ACID INDIGESTION

RELATED CONDITIONS

- Acid reflux
- Gastric esophageal reflux disease (GERD)
- Hydrochloric acid (HCl) deficiency
- Pseudohiatal hernia
- Hypochlorhydria
- Hyperchlorhydria

PHYSIOLOGIC CONSIDERATIONS

These conditions are commonly due to decreased hydrochloric acid production in the stomach leading to putrefaction and fermentation of contents in the gastrointestinal tract (GI). Symptoms include gas, belching, burping, bloating, acid indigestion, and acid reflux. Anti-acids or acid-blockers often provide temporary relief, but the underlying condition of low stomach acid remains and is often exacerbated by suppressive therapies.

Acid indigestion may also occur from too much stomach acid, this is however rare and is most likely a regulatory issue in the physiology of digestion. Under normal conditions the parietal cells of the stomach make HCl at a pH of 0.8. This extreme acidity is normal physiology. A hyperacidic condition usually indicates that the gastric mucosa has lost the ability to handle normal amounts of gastric acid and therefore, compromising the protective function. Alternately (and more rarely), the client may produce excess digestive acid when there is no food in the GI tract and the acid remains undiluted.

PREDISPOISING FACTORS

Hypochlorhydria

- Sympathetic dominance (digestion occurs under parasympathetic control)
- Excess carbohydrate consumption and poor food combinations
- Excess sugar or alcohol consumption
- Dysbiosis, overgrowth of Candida albicans, H. pylori or pathological organisms

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Zinc deficiency
B vitamin deficiency, especially thiamin
Other Krebs cycle deficiencies, such as magnesium, niacin, riboflavin, etc.
Pituitary dysfunction or pathology
History of ulcers or gastric surgeries where scarring has occurred

**Hyperchlorhydria**
- Pituitary dysfunction or pathology
- Parasympathetic dominance
- Dysregulation of the autonomic nervous system
- Degraded gastric mucosa unable to handle normal acid levels

**CLINICAL CONSIDERATIONS**
- Gastric or duodenal ulcers and gastritis may result over time from too little stomach acid.
- Hypochlorhydria leads to poor protein absorption and metabolism.
- Tissue repair is impaired over time due to poor protein metabolism.
- Impaired tissue repair is most critical in the stomach and small intestine, which have a high metabolic rate. Healthy tissue turnover rate is three to five days.
- Poor protein metabolism impairs gastric mucus production, which is vital to protect the stomach lining from normal acid production.
- Hydrochloric acid protects the GI track by killing or neutralizing pathogens that enter through the digestive system. Low stomach acid allows pathogens easy access into the nutrient-rich GI tract and beyond.
- Pathogens in the GI tract further erode the gastric and intestinal mucosa.
- With weakened GI mucosa and pathogenic overgrowth, any normal amount of stomach acid will cause GI discomfort as in gastritis or ulcers.
RECOMMENDATIONS

- Reduce or eliminate sugar, starchy carbohydrates, processed foods, alcohol, and coffee.
- Follow food-combination rules. It is particularly important to avoid mixing starch and sugar with protein foods. Sugar and starch reduce hydrochloric acid production, while protein requires it. When these foods are combined, undigested protein in the GI tract putrefies.
- Eat meals slowly and chew food thoroughly.
- Limit liquids at mealtime. Drink only 8 to 12 ounces of water at room temperature to avoid diluting the gastric juices.
- Eat at least three to four hours before bedtime. The last meal of the day should be lite.
- Avoid all over-the-counter anti-acids and acid-blockers.

PRIMARY SUPPLEMENTAL SUPPORT

HYDRO-ZYME (BETAINE HCL, PEPSIN AND PANCREATIN)

Hydro-Zyme is used for acid replacement to recover normal stomach pH and to support the gastric environment. For sensitive individuals or where gastritis or ulcer is a possibility, start with one tablet in the middle of the meal. If no discomfort occurs, increase by one tablet daily per meal until digestion improves. Hydrochloric acid can be taken before, during, or after a meal. One or two tablets taken 10 to 15 minutes before a meal will stimulate hunger for those with sluggish appetite. It is common to require 8, 10 or even 15 Hydro-Zyme to achieve successful digestion. In this case, use Betaine Plus HP (high potency), which contains 700 mg of HCl, as compared to 235 mg of acid. However, start therapy with Hydro-Zyme because the dose can be managed more carefully, which is important for more sensitive clients.

Recommendation: 1 to 8 tablets per meal
SECONDARY SUPPLEMENTAL SUPPORT

HCL-PLUS (BETAINE HCL AND PEPsin)

*HCl-Plus* is similar to *Hydro-Zyme* without the pancreatin. It is useful for those who do not need pancreatin. It can be used for acid replacement therapy to recover normal stomach pH and to support the gastric environment. *HCl-Plus* will help balance pH in those who tend toward excess systemic alkalinity.

Note: For sensitive individuals, or where gastritis or ulcers exist, start with one tablet mid-meal. If no discomfort occurs, increase by one tablet daily per meal until digestion improves. HCl can be taken before, during, or after a meal. One or two tablets taken 10 to 15 minutes before a meal will stimulate hunger for those with sluggish appetite. It is common to require 8, 10 or even 15 *HCl-Plus* to achieve successful digestion. In this case, use *Betaine Plus HP* (high potency), which contains 700 mg of HCl, compared to 200 mg of acid.

**Recommendation:** 1 to 8 tablets per meal

In cases where burning or abdominal discomfort is reported with hydrochloric acid supplementation, look for gastritis or ulceration of the gastric mucosa. In such cases, it is necessary to heal the gut lining before additional hydrochloric acid is used. For one or two weeks consider one or more of the following:

GASTRAZYME (GUT HEALING NUTRIENTS AND VITAMIN U)

*Gastrazyme* heals and cools gastric and intestinal tissues (puts the “fire” out in the gut). Vitamin A is critical in healing epithelial tissue, gamma-oryzanol increases tissue healing and repair by increasing growth hormone production, and chlorophyllins support tissue healing and pain reduction. Vitamin U, originally from cabbage leaf extract, is a powerful tissue-healing agent for the GI tract.

**Recommendation:** 2 to 4 tablets per meal, may take an additional 2 to 4 tablets as needed for gastric upset
The following supplements may be useful for cases where additional support is required to promote normal physiology and effective digestion.
## D-6 ACID INDIGESTION

<table>
<thead>
<tr>
<th><strong>Product</strong></th>
<th><strong>Description</strong></th>
<th><strong>Recommended Use</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bio-Glycozyme Forte</strong></td>
<td>(Multiple Nutrients for Sugar Handling Problems) Bio-Glycozyme Forte is support for sugar handling problems and is an excellent source of B vitamins and the Krebs cycle nutrients. The B vitamins are essential to support the body’s production of hydrochloric acid. It can be taken with meals or between meals when symptoms of hypoglycemia are present. Alternately use: Bio-3B-G or Bio-B Complex as a good source of B vitamins for additional therapeutic value. <strong>Recommendation:</strong> 4 to 8 tablets daily</td>
<td></td>
</tr>
<tr>
<td><strong>Aqueous Zinc</strong></td>
<td>(Liquid Zinc) Liquid zinc is easily absorbed through the buccal tissues directly into the system. The difficulty with zinc is that hydrochloric acid is required for absorption, yet zinc is required to make hydrochloric acid. The aqueous form bypasses the hydrochloric acid requirement and allows zinc to absorb directly into the system. <strong>Recommendation:</strong> 2 to 4 teaspoons daily. For severe cases, may take up ½ bottle daily</td>
<td></td>
</tr>
<tr>
<td><strong>Bio-HPF</strong></td>
<td>(Nutrients that Protect the Gut from Infection) Bio-HPF is used for an overgrowth of H. pylori or other pathogenic organisms in the stomach or intestinal tract, especially the upper GI tract. Alternately use: ADP plus Gastrazyme. <strong>Recommendation:</strong> 2 to 6 capsules twice daily on an empty stomach</td>
<td></td>
</tr>
</tbody>
</table>
If discomfort and burning occur with a small amount of hydrochloric acid, discontinue the HCl therapy and treat for ulcers or gastritis for about two weeks. After the gut has healed, try ½ or one full tablet of Hydro-Zyme at mid-meal. If no burning occurs, increase to two or three tablets per meal over the next few days. Again, if no burning sensation occurs increase dose until improved digestion is noted.

If digestion improves after using HCl for a few weeks to months, lower the dose to see if good digestion can be maintained with a lower dose. In many cases it is only necessary to “prime the pump” allowing normal physiology to recover. However, should symptoms persist, add Krebs cycle nutrients, especially thiamin, niacin, magnesium, zinc, and manganese (Bio Glycozyme...
**ACID INDIGESTION**

*Forte* and or *Aqueous Zinc*. After a few weeks again see if the amount of supplemental hydrochloric acid can be lowered.

If they still require HCl, try pituitary support *Cytozyme PT/HPT*, or parathyroid *Ca/Mg Plus*. In any event, some clients will just need long-term HCL replacement as long as they want to have normal digestion and elimination.

**Notes**
EXCESSIVE APPETITE

RELATED CONDITIONS

- Polyphagia
- Protein deficiency
- EFA deficiency
- Diabetes
- Hypoglycemia
- Poor sugar handling
- Excessive intake of processed foods

PHYSIOLOGIC CONSIDERATIONS

Polyphagia, or an abnormally large appetite and desire to eat compulsively, is considered one of the cardinal signs of diabetes (polyphagia, polyuria, or polydipsia). In addition, protein deficiency or those with an inability to digest and assimilate protein may have excessive appetite. Therefore, diabetes should be ruled out first. Those who consume too much processed foods and sugar will often have this symptom. When protein is eaten in adequate amounts and simple carbohydrates are limited, the protein will be slowly utilized through gluconeogenesis in a steady manner to fuel the body. A deficiency of essential fatty acids will also cause the body to run on carbohydrate and sugar. As blood glucose levels drop and the body is unable to raise the blood sugar to normal levels, appetite becomes uncontrollable.

