

# Vita-Nutrient Solutions – Dr. Richard Atkins

- I. Oxygen “essential but too much is a bad thing”; here are the top **antioxidants**:
- A. 1<sup>st</sup> Tier: carotenoids C E zinc selenium glutathione
- B. 2<sup>nd</sup> Tier: acetyl cysteine taurine lipoic acid CoQ<sub>10</sub> / ubiquinol  
grape seed extract milk thistle curcumin
- II. Vitamins
- A. A “infection fighter, skin protector” (Cod liver oil, butter, egg yolks) [fat soluble]
1. Heals wounds quicker especially with added zinc
  2. Infections require 50,000–100,000 IU + C + Zinc (limit to 20,000 IU for children)
  3. Women’s issues or pregnancies should limit daily intake to 6,000–8,000 IU
  4. Helps to stabilize blood sugars and diabetes in a range of 8,000–10,000 IU
  5. Reduces risk of ulcers and improves lung function
  6. AIDS patients ought to supplement 20,000 IU per day
  7. Treat measles and skin problems with 100,000–500,000 IU per day (+ GLA)
  8. Cancer treatment can demand 300,000 IU per day for at least one year
- B. **Carotenoids** “cancer & heart protectors” (green/orange/red/pink vegetables)
1. Protect against cancer, heart disease, AIDS, etc (75,000+ IU per day)
  2. Lutein and zeaxanthin absorb free radical damage to the retinas
  3. Lycopene prevents LDL from oxidizing & prevents many cancers (fat soluble)
- C. **Vitamin B<sub>1</sub> (Thiamin)** “brain energizer” [B family vitamins are water soluble]
1. Reduces effects of heart disease at 150 – 300+ mg per day
  2. 50+ mg per day increases children’s learning capacities up to 25 percent
  3. 400 mg per day stabilizes emotional disturbances and immune weaknesses
  4. Reduces Alzheimer’s, neural disorders, shingles, migraines, fibromyalgia, etc.
  5. Counteracts lead poisoning until toxic metals are expelled
- D. **Vitamin B<sub>2</sub> (Riboflavin)** “antioxidant, energizer, team player”
1. Rejuvenates glutathione levels, aids iron absorption, augments hypothyroid
- E. **Vit. B<sub>3</sub> (Niacin)** “restores sanity, controls cholesterol & diabetes, repairs joints”
1. Reduces “bad” LDL cholesterol levels and triglyceride blood fats
  2. Side effect of raised blood sugar levels (counteract with chromium)
  3. Reverses cancer, schizophrenia, bulimia, anorexia and HIV
  4. Gentle sedative against over-anxiety, depression, ADD and alcoholism
  5. Nicinamide diminishes osteoarthritis effects in large 1,500 – 2,000 mg doses
- F. **Vitamin B<sub>9</sub> (Folic acid)** “our most significant vitamin deficiency”
1. 4 mg daily can prevent 75 percent of spina bifida and related birth defects
  2. Birth control pills and alcohol drain the body’s supply of folate
  3. 20 mg daily can relieve postpartum depression
  4. Corrects high homocysteine levels which lead to heart disease [not cholesterol]
  5. Homocysteine also associated with Alzheimer’s, MS and rheumatoid arthritis
  6. 40 mg mega-doses (with boron) can delay menopause and relieve its symptoms
  7. Large doses can also relieve intestinal disorders
  8. 10 – 30 mg daily can eliminate cervical cancer in 6-8 weeks (with A, B<sub>12</sub> & C)
  9. A couple of very large 50 mg doses can often effectively lift depression
  10. Schizophrenic, epileptic, bipolar & dementia patients are often very deficient
  11. Combats psoriasis, acne, restless leg, arthritis, HIV and chronic fatigue

- G. **Vitamin B<sub>6</sub>** “the most essential B vitamin” (dependant on magnesium)
1. Stabilizes blood sugar and estrogen levels; lowers blood pressure
  2. Fights retinal eye damage, diabetes, arthritis, heart disease and heart attack risk
  3. Deficiency issues for AIDS patients, women on birth control and pregnancies
  4. Pyridoxal-5-phosphate (i.e. “activated B<sub>6</sub>”) controls *Candida* yeast
  5. Eliminates kidney stones when combined with magnesium
  6. Reduced the effects of epilepsy, ADD, schizophrenia, depression and autism
  7. Combats Alzheimer’s when combined with CoQ<sub>10</sub> and iron
- H. **Vitamin B<sub>12</sub>** “the vitality shot” (maintain in good balance with other B vitamins)
1. Raises emotional and cognitive capacity, especially with elderly or HIV/AIDS
  2. Fights high homocysteine levels (with folate and B<sub>6</sub>) that lead to heart disease
  3. Fights MS, sleep disorders, nerve pain, low blood pressure and viral infections
  4. 30 mg administered by shots over 14 days can completely relieve asthma
  5. Essential for male and female reproductive health
  6. Eliminates many precancerous lung issues
  7. Chewing tablets, lozenges or liquid B<sub>12</sub> are better absorbed than regular pills
- I. **Choline & Lecithin** “nerve rebuilders”
1. Lecithin is the body’s main source of choline (found in breast milk)
  2. Eggs (along with soybeans) are the only significant food source of lecithin
  3. Choline is essential for our bodies to make lecithin and acetylcholine
  4. Both essential for babies who would otherwise develop neural abnormalities
  5. Eases symptoms of Huntington’s disease and Tourette’s syndrome
  6. Improves short-term memory recall (also dream recall) in healthy adults
  7. Corrects maladjusted HDL/LDL cholesterol levels which lowers blood pressure
  8. Corrects abnormal fat metabolism by the liver
  9. Effective against breast and uterine fibroids and related issues
  10. Supplements should be accompanied by C and calcium
- J. **Inositol** “nature’s sleeping pills” (also found in breast milk)
1. Relieves anxiety, depression and obsessive-compulsive at 3 – 6 gm daily
  2. Fat-burning nutrient (along with choline and methionine)
  3. Prevents vision loss and respiratory distress in infants
- K. **Vitamin B<sub>5</sub> (Pantothenic acid)** “excellent cholesterol control” (also in breast milk)
1. B<sub>5</sub> → Pantethine → Coenzyme A which metabolizes all three food components
  2. B<sub>5</sub> eases inflammatory aspects of arthritis, gout & colitis better than prednisone
  3. Soothes allergies, asthma, lupus & psoriasis by increasing supply of omega-3s
  4. 900mg daily of Pantethine is more potent than any cholesterol lowering drug
  5. Pantethine cuts the risk of any cardiovascular diseases
  6. Pantethine eliminates *Candida* yeast from the body and helps beneficial bacteria
  7. Pantethine minimizes the risk involved in using antibiotics
  8. Pantethine potentially combats alcoholism
  9. B<sub>5</sub> improves wound and surgical healing time
- L. **PABA** “energizer, stiffness fighter”
1. Doubles life expectancy for those with scleroderma
  2. Tempers menopausal symptoms
  3. Creates folic acid and so effective in relieving arthritis and other joint disorders
  4. Counteracts gastrointestinal problems for gluten and other grain allergies

M. **Vitamin B<sub>7</sub> (Biotin)** “diabetes benefactor”

1. Gut bacteria makes it so deficiency is rare except in infants and alcoholics
2. Large doses of 10 – 15 mg daily can halt the effects of diabetes I & II
3. Medium doses of 2.5 mg daily can partially restore weak or brittle nails
4. Improves the body’s use of fatty acids and makes hair less oily

N. **Vitamin C** “the panacea” [water soluble]

1. Protects the body from emotional and physical toll of stress
2. Extends the benefits of E and glutathione
3. Kills bacteria and bacterial toxins and boosts white blood cells
4. Combats chronic fatigue, hepatitis, AIDS, mononucleosis and herpes
5. Combats allergies, asthma & cancers (chemotherapy damages its mechanism)
6. Improves cholesterol levels, lowers blood pressure, reduces risk of heart disease
7. Daily doses of 2 gm control blood sugar levels for diabetics
8. Slows formation of gallstones, cataracts and glaucoma
9. Megadoses eliminate withdrawal symptoms from drug addiction
10. Divide large doses throughout the day for better effects. Build up & taper off.

O. **Bioflavonoids** “the first family of antioxidants” (C family nutrients)

1. Quercetin plus C, pantethine and omega-3s treat allergies, heart disease, cancer
2. Quercetin is a superior antihistamine and also relieves rheumatoid arthritis
3. Quercetin prevents cholesterol buildup, leukemia growth and breast cancer
4. Grape seed extract aids circulation, varicose veins & long menstrual cycles

P. **Vitamin D** “bone benefactor” [fat soluble]

1. This nutrient functions as a hormone and is built by the skin from cholesterol
2. Allows calcium absorption which prevents osteoporosis
3. Combats psoriasis, bowel problems, MS, diabetes, high blood pressure, arthritis
4. Rigorous anti-cancer agent in every case except colon malignancies

Q. **Vitamin E** “chief executive antioxidant” [fat soluble]

1. Superior support against heart disease, heart attacks, cholesterol buildup, stroke
2. Provides anti-clotting defense in diabetic patients & against advance from I to II
3. 400 IU daily of E (with C, carotenoids and selenium) protects against all cancers
4. Large doses protect against neural impairments like Parkinson’s and Alzheimer’s
5. Improves pulmonary function in older adults & lessens symptoms of menopause
6. Large doses protect omega-3s and dramatically improve joint pains like arthritis
7. Minor player in protection against cataracts and macular degeneration
8. Red blood cells die sooner than they should without this vitamin’s protection
9. Medium size doses boost most immune functions

R. **Tocotrienols** “the undiscovered antioxidants” (in palm oil, barley & rice bran)

1. Use all four types together to reduce inflammation and cancer risks
2. Significantly stronger than E at blocking cellular oxidative damage
3. Excellent at reversing arteriosclerotic damage from cholesterol

S. **Vitamin K** “the key to bone health” [fat soluble]

1. Creates the structural framework around which skeletal calcium crystallizes
2. Reverses the degeneration of osteoporosis
3. Kills / inhibits the growth of certain cancer cells (with C)
4. Chemotherapy, antibiotics and gastrointestinal maladies can make us K deficient
5. Can alleviate much of pregnancy’s nausea and vomiting
6. Many “blood-thinning” medications destroy K (fish oils & E can prevent clotting)

