Mentoring the Mentor

 Whenever needed …

 We all have reservoirs of life to draw upon, of which we do not dream.

 William James

Mentor goals:

- To declare what is possible and establish a commitment to that possibility
- Address personal and professional barriers limiting the ability to serve
- Evolution of vision/mission/ethics that drive success
- Create immediate action steps to apply learning and growth
- Construct the round table of applied trophologists
Mentoring the mentor:

- Who are the mentors? – Practitioners
- Who are we mentoring? – Patients and GAP
- What’s the purpose? – Optimized life
- How does it work? – Whatever you learn you teach someone else (anyone else)
- Who’s is included? – Self selection, you pick yourself

Mentoring the mentor:

- Each participant attends monthly teleconferences (1 hour in duration, 4th Wednesday of every 2nd month) creating a round table discussion/exploration of the dynamics and details of a nutrition-based holistic practice
- Each participant chooses how to convey the notes and information to their world and community – no information squandering

Review - Distinguish yourself

- It is more apparent why people are choosing alternative health care professionals who specialize in a functional approach
- No matter you specialty or technique you must distinguish yourself as an expert – people are just seeking to understand and they need you to do so
- Typically in the healthcare industry people are receiving shallow answers that leave them puzzled with the mystery of “Why is this happening to me?” and “What can I do about it?”
- Trends research over 10 years ago identified a number of factors essential to being successful in the nutritional field – one of those was establishing yourself as an expert
Mentor Considerations

Basic considerations of Standard Process and MediHerb products that help accomplish strengthening the seven pillars

To elaborate the clinician’s ability to promote wellness

Seven Pillars
A Brief Review

Promoting Physiology
7 Pillars of Healing
7 Unified Mechanisms of Health

- Endocrine/Hormonal
- Glycemic Management
- pH Bioterrain
- Inflammatory status
- Immune burdens
- Circulatory Status
- Digestive Potency

#1 Core Physiologic Principle

- Sympathetic
- Adaptive response - adaptation
- Glucocorticoid/Immunologic
- Depletion of organ reserve and nutrient/mineral substrates
  - Reduced homeostatic mechanisms
  - Stress hyper/hypo reactivity
  - Altered psychoneuroimmunologic mechanisms

- Nutrient depletion - target fortification
- Symptoms: physical/personality modulation
- Disease diagnosis - chronic progression
- Medical/surgical - diagnosis, Drug & Surgery
- Death

Enhanced physiology/personality

- Insulin/Cortisol Dysregulation
- Digestive Potency
- pH Bioterrain
- Toxicity, Infection & Infestation
- Arterial, Venous & Lymphatic Competence
- Inflammatory Status
- Cumulative Repair Deficit
- Hormonal/endocrine adaptation
- Enhanced physiology/personality

- Disease diagnosis - chronic progression
- Medical/surgical - diagnosis, Drug & Surgery
- Nutrient depletion - target fortification
- Death

Enhanced physiology/personality
Endocrine Axis Support

- **Symplex F/M:**
  - Pituitrophin PMG
  - Thyrophin PMG
  - Drenatrophin PMG
  - Orchic PMG

- **Hypthalmex:**
  - Hypothalamus cytosol extract

- **Hypothalmus:**
  - Hypothalamus PMG

- **Black Currant Seed Oil:**
  - Omega 6 fatty acids (19 times more Gamma Linoleic Acid)

- **Folic Acid/B12:**
  - Folic Acid support and detox support, DNA/RNA transcription

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**Endocrine Axis Support**

- Start with general HPTA support for 2-3 months and then target individual glands for further strengthening.
- Symplex F/M typically reduce to maintenance minor sustaining dosage (1-2/day).

**Individual gland strengthening:**

- **Pineal** - Folic Acid (6)
- **Anterior Pituitary** - Pituitrophin PMG(6), E-Manganese(6)
- **Posterior Pituitary** - Pituitrophin(6), Trace Minerals/B12(6)
- **Thyroid Hypo** - Thyrophin PMG(6), Thyroid Complex(4), Prolamine Iodine (1/2/3/4) or other source of iodine, Cataplex E(6) or other source of selenium
- **Hyper Thyroid** - Bugelweed (1-2 tsp), Motherwort (1-2 tsp with heart arrhythmias)
- **Thymus** - Thymus PMG(6), Immuplex(6)
- **Pancreas** - Pancreatrophin (6), Paraplex(6), Cataplex GTF(6)
- **Adrenals** - Drenamin(6), Drenatrophin PMG, Whole Dissociated Adrenal (4), Eleuthero (4), Withania (4)
- **Gonads** - Wheat germ Oil Fort. (4), Wild Yam Complex (4), Tribulus (4), Forti B12 (4)
- **Male** - Orchic PMG, Super EFF (4), Prost-x (6)
- **Female** - Ovex (6), Ovatrophin (6), Dong Quai (4), Utrophin (6)

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**Proprietary Blend: 138 mg Magnesium citrate, bovine ovary PMG™ extract, bovine adrenal PMG™ extract, bovine pituitary PMG™ extract, and bovine thyroid PMG™ extract (processed to substantially remove its thyroxine).**

**Proprietary Blend: 137 mg Magnesium citrate, bovine orchic PMG™ extract, bovine adrenal PMG™ extract, bovine pituitary PMG™ extract, and bovine thyroid PMG™ extract (processed to substantially remove its thyroxine).**
Hypothalmex

Proprietary Blend: 200 mg Porcine hypothalamus Cytosol™ extract† and magnesium citrate.

Hypothalmus PMG

Proprietary Blend: 205 mg Porcine hypothalamus PMG™ extract† and magnesium citrate.

