Learning to Calm Your Fight or Flight Patterns

by Amy Sherr

When we become threatened, we experience a surge of chemicals designed to allow us to survive through whatever the event is. The physical reaction is increased adrenaline, acceleration of heart and lung action, and mobilization of pupils and more. Cortisol, known as the “stress hormone,” is an integral part of our body’s “fight, flight or freeze” response. The fight, flight or freeze response is essentially a state of acute stress. While stress is usually seen as a negative, it is beneficial if we need the surge of chemicals to help us fight.

Why It’s Essential to Pay Attention

Animals in the wilderness - shame, tremble, run, or do other physical actions to discharge the effect of these stress chemicals on their body. The natural human tendency is to do this too. But, we are often told (by others or ourselves) to “calm down,” to “get a grip,” “stop being so sensitive,” and “be a big boy/girl and suck it.”

When we purge the survival chemicals after a trauma, it shows our primitive brain that we survived and we are safe. This sends a signal to the cognitive brain to process the information and throw out the irrelevant associations related to it.

One Simple Fight or Flight Calming Technique

Donna Eden, an energy medicine pioneer offers Calming Technique. She has written a number of books including Energy Medicine. I have found that these stress chemicals on our body can lead to the symptoms of Lyme disease. When treating a Lyme disease patient since 1992, I have observed many more patients with Lyme disease and its co-infections.

Lyme disease and pay careful attention to the patient’s immune system. When treating a Lyme disease patient since 1992, I have observed many more patients with Lyme disease and its co-infections.

When we become threatened, we experience a surge of chemicals designed to allow us to survive through whatever the event is. The physical reaction is increased adrenaline, acceleration of heart and lung action, and mobilization of pupils and more. Cortisol, known as the “stress hormone,” is an integral part of our body’s “fight, flight or freeze” response. The fight, flight or freeze response is essentially a state of acute stress. While stress is usually seen as a negative, it is beneficial if we need the surge of chemicals to help us fight.

Facing and surviving a trauma, if discharged in a healthy way, can actually lead to a shift of more empowered and able to handle things in the future. It can even create a sense of security.

If we don’t discharge the trauma though, primitive brain freezes the event in our systems. Anything in the future that reminds of us this original event can trigger further responses.

The Lyme-Thyroid Connection

Lyme disease can have a number of effects on the body and can trigger autoimmune diseases such as Hashimoto’s thyroiditis. The bacteria borrelia burgdorferi has been found to cross the blood brain barrier which tissue which triggers the autoimmunity by what is known as molecular mimicry. This basically means that your immune system tags an antigen agent but also attacks self-tissue that has a similar protein structure. Hashimoto's affects 28 million Americans and is the most common autoimmune disease in the world. It can lead to the symptoms of hypothyroidism which include: fatigue, depression, weight gain, constipation, muscle weakness, sleep disorders, hair loss, arthritis, brain fog, and numbness/tingling.

Many of these symptoms are similar to Lyme disease and its co-infections. When treating a Lyme disease patient with Hashimoto’s we also have to take into account what we do to the patient’s immune system and pay careful attention to what treatment methods are utilized. Herbal medicine can have a stimulatory effect on different parts of the immune system and can thus make the autoimmunity worse.

Other factors that must be looked at with autoimmunity include: Vitamin D status, gluten, toxins, heavy metals, gut permeability, intestinal barrier function, gut infections, rickettsia, and iodine.

I have found that many people with Lyme have not been evaluated for autoimmunity. Many of the symptoms listed above are also very important in the treatment of Lyme disease. Vitamin D is extremely important for immune system function and, more specifically, immune system balance which is usually off in Hashimoto’s and Lyme. Patients with Lyme disease have been found to have abnormal vitamin D receptors which requires much higher doses of vitamin D for effective resolution.

Gluten-free diets are nothing new for Lyme patients but we also know that glutens can trigger gluten-free food products.