PREDISPOSING FACTORS

- Over-reliance on processed food, sugar, simple carbohydrates, and starches
- Carbohydrate sensitivity
- Syndrome X (dysinsulinism)
- Protein deficiency and/or faulty protein metabolism
- Essential fatty acid deficiency and/or faulty fat metabolism
- Error in Krebs cycle

PROTOCOL AT A GLANCE

Primary Supplemental Support
- Bio-Glycozyme Forte
- Beta-TCP
- Amino Acid Quick-Sorb
- Amino Sport

Secondary Supplemental Support
- Hydro-Zyme
- Biomega-3
- Flax Seed Oil
• Candidiasis
• Parasites
• Thyroid dysfunction
• Pituitary/hypothalamus dysfunction

CLINICAL CONSIDERATIONS

An overweight individual generally has an endocrine imbalance, carbohydrate sensitivity, Syndrome X, diabetes, or a pre-diabetic condition. First, support digestion and assimilation; discontinue all processed foods, simple carbohydrates, etc. Support sugar handling with nutrients necessary for the Krebs cycle and glycolysis, and ensure sufficient protein and essential fatty acids. An individual of normal weight with polyphagia may be pre-diabetic or diabetic and should be treated as such. However, if sugar handling is not an issue for the client and they do not eat processed foods, look for protein metabolism or endocrine problems, especially thyroid, pituitary or hypothalamus.

RECOMMENDATIONS

• Eliminate all processed foods and simple carbohydrates, such as sugars and starches.
• Eliminate alcohol, caffeine and all stimulants.
• Increase protein and essential fatty acids.
• Increase raw or lightly cooked vegetables.
• Eat several small nutritious meals or snacks throughout the day.
• Support digestion where needed (hydrochloric acid, bile and enzymes).

BIO-GLYCOZYME FORTE

(MULTIPLE NUTRIENTS FOR SUGAR HANDLING PROBLEMS)

*Bio-Glycozyme Forte* contains an extensive array of nutrients to support all aspects of sugar handling, including the action of insulin, glucagon, and the glucocorticoids. It also provides tissue support for the organs most affected by sugar handling stress, such as the adrenals, pancreas, liver, and pituitary/hypothalamus.

**Recommendation:** 2 tablets per meal, an additional 1 or 2 tablets between meals may be used for difficult cases
A protein supplement may also be useful, such as:

**Amino Acid Quick-Sorb**

*Contains amino acids which are readily used in Krebs cycle for energy metabolism, without affecting glucose or insulin levels. Use for symptoms of low blood sugar.*

**Recommendation:** 5 or more drops under the tongue between meals for symptoms of low blood sugar

**Beta-TCP**

*(Beet juice, Taurine, Vitamin C and Pancrelipase)*

*Beta-TCP effectively supports fat digestion and helps the liver convert protein to glucose in gluconeogenesis. Taurine is essential in the production of bile; pancrelipase helps digest fats; and beet concentrate thins bile to decongest the liver and is useful for biliary stasis. Helps the liver to convert fats and proteins into blood sugar through gluconeogenesis and the support of fatty acid metabolism.*

**Recommendation:** 2 to 4 tablets per meal

**Amino Sport**

*(Broad Spectrum Amino Acids)*

*Amino Sport* is a broad-spectrum amino acid product that supports lean body mass and tissue repair.

**Recommendation:** 1 capsule per meal
### HYDRO-ZYME
(Betaine HCL, Pepsin and Pancreatin)

*Hydro-Zyme* supports protein digestion and assimilation.

**Recommendation:** 1 to 6 tablets per meal where indicated

### BIOMEGA-3
(EPA and DHA Fish Oils)

Essential fatty acids are not normally found in sufficient amounts in the western diet, and therefore must be supplemented.

**Recommendation:** 2 capsules per meal

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## SECONDARY SUPPLEMENTAL SUPPORT

### FLAX SEED OIL
(Linoleic Acid and Oleic Acid)

Some individuals respond better with *Flax Seed Oil* for their source of essential fatty acids.

**Recommendation:** 2 capsules per meal or 2 tablespoons of *Flax Seed Oil* (liquid) per meal

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**Notes**
REDUCED APPETITE

RELATED CONDITIONS

- Bulimia
- Anorexia nervosa and wasting conditions
- Depression
- Hypothalamic disorders
- Thyroid condition
- Digestive distress
- Parasites
- Candidiasis
- Hiatal hernia
- Pseudo-hiatal hernia

PHYSIOLOGIC CONSIDERATIONS

Reduced appetite is commonly seen in neoplasm or other serious medical conditions. An appropriate specialist should evaluate the client to rule out a more serious condition.

Bulimia and anorexia most often occur in young women and adolescent girls, but it is also increasingly common in boys and men. Most clinicians agree that a psychological component is generally present in bulimia and anorexia. Clients should be referred to specialists for evaluation and appropriate treatment. It is, however, useful to provide nutritional supplements to these clients.

PREDISPOSING FACTORS

- Undiagnosed medical conditions such as AIDS or Neoplasm
- Psychological conditions
- Body image and family dynamics
- Hypochlorhydria
- Dysbiosis (parasites, Candida, or other infectious process)
- Alcoholism
- Liver dysfunction
- Zinc deficiency
- Sluggish digestive function
- Food allergies

PROTOCOL AT A GLANCE

Primary Supplemental Support

- Aqueous Zinc
- Hydro-Zyme
- Bio-B 100

Secondary Supplemental Support

- Biomega-3
- Beta-TCP
- NutriClear
- Livotrit Plus
RECOMMENDATIONS

- Remove all sugars and simple carbohydrates from diet, such as sweets, carbohydrate snacks, and soda. This is especially important for children who refuse to eat. When simple carbohydrates are removed, natural appetite returns.
- Eliminate alcohol, caffeine and stimulants of all kinds.
- Eliminate hydrogenated and partially hydrogenated fats.
- Eliminate processed foods.
- Drink one quart of pure water for each 50 pounds of body weight.
- Recommend fresh vegetable juicing.

AQUEOUS ZINC (LIQUID ZINC)

_Aqueous Zinc_ normalizes appetite when used in high doses for short periods of time, even in cases of anorexia and bulimia where psychological issues are suspected. Zinc deficiency commonly decreases taste and smell sensation, this zinc product serves as both a test and a therapy.

This zinc product is highly bioavailable, and may be absorbed through the buccal tissues directly into the bloodstream. The difficulty with zinc tablets is that zinc absorption requires hydrochloric acid in the stomach, while zinc is required to make hydrochloric acid. Supplementing in the aqueous form is an excellent way to bypass the hydrochloric acid requirement.

_Recommendation:_ As short-term therapy, drink 1/2 to 1 bottle daily until taste becomes strong and unpleasant

PRIMARY SUPPLEMENTAL SUPPORT
**HYDRO-ZYME**  
(BETAIN HCL, PEPSIN AND PANCREATIN)

For additional support consider:

*Hydro-Zyme* supports digestive function (as HCl stimulates appetite). Where high doses of *Hydro-Zyme* are required for good digestion, substitute with *Betaine-Plus HP* (1 or 2 per meal).

**Recommendation**: 1 to 3 tablets taken five to ten minutes before meals, may add 2 to 4 with meals

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**BIO-B 100**  
(LOW DOSE NATURALLY OCCURRING B VITAMIN COMPLEX)

*Bio-B100* contains a high-value physiologically active form of B vitamins, especially thiamin, which are required to produce HCl. The lowered pH of the chyme, stimulated by hydrochloric acid supplementation, will increase production of additional digestive juices, such as bile and enzymes. In addition, many psychological problems can be traced to a B vitamin deficiency (see Neurological and Psychological Conditions).

**Recommendation**: 2 tablets per meal

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**BIOMEGA-3**  
(EPA AND DHA FISH OILS)

Omega-3 fatty acids are difficult to obtain in a normal western diet and should be supplemented. A deficiency will contribute to psychological and emotional difficulties, including memory and mental problems.

**Recommendation**: 1 to 2 capsules per meal

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**BETA-TCP**  
(BEET JUICE, TAURINE, VITAMIN C AND PANCRELIPASE)

*Beta-TCP* will normalize fat metabolism, support gluconeogenesis, and increase the ability of the system to process nutrients. Taurine is essential in the production of bile; Pancrelipase helps with digestion of fats; and beet concentrate effectively thins bile to decongest the liver and provides support where there is a history of gallstones and biliary stasis.

**Recommendation**: 2 to 4 tablets per meal
**NutriClear**  
(Detoxification Drink Formula)  

*NutriClear* may be the primary nutritional support for clients who are unable or unwilling to eat solid foods, and for those who are malnourished. Formulated as a high-quality meal replacement for the most sensitive client, it contains a broad spectrum of targeted nutrients to support liver detoxification and to heal the digestive tract.

**Recommendation:** 1 to 5 servings daily as a meal supplement. Mix with juice or water. May add *Colon Plus Powder, Flax Seed Oil*, fruit, and crushed ice to taste.

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**Secondary Supplemental Support**

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**Livotrit Plus**  
(Herbs That Cleanse the Liver)  

When an individual craves refined and simple carbohydrates, a liver deficiency is usually indicated. A weak liver cannot process real food and the client will crave simple carbohydrates. *Livotrit Plus* is an Ayurvedic formula useful for liver congestion and toxicity, liver disease, gastric inflammation, arthritis and chemical or radiation damage.