### III. Minerals

- A. *Calcium* “bone builder” (get from cheese, spinach, sardines, sesame seeds, beans)
1. Bone density also depends on **magnesium**, copper, zinc, manganese, C, D, boron
  2. Calcium level is lowered by carbohydrates, sugars (milk) & phosphorus (sodas)
  3. Calcium reduces pregnancy complications in doses lower than 1,500 mg
  4. Reduces risk of pancreatic and colon cancers by 75 percent
  5. Potent sleep inducer in treating insomnia issues
- B. *Magnesium* “the top cardiovascular mineral” (in Epsom bath or foot soak salts)
1. Nearly all heart/circulatory issues stabilize with correct magnesium intake
  2. Can stabilize patients from further complications in heart attack emergencies
  3. Essential to diabetics and anyone issues with metabolizing blood sugars
  4. Removes many pregnancy complications; standard treatment for preeclampsia
  5. Excellent treatment for asthma, migraines, infections and osteoporosis
  6. Treats fibromyalgia and chronic fatigue (also with 1-2 gm malic acid)
  7. Deficiency in Alzheimer, Parkinson, MS & dementia patients (high aluminum)
  8. Greatly improves strength training programs
  9. Strong relationship between low levels and cancer and tumor incidence
  10. Improves sleep while stopping leg cramps, teeth grinding and kidney stones
- C. *Phosphorus* “essential for teeth, bones and cellular energy”
1. Forms part of the structural backbone of biological molecules like DNA & RNA
  2. Helps your body metabolize protein, fat and carbohydrates to deliver energy
  3. Magnesium is needed to properly metabolize phosphorus
  4. Used by cells in transporting adenosine triphosphate (ATP) for cellular energy
  5. Of as great importance as calcium to ensure healthy bones and teeth
  6. If you are lacking phosphorus in your diet, calcium just goes to waste
  7. A player in promoting the development of joints and preventing stiffness
  8. A lack of an appetite could be the result of a deficiency of phosphorus
- D. *Potassium* “most valuable electrolyte” (in parsley, sunflower seeds, almonds)
1. Electrolytes are responsible for the pH balance & osmotic pressure in the body
  2. Cell walls need balance of potassium (intracellular) with sodium (extracellular)
  3. More than 1/3 of the body’s energy goes to maintaining that cellular balance
  4. It’s not high sodium but the balance between these 2 that affects blood pressure
  5. Levels are severely depleted by diuretic and anti-hypertension medications
  6. Supports concentration and benefits of magnesium
  7. Fatigue, weakness and leg cramps are each signs of low potassium
  8. Persistent low potassium can lead to heart arrhythmia, stroke or heart failure
  9. Potassium chloride is a salt substitute available at the market (bananas are low)
  10. Non-organic foods are significantly lower in potassium than otherwise
- E. *Manganese* “the cell protector, important antioxidant”
1. Competes with copper, iron and zinc for absorption
  2. Protects against diabetes and other blood sugar disorders
  3. Stabilizing effect against cholesterol problems and heart disease
  4. Deficiencies can create fetal malformations in the neural tube
  5. Low sperm motility or premenstrual tension signal low manganese levels
  6. Essential to preventing or reversing bone and cartilage deterioration
  7. A must for treating epilepsy and other seizures
  8. Zinc, C and protein each enhance absorption

- F. *Iron* “the double-edged sword” (best source is red meat, then chicken & fish)
1. **Too much is bad** so extra caution needs to be taken with any supplementation
  2. Competes with calcium and others for absorption; A and C improve absorption
  3. *Heme* iron from meats is good; *non-heme* iron from “enriched” flour is bad
  4. Deficiency gets anemia, fatigue, lower body temperature and weak immunity
  5. Combats diverse ailments from stomach cancer to learning disabilities
  6. LDL cholesterol is bad only when it oxidizes, often due to high iron levels
  7. Fiber protects from colon cancer by binding to iron, preventing bad “free iron”
  8. High iron is associated with Parkinson’s and other neurological disorders
  9. Some rheumatoid arthritis medications and tea and coffee reduce absorption
  10. Low levels can create hypothyroid which can prevent weight loss
  11. A typical menstrual period can lose as much as 30 mg of iron
  12. Heart disease risks then become much higher among menopausal women
- G. *Zinc* “far-reaching immune booster, wound healer”
1. Essential in treating schizophrenia, epilepsy, depression, dementia & psychosis
  2. Quite effective in treating anorexia, bulimia, dyslexia and ADHD
  3. Helps to prevent Alzheimer’s by supporting the hormone thymulin
  4. Boosts immunity against common colds, AIDS and cancers
  5. Critical to balancing blood sugar and cholesterol in diabetics or healthy adults
  6. Improves nearly all skin disorders (with omega-3s)
  7. Protects against many prostate and low testosterone issues
  8. Counteracts many pregnancy issues such as odd cravings
  9. Both internally or topically aids in healing wounds and post-surgical
  10. Heals ulcers and many other gastrointestinal problems
  11. Slows macular degeneration and helpful in treating cataracts
  12. Excellent treatment for rheumatoid arthritis (with copper in an 8:1 ratio)
  13. Boosts protection from a wide range of environmental pollutants
  14. Necessary supplementation for those with sickle cell anemia
- H. *Sulfur* “detoxifier and building block of joints, hair and nails”
1. Best sources of “complete” sulfur are free-range poultry, grass-fed beef, fish
  2. Other sources include eggs, beans, asparagus, garlic, onions, wheat germ, kale
  3. Needed for the body to produce L-cysteine and, consequently, glutathione
  4. Methionine and cysteine are the only amino acids normally containing sulfur
  5. Methionine alone can provide all necessary sulfur, except thiamine and biotin
  6. Required for proper synthesis and biological activity of proteins and enzymes
  7. A potent antioxidant necessary for the body to detoxify itself, even of parasites
  8. Corrects improper insulin function, while reducing allergies & chronic pain
  9. Essential in assimilating B<sub>1</sub> & B<sub>3</sub> which then convert carbohydrates into energy
  10. Good supplement source is methylsulfonylmethane (*MSM*); in raw milk & aloe
  11. Improves connective tissue and cartilage proteins with flexible sulfur bonds
  12. Hair and nails consist of a tough protein called keratin, which is high in sulfur
- I. *Molybdenum* “detoxifier, purifier”
1. Cleanses the body of toxic compounds that bring depression, pain and fatigue
  2. Removes certain symptoms of *Candida* yeast overgrowth
  3. Generate cellular energy and helps the body to produce hemoglobin
  4. Reduces the aches and pains of arthritis as well as asthma
  5. Prevents tooth decay; opposes high copper levels; cuts risk of intestinal cancers
  6. Helps to create uric acid and should be restricted for those with gout

- J. *Selenium* “an immune-strengthening, cancer-deterring dynamo” (Brazil nuts)
1. “No other trace mineral is so vital to our antioxidant defenses”
  2. Pushes many effects of HIV into dormancy; anti-AIDS, hepatitis-B and colds
  3. Deters chance of cancer development up to 50 percent
  4. Reduces risk of heart disease, arrhythmia and heart attack by up to 70 percent
  5. Anti-inflammatory soothes rheumatoid arthritis (especially with E) in 6 months
  6. Benefits those with asthma, colitis & psoriasis (latter by topical application)
  7. Binds with heavy metals like mercury to benefit those suffering with MS, etc.
  8. Cuts risk of miscarriage and spinal, neural & muscular birth defects, and SIDS
  9. Reduces pancreas inflammation within 24 hours
- K. *Chromium* “blood sugar balancer” (brewer’s yeast is the only rich source)
1. **Number one treatment** for blood sugar and insulin-related disturbances
  2. Over 90% of Americans are deficient due to higher carbohydrate/sugar intake
  3. Most essential for noninsulin-dependant diabetics (II) but can benefit type I too
  4. Reduces sugar craving, increases your lean body mass and speeds metabolism
  5. Enhances the calorie-burning results of exercise and makes weight loss easier
  6. Corrects HDL/LDL cholesterol ratio and then reduces both together
  7. Reduces high blood pressure, chronic headaches, acne & improves bone strength
  8. Chromium picolinate & polynicotinate are the preferred forms of supplement
- L. *Copper* “rheumatoid arthritis reliever” (critically proportional to zinc)
1. High levels are associated with depression and schizoprenia
  2. High fructose corn syrup and vegetarian diets can lead to depletion
  3. Women are extra susceptible to too much and birth control pills increase levels
  4. Protects the body from high iron by producing a vital antioxidant enzyme
  5. High levels increase LDL oxidation and heart attack risks
  6. Critical in manufacturing collagen for bone health
  7. Overload may be treated with zinc, manganese, molybdenum and B<sub>6</sub>
  8. Copper salicylate & copper aspirinate are top rheumatoid arthritis treatments
  9. Copper sebacate helps against radiation damage, diabetes, cancer & convulsions
  10. Proper balance of copper wards off *Candida* yeast; antibacterial & antifungal
  11. Elevated levels may also cause migraines and damage the eyes
- M. *Vanadium (Vanadyl sulfate)* “controls diabetes”
1. Valuable in treatment for blood sugar and insulin-related disturbances
  2. Acts as an insulin mimic in that it lowers LDL cholesterol & triglyceride levels
  3. BMOV or bis(maltolato)oxovanadium(IV) also prevents cataracts and cardiac
- N. *Boron* “sex hormone, bone provider”
1. Fundamental to the strength of women’s bones and in treating arthritis
  2. Deficiencies result in dull reaction time and hand-eye coordination
  3. Raises a woman’s natural estrogen levels and reduces urinary loss of calcium
- O. *Silicon* “skin, hair and nails provider” (found in apples, whole grains & legumes)
1. Helps bones to absorb calcium and cartilage to develop
  2. Improves the strength of blood vessels; protects against high blood pressure
  3. Allows the brain to absorb aluminum which protects against Alzheimer’s
- P. *Germanium* “oxygen deliverer” (found in garlic, chlorella, ginseng, mushrooms)
1. Delivers oxygen to the body’s tissues
  2. Use to treat cancer, arthritis, *Candida* growth, AIDS, osteoporosis and infections
  3. Boosts the immune system, accelerates wound healing and decreases pain

Q. *Iodine* “thyroid fuel, the preventative nutrient”

1. Immune deficiencies via thyroid malfunction begin with iodine deficiency
2. The mineral is, however, toxic in large amounts
3. Deficiency during pregnancy can lead to neurological & physical abnormalities
4. Deficiencies in children likely to lead to apathy, learning disabilities & lower IQ
5. May relieve female hormonal diseases by converting bad estrogen into good

IV. Amino Acids

A. *Glutamine* “master protein builder, gut restorer”

1. Provides plentiful nitrogen to the body and energizes our immune response
2. Aids in treating a variety of illnesses & injuries by promoting protein transport
3. Helps the body to make glutathione, glucosamine and niacin (B<sub>3</sub>)
4. Essential gastrointestinal nutrient and maintains GI structural integrity
5. Lessens stomach inflammation for chemotherapy patients, ulcers or diarrhea
6. Provides complex internal support for a variety of surgical recovery
7. Curbs obesity and liver diseases and addictions
8. Major energy source for the brain; building block of several neurotransmitters
9. Modestly builds, repairs and preserves particularly lean muscle tissue

B. *Arginine* “immune booster”

1. Produces nitric oxide which gets blood vessels to relax & drops blood pressure
2. 6-16 grams daily lowers LDL cholesterol without lowering HDL or side effects
3. Promotes coronary microcirculation and deters blood clots
4. 20 grams IV over one hour improves performance after coronary heart failures
5. Small doses aid growth spurts; 2-4 gm daily speeds trauma/wound recovery
6. Take with lysine to boost immune response for infections or even AIDS
7. May promote free radical oxidation so should be taken with many antioxidants
8. Arthritis patients should take caution that nitric oxide can trigger inflammation
9. Valuable precursor for natural growth hormones, bone & muscle preservation
10. Killer defense cells increase immunity by over 90% with 30 grams in 24 hours
11. Nitric oxide also knocks out *Candida* yeast overgrowth in the GI tract
12. Less than 3 grams per day allows erectile function and can help women too
13. 3-4 grams daily treats sperm infertility with zinc, carnitine and CoQ<sub>10</sub>
14. A deficiency correlates with Reye’s Syndrome in children

C. *Lysine* “herpes, osteoporosis and cataract fighter”

1. All postmenopausal women should take 500+ mg daily to maintain bone health
2. Interferes with the herpes virus’ absorption of its favorite, arginine (add A & C)
3. With arginine, becomes an effective immune booster for chronic fatigue, HIV
4. Reduces high blood sugar damage to slow cataracts and reverse heart disease

D. *Phenylalanine* “feeling no pain”

1. Building block of endorphins and others that promote positivity and pain relief
2. Even a single dose 500-3,000 mg along with B<sub>6</sub> can shake clinical depression
3. 500-1,000 mg on an empty stomach kicks caffeine withdrawals as a substitute
4. Relieves arthritis aches, back pains, menstrual cramps especially with omega3s
5. Potentially useful in treating the severity of MS and Parkinson’s disease
6. Can occasionally act as an appetite suppressant but cravings multiply without
7. Phenylketonurics is a severe retardation of those who can’t metabolize PA

