

# Daily Supplement Protocol

*All Around daily  
for Adults and Children*

**6 Catalyn**

**3 Multi- Mins**

**3 Linum B6 or 3 Tuna Oil**

**1 Boswellia Complex**

**4 Catalyn**

**1 Multi- mins**

**2 Tuna Oil or Linum B6**

**½ Boswellia**

**Chiropractic and Alternative Health Services  
Presents....**

**Dr. M.J. Krygier B.A., B.S., D.C.**

## ***Reducing Your Risk of Cancer***

- ***According to 2009 US Mortality, Cancer is the 1<sup>st</sup> leading cause of death which accounts for 25% of all deaths.***

Cancer Cell being attacked by immune system. (T-cells)



**Location: Novi Public Library**

**Visit My Website @**

**[www.wholehealthamerica.com/drkrygier](http://www.wholehealthamerica.com/drkrygier)**

**August 8th, 2009 @ 1:00-3:00 pm Saturday (Admission Free)  
Call (248) 735-2440 for information.**

# ***Chiropractic and Alternative Health Services Web Page***

**[www.wholehealthamerica.com/drkrygier](http://www.wholehealthamerica.com/drkrygier)**

## **Web Page info:**

- **Newsletter (Better Health News)**
- **Research**
- **Lecture topic**
- **New changes @ Office**
- **New Patient forms**



# Asyra™ Testing

*Testing Time 20 minutes*

- First Test : **Cost \$75**
- Repeat Testing: **Cost \$55**
- **Who should get tested?**

This test would benefit anyone interested in examining and improving the functional energetic status of their own bodies.

This applies to those who are not well and looking to improve their health as well as those who have no diagnosable illness but would like to optimize their current state of health and possibly prevent future negative health issues.

## Harmful Effects

James Turner, the chairman of the national consumer education group Citizens for Health, has expressed shock and outrage after reading a new report from scientists outlining the dangers of the artificial sweetener Splenda (sucralose).

In animals examined for the study, Splenda reduced the amount of good bacteria in the intestines by 50 percent, increased the pH level in the intestines, contributed to increases in body weight and affected P-glycoprotein (P-gp) levels in such a way that crucial health-related drugs could be rejected.

The P-gp effect could result in medications used in chemotherapy, AIDS treatment and treatments for heart conditions being shunted back into the intestines, rather than being absorbed by the body.

According to Turner, "The report makes it clear that the artificial sweetener Splenda and its key component sucralose pose a threat to the people who consume the product. Hundreds of consumers have complained to us about side effects from using Splenda and this study ... confirms that the chemicals in the little yellow package should carry a big red warning label."

*Globe Newswire September 28, 2008*

*Journal of Toxicology and Environmental Health Part A 2008;71(21):1415-29*

The web site [www.truthaboutsplenda.com](http://www.truthaboutsplenda.com) lists a variety of consumer complaints from Splenda consumption, such as:

- **Gastrointestinal problems**
- **Migraines**
- **Seizures**
- **Dizziness**
- **Blurred vision**
- **Allergic reactions**
- **Blood sugar increases**
- **Weight gain**

In 1933, Dr Anthony Bassler, a professor of Gastroenterology at Fordham University Medical College and New York Polyclinic Medical College and consulting gastroenterologist of Christs Polyclinic and Peoples Hospitals in New York stated, after 25 year study of over 5000 cases that: Every physician should realize that the intestinal toxemias are the most important primary contributing causes of many disorders and diseases of the human body. Dr H.H Boeker, in 1928 went so far as to say, “it is now universally conceded that autointoxication is the underlying cause of an exceptionally large group of complexes.

Reprinted from ACA Journal of Chiropractic: April 1979 Bassler, A  
“intestinal toxemia,” Medical Journal and Record, Vol.136, 1933,  
p.322

# Allergies

- Are abnormal immune reactions to specific agents known as antigens or allergens. Examples of common allergens are food, drugs, pollens, dust mites, mold spore, animal dander, feathers and insect venom, as well as other substances which non-allergenic people find relatively non-dangerous with usual exposure.



# Food Allergy

Is an abnormal or exaggerated immunological response to specific food constituents resulting in symptoms and disease. There are two types of immune reactions related to food allergies: Immunoglobulin- E (Ig-E) and Immunoglobulin- G (Ig-G). Look at the chart handout.

Any symptom following consumption of food is termed an “adverse reaction to food” or ARF. “Arf” are broadly divided into three categories: toxic, psychological and nontoxic

Toxic reactions are the result of contaminants in the food. (Salmonella)

Psychological reactions are largely psychosomatic in nature based on a prior experience with the food.

Non Toxic ARF’s are further classified as either an immune-mediated reaction involving the production of antibodies to a particular food or food intolerance. (lactose intolerance)

US BioTek assays for immune-mediated food reactions (food allergies).

ELISA methodology identifies food specific antibodies Ig-E and Ig-G in the individual’s blood.

An IgE antibody food reaction is classified as an immediate hypersensitivity reaction, with symptoms often occurring minutes to hours after the consumption of the offending food.

Delayed food reactions, involve antibodies other than Ig-E, namely Ig-G.

Symptoms of delayed food reactions may occur hours to days after ingestion of the offending food and persist for days after the food is omitted. These symptoms tend to be chronic and recurrent in nature.

