

The 9 Steps to Keep the Doctor Away

by Dr. Rashid A. Buttar

...excerpted chapter from his book ***The 9 Steps to Keep the Doctor Away***

Karen's Story and the U.S. Congress

When Karen came to me, she was at the end of the line, literally. I was the 15th or 16th doctor she'd seen in five years. She was only 34 but was suffering terribly from a list of 17 odd and different symptoms which included problems with facial hair, lactating breasts, loss of libido, joint pain, muscle aches, balance issues, speech articulation, heart palpitations, gait problems, chest pain, head aches, blurry vision, anxiety, depression, and a host of other complaints.

At the end of describing the odyssey she'd been through, she said to me, "Dr. Buttar, if you can't help me, I'm going to help myself." As she made that statement, she patted her purse. To this day, I don't know if she had a gun or drugs in there or what her intentions were, but I knew that I was dealing with a very desperate woman.

After making her promise me that she would NOT hurt herself (I would have had to admit her for suicide precautions had she not promised), I reassured her that I felt confident I could help her. Judging from all the symptoms with which she was presenting and my experience with heavy metals, I knew it could only be mercury poisoning. I was convinced.

"I've already been tested for mercury," she said. "There's nothing there."

I told her that blood tests for mercury are useless. Many of the metals are so toxic that the body ushers them right out of the blood stream and isolates them in the deeper tissues. For instance, lead is preferentially stored in bones and mercury in fat and the myocardium (striated muscle which makes up the heart). A challenge test needed to be done, followed by a timed urine collection.

"That's what I had done, Dr. Buttar," Karen answered. I was a bit confused so I requested Karen's previous medical records from the doctor who had reportedly done this challenge test.

When I received Karen's heavy metal challenge test from the doctor in a city about 5 hours away, I was stunned. Her mercury registered a level of just 2.5 ug/g creatinine. Anything

less than 3 was considered "normal". I didn't know her former doctor but he knew who I was and was in fact using my testing protocol. Apparently he had heard me lecture at a medical conference and the challenge test records I received were on a form titled "Buttar Challenge Protocol".

This doctor did exactly what I would have done. Still, the results just didn't make any sense. No amount of mercury is safe in the body, but this was well below the "elevated" range where symptoms should be manifesting. I would have bet a full year's salary that there was a lot more mercury in her body. Maybe it was lab error. So I asked her to retest.

The second test came back at 2.8 ug/g creatinine. I was shocked. I had no explanation. For the first time in my medical career, I felt that I couldn't help someone.

"Can you still help me, Dr. Buttar?" she asked. There was almost a pleading in her voice, a sound that you only hear when someone is truly holding on by just a string. I didn't want to say "no" and yet I couldn't say "yes" because I didn't know.

She changed the question. "What would you do if I was your sister?" she asked.

Little did I know that question would eventually change the future of my own life both personally and professionally as well as that of tens of thousands of children and hundreds of other doctors all over the world. It was one of those pivotal moments when analyzed in retrospect, where everything could have been different. I've always regarded my patients with the highest esteem and deepest respect because they are often moving into the unknown with me and have entrusted me with their lives. It's a responsibility that I don't take lightly and I would like to think I treat them no different than I would treat a close family member. But Karen's response to me changed the way I will forever look at a patient.

I was sitting there with two different tests that said Karen had virtually no mercury in her body. She had only one amalgam filling and no prior exposure incidents. Yet there were all these unrelated symptoms. She had been prescribed numerous antidepressants and even an anti-psychotic drug by her previous doctors. There was only one thing that could cause multi-system organ failure to occur

and that was trauma. And in a situation like that, the patient is in intensive care usually on life support. Yet here was this woman, walking and talking, and yet she was in nothing less than multi-organ system failure.

By asking me what I would do if she was my sister, it changed my perspective. I would do anything, whatever it took, to help my sister. Without hesitation, I looked at her and answered.

"If you were my sister, I would NOT rely on these tests. I'd treat you empirically for metal toxicity."

"Let's start today," she insisted.

I started Karen on the detoxification process. After 20 weeks, her mercury level jumped from 2.8 ug/g creatinine to 9.4 ug/g creatinine, going from well within the normal range to more than 300% above the normal range. Her arsenic shot up from 13 ug/g creatinine to 260 ug/g creatinine! Now we were getting somewhere. We were succeeding in drawing the metals out from the deeper stored layers and removing them from her system. And many of her symptoms, with the grace of God, had begun quickly improving.

Each week, Karen came into the clinic like clock work and we continued pulling mercury out of her system. Soon her heart palpitations and breast lactation stopped. At the one year mark, Karen's mercury level doubled again, registering at 19 ug/g creatinine showing that more and more mercury was being pulled out. Meanwhile she continued to feel better and better. At 18 months, her mercury registered at 27 ug/g creatinine, more than 9 x what she had shown on the initial testing. That's almost a 1,000 % increase in her mercury levels and 9 times what's considered to be safe! By this time, she was virtually symptom free.

The last test we did was almost two years from the day she walked into my office. The mercury reading- 1.7 ug/g creatinine.

I began to realize that heavy metal challenge tests are good for qualitative analysis-just to see what heavy metals exist in the body. However, they are not reliable from a quantitative standpoint to see how much of these metals are actually present. The only definitive quantitative test would be multiple site biopsies and most patients wouldn't like that-at least while they're alive.

I've seen this crescent or bell curve excretion



Dr. Rashid A. Buttar

with many patients since treating Karen. These patients don't seem to have the ability to efficiently detoxify their own systems. I refer to them as "non-excretors" because they have difficulty excreting heavy metals and as a result, experience the related symptoms of metal poisoning. These include children with autism and patients suffering with Alzheimer's disease. We also observe similar findings with cancer patients. Sometimes, all it takes is a slow coaxing of the body's own detoxification pathways for them to open up and release their toxic heavy metal burden. Karen's full story, along with documentation of her test records showing the results and the principals behind this foundation are documented and part of a comprehensive DVD available on the website listed in the appendix to this book.

The rest of the story is a matter of historical precedence and documented in the library of Congress. I presented Karen's case in front of the US Congressional Subcommittee on Human Right and Wellness on May 6, 2004. I accompanied my son Abie who testified and is the youngest formal witness to have ever testified in front of Congress.

Karen obviously wasn't my sister, but I have her to thank for helping guide me to understand this non-excretion phenomenon and reframe how I view my patients, not just in words, but in action. Taking care of Karen showed me what I had to do to help regain my own son's health and what eventually impacted tens of thousands of families and hundreds if not thousands of

doctors all over the world.

I trust my instincts more now and firmly believe it was the higher source, once again, which led me in the right direction. I do for my patients exactly what I would do for myself and my own family, regardless of the consequences by the medical hierarchy. Before someone thinks this as "heroic" or gives me some undeserved accolade, I have no choice but to act in this manner. I am only honoring the process which led to my son's full and unprecedented recovery and keeping the promise I made to the Creator.

The First Foundation - Systemic Detoxification

As I mentioned in the preceding chapter, it's a toxic world. I don't think anyone would argue with that statement, at least not an honest person. All you have to do is look at the "Do Not Swim" signs posted everywhere along beaches from the East Coast in the USA to the exotic Mediterranean beaches of Malta. Or how about the smog in Los Angeles so thick on some days you can't even see a 30-story building just 200 yards from you. The mistake most people make is thinking that just because they don't live in a big city like New York or Los Angeles, they're free from pollution of all kinds. In fact, some of the worst offenders are the coal burning plants throughout the Midwest.