Black Currant Seed Oil

Black Currant (Seed) Oil 320 mg †
Gamma-linolenic Acid 47 mg †
Horsetail

Horsetail herb 1:2 extract from *Equisetum arvense* herb 2.5 g 5ml

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Folic Acid B₁₂

Proprietary Blend: 350 mg
Carrot (root), calcium ascorbate, bovine liver, porcine stomach parenchyma, defatted wheat germ, bovine thymus, ovine spleen, bovine adrenal Cytosol™ extract, cat flour, and ascorbic acid.
Hypothalamus
Blood/Brain Barrier

Parvocellular neurons of the Paraventricular Nuclei release CRH in response to perceived stress

Corticotrophin Releasing Hormone

Paraventricular Nuclei

ACTH Adrenocorticotropic Hormone

Adrenal Cortex

Adrenal Complex
Tyrosine
Reduce cortisol resistance

Cortisol elevation provides negative feedback to paraventricular nuclei decreasing CRH

Promotes Aldosterone release
“mineralocorticoid”

Androgenic hormones
Androstenidione, testosterone, DHT, progesterone

Calcium 60 mg Licorice root 7:1 extract from Glycyrrhiza glabra root 1.75 g Containing glycyrrhizin 25 mg

Rehmannia rhizome 5:1 extract from Rehmannia glutinosa rhizome 750 mg

Calcium 60 mg Skullcap herb 4:1 extract from Scutellaria lateriflora herb 470 mg

Licorice root 7:1 extract from Glycyrrhiza glabra root 750 mg 107.15 mg

Withania (Ashwagandha) root 10:1 extract from Withania somnifera root 950 mg 95 mg

Korean Ginseng root 5:1 extract from Panax ginseng root 100 mg Containing ginsenosides* 1.68 mg 20 mg
Ashwaganda root 1:1 extract
from Withania somnifera root 5.0 g
5 mL  
Containing withanolides 10 mg

Estrogen Dominance

<< Estrogen build up due to insufficient metabolic processing
resulting in elevated conjugated estrogen congestion and
resultant diminished estrogen production and subsequent
deficiency

Liver deficiency ➔ Incomplete estrogen metabolism ➔
Conjugated estrogen congestion ➔
Aberrant hyper-proliferative signaling ➔
Reduced estrogen production ➔
Estrogen deficiency symptoms

Estrogen Dominance is estrogen congestion causing estrogen deficiency

The answer is always hepatic up-regulation of Phase I & II pathways to clear
conjugated estrogens

- Cruciferous Complete (4), Greenfood (4), Livaplex (4), Vitanox (4)

Detox – Phase I & II

- Cruciferous Complete (2), Folic Acid
- B6 Niacinamide, SP Complete
- B6 Niacinamide, SP Complete
- H2O
- Cysteine, NAC
- Methionine

Cruciferous Complete™

Supplement Facts
See Hypo Sticker - capsule
Amount per Serving:
Calcium .3

Vitamin A 4 mcg
Vitamin C 2 mg

Other Ingredients: Plantago ovata husk powder, and cellulose (capsule).

SP Green Food™

Proprietary Blend: 450 mg

Other Ingredients: Plantago ovata husk powder, and cellulose (capsule).

Femco

Calcium 70 mg

Schisandra fruit 6:1 extract from Schisandra chinensis 166.6 mg

White Peony root 4:1 extract from Paeonia lactiflora root 187.5 mg

Shatavari root 6:1 extract from Asparagus racemosus root 100 mg
Chaste Tree

- Calcium 60 mg
- Chaste Tree fruit 6:1 extract from *Vitex agnus-castus* fruit 83.3 mg

Wild Yam Complex

- Wild Yam root & rhizome 4:1 extract from *Dioscorea villosa* root & rhizome 100 mg
- Shatavari root 4:1 extract from *Asparagus racemosus* root 100 mg
- St John's Wort herb flowering top 6:1 extract from *Hypericum perforatum* herb flowering top Containing hypericins 100 mg
- Sage aerial parts 5:1 extract from *Salvia officinalis* aerial parts herb 58 mg
- Black Cohosh root 5:1 extract from *Actaea racemosa* root 20 mg
- Korean Ginseng root 5:1 extract from *Panax ginseng* root 15 mg
- Containing ginsenosides* 1.3 mg

Tribulus

- Tribulus herb (aerial parts) 55:1 extract from *Tribulus terrestris* herb (aerial parts) 245 mg
- Containing furostanol saponins as protodioscin 100 mg
2 - Glycemic Management

- Phase II diet limiting glycemic index
- Phase I diet amplifies metabolic modulation
- Prevent insulin/cortisol spikes
- Eat protein 3 times each day
- 40/30/30 CHO/protein/fat
- Starches cause sugar cravings
- Resolve food cravings with protein and fat
- Increase cyclic AMP, promote glycolysis

#2 Core Physiologic Principal

Carbs & Hormones

Anabolic Adaptation


Catabolic shift


Phase II diet for balancing blood chemistry (called from Maret Page’s work):

Removing specific foods control skin blood sugar, which decreases TIR sugar down to near fast glucose levels.

The diet and menu suggestions are to remove, fruits, bread, white potatoes, and rice

Who Health Associates Life Center, Kennewick, WA 99336
The Detox and Weight Loss Program

Protocol – Glycemic Pillar
- General Glycemic Regulation:
  - Phase III Diet
  - Gymnema (6) minimal dose dependant effects receptors
  - Protefood (6)
  - Whey Pro Complete (2Tbsp)
- Adrenal / Cortisol Regulation:
  - Drenamin (6)
  - Adrenal Complex (2)
  - Protefood (6)
  - Nutrimore (4)
- Pancreas Support:
  - Pancreatin (6)
  - Paraplex (6)
  - Cataplex GTF (6)
  - Zinc Liver Chelate / Chezyn (6)
- Glycogen Reserve (Liver):
  - AF Betaplex (14)
  - Livaplex (6)
- Yeast Overgrowth Control:
  - Gut Flora Complex (4)
  - Prebiotic Insulin (1 tsp)
Glycemic Management – How to steward transformation

- **Step One:** Phase II Diet, Whey Pro Complete (2 Tbsn), L-Glutamine (1.5 g)
- **Step Two:** Phase I Diet, fruit elimination, 6 meals per day, Protefood (6), Nutrinova (4)
- **Step Three:** Stimulant Elimination, Food Allergy removal
- **Step Four:** Thyroid Support, Barnes Thyroid Temperature Monitoring, Iodine Patch Testing, Prolamine iodine (1-6)
- **Step Five:** Insulin Receptor Sensitivity Recovery, Gymnema (6) minimal dose, Zinc Liver Chelate (6), Chiazym (6)
- **Step Six:** Adrenal Balance, Drenamin (6), Withania Complex (4), Eleuthero (6), Adrenal Complex (2), Adreno Distress Guard (4) – Perque

Absolute starch elimination must be present throughout this process or each increment will be invalidated – only go to whatever step achieves 4 to 10 lbs per month weight loss.