**Note:** Add *MCS* when required to increase Phase II detoxification, and *ADHS* to increase Phase I detoxification.

**Recommendation:** 1 to 2 tablets per meal

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Notes
BILIARY INSUFFICIENCY

RELATED CONDITIONS

- Biliary stasis
- Biliary calculi (cholelithiasis)
- Bile duct calculi (choledocholithiasis)
- Gallbladder inflammation (cholecystitis)
- Constipation
- Light colored or clay colored stools

PHYSIOLOGIC CONSIDERATIONS

When considering gall bladder conditions, one must also look at the liver and the biliary tree. Removal of the gall bladder may relieve immediate symptoms; however the underlying condition remains unaddressed. After a cholecystectomy the bile duct has been known to collateralize and form a functional bladder to hold the bile.

In a healthy liver, the normal secretion of bile is 700 to 1200ml per day, while the maximum volume of the gall bladder is only 30 to 60ml. Nevertheless, as much as 12 hours of bile secretions can be stored in the gallbladder for the reason that water, sodium, chloride and most other small electrolytes are continually absorbed by the gallbladder mucosa, concentrating the other bile constituents, including the bile salts, cholesterol, lecithin, and bilirubin. Bile is normally concentrated about five-fold but can be concentrated up to a maximum of 12 to 18-fold.

Emptying of the gallbladder occurs first when the sphincter of Oddi relaxes, allowing bile and pancreatic products to flow out of the common bile duct into the duodenum. Second, when the gallbladder itself contracts to provide force required to move the bile along the common duct. The contraction of the gallbladder is under the hormonal control of cholecystokinin which is released from the intestinal mucosa when stimulated by the presence of fats in the chyme. The cholecystokinin released from the intestines enters the blood stream and finds its way to the gallbladder where it has its emptying effect.

Bile is composed of cholesterol, phosphatidylcholine (lecithin) and bile salts. Bile salts are themselves composed of cholesterol and through several steps converted into a number of primary and secondary salts. Cholesterol conversion to bile salts requires vitamin C, taurine, oxygen, NADPH, choline, and betaine or Trimethylglycine.

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Since cholesterol and phosphatidylcholine are insoluble in water, the bile salts are necessary for the production of bile. The bile salts have considerable ability to lower surface tension enabling them to emulsify the bile constituents and fats in the intestines. Dietary fats and fat soluble vitamins are not absorbable without this emulsification function.

There are three types of gallstones; cholesterol stones, mixed stones, and pigmented stones. Eighty percent of the stones found are of the cholesterol or the mixed variety. The mixed varieties contain about 70% cholesterol monohydrate and a combination of calcium salts, bile acids, bile pigment, proteins, fatty acids or phospholipids. The pigmented stones normally contain bilirubin as calcium bilirubinate along with less than 10% cholesterol.

Clients who have a tendency to form stones should be evaluated for the production of bile that is too thick, local infection in the gallbladder, a low fat diet, a history of bad fats in the diet or a toxic condition. Thick congealed bile is higher in cholesterol and lower in bile salts. By increasing the conversion of cholesterol to bile salts, the bile becomes thinner and less likely to form stones. Over time bile salts will absorb the stone much as water can wear down a rock in a river bed.

### Predisposing Factors

- Diets high in hydrogenated and partially hydrogenated oils, as well as fried foods
- Excess processed foods
- Low-fat diets
- Obesity
- Constipation
- Sedentary lifestyle
- Hypochlorhydria
- Food sensitivity
- Liver toxicity
- Female hormonal imbalance (ovarian, thyroid)

### Recommendations

- Eliminate all hydrogenated and partially hydrogenated fats and oils.
- Eliminate all processed foods, refined carbohydrates, alcohol, and caffeine.
- Drink at least one quart of pure water for each 50 pounds of body weight.
- For symptoms of gallbladder “attack,” temporarily avoid all fats.
- Eat beets and beet greens.
**PRIMARY SUPPLEMENTAL SUPPORT**

**BETA-TCP** (Beet Juice, Taurine, Vitamin C and Pancrelipase)

*Beta-TCP* relieves gallbladder symptoms, including nausea, abdominal cramps, and interscapular pain. It also aids fat digestion. Taurine is essential in the production of bile salts; Pancrelipase are fat digesting enzymes, supporting fat metabolism. Beet concentrate effectively thins the bile to decongest the liver and helps where there is a history of gallstones. Through the action of thinning bile, stones become soft and will dissolve over time.

**Recommendation:** 4 tablets per meal

**BIO-GGG-B** (Riboflavin and the Associated B Vitamins)

*Bio-GGG-B* is rich in B vitamins and other components important to support fat metabolism and in the modulation of homocystine levels. The enzymatic (phosphorelated) forms of thiamin, riboflavin, pyridoxin, are included, along with choline, inositol, PABA, Trimethylglycine, and others.

**Recommendation:** 2 to 3 tablets per meal at six to nine times daily

**PHOSPHATIDYLCHOLINE** (Phosphatidylcholine)

*Phosphatidylcholine*, commonly known as lecithin, is an effective fat emulsifier that is an important component of bile. Some gallbladder conditions may never improve without this essential nutrient.

**Recommendation:** 1 to 2 capsules per meal
If gallstones are present or suspected, add the following

**SUPER PHOSPHOZYME LIQUID**

(ORTHOPHOSPHORIC ACID)

*Super Phosphoyme Liquid* quickly and dramatically reduces abdominal pain and cramping during a gallbladder “attack.” It down regulates the parasympathetic nervous system by up regulating the sympathetic nervous system. In addition, the liquid phosphorus helps dissolve stones in the gallbladder, bile duct, kidneys, joints, and eyes.

**Recommendation:** 1 or 2 droppers full in a small amount of water as needed. When used for over one month, take with a calcium and magnesium supplement, such as *Ca/Mg-Zyme* (2 to 4 tablets)

**LIQUID IODINE**

(POTASSIUM IODIDE)

*Liquid Iodine* is useful for thinning all secretions including bile.

**Recommendation:** 20 drops in pure water once or twice daily

**MG-ZYME**

(MAGNESIUM)

*Mg-Zyme* effectively thins bile and keeps bowels moving. Magnesium has numerous functions in the body, and acts as an electrolyte and a calcium buffer. It maintains bowel mobility and balances minerals which may form into gallstones more readily where magnesium levels are low.

**Recommendation:** 6 or more tablets at bedtime; increase each night until stools are loose in the morning
SECONDARY SUPPLEMENTAL SUPPORT

**Beta Plus**

**(Beet Juice and Bile Salts)**

*Beta Plus* is very useful for those who still have a gallbladder as a way to enhance bile salt production. Remember, a certain amount of bile is recycled from the bowels back to the liver through the portal circulation. Incessant supplementation of bile may diminish the client’s ability to produce bile over time. For someone without a gallbladder this may not be bad since the individual has little chance to regulate bile release and would be well served to continue bile replacement *(Beta-Plus)* for life.

For those clients with a gallbladder, it is important to support their own biliary system. Consider short time bile replacement therapy on a rotating basis. Vary the amount of *Beta-Plus* at each meal, while at other times use none. In this way the body does not become dependent on a regular amount of bile with each meal and will continue to produce its own. For example supplement as follows:

<table>
<thead>
<tr>
<th>Day 1:</th>
<th>Day 2:</th>
<th>Day 3:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 at breakfast</td>
<td>3 at breakfast</td>
<td>none at breakfast</td>
</tr>
<tr>
<td>2 at lunch</td>
<td>2 at lunch</td>
<td>1 at lunch</td>
</tr>
<tr>
<td>3 at dinner</td>
<td>1 at dinner</td>
<td>2 at dinner</td>
</tr>
</tbody>
</table>

**Recommendation**: 1 to 4 tablets per meal

**Note**: If the gallbladder has been removed, use *Beta Plus* in place of *Beta-TCP*. The vitally important essential fatty acids cannot be absorbed without the emulsifying action of bile. Without a gallbladder, the body can no longer deliver bile in a regulated and timely fashion.
Phosphorus supplementation quickly alleviates symptoms; however, use of phosphorus for several weeks to months unopposed by calcium and other minerals may lead to mineral imbalances. The following gall stone flush protocols must be used with caution. There is nothing worse than causing a stone which is too big to be lodged in the bile duct, necessitating an ambulance ride to the hospital for an emergency cholecystectomy. Recommend a gentler gall bladder program for a month or more before initiating the stone flush.

Primary supplemental support before gallstone flush initiated, follow for 1 to 4 months or more

<table>
<thead>
<tr>
<th>Supplement</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beta-TCP</td>
<td>4 per meal</td>
</tr>
<tr>
<td>Phosphatidylcholine</td>
<td>1 per meal</td>
</tr>
<tr>
<td>Bio-GGG-B</td>
<td>2 per meal</td>
</tr>
<tr>
<td>MCS</td>
<td>1 per meal</td>
</tr>
</tbody>
</table>

After supporting the gallbladder with the above program, consider one of the following programs

Gall Stone Program 1 6 to 14 days

Super Phosphozyme Liquid
1 full bottle in 4 ounces of tomato juice once daily
For 6 to 12 days

Beta-TCP 4 to 6 per meal
<table>
<thead>
<tr>
<th>Medication</th>
<th>Dose/Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gall Stone program 2</td>
<td>6 to 14 days</td>
</tr>
<tr>
<td>Beta-TCP</td>
<td>6 per meal</td>
</tr>
<tr>
<td>Phosphatidylcholine</td>
<td>3 per meal</td>
</tr>
<tr>
<td>B&lt;sub&gt;6&lt;/sub&gt; Phosphate</td>
<td>4 per meal</td>
</tr>
<tr>
<td>Mg-Zyme</td>
<td>6 to 12 tablets or more, at bed time to bowel tolerance</td>
</tr>
<tr>
<td>Super Phosphozyme</td>
<td>3 per meal</td>
</tr>
<tr>
<td>Liquid Iodine</td>
<td>30 drops per meal</td>
</tr>
</tbody>
</table>

**Notes**
Notes
**RELATED CONDITIONS**

- Irritable bowel
- Mucus Colitis
- Diverticulitis
- Diverticulosis
- Constipation
- Diarrhea
- Alternating constipation and diarrhea

**PHYSIOLOGIC CONSIDERATIONS**

Large intestine problems may cause constipation or diarrhea, often alternating between them. This may be accompanied by pain and/or cramping, occasionally with bowel evacuation urgency and even bleeding. It is essential that individuals who experience bleeding receive appropriate medical evaluation. When the possibility of neoplasm or other medical emergency is ruled out, the following therapies may be considered. If a neoplasm is present, refer to an oncologist, and review the Immune section of this manual.