E. **Tyrosine** “the best anti-depressant treatment”

1. Adrenaline, noradrenaline, L-dopa and thyroid hormone depend on tyrosine
2. The more we have (with B<sub>6</sub> & C), the better we resist stress and down moods
3. Deficiency is associated with Parkinson’s, apathy, lethargy, ADHD

F. **GABA (Gamma-Amino Butyric Acid)** “the perfect tranquilizer”

1. Valium mimics GABA’s effects on the brain but artificial is addictive
2. Rare to be deficient; estrogen, free radicals & food additives can lower supply
3. Proteins in our diet, B<sub>6</sub> and zinc help the body to make the nutrient
4. Supplements can alleviate anxiety, depression & convulsions if one is deficient
5. 2 grams daily may help to restore speech and memory loss following a stroke

G. **Taurine** “high blood pressure & seizure fighter” (also found in breast milk)

1. **Treatment of choice** for heart failure, high blood pressure, asthma and seizures
2. Polices the intracellular potassium-sodium balance
3. Builds our antioxidant defense and reinforces our white blood cells
4. Strengthens and stabilizes the heart and breaks down cholesterol
5. Protects epileptics from seizures
6. Protects the body from excito-toxins like MSG, aspartame and other additives
7. Protects the polyunsat. fats in our retinas; an IV reverses macular degeneration
8. Aids digestion of sugars and carbs and thus guards against all diabetes

H. **Methionine** “anti-depressant, liver helper, deliverer of sulfur”

1. Ideally metabolizes into large amounts of s-adenosyl methionine in the liver
2. Fights liver disease, osteoarthritis, depression, inflammation & muscle pains
3. Reduces some symptoms in Parkinson’s patients by producing dopamine
4. SAM would be appreciated by those with fibromyalgia or chronic fatigue
5. Vegan or those who substitute soy as protein in their diets most risk deficiency

I. **Glutathione, N-Acetyl Cysteine** “master antioxidant & liver detoxification key”

1. One of the most cancer-curbing, anti-aging antioxidant nutrients
2. Oral NAC raises levels much more effectively than oral glutathione itself
3. Its building blocks are cysteine, glycine, glutamic acid, selenium, B<sub>2</sub> and B<sub>6</sub>
4. Lack of glutathione is among the causes of nearly all major diseases
5. Improves blood pressure, body fat, cholesterol ratio and reverses blood clotting
6. 3-8 grams daily of NAC even suppresses HIV in some longer term survivors
7. **Number one choice** in addressing overdoses of Tylenol and up to toxic metals
8. NAC eliminates many cardiovascular threats by metabolizing lipoproteins
9. Reduces hypertension and can be useful in treating congestive heart failure
10. NAC is widely used in inhalants to cope with asthma and other respiratory
11. Useful in treatment for inflammatory bowel diseases (colitis and Crohn’s)
12. Best treatment for the sulfur deficiency that results in women’s hair loss

J. **Tryptophan** “the best sleep aid”

1. Building block of serotonin which relaxes the mind & gives sense of well being
2. Attacks anxiety, depression, ADHD, schizophrenia, seasonal affective disorder
3. Used for treating Down’s syndrome, eating disorders and alcohol addiction
4. Treatment of choice for Tourette’s syndrome & useful for obsessive-compulsive

K. **Histidine** “arthritis aid”

1. Rarely needed but raises blood pressure and constricts bronchial muscles
2. Precursor to histamines and so activated in response to allergies
3. 1-5 grams daily effectively relieves joint flexibility and grip for arthritics

L. *Carnitine* “the fat burner”

1. Converts the body’s fats into fuel for a powerful energy boost
2. Two-thirds of the heart’s energy supply depends on carnitine burning fats
3. Important to any weight-loss or exercise efforts and reduces the “burn” feeling
4. Depleted during exercise and excreted following high-protein, high-fat meals
5. Cuts many heart complications after heart attacks in half
6. Corrects low levels of good HDL cholesterol and high triglycerides
7. 900 mg daily supplements are typically necessary after congestive heart failure
8. Clears the blood of ammonia and converts glucose into glycogen for storage
9. Key for preventing muscular atrophy but depleted by AIDS & epilepsy meds
10. Necessary supplement for vegetarian breast-feeding mothers
11. Overcomes diminished energy for those with low thyroid function
12. Greatly depleted during kidney dialysis and should be replaced quickly
13. Works best when combined with C, iron, B<sub>3</sub>, B<sub>6</sub>, lysine and methionine

M. *Acetyl L-Carnitine* “brain energizer”

1. “Supercarnitine” refreshes mental energy, improves mood & slows brain aging
2. Reverses brain chemistry imbalances of Alzheimer’s & dementia (with C & E)
3. 1,500 mg daily speeds recovery after a stroke; energizes central nervous system
4. Useful for improving function in those with active pulmonary tuberculosis
5. Contributes to our stores of glutathione, CoQ<sub>10</sub>, acetylcholine and melatonin
6. Removes many symptoms of chronic fatigue syndrome and boosts immunity
7. Typically supplement in the morning as it can interfere with sleep
8. Caution for epileptics who are already oversensitive to neural stimulation

N. *Valine, Leucine, Isoleucine* “muscle fuel”

1. The top three aminos consumed in meat, eggs, fish and other food sources
2. Preserves and regenerates all our muscle and other tissues; take as a trio

V. Fatty Acids

A. *Essential fats vs. harmful fats*

1. Many diseases are caused and can be treated as deficiency of essential fats
2. Most fats are not essential and can be harmful except omega-3s and omega-6s
3. Building blocks of eicosanoid hormones that regulate the body’s power supply
4. Omega-3s & omega-6s must be maintained in dietary balance for good health
5. Oils processed for preservation (known as “hydrogenated”) are the antithesis
6. Margarine and other hydrogenated oils are #1 cause of cardiovascular diseases
7. Sugars and thus most carbohydrates break down reassemble into triglycerides
8. Triglycerides are the fats found in the body’s fat cells and clogging the arteries
9. The meats of animals fed/finished on grains instead of grasses also make us fat

B. *Omega-3s “our greatest deficiency”*

1. Maintains low levels of fats in the blood and so also lowers blood pressure
2. Prevents arrhythmia, heart attacks, breast & colon cancers, rheumatoid arthritis
3. Cuts down T-suppressor cells that inhibit our immune response for all cancers
4. Useful for scleroderma, lupus, MS and any other autoimmune diseases
5. Essential in treating any inflammatory bowel diseases and kidney disorders
6. Relaxes the lungs for asthmatics and others with pulmonary disorders
7. Good treatment for skin disorders including acne and eczema, esp. psoriasis
8. Corrects the fatty acid deficiencies present in chronic fatigue syndrome
9. Critically important to treating depression and other mood disorders

- C. *DHA* “brain builder” (also found in breast milk so moms need extra)
1. 1 of 2 omega-3s (along with anti-inflammatory, EPA) found in fish and fish oil
  2. Particularly important for brain health and development, especially in infants
  3. The eyes (retina) depend on DHA for optimal health
  4. Essential in treating schizophrenia and helpful in other emotional disorders
- D. *Flaxmeal* “the king of vegetable oils” (walnut & non-GMO canola oils also)
1. Best source of the third omega-3: alpha-linolenic acid (ALA)
  2. Possesses many of fish oil’s immune-enhancing and anti-inflammatory effects
  3. Protects cardiovascular health and protects against clotting & high cholesterol
  4. Delivers fiber and also lignans which mitigate over-stimulation from estrogen
  5. Prevents colon cancer, also breast cancer and other hormone-related cancers
  6. Not as quickly processed in the body as fish oils so take a combination (**add E**)
- E. *GLA (Gamma-linolenic acid)* “the good omega-6 fat”
1. Best sources are evening primrose oil, borage oil and in spirulina
  2. Omega-6 combines with delta-6-desaturase to make GLA then prostaglandin E<sub>1</sub>
  3. D6D is made by combining C, B<sub>6</sub>, B<sub>3</sub>, zinc and magnesium
  4. Consumption of sugar, hydrogenated oils and alcohol suppress this D6D
  5. Fights viruses, pancreatic cancer, chronic fatigue, high cholesterol, MS, arthritis
  6. Effective for women bothered by PMS irritability, breast tenderness & cramps
  7. Halts and prevents nerve damage caused by diabetes I or II and boosts insulin
  8. Overcomes problems with dryness in tear ducts, salivary glands (with B<sub>6</sub> & C)
  9. Accelerates weight loss for obesity (EPA for triglycerides, GLA for cholesterol)
  10. Smooths the skin, fights eczema and corrects brittle nails
- F. *Palmitoleic acid* “Omega-7 from sea buckthorn oil”
1. Traditionally used for centuries to protect the body’s sensitive internal organs
  2. Promotes digestive health by protecting the lining of the stomach/GI tract
  3. Provides highly effective, anti-aging, antioxidant support for healthy skin
  4. Internal beneficiaries include the upper respiratory tract and vaginal canal
  5. A strong emollient that moisturizes the skin and promotes tissue regeneration

## VI. Fat Based Nutrition

- A. *Medium-chain triglycerides* “fats for energy and weight loss”
1. MCT as opposed to long-chain triglycerides are a source of energy endurance
  2. Can satiate your appetite without affecting blood sugars
  3. Can contribute to therapy of cancer cells which feed on sugar
  4. Particularly useful in treatment of brain malignancies
  5. Use to manage cystic fibrosis, epilepsy, gallstones, cirrhosis, digestive disorders
- B. *Lauric acid* “valuable brain food and infection fighter”
1. Unique medium chain fatty acid, ~ 50 percent of coconut oil by composition
  2. Found naturally in similar proportions nowhere else except breast milk
  3. Transforms to monolaurin in the body which acts as a powerful germ fighter
  4. Protects against common colds, flu and infections, eczema and psoriasis
  5. Improves skin infections, treats dandruff and restores hair to health
  6. Effective treatment for candida albicans and fungal infections like athlete's foot
  7. Targets bacteria and viruses like herpes, hepatitis C, measles, influenza & HIV
  8. 2 tbsp daily of coconut oil boosts immunity, metabolism, skin and hair health
  9. 4 tbsp daily of coconut oil contains enough MCT ketones to fight Alzheimer’s

- C. *Glycerol monolaurate* “anti-viral therapy” [Lauricin®]
1. Knocks out influenza, herpes, chronic fatigue and many other viruses
  2. Most effective when used as a team with A, C, zinc, oregano oil and olive leaf
  3. Take 4-6 capsules (300 mg) on day 1 when a virus begins, then 2-4 in days after
- D. *Squalene* “oxygenator, cancer fighter, antioxidant”
1. Reacts with water to flood the tissues and organs with oxygen
  2. Found in livers of deep-sea sharks and also olive oil
  3. Helpful for congestive heart failure and other cardiovascular diseases
  4. Made by the body to produce cholesterol but supplements won't raise levels
  5. Prevents the spreading of tumors (use with E and aloe vera)
  6. Immune system depends on its ability to take in O<sub>2</sub>; anti-bacterial, anti-fungal
  7. Holds moisture in the skin; guards against ultraviolet radiation & skin cancer
- E. *Alkylglycerols* “inflammation & cancer fighter”
1. Spares the body from some of the ravages of chemotherapy
  2. 500 mg of best quality shark liver oil gets 100 mg of alkylglycerols
  3. Creates and supports white blood cells, red blood cells and platelets
  4. Boosts immune protection against colds, the flu or bronchial infections
  5. Useful in reducing arthritis and psoriasis inflammation
- F. *Cetyl myristoleate* “the breakthrough arthritis cure” (ester of an Omega-5 EFA)
1. 4-6 capsules 100 mg for 30-45 days relieves osteoarthritis, rheumatoid arthritis