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3 - pH Bioterrain

- **Net Acid Excess (NAE)**
- **Controlling H+ ions** is complex and expensive to the body when constantly overwhelmed with metabolic and environmental acidosis
- **Salivary and urinary pH** quickly tells the story
- **Acidosis increases intensity, inflammation, anxiety**

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#3 Core Physiologic Principal

- **Acidifying agents**
- **Activation buffering mechanisms**

- Depletion of mineral substrates especially ionic calcium, magnesium, potassium

- **Net Acid Excess**

- Increased inflammation

- Adrenal cytokine proliferation

- Adrenal fatigue and reactivity

- Increased anxiety – sleep disturbance

- 3 I’s of acidosis – Inflammation Intensity, Anxiety

- Increase degenerative disease

- Mineral/protein repletion

- Increased buffering – acid reduction

- Reduction of 3 I’s

- Improved sleep, renewal, repair

- Restorative processes
The big idea!
- Minerals help the body neutralize acidosis and promote alkalinity
- Alkaline/Acid balance promotes calmness, sleep, health
- All minerals and protein promote this balance
- Inflammation, tension, muscle soreness, stiffness, loss of flexibility, loss of sleep quality, inability to relax, musculoskeletal symptoms, soreness after exercise (lactic acid effects) all indicate mineral insufficiency
- Primary minerals for repletion are Calcium (especially ionic), Magnesium, Potassium
- Multi-minerals are best choice as in Organic Minerals (6) and Catalyn (6)

Buffering pH by three mechanisms:
- Bicarbonate Buffer System – weakest intra & extracellular buffering, but because the CO2 can be regulated by the lungs and HCO3 by the kidneys the blood pH can be shifted up and down
- Phosphate Buffer System – stronger buffering system essentially but only 1/12th as concentrated in extracellular fluids therefore less potent
- Protein Buffer System – same mechanism of binding H+ as Bicarbonate buffering, however is intracellular only (studies suggest that 75% of all chemical buffering is intracellular.)
- Each system is amplified by ingestion of more protein and reduced carbs, through reduced acid burden from CHO, and increased phosphorus from protein

Acid/Alkaline Foods
Protocol – Bioterrain Pillar

- General Mineral Status:
  - Calcium Lactate (6), Powder (1 tsp)
  - Calsol (6)
  - Calamo (6)
  - Magnesium Lactate (3)
  - Organically Bound Minerals (6)
  - Trace Minerals/B12 (6)

- Acid/Alkaline Issues:
  - Sp Greenfood (6)
  - L-Glutamine (1.5 g.)
  - Organically Bound Minerals (6)

- Iodine Issues:
  - Prolamine Iodine (1-6)
  - Iodomere (6)
  - Cataplex F Tablets (6)

Calcium Lactate

- Calcium 250 mg
- Magnesium 50 mg

Calsol

- Calcium 225 mg
- Phosphorus 170 mg
- Proprietary Blend: 195 mg
  - Carbamide† and magnesium citrate.
Calamo

- Calcium: 30 mg
- Chloride: 100 mg
- Magnesium: 6 mg

Magnesium Lactate

- Magnesium: 210 mg

Organically Bound Minerals

- Iodine: 225 mcg

Proprietary Blend: 360 mg
Dried Alfalfa (aerial parts) juice+ and kelp+. 
Trace Minerals/ B12

- Vitamin B₁₂: 5 mcg
- Iron: 1.4 mg
- Iodine: 145 mcg
- Zinc: 2.7 mg
- Copper: 0.3 mg
- Manganese: 16 mg

4 - Inflammatory status

- Cumulative Repair Deficit – functional definition
- Cytokines (cell hormones) drive the adrenal inflammatory levels
- All inflammation causes fight or flight defense physiology
- Inflammation increases cortisol & fatigues the adrenals
- Primary reduction of inflammatory burden is by food allergy elimination

#4 Core Physiologic Principal
Cumulative Repair Deficit

- This is the functional term that defines the inflammatory status of the body.
- Words describe ideas, and ideas are what direct us in our efforts – as clinicians when inflammation is named it is assumed that it should be reduced and blocked and that it is a bad thing – yet without the five stage inflammation process at work physiology falls into disrepair and the elaborate tissue based organism called the human body cannot be maintained and repaired.
- In general inflammation should not be suppressed or reduced, but rather completed – when it is not completed by the end of the day it is called a cumulative repair deficit.
- Most people over 40 carry a deficit of repair called silent or symptomatic inflammation.

Determining Food Allergies

- Blood type sensitivities
- Most food allergies are delayed sensitivity reactions – difficult to objectively determine.
- Elisa Act lymphocyte response assay
- Elimination is the most accurate and labor intensive - 2 week elimination then reintroduce and watch for 4 days for reactions.
- Histaminic Reactions (rash, red eyes, serous secretions) vs. Immune Activity (fever, catarrhal, lymphatic congestion, aching).
- Basic 4 allergies that most complicate healing process – wheat (gluten), corn, soy, milk (casein).
- Additionally suspect chocolate, peanuts, tomatoes, beef.

Protocol – Inflammatory Pillar

- General inflammatory down-regulation:
  - Food Allergy determination
  - Antronex (6-12)
  - Cataplex ACP (6)
  - Boswelia Complex (6)
- Adrenal Imbalance:
  - Drenamin (6)
  - Sleep restoration (Phase 1-4)
  - Withania (4)
- Autoimmune inflammatory cascades:
  - Rehmanna Complex (4)
  - EFA support (Tuna, Linum) (4)
Your average slice of whole wheat bread contains around 4.8 grams of gluten. Each tablet of Catalyn contains around 0.0125 mg of gluten – which means (drum roll) you would have to take around 384,000 Catalyn to equal the amount of gluten in one slice of bread!

So, let’s think about this . . . if you took 6 Catalyn tablets a day for a year – that’s 365 days, that means it would take just over 175 years to get to the same amount of gluten as ONE slice of bread.

The smallest amount of gluten which has been shown by biopsy to cause damage to a celiac is 0.1 gram per day. This is approximately the amount of gluten contained in 1/48th of a slice of bread or 8000 Catalyn.


Just how much gluten is in Catalyn anyway?

