

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

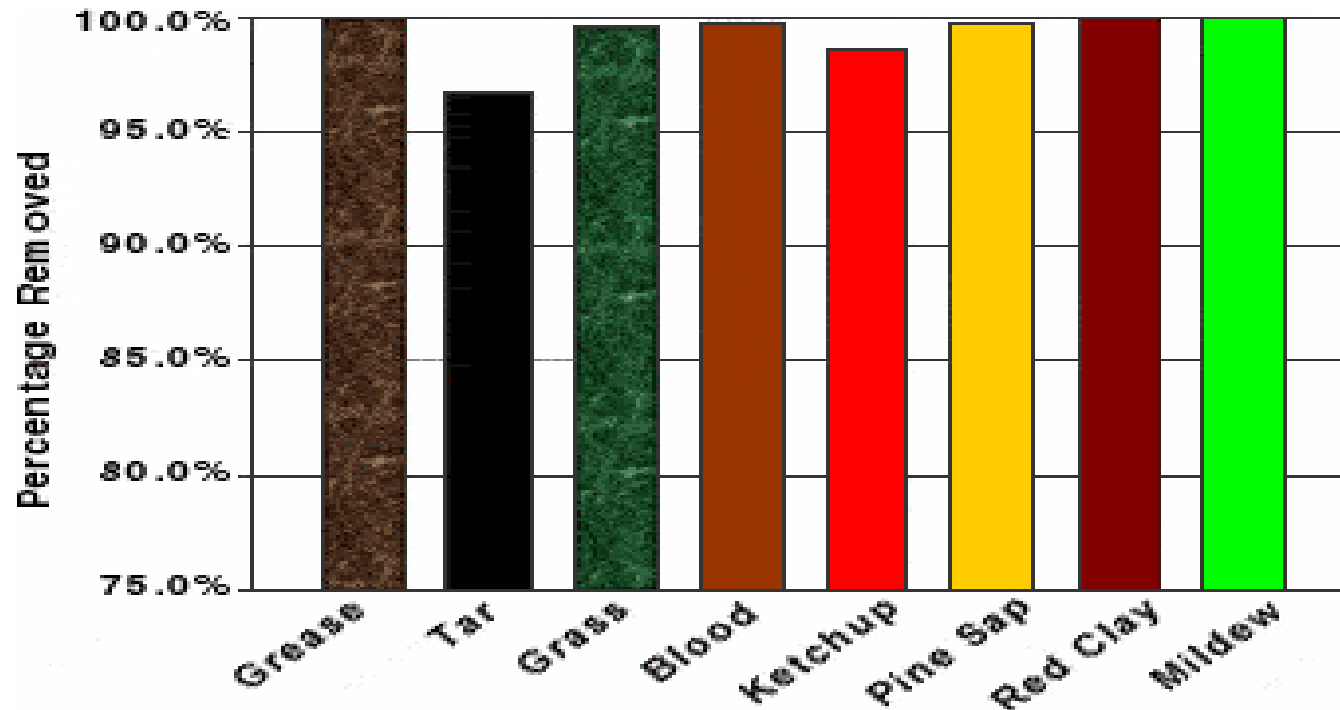
½ Boswellia

Test by SGS US Testing Labs, Life Science Services

Test ASTM D 426b Stain Removal

Title Charlie's Soap tested on a Wide Variety of Soils

Test fabrics (bleached 100% cotton) were washed with Charlie's Soap Laundry Powder and dried before staining. The fabrics were then stained and allowed to sit for 30 minutes. The stained fabrics were then pre-sprayed with Charlie's Soap All Purpose Cleaner and agitated till all parts of the stains were exposed and allowed to sit for another 30 minutes. The fabrics were then rewashed with Charlie's Soap Laundry Powder and air dried. Results were determined by light reflectance difference before staining and after washing the second time.



Chiropractic and Alternative Health Services Web Page

www.wholehealthamerica.com/drkrygier

Web Page info:

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



Asyra™ Testing

Testing Time 15 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.

Vitamin and Calcium Supplements May Reduce Breast Cancer Risk

- *Science Daily (Apr. 19, 2010)* — Vitamins and calcium supplements appear to reduce the risk of breast cancer, according to findings presented at the American Association for Cancer Research 101st Annual Meeting 2010.
- Vitamin supplements appeared to reduce the risk of breast cancer by about 30 percent. Calcium supplements reduced the risk of breast cancer by 40 percent. After controlling for the level of DNA repair capacity, calcium supplements were no longer as protective, but the link between vitamin supplements and breast cancer reduction remained.
- "We're not talking about mega doses of these vitamins and calcium supplements, so this is definitely one way to reduce risk," said Matta.



Influenza: Say No to the Flu Shot

Spread is by aerosols - very efficient (occasionally fomites). Even in epidemics, there are 3:1 - 9:1 infections: clinical case - very infectious. Primary infection involves the ciliated epithelial cells of the URT. Necrosis of these cells results in the usual symptoms of the acute respiratory infection (fever, chills, muscular aching, headache, prostration, anorexia). Normally self-limited infection usually lasts 3-7 days (+convalescence).

Death from primary influenza infection is *very rare* and appears to be determined by host factors rather than 'virulence' of virus. Damage to respiratory epithelium predisposes to secondary bacterial infections which accounts for most deaths (see below).



Microbiology @ Leicester: Virology : Orthomyxoviruses





Dose: 1 tsp. per day

IAG

Increases Natural Killer Cells (NK Cells) to fight infections, viruses and cancer.

Raises NK Cells up to 28 X with daily use.

Boost your immune system during cold and flu season.

TASTES GREAT!!

Top doctors could face fraud charges over 'ghost-written' research.

August 3rd 2011 Top doctors could be charged with fraud if they continue with the common practice of 'ghost authoring', where they appear as the writer of research often prepared by a PR firm, leading lawyers say.