Toxic metals, especially mercury, can play a significant role in both these disorders. Mercury has been shown to trigger Hashimoto’s. In fact, Czech researchers have found that when mercury-containing dental amalgams are removed from patients with Hashimoto’s, their antibody levels significantly drop. Dental amalgam removal can play a powerful role in Lyme disease as well. Hashimoto’s. I do see many patients aggressively chelate mercury from all Lyme patients as well. Rickettsia is a co-infection that seems to be involved with Hashimoto’s as well. Rickettsia also loves the adrenal gland and can cause unrelenting adrenal problems and complete adrenal fatigue. The adrenals are vital for immune system function, sleep, thyroid function, energy, blood sugar and they produce the natural anti-inflammatory cortisone. Adrenal support is usually necessary in Lyme and Hashimoto’s patients since they are intricately involved in most aspects of these disorders. Liceorice root is one example of an herb that stimulates the immune system and supports the adrenals. Unfortunately, it can also make Hashimoto’s much worse by overstimulating the immune system. I do not recommend Licorice for most cases.

High doses of iodine are being used by some practitioners to treat Lyme disease and thyroid disorders. Iodine is an excellent anti-microbial but it can also have devastating effects. Autoimmune disease including Hashimoto’s. The problem is that Hashimoto’s patients who ingest iodine actually increase lymphocyte attack on the thyroid gland. This happens because iodine increases the enzyme thyroid peroxidase activity thus increasing inflammation within the gland itself. If iodine is going to be utilized in Lyme disease, the patient must first be evaluated for Hashimoto’s thyroiditis.

Next time you see your doctor for treatment of Lyme disease, request a blood test for thyroid peroxidase and anti-thyroglobulin antibodies to see if you have Hashimoto’s. If you have Hashimoto’s, make sure your doctor does the necessary detective work to find out why you have it in the first place. It could have been caused by barrella borrelia ferri, but it may be something else as well. A properly diagnosed and treated thyroid problem can significantly help you in your path to overcoming Lyme disease.

Donna Eden, an energy medicine pioneer offers Calming Technique. She has written a number of books including Energy Medicine. I have found that these stress chemicals on our body can lead to the symptoms of Lyme disease. When treating a Lyme disease patient since 1992, I have observed many more patients with Lyme disease and its co-infections.
I reflect on what I would’ve liked to have heard from my new diagnosis from someone who has lived with a chronic illness for years, these are the things I find of most value to pass along.

[1] Get in touch with the national foundation or organization that is dedicated to supporting people who live with a chronic illness that you have recently been diagnosed with. Explain to them that you have just found out about your diagnosis and that you would like the most basic information. They may drop some brochures to you in the mail or send you their website.

Despite the fact that you may have not had a chance to grapple with your diagnosis yet, it will likely make this task seem discouraging, and you may get things inches in your mail and not be ready to read them, put them aside for later. The important thing to know is that this organization will likely be one of the first you will reach out to with the most current and objective scientific treatment options and you will want to be “in the know.” As your doctors are making suggestions for treatment options to try, you will want to start, and you are torn about them because of the long road ahead. These organizations will be your best source of objective information.

[2] Know when to stop reading about your disease. There are millions of books, websites, podcasts, and more which will tell you how you can cure it, delay the progression of the disease, or even kill it! All are created with related treatments. The important thing is to gain your perspective of the illness and illness organizational websites so you are aware of where you can find information and what you can do.

You should be aware of some of the symptoms that may occur because of your illness so that if they do occur, you can attribute it to them. However, don’t bury yourself in reading every thing you can get your hands on. It will simply become too depressing, and many of the anecdotes that other people share may never apply to your life.

[3] Don’t lose hope about your situation. It seems there are new scientific discoveries on a daily basis that may change how your illness progresses or is treated. For those of us who live with rheumatoid arthritis for 16 years and recently had my right hand replaced in my left hand due to deformities & loss of abilities. But my medical team, hand surgeon, rheuma- tologist, and a physical ther- apist, have all said that they rarely see this kind of sur- geries now due to the new family of drugs available in the last 10 years that has rapidly slowed down the pro- gression of the disease and destruction of the actual joints.

Even if there is not an immediate cure, as we scienti- fically grow closer to being able to “in the know.” As your doctors are making suggestions for treatment options to try, you will want to start, and you are torn about them because of the long road ahead. These organizations will be your best source of objective information.

[4] Think about who you can turn to for help. Are you able to talk to about what you are emotionally and spiri- tually experiencing in the recent diagnosis. The person may be someone you meet in an online forum for your disease; it could be a pastor, mentor, counselor, or even a good friend who is able to listen without trying to fix it. The most important thing to know is that you have DNA, a microcosm where you can share what you are experiencing, and that God will be there for you.