**Boswelia Complex**

- Boswellia gum oleoresin 7:1 extract from *Boswellia serrata* gum oleoresin 1.9 g 277 mg Containing boswellic acids 180 mg
- Celery Seed fruit 6:1 extract from *Apium graveolens* fruit 1.0 g 166.7 mg
- Ginger rhizome 5:1 extract from *Zingiber officinale* rhizome 300 mg 60 mg
- Turmeric rhizome 25:1 extract from *Curcuma longa* rhizome 2.0 g 80 mg Containing curcuminoids 70.4 mg

**Albizia**

- Calcium 40 mg
- Chinese Skullcap root 4:1 extract from *Scutellaria baicalensis* root 800 mg 200 mg
- Albizia stem bark 8:1 extract from *Albizia lebbeck* stem bark 800 mg 100 mg
- Feverfew leaf & stem 5:1 extract from *Tanacetum parthenium* leaf & stem 50 mg 10 mg
5 - Immune Burdens

- Hidden cavitied infection/infestation constantly up-regulates the immune system fatiguing bone marrow and adrenals
- Infections - Congaplex (15), Thymex (15), Immuplex(9), SSO(9), Allerplex(15), Echinacea(6), Golden Seal(6), Astragalus(4) for bone marrow depression, Cat’s Claw(6)
- Infestations - Zymex II(6), Multizyme(6), Lact Enz(6), Wormwood(6)
- Heavy metal toxicity – Homocysteine pathway & variable protocols

#5 Core Physiologic Principal

**Immune burdens**
- Increased immune and inflammatory responses
- HPA cytokine modulation
- Bone marrow fatigue/ratiasium depletion
- Immune depression
- Sequential Nutrient Immune up-regulation
- Increased cavitied infections / toxic accumulations
- Disease diagnosis – chronic progression
- Cleansing infection / infestation toxicity
- Unburden immune system
- Drugs & Surgery
- Bone marrow repation – immune liberation
- Cause of death
- Enhanced IDRS protection

**Immune Defense – 5 levels**

- A healthy Immune Defense/ Repair System (IDRS) equals ample capacity to neutralize foreign items (translate foreignness to friendliness) resulting in no delayed allergies or hypersensitivities
- Five lines of defense:
  - 1. Mucins – effective polysaccharide traps of toxins, pathogens, immunogens (mucins say if you are foreign, you are excluded)
  - 2. Secretory IgA (slgA) – synthesize complex protective proteins
  - 3. Probiotic Microflora – 8-24 billion mixed flora (9 strains) to degrade toxins and produce nutritives
  - 4. Mucosal permeability barrier – excludes large molecular weight foreign substances (immunogens, antigens)
  - 5. Dendritic cells including macrophages, fibroblasts, monocytes, endothelial cells – to recycle foreign invaders and cell debris responding the same to infectious and non-infectious invaders (50 billion consumer cells x 50 organisms / immune reactor = 2.5 trillion items consumed daily – brushing teeth introduces 2-4 million of foreign invaders) – able to handle easily any known pathogen (tuberculosis, Lyme’s, Syphylitis, etc.)
Cytokines – Immune Messages

- Immune response results in the release of cytokines meant to direct local and distant immune function.
- These cytokine messenger molecules also drive HPA status and thus determine global brain status.
- Cytokines subsequently cause the release of WBC inflammatory mediators to direct the inflammatory process of repair.
- Therefore immune status and activity determine HPA/brain settings.
- Hypervigilant or depressed immune states reflect in brain states.

Sequential Immune Up-Regulation

- Especially under the teeth, diverticulosis, severe infections near or in bone, body cavities like sinus, ears, pelvic, intestinal.
- Sequential immune bolstering protocols for one month each at therapeutic dosage – “deep cleaning.”
- Up regulate immune system gradually beginning with Sesame Oil Perles (6/day), followed by Thymex (10/day), then Immuplex (6/day), Congaplex (15/day), Allerplex (15/day), Echinacea (4/day), Astragalus (4/day).
- Clear infestations with Zymex II (6/day), Multizyme (4/day), Wormwood Complex (4/day) – also treats mycoplasmic infections.
- Finally use Chaparral with high concentration of NDGO (strongest known antioxidant) – will clear systemic infection including bowel dysbiosis and infections.

Protocol – Immune Pillar

- General Immune Up-regulation:
  - Sesame Oil Perles (6)
  - Immuplex (6)
  - Cyruta Plus (6)
  - Echinacea Premium (4)
- Infection (Acute):
  - Thymex (10)
  - Congaplex AC (12)
  - Allerplex (14)
  - Bronchase (4)
  - Astragalus (4)
  - Arginex (4) Kidney
  - Cat’s Claw Complex (4)
  - Golden Seal (4)
  - Burdock Complex (4)
  - Inf Fighter (100 Drops)
- Infection parasitic:
  - Zymex II (6)
  - Multiplex (4)
  - Lax Enz (4)
  - Wormwood (4)
- Bone Marrow Depression:
  - Arginex (4)
  - Astragalus (4)
Sesame Oil Perles

Sesame (seed) oil 385 mg

Thymex

Cholesterol 5 mg
Vitamin C 5 mg
Proprietary Blend: 370 mg
Calcium lactate, bovine thymus Cytosol™ extract†, and magnesium citrate.

Thymus PMG

Calcium 18 mg
Sodium 22 mg
Proprietary Blend: 215 mg Bovine thymus PMG™ extract†  and magnesium citrate.
Congaplex

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<td>Calcium</td>
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Proprietary Blend: 638 mg Bovine thymus Cytosol™ extract†, ribonucleic acid†, bovine bone, carrot (root)†, nutritional yeast†, defatted wheat (germ)†, bovine adrenal†, sweet potato†, dried alfalfa (whole plant) juice†, oat flour†, alfalfa flour†, bovine kidney†, veal bone†, veal bone PMG™ extract†, mushroom†, dried buckwheat (leaf) juice†, buckwheat (seed)†, rice (bran)†, sunflower lecithin†, vitamin E (sunflower), and carrot oil†.

Allerplex

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Proprietary Blend: 830 mg Tillandsia usneoides†, fennel seed†, bovine hydrochloride†, soy (bean)†, bovine lung PMG™ extract†, carbohydrate†, oat flour†, bovine adrenal PMG™ extract†, carrot (root)†, sweet potato†, bovine liver fat extract (yakitori)†, alfalfa flour†, dried alfalfa (whole plant) juice†, bovine bone†, dried buckwheat (leaf) juice†, defatted wheat (germ)†, bovine kidney†, veal bone†, sunflower lecithin†, rice (bran)†, vitamin E (sunflower), and carrot oil†.