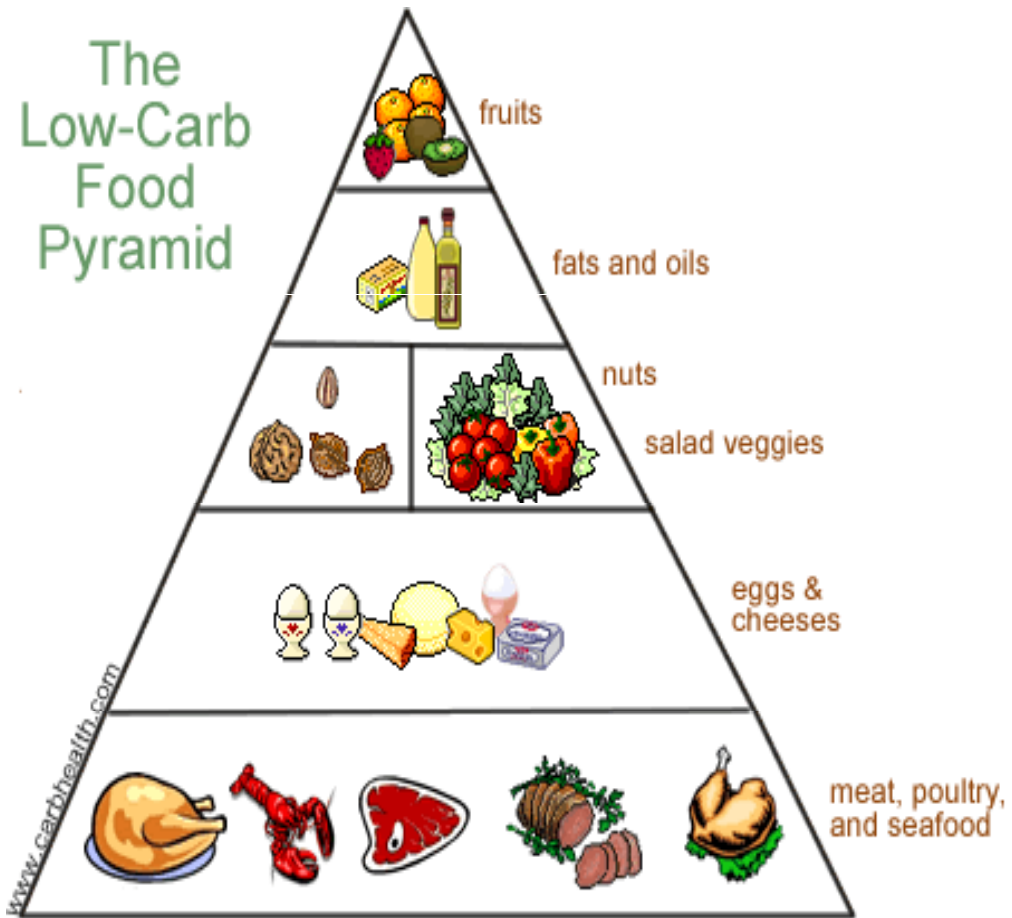
The practice gives false authority to supposed research articles that doctors rely on when they are prescribing drugs.

Ghost authoring has been going on for years, and they fill up to **80 per cent of the prestigious medical journals**, one researcher has estimated.

But it's a practice that has to stop, and the only way of doing so is to charge the guilty with professional and academic misconduct and fraud, say Professors Simon Stern and Trudo Lemmens, law professors at the University of Toronto.

Charges could be extended to pharmaceutical companies who rely on studies that they know are ghost-written in proceedings in courts of law, they say.

(Source: PLoS Medicine, 2011; 8: e1001070).



Brain not body makes athletes feel tired.

Fatigue is in the mind, not the muscles, suggests a new study. But it can still have a serious impact on athletic performance. The finding could lead to treatments for conditions like chronic fatigue syndrome, or the development of illicit performance-enhancing drugs.

Traditionally, fatigue was viewed as the result of over-worked muscles ceasing to function properly. But evidence is mounting that our brains make us feel weary after exercise (**New Scientist** print edition, 20 March). The idea is that the brain steps in to prevent muscle damage.

Now Paula Robson-Ansley and her colleagues at the University of Cape Town in South Africa have demonstrated that a ubiquitous body signalling molecule called interleukin-6 plays a key role in telling the brain when to slow us down. Blood levels of IL-6 are 60 to 100 times higher than normal following prolonged exercise, and injecting healthy people with IL-6 makes them feel tired.

To work out if IL-6 affects performance, Robson-Ansley injected seven club-standard runners with either IL-6 or a placebo and recorded their times over 10 kilometres. A week later, the experiment was reversed.

On average they ran nearly a minute faster after receiving the placebo, a significant difference since their finishing times were around 41 minutes. The findings will appear in the *Canadian Journal of Applied Physiology*.

11:47 29 July 2004 Exclusive from New Scientist Print Edition James Randerson

The Athletic Edge Program

Nutrients may be why some smokers avoid cancer

- (Reuters) - Smokers who have higher levels of vitamin B6 and certain essential proteins in their blood have a lower risk of getting lung cancer than those deficient in these nutrients, according to study by cancer specialists.
- The IARC study, which looked at around 900 people with lung cancer, found a link to low levels of vitamin B6 and an amino acid called methionine, found in protein like meat, fish and nuts. B6 is also found in meat, nuts, vegetables and bananas.
- Brennan said his findings appeared to reinforce previous research which suggested deficiencies in B vitamins may increase the probability of DNA damage and subsequent gene mutations.



- Reuters by Peter Graff 6/15/10

Calcium, Magnesium Are Beneficial During Pregnancy, Studies Say

By Kari Lundgren and Chris Elser

- July 13 (Bloomberg) -- Taking mineral supplements during pregnancy may cut the risk of common complications for mothers and children, according to two studies.
- One study found that calcium helps protect against pre- eclampsia, a rapidly progressive condition characterized by high blood pressure and the presence of protein in the urine. The second study looked at the effect of magnesium on hypoxic- ischemic encephalopathy, a condition caused by inadequate oxygen supply to the brain and spinal cord of infants.
- Taking the mineral supplements may help reduce the estimated 3.2 million stillborn deaths that occur each year, the researchers said. Governments should consider requiring food to be fortified with calcium, Royal College of Obstetricians and Gynaecologists Professor Phillip Steer said in a telephone interview.
- ``It is now a challenge for politicians to take on board," said Steer, who is also editor-in-chief of BJOG: An International Journal of Obstetrics and Gynaecology, which published both studies yesterday. He added that supplementation is needed in both the developed and developing world.



PC: Dx w/endometriosis and fibroid tumors that are causing infertility- has had 2 surgeries- not a lot of pain now- worse a few years ago. Pt. has taken Follistim for infertility this causes abdominal pain. Cyst in ovary.

D of PC: At least 5 years, can't get pregnant.

Add C: Pt is short of breath a lot- has to take deep breaths.
Pt under a lot of stress.