- Allergy- Allergic Tension Fatigue Syndrome- The term “allergic tension-fatigue syndrome” was coined by Dr. Frederic Speer, MD, of the University of Kansas in an article in Pediatric Clinics of North America, November, 1954. Theron Randolph, M.D, described this disorder in 1947. Fifteen to 25 years earlier, other physicians, including Shannon, Duke and Rowe, described these systemic and nervous system symptoms caused by allergy—particularly food allergy. Rowe noted symptoms of drowsiness, irritability, fatigue, weakness and incorrigibility in children. He used the term “food toxemia.” Allergic tension-fatigue syndrome is a primary allergic disorder that affects the nervous system. Nervous symptoms are diverse. These nervous system complaints can be divided into two groups: One is fatigue and the other is tension. It is suggested this is a common disorder. Allergic tension-fatigue syndrome is usually caused by delayed-onset food allergy. When an initial elimination diet doesn’t relieve the patients symptoms, the author prescribes a basic elimination or “rare food diet.” The patient is asked to eliminate any foods he eats more than once or twice a week. The diet should consist of fresh unprocessed foods such as pear, baked sweet potato, broccoli, lamb, turkey, honey, grape juice and pineapple. Symptoms should begin to improve in 4 to 7 days if any of the eliminated foods are a problem. The patient may seem worse during the past 48 to 96 hours on the diet. Food should be eliminated for 7 to 21 days. The diagnosis can be confirmed when an eliminated food is eaten again and symptoms return. In the author’s opinion, allergic tension-fatigue syndrome is one of the most common causes of physical and emotional illness seen in child health care.

“The Allergic Tension- Fatigue Syndrome,” Crook WG, Pediatric Ann, October, 1985, 1074.

# Molecular Mimicry

1. Self proteins which are part of the human body.
2. Proteins of infectious agents such as viruses and bacteria.
3. Food proteins. Cow's milk has 400 different proteins and most have over 150 amino acids.

- It has been established that bovine serum albumin protein in milk evokes molecular mimicry with Vitamin D binding protein and complement protein C1q (C1q protein combines with antigen-antibody complexes and causes lysis of cells and destruction of bacteria and foreign antigens, potentially having an adverse effect on immune regulation. It has been pointed out that the milk protein BSA affects the immune system by mimicking complement C1q: BSA also mimics vitamin D binding protein, possibly having implications for reducing serum levels of the vitamin, which would in turn also affect the immune status.

To understand how molecular mimicry works in the induction of autoimmunity one must understand the basic mechanism of an immune response to a foreign invader in the body. The immune system recognizes a part of the protein portion of the invader. It does this with T-cells which have receptors which bind to short segments of a foreign protein. It is helped in this task by so called antigen presenting cells such as macrophages. A macrophage will engulf a foreign invader (bacteria or food particle) and break it down into fragments. A special molecule in the macrophage then carries a protein fragment to the surface of the cell and “presents” it to the millions of circulating T cells. A T cell then becomes activated and stimulates other portions of the immune system to begin an immune response against all proteins which contain a similar looking amino acid string. The details of what constitutes a similar looking string are beyond this summary but suffice to say it has been found that a variety of similar, yet somewhat different strings, can be recognized by the same T cell.

# Foods, Infections and Self Mimicked

If a protein fragment from a foreign invader which is presented to the T cell closely resembles part of a self protein then the activated immune system will not only attack all foreign invaders which have the same string of amino acids but will also attack a very similar string in a self protein. It has been shown that parts of proteins in various foods and infectious agents resemble parts of various self proteins. Sometimes a three way mimicry occurs with a protein fragment from a food closely resembling that of an infectious agent which in turn closely resembles part of the self protein.

- In Celiac disease part of the gliadin molecule, part of the adenovirus 12 and part of the gut protein all closely resemble each other and the result of such mimicry is an immune attack on the gut when food containing gliadin protein is eaten.
- A similar three way mimicry occurs between a cell wall protein in grains and legumes, part of the Epstein Virus and part of the collagen in joints. This can lead to Rheumatoid in genetically susceptible people.
- For Type 1 diabetes parts of milk proteins and viral proteins mimic proteins in the insulin-producing beta cells of the pancreas.

Currently most researchers are concentrating on infectious agents as the main drivers of molecular mimicry despite the strong evidence that food proteins also supply appropriate mimics. In fact it is likely that food proteins are the main mimics in some cases because the geographical distribution of diseases such as MS and type 1 diabetes closely follows differences in dietary habits rather than differences in infectious agents.

- [www.direct-ms.org](http://www.direct-ms.org)



## France Terminates HepB Vaccinations

Autoimmune and fatiguing diseases can also occur in adults that receive vaccines. Alarmed over the world-wide rate of hepatitis B infections, the U.S. and Canada have pushed the hepatitis B (hepB) vaccine, even though hepatitis B infections in North America were reported to be less than 10,000 in 1997, with only about 300 occurring in children under the age of 14. Almost all of these patients recover from their hepatitis B infections and have permanent immunity to the virus. In the U.S. and Canada health many care and other workers are required to get a hepatitis B vaccination, and a new recombinant DNA hepB vaccine has been promoted as a safe, effective vaccine against hepatitis B. However, this new hep B vaccine may cause chronic illnesses, such as chronic fatigue syndrome (CFS), multiple sclerosis, rheumatoid arthritis and other autoimmune diseases. Professor Bonnie Dunbar of Baylor College of Medicine in Houston reports that the hepB vaccine may cause autoimmune disease by tricking the immune system to attack itself. The reason for this may reside in the amino acid sequences programmed by the recombinant DNA vaccine. Some of these polypeptide sequences appear to mimic some of the normal sequences on the cell surfaces of nerve cells present in the human brain. Thus immunization with the hepB recombinant vaccine may increase the risk of autoimmunity. Recently France became the first country to terminate a hepB vaccine program. The French Ministry of Health acted when complaints of multiple sclerosis, rheumatoid arthritis and other illnesses in patients who received the hepB vaccine were reported.