Immuplex

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<td>Folic Acid</td>
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Proprietary Blend: 538 mg Bovine liver PMG™ extract†, veal bone PMG™ extract†, nutritional yeast†, bovine spleen PMG™ extract†, bovine thymus PMG™ extract†, bovine thymus Cytosol™ extract†, bovine liver†, bovine spleen†, and ovine spleen†.
Albaplex

Vitamin A 1,000 IU
Vitamin C 12 mg
Niacin 10 mg
Vitamin B6 2 mg

Proprietary Blend: 925 mg Choline bitartrate†, dried kidney (bean) juice†, oat flour†, betaine hydrochloride†, bovine liver PMG™ extract†, Tillandsia usneoides†, inositol†, calcium glycophosphates, bovine adrenal, bovine kidney PMG™ extract†, nutritional yeast†, carrot (root)†, sweet potato†, bovine thymus Cytosol™ extract†, soy (bean)†, dried pea (vined) juice†, bovine liver†, dried buckwheat (leaf) juice†, buckwheat (seed)†, dried alfalfa (whole plant) juice†, mushroom†, bovine bone†, bovine kidney†, defatted wheat (germ)†, dried beet (leaf) juice†, veal bone†, enzymatically processed Tillandsia usneoides and beet (root)†, rice (bran)†, vitamin E (sunflower), and sunflower lecithin†.

Arginex

Vitamin A 990 IU

Proprietary Blend: 353 mg Dried buckwheat (leaf) juice†, buckwheat (seed)†, dried pea (vined) juice†, oat flour†, bovine liver†, beet (root)†, extract of Rhizopus oryzae grown on Tillandsia usneoides and beet (root)†, dried beef (leaf) juice†, and ascorbic acid.

Cyruta Plus

Vitamin C 3 mg

Proprietary Blend: 308 mg Dried buckwheat (leaf) juice†, buckwheat (seed)†, bovine adrenal Cytosol™ extract†, and oat flour†.
Zymex II

Proprietary Blend: 884 mg
Defatted almond (nut)†, fig (fruit)†, papain†, bromelain†, amylase†, lipase†, and cellulase†.

Multizyme

Proprietary Blend: 410 mg
Fig (fruit)†, defatted almonds†, pancreatin (3x)†, stearic acid (vegetable source)†, bromelain†, lipase†, cellulase†, papain†, and amylase†.

Zymex

Proprietary Blend: 910 mg
Defatted wheat (germ)†, lactose (milk)†, and enzymatically processed Tillandsia usneoides† and beet (root)†.
**Wormwood Complex**

- Calcium: 20 mg
- Stemona root 5:1 extract from *Stemona sessilifolia* root: 200 mg
- Black Walnut hull 4:1 extract from *Juglans nigra* hull: 125 mg
- Wormwood herb 4:1 extract from *Artemisia absinthium* herb: 100 mg
- Clove bud (*Syzygium aromaticum*) essential oil: 20 mg

**Livco**

- Calcium: 90 mg
- Schisandra fruit 6:1 extract from *Schisandra chinensis* fruit: 167 mg
- Rosemary leaf 5:1 extract from *Rosmarinus officinalis* leaf: 100 mg
- Milk Thistle seed 70:1 extract from *Silybum marianum* seed: 30 mg
  - Containing flavanolignans calc. as silybin: 24 mg

**Vitanox**

- Calcium: 40 mg
- Rosemary leaf 5:1 extract from *Rosmarinus officinalis* leaf: 200 mg
- Green Tea leaf 25:1 extract from *Camellia sinensis* leaf: 166.7 mg
  - Containing catechins: 83.35 mg
- Turmeric rhizome 25:1 extract from *Curcuma longa* rhizome: 80 mg
  - Containing curcuminoids: 70.4 mg
- Grape seed 120:1 extract from *Vitis vinifera* seed: 50 mg
  - Containing procyanidins: 42.5 mg
Cats Claw Forte

- Calcium: 40 mg
- Cat’s Claw bark 5:1 extract from *Uncaria tomentosa* bark 2.1 g
  - Containing pentacyclic oxindole alkaloids 5.7 mg
  - 233.4 mg

Andrographis

- Calcium: 40 mg
- Echinacea root 4:1 extract from *Echinacea angustifolia* root 500 mg
  - Containing alkylamides 2.0 mg
  - 125 mg
- Holy Basil herb 5:1 extract from *Ocimum* tenuiflorum herb 500 mg
  - Containing andrographolide 10 mg
  - 100 mg
- Holy Basil (*Ocimum tenuiflorum*) herb essential oil 10 mg

Echinacea Premium

- Calcium: 90 mg
- Echinacea root 4:1 extract from *Echinacea angustifolia* root 600 mg
  - Containing alkylamides 2.0 mg
  - 150 mg
- Echinacea root 6:1 extract from *Echinacea purpurea* root 675 mg
  - Containing alkylamides 2.1 mg
  - 112.5 mg
Garlic Forte

- Calcium: 80 mg
- Garlic bulb 12:1 extract from *Allium sativum* bulb: 300 mg
- Containing alliin: 12 mg
- Garlic (*Allium sativum*) bulb powder: 45 mg

Black Walnut Hulls

- Black Walnut hull 1:10 extract from *Juglans nigra* hull: 500 mg (5 mL)

6 – Digestive Potency

- Digestion must bring in substances that provide energy and sustenance, and remove wastes
- 80% of the immune system resides in the GI mucosal barrier - GALT
- Loss of ecology creates cascades of cytokines, immune modulation, inflammation, resorption of toxins, tissue degradation, leaky gut degeneration
- Famine in the midst of plenty
- Fasting as repair
#6 Core Physiologic Principal

- Ingestion
  - Normal reduction of food to nutrient components
  - Abundance of CHO’s, additives, toxicity
  - Adaptive response
  - Supported physiology
  - Strengthening functions
  - Chronic weakened systems unable to break down food
  - Loss of digestive ecology
  - Initial detox / repair / fortification
  - Restoration of gut integrity and health
  - Increased immune burdens – inflammation
  - Initial detox / repair / fortification
  - Balanced physiology creates a balanced diet
  - Palliative medication and decline
  - Healed, renewed, vital, repairing

The Intelligent Intestine

- The Danone Symposium held in Paris on July 14, 2002 stated the following:

  "The intestine is an extremely complex living system that participates in the protection of the host through a strong defense from aggressions from the external environment. This defense task is based on three constituents that are in permanent contact and dialog with each other: the microflora, mucosal barrier, and local immune system."