(5) Chaste Tree

(5) Cataplex D

(7) Symplex F

PC: Irregular Periods- 6 days, light periods, no cramps, last period lasted 2 weeks. Last period 82 days ago.

Is trying to get pregnant last 6 1/2 months.

D of PC: Over 13 years.

Add Complaint: Frontal Headache, 5 years ago had migraines. Was on Birth control for 2 1/2 years.

(5) Ovex

(3) Cytozyme PT/HPT (in A.M)

(4) Ferrofood



Merck's Gardasil Shot (HPV 6, 11, 16,18)

- February 2, 2007 the Republican governor of Texas Rick Perry signed an executive order bypassing the Texas legislature requiring all 11 and 12 year old Texas schoolgirls to be vaccinated with Gardasil. This is a vaccine approved to prevent infection with four strains of the human papillomavirus: Types 6 and 11, which cause genital warts and types 16 and 18 which are among the 30 or more strains that are capable of causing cervical cancer.
- New York Times sited that 31 states are currently debating bills that would require Gardasil vaccination, funding and require the distribution of information to children and parents. Of the 31 states eighteen are considering legislative action mandating Gardasil vaccination. The goal of Merck is for 150 million girls and women will be compulsorily vaccinated then the male population will be the next target.

HPV and Testing

- A new study found with the specific infection and who have a high viral load can lower their risk of developing cervical cancer condition by 79% if they take vitamins and minerals.
- Merck's own report on the clinical trial states **"There was no clear evidence of protection from disease caused by HPV types for which subjects were PCR and/or seropositive at baseline."** Yet the vaccine has been approved by the FDA for administration to women between the ages of 9 and 26.
- FDA approval was based on clinical trial involving just over 20,000 young women. Less than 1200 of these were under 16 years of age and few of them were at the sensitive age of puberty- typically 10-12 years in American girls-which happens to be the age suggested as the optimum target group for mandatory inoculation in Texas.
- Since HPV-induced cervical carcinogenesis is a slow process, it will be several decades before there will be a noticeable decrease in cervical cancer cases due to vaccination. National Rev., Immunology. 4 (2004) 46-54



I Don't Want To Be "One Less."
Investigate Before You Vaccinate.

WWW.TRUTHABOUTGARDASIL.ORG



- The Agency for Toxic Substances and Disease Registry in Atlanta, Georgia, (a part of the U.S. Department of Health and Human Services) was established by congressional mandate to perform specific functions concerning adverse human health effects and diminished quality of life associated with exposure to hazardous substances. [The ATSDR is responsible for assessment of waste sites and providing health information concerning hazardous substances, response to emergency release situations, and education and training concerning hazardous substances.] The EPA and the ATSDR has compiled a Priority List for 2001 called “Top 20 Hazardous Substances.” In this lecture heavy metals and toxic metals will be discussed.

Agency for Toxic Substances and Disease Registry (ASTDR)

- Part of the U.S. Department of Health and Human Services.
- ASTDR Priority List for 2001 called “Top 20 Hazardous Substances” lists the heavy metals Arsenic (1), Lead (2), Mercury (3), and Cadmium (7).

Heavy Metals

- According to Mosby's Medical Text Book, heavy metals are metallic elements with a specific gravity that is at least 5 times the specific gravity of water. The specific gravity of water is 1 at 4 degrees Celsius(39F).
- Simply stated, specific gravity is the measure of density of a given amount of a solid substance when it is compared to an equal amount of water.
 - Arsenic 5.7
 - Iron 7.9
 - Cadmium 8.65
 - Lead 11.34
 - Mercury 13.546

Toxic Heavy Metals

Heavy metals become toxic when they are not metabolized by the body and accumulate in the soft tissues. The Barrel effect occurs when symptoms start to show up when the barrel starts to spill over.

Acute Heavy Metal Toxicity

- Headaches
- Vomiting
- Nausea
- Sweating
- Difficulty Breathing
- Neuro -cognitive difficulties (speech and reasoning)
- Convulsions

Overlapping Symptoms

- Frequent Headaches
- Mental Confusion
- Short-Term Memory loss
- Overwhelming tiredness
- Brain Fog
- Hair Loss
- Tremors Irritability
- Unexplained Rage
- Pain in muscles and joints

Chronic Metal Toxicity- is frequently the result of long term, low level exposure to pollutants common in our environment: food, water, air and many consumer products. Research revealed that even low levels of aluminum, arsenic, cadmium, lead, mercury and other toxic metals can cause a wide variety of health problems listed below.

- Nausea
- Decreased IQ
- Memory Loss, motor and language
- Depression
- Nervous and Emotional Instability
- Insomnia
- Muscle and Joint Pain
- Allergies
- Headaches
- Skin Disorders
- Cancer
- General and Chronic Fatigue
- Weakened Immunity
- Auto-immunity
- Intestinal dysbiosis, irritable bowel
- Pain and Inflammation
- Metallic Taste In Mouth
- High Blood Pressure
- Muscle Weakness and Aches
- Nervous System Disorders
- Behavioral Disorders
- Diarrhea
- Tremors

Diseases and Metal Toxicity

- ADD/ADHD
- Brain Disorder- Learning, Memory and Emotions
- Neurological Disorders
 - MS
 - MD
 - Lou Gerhig's disease
 - Alzheimer's disease
 - Parkinson's disease
- Allergies

General Sources:

- Aluminum Cookware
- Anti- Perspirants
- Amalgam Fillings
- Air pollution
- Cosmetics
- Drinking Water
- Fertilizers
- Fish and Seafood
- Fungicides
- Heavy Traffic
- Insecticides
- Medications
- Old Paint
- Pesticides
- Tobacco Smoke

4 Year Old Boy

PRESENT COMPLAINT: ① Pt. is Autistic. Pt. has anxiety
over everything - comes & goes at different times
- Pt. here for nutritional support. ⊕ supps. & meds.

DURATION OF PRESENT COMPLAINT: ① 3 yrs. (Fully Vacc.)

ADDITIONAL COMPLAINTS: ② Pt. has food allergies - mainly
nuts. sx. of allergy is a rash.

DURATION OF ADDITIONAL COMPLAINTS: ② forever.

