptoms of hyperthyroid (overactive thyroid): headaches, bulging eyeballs, high blood pressure, increased heart rate, feeling hot (sweating often), unwanted weight loss even with an increased appetite, hand trembling, nervousness, diarrhea, muscle weakness

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCl Detox Therapy: See front page protocols

Thyroid Support: ThyroVen™ (2 to 3 Vcaps/meal), Pr. Noni(1 to 3 Vcaps/meal)

HM Detoxification: HM-ND™ (2 tsp. in 4 oz. water, twice daily), Medi-Clay-FX (1 vcap. 1-2 times daily--empty contents of the capsule(s) into 4 oz. of water, stir well, and consume; best taken away from any medications)

If Radiation Exposure (such as thyroid radiation treatment): **Green Tea-ND™** (2 tsp in 4 oz. water, twice daily), Pr. Resveratrol (1 tsp in 4 oz. water, twice daily)

Hormone/ Rejuvenation Support: Pr. Pregnenolone (1vcap daily), UltraPollen™ (1 to 3 Vcaps/meal)

Xeno-Estrogen Detox: XenoStat™, rich in marine-source iodine (1-2 Vcaps per meal for 2 months or long term) **Detox Therapies:** Pr. Organic Castor Oil Packs (esp. liver, thyroid area; see front page protocols); QCI Vial™, Medi-Body Packs™ (esp. thyroid area to chelate out heavy metals)

Special Considerations: Find a well-trained holistic dentist such as Dr. Eriq Nguyen (located in Irvine, CA) to properly remove silver fillings and other toxic dental materials; replace with biocompatible restorative materials.

Avoid toxic, refined foods, especially soft drinks and refined white sugar, hydrogenated oils and fried foods. Eat more fresh fruits, vegetables and cultured foods (i.e. home-made kefir). Eat more fresh fruits, vegetables and cultured foods (i.e., homemade kefir).

Tinnitus

(Ringing in the ears)

Comments: Ear ringing is often linked to infection in the kidneys or urinary tract (often not found by typical lab tests); high protein consumption (esp. red meat), heavy metal toxicity (from silver fillings, etc.), low pH (due to deficient minerals), weak adrenals; toxic liver (liver unable to process toxicity so kidneys become overburdened). If kidneys are weak, impaired lymph drainage is common (and thus lymph detox is also needed).

In Oriental Medicine, the main strength of the body lies in the kidneys (energetically speaking). When the kidneys weaken, many symptoms can appear since the kidney energetics play an important role in many bodily processes, including the ears and hearing as well as physical strength, energy levels, brain, bones, teeth and fertility.

Ringing of the ears can also occur after a blow to the head, diving (rising too fast), etc. In these cases, use QRA analysis to identify and eliminate the head trauma area which may be reflexing to the ear.

Common Symptoms: ear ringing may have low or high pitch; it may come and go (the easiest type to eliminate) or be constant (the hardest to eliminate)

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCl Detox Therapy: See front page Protocols

Alkaline_pH/Mineral_Support: The **pH Trio** (see front page protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0)

Kidney_Support: RenaVen (2 to 6 Vcaps/day)

Anti-Infective_Support: **Allicidin**TM to 2 Vcaps/ meal), ImmunoVenTM(1 to 3 Vcaps/day)

HM_Detox: HM-NDTM (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner), Medi-Clay-FX (1 vcap. 1-2 times daily--empty contents of the capsule(s) into 4 oz. of water, stir well, and consume; best taken away from any medications)

Intestinal_Support: Pr. Probiotic (1 to 2 Vgels, 30 minutes before breakfast and dinner), MicroBiome-18TM (1 vcap daily)

Adrenal Deficiency_Support: AdrenaVenTM (3 to 6 Vcaps at breakfast and lunch)

Detox_Therapies: Pr. **Organic Castor Oil Packs**, esp. kidneys (low back), neck, lower abdomen; see front page protocols; **QCI Vial**TM, Medi-Body PacksTM (esp. at low back, liver).

Special Considerations: Especially avoid toxic oils, such as hydrogenated and fried foods. Avoid difficult to digest foods, esp. red meat. Avoid food chemicals (MSG, aspartame, preservatives, etc.) which can stress the kidneys. Eat more fresh fruits, vegetables and cultured foods (i.e., homemade kefir); daily walking. Avoid eating after 7 PM; eating within 2 to 3 hours of bedtime can strain the digestion and kidney load. Avoid drinking fluids right before bed. Get sunlight outside daily.