## VII. Vita-nutrients

- A. *CoQ<sub>10</sub> (Ubiquinol)* “vital cardiovascular nutrient”
1. Essential to energy production in every cell in the body and their longevity
  2. Extremely important to treating heart disease, diabetes, obesity and cancer
  3. Anti-aging nutrient reverses cardiovascular and periodontal disease damage
  4. Prevents the oxidation of LDL cholesterol; outperforms all statin, hands down
  5. Conquers cardiomyopathy, arteriosclerosis, hypertension & high blood sugar
  6. Treatment for tinnitus, Meniere's disease, Bell's palsy, deafness and ulcers
  7. Treatment for Huntington's disease, muscular dystrophy & low sperm count
  8. Alzheimer's and dementia treatment centers on ubiquinol plus iron and B<sub>6</sub>
  9. Enriches treatment for general fatigue, chronic fatigue syndrome and HIV
  10. Early burnout of athletes is often due to its deficiency in our mitochondria
  11. The body's own production peaks at age 20; nearly all are deficient by age 40
- B. *Phosphatidyl serine* “the smart nutrient”
1. **The most effective brain nutrient** which can reverse many years of decline
  2. Keeps cell membranes fluid, fats soluble and brain neurons flexible
  3. Improves memory, energizes thinking and reverses Alzheimer's & Parkinson's
  4. Tames the damaging production of cortisol in response to many types of stress
  5. Particularly useful for easing seasonal affective disorder
  6. Can make you more resistant to alcoholic inebriation
  7. Needs antioxidant support from C, E and selenium
- C. *DMSO* “the healing topical penetrant” (use only with medical supervision)
1. Protects against recurrent ulcers
  2. An antioxidant, anti-inflammatory skin penetrant, it could be great for arthritis
  3. Most effective treatment for sparing the kidneys in scleroderma patients
  4. Reduces swelling in sprained ankles within an hour

- D. *Lipoic acid* “proven diabetic treatment” (needs B<sub>1</sub> as a supporting nutrient)
1. A universal antioxidant uniquely protecting both water- & fat-soluble nutrients
  2. Likely the single most effective pain treatment for diabetic nerve damage
  3. Fights insulin resistance and stimulates uptake of glucose
  4. May prevent insulin disorders in overweight individuals
  5. Slows all forms of oxidative damage to the arteries and the eyes
  6. Prevents brain cell damage in Alzheimer’s patients
  7. May improve memory and cognitive function in animals and healthy people
  8. Powerful protector of the liver especially against alcohol
  9. Inhibits HIV replication which may prevent the onset of AIDS
  10. May rid the body of excess copper
- E. *Calcium AEP* “the most underrated nutrient, autoimmune savior”
1. Allows for real neurological improvements in MS and auto-immune patients
  2. Use for rheumatoid arthritis, lupus, scleroderma, gastritis, pulmonary fibrosis
  3. Amazing results for people with MS and Type I diabetes
  4. May be good treatment for bone cancer and osteoporosis
- F. *Creatine* “what muscles are made of”
1. A plentiful nutrient with the body but seems to enhance athletic performance
  2. Treats and prevents heart arrhythmia and may have anti-cancer effects
  3. Daily doses less than 20 grams (4 tsp) rarely have much effect
- G. *Carnosine (beta-alanyl-L-histidine)* “anti-aging, skin-heart-and-brain nutrient”
1. Found concentrated in skeletal muscle, heart muscle, nerve tissue and the brain
  2. Water-soluble counterpart to E in protecting cell membranes from oxidation
  3. Harbors strong and specific antioxidant and anti-aging properties
  4. Levels are abundant at youth and decline with age (40’s), stress and trauma
  5. Modulator of enzymes and chelator of heavy metals to reduce their toxicity
  6. Protects cells & DNA from oxidation/aging accelerator called glycosylation
  7. Rejuvenates dividing cells from the end of their life cycle to extend life span
  8. Minimizes wrinkles & breakdown of skin elasticity, promotes wound healing
  9. Protects against radiation damage and improves heart function
  10. May benefit effects of diabetes, cataracts, kidney failure, and neuropathy
  11. Beneficial in treating atherosclerosis, joint inflammation & cataract formation
  12. Helps to eradicate the bacterium linked to peptic ulcers and stomach cancer
  13. May help in stabilization of Alzheimer’s, autism and cancer patients
- H. *D-Ribose* “raw material for cellular energy production”
1. A carbohydrate used by the cells to make adenosine triphosphate (ATP)
  2. Significant benefit in energy, sleep, pain intensity, mental clarity & well being
  3. Improves tight muscles and pinched nerves by supplying muscular energy
  4. Very helpful in treating chronic illnesses like fibromyalgia & chronic fatigue
- I. *Gamma-oryzanol* “the ulcer healer” (an extract from rice bran oil)
1. Powerful against ulcers, gastritis, irritable bowels and other GI problems
  2. Blocks cholesterol absorption; improves heart disease and other cardiovascular
  3. Diminishes most menopausal symptoms and helps some prostate disorders
  4. May be useful for treating depression or helping build muscle tissue
- J. *Trimethylglycine (Betaine)* “methyl donor, homocysteine fighter”
1. Readily available as a digestive aid for those with lower stomach acids
  2. Could have helpful cancer protection, liver improving and anti-aging effects

- K. *Octacosanol* “reliable brain fuel” (most potent nutrient in wheat germ oil)
  1. Particularly useful in raising trauma patients from coma
  2. Improves energy levels and stamina against fatigue and also in MS patients
  3. May be helpful for Parkinson’s, Lou Gherig’s & muscular dystrophy sufferers
- L. *DMG* “fatigue fighter, autism conqueror”
  1. Very safe quick energy booster that lasts all day, while neutralizing toxins
  2. Protects our genes, boosts immune function and helps us use O<sub>2</sub> efficiently
  3. May reduce the frequency of epileptic seizures
  4. Can lengthen attention span, brighten mood and reduce tantrums of autistic
  5. Antioxidant effects have reversed early cataract growth
- M. *NADH (Coenzyme 1)* “the cell energizer”
  1. Related to B<sub>3</sub> and plays a pivotal role in energy metabolism
  2. Makes dopamine so improves effects of Alzheimer’s, Parkinson’s & depression
  3. Offers a surge of energy that helps athletic performance and chronic fatigue
  4. Great value against heart disease and heart problems (with CoQ<sub>10</sub> & carnitine)

VIII. Cartilage-building nutrients

- A. *Bovine cartilage* “arthritis therapy, cancer fighter”
  1. Powerful anti-inflammatory, pain relief for osteoarthritis, rheumatoid arthritis
  2. Strengthens tissue & speeds up wound healing esp. for those taking cortisone
  3. Excellent results against prostate, renal, lung, pancreas, brain and colon cancer
  4. Shark cartilage has equal anti-inflammatory but a bit lesser anti-cancer effects
  5. Both are major sources of glucosamine and chondroitin sulfate
  6. May also be dramatically effective against scleroderma
- B. *Glucosamine* “osteoarthritis’s best treatment”
  1. Provides building block for new cartilage, thus the arthritis treatment of choice
  2. Improvements may take from a few weeks to six months to take full effect
- C. *Chondroitin sulfate* “how joints heal”
  1. Anti-inflammatory pain relief for osteoarthritis; reduces high uric acid in gout
  2. Stimulates fat metabolism, lowers LDL, reduce clotting & improves circulation
  3. Helps wounds to heal faster
  4. Deficiency increases cancer rates and may be useful in HIV treatment
- D. *Hyaluronic acid* “nature’s moisturizer and lubricant”
  1. One of the most hydrophilic molecules known, binding 1000:1 its weight in H<sub>2</sub>O
  2. Composed of two modified sugars: glucuronic acid and N-acetyl-glucosamine
  3. Helps maintain normal cushioning as our joint fluid viscosity lessens with age
  4. Found in cartilage that covers the ends of the long bones where bending occurs
  5. Also in the synovial fluid that provides the shock absorbing properties of joints
  6. Dominates connective tissues in a way that binds yet cushions the living cells
  7. Located in the hair follicles in the dermal layer of the scalp for lustrous hair
  8. Hydrates the collagen in the lips & gums to give them structure and plumpness
  9. Almost completely composes the fluid in the eye (called the vitreous humor)
  10. Found in the greatest concentrations in the skin tissue, for moisture & elasticity
  11. Acts as the mortar between the brickwork of our entire extracellular matrix
  12. Provides the medium for nutrients and waste to be transported among cells
- E. *Sea cucumber* “joint and stiffness reliever”
  1. One of the most useful arthritis treatments when combined with essential fats

- IX. Hormones & Glandular (“Hormones are not nutrients: they’re prescription drugs.”)
- A. **DHEA** “the mother hormone” (the source of all other sex & steroid hormones)
1. Anti-aging effects on sex drive, immune function, memory, energy & stamina
  2. Like vitamin D, the body makes this from cholesterol
  3. Typically most useful for older adults or sickest patients, with dramatic effects
  4. Overcomes fatigue, elevates overall health and sense of well-being
  5. Much less symptoms for those with autoimmune diseases, rheumatoid arthritis
  6. Good safeguard against most cancers except prostate (stimulates testosterone)
  7. Helps to prevent heart disease, stimulates weight loss, boosts insulin sensitivity
- B. **Pregnenolone** “the grandmother hormone” (the source of DHEA)
1. Instead of stimulating testosterone (DHEA), stimulates progesterone production
  2. The only hormone tested that does not seem to have metabolic side effects
  3. Controls against rheumatoid arthritis, depression, anxiety and fatigue
  4. Not as strong as steroid medications (prednisone) but without any side effects
  5. May be one of the most powerful memory enhancing substances
  6. Curbs the tendency of estrogen overstimulation in breasts and uterus
- C. **Melatonin** “the mystery of the pineal gland”
1. A world-class antioxidant against two of the most dangerous free radicals
  2. Alzheimer’s patients are affected most by one of these free radicals: hydroxyl
  3. May shield against cataracts, heart disease, headaches & neurological disorders
  4. Active sleep stimulant for insomniacs, jet lag and third shifters, etc.
  5. Potentially important weapon against breast, skin and prostate cancers & AIDS
  6. Rejuvenates several components of immunity incl. white blood and killer cells
  7. Deficiency is associated with high cholesterol and triglyceride levels
  8. 20 mg doses daily have had dramatic effects on sarcoidosis
- D. **Glandular extracts** “are your organs doing their best?” (buy organic ☺)
1. The thymus gland creates immunity and supplements may improve your own
  2. Thymus supplements have proven particularly useful against hepatitis
  3. Thymus supplements also useful against infections, *Candida*, AIDS and cancer
  4. Adrenal extracts have helped many with persistent fatigue
- X. Superfoods
- A. **Bee Products** (*pollen, propolis, royal jelly*)
1. Pollen is a nearly complete source of protein, vitamins, minerals and fatty acids
  2. Pollen contains bioflavonoids like rutin which is good for glaucoma treatment
  3. Pollen is a natural antibiotic that wards off salmonella & many other infections
  4. Pollen treats many prostate dysfunctions including benign enlargement
  5. Propolis is a bee-modified, plant-based substance used in hive construction
  6. Propolis is anti-microbial, anti-fungal, anti-viral and combats many parasites
  7. Propolis fights periodontal disease, herpes, the flu, cancer and ulcers
  8. Propolis is also very good at accelerating healing wounds when used topically
  9. Royal jelly is concentrated in minerals, B-vitamins & many mystery nutrients
  10. RJ boosts energy levels; strengthens immune system and the adrenal glands
  11. RJ multiplies the body’s ability to absorb other nutrients and oppose cancer
  12. RJ is a particularly strong antibacterial, boosts hormones and fixes cholesterol

**B. (Broken Cell Wall) Chlorella**

1. Has the ability to improve fructose-induced insulin sensitivity & help diabetics
2. Binds irreversibly to toxins & heavy metals, allowing to be safely excreted
3. Significantly decreases high-normal blood pressure & borderline hypertension
4. May help improve anemia, proteinuria and edema in pregnant women
5. 60 percent protein, rich in all amino acids, B12, GABA, folic acid and iron
6. Many fibromyalgia patients report improvement in symptoms
7. Repairs nerve tissue and triggers cell death (apoptosis) in liver cancer cells
8. Eliminates bad breath, improves digestion and gut pH levels
9. Enhancing your immune function and your ability to focus and concentrate