The problem comes when these toxins find their way into our bodies...and we have created many ways for them to do so, sometimes actually facilitating their

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FEATURE

Chronic Lyme Patients Get Political Victory:

New Book by Top Infectious Disease Doctor Supports Long Term Antibiotics

This book is available from www.LymeBook.com or by calling (530) 573-0190, or from Amazon.com.

"Chronic Lyme disease does exist," says Burton A. Waisbren Sr. MD, FACP, FIDSA, in his new book, *Treatment of Chronic Lyme Disease: Fifty-One Case Reports and Essays in Their Regard*. The book, released in January 2012, adds fuel to the already fiery debate over the existence of chronic Lyme disease.

Chronic Lyme disease has become one of the most hotly debated diseases in medical history.

Those who claim that the disease is fictitious have stood on the argument that the doctors who treat this condition are untrained in

infectious disease and are unqualified to determine whether the syndrome is in fact a legitimate diagnosis.

Dr. Burton Waisbren's new book, "Treatment of Chronic Lyme Disease: Fifty-One Case Reports and Essays in Their Regard", has rendered such an argument invalid. The book is available from www.LymeBook.com or by calling (530) 573-0190, or from Amazon.com.

Burton Waisbren, MD, FACP, FIDSA, has been practicing medicine for over 57 years. He is one of the Founding Members of the Infectious Diseases Society of America (IDSA) and has published research on Lyme disease in prestigious journals such as The Lancet. He is board-certified by the American Board of Internal

Medicine and is a fellow of the American College of Physicians, as well as the Infectious Diseases Society of America. He is also a founding member of the American Burn Association and the Critical Care Society of America.

One thing is certain: Dr. Waisbren has the credentials to take an authoritative position on the chronic Lyme disease debate. And, like more and more experienced physicians, his position goes against the guidelines of the very organization of which he is a Founding Member: The Infectious Diseases Society of America (IDSA). Despite mounting scientific evidence, this organization continues to deny the reality of chronic Lyme disease.

Sufferers of chronic Lyme disease are encouraged by Dr. Waisbren's position. "This doctor's credentials and experience are turning the tide in the chronic Lyme disease debate," says Bryan Rosner, a recovered Lyme patient and owner of BioMed Publishing Group (South Lake Tahoe, CA), the publishing company that markets Dr. Waisbren's new book. "Scientific studies have already proven that the Lyme disease organism can survive a standard course of antibiotics and that chronic Lyme disease is a real medical condition. What we've been missing is the right voice to explain this truth. I believe Dr. Waisbren's voice will turn the tide of this debate."

By reading his book, people can discover how Dr. Waisbren is helping his patients and which treatments he has found to be most effective for chronic Lyme disease. The book provides 51 case reports of chronic Lyme disease which Dr. Waisbren has personally treated, as well as essays in their regard.

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For more information on ordering this book:

The manuscript was published in January 2012, the book is available from BioMed Publishing Group for \$24.95.

Visit www.LymeBook.com or call (530) 573-0190



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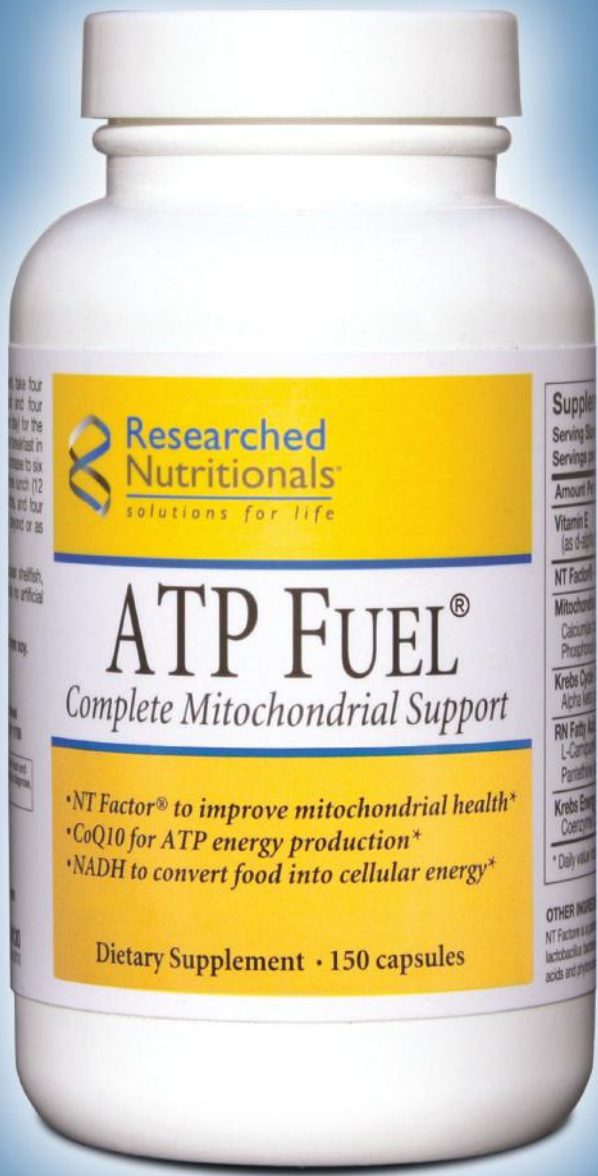
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entry. Because of over-industrialization, it's virtually impossible to escape the effects of our toxic world, no matter where you live. Through the air we breathe, water we drink, food we grow, livestock we consume and even social structures we've created, toxicity has permeated every facet of our lives.

When these toxins enter our bodies they immediately begin causing damage. It doesn't matter if the toxin is a heavy metal, pesticide or food additive. Every toxin uses the same method of creating physiological damage-oxidative stress. I have already introduced the concept of oxidation. Now it's time to explore this horrifying process in more detail.

Why Oxidation Kills

Let's go back to high school biology class. Luckily, there's no quiz so you can actually relax and learn. Every atom in your body has a specific number of protons (positively charged), electrons (negatively charged) and neutrons (no charge). Because there is a perfect balance of positive and negative charges in each atom, the net charge is zero or neutral.

Now enters a toxin. A toxin is made up of free radicals, or atoms that have a net + charge. They are missing an electron and are desperately seeking to pull an electron from another atom. When toxins (free radicals) enter your body, they steal electrons from the atoms which make up the cells in your body. The atoms that make up your cells that have now lost an electron, now have a net + charge, just like the toxin / free radical.

So a free radical has a net + charge and is an electron "stealer". When the free radical steals an electron from a surrounding atom, the atom becomes highly unstable. In an effort to re-balance itself, the unstable atom begins bombarding healthy atoms, trying to steal one of their electrons. As a result, a chain reaction begins where the atoms begin to change from stable structures to free radicals, eventually causing a change in the cell structure and becoming an abnormal cell.

This domino effect continues, with normal healthy atoms having electrons stolen from them by a free radical, in turn becoming a free radical themselves and looking to steal an electron from another surrounding atom. The unstable atom being driven by this process is called a free radical and the resulting damage it inflicts upon the healthy cells (remember that atoms make up everything including the cells) is known as oxidative stress, oxidation or free radical damage.

This is the process which occurs when you've just cut an apple or peeled a banana. In just a matter of minutes, it turns brown. Free radicals create the exact

same situation inside your body which is essentially the rusting process. The good news is we do have a counter measure commonly known as "antioxidants" or substances that reverse this process by donating electrons. Our bodies produce our own antioxidants which prevent this process to a certain extent. Examples of antioxidants we produce ourselves include Superoxide Dismutase, Catalase, and Glutathione. We can also consume additional antioxidants in our diet to create a bigger buffer of protection which I will explain later.