Ulcerative Colitis

See “Colitis, Ulcerative” (Page: 33)

Ulcers, Mouth

Comments: Mouth ulcers are an infection often due to a pH imbalance in the intestines (too acidic due to deficient minerals), heavy metal toxicity from migrating metal ions from toxic dental work (such as silver fillings, etc.), nutritional imbalances. Other triggers can be high stress (which expends the body's HCl) and disrupts normal bacterial ecology in the mouth.

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCl_Detox_Therapy: See front page Protocols

Anti-Infection Support: Nucleo Immune™ (2 to 3 Vcaps/meal), Green Tea-ND™ /2 tsp in 4 oz. water, twice daily), Pr. Noni (1 to 3 Vcaps/meal)

Anti-Infective_Support_for_Mucus_Membranes: Pr. Aloe Powder (1 scoop 3 to 6 times/day; can be sipped during meals, Paratosis™ (1 vcap taken 3 times/day)

HM Detoxification: HM-ND™ 2 tsp. in 4 oz. water, twice daily), Medi-Clay-FX (1 vcap. 1-2 times daily--empty contents of the capsule(s) into 4 oz. of water, stir well, and consume; best taken away from any medications)

Hormone/ Rejuvenation Support: Pr. Pregnenolone (1vcap daily), UltraPollen™ (1 to 3 Vcaps/meal) (helps stop inflammation); Liver-ND™ 2 tsp. in 4 oz. water, twice daily)

Healthy Skin Support: Liquid Zinc Ultra (1tsp diluted in water or juice)

Healthy Mouth_Bacterial Support: Pr. Probiotic (chew 1 to 2 Vgels, 30 minutes before breakfast and dinner; spit out gelcap)

Topical_Detox_and_Healing_Support: Oregano Oil (apply topically, several times per day), can be further diluted with Pr. Coconut Oil.

Intestinal Support/Detox: Galactan™ (2 tablespoons mixed in food or 12 oz water or juice before breakfast and dinner).

Detox Therapies: Pr. Organic Castor Oil Packs (esp. neck area; see front page protocols); QCI Vial™, Medi-Body Packs™

For Stubborn Cases: Make a tea of 1 to 2 Vcaps of each: ParaStat™ and Hyssinol™ (take 4 times/day).

Special Considerations: Drink neem bark tea often as an soothing, anti-infective agent. Avoid toothpaste or facial soaps with SLS (sodium laurel sulfate).

Avoid toxic, refined foods, especially soft drinks and refined white sugar, hydrogenated oils and fried foods. Eat more fresh fruits, vegetables and cultured foods (i.e., home-made kefir). Eat more fresh fruits, vegetables and cultured foods (i.e., homemade kefir). Get daily sunlight exposure (to enhance immune system function).

Ulcers, Stomach

Comments: Linked to infection, especially giardia, virus and a diet high in refined carbs, cooked foods, highly heated food and excess complete protein (meat, etc.); toxic liver, low pH (deficient minerals), heavy metal toxicity (such as mercury from silver fillings); often infection in the GI tract **Common Symptoms:** pain in stomach after eating, bloating after eating, inability to digest protein well, intestinal gas, weight gain at stomach area

***Super Food Trio:** Foundation support for all programs (see front page Protocol)

Alkaline pH/Mineral Support: The **pH Trio** (see front page Protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0)

Anti-Infective Support: **Allicidin™** to 2 Vcaps/ meal), ImmunoVen™ (1 to 3 Vcaps/day), ramp up to 3 Vcaps/day), **Green Tea-ND™**, a specific for digestive infections (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner), neem bark tea (2 to 3 cups/day)

Digestive Support: **Pr. Digest**(2 Vcaps after every meal with cooked food); GastroVen (1 to 6 Vcaps after meals), **Pr. Noni**(2 to 6 Vcaps/day)

Hormone/Rejuvenation Support: **Adaptogen-R3™** (3 Vcaps at breakfast), **UltraPollen™** (2 Vcaps/day)

Liver Support/Detox: **Liver-ND™** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Intestinal Support: **Pr. Aloe Powder** (1 scoop 3 to 6 times/day; can be sipped during meals), **Pr. Probiotic** (1 to 2 Vgels, 30 minutes before break- fast and dinner), **MicroBiome-18™** (1 vcap daily)

HM Detox: **HM-ND™** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner), **Medi-Clay-FX** (1 vcap. 1-2 times daily--empty contents of the capsule(s) into 4 oz. of water, stir well, and consume; best taken away from any medications)