**C. Spirulina**

1. Rich in iodine, B vitamins (exceptionally high B12), K, and other vitamins
2. Contains calcium, iron, magnesium, selenium, manganese, potassium, and zinc
3. One of best known sources of gamma-linolenic acid (GLA)
4. Rich in essential fatty acids including sulfolipids which protect against HIV
5. Full of phytopigments (phycocyanin, chlorophyll, and carotenoids)
6. Contains protein compounds that combine with heavy metals & radioactivity
7. Low in carbohydrates (only 15-20 percent); 60 percent protein; 18 amino acids

**D. Wheat grass, barley grass**

1. Contains calcium, sodium, iron, magnesium, potassium, magnesium, B-family
2. Both found effective for freshening breath and keeping the bowels open
3. Rich in chlorophyll, which improve digestions and detoxifies the bloodstream
4. Anti-aging properties all the way down to the cellular level
5. Regular consumption prevents heart disease and stabilizes glucose levels
6. Good for healing mouth and throat sores, strengthening gums and teeth
7. Barley grass is good for healing ulcers and for dealing with asthma
8. Wheat grass compounds simulate hemoglobin which makes up red blood cells

**E. Cordyceps sinensis “the most dynamic medicinal mushroom/fungi”**

1. Widely-known efficacy against cancer, and dampens ravages of chemotherapy
2. Inhibits cellular DNA replication in cancer-infected tumor cells
3. Boosts immune response, particularly by stimulating intestinal macrophages
4. Suppresses immune rejection response to transplanted organs
5. 4.5 grams per day can restore normal kidney function after chronic renal failure
6. Improves blood glucose metabolism & increases insulin sensitivity in diabetics
7. Can eliminate alcohol cravings among alcoholics in only 48 hours
8. 3 grams per day dampens blood sugar swings throughout the day
9. Treats all respiratory illnesses, including asthma, COPD and bronchitis
10. Contains adenosine which stabilizes the heart beat & correct heart arrhythmias
11. 6 grams per day increases liver functioning and speeds cirrhosis recovery
12. Administration can help rebalance cholesterol and reduce triglyceride levels
13. Treats male & female sexual dysfunction, such as hypolibidinisim & impotence
14. Contains all essential amino acids plus vitamins B1, B2, B12, E, and K
15. Contains a wide range of sugars, proteins, sterols & two dozen trace elements

## XI. Enzymes

### A. *Catalase* “high-potency antioxidant enzyme, the ‘perfect’ catalyst”

1. Catalyses conversion of 2 H<sub>2</sub>O<sub>2</sub>, a powerful oxidizing agent, to 2 H<sub>2</sub>O and 1 O<sub>2</sub>
2. Can also break down toxic compounds by ‘reshuffling’ with ions from H<sub>2</sub>O<sub>2</sub>

### B. *Glutathione Peroxidase* “climactic role of the master antioxidant”

1. Powerful antioxidant found in every cell, it plays a role in nutrient metabolism
2. Regulates cellular events (i.e. growth, gene expression, DNA & protein synthesis)
3. Levels are supported by broccoli, cauliflower, cabbage, cinnamon & cardamom
4. Molybdenum activates the oxidase enzymes that provide nutritional support
5. Riboflavin is the precursor for FAD, a coenzyme that recycles used glutathione

### C. *Super-oxide Dismutase (SOD)* “enzyme at the peak of our antioxidant defenses”

1. Naturally-occurring enzyme that neutralizes very damaging superoxide ions
2. Superoxide ions are created in the essential conversion of RNA to DNA
3. Combines superoxide (O<sub>2</sub><sup>-</sup>) conversion with 2 H<sup>+</sup> to create hydrogen peroxide
4. Helps protect mitochondrial and cellular health under stress conditions
5. Protects against Alzheimer’s, Parkinson’s, heart disease and high cholesterol
6. Protects against radiation and reduces brain swelling after traumatic injuries
7. Enhances retinal health against macular degeneration, cataracts and ulcers
8. Lowers inflammatory response in the lungs and in rheumatoid & osteoarthritis
9. Boosts the body’s natural defense system and production of stronger T-cells
10. Reduces intramuscular lactic acid build-up, reduces swelling, speeds recovery

There are also eight primary digestive enzymes the body uses to break down different foods:

- |   |   |
|---|---|
| 1. <b>Amylase:</b> Digesting carbohydrates                            | 5. <b>Lipase:</b> Digesting fats  |
| 2. <b>Protease:</b> Digesting protein                                 | 6. <b>Cellulase:</b> Breaking down fiber  |
| 3. <b>Maltase:</b> Converting complex sugars from grains into glucose | 7. <b>Phytase:</b> Helps with overall digestion, especially in producing the B vitamins |
| 4. <b>Lactase:</b> Digesting milk sugar (lactose) in dairy products   | 8. <b>Sucrase:</b> Digesting most sugars  |

Digestion begins in your mouth, starting with enzymes (primarily *amylase*) in your saliva, which begins by breaking down carbohydrates. You produce about 1.7 liters of saliva each day. Food then passes into your stomach where proteins are worked on by *protease*, and next into your small intestine where *lipase* begins to break down fats and additional *amylase* finishes off the carbohydrates.

Approximately 90% of your digestion and absorption takes place in your small intestine. From here, the micronutrients are absorbed into your bloodstream through millions of tiny *villi* in the wall of your gut. But what happens when this process goes awry? Disease – or “*dis-ease*.”

While all raw foods contain enzymes, the most powerful enzyme-rich foods are those that are sprouted (seeds and legumes). Sprouting increases the enzyme content in these foods tremendously. Besides sprouts, other enzyme-rich foods include:

- |  |  |
|--|--|
| ☞ Extra virgin olive oil and coconut oil             | ☞ Raw honey (the enzymes actually come from the bee’s saliva) and bee pollen |
| ☞ Raw meat and raw dairy                             |  |
| ☞ Papaya, pineapple, mango, kiwi, grapes and avocado |  |

## XII. Vita-nutrient solutions

### A. *Basic Nutritional Plan*

1. A	3,000 IU = 900 mcg
2. Beta-carotene	3,000-6,000 IU (natural sources)
3. B <sub>1</sub> (Thiamin)	30-60 mg
4. B <sub>2</sub> (Riboflavin)	24-48 mg
5. B <sub>3</sub> (Niacin)	15-30 mg
6. Niacinamide	30-60 mg
7. B <sub>9</sub> (Folic acid) *	2,000-4,000 mcg = 2-4 mg
8. B <sub>6</sub> (Pyridoxine)	30-60 mg
9. Pyridoxal-5-Phosphate	6-12 mg
10. Choline & Lecithin	300-600 mg
11. Inositol	240-480 mg
12. B <sub>5</sub> (Pantothenic acid)	75-150 mg
13. Pantethine	75-150 mg
14. PABA	300-600 mg
15. B <sub>7</sub> (Biotin)	225-450 mcg
16. B <sub>12</sub> (Cobalamin)	180-240 mcg
17. C	500-1,000 mg
18. Citrus bioflavenoids	450-600 mg
19. D <sub>3</sub>	600-800 IU = 15-20 mcg
20. E	150-300 IU = 100-200 mg
21. K	120-200 mcg
22. Calcium	200-400 mg
23. Magnesium	50-100 mg
24. Zinc	24-48 mg
25. Copper	600-1,200 mcg
26. Manganese	12-24 mg
27. Chromium	150-300 mcg
28. Vanadyl sulfate	45-90 mcg
29. Selenium	120-240 mcg
30. Molybdenum	30-60 mcg
31. N-acetyl cysteine	60-120 mg
32. Octacosanol	450-900 mcg
33. Reduced glutathione	15-30mg
34. GLA/DHA/EPA/ALA	1,800-3,600 mg (1/3 ea. borage/fish/flax oil)

\* Those susceptible to breast or uterine fibroids should limit daily folate intake to 600 mcg

### B. *Infectious diseases*

	<i>First day dose</i>	<i>Daily thereafter</i>
1. A	40,000-80,000 IU	10,000-20,000 IU
2. Beta-carotene	60,000-120,000 IU	15,000-30,000 IU
3. B-complex	100 mg	25-50 mg
4. C	10-20 grams	2-4 grams
5. Garlic	2,400-3,200 mg	2,400-3,200 mg
6. Zinc	200-400 mg	50-100 mg
7. Bioflavenoids	800-1,600 mg	200-400 mg

### C. *UTI* (*Candida* can mimic bacterial infection; antibiotics aggravate yeast conditions)

1. Add 6 capsules Cranberry extract to the infections regimen above

#### **D. Energy enhancement**

1. B-complex	5-150 mg
2. CoQ <sub>10</sub> (ubiquinol)	50-100 mg
3. NADH	2.5-5 mg
4. Phenylalanine	500-1,500 mg
5. Octacosanol	450-900 mcg
6. DMG	125-250 mg
7. L-carnitine	500-1,000 mg
8. B <sub>12</sub> (Cobalamin)	2,000-4,000 mcg (lozenges)
9. PABA	1,500-3,000 mg
10. Glutamine	1,500-3,000 mg
11. Thiamine	100-150 mg
12. ALT	1,000-2,000 mg
13. Germanium	25-75 mg
14. Siberian ginseng	150-300 mg
15. Royal jelly	¼ - ½ tsp
16. Inosine	400-800 mcg
17. Lipoic acid	100-200 mg
18. Methionine	400-800 mg
19. Acetyl carnitine	500-1,000 mg

#### **E. Cardiovascular**

1. General heart and vascular health	
a. Magnesium	400-800 mg
b. CoQ <sub>10</sub> (ubiquinol)	60-120 mg
c. L-carnitine	1,000-2,000 mg
d. Taurine	500-1,000 mg
e. E	400-800 IU
f. C	1,000-3,000 mg
g. GLA/DHA/EPA/ALA	3,600-7,200 mg (1/3 ea. borage/fish/flax oil)
h. Mixed Tocotrienols	100-200 mg
i. Chromium	200-400 mcg
j. Pantethine	450-900 mg
k. Beta-carotene	25,000 IU (natural sources)
l. <i>Ginkgo biloba</i>	240-360 mg
m. Hawthorn	240-480 mg
n. B-complex	50 mg
o. Garlic	1,600-3,200 mg
p. Bromelain	200-400 mg
q. Gamma-oryzanol	300-600 mg
r. Acetyl L-carnitine	500-1,000 mg
s. Selenium	150-300 mcg
t. B <sub>6</sub> (Pyridoxine)	100-200 mg
u. B <sub>9</sub> (Folic Acid)	3-6 mg
v. Quercetin	300-600 mg
w. Lipoic Acid	100-300 mg
x. Fiber	7.5-15 grams
y. Calcium	600-1,200 mg
z. Grape seed extract	150-300 mg
aa. Cayenne	3 capsules