In a world so over-come with organic and inorganic pollutants, our bodies simply cannot keep up with the free radical onslaught of epic proportions. Hidden toxicities within our bodies that we aren't even aware of also add to the oxidative burden in our systems, further requiring us to not only increase the antioxidant buffers but more importantly, reduce the oxidative damage by reducing the toxicities.

Increasing antioxidants has become very popular in the last 10 years. By just increasing antioxidants however, a false sense of security is generated. You may see an improvement but the toxicity leading to the oxidative stress has not been removed. In time, the toxicity will further accumulate and you'll need a higher quantity of antioxidants to achieve the same benefit, until eventually enough damage has been done that no amount of antioxidants will benefit any longer. This is the point essentially when the chronic diseases appear. Therefore, the removal of the offending toxic substance becomes paramount, ideally well before the disease develops.

The Toxins and Disease Connection

All chronic disease, whether it's heart disease, cancer, neurological disorders or any other condition, results from damaged cells as a result of oxidative damage. Damaged cells come from free radical damage, and free radicals are created by toxins. Where the damage takes place in your body from the free radical together with your particular genetic predisposition, will determine the disease your body will manifest. So it may seem unbelievable or downright crazy to say that cancer and heart disease have the exact same cause. However, the fact remains-they do, and it doesn't take a Mensa scholar to realize that the cause is oxidative stress from free radical damage, despite what the medical hierarchy may wish you to believe.

The most significant as well as crucial misunderstanding in medical science that has occurred in the last 100 years is the lack of connection between the cause (toxin-induced oxidative stress from free radical dam-

age) and the problem (steadily increasing incidence of chronic disease). This lack of correlation has even more serious implications and has a tremendous impact on our future generations as well as future advancements in health sciences and medical interventions.

Despite literally hundreds of billions of dollars put into cancer research, until toxicity is effectively addressed, no significant advance in cancer survival will ever happen. The same goes for all the anti-aging and longevity research being conducted. To discuss longevity and increased lifespan without first considering and adequately addressing toxicity is like planning on running a marathon but not even having learned how to crawl, let alone walk or run.

Even though we're surrounded by all the garbage inundating us about longevity and anti-aging, there are a few (very few) incredible advances which have actually shown substantial evidence of increasing lifespan...literally! We'll discuss these later in this book but it's going to be up to you to first open your mind and see the possibilities, followed by choosing to experience the results for yourself.

An Error In Perspective

Eliminate the phrase "all of a sudden" from your medical vocabulary. Nothing happens "all of a sudden" in the body, unless you're talking about being shot or stabbed. Every effect has its cause and that cause usually has the opportunity to build itself up over time, long before we even see the end result.

That's why the missing link of toxicity, the cause of the worst epidemic of chronic diseases in the history of man, has all but been ignored by the medical establishment. They are trying to work on the disease itself, the end of the pathological chain of events...the effect of the toxicity, the symptom of the problem...not the cause. In order to heal any disease or correct any chronic disorder, you must go back to the original cause. Failing to address the cause will absolutely guarantee certain defeat in this war against chronic disease, which should be correctly labeled as a war against toxicity.

Imagine you just got back from a month-long tour of Europe. You've had a terrific time. Just as you open your front door to walk into your house, you're almost knocked back by the foulest stench you can possibly imagine. It smells like somebody stuffed a sweaty gym locker full of old rotting food. It's July and all your windows have been closed for 30 days straight. You follow your nose, go to the kitchen and discover that you forgot to empty your trash before you left. It's been sitting there putrefying over a month with no ventilation. Flies are swarming around,

feasting on the goopy mess. What does common sense tell you to do at this point? Open a window? Perhaps. Spray air freshener or disinfectant? It may help. Start swatting the flies? Sort of useless at this point. None of these things will solve the problem. They may make it a little tolerable for a short period of time, but the problem still remains and will continue to be there and recur. What is the only definitive thing and smartest thing to do? Immediately take the trash out of the house! The smell will now eventually leave and the flies will buzz off to find another feast.

Unfortunately however, modern medicine has spent the last 50 years swatting at the flies and opening up the windows to address the rotting garbage of chronic disease. This rotting garbage is really the toxicities that we have been talking about. Doling out pills for secondary problems and symptoms provides only temporary relief while the internal oxidative damage rages on and patients just continue to get worse, requiring higher dosages and the addition of even more drugs.

By the same token, "alternative" medicine actually makes the same mistake, albeit the doling out of vitamins and herbs may not be nearly as damaging as the dispensing of one drug upon another. However, the fundamental approach is just as flawed because the primary etiology, the cause of the problem, is not being addressed. It makes no difference if a Chinese herb or homeopathic extract is replacing the drug. Ok, it may be less damaging to give an herb compared to a drug. The point is still that it essentially amounts to the same ineffective pill-for-a-problem solution to cover up the symptom.

Since all chronic disease stems from some type of toxicity, it follows that detoxification of whatever makes up the toxic substance must occur if chronic disease is to ever be effectively addressed and/or reversed. Systemic Detoxification must be undertaken. And it's this Systemic Detoxification that comprises the First Foundation.

Of course, what that actually means for you depends on the junk you've been carrying around and how long you've been carrying it. The good news is that no matter what you're dealing with, toxicity can be effectively removed from the body. It may not happen "all of a sudden" and in fact, chances are it will take some time. This especially is true if you already are suffering from some type of chronic disease. You didn't get sick overnight, right? It was a progression. Well, health isn't regained overnight either. It usually does not return fast, but it does “9 Steps” ...cont’d pg 5 return. The question is not

Public Health Alert

The PHA is committed to researching and investigating Lyme Disease and other chronic illnesses in the United States. We have joined our forces with local and nationwide support group leaders. These groups include the chronic illnesses of Multiple Sclerosis, Lou Gehrig’s Disease (ALS), Lupus, Chronic Fatigue, Fibromyalgia, Heart Disease, Cancer and various other illnesses of unknown origins.

PHA seeks to bring information and awareness about these illnesses to the public’s attention. We seek to make sure that anyone struggling with these diseases has proper support emotionally, physically, spiritually and medically.

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"if" it will occur, but rather, "when" will it occur.

The Second Foundation - Immune Modulation

Ellen arrived at my clinic supporting herself with a walker. As she made her way down the hall, I could tell every step was a significant struggle for her. She, like Karen, was only 34 but was trapped in the body of an old woman. She was forced to sell her house when she could no longer climb stairs. She had to leave her job in computer programming because the pain from typing was excruciating. Her passion for playing classical piano and dance were distant memories.

By the time she arrived at my clinic, Ellen had already seen 10 different specialists, most recently at Johns Hopkins University Hospital and the Mayo Clinic. The doctors were confounded by her condition and assumed only that it was caused by some sort of neuropathy. Although each of the hospitals had varying opinions regarding Ellen's diagnosis, they were all certain and in agreement that "Ellen's" condition would continue to degenerate, ultimately leaving her in a wheelchair in less than six months. There was nothing they could do.

After evaluation and testing, it was clear that Ellen had high levels of a number of heavy metals as well as persistent organic pollutants. Her immune system had been highly compromised as a result and the joint pain was just a symptom of the inflammation and other toxic burden. We began her on a detoxification program immediately to remove the metals and pollutants from her system.