# Substances that may react adversely in the body.

- Sulfites
- Aspirin
- Drugs/Chemicals
- Food Colors
- Food Additives
- Most Common Food Allergens
- Refined Sugar
- Fats
- Similar Proteins
- Infection
- Heavy Metals

# ***Sequence of Detoxification***

- 1.) Gastrointestinal Tract
- 2.) Liver/ Biliary, Thyroid and Adrenals
- 3.) Kidneys
- 4.) Skin

## **Natural Salicylates**

- 1.) Apricots
- 2.) Prunes
- 3.) Plums
- 4.) Peaches
- 5.) Raspberries
- 6.) Grapes
- 7.) Oranges
- 8.) Cucumbers

## **Salicylate Radical**

- 1.) Bakery Goods
- 2.) Ice Creams
- 3.) Chewing Gums
- 4.) Soft Drinks
- 5.) Gelatin Products

# Protein Similarities

Havein (Latex) is structurally homologous with Patatin. The protein Patatin is found in these foods:

- 1.) Potato
- 2.) Tomato
- 3.) Paw Paw
- 4.) Gauva
- 5.) Kiwi Fruit
- 6.) Banana
- 7.) Avocado
- 8.) Citrus
- 9.) Apple
- 10.) Chestnuts

# **Gluten Allergy**

## **Watch**

- Wheat
- Rye
- Barley
- Oats
- Spelt
- Triticale
- Kamut

## **Alternatives**

- Potato
- Rice
- Soy
- Bean Flour

# Symptoms of Food Allergies

## The Digestive Symptoms

- Abdominal Cramping
- Abdominal Pain
- Anal itching
- Aphthous Ulcers/Canker Sores
- Bad Breath
- Belching
- Bloating after meals
- Gagging
- Gallbladder disease
- Infantile Colic
- Irritable Bowel syndrome
- Itching on Roof of Mouth
- Coated Tongue
- Colitis
- Constipation
- Crohn's Disease
- Diarrhea
- Failure to Thrive
- Feeling of Fullness
- Flatulence
- Mucous in Stools
- Ulcerative Colitis
- Undigested Food in Stools
- Vomiting

# Symptoms of Food Allergies

## Nervous System

- Aggressive Behavior
- Anxiety
- Confusion
- Depression
- Excessive Daydreaming
- Hyperactivity
- Inability to Concentrate
- Indifference
- Irritability
- Learning Disabilities
- Mental Dullness
- Mental Lethargy
- Numbness
- Poor Work Habits
- Restlessness
- Slurred Speech
- Stuttering



# Symptoms of Allergies

## Musculoskeletal System

- Arthritis
  - Osteoarthritis
  - Rheumatoid Arthritis
    - Growing Pains
- Joint Aches and Pains
- Muscle Aches and Pains
  - Weakness

# Symptoms of Allergies

## Genitourinary System

- Bed Wetting
- Premenstrual Syndrome
  - Urinary Frequency
  - Urinary Urgency
  - Vaginal Discharge
  - Vaginal Itching

# Symptoms of Allergies

## Respiratory System

- Asthma
- Chest Congestion
- Chronic Cough
- Chronic Nasal Congestion
- Excessive Mucous Formation
- Exercised- Induced Asthma
- Exercise Induced Anaphylaxis
- Hoarseness
- Horizontal Crease Across the Nose
- Persistent Nose Picking
- Postnasal Drip
- Recurrent Sinusitis
- Runny Nose
- Sore Throat
- Stuffy Nose

# Symptoms of Allergies

## Cardiovascular

- Angina
- Arrhythmias
- High Blood Pressure
  - Palpitations
  - Rapid Heart Rate
- Vascular Headaches

# Symptoms of Allergies

## Integumentary System

- Acne
- Brittle Nails and Hair
- Dandruff
- Dark Circles under Eyes
- Dermatitis Herpetiformis
- Dry Skin
- Eczema
- Hives
- Paleness
- Psoriasis
- Rashes
- Swelling and Wrinkles under Eyes

# Symptoms of Allergies

## Ears and Eyes

- Blurry Vision
- Ear Drainage
- Earache
- Fluid in the Middle Ear
- Fullness in the Ears
- Hearing Loss
- Itchy Ears
- Meniere's Syndrome
- Motion Sickness
- Recurrent Ear Infections
- Tinnitus
- Watery Eyes

# Symptoms of Food Allergies

## Miscellaneous

- Food Cravings
- Chronic Fatigue
- Dizziness
- Excessive Drowsiness after Eating
- Faintness
- Fatigue
- Feeling of Fullness in the Head
- Headaches
- Frequent Awakenings during the Night
- Insomnia
- Nausea
- Nightmares
- Obesity
- Rapid Weight Fluctuations
- Swelling of Hands, Feet or Ankles
- Teeth Grinding
- Water Retention

If you have any of these symptoms  
get tested for Food Allergies!!!