Detox Therapies: **Pr. Organic Castor Oil Packs** (esp. stomach, liver; see front page protocols), **QCI Vial™**, **Medi-Body Packs™** (see front page Protocols)

Special Considerations: Do not take HCL supplements (may aggravate the ulcer.) Avoid eating past 7 PM, drink sufficient fluids. Avoid refined foods (esp. refined sugar, white flour); avoid alcohol, red meat; avoid dairy (except for homemade kefir). Have moderate protein meals (not high protein – or it creates too much acid; difficult to digest); eat a diet high in fresh organic vegetables (steamed, soups, etc.) and whole grains. Eating fermented seed cheese is especially helpful. Plant enzymes (Pr. Digest) are also very critical.

Urinary Tract Concerns

See “Bladder Concerns” (Page: 15)

Vaginitis

(Inflammation, soreness of vagina)

Comments: *Vaginitis (inflammation, soreness, burning in the vagina) can be due to many factors:*

- *STDs - sexually transmitted diseases*
- *Other infections, such as viral or parasitic*
 - **Dietary influence:** *low pH (due to mineral deficiency), general nutritional deficiency*
 - **Toxicity:** *heavy metal toxicity (such as mercury and aluminum)*
 - **Sexual:** *too much or too abrasive sexual activity; infection from oral sex; toxic spermicides inserted into vagina*
 - **Other key factors:** *Liver infection (draining through vaginal outlet); intestinal/digestive dysfunction (disturbing the vaginal flora); allergic reaction to tampons/ menstrual pads (synthetics); often interference fields (IFs) reflexing to pelvis and vaginal area, esp. episiotomy or C-section scars and dental IFs (such as undiagnosed infected teeth, toxic root canals, infected retromolar spaces, etc.)*

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

Alkaline pH/Mineral Support: The **pH Trio** (see front page Protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0)

Immediate Soothing Effect (calms burning): Pr. Aloe Powder (1 scoop 3 to 6 times/day; can be sipped during meals)

Anti-Infective Support: If chronic: **Alllicidin™** to 2 Vcaps/meal), **ImmunoVen™** (1 Vcap/day, ramp up to 3 Vcaps/day), **Oregano Oil** (2 to 4 drops/day in 1/4 cup water), **Green Tea-ND™** (stops frequent urination, helps hold fluid in tissues, strengthens vaginal lining) (1/2 to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner); if acute symptoms: use **Olive Leaf Immune™** (3 to 6 Vcaps at breakfast and lunch)

Hormone Support: **UltraPollen™** (3 to 6 Vcaps at breakfast and lunch), **Fem Balance-FX™** (1 to 3 Vcaps/meal and for 7 days after symptoms abate), **Pr. Pregnenolone** (1vcap daily) **Estro Flavone™** (1 to 2 Vcaps/meal)

Vaginal Lining Regenerative Support: **Deltanol™** (1vcap taken daily with meals), **Pr. Marine Collagen** (1-2 scoops daily mixed in 8oz liquid of choice), **Pr. Plant Vitamin C** (2 vcaps daily with meals).

Intestinal Support: **Pr. Probiotic** (1 to 2 Vgels, 30 minutes before breakfast and dinner), **MicroBiome-18™** (1 vcap daily) - for healthy bacterial ecology of the vagina

Natural Douche: Mix in 6 to 8 oz of purified water: 1 tsp of **Pr. Calcium Magnesium Powder**, open 1 Vcap of **Alllicidin™**, **Green Tea-ND™**. Lie on back and insert mixture in vagina (using a douche bulb); retain for 10 minutes, then expel fluid. Repeat daily until symptoms are gone.

Detox Therapies: **Pr. Organic Castor Oil Packs** (esp. lower abdominal area; see front page protocols),

QCI Vial™, **Medi-Body Packs™** (see front page Protocols)

Special Considerations: Avoid hard to digest foods (esp. red meat, commercial dairy), which create an acid pH in the body. Avoid refined carbs such as white flour foods (bread, pasta, bagels, crackers, etc.), white sugar, fried foods, soft drinks. Increase natural fiber by eating more fresh foods, esp. fresh, organic vegetables. Make homemade kefir (high in natural probiotics); drink purified water. Get regular exercise, walking for 20 minutes 3 to 4 times per week. Get regular daily sunlight exposure (20 min/day) -- enhances natural hormone synthesis.