Once her immune system kicked in, I fully expected the symptom of her joint pain to resolve. By simply getting the "road-blocks" out of the way and eliminating the "trash," her body could have a chance to start functioning properly again.

Six months after begining treatment, Ellen wasn't confined to a wheelchair as John Hopkins had predicted. Instead, she'd experienced significant improvement in her mobility. After one year, the only painful joint that remained was her left wrist. At 18 months, Ellen was completely pain free. She was climbing stairs again and even returned to work in a programming management position. The best part was Ellen was playing the piano and able to perform classical dance again.

Regardless of what the "experts" had told Ellen, her apparent immune system disorder wasn't the problem. It was only a sign to look deeper. Beyond the complex diagnosis with the long, confusing name of "chronic, idiopathic demyelinating polyneuropathy," the situation was really a much

simpler issue waiting to be solved. Health is a simple matter. We complicate it. When we get out of our own way and allow God's design to function, everything falls into place and the music comes back into life.

War, Gut and Impaired Immune System

Anytime heavy metals or persistent organic pollutants enter the body, the immune system by definition will become compromised. The level of compromise depends upon many things including the specific type of metal/pollutant, the amount of toxin, the duration of exposure and the individual's constitution to handle physiological stress as well as genetic predisposition to process the toxin out of the body. In fact, when the body is exposed to any type of toxicity, the immune system becomes compromised to some degree. And once the immune system isn't functioning at an optimum level, the body becomes vulnerable to all sorts of disorders and disease.

This explains why many patients often visit doctor after doctor to find the answer the "experts" keep missing because they're looking under the wrong boulders. They eventually affix a diagnosis with a name half the patients themselves can't pronounce, but the game continues with the focus on covering the symptoms.

What they've chosen to ignore or have missed is the disease itself is a symptom of a deeper underlying problem, one resulting from some form of toxicity, an inner pollution. Once the body is properly detoxified and the burden of pollution removed, the immune system will naturally re-modulate. The result of re-modulation after detoxification is that the symptoms usually begin disappearing, indicating the disease itself is beginning to resolve.

When most people think of their immune system they think of white blood cells. That's what we're taught in biology class and for most of us, that's where the story of the immune system ends. But there's a lot more to the immune system than most of us realize. Whether you recognize it or not, a majority of your immune system exists in your gastrointestinal tract. Billions of "good bacteria" or probiotics flourish in aiding proper digestion, assimilation of nutrients and the elimination of waste, maintaining the essential ecological balance of the gastrointestinal tract.

They also act to balance against disease-causing microbes and parasites that try to invade the body. An example is when a woman takes an antibiotic for a throat infection and ends up getting a vaginal yeast infection. Essentially, the antibiotics are not selective and kill the bad, disease-causing

bacteria in the throat but also end up killing much of the good bacteria normally residing in the gut and vagina. This leaves the "opportunity" for the yeast (fungus) to flourish without having to compete against the healthy bacteria. When nothing is holding it back, the yeast takes over, creating the vaginal yeast infection.

Think of this as a war. When toxins enter your body, the first casualty is your immune system. Since a substantial amount of your immune system lives in your gastrointestinal tract, the gut is usually impacted in some significant manner. But the most widely purchased group of over-the-counter medications that Americans continue to buy are digestive aids such as antacids, laxatives and gas relievers. And of course, these substances only serve to further aggravate the overall situation.

As a culture, we're conditioned to accept digestive upset as almost a rite of passage as we age. Digestive problems are the first chink in the armor of your immune system and your body is sounding the alarm. It's crucial you listen to the message your body is sending you to improve the quality of nutrition, reduce the burden of toxicity and pay attention to the signals being provided (symptoms) so that the major catastrophes of chronic disease are prevented. Show me a patient who is chronically ill with virtually any condition and I'll show you a person who has a major imbalance in their GI tract.

Watch Out for Friendly Fire

Medicine has hardly been a friend to the immune system in the last 50 years. In fact, it's done more to harm the immune system than help it. We've all heard about how the massive use of unnecessary antibiotics has resulted in the mutation of pathogens creating the "super bugs" or microbes that are now resistant to nearly all antibiotics. Just as important however is the damage caused by antibiotics inside your body. Don't get me wrong. Antibiotics are a valuable and lifesaving tool in medicine, but only when used appropriately and with great discretion. However, that simply is not what happens in medicine today.

When a patient is prescribed antibiotics unnecessarily (which occurs far more often than we realize), the doctor prescribing has inadvertently contributed to weakening the immune system. As mentioned, antibiotics kill bacteria. But they don't rationalize and discriminate the good bacteria from the bad, killing the bacteria causing the infection along with the good bacteria living in your GI tract and other areas. This good bacteria was actually protecting you against the infection in the first place but the antibi-

otics takes that natural protection away by indiscriminately wiping out most if not all microbes. This is why probiotics are so popular as a supplement. Remember that probiotic means "for" life and antibiotic means "against" life.

Your body is a walking miracle. Under the proper conditions and with the right tools, it can heal itself practically from anything. Name one machine that the more you use, the better it gets. We measure engine life in tractors by the number of hours the engine has been run or in cars by the number of miles traveled or in planes by the number of flight hours. But in a human or even in an animal, the more you use your body, the greater it functions, the longer it lasts, the more efficient it performs, the better it looks and the less likely it is to have problems.

Imagine how compromised most people's immune systems have become after decades of using various drugs (over-the-counter, prescription and illegal), lack of exercise, drinking toxic tap water or worse, drinking sodas, and eating nutrient-deficient, synthetic filled imitation food. It's a wonder anyone is standing upright! The fact that most of us can still function is a testament to the power and strength of our bodies. The ability to carry around such burdens, with immune systems functioning at only a fraction of the capacity, begs to ask the question, "what would our bodies be capable of if we were to actually take care of ourselves?"

Secret to Getting Back on Track

The masses however are finally beginning to wake up to the importance of the immune system. The formerly unrecognized but significant role the GI (gastrointestinal) tract plays in our overall health is becoming more widely accepted among health enthusiasts despite the lack of embracement of this key principal by the mainstream medical community. An example of this increasing awareness can be seen in the increasing popularity of probiotic products which seem to be available everywhere now, even in the average grocery store.

While I'm happy to see this paradigm shift, you can't take a squirt gun to put out a five-alarm fire and expect to be successful. Only when the body is properly detoxified will the probiotics and other interventions become effective more often than not. The great news is that the lining of your intestinal tract where the good bacteria (probiotics) live is one of the fastest regenerating tissues in your body. In fact, the rate of regeneration becomes faster in people who have been sick recently. The GI tract is just an example of one of the major areas which must be addressed in systemic detoxification.

Once effective detoxification has been completed with a reduction in the toxic burden in the entire system, the immune system will re-modulate itself and you'll be well on your way to getting back on track to good health.

The Geek, Tree & 13 Women

This story is not as exotic as you might be expecting from the title! I was in the middle of my divorce which made war look like a mild disagreement. I couldn't see my way very clearly during that time of my life and I was in a dark and confusing place spiritually and emotionally. It was the toughest thing I've ever done in my life, especially because my children were involved.

But one issue that was especially frustrating during this time was a handful of patients who had sought my help but I wasn't able to successfully help. I suppose we'd become spoiled at my clinic because we were used to routinely helping patients no one else was previously able to help. This handful of patients all shared two things in common: they were all women and they were all dealing with severe hormonal imbalances for which I had not been able to find the trigger, the underlying cause.