**PREDISPOSING FACTORS**

- Allergies
- Parasites
- Autoimmune disorders
- Leaky gut syndrome
- Dysbiosis
- Toxicity, exogenous
- Toxicity, endogenous
- Hypochlorhydria
- Liver/biliary insufficiency
- Pancreatic insufficiency
- Psychological stress
Colitis simply means inflammation of the colon and it has a myriad of causes. Clients will usually present with passage of watery stools with mucus and pus, abdominal pain, tenderness or colic. It may be accompanied by intermittent or irregular fever with the most severe cases presenting with hemorrhage and even perforation of the bowel wall. It is most important to determine whether this is a medical emergency or if it could be supported with nutritional therapy.

All cases of rectal bleeding must be evaluated by a qualified medical practitioner. The most common cause of minor bleeding from the bowels is hemorrhoids. Hemorrhoids are the result of liver congestion and straining while moving the bowels, this occurs most commonly in cases of constipation. Liver portal congestion causes back pressure within the venous system into the hemorrhoidal plexus. The additional straining while moving the bowels causes a swelling or ballooning of the veins. Bleeding occurs from damage to this swollen vein. Varicose veins may also be attributed to weakened veins due to liver congestion.

Polyps in the bowels are a second common cause of intermittent bleeding and may also require medical attention. Diverticulitis may present with bleeding and also should be evaluated medically. Finally the most serious cause of rectal bleeding is cancer of the colon or rectum. This is of course a medical case.

Only when medical concerns have been eliminated consider the following:

**RECOMMENDATIONS**

- Identify and eliminate all allergens from the diet.
- Reduce or eliminate sugar, alcohol, caffeine, and spicy foods.
- Eliminate grains, dairy, and starchy carbohydrates during the healing process.
- Eliminate popcorn, nuts, and seeds.
- Eliminate processed and artificial foods.
- Eliminate NSAIDs and steroids where possible.
- Eliminate hydrogenated and partially hydrogenated oils.
- Eat small healthy meals throughout the day.
- Consider a diet high in lightly cooked, sautéed, or steamed green and bright colored, low-starch vegetables.
- Eat homemade soup broth made from chicken, beef, or fish bones that are slowly cooked.
- Drink at least one quart of pure water for each 50 pounds of body weight.
- Drink freshly juiced vegetables.
PRIMARY SUPPLEMENTAL SUPPORT

IPS  (NUTRIENTS THAT HEAL THE INTESTINES)

*IPS* includes a broad range of nutrients that heal stomach and intestinal tissues. It is designed to promote growth and repair of GI tissue and support healthy gut flora.

**Recommendation:** 2 to 3 capsules per meal

LIVOTRIT PLUS  (HERBS THAT CLEANSE THE LIVER)

*Livotrit Plus* is an Ayurvedic formula for liver congestion and toxicity, liver disease, gastric inflammation, arthritis, and chemical or radiation damage.

**Note:** Use *MCS* to increase Phase II detoxification, and *ADHS* to increase Phase I detoxification.

**Recommendation:** 1 to 2 tablets per meal

After the predisposing factors have been addressed, consider the following:

NUTRICLEAR  (DETOXIFICATION DRINK FORMULA)

Formulated as a meal replacement, *NutriClear* has a broad spectrum of nutrients designed to heal the stomach and intestinal tissues, as well as support liver and bowel function.

**Recommendation:** 2 to 3 servings daily

POA-PHYTOLENS  (CATS CLAW AND PENTACYCLIC ALKALOIDS)

*POA-Phytolens* are used successfully in free radical pathology, viral infections, and has been shown to provide excellent support for diverticulitis, gastritis and colitis. *Not recommended for pregnant or lactating women.*

**Recommendation:** 2 – 3 capsules two to three times per day

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**HYDRO-ZYME**

( Betaine HCL, Pepsin and Pancreatin)

_Hydro-Zyme_ aids in digestion and break down of potential allergens in food also may prevent further entry of pathogenic organisms into the system. Proper stomach pH triggers improved enzyme and bile action in the small intestine as the chyme enters the duodenum.

**Note:** Diarrhea or gas shortly after meals is most often a symptom of hypochlorhydria. Without the appropriate gastric acid environment, food in the gut quickly putrefies and ferments. The body’s protective reaction is to purge the irritating contents as quickly as possible, leading to diarrhea shortly after meals.

**Recommendation:** 1 to 8 tablets per meal as tolerated

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**CHLOROCAPS**

( Chlorophyllins)

_Chlorocaps_ is a healing salve that reduces pain and promotes healing internally and externally. _Chlorocaps_ soothes the tissues of an inflamed colon, and stimulates healing and detoxification.

**Recommendation:** 2 to 4 capsules per meal, plus an additional two to four capsules daily as needed

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**GASTRAZYME**

( Gut Healing Nutrients and Vitamin U)

_Gastyrazyme_ decreases inflammation and heals gastric and intestinal tissues “puts the fire out” in the gut. Vitamin A is critical in healing epithelial tissue, gamma-oryzanol increases tissue healing and repair by increasing growth hormone production, and chlorophyllins support tissue healing and pain reduction. Vitamin U, originally from cabbage leaf extract, is a powerful tissue-healing agent for the GI tract.

**Recommendation:** 2 to 4 tablets per meal, plus 2 to 4 more as needed

---

**SECONDARY SUPPLEMENTAL SUPPORT**
If diarrhea is present, add the following:

**Beta-TCP** *(Beet Juice, Taurine, Vitamin C and Pancrelipase)*

Taurine is essential in the production of bile; Pancrelipase helps with digestion of fats; and beet concentrate effectively thins bile to decongest the liver and provides support where there is a history of gallstones and biliary stasis. By thinning bile, stones become soft and dissolve. Bile promotes peristalsis and has strong anti-parasitic properties.

**Recommendation**: 2 to 4 tablets per meal

**L-Glutamine** *(L-Glutamine)*

*L-Glutamine* is the preferred fuel for intestinal tissues, it promotes tissue healing, growth, and repair.

**Recommendation**: 1 to 3 capsules per meal

**Colon-Plus** *(Water Soluble Fiber and Nutrients for Colon Health)*

*Colon-Plus* is a source of soluble and non-soluble fiber and bowel flora.

**Recommendation**: 4 to 12 capsules daily with plenty of water on an empty stomach. Two capsules can be taken before each meal to help with diarrhea.
**BROMELAIN PLUS CLA**

(BROMELAIN, CELLULASE, LIPASE AND AMYLASE)

*Bromelain Plus CLA* is used to digest debris in the GI tract when taken on an empty stomach. Ficin is an anti-parasitic known for its properties; CLA is comprised of cellulase, lipase and amylase.

**Recommendation:** 4 to 6 tablets twice daily on an empty stomach

*For diverticulosis, add digestive enzymes away from meals:*

---

**MCS**

(NUTRIENTS TO SUPPORT PHASE II DETOXIFICATION)

*MCS* is a vitamin, mineral, and botanical product used to facilitate Phase II liver detoxification pathways where fat soluble toxins are converted into water soluble forms. This product also helps stop the formation of stones. When this pathway does not work effectively, toxins collect which may clog the biliary ducts and accumulate in the gallbladder as stones.

**Recommendation:** 2 capsules with two meals daily

*For liver detoxification problems add the following:*

---

**FOLIC ACID 800**

(FOLIC ACID)

Folic acid is used as a methyl donor for liver detoxification.

**Recommendation:** 2 tablets daily

---

**Notes**
PREDISPOSING FACTORS

- Allergies
- Parasites
- Candida/fungal overgrowth
- Bowel flora imbalance
- Over-reliance on processed food
- Lack of fiber in diet
- Dehydration
- Biliary insufficiency
- Hydrochloric acid deficiency
- Hypothyroid
- Sympathetic dominant (stress)
- Psychological concerns

CLINICAL CONSIDERATIONS

Everyone should have at least one bulky, well-formed bowel movement each day. Some sources report that two to three times daily is optimal. When clients do not move their bowels daily, waste material absorbs directly into blood stream. All of the blood from the intestinal area goes directly to the liver for detoxification before returning to the heart and to circulation in general. As a result, constipation places a large burden on the liver. The approach recommended here is from the top down. When the upper GI system is not working properly and where there is not enough hydrochloric acid, bile or enzymes, the colon has a difficult time passing the waste material. Addressing these issues is often enough to get the bowels moving.

For the tougher cases, there are a number of reasons for the sluggish colon. Until you figure out the problem, give the client relief by using magnesium or vitamin C at bed time to open up the bowels. Then look closely at liver and bile function, hypothyroid, dysbiosis, allergies, emotional states and toxic autonomic ganglia or other nerve inhibition problems.