# 96 General Food Panel Tests For IgG & IgE Antibody-Mediated Sensitivities

- Dairy
- Fruits
- Grains/Legumes/Nuts
- Meat/Fowl
- Vegetables
- Fish/Crustacea/Mollusk
- Misc.

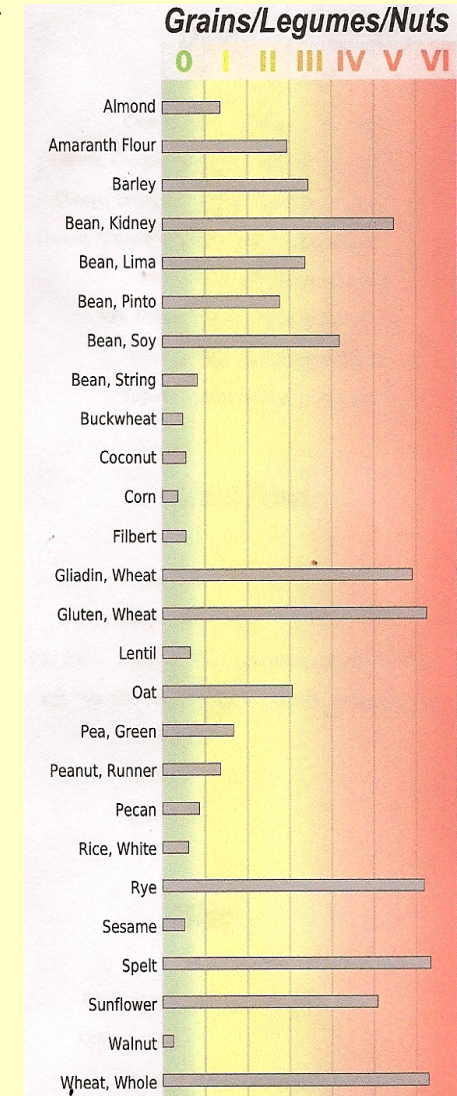
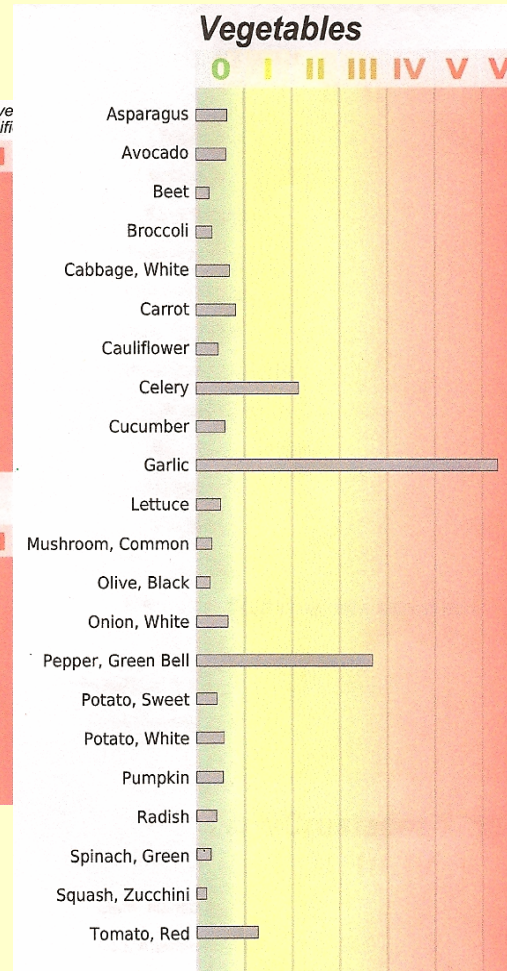
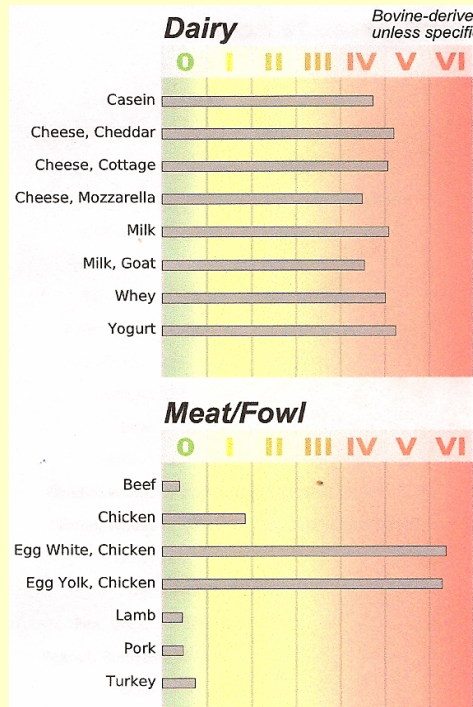
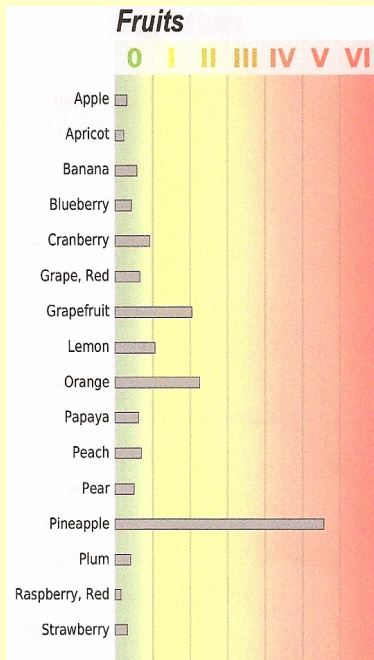


- Cost of the test is \$239.00 for 96 Food Panel Ig-G included is rotation diet and Book of Food Families.