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Immune gut tolerance – schematic

- Tolerance mechanisms modulate immune activation
  - Foreignness, allergens, pathogens activate immune responses
  - Moderate mediators
  - Reactor mediators
  - Act activate acquired immune response
  - Multiple layers of gut wall with immune cell saturation
  - Basement intestinal wall
### Bowel Transit Time -
- Defined as the time required for ingested food to travel from the mouth to the anus.
- Diet affects transit time – foods high in fiber result in more rapid transit time and heavier, bulkier stools.
- Daily roughage should include 25 grams of fiber per day (twice what average diet includes).
- Two types of fiber:
  - Soluble – dissolves in water, commonly found in fruits, legumes, barley, oats, generally slowing transit time, increasing satiety, increasing absorption. Binding with bile acids and thus reducing cholesterol, promote epithelial repair.
  - Insoluble – does not dissolve in water, found in vegetables, whole grains, increase the bulk of the stool, reduce transit time.
- Charcoal or carmine red dye capsules may be employed, or use a more natural method with ingesting 2 whole beets.
- Normal transit time will appear as color in stool 12 – 14 hours after ingestions, with the last of the color within 36-48 hours.
- Increasing water intake reduces rectal cancer by 92% by reducing transit time according to Taiwanese study (International Journal Of Cancer 1999; 82: 484-489).
- Fresh grinding 2 Tbsp of flax seeds daily is most effective way to ensure fiber abundance in diet.

### Protocol – Digestive Pillar
- **General support:**
  - Cataplex AC (10) – epithelial repair
- **Dysbiosis:**
  - Gut Flora Balance Program – 4 products – 6 weeks
  - Prosynbiotic – multiple probiotic + S. Boulardi
  - Lact Enz (4) - probiotic
  - Zymex (6) – antifungal
  - Zymex II (6) – anti parasitic
  - Multizyme (4) – anti parasitic
  - Wormwood (4) – anti parasitic
  - Lactic Acid Yeast (4) – anti candida
  - Cyroyeast (4) – anti candida
- **Leaky Gut (thinning gut lining):**
  - Chlorophyll (4)
  - Gastro Fiber (6)
  - Okra Pepsin (6)
  - Prebiotic Inulin (1 scoop)
  - Food sourced Immuno Gamma Globulins (IgG)

### Gut Flora Complex

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anise (Pimpinella anisum) fruit essential oil</td>
<td>125 mg</td>
</tr>
<tr>
<td>Andrographis ariel parts 10:1 extract from Andrographis paniculata ariel parts 1.0 g containing andrographolide</td>
<td>100 mg</td>
</tr>
<tr>
<td>Phellodendron stem bark 20:1 extract from Phellodendron amurense stem bark 1.6 g containing berberine</td>
<td>80 mg</td>
</tr>
<tr>
<td>Oregano (Origanum vulgare) leaf essential oil</td>
<td>75 mg</td>
</tr>
</tbody>
</table>
Cataplex AC

- Vitamin A: 1,500 IU
- Vitamin C: 11 mg
- Proprietary Blend: 490 mg
  - Echinacea (root)†
  - Calcium lactate
  - Sweet potato†
  - Carrot (root)†
  - Bovine adrenal†
  - Bovine kidney†
  - Nutritional yeast†
  - Magnesium citrate
  - Alfalfa flour†
  - Dried alfalfa (whole plant) juice†
  - Mushroom†
  - Dried buckwheat (leaf) juice†
  - Buckwheat (seed)†
  - Bovine bone†
  - Defatted wheat (germ)†
  - Oat flour†
  - Sunflower lecithin†
  - Veal bone†
  - Vitamin E (sunflower), rice (bran)†, and carrot oil†.

Enzycore

- Proprietary Blend: 538 mg
  - L-glutamine†
  - Kale (aerial parts)†
  - Beet (root)†
  - And vegetarian enzyme blend (Lactase [1 MaltU], alpha-galactosidase [45 GalU], amylase [1,800 DU], bromelain [32,880 FCCPU], glucoamylase [3 AGU], invertase [170 SU], lactase [925 ALU], lipase [230 FIP], peptidase [820 HUT], protease 3.0 [3 SAPU], protease 4.5 [4,930 HUT], protease 6.0 [1,640 HUT])†.

Digest Forte

- Gentian root 2:1 extract from Gentiana lutea root 200 mg 100 mg
- Tangerine fruit peel 5:1 extract from Citrus reticulata fruit peel 500 mg 100 mg
- Feverfew leaf 3:1 extract from Tanacetum parthenium leaf 200 mg 66.7 mg
- Ginger rhizome 10:1 extract from Zingiber officinalis rhizome 250 mg 25 mg
- Wormwood herb 4:1 extract from Artemisia absinthium herb 100 mg 25 mg
- Tangerine (Citrus reticulata) fruit peel essential oil, cold pressed 12.5 mg
Prosynbiotic

Proprietary Blend: 1,700 mg
Inulin, galactooligosaccharide (GOS) (milk), and probiotic blend (S. boulardii, L. acidophilus, LA-5®, L. paracasei, L. casei 431®, and Bifidobacterium, BB-12®) (4 billion cfu).

Lact Enz

Proprietary Blend: 960 mg
Maltodextrin†, amylase†, protease†, cellulase†, lipase†, Lactobacillus acidophilus (milk)†, and Bifidobacterium longum†.

Lactic Acid Yeast

Proprietary Blend: 842 mg
Corn†, whey (milk)†, malt syrup†, and yeast (Saccharomyces cerevisiae)†.
7 – Digestive Potency Pillar

- Digestion must bring in substances that provide energy and sustenance, and remove wastes.
- 80% of immune system resides in the GI mucosal barrier – GALT.
- Loss of ecology creates cascades of cytokines, immune modulation, inflammation, resorption of toxins, tissue degradation, leaky gut, degeneration.
- Famine in the midst of plenty.
- Fasting as repair.
- Gut lining equals armor for the world.

Tests & Analysis
- Secretory IgA as an indication of gut lining thickness and therefore integrity of function.
- Stool analysis for dysbiosis, infection, and infestation.
- Fasting as repair.
- Test for transit time.

6 – Circulatory Status

- Circulatory status determines tissue nutrition and detoxification.
- One of the primary etiologies for all degenerative disease.
- Parasympathetic vs. sympathetic.
- Circulatory health includes blood quality and vascular integrity.
- Loss of circulation induces hypoxia, toxicity, apoptosis, adaptive functions.