PROTOCOL AT A GLANCE

Primary Supplemental Support
- Hydro-Zyme
- Livotrit Plus
- MCS
- Beta-TCP
- Phosphatidylcholine
- Meda-Stim

Secondary Supplemental Support
- Colon-Plus
- Lactozyme
- BioDophilus-FOS
**RECOMMENDATIONS**

- Identify and remove all allergens.
- Balance bowel flora.
- Address parasites, Candida, and other pathogenic organisms.
- Eat plenty of raw or lightly cooked vegetables.
- Include plenty of healthy raw oils in diet.
- Remove processed foods from diet.
- Eat meals slowly.
- Drink at least one quart of pure water for each 50 pounds of body weight.
- Drink freshly juiced vegetables.

**PRIMARY SUPPLEMENTAL SUPPORT**

Once the recommendations have been addressed, consider the following.

**HYDRO-ZYME**

*Hydro-Zyme* (Betaine HCL, Pepsin and Pancreatin)

*Hydro-Zyme* stimulates protein digestion, decreases putrefaction, and increases digestive action in the upper GI tract. It will also minimize potential food allergens.

**Recommendation**: 2 to 8 tablets per meal

*If there is a hydrochloric acid deficiency add:*

**LIVOTRIT PLUS**

*Herbs that cleanse the liver*

When an individual craves processed and simple carbohydrates, a liver deficiency may be indicated. *Livotrit Plus* is an Ayurvedic formula useful for liver congestion, toxicity, liver disease, gastric inflammation, arthritis, and chemical or radiation damage.

**Note**: Use *MCS* to increase Phase II detoxification, and *ADHS* to increase Phase I detoxification where needed.

**Recommendation**: 1 to 2 tablets per meal, increase by 1 tablet every three days up to 6 tablets daily

*If biliary insufficiency is present, add one or more of the following:*

© Copyright 2004
<table>
<thead>
<tr>
<th><strong>MCS</strong></th>
<th><strong>(Nutrients to Support Phase II Detoxification)</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><em>MCS</em> is a vitamin, mineral and botanical product used to facilitate liver Phase II detoxification pathways where fat soluble toxins are converted into a water-soluble form. This product also helps stop the formation of stones. When this pathway does not work effectively, toxins collect which may clog the biliary ducts and accumulate in the gallbladder as stones.</td>
<td></td>
</tr>
<tr>
<td><strong>Recommendation:</strong> 1 capsule per meal</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Beta-TCP</strong></th>
<th><strong>(Beet Juice, Taurine, Vitamin C and Pancrelipase)</strong></th>
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</thead>
<tbody>
<tr>
<td>Taurine is essential in the production of bile; pancrelipase helps with digestion of fats; and beet concentrate effectively thins bile to decongest the liver and provides support where there is a history of gallstones and biliary stasis. By thinning bile, stones become soft and dissolve.</td>
<td></td>
</tr>
<tr>
<td><strong>Recommendation:</strong> 2 to 4 tablets per meal</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Phosphatidyl-Choline</strong></th>
<th><strong>(PhosphatidylCholine)</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Phosphatidylcholine</em>, also known as lecithin, is an effective fat emulsifier that supports the conversion of cholesterol into bile salts. Some gallbladder conditions may never improve without this essential nutrient.</td>
<td></td>
</tr>
<tr>
<td><strong>Recommendation:</strong> 1 to 2 capsules per meal</td>
<td></td>
</tr>
</tbody>
</table>
If hypothyroidal, add:

**MEDA-STIM**

*(NUTRIENTS TO SUPPORT THYROID FUNCTION)*

A vitamin, mineral, and botanical support for hypothyroid conditions.

**Recommendation:** 2 to 4 capsules daily

**COLON-PLUS**

*(WATER SOLUBLE FIBER AND NUTRIENTS FOR COLON HEALTH)*

Use *Colon–Plus* where additional fiber is needed.

**Note:** Increase water intake with fiber supplementation, as additional fiber without sufficient water may increase symptoms of constipation.

**Recommendation:** 2 to 4 capsules twice daily on an empty stomach. May take twenty minutes before meals to reduce appetite.

**LACTOZYME**

*(LACTOBACILLUS ACIDOPHILUS AND BIFIDOBACTERIUM BIFIDUS)*

*Lactozyme* is high-value flora replacement, which includes the Lactobacillus acidophilus (DDS 1) strain. This strain was originally extracted from human sources and is able to withstand the acid and alkaline environments of the human GI tract.

**Recommendation:** 1 to 2 tablets per meal

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**SECONDARY SUPPLEMENTAL SUPPORT**

*Where bowel flora replacement is required, add one of the following:*
**BioDophilus-FOS**

(LACTOBACILLUS ACIDOPHILUS AND BIFIDOBACTERIUM BIFIDUM)

*BioDophilus-FOS* is a high-value flora replacement with the addition of Fructooligosaccharides (beets) as a nutrient source for healthy micro-flora in the GI system.

**Recommendation:** 1/2 teaspoon one to three times daily

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**Notes**
Notes
D R Y M O U T H

R E L A T E D C O N D I T I O N S

- Diabetes
- Sjogern’s syndrome
- Xerostoma
- Toxicity
- Drug use

P R E D I S P O S I N G F A C T O R S

- Sugar control
- Drug use (pharmaceutical and recreational)
- Autoimmune condition of mucus membranes (as in Sjogern’s syndrome)
- Toxicity
- Allergy
- Salivary gland infections

R E C O M M E N D A T I O N S

- Rule out diabetes.
- Identify and eliminate toxins, allergens and drug use.
**PRIMARY SUPPLEMENTAL SUPPORT**

<table>
<thead>
<tr>
<th>CYTOZYME-PAROTID-TS</th>
<th>(PAROTID TISSUE—ADULT BOVINE)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Made from neonatal glandular tissue, <em>Cytozyme-Parotid-TS</em> effectively detoxifies and supports excretion from the salivary glands.</td>
<td></td>
</tr>
<tr>
<td><strong>Recommendation:</strong> 1 to 3 tablets per meal</td>
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</tbody>
</table>

Where *diabetes, toxicity and allergies* are ruled out consider:

<table>
<thead>
<tr>
<th>MO-ZYME FORTE</th>
<th>(FORTIFIED PLANT SOURCE MOLYBDENUM)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Molybdenum is used for detoxification throughout the body.</td>
<td></td>
</tr>
<tr>
<td><strong>Recommendation:</strong> 1 to 3 tablets per meal</td>
<td></td>
</tr>
</tbody>
</table>

**SECONDARY SUPPLEMENTAL SUPPORT**

<table>
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<tr>
<th>MCS</th>
<th>(NUTRIENTS TO SUPPORT PHASE II DETOXIFICATION)</th>
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<tr>
<td>A vitamin, mineral, and botanical product <em>MCS</em> is used to facilitate liver Phase II detoxification pathways where toxins are made water soluble. <em>MCS</em> also helps stop the formation of stones. When this pathway does not work effectively, toxins collect which may clog the biliary ducts and accumulate in the gallbladder as stones.</td>
<td></td>
</tr>
<tr>
<td><strong>Recommendation:</strong> 1 to 2 capsules per meal</td>
<td></td>
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</tbody>
</table>

*If additional detoxification is required, add:*
**Beta-TCP**

(BEET JUICE, TAURINE, VITAMIN C AND PANCRELIPASE)

Taurine is essential in the production of bile; pancrelipase helps with digestion of fats; and beet concentrate effectively thins bile to decongest the liver and provides support where there is a history of gallstones and biliary stasis.

**Recommendation:** 2 tablets per meal

**Notes**
**DYSBIOSIS**

### RELATED CONDITIONS
- Candidiasis
- Parasites
- Bowel flora imbalance
- Pathogenic bowel organism
- Thrush
- Toe and/or nail fungus
- Vaginal fungus
- Jock itch
- Fungal sinus infection
- Recurrent lung infections unresponsive to antibiotics
- Lymph congestion
- Chronic lymph infection
- Inflammation

### PHYSIOLOGIC CONSIDERATIONS
Healthy bowel flora is essential for good health. In a healthy person, bowel flora weighs about as much as the liver. When balanced, bowel flora is considered a symbiotic organ responsible for breakdown of food products, provides vitamins, eliminates toxins, and protects against pathogenic organism.

### PREDISPOSING FACTORS
- Hypochlorhydria
- Antibiotic use
- Steroid use
- Birth control pills
- Diet high in processed foods

### PROTOCOL AT A GLANCE
**Primary Supplemental Support**
- A.D.P.
- FC-Cidal
- Bio-HPF
- Bromelain Plus CLA
- Hydro-Zyme

**Secondary Supplemental Support**
- Livotrit Plus
- Beta-TCP
- Liquid Iodine
- 21° Century Homeopathic #10 Parase Detox
- 21° Century Homeopathic #8 Fungal-Yeast Infections
- 21° Century Homeopathic #1 Detoxification
DYSBIOSIS

CLINICAL CONSIDERATIONS

Hydrochloric acid (HCl) is the first line of defense against pathogenic organisms ingested with food or drink, and must be considered when treating an individual for dysbiosis or parasites. Additionally, it takes only one round of antibiotics to alter the healthy gut flora, killing the protective bacteria and allowing the overgrowth of fungus and yeast such as Candida albicans. Those with Candida and other fungal overgrowth problems often crave sugar because pathogens have an appetite for sugar. The pathogens consume host glucose stores, lowering blood sugar levels and initiating the cravings.