2. Angina Pectoris (“chest pains”) [Strongly consider chelation therapy]
  - a. Add or amend the following within the general cardiovascular therapy
  - b. Arginine daily doses adding up to 8-16 grams total
  - c. L-carnitine 1,500-3,000 mg
  - d. CoQ<sub>10</sub> (ubiquinol) 100-200 mg
  - e. E 800-1,600 IU
  - f. Magnesium 800-1,200 mg
  - g. Bromelain 450-600 mg
  - h. Fish/flax/borage oils 3,600-7,200 mg
  - i. Garlic 2,000-4,000 mg
  - j. Hawthorn 360-720 mg
  - k. Pantethine up to 900 mg daily
  - l. Beta-carotene 25,000-50,000 IU (natural sources)
  - m. N-acetyl cysteine 1,500-3,000 mg
3. Arrhythmia and mitral valve prolapse
  - a. Magnesium 600-1,000 mg
  - b. Potassium 600-1,200 mg
  - c. Hawthorn 240-480 mg
  - d. Taurine 2,000-3,000 mg
  - e. L-carnitine 1,250-2,500 mg
  - f. CoQ<sub>10</sub> (ubiquinol) 100-200 mg
  - g. Inositol 500-1,500 mg
  - h. Bromelain 400-800 mg
  - i. Manganese 30-60 mg
  - j. Cactus (alcohol tincture) 8-16 drops
  - k. Chromium 300-600 mg
4. Counteracting cardiomyopathy and congestive heart failure
  - a. Add or amend the following within the general cardiovascular therapy
  - b. Taurine 2,000-4,000 mg
  - a. CoQ<sub>10</sub> (ubiquinol) 200-400 mg
  - c. L-carnitine 2,000-4,000 mg
  - d. Hawthorn 300-480 mg
  - e. Magnesium 600-1,200 mg
  - f. B<sub>1</sub> 150-300 mg
  - g. Copper sebacate 2-4 mg
  - h. Pantethine 600-1,200 mg
  - i. E 600-1,200 IU
  - j. Cactus (alcohol tincture) 5-10 drops
  - k. Fish/flax/borage oils 4,800-9,600 mg
  - l. B-complex 100 mg

#### F. Nervous system disorders

1. General brain function
  - a. B-Complex 50 - 150 mg
  - b. *Ginkgo biloba* 60 - 120 mg
  - c. B<sub>6</sub> 100-200 mg
  - d. Folic acid 3-5 mg
  - e. B<sub>12</sub> 1-2 mg
  - f. B<sub>1</sub> 100-200 mg
  - g. Octacosanol 6-12 mg

2. Headache prevention
  - a. Avoid sugar and caffeine and investigate possible food allergies
  - b. Avoid pro-inflammatory fats such as safflower, sunflower and corn oils
  - c. Check for toxic metals, especially high copper levels
  - d. Magnesium 500-1,000 mg
  - e. Probiotic bacteria 1-2 capsules
  - f. B-complex 50-100 mg
  - g. C 1,000-3,000 mg
  - h. Fish/flax/borage oils 4,800-7,200 mg
  - i. *Ginkgo biloba* 240-480 mg
  - j. Feverfew 100-200 mg
  - k. E 200-400 IU
  - l. Molybdenum 500-750 mcg
  - m. Bromelain 100-200 mg
  - n. Ginger 1-2 capsules
  - o. Curcuminoids 200-400 mg
  - p. Milk thistle extract 100-200 mg
  - q. Thiamine pyrophosphate 100-200 mg
  - r. Kava 100-200 mg
  
3. Attention deficit hyperactive disorder (ADHD)
  - a. B-Complex 50-100 mg
  - b. Phosphatidyl serine 300-600 mg
  - c. GABA 1,200-2,400 mg
  - d. Phenylalanine 500-1,000 mg
  - e. Zinc 50-100 mg
  - f. Tryptophan 1,500-3,000 mg
  - g. B<sub>6</sub> 75-150 mg
  - h. Inositol 750-1,500 mg
  - i. Chromium 200-400 mcg
  - j. Niacinamide 200-400 mg
  - k. Fish/flax/borage oils 3,600-7,200 mg
  - l. Probiotic bacteria 1-2 capsules
  - m. Magnesium 250-500 mg
  - n. Manganese 10-20 mg
  - o. Selenium 50-100 mg
  - p. Calcium 750-1,500 mg
  - q. B<sub>1</sub> 50-100 mg
  - r. B<sub>12</sub> 500-1,000 mg
  
4. Depression
  - a. Tryptophan 1,500-3,000 mg
  - b. N-acetyl tyrosine 500-1,000 mg
  - c. B<sub>12</sub> 1,000-3,000 mcg
  - d. Methionine 1,200-2,400 mg
  - e. B<sub>1</sub> 150-300 mg
  - f. St John's Wort 100-200 mg
  - g. Acetyl L-carnitine 500-1,000 mg
  - h. Phosphatidyl serine 300-600 mg
  - i. B<sub>6</sub> 100-200 mg
  - j. Folic acid 30-60 mg

5. Anxiety
  - a. Inositol 1,000-2,000 mg
  - b. GABA 1,500-3,000 mg
  - c. Tryptophan 1,500-3,000 mg
  - d. Kava 100-200 mg
  - e. Calcium 400-800 mg
  - f. Niacinamide 250-500 mg
  - g. Magnesium 300-600 mg
  - h. B-Complex 1-3 capsules
  - i. Valerian 2-4 capsules
  - j. B<sub>6</sub> 100-200 mg
  - k. B<sub>12</sub> 2-4 mg (at bedtime)

**G. Blood-Lipid issues**

1. High cholesterol
  - a. Pantethine 600-1,200 mg
  - b. Inositol hexanicotinate 500-1,500 mg
  - c. Chromium 300-600 mcg
  - d. Fish/flax/borage oils 7,200 mg
  - e. C 1,000-5,000 mg
  - f. Mixed fiber 10 grams
  - g. Lecithin granules 2-3 tbsp
  - h. Guggulipid 100-200 mg
  - i. GLA 1,200-3,600 mg
  - j. Garlic 2,400-4,000 mg
  - k. Gamma-oryzanol 300-600 mg
  - l. Mixed tocotrienols 200-400 mg
  - m. Beta-carotene 25,000-50,000 IU
  - n. Copper sebacate 2-4 mg
  - o. E 400-800 IU
  - p. Taurine 1,000-2,000 mg
  - q. Ginger 2-3 capsules
  - r. Fenugreek 1-4 capsules
  - s. Selenium 200-400 mcg
  - t. Folic acid 3-6 mg
  - u. Arginine 6-12 grams
  - v. Inositol 500-1,000 mg
  - w. Broken cell wall chlorella ¼ - ½ tsp
  - x. Royal jelly ¼ - ½ tsp
  - y. DHEA 20-40 mg
  - z. Chondroitin sulfate 250-500 mg
2. High Lipoprotein(a)
  - a. Follow the treatment for high cholesterol but increase dosage for these
  - b. N-acetyl cysteine 2,000-4,000 mg
  - c. C 4,000-8,000 mg
  - d. Inositol hexanicotinate 1,500-3,000 mg
  - e. Gamma-oryzanol 300-1,200 mg
  - f. Lysine 600-1,200 mg
  - g. Proline 600-1,200 mg

3. High triglycerides and low cholesterol
  - a. Follow the treatment for high cholesterol but increase dosage for these
  - b. L-carnitine 1,500-3,000 mg
  - c. EPA/DHA 1,200-2,400 mg
  - d. Chromium 400-800 mcg
  - e. Vanadyl sulfate 15-30 mg
4. Hypertension
  - a. Taurine 1,500-3,000 mg
  - b. Magnesium 500-1,000 mg
  - c. Hawthorn 240-480 mg
  - d. Potassium aspartate 400-800 mg
  - e. B<sub>6</sub> 100-200 mg
  - f. Fish/flax/borage oils 3,600-7,200 mg
  - g. Garlic 2,400-3,200 mg
  - b. CoQ<sub>10</sub> (ubiquinol) 100-200 mg
  - h. Carnitine 500-1,000 mg
  - i. Chromium 300-600 mcg
  - j. C 1,000-3,000 mg
  - k. N-acetyl cysteine 1,000-2,000 mg
  - l. GABA 2,000-4,000 mg
  - m. Arginine 2,000-5,000 mg
  - n. Inositol 500-1,500 mg
  - o. Kava 100-200 mg
  - p. Reishi extract 2-4 capsules
  - q. Choline 1,000-1,500 mg
  - r. Calcium 750-1,500 mg

#### ***H. Overweight and Obesity***

1. Chromium 400-800 mcg
2. L-carnitine 1,000-2,000 mg
3. CoQ<sub>10</sub> (ubiquinol) 90-180 mg
4. Glutamine 2-4 grams
5. Phenylalanine 750-1,500 mg
6. Choline 750-1,500 mg
7. Inositol 1,000-2,000 mg
8. Methionine 400-800 mg
9. Lipoic Acid 100-300 mg
10. Siberian ginseng 1-2 grams
11. Conjugated linolenic acid 2-4 grams
12. BMOV vanadium 2-4 mg
13. Vanadyl sulfate 10-20 mg
14. Taurine 1,000-2,000 mg
15. Pantethine 600-2,000 mg
16. C 3,000-6,000 mg
17. Zinc 40-80 mg
18. Acetyl L-tyrosine 500-1,000 mg
19. Fiber 8-16 grams
20. Biotin 5-10 mg
21. Selenium 200 mcg
22. Iodine 150 mcg

## I. Skin problems

1. A 20,000-40,000 IU
2. Beta-carotene 25,000-50,000 IU
3. C 1,000-3,000 mg
4. Zinc 50-100 mg
5. Probiotic bacteria 1 capsule
6. Fish/flax/borage oils 3,600-7,200 mg
7. Magnesium 400 mg
8. Pantethine 300-600 mg
9. B<sub>6</sub> 100-200 mg
10. B-complex 50-100 mg
11. Selenium 200-400 mcg
12. Calcium 800-1,200 mg
13. Manganese 25-50 mg
14. *Gotu kola* extract 1-3 capsules
15. Licorice 1-3 capsules

## J. Pulmonary/Respiratory health

1. General lung and bronchial health
  - a. C 3-6 grams
  - b. A 15,000-30,000 IU
  - c. Fish/flax/borage oils 3,600-7,200 mg
  - d. Acetyl cysteine 500-1,000 mg
  - e. Magnesium 400-800 mg
  - f. Pantethine 300-600 mg
  - g. Beta-carotene 25,000-50,000 IU (natural sources)
  - h. Quercetin 600-1,200 mg
  - i. Selenium 200-400 mcg
  - j. Taurine 500-1,000 mg
  - k. E 400-800 IU
  - l. CoQ<sub>10</sub> (ubiquinol) 50-100 mg
2. Asthma and emphysema
  - a. A 25,000-50,000 IU
  - b. Fish oils 3,600-7,200 mg
  - c. Pantethine 600-1,200 mg
  - d. Magnesium 500-1,000 mg
  - e. Quercetin 1,000-2,000 mg
  - f. Grape seed extract 150-300 mg
  - g. Licorice root extract 300-600 mg
  - h. DHEA 75-150 mg \* dosage requires physician
  - i. Pregnenolone 60-120 mg \* dosage requires physician
  - j. Molybdenum 500-1,000 mg
  - k. *Coleus forskohlii* extract 150-300 mcg
  - l. *Ginkgo biloba* 240-360 mg
  - m. Taurine 750-1,500 mg
  - n. B<sub>6</sub> 75-150 mg
  - o. Aloe vera 1-2 tbsp
  - p. N-acetyl cysteine 1,000-2,000 mg
  - q. B<sub>12</sub> 5,000-10,000 mcg

3. Bronchitis or pneumonia
  - a. C 5,000-40,000 mg
  - b. A 50,000-150,000 IU \* NOT during pregnancy
  - c. Zinc 60-120 mg
  - d. Oil of oregano 2-4 drops
  - e. Bioflavenoids 1,000-2,000 mg
  - f. Echinacea 3-6 capsules
  - g. Goldenseal 750-1,500 mg \* NOT during pregnancy
  - h. Pantethine 600-1,200 mg
  - i. Selenium 300-600 mcg
  - j. Lipoic acid 100-200 mg
  - k. N-acetyl cysteine 1,000-2,000 mg
  - l. Astralagus 1-2 capsules
  - m. Bee propolis 1-2 capsules
  - n. Beta-carotene 25,000-50,000 IU (natural sources)
  - o. E 800-1,600 IU
  - p. Olive leaf extract 2-4 capsules