Varicose Veins

Comments: *Linked to infection, inability of the body to eliminate waste products, lack of exercise, a diet high in refined carbs, cooked foods, highly heated food and excess complete protein (meat, etc.). In Oriental medicine, varicose veins are linked to liver toxicity and stagnation (and thus, a need for liver cleansing). Also low pH (deficient minerals), heavy metal toxicity (such as mercury from silver fillings); often infection in the GI tract.*

Common Symptoms: *Bluish or purplish veins protruding from legs, especially on posterior legs; sometimes they ache with walking*

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

Vein_Regeneration_Support: **CircuZyme™** (3 vcaps daily), **Pr. Plant Vitamin C** (2 Vcaps per meal), **Pr. Resveratrol** (1 tsp in ½ cup of water).

Liver Detox: **Liver-ND™** (½ to 1 tsp. in 2 oz. of water, upon arising and 1 hour after dinner)

Anti-Infective_Support: **Allicidin™** to 2 Vcaps/ meal), **ImmunoVen™** (1 Vcap/day, ramp up to 3 Vcaps/day), **Green Tea-ND™** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner), **Oregano Oil** (2 to 4 drops/day in ¼ cup water)

Intestinal_Support: **Pr. Probiotic** (1 to 2 Vgels, 30 minutes before breakfast and dinner), **MicroBiome-18™** (1 vcap daily)

Detox_Therapies: **Pr. Organic Castor Oil Packs** (esp. over liver and affected areas; see front page protocols), **QCI Vial™**, **Medi-Body Packs™** (see front page protocols)

Special Considerations: Avoid red meat and commercial dairy, which create an acid pH in the body. Avoid refined carbs such as white flour foods (bread, pasta, bagels, crackers, etc.), white sugar, fried foods, soft drinks. Increase natural fiber by eating more fresh foods, esp. fresh, organic vegetables. Make homemade kefir (high in natural probiotics). Drink purified water. Get regular exercise, walking for 20 minutes, 3 to 4 times per week. Get regular daily sunlight exposure (20 min/day).

Avoid standing for long periods of time. If legs begin to ache, take time to put legs up on a chair so blood can drain and circulate more easily.

Venous Insufficiency, Chronic

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL_Detox_Therapy: See front page Protocols.

Alkaline_pH/_Mineral_Support: The **pH Trio** (see front page protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0)

Kidney_Detox_Support: **RenaVen™** (2 to 4 Vcaps/ day)

Anti-Infective_Support: **Allicidin®** (2-3 Vcaps daily), **Cardio-ND™** (½ to 1 tsp. in 2 oz. of water, 2 to 3 times/day), **ImmunoVen™** (1 Vcap/day, ramp up to 3 Vcaps/day)

Hormone_Support: **Adaptogen-R3™** (3 Vcaps at breakfast)

Antioxidant Support: **Pr. CoQ-10** (3 Vcaps at breakfast) **Special Considerations:** no red meat, get daily sunshine, **QCI Vial™**

Vitiligo

(White, discolored patches of skin)

Comments: *Linked to infection, liver toxicity, **pituitary** ex-haustion (inability to produce sufficient melanin for the skin cells), **adrenal** exhaustion (inability to produce sufficient anti-inflammatory compounds so the infection can influence various skin sites); poor diet that has been chronically deficient in critical nutrients.*

Common symptoms: *White, discolored patches of skin that can appear anywhere on the body (e.g., face, neck, torso, etc.). The spots can be small or large, irregularly shaped areas. Usually, the person is embarrassed by these skin problems and often uses cosmetics to cover them up.*

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL_Detox_Therapy: See front page Protocols

Healthy_Skin_Support: **Olive Leaf Immune™** (2 vcaps taken twice daily), **Pr. Hair/Skin/Nails** (1 vcap taken 3 times/day with meals), **Pr. Marine Collagen** (1-2 scoops daily mixed in 8oz liquid of choice)

Anti-infective_Support: Allicidin™ to 2 Vcaps/ meal), ImmunoVen™ (2 Vcaps/day, ramp up to 6 Vcaps/day)

Hormone_Support: **Adaptogen-R3™** (3 Vcaps at breakfast)

Adrenal_Support: **AdrenaVen™** (3 to 6 Vcaps at break- fast), **Max B-ND™** (to strengthen adrenals)

Liver_Detox_Support: **Liver-ND™** (½ to 1 tsp. in 2 oz. of water, upon arising and 1 hour after dinner)

Topical Skin Support: Oregano Oil or QC Oil Blend (massage a few drops into affected areas daily)