RECOMMENDATIONS

- Eliminate all sugar sugary snacks, including breads, buns, cookies, cake, candies, pies, etc.
- Eliminate alcohol, caffeine, soda pop, and fruit juice.
- Eliminate simple carbohydrates and starches such as potatoes, yams, breads, buns, muffins, corn, beans, white rice, etc.
- Eliminate the sweeter fruits such as watermelon, bananas, papayas, mangos, dried fruit, etc.
- Eliminate processed foods.
- Eliminate hydrogenated and partially hydrogenated fats, oils, and fried foods.
- Drink at least one quart of pure water for each 50 pounds of body weight.
- Consider vegetable juicing.
- Avoid close contact with pets, such as sharing the bed.
- Avoid contact with pet saliva such as face licking.
- Use caution when handling animal waste.
PRIMARY SUPPLEMENTAL SUPPORT

A.D.P.  
(MICRO-EMULSIFIED OREGANO OIL)

Oregano is a culinary spice known for its antibiotic properties and performs better than many pharmaceuticals. It is useful against many parasites, amoebas, fungus, and other pathogenic bacteria, but it is also known to kill good flora as well. After using this product, supplement with a probiotic, such as Lactozyme. ADP is a standardized emulsified and sustained-release product that effectively eliminates many pathogenic organisms.

**Recommendation:** 6 to 12 tablets daily with or without food

*Select one or more of the following for dysbiosis:*

FC-Cidal  
(ANTI-FUNGAL HERBS)

FC-Cidal is a botanical product with excellent anti-fungal properties.

**Recommendation:** 4 to 8 capsules daily with or without food

Bio-HPF  
(NUTRIENTS THAT PROTECT THE GUT FROM INFECTION)

Bio-HPF is used for dysbiosis, especially H. pylori, and any similar infection in the upper GI tract. Its usefulness, however, is much broader and has been effective for the entire GI tract where pathogenic organisms are found.

**Recommendation:** 6 to 12 capsules daily with or without food
DYSBIOSIS

<table>
<thead>
<tr>
<th>Product</th>
<th>Composition</th>
<th>Description</th>
<th>Recommendation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bromelain Plus CLA</td>
<td>(BROMELAIN, CELLULASE, LIPASE AND AMYLASE)</td>
<td><em>Bromelain Plus CLA</em> is used to digest debris in the GI tract when taken on an empty stomach. Ficin is a key ingredient known for its anti-parasitic properties.</td>
<td>12 to 24 tablets daily on an empty stomach</td>
</tr>
<tr>
<td>Hydro-Zyme</td>
<td>(BETaine HCL, PEpsin and Pancreatin)</td>
<td><em>Hydro-Zyme</em> prevents additional parasites or pathogenic organisms from entering through the GI system.</td>
<td>2 to 6 tablets per meal where tolerated</td>
</tr>
<tr>
<td>Livotrit Plus</td>
<td>(Herbs that cleanse the liver)</td>
<td>When an individual craves processed and simple carbohydrates, a liver deficiency may be indicated. This product is an Ayurvedic formula useful for liver congestion, toxicity, liver disease, gastric inflammation, arthritis, and chemical or radiation damage.</td>
<td>1 tablet per meal</td>
</tr>
</tbody>
</table>

**SECONDARY SUPPLEMENTAL SUPPORT**

*If liver congestion is present add:*
**DYSBIOSIS**  D-45

---

**21st Century Homeopathic #10 Parasite Detox**

(Supports detoxification of toxics that remain following a parasitic infection)

For temporary relief of fever, joint pain, cough, stiffness and gastric upset.

**Recommendation:** Homeopathic remedies should be taken on an empty stomach. This includes liquids as well as food. The remedies should be taken fifteen minutes before – or thirty minutes after a meal or beverage. Do not swallow the remedy immediately, allow it to stay in the mouth for approximately 15 seconds before swallowing.

---

**21st Century Homeopathic #8 Fungal-Yeast Infection**

(Supports detoxification due to mycotic infections)

For temporary relief of flatulence, bloating and rhinitis.

**Recommendation:** Homeopathic remedies should be taken on an empty stomach. This includes liquids as well as food. The remedies should be taken fifteen minutes before – or thirty minutes after a meal or beverage. Do not swallow the remedy immediately, allow it to stay in the mouth for approximately 15 seconds before swallowing.

---

**21st Century Homeopathic #1 Detoxification**

(Supports detoxification and cellular repair)

For temporary relief of gastrointestinal dyspepsia (indigestion) with flatulence and bloating and the intolerance of certain foods.

**Recommendation:** Homeopathic remedies should be taken on an empty stomach. This includes liquids as well as food. The remedies should be taken fifteen minutes before – or thirty minutes after a meal or beverage. Do not swallow the remedy immediately, allow it to stay in the mouth for approximately 15 seconds before swallowing.

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**Beta-TCP**

(BEET JUICE, TAURINE, VITAMIN C AND PANCRELIPASE)

*Beta-TCP* is very effective in supporting fat digestion and helps the liver convert protein to glucose in gluconeogenesis. Taurine is essential in the production of bile; pancrelipase helps with digestion of fats; and beet concentrate effectively thins bile to decongest the liver and provides support where there is a history of gallstones and biliary stasis. Bile has a strong anti parasitic property.

**Recommendation:** 2 to 4 tablets per meal

---

**Liquid Iodine**

(POTASSIUM IODIDE)

Iodine has a long history as being antiseptic when applied topically.

**Recommendation:** For vaginal itchiness and fungus overgrowth, soak tampon in 20 drops of liquid iodine and pure water, insert for 20 minutes or overnight every other day for one or two weeks. Alternately, add 20 drops to douche every other day for 2 weeks.

*If vaginal yeast infection present, add:*

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**Clinical Notes**

To avoid food-borne illness when traveling, follow food safety rules and take high doses of hydrochloric acid with each meal (**Hydro-Zyme:** 4 to 10 tablets per meal, or **Betaine-Plus HP:** 1 to 3 capsules per meal). Additionally, at bedtime and upon waking take a strong anti-parasitic product such as **A.D.P.** (4 to 8 tablets twice daily an empty stomach).

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**Notes**
**FLATULENCE**

### RELATED CONDITIONS
- Hypochlorhydria
- Dysbiosis
- Candida
- Toxic Colon

### PREDISPOSING FACTORS
- Hypochlorhydria
- Dysbiosis
- Toxic Colon

### CLINICAL CONSIDERATIONS
Flatulence is a classic symptom of hypochlorhydria, especially when it occurs shortly after eating. It can, however, occur throughout the day. Gas is produced from the microorganisms in the gut. The gas will not occur with sufficient hydrochloric acid (HCl) and where there is healthy bowel flora.

Diarrhea is a more advanced case of dysbiosis and gas after meals. The body cannot hold the putrefying, fermenting and rancidifying mass and seeks to purge it. In this case, sufficient HCl supplementation with meals is necessary until the symptoms resolve. It is useful to look for the cause of the deficiency in hydrochloric acid. (See Acid Indigestion.) It is also important to balance the gut flora. (See Dysbiosis for more information.)

### RECOMMENDATIONS
- Eliminate simple carbohydrates, sugars, and processed foods.
- Follow food-combination rules (do not mix protein and starch or sugar).
- Drink at least one quart of pure water for each 50 pounds of body weight.
- Eliminate hydrogenated and partially hydrogenated fats and oils.
- Take time to eat meals in a relaxed manner.

---

**PROTOCOL AT A GLANCE**

Primary Supplemental Support
- Betaine Plus HP
**Primary Supplemental Support**

When starting HCl therapy, the individual will sometimes temporarily experience increased gas. This may be disconcerting for both the client and the clinician. Keep in mind that as the GI environment moves from a highly alkaline state towards a more normal acidic state and the system adjusts to certain pH ranges, there may be increased symptoms of gas; a sign that the client is moving in the right direction. Continue therapy until the individual goes beyond the “gassy” range toward a more appropriate acidic environment.

**Secondary Supplemental Support**

See Dysbiosis for protocols.

**Clinical Notes**

**Betaine Plus HP** *(High Potency HCL and Pepsin)*

This is a high-dose HCl product used in place of Hydro-Zyme when an individual requires more than 6 or 8 Hydro-Zyme tablets to improve digestion. Betaine Plus HP is less expensive and requires that fewer capsules be taken (1 or 2 capsules of Betaine Plus HP versus 8 or more tablets of Hydro-Zyme).

**Recommendation:** 1 to 2 capsules with meals
Notes
GASTRITIS

RELATED CONDITIONS

- Acid indigestion
- Atrophic gastritis
- Peptic ulcer
- Hypochlorhydria
- Hyperchlorhydria
- Chronic stress
- Psychological concerns

PHYSIOLOGIC CONSIDERATION

In the elderly, or individuals who are ill or debilitated, symptoms of hyperchlorhydria may be atrophic gastritis, a weakening and thinning of the gastric tissues. Even though there may be a need for hydrochloric acid (HCl), these individuals cannot handle it. Treat these clients for gastritis until the tissues heal. This may take a few weeks to a few months. Then, try a small amount of HCl in the middle of a meal to see if it is tolerated.

Over time, hypochlorhydria may lead to gastritis and impaired tissue repair due to poor protein metabolism. Impaired tissue repair is most critical in the stomach and small intestine, which has a very high metabolic rate with tissue turnover every three to five days. Poor protein metabolism also impairs gastric mucus production. Mucus is vital to protect the stomach lining from normal acid production.

In addition, HCl kills or neutralizes pathogens that enter through the digestive tract. Low stomach acid allows pathogens easy access to the nutrient-rich GI tract and beyond. Pathogens in the GI tract further erode the gastric and intestinal mucosa. With weakened GI mucosa and pathogenic overgrowth, any normal amount of stomach acid will cause GI discomfort as in gastritis or ulcers.