# Enzyme-linked immunosorbent assay (ELISA)

ELISA is a common lab analysis used when evaluating food allergies due to one or both of the antibodies IgE and IgG. ELISA stands for enzyme-linked immunosorbent assay. This is an impressive sounding test, but actually simple and quite definitive. ELISA is referred to as a quantitative test, meaning that the number of IgE and IgG antibodies in your blood can in fact be counted. After the blood is drawn, the tube is set aside to clot and then spun with a centrifuge. The clear portion (or serum) containing the antibodies is removed from the tube and sent to the lab. At the lab, the serum is added to numerous vials, each containing a single food to be tested. After a period of incubation, an enzyme is added to each vial. This enzyme identifies any antibodies that have reacted with the food. Enzymes that have not identified the antibody-food reactions will be washed away. Last, a color agent is added to each vial. This color agent will bind with any enzyme that is left in the vial. The degree of color in each vial, measured with an optical density reader, determines the degree of antibody activity. The darker the vial, the more antibodies. The more antibodies, the stronger the possibility of that food causing an allergic reaction in your body.

# A child with chronic bronchial constriction. “Diagnosed with Asthma”



# Treatment of delayed food allergy based on specific immunoglobulin G RAST testing

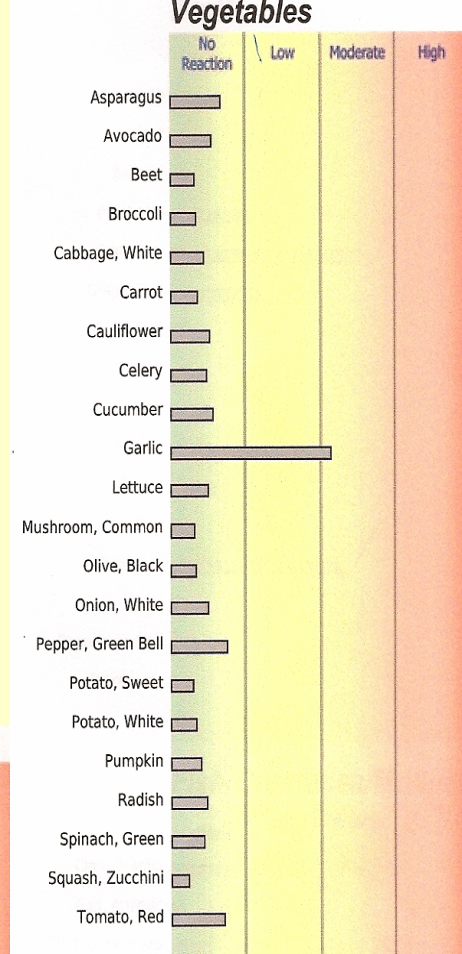
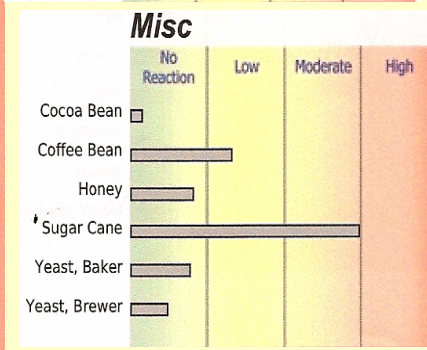
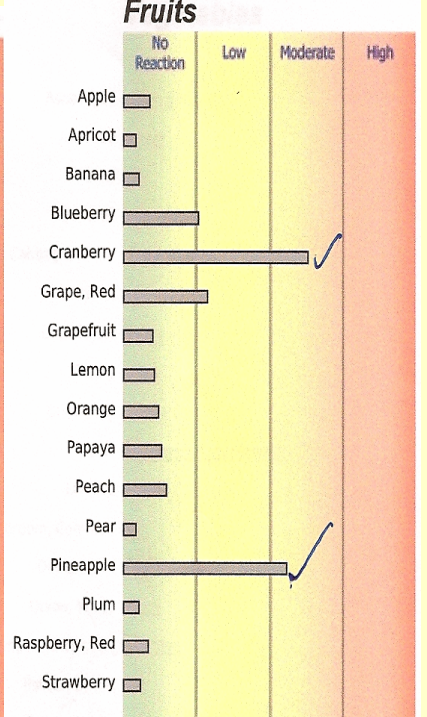
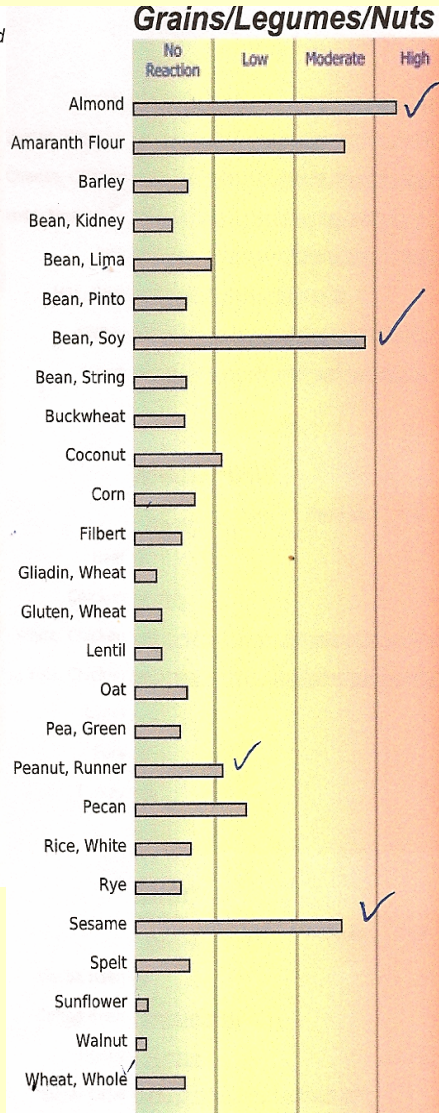
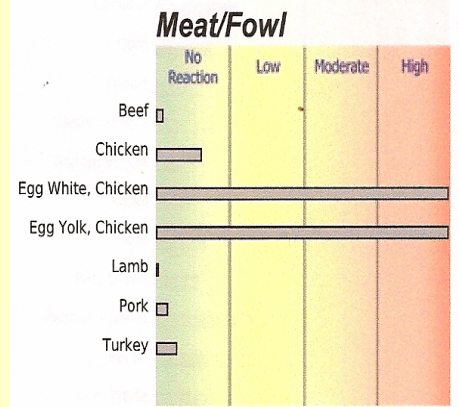
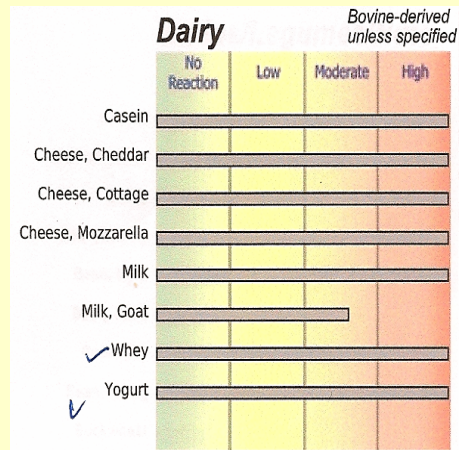
Department of Otolaryngology-Head and Neck Surgery, Vanderbilt University, USA.