Intestinal/Probiotic_Support: Pr. Probiotic (1 to 2 Vgels, 30 minutes before breakfast and dinner), MicroBiome-18™ (1 vcap daily)

Detox_Therapies: **Pr. Organic Castor Oil Packs** (esp. over liver and affected areas; see front page protocols), **QCI Vial™**, **Medi-Body Packs™** (see front page protocols)

Special Considerations: Adopt a whole foods, natural diet, rich in organic fruits and vegetables. Avoid “anti-skin” foods such as hydrogenated oil (trans fat), MSG (“natural flavors”), fried foods, refined flour and sugar. Add in Pr. Multi-vitamin (4 vcaps daily taken with meals to supply the body with whole food derived nutrients to relieve deficiencies).

Warts (Viral infection of the skin)

Comments: Worldwide research shows that warts are typically viral growths of opportunistic nature, allowed to grow due to a defect in the immune response. Systemic immune-specific therapeutic as well as topical therapy provides long-lasting, excellent results. Often thymus deficiency.

Symptoms: A fleshy protuberance anywhere on the body, such as hands or neck; warts usually do not bleed or hurt; any changes in warts (e.g., growing larger, darker or bleeding) is a risk factor for cancer.

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

HCL_Detox_Therapy: See front page Protocols.

Alkaline_pH/Mineral_Support: The **pH Trio** (see front page Protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Anti-Infective**

Support: **Allicidin™** to 2 Vcaps/ meal), **ImmunoVen™** (2 to 6 Vcaps/day), **Green Tea-ND™** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner), **Oregano Oil** (2 to 4 drops/day in ¼ cup water)

Thymus_Support: **Nucleo Immune™** (2 Vcaps per meal)

Skin_Anti-Viral_Support: **Olive Leaf Immune™** (2 vcaps taken twice daily), **QC Oil Blend** (apply locally over wart and cover with gauze overnight)

Digestive Support: **Pr. Digest** (2 Vcaps after every meal with cooked food)

Hormone/Rejuvenation_Support: **Adaptogen-R3™** (3 Vcaps at breakfast), **UltraPollen™** (2 Vcaps/day)

Liver_Support/Detox: **Liver-ND™** (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Intestinal_Support: **Pr. Probiotic** (1 to 2 Vgels, 30 minutes before breakfast and dinner), **MicroBiome-18™** (1 vcap daily) - for healthy bacterial ecology of the intestines (usually there are biofilm colonies in the intestines allowing the growth of warts elsewhere)

Detox_Therapies: **Pr. Organic Castor Oil Packs** (esp. kidneys, liver and affected skin areas; see front page protocols), **QCI Vial™**, **Medi-Body Packs™** (see front page Protocols)

Special Considerations: Avoid hard to digest foods (esp. red meat, commercial dairy), which create an acid pH in the body (which encourages viral infection). Avoid refined carbs such as white flour foods (bread, pasta, bagels, crackers, etc.), white sugar, fried foods, soft drinks. Increase natural fiber by eating more fresh foods, esp. fresh, organic veg- etables. Make homemade kefir (high in natural probiotics); drink purified water. Get regular exercise, walking for 20 minutes, 3 to 4 times per week. Get regular daily sunlight exposure (20 min/day).

Weight Loss

Comments: Worldwide research shows being overweight is frequently linked to insulin resistance (especially due to a diet high in refined carbohydrates).

Other key factors: Infection in the pancreas and other organs; intestinal/ digestive dysfunction, especially parasitic (which can lead to a large amount of weight gain resistant to dietary therapy); heavy metal toxicity (such as mercury and aluminum), nutritional deficiency, esp. mineral deficiency; often interference fields (IFs) reflexing to digestive organs, esp. dental IFs (such as undiagnosed infected teeth, toxic root canals, infected retromolar spaces, etc.)

***Super Food Trio:** Foundation Support for all programs

HCl_Detox_Therapy: See front page Protocols.

Alkaline_pH/Mineral_Support: The **pH Trio** (see front page Protocols; ramp up until 1st morning

urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0)

Anti-Infective Support: Allicidin™ (to 2 Vcaps/ meal), ImmunoVen™ (1 Vcap/day, ramp up to 3 Vcaps/day)

Anti-Parasitic Support: ParaStat™ (1 to 2 Vcaps/day, ramp up to 8 Vcaps/day)

Blood Sugar Management (Antioxidant Support): PancreVen™ (1 to 3 Vcaps/meal), Deltanol™ (1-2 vcaps with meals), Pr. Whey Protein (4 tbsp. at breakfast)

Fat Loss: Lean Advantage™ (2-3 vcaps at breakfast and lunch; take before 2 pm)

Intestinal Support: Pr. Probiotic (1 to 2 Vgels, 30 minutes before breakfast and dinner), MicroBiome-18™ (1 vcap daily), Galactan™ (2 tablespoons mixed in food or 12 oz water or juice before breakfast and dinner).