GASTRITIS D-51

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**PREDISPOSING FACTORS**

- Hypochlorhydria
- Dysbiosis, parasites, *H. pylori*, candidasis, or other pathogenic organisms
- Allergies to food toxins and pathogens
- Overuse of aspirin or other non-steroidal, anti-inflammatory drugs (NSAIDs)
- Stress
- Overuse of processed foods
- Drug interactions
- History of intestinal or gastric scarring from surgeries or prior ulceration

**RECOMMENDATIONS**

- Identify and eliminate all allergens.
- Reduce or eliminate sugar, starches, alcohol and caffeine.
- Eliminate processed foods.
- Follow food combine rules; do not mix protein with starches or sugars.
- Chew food well.
- Take time to eat slowly.
- Do not overeat at one meal—eat small meals frequently.
- Avoid all anti-acids and acid-blockers.
- Limit liquids at meals to 8 to 12 ounces of filtered water served at room temperature.
- Drink at least one quart of filtered water daily for each 50 pounds of body weight.

**GASTRAZYME**

*(GUT HEALING NUTRIENTS AND VITAMIN U)*

*Gastrazyme* heals and cools gastric and intestinal tissues (puts the “fire” out in the gut). Vitamin A heals epithelial tissue, gamma-oryzanol increases tissue healing and repair by increasing growth hormone production, and chlorophyllins support tissue healing and pain reduction. Vitamin U, originally from cabbage leaf extract, is a powerful tissue-healing agent for the GI tract. It has also been shown to aid in gastric and intestinal mucosal healing.

**Recommendation:** 2 to 4 tablets per meal. May take an additional 2 to 4 tablets as needed for gastric upset.

**PRIMARY SUPPLEMENTAL SUPPORT**
IPS  

(NUTRIENTS THAT HEAL THE INTESTINES)

All ingredients in IPS have strong healing properties for the GI tract, especially the small and large intestine and also the stomach.

**Recommendation**: 2 to 3 capsules per meal

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CHLOROCAPS  

(CHLOROPHYLLINS)

*Chlorocaps* is a salve that reduces pain and promotes healing. It is useful for any wound both internally and externally.

**Recommendation**: 2 to 4 capsules per meal as needed for abdominal discomfort

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POA-PHYTOLENS  

(CATS CLAW AND PENTACYCLIC ALKALOIDS)

Cats claw and Pentacyclic alkaloids have been shown to be useful in free radical conditions, chronic viruses, allergies, inflammation of the GI system including gastritis, ileitis and colitis.

**Recommendation**: 1 to 2 capsules per meal

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NUTRICLEAR  

(DETOXIFICATION DRINK FORMULA)

*NutriClear* is the primary nutritional support for detoxification, for clients who are unable or unwilling to eat solid foods, or for those who are malnourished. Formulated as a high-quality meal replacement for the most sensitive client. *NutriClear* contains a broad spectrum of targeted nutrients that support the liver and heal the digestive tract.

**Recommendation**: 1 to 2 servings daily as a meal supplement. Mix with juice or water and crushed ice.

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SECONDARY SUPPLEMENTAL SUPPORT

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If Dysbiosis is present, add one or more of the following:

If food allergies are present, add:

**L-GLUTAMINE**

(L-GLUTAMINE)

*L-Glutamine* is the preferred fuel for intestinal tissues, and promotes tissue healing.

**Recommendation:** 1 to 3 capsules per meal

**BROMELAIN PLUS**

(BROMELAIN)

*Bromelain Plus* is a digestive aid for enzyme-deficient individuals, or where hypochlorhydria is present and the client is unable to tolerate HCl. It should *never* be used when an active ulcer is suspected until the tissue has healed.

**Recommendation:** 2 to 6 tablets with meals

**BIO-HPF**

(NUTRIENTS THAT PROTECT THE GUT FROM INFECTION)

*Bio-HPF* is a very effective for clearing *H. Pylori* and other pathogenic organisms of the GI tract.

**Recommendation:** 2 to 4 capsules per meal

**A.D.P.**

(MICRO-EMULSIFIED OREGANO OIL)

Oregano is a culinary spice known for its antibiotic properties, and performs better than many pharmaceuticals. It is useful against many parasites, amoebas, fungus, and other pathogenic bacteria. It is also know to kill good flora as well, so after using this product it is an important to supplement with a probiotic such as *Lactozyme*, or *BioDophilus-FOS*. *ADP* is a standardized emulsified and sustained-release product that effectively eliminates many pathogenic organisms.

**Recommendation:** 2 to 4 tablets per meal
HistoPlex  

(MULTIPLE HERBAL ANTIHISTAMINES)

HistoPlex is useful in modulating histamine reactions to food and airborne allergens.

Recommendation: 2 capsules per meal
GUM DISEASE

RELATED CONDITIONS

- Periodontal disease
- Receding gums
- Loose teeth
- Bruise easily

PHYSIOLOGIC CONSIDERATIONS

Gum disease is a marker for vascular disease throughout the body. These individuals are candidates for developing heart disease, kidney or eye disease, and are susceptible to cerebral vascular accidents. With gum disease, the capillaries are weak, prone to bleeding from minor trauma and can no longer properly nourish the gum tissues.

PREDISPOSING FACTORS

- Over-reliance on processed foods, simple carbohydrates, sugars, etc.
- Malnourishment
- Insufficient fresh vegetables and fruits
- Opportunistic infections

CLINICAL CONSIDERATIONS

It is useful to do an ophthalmoscopic evaluation, or refer these clients to a practitioner who is trained to evaluate the fundus of the eye for vascular disease.

RECOMMENDATIONS

- Avoid refined carbohydrates, processed foods, alcohol and caffeine.
- Eliminate hydrogenated and partially hydrogenated oils, fats and fried foods.
- Increase fresh, raw, or lightly cooked vegetables.
- Increase quality protein.
- Consider fresh vegetable juicing.
- Drink at least one quart of pure water daily for each 50 pounds of body weight.

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## PRIMARY SUPPLEMENTAL SUPPORT

<table>
<thead>
<tr>
<th><strong>Bio-FCTS</strong></th>
<th>(BROAD SPECTRUM BIOFLAVONOIDS, VITAMIN C, THYMUS AND SPLEEN)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bio-FCTS</strong></td>
<td>is a bioflavonoid product with 100 mg of quercetin per capsule. It is useful for viral conditions, bleeding, bruising, gum disease, allergies, and some pain conditions. <strong>Bio-FCTS</strong> contains the “P” and “J” factors of the vitamin C complex, which will strengthen the micro-vascular tissues.</td>
</tr>
<tr>
<td><strong>Recommendation:</strong></td>
<td>2 to 3 capsules two to three times daily</td>
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</tbody>
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<table>
<thead>
<tr>
<th><strong>CoQ-Zyme 30</strong></th>
<th>(EMULSIFIED COENZYME Q-10)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CoQ-10</strong></td>
<td>has been well documented to help with heart disease and gum disease. (It should be noted that gum disease is a sign of potential heart disease.)</td>
</tr>
<tr>
<td><strong>Recommendation:</strong></td>
<td>1 to 3 tablets taken one to three times daily</td>
</tr>
</tbody>
</table>

## SECONDARY SUPPLEMENTAL SUPPORT

<table>
<thead>
<tr>
<th><strong>Osteo-B Plus</strong></th>
<th>(MULTIPLE NUTRIENTS TO SUPPORT BONE HEALTH)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Osteo-B Plus</strong></td>
<td>supports bone and teeth integrity. It is used for osteoporosis, bone healing and loose teeth.</td>
</tr>
<tr>
<td><strong>Recommendation:</strong></td>
<td>2 capsules per meal, up to six per day</td>
</tr>
</tbody>
</table>

For loose teeth, add:

<table>
<thead>
<tr>
<th><strong>POA-Phytolens</strong></th>
<th>(CATS CLAW AND PENTACYCLIC ALKALOIDS)</th>
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<td><strong>POA-Phytolens</strong></td>
<td>Cats claw and Pentacyclic alkaloids have been shown to be useful in free radical conditions, chronic viruses, allergies, inflammation of the GI system including gastritis, ileitis and colitis.</td>
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<tr>
<td><strong>Recommendation:</strong></td>
<td>1 to 2 capsules per meal</td>
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</tbody>
</table>
**BIO-CYANIDINS**  
(Pycnogenol®, Pine Bark and Grape Seed Extract)

Pycnogenol® and grape seed extract effectively decrease pro-inflammatory eicosinoids. They protect against oxidative damage, and strengthen capillaries. At high doses, they have been shown to stop bleeding and hemorrhage.

**Recommendation:** 2 to 4 tablets one to four times daily

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**BIO K-MULSION**  
(Emulsified Vitamin K Product)

*Bio K-Mulsion* is a bioavailable vitamin K product used for osteoporosis, bone healing, and to support blood quality and clotting factors.

**Recommendation:** 1 to 2 drops once or twice daily
HALITOSIS

RELATED CONDITION

- Bad breath

PREDISPOSSING FACTORS

- Dental carries
- Gum infections
- Poor dental hygiene
- Putrefaction of stomach and intestinal contents secondary to hypochlorhydria
- Fungus or bacterial infection of head and neck
- Dysbiosis, bowel parasites, candidiasis, or other pathogenic organism overgrowth
- Impaired liver detoxification

RECOMMENDATIONS

- Regular dental checkups.
- Drink one quart of pure water daily for each 50 pounds of body weight.
- Increase raw or lightly cooked vegetables.
- Avoid simple carbohydrates.
- Eliminate hydrogenated and partially hydrogenated fats, oils, and fried foods.
- Drink freshly juiced vegetables.