POTENTIALLY TOXIC ELEMENTS

TOXIC ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE	
			68 th	95 th
Aluminum	5.1	< 8.0		
Antimony	0.26	< 0.066		
Arsenic	0.27	< 0.080		
Beryllium	< 0.01	< 0.020		
Bismuth	0.058	< 0.13		
Cadmium	0.55	< 0.15		
Lead	2.2	< 1.0		
Mercury	0.06	< 0.40		
Platinum	< 0.003	< 0.005		
Thallium	< 0.001	< 0.010		
Thorium	0.002	< 0.005		
Uranium	0.005	< 0.060		
Nickel	0.17	< 0.40		
Silver	0.13	< 0.20		
Tin	0.40	< 0.30		
Titanium	0.53	< 1.0		
Total Toxic Representation				

Arsenic Sources

- Atmospheric pollution
- Some Seafood
- Tap Water
- Pesticide residues on tobacco
- Electronics- semiconductors in LEDs and Solar cells
- Wood burning stoves
- Some homeopathic medications
- Fungicides
- Fungal and yeast
- Wood preservative- “Paris Green” (Cupric aceto-arsenite)

** According to science News, 70% of commercial chickens raised for meat in the U.S are fed Roxarsone, a benzene arsenic compound.

Arsenic: An Abundant Natural Poison

(Released March 2009) by [Andreas Saldivar & Vicki Soto](#)

One of the most famous series of poisonings was by the Borgia family, specifically Pope Alexander VI (Pope from 1492-1503), his son Cesare, and perhaps his daughter Lucretia. During their lifetime an interesting church law allowed for confiscation of property following a victim's untimely death.

The Pope encouraged cardinals to increase their personal wealth, then invited wealthy cardinals to the Borgia's home where they were served a meal with arsenic laced wine. Upon death, the victim's property was seized, so that soon the Borgias were one of the wealthiest families in Italy. The scheme ended with a strange twist of fate. One day some cardinals were scheduled to attend the Borgia's home for dinner. The Pope and his son arrived home early and were, perhaps mistakenly, served a poisoned bottle of wine. The Pope died quickly but his son survived. He was, however, never in a position of power again and was unable to continue the scheme. (R. Smith 2005)

Go To [Chemistry/Geology](#)

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In the Water: Arsenics Tumor Triggering Mechanism Discovered

Arsenic exposure has long been linked to [cancer](#), but just how the toxic element triggers tumor growth has been unknown.

A new study, published online February 23 in the journal [Cancer Research](#), describes for the first time the impact of arsenic on crucial signals among the body's cells—a potentially potent discovery for the 100 million [people worldwide](#) whose [drinking water](#) exceeds arsenic [levels recommended](#) by the World Health Organization.

The researchers, led by Dennis Liang Fei of the Department of Pharmacology and Toxicology at Dartmouth Medical School in Hanover, N.H., were tipped off by recent work that had shown that the Hedgehog protein signaling pathway (which plays a role in embryo development and likely some cancers) was often overactive in many of the same cancers to which arsenic has been tied—in particular [bladder cancer](#).

Through study of cell cultures, tumors in mice and tumors from 265 bladder cancer patients, the team established that "arsenic is able to activate Hedgehog signaling," they noted in the paper describing the research. And "chronic activation of Hedgehog signaling by arsenic might contribute to the development of a subset of these tumors," they argued. They found that both acute and chronic low-levels of arsenic exposures led to the overactive signaling. And in studying the bladder cancer patients, the researchers discovered that "high levels of arsenic exposure are associated with high levels of Hedgehog activity."

This new knowledge will add "insight into the etiology of arsenic-induced human carcinogenesis," the researchers wrote. And though more questions remain, the findings might eventually be "relevant to [millions of people](#) exposed to high levels of arsenic."

By [Katherine Harmon](#) | February 23, 2010

Lead Changes

- Most of children's' exposure to lead comes from deteriorating lead paint in older homes, and the Centers for Disease Control and Prevention in Atlanta say nearly half a million children in the United States have blood lead concentrations higher than 10 micrograms per deciliter.
- As evidence has accumulated about the harmful effects of lead, the acceptable amount has decreased from 60 in the 1960s to 30 in the late 1970s, and 10 since the early 1990s.
- After lead was banned from gasoline, average lead levels among U.S. children fell from 15 micrograms of lead per deciliter of blood in 1978 to 2 in 1999.

USA: April 22, 2003 Story by Gene Emery
REUTERS NEWS SERVICE

ConsumerLab.com

is a US company which conducts independent quality tests on dietary supplements including herbal products. The company tested batches of 21 ginseng products, available in the USA in April and May 2000, for purity and whether they delivered the amount and type of ginseng indicated on the label.

- Out of the 21 products tested, only nine passed the company's criteria for ginseng quality and purity. Eight products contained unacceptable levels of pesticides (quintozene and hexachlorobenzene, with two products having levels more than 20 times the permitted amount.
- Seven products had less than the required concentration of ginsenosides.
- Fifteen products that stated ginsenoside levels on the label, only 10 met or exceeded these claims.
- Two products contained lead above the permitted amount.

How Lead Affects The Body

- Blood- inhibits enzymes associated with hemoglobin and increases the rate of destruction of red blood cells. This is called fatigue.
- Bones- lead is incorporated into bone in preference to calcium.
- Brain- can inhibit copper and iron-dependent enzymes needed for neurotransmitters (dopamine, nor epinephrine, epinephrine) This is called hyperactivity.
- Energy- inhibits copper and iron-dependent enzymes in the krebs cycle required for energy production. This is called fatigue.
- Kidneys- lead can raise uric acid levels and impair kidney function. This is called Gout.
- Lead displaces and can cause deficiency or bio-unavailability of calcium, zinc, manganese, copper and iron.
- Thyroid Gland- lead interferes with iodine uptake by the thyroid, and can inactivate thyroxin, the thyroid hormone.

Lead Sources

- Ceramic glazes
- Cigarette smoke
- Colored ink
- Food cans soldered with lead
- Grecian Formula and Youth hair dyes
- Lead based paint
- Lead water pipes
- Lead pencils and crayons
- Leaded gasoline
- Manufacture of batteries
- Mine smelting industries
- Pesticide residues
- Water contaminated with lead from industrial waste.
- Batteries
- News print and catalogs
- Some wines

Children can also be born with elevated lead, passed through the placenta from their mothers.

Diets deficient in calcium, magnesium, or iron increase lead absorption.