Sometimes, when I don't know what to do in the case of a particular patient, I'll pull their chart, lay it on my desk, just stare at it and go back to the basics. It's kind of like a meditation I suppose. Eventually, something always comes to me. It was a beautiful Saturday morning and I was in my clinic with the chart of these 13 women spread out on the floor in front of my desk hoping that some inspiration would hit me. I'd already learned the difficult lesson a few years earlier of when dealing with a hormonal imbalance in a woman, you must address the GI tract. In some of my physician conferences where I teach other doctors, I've said if you ignore the gut in these types of cases, you will most certainly fail in helping the patient improve.

As I sat there, nothing was coming to me. My back phone line rang and a friend was on the line, inviting me to go out on his boat on the lake. He was clearly trying to distract me from my divorce situation. I used the charts as an excuse and explained I needed to work on them, to which he responded that I was a "geek" and then he hung up. I turned to the charts again, now getting angry and more frustrated. Not at the charts, but at myself wondering if I really was a "geek". I swiveled my chair slightly so that I wouldn't have to stare at the stupid charts when the huge oak tree outside the office window caught my eye. Its heavily laden

“9 Steps” cont’d pg 6

“9 Steps”... cont’d from pg 5

branches were dancing ever so slowly in the wind, back and forth, waving at me, almost inviting me to participate in its hypnotic dance. The more I stared at it, the more it put me into a kind of soothing trance. It was mesmerizing and the charts were forgotten.

I don't recall how much time went by, but when I realized what was happening, I got even more angry. In my mind, I was wasting time. That tree had "broken" my concentration on the charts. I looked down at the 13 charts spread out on the floor like a big deck of cards and the first chart I saw, the 4th one from the left, had a sheet that was not properly filed, sticking out of the rest of the chart.

As my staff will quickly tell you, I absolutely HATE sheets not being properly placed in a chart. I grabbed the chart, flipped it open to unclasp the metal strip on top binding the chart, and took all the papers out above the misaligned sheet. And there, staring back at me, on this misaligned sheet, was the result of a heavy metal challenge test. I could clearly see this woman had elevated mercury levels. My anger suddenly forgotten, I quickly moved clockwise to the next chart. Sure enough, there was a heavy metal challenge test that showed elevated mercury. I went to the next

chart. No challenge test on this chart. Next one, yes, there it was! By the time I had come full circle from the charts that surrounded me, more than half the women had undergone a challenge test I'd ordered. The rest had not been evaluated for metals.

Over the next few weeks, we did a challenge test on the remaining 13 women. When it was all said and done, 12 of those 13 women had elevated to high mercury levels. Only one of those 13 women did not have elevated mercury. That one woman...was Karen, the woman whose clinical story is now recorded in the halls of the Congress, the woman who first taught me what a non-excretor was, the woman whose mercury levels after 2 years of treatment would increase by almost 1,000%!

Most doctors realize the essential role hormones play in our health and quality of life. But most of my profession doesn't know the crucial lesson I learned that day which showed me that toxicity can have a serious dampening effect on hormonal balance. In fact, all toxicity can and does have a tremendous impact on the endocrine system, the system responsible for all hormones in the body, from the sex hormones to the stress hormones and everything in between.

Needless to say, we immediately got each of the women onto appropriate treatment for mercury toxicity. The length of treatment varied for each of the 13 women with Karen's treatment being the longest, but they all resolved. ALL of them!

The Third Foundation - Physiological Optimization

Most people think of hormones only in a sexual context. The fact is that every function within your body is controlled by hormones, from your libido to your sleep cycle to your hunger response to your body temperature. All of these signals come down from a complex cascade of originating hormones you may never have even heard of from the pituitary gland in your brain. You may have thought it was all about testosterone and estrogen. Most people do.

But this incredibly intricate, interconnected hormonal network we so often take for granted, is related like a set of domino chains. When our bodies need to perform a specific function, this domino chain is triggered with pinpoint precision and each domino causes the next one to trigger. It's like a finely tuned orchestra where the success of every step depends on the

one before it. If even one note is out of tune, the entire orchestra sounds off.

Relationship of the 3 Foundations

The 9 Steps are the steel beams, bricks and mortar you'll be using to literally build your new self. These 3 Foundations we've just reviewed are the bedrock and the first 3 levels of the building we're creating. You've now hopefully realized how the 1st Foundation of Systemic Detoxification laid the basis upon which everything else will be built. The 2nd Foundation of Immune Modulation rests upon this 1st Foundation. And the 3rd Foundation of Hormonal Optimization, lies upon the 2nd Foundation. Similar to the floors of a high rise, the 1st Foundation is the 1st floor upon which everything is built.

As we now begin to review each of the 9 Steps in detail, it's important to remember that each of these steps corresponds to the higher floors of the high rise. The first 8 Steps we'll discuss are vital to increasing longevity and achieving optimum health. If you are currently ill, these steps are mandatory if you wish to get well. It's that simple. Your work in the first 8 of these 9 Steps must be built on top of a sound structure that is

strong and able to support the weight. The ideas you'll get from these 9 Steps alone are all you need to transform your body and mind into a fortress of health and will provide you with this strong and sound structure.

In the 9th Step, you'll find the tools you need to construct your new building three times as fast, ten times as high and with a glorious penthouse on top. So when it comes to your health, it's your choice to build a skyscraper instead of a ranch.

pha

Rashid A. Buttar, DO, FAAPM, FACAM, FAAIM, is a graduate of the University of Osteopathic Medicine and Health Sciences, College of Medicine and Surgery. He trained in General Surgery and Emergency Medicine and served as Brigade Surgeon and Director of Emergency Medicine while serving in the U.S. Army. Dr. Buttar is board certified in ClinicalMetal Toxicology, Preventive Medicine, is board eligible in Emergency Medicine and has achieved fellowship status in three separate medical societies. He is the medical director for Advanced Concepts in Medicine, The Center for Advanced Medicine and Clinical Research™ in Charlotte, NC, a clinic specializing in addressing the needs of patients with cancer and heart disease refractory to conventional medical treatments. He also serves as Director of Clinical Research and Development for V-SAB Medical Labs where he is extensively involved in polypeptide research and development.

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Metamorphosis



by Joan Vetter

Simple research. Watch the life cycle of a butterfly on the internet. I didn't expect the emotion that explodes in my heart! If God can transform a worm into a beautiful butterfly in such a detailed way, surely He is well able to make us new creatures when we accept Jesus as our Savior and Lord. I've always been intrigued and blessed by testimonies of transformed lives. I want to see the visual demonstration of God's ability and love. However, when

it comes to personal change I often find myself resisting God. For instance, in March I was in a meeting where the speaker spoke of "The winds of change." She challenged us to follow where God was leading, and to be especially sensitive to His Spirit during March. Not long after that, I found myself so drawn to a new church called White Stone. Every time I would pass it by I would feel the intense tug in my spirit. Finally I simply called the pastor and asked if I could come speak with him. After thirty minutes I knew the Lord was indeed leading us there. Through many confirmations, I knew this was a change God was directing, but it was extremely difficult to leave the security of friends and the familiar. However, after several weeks in my new surroundings, I am seeing more confirmation of why we are to be there. God knows who we are and the gifts He has put

within us to give, and He directs us (if we will allow Him) to the places to use those gifts. The philosophy behind the name White Stone is based on Revelation 2:17 - To him who overcomes, I will give some of the hidden manna. I will also give him a white stone with a new name written on it, known only to him who receives it. The following is their explanation of a white stone: The white stone was used throughout the ancient world as a statement of a person's standing in various situations; in court, as a statement of their innocence; in athletic events, it was given to the winner; while traveling, the host would be given a white stone with their name on it by their guests in the event they ever traveled to their city and they would return the gift of hospitality. In scripture the white stone has been inscribed with a new name.