#6 Core Physiologic Principal

- Decreased circulatory status.
- Intimal inflammatory fertile for atherous activity.
- Arterial, Venous, Lymphatic congestion.
- Multifactorial etiology for vascular degenerative processes.
- Hypoxia in distal tissues; congestion proximal.
- Reversal of degenerative processes.
- Disease diagnosis – Drugs & Surgery.
- Increased tissue repair & resilience.
- Confidence in healing.
- Profound physiologic modulation.
The Circulatory Mission -

- Heart, arteries, veins, capillaries, portal and general circulatory systems provide to each cell in the body the available ‘oceanic milieu’ required for life – it is an internal portable environment to live around allowing eukaryotes the ability to control the environment
- Heart is brain of the circulatory system pumping 70 beats/minute, 100,000 times/day, making the heart the busiest organ of the body under the most mechanical and chemical stress
- Cells comprising the heart require nutrition for proper function – deficiency causes disease to develop
- Every cell in the body depends on the circulatory system to deliver oxygen and nutrition and remove CO2 and wastes

Cardiovascular Deficiency -

- Nutritional deficiency in the coronary vasculature leads to blockage and hypoxia/ischemia and cell failure (heart attack)
- Deficiency in the electrical nervous system of the heart leads to irregular heart beats (arrhythmias)
- Deficiency in the cardiac musculature leads to impaired pumping/strength and shortness of breath and edema

Protocol – Circulatory Pillar

- General support:
  - Circuplex (6)
  - Horse Chestnut (4)
  - Vasculin (6)
- Heart Support and Renewal:
  - Circulatory - Cardioplus (6)
  - Vasculin (6)
  - Garlic 5000 (2)
  - Cayenne (4)
  - Hawthorne (4)
  - Horse Chestnut (2)
  - Electrical - Cataplex B (6)
  - Cataplex G (6)
  - Organically Bound Minerals (6)
  - Cardiomyopathy (viral) – Cataplex AC (12)
  - Sesame Oil (6)
- Claudication:
  - Collinsonia Root (6)
6 – Circulatory Status Pillar

- Circulatory status determines tissue nutrition and detoxification
- One of the primary etiologies for all degenerative disease
- Parasympathetic vs. sympathetic
- Circulatory health includes blood quality and vascular integrity
- Loss of circulation induces hypoxia, tissue degeneration, adaptive functions

Tests & Analysis:
- Symptom Survey
- Ear Creases
- Nail bed Analysis
- Tongue Analysis
- ACG (Acoustic Cardiograph)
- Heart Rate Variability Monitor
- Kinesiological

Products of Choice:
- Muscle - Cardioplus (6), Vasculin (6), Tribulus (2), Cataplex C (6), Calcium Lactate (6), Calsol (6)
- Circulation - Garlic 2000 (4), Cayenne (2), Hawthorne (4), Horse Chestnut (2), Circuplex (6), Cyruta (6), Cataplex E2 (6)
- Conductivity - Cataplex G (6), Cataplex B (6), Organically Bound Minerals (6), Linum B6 (4), Tuna Omega (4)
- Viral Component – Cataplex AC (12), Cyruta Plus (6), SSO (6)

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Cataplex® B

Proprietary Blend: 550 mg
- Bovine liver, beef (skin), nutritional yeast, passion chamomile, dill weed, garlic pearls, choline bitartrate, carrot (root), sweet potato, rice (bran), bovine adrenal, pine urea, onion (bulb), rice hull, citric acid, acetic acid, maltodextrin, silicon dioxide, calcium phosphate, cellulose, silicon dioxide, fructooligosaccharides.

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Cataplex® G

Proprietary Blend: 276 mg
- Bovine liver, protein, yeast extract, choline bitartrate, calcium lactate, nutritional yeast, encapsulated wheat germ, para-aminohippuric acid, citric acid, manganese lactate, phytic acid, fructooligosaccharides.
Cardio-Plus

Vitamin C 14.5 mg
Vitamin E 2 IU
Riboflavin 1.6 mg
Niacin 14 mg
Vitamin B6 0.5 mg
Selenium 2.8 mcg

*Proprietary Blend: 650 mg* Bovine heart PMG™ extract†, bovine liver†, choline bitartrate†, calcium lactate, porcine stomach†, bovine orchic extract†, *Tillandsia usneoides* powder†, defatted wheat (germ)†, para-aminobenzoate†, nutritional yeast†, allantoin†, inositol†, bovine spleen†, ovine spleen†, porcine brain†, oat flour†, and bovine adrenal Cytosol™ extract†.

Vasculin

Vitamin C 3.8 mg
Vitamin E 1.1 IU
Thiamine 0.3 mg
Niacin 10.9 mg
Vitamin B6 0.6 mg
Vitamin B12 0.3 mcg
Calcium 19.4 mg

*Proprietary Blend: 600 mg* Bovine heart PMG™ extract†, nutritional yeast†, veal bone PMG™ extract†, rice (bran)†, bovine liver†, beet (root)†, inositol†, porcine duodenum†, oat flour†, defatted wheat (germ)†, dried pea (vine) juice†, ribonucleic acid†, bovine adrenal Cytosol™ extract†, choline bitartrate†, dried alfalfa (whole plant) juice†, para-aminobenzoate†, dried buckwheat (leaf) juice†, buckwheat (seed)†, mushroom†, alfalfa flour†, bovine spleen†, ovine spleen†, and sunflower lecithin†.

Cayenne

*Cayenne Pepper (Capsicum annuum)* 35,000 Scoville Units 350 mg
Hawthorne

- Calcium 30 mg
- Hawthorn leaf and flower 4:1 extract from Crataegus monogyna leaf and flower 1.0 g Containing vitexin-2-rhamnoside 6.01 mg 223 mg

Horsechestnut Complex

- Calcium 20 mg
- Butcher's Broom root & rhizome 4:1 extract from Ruscus aculeatus root & rhizome 800 mg Containing ruscogenin 20 mg 200 mg
- Horsechestnut seed 6:1 extract from Aesculus hippocastanum seed 1.2 g Containing escin 36 mg 200 mg
- Ginkgo leaf 50:1 extract from Ginkgo biloba leaf 1.5 g Containing ginkgo flavonglycosides 7.3 mg 30.5 mg

Bilberry Complex

- Calcium 50 mg
- Bilberry fruit fresh 100:1 extract from Vaccinium myrtillus fruit fresh 6.0 g Containing anthocyanosides 21.6 mg 60 mg
Blood Formation -

- Nutritional support of blood formation will be an increasing priority in coming days as the bone marrow and hemopoietic tissues fatigue under chronic infectious and toxic burdens
- WBC support (optimal 6-8)
- RBC support
- Platelet support

B₆ - Niacinamide

Proprietary Blend: 278 mg
- B₆-Niacinamide 5 mg
- B₆-Niacinamide 1.5 mg
- Choline chloride, calcium lactate, calcium citrate, nutritional yeast, cultured wheat germ, para-aminobenzoic acid, alfalfa, and pomegranate.