DPS students with lead poisoning by school

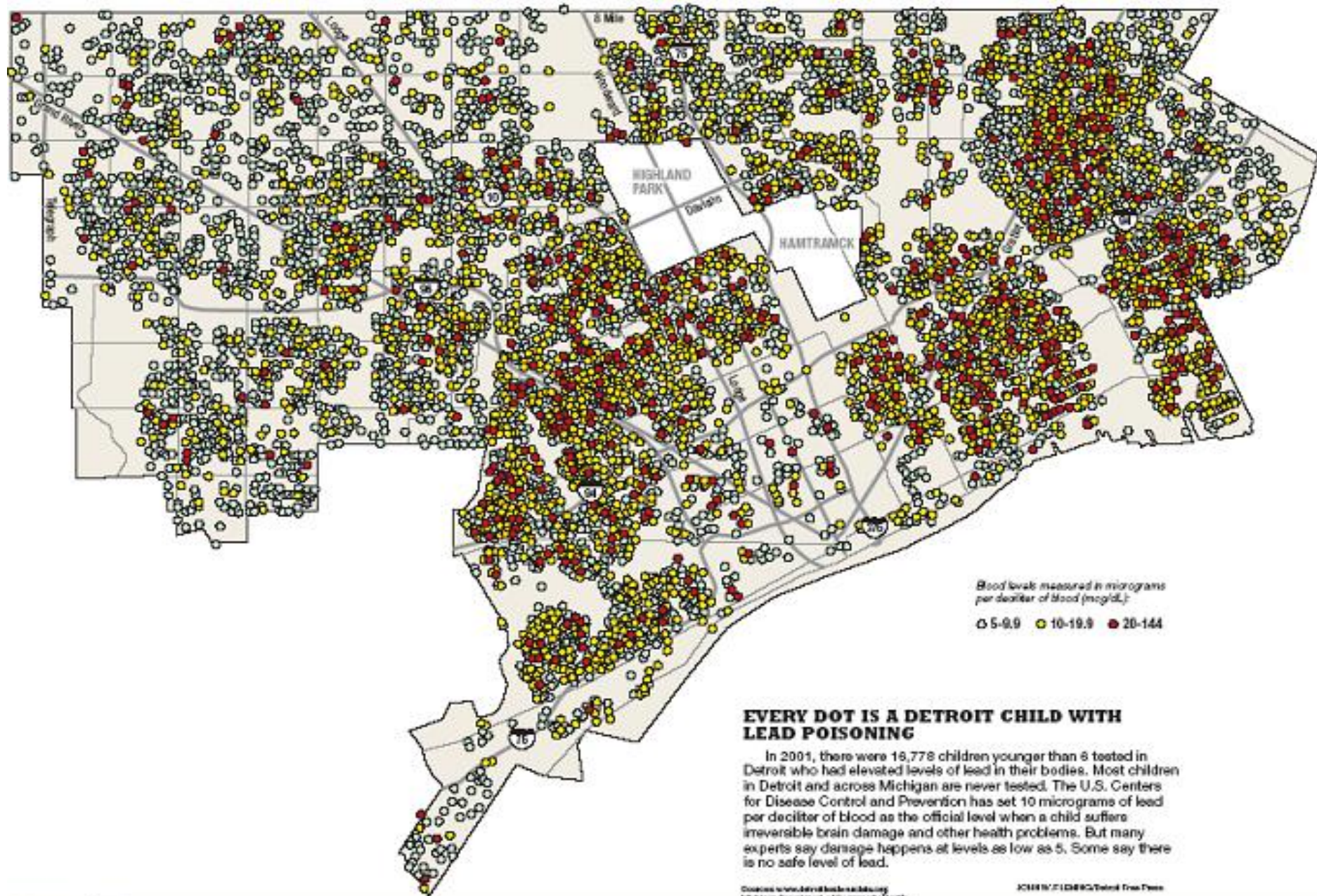
A RECENT STUDY BY DETROIT SCHOOL AND HEALTH OFFICIALS FOUND TROUBLING LEVELS OF LEAD IN MORE THAN HALF OF DPS STUDENTS TESTED FOR LEAD BETWEEN THE AGES OF BIRTH AND FIVE. THE DATABASE BELOW INCLUDES THE NUMBER OF STUDENTS WITH CONFIRMED HIGH LEAD LEVELS BY SCHOOL AND TOTAL STUDENT ENROLLMENT (WHETHER THEY WERE TESTED FOR LEAD OR NOT). IN AT LEAST 30 DETROIT PUBLIC SCHOOLS, 35% OR MORE OF THE STUDENT POPULATION HAD A CONFIRMED HISTORY OF CHILDHOOD LEAD POISONING. HOWEVER, SINCE ROUGHLY HALF THE STUDENTS AT A GIVEN SCHOOL WERE NEVER TESTED FOR LEAD, THESE PERCENTAGES ARE LIKELY FAR HIGHER.

SEARCH THE DATABASE TO FIND INFORMATION ON MORE DETROIT SCHOOLS AND THE NUMBER OF STUDENTS WITH CONFIRMED CASES OF CHILDHOOD LEAD POISONING.

NOTE: THIS DATABASE DOES NOT INCLUDE INFORMATION ON THOSE DETROIT PUBLIC SCHOOLS WHERE NO STUDENTS WERE TESTED, OR WHERE THOSE TESTS COULD NOT BE FOUND. LEAD LEVELS ARE MEASURED IN MICROGRAMS OF LEAD PER DECILITER OF BLOOD.

SOURCE: DETROIT PUBLIC SCHOOLS, DETROIT DEPARTMENT OF HEALTH & WELLNESS PROMOTION AND THE MICHIGAN DEPARTMENT OF EDUCATION.

Detroit Free Press, 2003



Frustaci and colleagues from the Department of Cardiology, Catholic University in Rome Italy

In patients with Idiopathic dilated cardiomyopathy (IDCM) the mean mercury concentration was 22,000 x, antimony 12,000 x, Gold 11 x, chromium 13 x and cobalt 4 x higher than controls. The researchers concluded that the increased concentration of trace elements in patients with IDCM may adversely affect mitochondria activity and myocardial metabolism and worsen cellular function.

Symptoms: Ventricular dilation, systolic contractile dysfunction, congestive heart failure

MMR and Autism: US court says there's a link, and awards compensation

06 March 2008

The MMR (measles, mumps, rubella) vaccine can cause autism, a US court has concluded. In a secret ruling that has only just come to light, the US Court of Federal Claims has conceded that the mercury-based preservative thimerosal, which was in vaccines until 2002, caused autism in the case of one child. The ruling is one of 4,900 cases currently being considered for compensation payments, and it is feared by health officials that it could open the floodgates for even more claims. It also appears to support the controversial findings of Dr Andrew Wakefield, who, in 1998, suggested a link between the vaccine and autism. The ruling, made by US Assistant Attorney General Peter Keisler, was made last November, and was one of three test cases into the MMR-autism link that was being considered by a three-member panel, which Keisler chaired. In his conclusion, Keisler said that "compensation is appropriate". The case involved a child who, when she was 18 months old, received nine vaccinations in July 2000, two of which included thimerosal. Within days, the girl, who had previously been healthy, suddenly exhibited no response to verbal direction, loss of language skills, no eye contact, insomnia, incessant screaming, and arching. A diagnosis of autism was confirmed seven months later. In its defense, the US government said the girl had a pre-existing mitochondrial disorder that was aggravated by the vaccine.