This preliminary, descriptive study after extensive clinical experience demonstrates specific IgG food RASTs done in 114 consecutive patients with strong positive histories for delayed food allergy. Elimination of the positive foods was the sole means of treatment. The symptoms leading to the test are detailed, and the method of workup is reviewed. The overall results demonstrated a 71% success rate for all symptoms achieving at least a 75% improvement level. Of particular interest was the group of patients with chronic, disabling symptoms, unresponsive to other intensive treatments. Whereas 70% obtained 75% or more improvement, 20% of these patients obtained 100% relief.

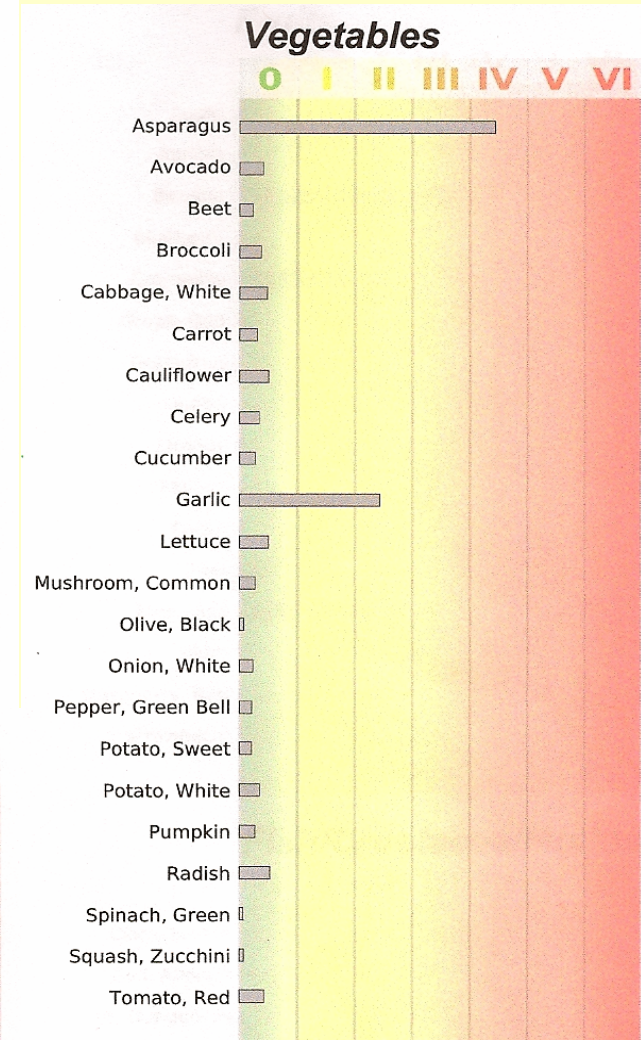
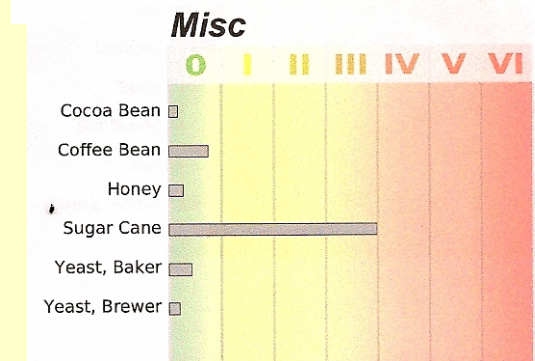
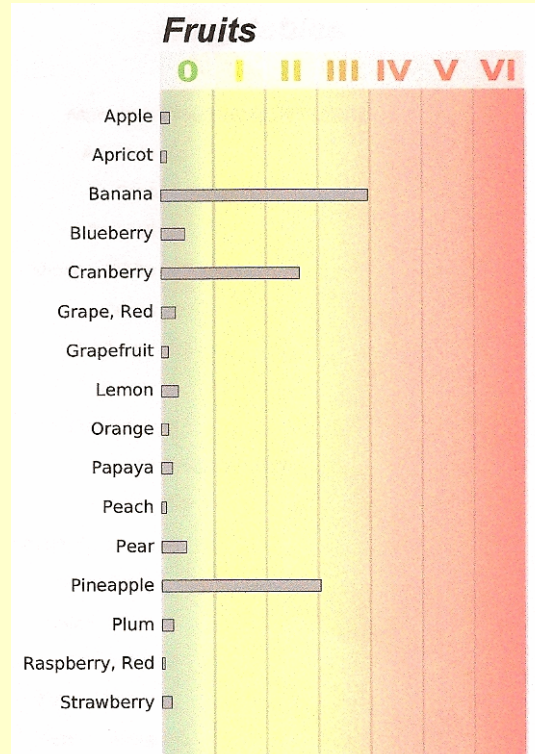
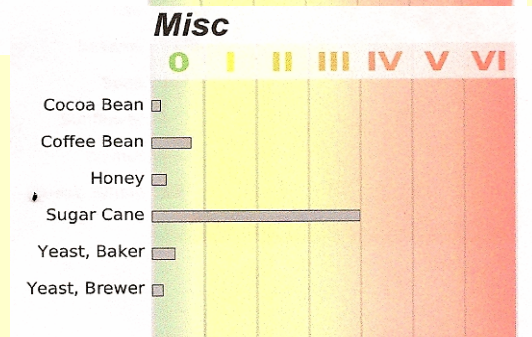
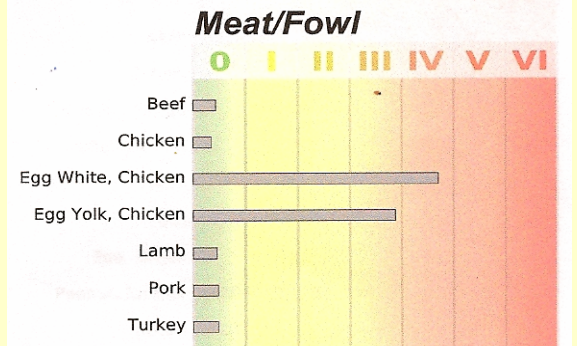
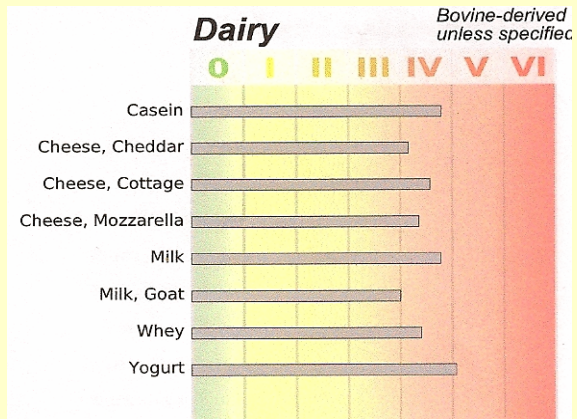
Otolaryngol Head Neck Surg. 2000 Jul;123(1 Pt 1):48-54.

PMID: 10889481 [PubMed - indexed for MEDLINE]

Patient said "I just don't feel good." Shops at the health food store often.



# Complains of Chronic Hip dysfunction



Even though it's possible to be allergic to just about any food, **over 90 percent of food allergies, especially in young children, are caused by seven foods:**

- dairy products
  - soy
  - shellfish
  - wheat
- tree nuts
- peanuts
- egg whites

**If you're allergic to one food in a food group, you have a greater chance of being allergic to other foods, or all the foods in that group.** If you're allergic to peanuts (which is a legume and not a nut), you may be able to eat almonds, but not other foods in the legume family.



# **Don't be surprised if you actually crave the food you're allergic to.**

When you go on an elimination diet , your body may go through withdrawal symptoms, triggering cravings for the very food that is not good for it. Sometimes the wisdom of the body breaks down. This food-craving paradox is especially true in children who are hypersensitive to sugar . When the blood sugar rises and then falls, children crave the food that will send their blood sugar skyrocketing.