**K. Women's health**

1. Endometriosis / Fibrocystic breasts or uterus [Restrict folic acid to <600mcg]
  - a. Methionine 500-1,000 mg
  - b. Choline 1,000-1,500 mg
  - c. Inositol 1,000-1,500 mg
  - d. Fish/flax/borage oils 3,600-7,200 mg
  - e. B<sub>6</sub> (Pyridoxine) 100-200 mg
  - f. E 200-400 IU
  - g. Zinc 25-50 mg
  - h. C 1,000-3,000 mg
  - i. Vitex 1-2 capsules
  - j. Milk thistle extract 150-300 mg
  - k. Probiotic bacteria 1-2 capsules
  - l. Flaxmeal 1-3 tbsp
  - m. A 30,000-60,000 IU
2. Menopausal symptoms
  - a. Folic acid 20-60 mg
  - b. Boron 6-18 mg
  - c. Pregnenolone 30-60 mg \* dosage may require a physician
  - d. DHEA 20-40 mg \* dosage may require a physician
  - e. Fish/flax/borage oils 3,600-7,200 mg
  - f. E 400-1,200 IU
  - g. B<sub>6</sub> (Pyridoxine) 150-300 mg
  - h. C 2,000-4,000
  - i. PABA 1,500-3,000
  - j. Black cohosh 15-30 mg
  - k. Magnesium 400-800 mg
  - l. Vitex extract 1-2 capsules
  - m. A 20,000-40,000 IU
  - n. Calcium 750-1,500 mg

3. PMS
  - a. Fish/flax/borage oils 3,600-7,200 mg
  - b. B<sub>6</sub> (Pyridoxine) 100-200 mg
  - c. Choline 1,000-1,500 mg
  - d. Inositol 1,000-1,500 mg
  - e. Methionine 500-1,000 mg
  - f. Magnesium 300-600 mg
  - g. Chromium 200-600 mcg
  - h. Probiotic bacteria 1-2 capsules
  - i. GABA 500-3,000 mg
  - j. Black cohosh 12-24 mg
  - k. Milk thistle extract 150-300 mg
  - l. C 1,000-5,000 mg
  - m. Zinc 50-100 mg
  - n. Vitex extract 1-2 capsules
  - o. Phosphatidyl serine 300-600mg
  - p. Flaxmeal 1-3 tsp in the mornings
  - q. Calcium 1,000-1,500 mg
  - r. Managnese 15-30 mg
  - s. A 20,000-40,000 IU
  - t. L-tryptophan 1,000-2,000 mg
4. PMS special addenda
  - u. Heavy bleeding: Add grapeseed extract/pycogenol 2,000-4,000 mg
  - v. Menstrual cramps: Add magnesium up to 1,000 mg daily for entire month
  - w. Depression: Add St. John's wort 1-2 times per day & GABA 1,000-2,000 mg
  - x. Anxiety: Add kava extract 200-400 mg & GABA 1,000-2,000 mg
  - y. Sugar cravings: Add L-glutamine 2,000-3,000 mg
  - z. Water retention: Add L-taurine 1,000-2,000 mg
5. Cervical dysplasia
  - a. Folic acid 15-30 mg
  - b. Beta-carotene 50,000-100,000 IU (natural sources)
  - c. A 20,000-40,000 IU
  - d. C 1,000-3,000 mg
  - e. E 400-800 IU
  - f. Selenium 200-400 mcg
  - g. B<sub>12</sub> 1-5 mg
  - h. Grape seed extract 150-300 mg
  - i. *Gotu kola* extract 1-2 capsules
  - j. Green tea extract 1-3 capsules

**L. Gout**

1. C 5,000-10,000 mg
2. Folic acid 10-30 mg
3. L-cysteine 1,000-2,000 mg
4. Pantethine 600-1,200 mg
5. Chondroitin sulfate 750-1,500 mg
6. Fish/flax/borage oils 3,600-7,200 mg
7. Germanium 150-300 mg

**M. Cancer therapy** \* must be customized to degree and location within the body

#### ***N. Cancer recurrence prevention***

1. Selenium	200-400 mcg	
2. Beta-carotene	20,000-40,000 IU	(natural sources)
3. E	400-1,200 IU	
4. Lipoic acid	50-100 mg	
5. Tocotrienols	200-400 mg	
6. Fish/flax/borage oils	3,600-7,200 mg	
7. C	5-10 grams	
8. Folic acid	5-10 mg	
9. Zinc	50-100 mg	
10. Acetyl cysteine	500-1,000 mg	
11. CoQ <sub>10</sub> (ubiquinol)	200-400 mg	
12. Quercetin	300-600 mg	
13. Reishi/shitake/maitake	2-4 capsules	
14. Lycopene	6-12 mg	
15. Citrus pectin	8-16 grams	
16. Probiotic bacteria	½ - 1 tsp	
17. A	10,000-25,000 IU	
18. Cat's claw	2-4 capsules	
19. D <sub>3</sub>	400-800 IU	
20. Wheat grass	2-4 capsules	
21. Chlorella	1-2 tsp	
22. B-Complex	50-100 mg	
23. Milk thistle	150-300 mg	
24. <i>Panax ginseng</i>	2-4 capsules	
25. Arginine	1,500-4,000 mg	
26. Magnesium	400 mg	
27. Manganese	10 mg	
28. Squalene	1-3 grams	

#### ***O. Osteoporosis***

1. Folic acid	20-60 mg	
2. Boron	6-12 mg	
3. Calcium	800-1,600 mg	
4. D <sub>3</sub>	400-800 IU	
5. Magnesium	400-800 mg	
6. K <sub>2</sub>	150-300 mcg	
7. Silicon	100-300 mg	
8. Lysine	500-1,000 mg	
9. B-complex	50-100 mg	
10. Chondroitin sulfate	50-150 mg	
11. Copper	2-4 mg	
12. Manganese	10-20 mg	
13. Zinc	20-50 mg	
14. Fish/flax/borage oils	3,600-7,200 mg	
15. Black cohosh	15-30 mg	
16. Glucosamine	1,000-2,000 mg	
17. C	1,000-3,000 mg	
18. Betacarotene	10,000-20,000 IU	(natural sources)

**P. Fibromyalgia**

1. Magnesium 400-800 mg
2. Fish/flax/borage oils 3,600-7,200 mg
3. Probiotic bacteria 2-4 capsules
4. B-complex 50-100 mg
5. Phosphatidyl serine 300-600 mg
6. Glutathione 500-1,000 mg
7. Beta-carotene 25,000-50,000 IU (natural sources)
8. C 3,000-5,000 mg
9. Zinc 50-100 mg
10. Cetyl myristoleate 300-600 mg
11. Acetyl carnitine 1,000-3,000 mg
12. NADH 2.5-5 mg
13. Broken cell wall chlorella ½ tsp
14. *Panax ginseng* 2-4 capsules
15. Black cohosh 1-2 capsules
16. Reishi extract 1-3 capsules
17. Barley/wheat grass 1-2 capsules
18. Glutamine 1,000-3,000 mg
19. Licorice root 1-3 capsules

**Q. Chronic fatigue**

1. Use applicable treatments for energy enhancement, infections or depression

**R. Digestive Health**

1. General digestive function
  - a. Probiotic bacteria 1-2 capsules
  - b. Fiber 7.5-15 grams
  - c. Zinc 25-50 mg
  - d. Taurine 1,000-3,000 mg granules
  - e. Lecithin 1-2 tbsp
  - f. Royal jelly ¼ - ½ tsp
  - g. Curcuminoids 400-800 mg
2. Heartburn (esophageal reflux)
  - a. S-methylmethionine \* 120-240 mg (\* cabbage juice/ Vitamin U)
  - b. Licorice root 1-2 capsules
  - c. Gamma-oryzanol 450-900 mg
  - d. Pantethine 600-900 mg
  - e. Phosphatidylcholine 750-1,500 mg
  - f. Broken cell wall chlorella ½-1 tsp
  - g. Kava 1-2 capsules
  - h. *Gotu kola* extract 1-2 capsules
  - i. Reishi extract 1-2 capsules
3. Constipation and diverticulitis
  - a. Probiotic bacteria 2-6 capsules
  - b. Magnesium oxide 250-1,000 mg
  - c. Psyllium husks 1-2 tbsp in 12 oz water
  - d. Flaxseed oil 1 tbsp
  - e. Pantethine 600-900 mg
  - f. C 3,000-6,000 mg
  - g. Bentonite powder 2-4 tsp in 8 oz water

4. *Candida albicans* yeast overgrowth (antibiotics eliminate the body's defenses)
  - a. Probiotic bacteria 2-6 capsules
  - b. Undecylenic acid 2-4 capsules
  - c. Caprylic acid 2-4 capsules
  - d. Ergotransferrin 2-4 capsules
  - e. Oil of oregano 2-4 drops
  - f. Olive leaf extract start with 1 capsule, build up to 3-4 capsules
  - g. C 1,000-3,000 mg
  - h. Pantethine 600-1,200 mg
  - i. Garlic 750-1,500 mg
  - j. Fish/flax/borage oils 3,600-7,200 mg
  - k. Biotin 7.5-15 mg
  - l. Mixed fiber 8-16 grams
  - m. Molybdenum 500-1,500 mcg
  - n. Goldenseal 1-3 capsules \* NOT during pregnancy
  - o. Cat's claw extract 2-4 capsules
  - p. FOS ¼ - ½ tsp
  - q. Pau d'arco 1-3 droppers
  - r. B<sub>6</sub> 100-200 mg
  - s. Echinacea 3-5 tsp
  - t. E 400-800 IU
  - u. P-5-P B<sub>6</sub> 95-150 mg
  - v. Arginine 1,500-4,000 mg
  - w. Bee propolis ½ dropper
  - x. Broken cell wall chlorella ½-1 tsp
  - y. Copper sebacate 2-4 mg
5. Inflammatory bowel diseases (Crohn's disease and colitis)
  - a. Pantethine 900-1,800 mg
  - b. Folic acid 30-60 mg
  - c. Fish/flax/borage oils 3,600-7,200 mg
  - d. Glutamine 5,000-12,000 mg
  - e. D<sub>3</sub> 600-1,200 mg
  - f. A 15,000-30,000 IU
  - g. Probiotic bacteria 2-4 capsules
  - h. Betacarotene 25,000-50,000 IU
  - i. Gamma-oryzanol 450-900 mg
  - j. Zinc 50-100 mg
  - k. *Aloe vera* powder 1-2 tsp
  - l. Cat's claw 2-4 capsules
  - m. Curcuminoid 50-300 mg
  - n. Grape seed extract 150-300 mg
  - o. E 400-800 IU
  - p. C 1,000-3,000 mg
  - q. Quercetin 600-1,200 mg
  - r. Selenium 200-400 mcg
  - s. Broken cell wall chlorella 1-2 tsp
  - t. Manganese 20-40 mg
  - u. PABA 750-1,500 mg
  - v. Bee propolis ½ dropper
  - w. Phosphatidylcholine 750-1,500 mg

6. Ulcers
  - a. Gamma-oryzanol 450-900 mg
  - b. Glutamine 1,500-3,000 mg
  - c. Zinc 50-100 mg
  - d. S-methylmethionine \* 120-240 mg (\* cabbage juice/Vitamin U)
  - e. Pantethine 600-1,200 mg
  - f. Licorice 1-2 capsules
  - g. E 400-800 IU
  - h. Cat's claw 1-2 capsules
  - i. A 15,000-30,000 IU
  - j. Broken cell wall chlorella 1-2 tsp
  - k. C 1,000-3,000 mg
  - l. Folic acid 5-10 mg
  - m. Fish/flax/borage oils 3,600-7,200 mg
  - n. Aloe vera 1-2 capsules
  - o. Bee propolis ½ - 1 dropper
  - p. Capsaicin extract 1-2 capsules
  - q. Kava 1-2 capsules
  - r. *Gotu kola* extract 1-2 capsules