(Source: The Huffington Post, February 25, 2008).

Mercury



- Sources

- Large fish
- Pesticide residues
- Fungicides on grains
- Atmospheric pollution (Coal, Gas and Oil)
- Dental Amalgams
- Interior Paints
- Pharmaceuticals

- Problems associated with excess Mercury

- Psychological Dysfunction
- Undefined vision changes
- renal dysfunction
- TMJ Dysfunction
- Migraine Headaches
- Problems involving loss of Motor skills
- Immune Dysfunction
- Fatigue

Alzheimer's Disease victims had 2x more mercury stored in their brains.
Chronic Fatigue Syndrome and Mercury toxicity go hand in hand in almost 70% of patients.

Are Flu shots worth the risk?

- Perhaps the most insidious of all problems with flu shots is their mercury content. A flu shot contains 25 micrograms of mercury. One microgram is considered toxic. Mercury is a brain toxin, already indicted as a causative agent in dementia and Alzheimer's syndrome. Statistics show that if you have five consecutive flu shots between 1970 and 1980 you have ten times the odds of getting Alzheimer's disease as a person who has had two flu shots or less.

Hugh Fudenberg, MD, the world's leading immunogeneticist- 850 papers published in peer reviewed journals.

"Thimerosal is commonly used as an antiseptic/preservative in vaccines in the range of 1:10,000 to 1:20,000. Welsh's and Hunter's 1940 findings, applied to current thimerosal use in vaccines, lead to the conclusion that **thimerosal completely inhibits phagocytosis in blood,** one of the body's most vital immune defenses!"--Jamie Murphy

Dr. H.H. Fudenberg, world-renowned immunologist with hundreds of publications to his credit, made the following comments: “One vaccine decreases cell-mediated immunity by 50%, two vaccines by 70%...all triple vaccines (MMR, DTaP) markedly impair cell-mediated immunity, which predisposes to recurrent viral infections, especially otitis media, as well as yeast and fungi infections.”

How Aluminum Affects Health

- Nervous Systems- in animal studies, aluminum blocks the action potential or electrical discharge of nerve cells, reducing nervous system activity. Aluminum also inhibits important enzymes in the brain (Na-K-ATPase hexokinase).

Aluminum may also inhibit uptake of important chemicals by nerve cells (dopamine, Norepinephrine and 5-hydroxytryptamine).

- Behavioral Effects- dementia resulting from kidney dialysis related to aluminum toxicity causes memory loss, loss of coordination, confusion and disorientation.

Aluminum

- Medical anthropologist, epidemiologist, and nutritional ethnobotanist Michael A. Weiner, M.S., MA., Ph.D., says in his far sighted book, *Reducing the Risk of Alzheimer's*, "Medical science has known for more than a decade that even mildly elevated levels of aluminum can influence memory disturbances in adults as well as hyperactivity and learning disorders in children.
- Professor R.J. Boegman, Department of pharmacology and toxicology, Queens University, Kingston, Ontario, Canada, advises that when aluminum is deposited in the gray matter of the brain, it will inhibit nerve transport, increase the breakdown of various neurotransmitters, and stimulate the production of harmful proteins.

Aluminum Sources

- Baking Powder
- Emulsifier in some processed cheese
- Table Salt (anti-caking agent)
- Bleaching agent is in some white flowers
- Anti-acids (aluminum hydroxide)
- Buffered Aspirin
- Some brands of toothpaste
- Fluoridated water increases leaching of aluminum from aluminum pots and pans
- Cigarette filters and paper
- Aluminum foil
- Cosmetics
- Tap water
- Deodorants
- Aluminum containers (cans)
- Cake and Pancake mixes
- Pickles
- Drinking (aluminum is frequently added to municipal water)

Aluminum Poisoning

- From 1906 to 1912 Harvey W. Wiley, M.D., directed the one-time government agency that became the United States Food & Drug Administration. In 1929 he wrote: “from the earliest day of food regulations the use of alum (aluminum sulphate) in foods has been condemned. It is universally acknowledged as a poison and a deleterious substance in all countries.”
- Today, sixty-four years after Wiley published those words, alum is still used in water purification and for other sensitive consumer applications.
- Alzheimer’s Disease; senile Dementia (sometimes)
- Due to certain additives, processed cheese and cornbread are two major contributors to high aluminum exposures in the American diet. With regard to pharmaceuticals, some common over-the-counter medications such as antacids and buffered aspirin contain aluminum to increase the daily intake significantly.

Aluminum poisoning continued..

Over the last few years, there has been concern about the exposures resulting from leaching of aluminum from cookware and beverage cans. However, as a general rule, this contributes a relatively small amount to the total daily intake. Aluminum beverage cans are usually coated with a polymer to minimize such leaching. Leaching from aluminum cookware becomes potentially significant only when cooking highly basic or acidic foods. For example, in one study, tomato sauce cooked in aluminum pans was found to accumulate 3-6mg aluminum per 100 g serving.