Chlorophyll Complex™

Proprietary Blend: 754 mg
- Full-spectrum extract from mesquite, alfalfa, milk thistle, marigold, garden cress, and soybean lecithin.
For-Til B₁₂

Proprietary blend: 200 mg
- Thiamin mononitrate, calcium lactate, croscarmellose (sodium), crospovidone, calcium phosphate, croscarmellose sodium, dicalcium phosphate, and magnesium stearate.

7 – Cellular Vitality
- Ultimate foundational level of health and healing potency
- Never stop improving and assessing this aspect as it predicts disease cascades and defines resilience
- Primary concerns are: membrane electronics, heat shock protein optimization, mitochondrial efficiency, membrane integrity and composition, genetic activation

Normal Miracle
- Endocrine
- Hormonal
- Cellular
- Vitality
- Glycemic
- Management
- Digestive
- Potency
- pH
- Bioterrain
- Minerals
- Circulatory
- Status
- Immune
- Inflammatory
1 - Cell Membrane Promotion

- Bilipid membrane support includes:
  - Elimination of all trans fatty acids in diet
  - Supplementation with full spectrum EFA oil blends like Tuna Omega (2) or Calamarine, Black Currant Seed Oil (2), Sesame Oil Perles (3) to promote proper membrane synthesis
  - Phospholipid repletion with Super EFF (2)
  - A&C Carbimide (4) or Calsol (4) to restore balanced membrane polarity and therefore interaction with the environment

2 - Mitochondrial Renewal

- Mitochondrial nourishment includes:
  - Lipoic Acid, Resveretrol, L-Arginine
  - Supplementation with Coenzyme Q10 in Cellular Vitality (2)
  - Reduced caloric diet promoting hormesis and cyclic AMP increase
  - Reduces cell apoptosis by reducing mitochondrial stress production of death hormone proteases
3 – Heat Shock Proteins

- Increasing heat shock proteins includes:
  - Adrenal Complex (2) to balance cortisol
  - Supplementation with Cataplex C (3) to assist in stress hormone balance
  - Use Rhodiola/Ginseng (1-2) to increase cellular resilience and heat shock protein density
  - Femco (2) or any adaptogen can be used in this way as well

4 – Antioxidant Burden

- Antioxidant support includes:
  - Vitanox (2) makes various contributions but especially reduces free radical burden and therefore spares cellular aging
  - Cellular Vitality (2) also provides a formula to participate in this
5 – Nrf2 Pathway Promotion

- Nrf2 pathway is an cytoplasmic factor that promotes nuclear genetic response to increasing survival mechanisms including glutathione synthesis – nutritionally supported:
  - Include turmeric in Vitanox (2)
  - Include resveratrol in HerbaVital (2)
  - Include green tea catechins in Vitanox (2)
  - Include sulfurathanes in Cruciferous Complete(2) or Garlic 5000 (2), also including cysteine to aid in glutathione synthesis.

6 – Lengthen chromosomal telomeres

- Research suggests that to increase the telomeres length on the chromosomal ends promotes cellular health and reduces apoptosis – nutritional support includes:
  - Supplementation with Astragulus Complex (2)

Cellular Vitality

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin B₁</td>
<td>0.225 mg</td>
</tr>
<tr>
<td>Vitamin B₂</td>
<td>0.25 mg</td>
</tr>
<tr>
<td>Niacin</td>
<td>3.0 mg</td>
</tr>
<tr>
<td>Vitamin B₆</td>
<td>0.3 mg</td>
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<tr>
<td>Folate</td>
<td>0.03 mg</td>
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<tr>
<td>Vitamin B₁₂</td>
<td>0.45 mg</td>
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<tr>
<td>Biotin</td>
<td>0.01 mg</td>
</tr>
<tr>
<td>Pantothenic Acid</td>
<td>1.0 mg</td>
</tr>
<tr>
<td>Coenzyme Q₁₀</td>
<td>70 mg</td>
</tr>
</tbody>
</table>

Proprietary Blend: 1,150 mg Multi-fruit seed powder (ruby grape seed, blueberry seed, cranberry seed, red raspberry seed, and black raspberry seed†, ribonucleic acid†, mushroom powder (Cordyceps sinensis)†, bromelain†, and American ginseng (root)†.
RNA

Proprietary Blend: 210mg Ribonucleic acid and magnesium citrate.

Vitanox

Calcium 40 mg
Rosemary leaf 5:1 extract from Rosmarinus officinalis leaf 1.0 g
Green Tea leaf 25:1 extract from Camellia sinensis leaf 4.2 g Containing catechins 83.35 mg
Turmeric rhizome 25:1 extract from Curcuma longa rhizome 2.0 g Containing curcuminoids 70.4 mg
Grape seed 120:1 extract from Vitis vinifera seed 6.0 g Containing procyanidins 42.5 mg

Herba Vital

Japanese Knot Weed root 100:1 extract from Polygonum cuspidatum root 8.0 g 80 mg Containing resveratrol 36 mg
Milk Thistle fruit 70:1 extract from Silybum marianum fruit 4.2 g 60 mg Containing flavanolignans calc. as silybin 48 mg
Korean Ginseng root 5:1 extract from Panax ginseng root 250 mg 50 mg Containing ginsenosides* 4.2 mg
Grape Seed 120:1 extract from Vitis vinifera seed 4.8 g 40 mg Containing procyanidins 38 mg
Ginkgo leaf 50:1 extract from Ginkgo biloba leaf 1.5 g 30 mg Containing ginkgo flavonglycosides 7.2 mg Containing ginkgolides and bilobalide 1.8 mg
Sequential Intervention

- By giving hope through discussion of therapeutic rationale and then accountably determine if the therapy had efficacy it is possible to initiate activity that may assist a person to make the changes that result in healing.
- Sequential intervention and accountable follow-up can show what has worked and what may still need to be employed.
- Promote an understanding of intervention that creates evolutions in individual physiology and show the effect of that intervention.
- Allow every condition to become a strategic consideration of possible etiology and therapeutic rationale – people are in search of experts – reveal yourself.
- The comprehensive nature of nutritional therapy means there is always more physiology to optimize and support leaving an individual constantly refining as long as they wish to further improve their status.
- If the practitioner is accountable s/he will be allowed to experiment with reasonable ideas.
The greatest use of your time

Think New Thoughts

Change the world
It wants to