Hormone/Rejuvenation Support: Adaptogen-R3™ (3 Vcaps at breakfast) Pr. Probiotic (1 to 2 Vgels, 30 minutes before breakfast and dinner)

Exercise/Workout Recovery Support: Pr. Colostrum-IgG™ (2 to 6 Vcaps/day) or Pr. Colostrum-IgG™ Powder (1 tablespoon twice/day mixed in water)

Critical Liver Detox/Weight Management Support: Max B-ND™ (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner)

Detox Therapies: Pr. Organic Castor Oil Packs (esp. liver, abdomen, see front page protocols), QCI Vial™, Medi-Body Packs™ (esp. kidneys, liver; see protocols)

Emotional Issues: If emotional issues about food are present: do ERT (Emotional Repolarization Technique)

Special Considerations: Avoid hard-to-digest foods (esp. red meat, commercial dairy). Avoid refined carbs such as white flour foods (bread, pasta, bagels, crackers, etc.) -- they help create insulin resistance, which leads to weight gain. Avoid white sugar, fried foods, soft drinks (all linked to abnormal weight gain). Increase natural fiber by eating more fresh foods, esp. fresh, organic vegetables. Make homemade kefir (high in natural probiotics); drink purified water. Add in Pr. Multi-vitamin (4 vcaps daily taken with meals to supply the body with whole food derived nutrients to relieve deficiencies).

Get regular exercise, walking for 20 minutes, 3 to 4 times per week (helps burn calories, decreases appetite); daily sunlight exposure (20 min/day), which helps decrease cravings and enhances natural hormone synthesis (to keep you slim).

Wilson's Disease

(Toxic copper buildup in liver)

Comments: Zinc and Vitamin C assist in preventing excess copper uptake and absorption. Resveratrol, particularly trans-resveratrol, is a potent copper chelating agent. Reishi helps to restore normal genetic function of the liver, thus reversing the tendency for copper accumulation in the liver and is a natural rejuvenate to the liver.

Key importance: Identify and eliminate the source(s) of toxic copper and any liver interference fields.

***Super Food Trio:** Foundation Support for all programs (see front page Protocol)

TREATMENT PROTOCOLS

Alkaline pH/ Mineral Support: the pH Trio (see front page protocols; ramp up until 1st morning urine pH is 6.4 to 7.0 and evening urine pH just before dinner is also 6.4 to 7.0) **Anti-Infective Support:**

Liver-ND™ (½ to 1 tsp. in 2 oz. of water upon arising and 1 hour after dinner), **Reishi Immune™** (6 to 12 Vcaps/day); Liquid Zinc Ultra (1 tsp daily diluted in water or juice), Pr. Vitamin C (2-3 vcaps daily), Pr. Resveratrol (1 tsp mixed in ½ cup water daily)

Liver Nutrient_Support: **HepatoVen™** (2 to 6 Vcaps/ day)

Intestinal_Support: Pr. Probiotic (1 to 2 Vgels, 30 minutes before breakfast and dinner), MicroBiome-18™ (1 vcap daily), Galactan™ (2 tablespoons mixed in food or 12 oz water or juice before breakfast and dinner).

Liver_Detoxification: **Mini-Liver Flush** (1 to 2 times weekly for 4 to 6 weeks; see protocol); **Premier Coffee Enemas** (1 to 2/wk for 4 wks); **Pr. Coconut Oil** (start with 1 tsp. daily mixed in food, ramp up to 3 Tbsp./daily) **Other Detox Therapies:** **Pr. Organic Castor Oil Packs** (esp. liver, intestines; see front page protocol), **QCI Vial™** (esp. use **QCI Vial™** before each meal), **Medi-Body Packs™** (esp. liver, see protocol)

Special Considerations: Identify and eliminate source of toxic copper and any other toxic chemical exposure. Adopt a natural whole foods diet. Eat more organic fruit (high content of water) to cleanse the bowels and download the liver. Consume 1 to 2 tbsp. of homemade sunflower seed cheese, 3 to 5 times/week (see recipe).

Avoid soft drinks, processed foods, foods with hydrogenated oils and preservatives.