Hair Analysis-

PC- Headaches and Forgetfulness

- Ca/K - 450% of Ideal (Thyroid)
 - Ca/Mg- 104% of Ideal
 - Na/K -243% of Ideal
- Ca/P- 900% of Ideal (Protein Utilization)
- Additional Minerals
 - Nickle, Aluminum
 - Slow Oxidizer

Cadmium

- Refined foods
- Acid drinks in galvanized containers
- Phosphate fertilizers
- Gluten Flour
- Processed meats, cola drinks and instant coffee.
- Tap water
- Motor oil and exhaust fumes from cars
- Atmospheric pollution (coal, gas, and oil)
- Burning of rubber tires, plastic and paints
- Canned fruits and vegetables
- Sugar and molasses
- Alcoholic beverages
- Tobacco smoke, cigarette papers
- Zinc, lead and cadmium batteries
- Grinding amalgams
- Margarine
- Food grown on cadmium soil- sewage sludge, fertilizers and irrigation water can contaminate the soil.
- Large ocean fish- tuna, cod, haddock
- Cadmium plating used in some soft drink dispensers

How Cadmium Affects Health

- Energy- cadmium causes strong inhibition of essential enzymes in the Krebs cycle.
- Nervous system- cadmium inhibits the release of acetylcholine and activates cholinesterase. This results in a tendency for hyperactivity of the nervous system. Cadmium directly damages nerve cells.
- Bones and Joints- cadmium alters calcium and phosphorus metabolism, thus contributing to arthritis, osteoporosis and neuromuscular diseases.
- Cardiovascular System- cadmium replaces zinc in the arteries, contributes to brittle, inflexible arteries.
- Digestive System- cadmium interferes with the production of digestive enzymes that require zinc.
- Male Reproductive System- prostate problems and impotence can result from cadmium induced zinc deficiency.
- Endocrine System- zinc is required for growth and insulin release. Cadmium can contribute to failure to thrive, delayed growth development and diabetes.
- Dental- alterations in calcium and vitamin D activity, caused by cadmium toxicity, can result in cavities and tooth deformities.
- Psychological- cadmium toxicity is associated with learning disorders and hyperactivity. This may be due to zinc deficiency or to inhibition of acetylcholine release in the brain.

Zinc diet reduces violence in youths –

Steve Connor

“Scientists have discovered a link between violent behavior and a chemical imbalance in the body that can be treated by diet. It raises the possibility of treating antisocial individuals with special nutrition.

Studies carried out on 135 males aged between 3 and 20 with a history of violence have found that such individuals are much more likely to have high levels of copper and low levels of zinc compared with non-violent people. Scientists believe such minerals influence behavior because the body uses them to make chemical transmitters in the brain.”

Zinc diet reduces violence in youths –

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The article goes on to refer to the work of Dr. William Walsh of the Health Research Institute in Naperville, Illinois.

Further, “preliminary experiments have shown that altering the diet of violent males can improve their behavior”.

“It usually takes two to three months to overcome the copper-zinc imbalance.”

“Copper and zinc tend to be concentrated in the hippocampus of the brain and the hippocampus is known to be associated with stress control”.

Zinc diet reduces violence in youths –

“Zinc deficiencies in juvenile offenders were also found in an unpublished study in Britain, said Dr. Neil Ward, a senior lecturer in analytical chemistry at Surrey University. “We think that it is a direct result of exposure to heavy metal toxins such as cadmium and lead which prevent the absorption of zinc.

The people we studied had a poor diet with excessive amounts of sugar and alcohol, which is also known to reduce zinc absorption,” Ward said.

“Stephen Schoenthaler, a leading authority at California State Institute on the role of diet in criminal behavior, said Walsh’s conclusions were plausible. “He is more right than wrong.....”

Sunday Times, July 1997 – London, UK

Zn/Cu Levels

- Low ratio is female or male hormone imbalance, emotional problems, volatile, depression, detached, cardiovascular stress, blood vessel weakness, tendency to aneurysm risk.
- Individuals with excessive tissue copper accumulation will often crave foods that are high in copper.

Copper Excess

- Soy beans
- Diets low in zinc
- Tap water (copper pipes)
- Organ and processed meats
- Soft drink dispensers
- Copper IUDs
- Oral contraceptives and cigarette smoking increases copper retention
- Chemicals used to treat algae in city water and swimming pools
- Copper cooking utensils

Copper Excess linked with increased violence

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9 year old boy's father

Patient's outlook on life is from “the glass is 1/2 empty”. He does not seem happy and easily becomes upset. He also cries for one reason or another almost everyday.

SEX: Male

AGE: 9

ESSENTIAL AND OTHER ELEMENTS								
ELEMENTS	RESULT µg/g	REFERENCE RANGE	PERCENTILE					
			2.5 th	16 th	50 th	84 th	97.5 th	
Calcium	653	160- 500						
Magnesium	76	12- 50						
Sodium	45	12- 90						
Potassium	9	10- 40						
Copper	60	9.0- 30						
Zinc	180	110- 190						
Manganese	0.24	0.18- 0.60						

RATIOS		
ELEMENTS	RATIOS	EXPECTED RANGE
Ca/Mg	8.59	4- 30
Ca/P	4.08	0.8- 8
Na/K	5	0.5- 10
Zn/Cu	3	4- 20
Zn/Cd	> 999	> 800

SEX: Male
AGE: 38

ESSENTIAL AND OTHER ELEMENTS							
ELEMENTS	RESULT μg/g	REFERENCE RANGE	PERCENTILE				
			2.5 th	16 th	50 th	84 th	97.5 th
Calcium	546	200- 750					
Magnesium	44	25- 75					
Sodium	12	12- 90					
Potassium	7	9- 40					
Copper	54	10- 28					
Zinc	200	130- 200					
Manganese	0.13	0.15- 0.65					

RATIOS		
ELEMENTS	RATIOS	EXPECTED RANGE
Ca/Mg	12.4	4- 30
Ca/P	3.17	0.8- 8
Na/K	1.71	0.5- 10
Zn/Cu	3.7	4- 20
Zn/Cd	> 999	> 800

Symptoms of hypercupremia

- Excess intake of high copper foods has been associated with several reactions, both physical and emotional. Physical reactions may include frontal headaches, skin rashes, joint stiffness, constipation, insomnia causing morning fatigue, bloating, water retention and cold sensitivity. Emotional reactions may include depression, crying spells, fearfulness, anxiety, irritability, anger, aggressive behavior and withdrawal.