PRIMARY SUPPLEMENTAL SUPPORT

If hypochlorhydria is present, see Acid Indigestion.
If toxic colon is present, see Dysbiosis.
If liver detoxification is a problem, see Detoxification.
If sinus infection is present, see Sinus Infections.
If dental infection is present, consult a biological dentist.

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For infectious process in the stomach, lymph, or sinuses consider the following:

**A.D.P.** *(MICRO-EMULSIFIED OREGANO OIL)*

A.D.P. is a standardized, emulsified, and sustained-release oil of oregano that effectively eliminates pathogenic organisms. Oregano is a spice known for its antibiotic properties and outperforms many pharmaceuticals. For gum or tooth infection, it is useful to break a tablet in half and suck on it. Let it melt on the bad tooth or gum infection.

**Note:** This product is spicy hot and not tolerated by everyone. If the client is able to tolerate the spiciness, it works well.

**Recommendation:** 3 tablets twice daily, can be used topically

After the cause is determined and addressed consider:

**SECONDARY SUPPLEMENTAL SUPPORT**

**CHLOROCAPS** *(CHLOROPHYLLINS)*

Chlorophyll is effective in removing sulfur-type odors, both internally and externally.

**Recommendation:** 2 capsules as needed, may mix in a small amount of water, rinse in mouth and swallow

After the cause is determined and addressed consider:

**Notes**
ILEITIS

RELATED CONDITIONS

- Small bowel dysfunction
- Crohn’s disease
- Celiac disease
- Malabsorption
- Non-tropical sprue
- Regional enteritis
- Regional ileitis

PHYSIOLOGIC CONSIDERATIONS

In cases of ileitis or inflammation of the small intestine, the mucosa becomes inflamed and in some cases even ulcerated. The affected portion may become thick, rigid and edematous with the lumen becoming progressively narrower. The lymph glands may enlarge and the adjacent tissue becomes thickened. Pain is usually centered around the umbilicus and the right lower quadrant. Abdominal distention is often present. The client will usually complain of diarrhea alternating with constipation.

Inflammation of the intestinal tissues diminishes the primary function of the small intestine which is to serve as an intelligent barrier between the outer world and the inner environment of the body. When food is swallowed, at what point does it become a part of us? Some argue that this only occurs when it is absorbed through the intestines into the system. When that functional barrier is impaired there can either be malnutrition secondary to malabsorption, or “leaky Gut syndrome.” In the leaky gut syndrome, the contents of the intestines are too easily absorbed into the system reeking havoc with our immune system.

When leaky gut syndrome occurs in cases of ileitis, or even in less severe cases of allergies and dysbiosis, we are setting ourselves up for multiple food allergies, chronic infections, dysfunctional immune system and ultimately, auto-immune conditions.

The case can be made that the core to most autoimmune cases is a poor barrier between the GI contents and the body’s inner environment. When foreign proteins are inappropriately absorbed into the system, the immune system will become stimulated and seek to clear this foreign protein. The problem with a leaky gut is that these proteins and other toxic substances continuously cross...
into the system. As the immune system attempts to clear these substances there could be antibodies produced which may cross react with the body’s own tissues. If the antibodies are close enough match to the body’s own tissues, there will be disorientation toward our own tissue and a resulting auto-immune condition.

In all cases of autoimmune diseases, it is recommended to look closely at the function of the small intestine and to endeavor to recover normal digestive function.

PREDISPOSING FACTORS

- Allergies
- Parasites and intestinal infections
- Flora imbalance
- Psychological stress
- Autoimmune conditions
- Malnutrition
- Chronic poisoning
- Dysfunctional digestion

CLINICAL CONSIDERATIONS AND RECOMMENDATIONS

- Identify and eliminate all allergens from the diet.
- Reduce or eliminate sugar, alcohol, caffeine, and spicy foods.
- Eliminate grains, dairy, and starchy carbohydrates while healing; it is especially important to eliminate grains for wheat or gluten sensitivity.
- Eliminate popcorn, nuts, and seeds.
- Eliminate processed and artificial foods.
- Eliminate NSAID use.
- Eliminate steroid use.
- Eliminate hydrogenated and partially hydrogenated oils.
- Eat small, healthy meals throughout the day.
- Drink at least one quart of filtered water for each 50 pounds of body weight.
- Consider fresh vegetable juicing.
- Eat plenty of raw or lightly cooked vegetables as tolerated.
- Drink homemade beef, chicken or fish broth slowly cooked.
IPS
(NUTRIENTS THAT HEAL THE INTESTINES)

“Intestinal Permeability Support,” IPS, was designed for this very condition, to support intestinal growth and repair. It has been used for cases of both constipation and diarrhea.

**Recommendation:** 2 to 4 capsules before meals, plus 2 to 4 as needed at anytime for abdominal discomfort

### PRIMARY SUPPLEMENTAL SUPPORT

**NUTRICLEAR**
(DETOXIFICATION DRINK FORMULA)

NutriClear is a meal replacement for clients with numerous food sensitivities. It has a broad spectrum of nutrients to heal the stomach and intestinal tissues, and to support liver and bowel function. See also Detoxification.

**Recommendation:** 2 to 3 servings daily

**GASTRAZYMEE**
(GUT HEALING NUTRIENTS AND VITAMIN U)

Gastrazyme heals and cools gastric and intestinal tissues (puts the “fire” out in the gut). Vitamin A is critical in healing epithelial tissue, and gamma-oryzanol hastens tissue healing and repair by increasing growth hormone production. Chlorophyllins support tissue healing and pain reduction, and vitamin U from cabbage leaf extract is a powerful tissue-healing agent for the GI tract.

**Recommendation:** 2 to 4 tablets per meal

**POA-PHYTOLENS**
(CATS CLAW AND PENTACYCLIC ALKALOIDS)

Cats claw and Pentacyclic alkaloids have been shown to be useful in free radical conditions, chronic viruses, allergies, inflammation of the GI system including gastritis, ileitis and colitis.

**Recommendation:** 1 to 2 capsules per meal
If dysbiosis is present, add:

**HYDRO-ZYME**

*(BETAINe HCL, PEPSin AND PANCREATIn)*

*Hydro-Zyme* is used to break down potential food allergens and prevents further entry of pathogenic organisms. Proper stomach pH also triggers proper enzyme and bile action in the small intestine as the food/chyme enters the duodenum.

**Recommendation:** 1 to 6 tablets per meal as tolerated

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**CHLOROCAPS**

*(CHLOROPHYLLIns)*

*Chlorocaps* is a healing salve that reduces pain and promotes healing. It is useful both internally and externally for any wound.

**Recommendation:** 2 to 4 capsules per meal, plus an additional 2 to 4 capsules as needed

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**L-GLUTAMINE**

*(L-GLUTAMINE)*

*L-GLutamine* is the preferred fuel for intestinal tissues. It promotes tissue healing by providing important nutrients to the cells.

**Recommendation:** 2 to 4 capsules per meal

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**SECONDARY SUPPLEMENTAL SUPPORT**

**Bio-HPF**

*(NUTRIENTS THAT PROTECT THE GUT FROM INFECTION)*

*Bio-HPF* is used where there is an overgrowth of *H. pylori* or other pathogenic organisms in the stomach or intestinal tract, especially in the upper GI tract.

**Recommendation:** 2 to 3 capsules per meal and at bedtime

*If dysbiosis is present, add:*
If food allergies are present add:

If liver and/or biliary congestion are present, add the following:

**A.D.P.**
(MICRO-EMULSIFIED OREGANO OIL)

**A.D.P.** is a standardized, emulsified, and sustained-release oil of oregano that effectively eliminates pathogenic organisms. Oregano is a spice known for its antibiotic properties and outperforms many pharmaceuticals. For gum or tooth infection, it is useful to break a tablet in half and suck on it. Let it melt on the bad tooth or gum infection.

**Note:** This product is spicy hot and not tolerated by everyone. If the client is able to tolerate the spiciness, it works well.

**Recommendation:** 2 to 3 tablets per meal and at bedtime

**HistoPlex**
(MULTIPLE HERBAL ANTIHISTAMINES)

**HistoPlex** modulates histamine reactions to food and airborne allergens.

**Recommendation:** 2 to 3 capsules 2 to 3 times as needed, best taken away from meals

**Beta-TCP**
(BEET JUICE, TAURINE, VITAMIN C AND PANCRELIPASE)

**Beta-TCP** is an excellent product to promote and thin bile flow. It is used for liver congestion and biliary stasis or insufficiency.

**Recommendation:** 2 to 4 tablets per meal
<table>
<thead>
<tr>
<th>LIVOTRIT PLUS</th>
<th>(HERBS THAT CLEANSE THE LIVER)</th>
</tr>
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<tbody>
<tr>
<td>Livotrit Plus is an Ayurvedic formula for liver congestion and toxicity, liver disease, gastric inflammation, arthritis, and chemical or radiation damage.</td>
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<td><strong>Recommendation</strong>: 1 to 2 tablets per meal</td>
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<table>
<thead>
<tr>
<th>MCS</th>
<th>(NUTRIENTS TO SUPPORT PHASE II DETOXIFICATION)</th>
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<tbody>
<tr>
<td>MCS is a vitamin, mineral, and botanical product used to stimulate liver Phase II detoxification pathways, where toxins are made water soluble. This product also helps stop the formation of stones. When the Phase II detoxification pathways does not work effectively, toxins collect, which may clog the biliary ducts and collect in the gallbladder as stones.</td>
<td></td>
</tr>
<tr>
<td><strong>Recommendation</strong>: 1 capsule per meal</td>
<td></td>
</tr>
</tbody>
</table>
Notes