Throughout the Bible God gives new names to His people which gave them a new identity and life purpose that defined their destiny. When the angel gives to those who overcome a white stone with a new name on it, he is defining the standing we have before God. First, we have been declared innocent! Second, He has cast His vote in favor of us! Third, He has declared us the winners of the game of life. Finally, He has given us the white stone to remind us that He has gone to prepare a place for us. Our names are the names that He has known us by from the foundation of the earth and are the identity that he has assigned to us. The Bible says that we are a new creation and that we have been changed from a slave to a son or daughter with freedom from all of past mistakes, shames, misconceptions, abuses, bitterness and unforgiveness! We call ourselves WHITE STONE because these two

words impart to us countless promises about who we are, who we will become and the relationship we have with Father. It is a promise that we do not have to stay the way the world has molded us to be. We want people to experience the "new life" and the "new identity" that only a life in Christ can experience. In my new church I have met a woman who spent years in prison, and now owns a construction company where she hires ex-felons. Also I've had the privilege to meet a man who was a professional gambler who is now an evangelist going into prisons and schools to preach the gospel, and has written a book about his transformation. And just like there is no way we can find that worm anymore after the butterfly emerges, our God has made something beautiful of these lives! To God be the Glory!

pha

Patient Stories: Amanda Mann



by Laura Wild

Amanda Mann was a normal, healthy young kid who loved softball, ballet, and music. She always wanted to be a wife and mother, and even met her husband when she was only 12 years old. When she turned 13 years old, Amanda noticed something was wrong. She began having some pelvic pain. The pain eventually became unbearable and kept her awake at night. Amanda saw her pediatrician, and got a CT scan. She also saw an OB/GYN specialist, a surgeon, and finally, a physical therapist. Her doctors portrayed her as being lazy, which wasn't true. Amanda loved being active in dancing and sports, but she was in too much pain to be active. Doctors eventually discovered an ovarian cyst, but told her that it could not be the cause of her pain. Amanda remained in pain throughout her teens, seeking multiple doctors with no concrete answers. Amanda saw a Naturopathic doctor who told her she was allergic to gluten, so Amanda went on a strict gluten-free diet. By 2007, now at age 17, Amanda's pain grew more intense. She started having hip pain, abdominal pain, and back pain. At first she thought it must be just bad posture, but she was wrong again. That same year,

Amanda moved away to go to college and began experiencing asthma-like symptoms. She was put on Albuterol but it did nothing to help. Amanda began gaining weight, so she adjusted her diet and exercise routine. It didn't help. Her weight kept increasing, and she has since gained a total of sixty pounds. Frustrated, she went to a nutritionist to gain some insight and start a special diet. When she visited a new doctor, all of her blood tests were normal, which surprised her. In 2009, still battling the off and on pain and exhaustion, Amanda had a gallbladder attack and needed emergency surgery to remove it. Just as Amanda was recovering from her surgery, a strange rash appeared all over her body and doctors were baffled. The diagnosis was hives and she was prescribed steroids and antihistamines.

By this point, all of Amanda's health problems had taken a toll on her emotions. She resorted to seeking counseling for depression, anger, and endless fatigue. She was prescribed an anti-depressant and told to keep exercising to help her fatigue. Quite soon after this, Amanda came down with a yeast infection and was prescribed fluconazole. A week later, she began to have hot flashes, lightheadedness, nausea, and the shakes. Amanda fainted twice, prompting her to get more blood tests done. She complained to her doctor all of her symptoms, which did not seem to fit any conclusive diagnosis. Instead, doctors found a sebaceous cyst on her shoulder and removed it, ignoring her other symptoms, which by now included ear pain and headaches. Unable to live with

the pain and fatigue, Amanda went to a sleep specialist, who diagnosed her with hypersomnia, hypnagogic hallucinations, and snoring. Her medications were changed again but did not help her back pain, fatigue, tiredness, and sleepiness. Desperate, Amanda went to see a chiropractor to get some pain relief. Even though she had seen a chiropractor in the past with no help, she still was hoping that this time she would find some relief. Unfortunately, the temporary relief only lasted a matter of days. Amanda continued to experience weight gain, bizarre rashes, and now some disturbing gastrointestinal symptoms. After gaining the first thirty pounds, Amanda was diagnosed with insulin resistance and went on an even stricter diet, but her symptoms continued. In August 2011, Amanda and her husband, moved to Sandpoint, Idaho and she began experiencing extreme nausea, more joint pain, pain in her upper abdomen, diarrhea, constipation, stomach cramping, green stool, feeling "drunk", not being able to get enough air, foggy brain, mood swings, vomiting, difficulty forming thoughts into words, TMJ, short term memory loss, breast tenderness, burping, anxiety and irritability. She went to yet another doctor, who diagnosed her with Irritable Bowel Syndrome and said that the other symptoms were not related. They also found blood in Amanda's urine, so she was placed on antibiotics. Around the same time, Amanda stumbled upon a documentary called "Under Our Skin" about the Lyme disease epidemic. While watching the movie,

Amanda knew that all of her symptoms matched those of Lyme disease. Not wanting to feel even more ashamed, Amanda kept her suspicions to herself for about a month. She shared her thoughts with her husband while she did more research. Later, Amanda went to her doctor and suggested that they had missed her diagnosis, and asked if it could have been Lyme disease all along? Her doctor told her that Lyme disease did not exist in Idaho, and that she had to live in the northeast of the USA in order to have been bitten by a tick. He asked if she had traveled to any of the Eastern states. When Amanda stated she hadn't, he was hesitant to do a western blot test even at Amanda's request. Uncertain, Amanda requested a western blot test, which came back negative. Luckily for Amanda, she knew that a negative western blot does not rule out Lyme disease. Trusting her gut instincts, Amanda traveled to a Lyme literate Medical Doctor (LLMD) that was a six hour drive away. After seeing the LLMD, Amanda was clinically diagnosed with Lyme disease and babesia. She was placed on doxycycline and tindamax, along with some supplements to support her immune system. A month later, her LLMD re-tested her for Lyme disease via the western blot and ELISA, and both were positive. Her LLMD placed her on a full treatment plan for 6-24 months. Amanda spent the first four months of her Lyme treatment in bed herxing and exhausted. She had to quit her job and her grades in school dropped dramatically. Having Lyme disease made Amanda very angry. She has had suicidal

thoughts, and experienced depression from having to miss out on so many things. Amanda is recently married, and because of the degree of disability Lyme disease has caused, she fears about the impact it will have on her new marriage. Having Lyme disease has made Amanda bitter towards those who do feel good, and who don't understand what the Lyme has done to her. The most difficult part, Amanda says, "I look healthy. I wonder, why me? I wonder, why do I have to be spending thousands of dollars on medication, trips to my LLMD, and not being able to work? I wanted to travel, buy a home, and have children. But after I have my pity party, I try to remember that we all have things that challenge us in life, and that I can make it through this. And I am! I am getting healthier by the day." Right now Amanda is only seven months into treatment, but she is already feeling better. Despite all her limitations, Amanda's spirits are getting much better. She does have hope again, and she has big goals and dreams. Amanda will keep advocating for those with chronic illnesses, including Lyme disease. She wants to finish college, and she graduates with a bachelor's degree this spring. From there, Amanda's goal is to continue her education toward a Master's in Social Work so that she can work with Child Protective Services. In Amanda's words "my spirits are much better. I finally have hope again, hope to pursue my dreams. Now that I've been having some good days, I know that the light at the end of the tunnel is coming more quickly than I had anticipated, and for that I am grateful."

pha

U.S Wellness Company Studies World’s Oldest Populations to Find Secrets to Reaching the Golden 100

Cincinnati, OH – Following diligent research around the world, one U.S company has found what it believes could be the key to prolonged life and great health.