Iron Always Needs to Be Checked:

- Iron deficiency

- Anemia
- Brittle nails
- Decreased resistance
- Dizziness
- Fatigue
- Hydrochloric acid deficiency
- Low blood pressure
- Pallor
- Slow oxidation
- Weakness

- Iron Excess

- Arthritis
- Cancer
- Cirrhosis of the liver
- Diabetes
- Emotional problems
- High blood pressure
- Iron deposits in organs
- Liver disease
- Myasthenia gravis
- schizophrenia

Free Iron Can Be Very Dangerous

- Over 90% of iron absorbed from your diet is normally bound to these protective proteins. Recent studies have shown that some things we do can cause too much of the iron to be released into surrounding tissues, and if this iron exists as free iron, it can trigger intense inflammation, free radical generation and lipid peroxidation.
- Bound iron is relatively harmless.
- So, what can cause these protective proteins to release their iron?
- One factor is an excessive alcohol intake. Studies by Lee et al have shown that women who drink greater than 20 grams of alcohol a day significantly increase the free iron in their breast tissue and have a higher incidence of invasive breast cancer—the most deadly form.[9](#)
- It has also been shown that excessive estrogen can displace iron from its protective proteins, thus increasing free iron levels and associated breast cancer risk. [10](#) This helps explain the link between high estrogen levels and breast cancer.
- Of more importance than the total intake of iron is where the iron ends up that is absorbed from your food.
- As stated, most of it is bound to protective proteins, such as transferrin in the blood and ferritin within cells. If you have a lot of extra space within these proteins for binding iron, then a high dietary iron intake would be less harmful.
- Previously it was thought that a spillover of free iron occurred only when the protective proteins (transferrin and ferritin) were fully saturated, as we see with the condition hemochromatosis.

Iron Sources

- Seafood- clams, oysters
- Meats- liver and kidneys, beef, reindeer meat
- Nuts/seeds- pistachio, pinion nuts, black walnuts, sesame seeds, sunflower seeds, pumpkin seeds
- Vegetables- Irish moss, chives, parsley, soybeans
- Grains- Wheat germ and bran, rice bran
- Miscellaneous- red wine, black strap molasses, sorghum syrup, bone meal, yeast

Hair Analysis:

An Important Tool for Evaluating Your Health

- According to Harrison's Medical Text Book, Hair Analysis Test is one of the confirmatory tests for determining toxic metal exposure.

Can a body rid itself of inorganic toxic heavy metals?

- “No. The human body has no physiological or metabolic capacity or ability to remove inert (toxic) heavy metals from extra-cellular spaces, interstitial fluids or fatty tissue. Because of this, chelation therapy has become the treatment of choice for this process. Chelation Therapy helps reduce the levels of inert heavy metals in the body, thereby reducing the production of free radicals and preventing peroxidation or breakdown of cell membranes, DNA, enzymes, lipoproteins, and many other key metabolic and neurological functions. Additionally, reducing “free radical” threats and damage may free up the body’s natural healing mechanisms, so it can focus on halting and possibly even reversing the progression of disease.”

Townsend Letter, June 2007

EDTA- Ethylene Diamine Tetraacetic acid

- The American College of Advancement in Medicine has compiled 3,539 laboratory and clinical journal articles about EDTA and chelation therapy. Although not generally accepted by medical mainstream, chelation therapy has been shown to be very effective for heavy metal detoxification, vascular diseases such as arteriosclerosis, and brain diseases such as Alzheimer's.

The Higher the metal/ion concentration, the stronger the chelate or bond.

<u>Metal</u>	<u>Ion</u>	<u>Metal/ Ion concentration</u>
• Iron (Ferric)	Fe³⁺	25.10
• Mercury	Hg²⁺	21.70
• Copper	Cu²⁺	18.80
• Lead	Pb²⁺	18.04
• Nickel	Ni²⁺	18.00
• Zinc	Zn²⁺	16.50
• Cadmium	Cd²⁺	16.40
• Aluminum	Al³⁺	16.10
• Iron	Fe ²⁺	14.32
• Manganese	Mn ²⁺	13.70
• Calcium	Ca ²⁺	10.69
• Magnesium	Mg ²⁺	8.79
• Sodium	Na ⁺	1.66
• Potassium	K ⁺	0.80

Comparison of the Absorption, Brain and Prostate Distribution, and Elimination of CaNa₂ EDTA of Rectal Chelation Suppositories to Intravenous Administration

This study has shown that the proprietary formula of Ca Na₂ EDTA has been effectively absorbed from the lower enteral route in rats, through the anal portal into the rectum or lower intestine to reach blood and tissue levels via rectal suppositories. Bioavailability has now been established for this mode of administration in an animal model and is strong evidence that EDTA suppositories are an adequate and medically acceptable approach to providing the benefits of chelation.

Intravenous dosing resulted in greater elimination of radioactivity in urine at the 0 to 4 hour time point, but the percent of dose recovered drastically decreased by the 4 to 8 hour time point, while the level of recovery was relatively steady at both time points following rectal dosing. The slow and consistent movement of CaNa₂ EDTA via rectal administration may have lesser toxicity since there is significant blood and tissue levels to chelate metals without a high dose EDTA IV drip over many hours. These data point to the ability of rectal suppositories to deliver a continuous lower dose concentration of EDTA for longer periods of time compared with IV administration, allowing EDTA to bind metals efficiently and effectively.

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Primary Supplemental Support

- Porphyra-zyme: 4 tablets 3x/day on empty stomach for 3 months.
- KelamineHM- 1 every day for 3 months

Supplemental Support for Specific Metals

Aluminum and/or Arsenic- Add: Ca/Mg-zyme 2 tablets 3x/day before meals.

Cadmium- Add: Zinc Supreme 1 tablet 3x/day with meals.

Copper- Add: Zinc Supreme 1 tablet 3x/day with meals.

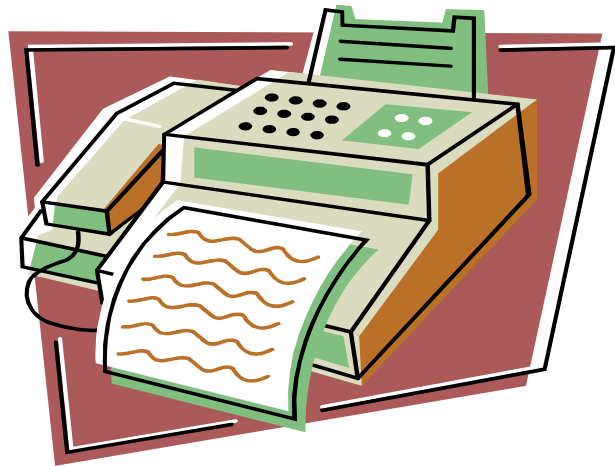
Iron- Add: Zinc Supreme 1 tablet 3x/day with meals and Cu-zyme 1 tablet daily away from Zinc Supreme. 1 Vitanox before each meal.

Lead- Add: CA-ZYME 2 tablets 3x/day before meals.

Mercury- Add: Selenomethione 2/2xday with meals.

2 All Organic Trace Mineral B-12 tablets with each meal.

Fax Over Your Supplement Order.....



(248)-735-2446

Name

Address & Phone Number

Quantity and Product Size

Visa or Mastercard - # and Exp. Date