# Symptoms of Adrenal Exhausted

- Fatigue
- Low Blood Sugar
- Low Blood Pressure
- Rheumatoid Arthritis
- Chronic Allergies
- Asthma
- Depression
- Sleep Disturbances
- Memory Loss
- Difficulty Concentrating
- Headaches
- Irritability
- Weight Gain
- Muscle Weakness
- Nausea
- Abdominal Discomfort

# Most Allergenic Foods

- berries
- buckwheat
- chocolate
- cinnamon
- citrus fruits
- coconut
- corn
- dairy products
- egg whites
- mustard
- nuts
- peas
- peanut butter
- pork
- shellfish
- soy
- sugar
- tomatoes
- wheat
- yeast

# Least- Allergenic Foods

- apples
- apricots
- asparagus
- avocados
- barley
- beets
- broccoli
- carrots
- cauliflower
- chicken
- cranberries
- dates
- grapes
- honey
- lamb
- oats
- papayas
- peaches
- pears
- poi
- raisins
- rice
- rye
- safflower oil
- salmon
- squash
- sunflower oil
- sweet potatoes
- turkey
- veal

# Total Load

- Refers to an individual's threshold of tolerance-like a cup filled to the top that can't hold any more water. One's thresholds of tolerance to external and internal insults in cumulative, relating to the amount of exposure: physiological parameters, nutritional status, physical, mental and emotional stress and more. Total load overflow does not occur over night; it gradually develops whether by daily choices or unavoidable circumstances.

# Hepatic Detoxification

- The ultimate goal of hepatic detoxification is to transform compounds that are fat-soluble or lipophilic chemicals from an endogenous source as hormones, intercellular mediators, bacteria, intestinal bacteria endotoxins and antigen-antibody complexes: as well as exogenous compounds such as drugs, pesticides, environmental toxins and drugs into water-soluble compounds. Water-soluble compounds can then be eliminated as urine by the kidneys, as sweat by our sweat glands or into fecal matter by bile.

# Phase 1 and 2

- Phase 1 detoxification system has currently 10 families of phase 1 enzymes which include 35 different genes. Phase 1 enzymes directly neutralize some chemicals but most are converted to intermediated forms that are then processed by phase 2 conjugation enzymes.
- Phase 2 detoxification typically involves conjugation of phase 1 intermediates: however some toxins are directly acted upon by phase 2 enzymes. There are 6 main phase 2 enzymes that neutralize the toxins and make them easily excreted through the urine.

# Phase 2 Main Enzymes

1. Glutathione Conjugation (Phase 1 and 2)
2. Acetylation
3. Glycine conjugation
4. Methylation
5. Sulphation
6. Glucuronidation



# Examples of Abnormal Detoxification Pathways

- Aromatic (phenols) (perfumes & exhaust)
- MSG (Chinese Food)
- Sulfites
- Nitrites
- Mold, Fungal, Yeast



# XENEPLEX

Detoxification Support Complex

**Ten suppositories**

US Patent 6,720,356

Other US and International patents pending.

Distributed by Remedy Link, Inc. • Clinical Plant, Marlborough, MA 01752

TM

### ***Dietary Supplement***

**Ingredients:** Organic coffee extract 200 mg, glutathione 200 mg, Magnesium Di-Potassium EDTA 50 mg, cocoa butter.

**Directions:** For rectal use only. Use following a bowel movement. Refrigerate before using. To separate suppositories, tear the plastic shells lengthwise along their perforations. To open a suppository, pull the plastic tabs apart at the pointed end. Apply a light coating of Vaseline to the suppository before insertion. Insert the suppository past sphincter muscle. Try to wait 15 to 20 minutes before another bowel movement. Broken suppositories may be reheated in their shells in a ziplock bag in warm water until melted and then reformed in refrigerator. Occasional air bubbles in suppository are normal and do not indicate a loss of product. Use every third day or as directed by your health care provider.

**Warning:** Keep out of the reach of children. Do not use if pregnant or nursing.

Store below 80° F (27°C). For more information visit [www.remedylink.com](http://www.remedylink.com)

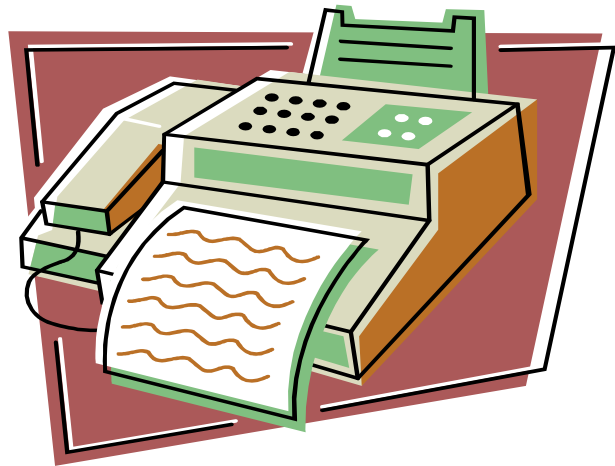
# Enzyme Deficiencies and Functional Nutrients

- Maltase
- Lactase
- Invertase
- Cellulase
- Lipase
- Amylase
- Protease
- Hydrochloric Acid

# Hypochlorhydria (Low HCL)

- Addison's Disease
- Dermatitis
- Biliary Dysfunction
- Hepatitis
- Osteoporosis
- Thyroid Dysfunction
- Asthma
- Diabetes
- Grave's Disease
- Acne Rosacea
- Myopia
- Lupus
- Pernicious anemia
- Pituitary Dysfunction
- Celiac disease
- ECZEMA
- Auto-immune disorder
- Myasthenia Gravis
- Osteoarthritis
- Rheumatoid arthritis
- Psoriasis
- Vitiligo

**Fax Over Your Supplement Order.....**



**(248)-735-2446**

**Name**

**Address & Phone Number**

**Quantity and Product Size**

**Visa or Mastercard - # and Exp. Date**