Check out your local support groups for your illness, or other support environments such as Hopekeepers, which is a unique small group of Christian support environ- ment for those who live with illness or pain. Also, consider your personality and how you are best encouraged. Would you feel most refreshed by sharing what you are going through with just a friend, one-on- one, at a coffeehouse? Or are you homebound, and signing onto an online forum to receive encour- age- ment and prayer would be more appropriate. Remember that whatever works best for you at one time may not be best for you at another time.

[5] Ask yourself “What foun- dation do I have in my life that will help me through the difficulties that I will be fac- ing?” Even if your illness does not you will become rapidly, the daily aches and pains, as well as the emotional roller coasting at “why?” questions you will have, will leave you searching- for life than simply solving your problem with a cup of hot tea. As a Christian myself, I honestly do not know what people live with a particularly severe or chronic complicating illness who do not know the Lord. Litheness is what keeps me together: believing that my pain is a blessing, and that God has a purpose and plan for it; acknowledg- ing that God is always in control of my life and that of my circumstances come as no surprise to Him; and firmly surrendering to the fact that He has any specific purpose for my life that I can imagine.

So don’t give up and assume if you are not a spiritu- al person, you will likely find the purpose for my life and that God is always in control of my life and that of my circumstances come as no surprise to Him; and firmly surrendering to the fact that He has any specific purpose for my life that I can imagine.

As a Christian myself, I honestly do not know what people live with a particularly severe or chronic complicating illness who do not know the Lord. Litheness is what keeps me together: believing that my pain is a blessing, and that God has a purpose and plan for it; acknowledging that God is always in control of my life and that of my circumstances come as no surprise to Him; and firmly surrendering to the fact that He has any specific purpose for my life that I can imagine.

So don’t give up and assume if you are not a spiritu- al person, you will likely find the purpose for my life and that God is always in control of my life and that of my circumstances come as no surprise to Him; and firmly surrendering to the fact that He has any specific purpose for my life that I can imagine.

As a Christian myself, I honestly do not know what people live with a particularly severe or chronic complicating illness who do not know the Lord. Litheness is what keeps me together: believing that my pain is a blessing, and that God has a purpose and plan for it; acknowledging that God is always in control of my life and that of my circumstances come as no surprise to Him; and firmly surrendering to the fact that He has any specific purpose for my life that I can imagine.

So don’t give up and assume if you are not a spiritu- al person, you will likely find the purpose for my life and that God is always in control of my life and that of my circumstances come as no surprise to Him; and firmly surrendering to the fact that He has any specific purpose for my life that I can imagine.

As a Christian myself, I honestly do not know what people live with a particularly severe or chronic complicating illness who do not know the Lord. Litheness is what keeps me together: believing that my pain is a blessing, and that God has a purpose and plan for it; acknowledging that God is always in control of my life and that of my circumstances come as no surprise to Him; and firmly surrendering to the fact that He has any specific purpose for my life that I can imagine.

So don’t give up and assume if you are not a spiritu- al person, you will likely find the purpose for my life and that God is always in control of my life and that of my circumstances come as no surprise to Him; and firmly surrendering to the fact that He has any specific purpose for my life that I can imagine.

As a Christian myself, I honestly do not know what people live with a particularly severe or chronic complicating illness who do not know the Lord. Litheness is what keeps me together: believing that my pain is a blessing, and that God has a purpose and plan for it; acknowledging that God is always in control of my life and that of my circumstances come as no surprise to Him; and firmly surrendering to the fact that He has any specific purpose for my life that I can imagine.

So don’t give up and assume if you are not a spiritu- al person, you will likely find the purpose for my life and that God is always in control of my life and that of my circumstances come as no surprise to Him; and firmly surrendering to the fact that He has any specific purpose for my life that I can imagine.

You can email your donation to:

Public Health Alert
295 Belle Street
Bedford, TX 76022

PHA is a free monthly publication featuring information and awareness about 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 Lyme Association, Multi-Sclerosis, Lou Gehrig’s disease (ALS), Lyme, Chronic Fatigue, Fibromyalgia, Heart Tachycardia Support Group, and other illnesses of unknown origin. PHA seeks to bring information and awareness about these illnesses to the public’s attention. We want to make sure that anyone struggling with these diseases has proper sup- port and assistance medically, spiritu- ally and medically.