Akea Life, a North Carolina-based wellness company has recently concluded a study of some of the world’s healthiest and longest living communities. With the aim of using the results to help them develop better products, the company identified a number of factors that contribute to life longevity and prolonged good health. During their research, dietary patterns were studied with surprising results. In virtually all longevity hotspots, certain super foods were continuously consumed by ageing cultures, with results showcasing populations living 10-20 years longer than the average U.S citizen.

Taking their results into the laboratory, Akea

used their data to produce ‘Akea Essentials’ – a new nutritional healthy multivitamin product which combines traditional foods from the world’s healthiest cultures with the Western world’s latest scientific breakthroughs.

Each serving of Akea Essentials will deliver pure super food goodness, allowing everyone to enjoy the same diet as ageing populations around the world. “We are even kicking off an official 60-day challenge to allow people to experience a total lifestyle change after adding Akea Essentials to their diet for just 60 days” says Michael Holtz, an Independent Consultant with the company.

He continues, “Current participants in the 60 day challenge report a number of improved benefits that cover a full spectrum of health challenges. Throughout the challenge there is daily communication, inspiration and encour-

agement through email and an online support community while participants learn to implement the 5 principles discovered in common with the world’s oldest and healthiest people. Who knows, they could even live to be 100!”

The research carried out by Akea goes a long way towards validating the lifestyle changes they promote. According to global statistics, people in the United States have a comparatively short life expectancy. However, the team at Akea hope to use their data to enable people to extend their natural lifespan and skew the statistics for good.

In fact Ed, another Independent Distributor for the company, is thrilled to share his own experience. “When I started the Akea 60-Day Challenge, I wasn’t in the best of shape. My blood sugar was 188, my blood pressure was 180/101, my triglycerides were 465,

and I weighed 239 pounds. Not in the best shape for 49 years old. Today, after the 60-Day Challenge, my numbers have dropped dramatically” he says.

Holtz, who has only recently embarked on his own 60 day challenge, can report similar impressive results.

“I started my own challenge less than two weeks ago and can already report a significant drop in blood pressure and an increase in my energy. My starting blood pressure was 143/100 and today lies at a mere 100/80. I am 53 and at a crucial risk age for heart disease. However, I am confident I can now buck the statistics” he adds.

The challenge is available to anyone living in the United States, and can be purchased from an Akea Life Independent Consultant. For more information on the challenge, Akea’s products and the life style they promote, please visit:

<http://www.healthnatural.us>

About Akea

Akea was created by a team with decades of experience in the health, wellness and technology fields. The most pervasive and silently accepted crisis in America today is the ill health of our people [Source: US Center of Disease Control (CDC)]. Akea shares this sentiment and firmly believes that the average person is interested in living a healthier life but lacks basic knowledge, tools and a community to support them to do so.

The team believed they could combine their collective and diverse experiences and create a great new global community that could truly empower people and help them rediscover their health, happiness, vitality and dreams.

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Please Remain Seated...for Chair Yoga: Yoga is for everyone!



by **Stacie Dooreck**

Have you heard this: "I can't do yoga until I feel better (or can get to yoga class)." Injury or illness, age or other 'limitations' (including working all day at your desk), may prevent you from getting on a yoga mat on the floor or to stand to do certain yoga postures as you know them. However with some creativity and modifications you can ALWAYS 'do' yoga. "If you can breathe, you can do yoga" says Krishnamacharya.

Sitting as tall as you can yet relaxed is the key to many meditation postures and breathing exercises (pranayama). That is a great place to begin. If you can't do any physical asana (posture) you can always observe your breath as it is or do some basic breathing exercises (inhale slow 3 counts, exhale 3, then work up to 4 counts etc), or recite a mantra ("I AM") as you inhale. There are chair yoga versions of most postures to increase mobility, vitality and flexibility: sun salutation, forward bends, back bends, spinal twists, sitting mountain pose, eye exercises

(helps computer strain) and breathing exercises (calms or energizes and increases concentration). At your desk, in a wheelchair, or wherever you are sitting now, take a 2 minute yoga break! Re-energize with just 1-2 minutes of yoga posture. Try it: inhale lift your arms up overhead exhale lower. Repeat 5-10 times and see how you feel!. I've seen great shifts in posture and energy from my senior home chair yoga classes using poses from this series suggested here. There are also chair yoga classes at local studios and senior centers that involve standing postures using a chair for support, but there is plenty of 'yoga' you can do without getting up or down from the chair if you are not able. See attached for a basic sequence of gentle chair yoga.

Yoga IS for Everyone! So stay seated and do yoga today! Inhale, sit tall, exhale relax!

Centering: Sit in a comfortable position with the spine tall yet relaxed. Take a few deep sighs. Inhale and exhale for 3 counts each for 5 rounds.

Wrist & Ankle Rotations: Rotate the wrists then the ankles. 5x each.

Neck Rolls: Circle the nose in the air 5x in each direction, slowly. Inhale when the head is up and exhale when the head is down. Shoulders relaxed.

Alternate Leg Lifts: Inhale, lift one leg up (from

the knee down) and exhale as you lower. Switch sides. Repeat 2-5x.

Alternate Arm Lifts: Inhale as you lift the right arm up. Exhale as you lower the arm. Switch sides. Repeat 5x each.

Combine Arm and Leg Lifts: Inhale as you lift the right arm and left leg. Exhale as you lower. Switch. Diagonal movements. Keep the spine tall.

Mountain Pose: Sit tall in chair. Lift from base of spine through the crown (top) of head. Feel the back muscles strong and the side body lifting. The feet are on the floor.

Side Stretch (Crescent Moon) :Inhale, sitting tall as you lengthen the spine skywards. Exhale, as you lean gently to the right, placing right hand by right hip or hang at side of chair and left hand up and over the left ear. Switch sides. Repeat 3x on each side.

Cat to Cobra: Pose/Spinal Flex Inhale to cobra (lift the heart as the hands slide to the hips on the thigh.) Bring the elbows towards each other. Exhale to Cat (belly towards spine as you round the back with the arm stretchedhands to knee.) Repeat 5-10 X.

Spinal Twist: The feet are on the floor, hip- width apart. Inhale as you sit tall. Lengthen the spine skywards. Exhale as you twist gentle to the right, placing



your right hand behind you or on side of chair and left hand to right knee area. Switch sides. Only twist as far as comfortable with no strain. You can repeat this posture again, once on each side.

Final Relaxation: Rest your back against the chair with the legs 1-2 ft. apart. Allow the legs to roll outwards. Relax the arms with the palms facing the sky, resting on thighs. Observe the breath and body. Relax for 5-10 minutes. Relax the nerves and calm the mind. Slowly move the hands and feet to come out and sit tall.

About the Author:

Stacie was taken to yoga ashrams and raised vegetarian since birth. Her own hatha yoga practice started in high school in 1993 due to an injury and

continued as healing occurred from a simple daily yoga practice. The physical benefits and mental peace it brought were life changing.