### S. *Vision health*

1. Macular degeneration
  - a. Zinc 60-120 mg
  - b. Beta-carotene 40,000-80,000 IU
  - c. Lutein 10-20 mg
  - d. *Ginkgo biloba* 240-360 mg
  - e. Bilberry extract 250-500 mg
  - f. Taurine 1,500-3,000 mg
  - g. Grape seed extract 80-160 mg
  - h. Lipoic acid 100-200 mg
  - i. Acetyl cysteine 500-1,000 mg
  - j. A 20,000-40,000 IU
  - k. E 600-1,200 mg
  - l. Selenium 100-200 mcg
2. Glaucoma (*make eye drops from the following recipe*)
  - a. A 25,000-50,000 IU
  - b. C 6-12 grams
  - c. Rutin 50-100 mg
  - d. Bee pollen ¼ - ½ tsp
3. Cataracts
  - a. C 3-10 grams
  - b. Zinc 50-100 mg
  - c. Lipoic acid 100-200 mg
  - d. Bilberry extract 250-500 mg
  - e. Acetyl cysteine 1,000 mg
  - f. DMG 250-500 mg
  - g. *Ginkgo biloba* 240-360 mg
  - h. E 600-1,200 IU
  - i. Manganese 25-50 mg

## T. Arthritis

1. Cetyl myristoleate	18 grams in 400-600 mg doses over 30-45 days	
2. Chondroitin sulfate	750-1,500 mg	
3. Glucosamine sulfate	1,250-2,500 mg	
4. Copper sebacate	8-16 mg	
5. Sea cucumber	1,000-2,000 mg	
6. Fish/flax/borage oils	3,600-7,200 mg	
7. Pantethine	900 mg	
8. Nicinamide	1,500-2,000 mg	
9. B <sub>6</sub>	150-300 mg	
10. Pregnenolone	30-100 mg	* dosage requires a physician
11. DHEA	30-100 mg	* dosage requires a physician
12. Bovine/shark cartilage	6-12 grams	
13. E	400 IU	
14. Bromelain	600 mg	
15. C	1,000-3,000 mg	
16. Folic acid	5-15 grams	
17. Calcium AEP	4-6 tablets	
18. PABA	500-1,500 mg	
19. Curcumin	1,200-2,400 mg	(from turmeric)
20. Ginger	800-1,600 mg	
21. Probiotic bacteria	¼ - ½ tsp	
22. Selenium	200-400 mcg	
23. Quercetin	600-1,200 mg	
24. Licorice root extract	2-4 capsules	
25. Grape seed extract	50-150 mg	
26. Manganese	25-50 mg	
27. DMSO	(topical of affected area)	
28. B <sub>12</sub>	1,000-2,000 mg	(lozenges)
29. Bilberry extract	250-500 mg	
30. Methionine	1,000-2,000 mg	
31. Zinc	50-100 mg	
32. Cat's claw extract	1,000-2,000 mg	
33. Molybdenum	500-1,000 mcg	

## U. Men's health

1. Enlarged prostate	
a. Saw palmetto extract	250-500 mg
b. <i>Pygeum africanum</i>	100-200 mg
c. Glutamic acid	500-1,000 mg
d. Glycine	250-500 mg
e. Alanine	250-500 mg
f. Manganese	20-40 mg
g. Fish/flax/borage oils	3,600-7,200 mg
h. Zinc	50-100 mg
i. B <sub>6</sub>	100-200 mg
j. Selenium	200-400 mg
k. Gamma-oryzanol	300-600 mg
l. Bee pollen	¼ - ½ tsp
m. E	400-800 IU

2. Low libido
  - a. DHEA 20-40 mg to begin, then adjust gradually
  - b. Androstenedione 150-300 mg (assists to metabolize DHEA)
  - c. Siberian ginseng 300-600 mg
  - d. *Ginkgo biloba* 240-360 mg
  - e. Zinc 50-100 mg
  - f. Yohimbine
  - g. Boron 6-12 mg
  - h. Folic acid 15-30 mg
  - i. Saw palmetto 250-500 mg
  - j. *Panax ginseng* 250-1,000 mg
  - k. B-complex 50-100 mg
  - l. *Avena sativa* 750-1,500 mg

#### V. Autoimmune diseases

1. General autoimmune treatment
  - a. Calcium AEP 1,500-4,000 mg
  - b. Pantethine 600-1,200 mg
  - c. Fish/flax/borage oils 3,600-7,200 mg
  - d. C 3-6 grams
  - e. Pregnenolone 30-100 mg \* dosage requires physician
  - f. DHEA 30-100 mg \* dosage requires physician
  - g. Probiotic bacteria 1-2 tsp
  - h. Beta-carotene 25,000-50,000 IU (natural sources)
  - i. E 400-800 IU
  - j. B<sub>6</sub> (Pyridoxine) 100-200 mg
  - k. Selenium 200-400 mcg
  - l. A 20,000-40,000 IU
  - m. PABA 500-1,500 mg
  - n. Licorice root extract 1-2 capsules
  - o. Milk thistle 150-300 mg
2. Multiple Sclerosis (typically caused by toxic heavy metals buildup)
  - a. Calcium AEP salts 1-2 capsules \* intravenous preferred
  - b. Magnesium AEP salts 1-2 capsules
  - c. Potassium AEP salts 1-2 capsules
  - d. Octacosanol 15-30 mg
  - e. B<sub>12</sub> (Cobalamin) 30-60 mg
  - f. D<sub>3</sub> 800-1,600 IU
  - g. Sphingomyelin 3-6 capsules
  - h. EPA/DHA (fish oil) 1,800-3,600 mg
  - i. Pancreatic enzymes 3-6 grams (especially good during flare-ups)
  - j. B<sub>9</sub> (Folic acid) 5-15 mg
  - k. Phosphatidyl Serine 200-400 mg
  - l. Inositol 500-1,000 mg
  - m. Lecithin 1-3 tsp
  - n. Methionine 1,500-3,000 mg
  - o. CoQ<sub>10</sub> (Ubiquinol) 100-200 mg
  - p. Remove all mercury dental fillings (use broken cell wall chlorella to purge)

3. Scleroderma (add the following to the general autoimmune treatment)
  - a. Shark cartilage 1 vial
  - b. PABA 10-20 grams
  - c. *Gotu kola* extract 4-6 capsules

**W. Blood sugar imbalances**

1. To bring Type II diabetes or hypoglycemia under control
  - a. Chromium 500-1,000 mcg
  - b. ✨ Vanadyl sulfate 30-60 mg \* physician monitored
  - c. Lipoic Acid 300-600 mg
  - d. CoQ<sub>10</sub> (ubiquinol) 90-180 mg
  - e. Biotin 7.5-15 mg
  - f. Inositol 800-1,600 mg
  - g. Zinc 90-180 mg
  - h. ✨ Niacinamide 300-600 mg \* physician monitored
  - i. ✨ DHEA 20-40 mg
  - j. *Gymnema sylvestre* 200-400 mg
  - k. Fenugreek 100-200 mg
  - l. Taurine 1,500-3,000 mg
  - m. Folic acid 2-4 mg
  - n. Probiotic bacteria ½ - 1 tsp
  - o. Lysine 400-800 mg
  - p. Milk thistle 400-800 mg
  - q. Garlic 2,400-4,800 mg
  - r. ✨ Calcium AEP \* physician supervised administration by IV  
 ✨ Top priorities for Type I diabetes, each as monitored by a physician

2. Type II diabetes with blood sugars under control
  - a. Chromium 200-600 mcg
  - b. Zinc 50-100 mg
  - c. Magnesium 300-600 mg
  - d. Lipoic Acid 150-300 mg
  - e. CoQ<sub>10</sub> (ubiquinol) 45-90 mg
  - f. Biotin 2-4 mg
  - g. GLA/DHA/EPA/ALA 7,200 mg (fish & flax oil) \* physician monitored
  - h. Selenium 150-200 mcg
  - i. B<sub>6</sub> (Pyridyoxine) 75-150 mg
  - j. C 1,000-2,000 mg
  - k. E 300-600 IU
  - l. L-carnitine 500-1,000 mg
  - m. A 10,000-20,000 IU
  - n. Siberian ginseng 100-200 mg
  - o. Manganese 25-50 mg
  - p. Fiber 10-15 grams
  - q. Calcium 1,000 mg
  - r. Licorice 1-3 capsules
  - s. Curcumin 400-1,200 mg
  - t. Copper sebacate 2-4 mg

**X. Periodontal disease**

- |                                  |                          |
|----------------------------------|--------------------------|
| 1. CoQ <sub>10</sub> (ubiquinol) | 100-200 mg               |
| 2. Probiotic bacteria            | 1-2 tsp                  |
| 3. A                             | 10,000-20,000 IU         |
| 4. Folic acid                    | 5-10 mg (used topically) |
| 5. Zinc                          | 50-100 mg                |
| 6. C                             | 2,000-5,000 mg           |
| 7. <i>Gotu kola</i> extract      | 2-4 capsules             |
| 8. Hawthorn                      | 2-4 capsules             |
| 9. Bee propolis                  | (topical for gums)       |
| 10. BCW Chlorella powder         | 0.5-1 tsp                |
| 11. Calcium                      | 750-1,000 mg             |

**Y. Carpal tunnel**

- |                                     |            |
|-------------------------------------|------------|
| 1. B <sub>6</sub>                   | 200-400 mg |
| 2. P-5-P (modified B <sub>6</sub> ) | 50-100 mg  |
| 3. B <sub>2</sub>                   | 75-150 mg  |
| 4. B-Complex                        | 100 mg     |

**Z. Allergies**

- |                           |                  |                               |
|---------------------------|------------------|-------------------------------|
| 1. Pantethine             | 600-900 mg       |                               |
| 2. Quercetin              | 600-1,200 mg     |                               |
| 3. C                      | 3,000+ mg        |                               |
| 4. Magnesium              | 400-600 mg       |                               |
| 5. Grape seed extract     | 50-300 mg        |                               |
| 6. Licorice extract       | 1-3 capsules     |                               |
| 7. DHEA                   | 30-100 mg        | * dosage requires a physician |
| 8. Pregnenolone           | 30-100 mg        | * dosage requires a physician |
| 9. B <sub>12</sub>        | 1-3 mg           |                               |
| 10. Fish/flax/borage oils | 3,600-7,200 mg   |                               |
| 11. Bioflavonoids         | 1,000-3,000 mg   |                               |
| 12. B <sub>6</sub>        | 100-200 mg       |                               |
| 13. Beta-carotene         | 25,000-50,000 IU | (natural sources)             |
| 14. Bromelain             | 400-800 mg       |                               |
| 15. A                     | 15,000-30,000 IU |                               |
| 16. Selenium              | 150-300 mcg      |                               |
| 17. E                     | 400-800 IU       |                               |
| 18. Zinc                  | 25-50 mg         |                               |

XIII. ADDENDUM

A. *Malic Acid* "Fatigue reliever, oral cleanser"

1. Stimulates metabolism, mental clarity and increases energy production (ATP)
2. Improves muscle performance, reverses muscle fatigue following exercise
3. Beneficial for fibromyalgia and chronic fatigue syndrome
4. Binds to potentially toxic metals that may have accumulated in the body
5. Good treatment for liver disease and brain disorders like Alzheimer's disease
6. Stimulates the production of saliva, which reduces harmful oral bacteria

B. *Resveratrol* "anti-aging bioflavenoid" (found in grapes, green tea and peanuts)

1. Softens wrinkles, improves nutrient intake and aids in weight loss
2. Helps remove built up toxins from your body and improves overall energy
3. Possible therapy tool for deactivating a protein critical for HIV replication
4. Successful in treating alcoholic fatty liver diseases like cirrhosis and fibrosis
5. Lowers odds of a stroke, improves heart disease and strengthens pancreas
6. Benefits diabetics by activating brain proteins that regulate glucose metabolism