Donations:

We do not accept cash card pay- ments. Donations must be sent to a VERIFIED PayPal account.

Letters to the Editor

Letters to the Editor must be from a VERIFIED PayPal account.

Letters must be 200 words or less and provide the author’s name, city, and state. Letters will not be returned. E-mail address, phone number or fax number are not necessary.

Letters to the Editor

Letters to the Editor must be from a VERIFIED PayPal account.

Letters must be 200 words or less and provide the author’s name, city, and state. Letters will not be returned. E-mail address, phone number or fax number are not necessary.

Letters to the Editor

Letters to the Editor must be from a VERIFIED PayPal account.

Letters must be 200 words or less and provide the author’s name, city, and state. Letters will not be returned. E-mail address, phone number or fax number are not necessary.

Letters to the Editor

Letters to the Editor must be from a VERIFIED PayPal account.

Letters must be 200 words or less and provide the author’s name, city, and state. Letters will not be returned. E-mail address, phone number or fax number are not necessary.

Letters to the Editor

Letters to the Editor must be from a VERIFIED PayPal account.

Letters must be 200 words or less and provide the author’s name, city, and state. Letters will not be returned. E-mail address, phone number or fax number are not necessary.

Letters to the Editor

Letters to the Editor must be from a VERIFIED PayPal account.

Letters must be 200 words or less and provide the author’s name, city, and state. Letters will not be returned. E-mail address, phone number or fax number are not necessary.
Do you suffer from a neuromuscular disease?

MitoSynergy may help you to improve your quality of life and take control of your pain. With a one of a kind blend containing the patent pending Cunermuspir Complex, MitoSynergy may dramatically improve your energy, sleep, inflammation, motor control, pain management and muscle strength.*

FREE GIFT

use coupon code PHEALTH and receive a free gift with your order!

ORDER TODAY at [www.MitoSynergy.com](http://www.MitoSynergy.com)

Elizabeth’s Chalker’s Book Is Now Available!

Elizabeth has written a powerful, God-inspired book that will encourage and help strengthen anyone who reads it. If you are in the midst of suffering, or struggling through intense hardships, then this book will provide solace and hope to pull you out of the darkness and into the light! Elizabeth is still courageously fighting for her life and to get the resources necessary to receive life-saving medical treatment.

Offer exclusive to PHA readers:

For those who make a contribution of $35.00 or more to help Elizabeth, you can request a personalized, signed copy of her book (shipping included within the US, add $5 if international).

To contribute online go to [www.helpelizabeth.net/Bookpage.html](http://www.helpelizabeth.net/Bookpage.html)

Click on the ‘Contribute’ button and in the note section, share with Elizabeth who you would like for her to make out the personalized note to and we will get a signed copy of her book to you promptly!

Thank you for your help, your support, and your prayers. We pray that Elizabeth’s book will help you in your journey.
A 14-Year Journey With Lyme
by Tammy Studebaker

Our story started over fourteen years ago. My hus-
band is a home builder, avid fisherman and loves to be
outside. In his early 40’s he started to have massive joint
pain, then the headaches would begin. On two sepa-
rate occasions we ended up in the ER because the
migraines were so horrific he could not stand the pain a
moment longer. His dentist started to buckle and the back
date started to deteriorate, and he ripped both of his meniscus-
e in his knees while simply walking.

As we near the end of my son’s treatment, my hus-
bond sits in our sunroom with a permanent bed, on a
PIC line treating his Lyme disease. He is able to walk to
the end of the driveway on good days and is unable to
drive or work.

My daughter began having massive bone pain in
her hands and feet two years ago and it progressed to
swelling and unbelievable pain. She is also being treat-
ced for Lyme disease and co-
infections.

I am sure as you all read our story, you will feel the
driving need to come together. I feel that many have
to have their voice heard. I feel that many have been
failing to be heard. I feel that the world needs to hear our
story. I feel that our story needs to be heard. I feel that
our story needs to be told.

Lyme disease is a growing epidemic. We are
learning that we are not alone. We are learning that
we are not the only ones who have been struggling.
We are learning that we are not the only ones who have
been suffering.

There is still a lot of work to be done in the
world to raise awareness and to bring a cure.