The journey continued as she took her first teacher training in 1995 at the Sivananda Yoga Vedanta Ashram in Canada. Given the name Saraswati, (Goddess of the Arts and Learning) she returned to her college dorm to share the teachings with others and has continued ever since.

Stacie is an author of a book out in 2012 called: "SunLight Chair Yoga: Yoga is for Everyone" and created and leads SunLight Chair Yoga Teacher Trainings in CA, FL, NY and the Sivananda Yoga Ashram in CA and Bahamas. Stacie has a B.A. in Religious Studies, Iyengar Institute of San Francisco. mylifeyoga.com

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Active H-minus – The most powerful systemic electron donor (antioxidant) in Nature. Add to water or any beverage to respond to oxidative stress.

INTRODUCTORY OFFER:

Purchase a PURIST with QuintEssential 3.3 and receive a FREE 3-month supply of Active H-minus (\$34.95 value)

(Offer expires 7/1/2012)

To take advantage of this amazing offer please visit our affiliates link:

www.purative.com/?a_aid=4f62298de42ea

Linda Heming CHOICE for Health

Discover The Top 10 Lyme Disease Treatments

www.Lyme-Disease-Treatment.com

SoulCare Counseling Center

405 Harwood Road, Bedford, Texas 76022

Lyme-Literate Counselor in the DFW area

Dawn Irons, M.A., LPC-Intern
Supervisor: Bernis Riley, M.A.; LPC-S

Counseling services are restricted to the state of Texas due to license requirements

Lyme Disease Affects More than an Individual, It Affects Entire Families



www.DawnIrons.com

972.804.2876



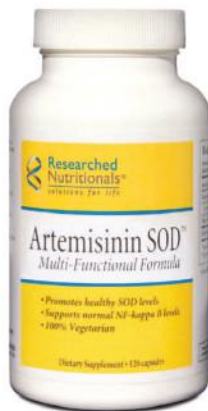
Have you been told, “It’s all in your head?”
Are you experiencing the psychiatric symptoms
that are based in the borrelia infection?
Do you feel you have no one who understands?

Dawn was undiagnosed for 18 years before finally getting an answer to her
devastating health problems. She has walked the battle of long-term
treatment and has experienced remission for the last 3 years.



Due to the efficacy and the science behind the products, these are my favorites
- Joseph J. Burrascano Jr. M.D.

Immune & Detox SOLUTIONS



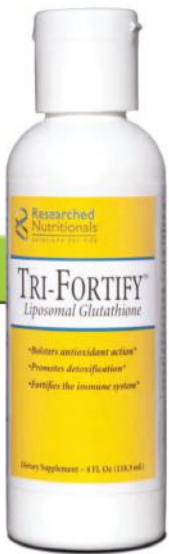
ARTEMISININ SOD™
Pure Artemisinin w/SOD Support



PRESCRIPT-ASSIST PRO™
Clinically Researched Probiotic



TRANSFER FACTOR MULTI-IMMUNE™
#1 Natural Killer Cell Formula

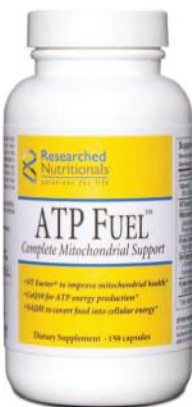


TRI-FORTIFY™
Liposomal Glutathione Detox

| Product | Features/Benefits* | Who Benefits?* |
|-------------------------------|---|--|
| Artemisinin SOD™ | Features pure artemisinin for optimal immune support plus curcumin, quercetin, green tea, black walnut hull Promotes healthy SOD (super oxide dismutase) levels | Patients needing to promote healthy SOD levels Patients seeking the purest, high strength artemisinin available |
| Prescript-Assist Pro™ | Clinically researched probiotic** Soil-based probiotic, providing beneficial flora the way nature intended – not from milk Contains no antibiotic or hormone residues No potential for lactose-intolerance side-effects Does not need to be refrigerated 100% vegetarian | Individuals searching for a clinically proven probiotic Anyone concerned with milk allergies or hormone-fed cows as the source of dairy sourced probiotics Patients on antibiotic treatment, which destroys both beneficial and harmful gut flora Travelers who want to maintain health while traveling |
| Transfer Factor Multi-Immune™ | Potent, front-line immune system support Formulated with pure transfer factor and the most researched immune nutrients to promote healthy natural killer cell levels, fortify macrophage activity and healthy cell replication Clinically researched** | Those looking for the doctor's favorite immune support formulation Promotes healthy immune system for those dealing with ongoing health challenges, as well as individuals striving to maintain overall good health Travelers who want to maintain health while traveling |
| Tri-Fortify™ | Preferred reduced L-glutathione, the major intracellular antioxidant essential for detoxification Offered in an absorbable liposomal delivery system (liquid) Bolsters antioxidant action Promotes detoxification Fortifies immune system | Doctors often prescribe to promote healthy detoxification among those with impacted detoxification systems Any individual seeking to supplement the body's detoxification process |

**Research Available Online

Energy SOLUTIONS



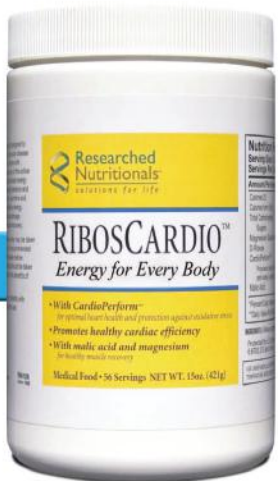
ATP FUEL™
NT Factor Energy™, NADH, CoQ10



COQ10 POWER™
Recharging Antioxidant



ENERGY MULTI-PLEX™
Expert Adrenal Support



RIBOSCARDIO™
Speeds Up Energy Production

| Product | Features/Benefits* | Who Benefits?* |
|--------------------|---|--|
| ATP Fuel™ | Optimized energy for serious mitochondrial needs Focuses on repairing mitochondrial membranes and increasing Krebs Cycle energy output Offers the top three energy nutrients and cofactors (NT Factor Energy™ phospholipid delivery system, CoQ10, and NADH) synergistically combined for maximum mitochondrial performance and energy production | Those with compromised mitochondrial function Patients with suboptimal energy levels Athletes undergoing significant physical stress |
| CoQ10 Power™ 400mg | Recharges the energy system in the heart and the mitochondria Potent antioxidant which promotes healthy cardiovascular and dental health Highest grade and strength in one absorbable softgel | Those with low CoQ10 levels Patients on statins (cholesterol lowering medications), because statins deplete the body's supply of CoQ10, leading to a reduction in energy levels |
| Energy Multi-Plex™ | Non-glandular adrenal support formula, developed to support (but not to over stimulate) adrenals 14 researched nutrients synergistically combined into one formulation | Those needing to nutritionally support adrenals, a condition common among patients facing long-term health challenges |
| RibosCardio™ | Opens ATP pathways to speed up energy production | Favorite of athletes who add it to their water bottles before and during exercise Patients seeking healthy energy levels and who prefer a powder to capsules |

**Research Available Online



Researched Nutritionals®
solutions for life

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www.ResearchedNutritionals.com | Available only through healthcare professionals

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

www.publichealthalert.org



LIMITED AVAILABILITY – CONTACT US FOR MORE INFORMATION

A group of seven young children, likely from a developing country, posing for a photograph. The child in the center holds a large wooden stick vertically. They are all smiling or looking towards the camera.

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