I urge you to share this story with your
friends, family, and anyone who will listen.

Thank you for taking the time to read our
story.

Tammy Studebaker

www.Lyme-Disease-Treatment.com

Public Health Alert
Neurologist Exposes Brain Diet & Meditation Practices Designed for Optimum Health

Austin, Texas – A visit to any Family Doctor usually results in a bottle of pills to relieve and control symptoms. However, Neurologist Bhuvana Mandalapu is working diligently to make it clear that full recovery should be both the patient and physician’s prime goal. In an attempt to help people recover faster and return to their full function, Mandalapu is delighted to announce the launch of his latest book, ‘Replenish: Mind & Brain Diet’ which shifts the focus from pharmaceuticals to a balanced diet and powerful daily meditation.

Synopsis:
Nobody wants to be sick. Always remember – ‘Health is Wealth’. We need to do everything possible to recoup better, faster and most importantly, we want to be functional and back to our baseline. For that, along with doctor’s recommendations, following the brain diet and meditation practices designed specifically for the conditions will enhance the results. Added to our motivation and determination to do better in every aspect, consistent practice will yield the best results and help us further than expected on the path of healing.

The book contains a specifically-designed diet and individualized meditation practices to assist the healing of Sleep and Insomnia, Fogg Brain, Depression/ Anxiety/ADHD, Chronic Fatigue / Fibromyalgia syndrome, Post-concussion/Post-traumatic brain injuries, Dizziness/ Vertigo, Epilepsy/Seizures, Stroke/TIA, Alzheimer’s disease/Tremors/Rigidity, Multiple Sclerosis, Migraines and Other Headaches.

“My book helps readers understand that a healthy diet, added to meditation practices, helps to create harmony between the conscious and subconscious minds. This ultimately makes us recoup more, faster to recover previous functional status,” Mandalapu explains. He continues, “It can also assist in the pursuit of consistent happiness. Current medical advances are certainly pioneering, but people need to better recognize and understand the role that the mind plays in them.”

Critics praise the author for his unique yet realistic approach, with many hailing his attempts to decrease the risk of chronic illnesses and the resulting permanent damage they cause to both the body and the mind.

“What’s in the past is in the past. People need to rid themselves of illnesses for good, so they can continue to live a happy and healthy life. Chronic illnesses chip away at the mind and body; it’s a dangerous combination that must be avoided at all costs,” Mandalapu concludes.

About the Author: Bhuvana Mandalapu, MD, is a practicing Neurologist and Internist in Austin, Texas.

Individual, Couples, Family & Group Counseling Services

We deal with issues such as:
- Depression
- Anxiety
- Chronic Illness
- Marital Conflict
- Family Discord
- Grief & Loss
- Infertility
- Bipolar Disorder
- Communication Skills
- Conflict Resolution

...and more.

Call for a free 30-minute consultation
Due to state ethical guidelines these counseling services are only eligible to Texas residents.

2045 Bedford Rd, Bedford TX 76021 972.804.2876
Oxytocin: More Than Just a 'Love Drug' by Eric Barbry, PharmD Candidate

It has been suggested, albeit seldom studied, that oxytocin (OT) may help explain delays or impairments in social development in patients with autism spectrum disorder. Oxytocin has been shown to be involved in such social behaviors as mating, nursing, social attachment, and parental behavior (Gale, Ozonoff, and Lainhart 2003). For this reason, oxytocin has been touted as the “love drug.” Oxytocin is a hormone that acts both in the brain (“peripherally”) and in other parts of the body ("peripherally"). In the brain, oxytocin plays a role in sexual arousal, bonding, and maternal behavior. Peripherally, oxytocin aids in cervical dilation before birth, uterine contractions during cervical dilation before birth, labor, and milk production during breastfeeding. In addition to these classical responsibilities of oxytocin, there have been recent studies that suggest its role in autism as well.

First, it has been postulated that induction of labor with large amounts of synthetic oxytocin (Pitocin®) may cause a downregulation of oxytocin receptors in the child’s immature brain due to desensitization. This might make the child vulnerable to autism because once the child begins producing oxytocin, there are less receptors for oxytocin to exert its effects (Hollander et al. 1998). However, there is at least one conflicting study that was unable to correlate oxytocin induction rates and autism rates (Gale et al. 2003). In the same study, there was also no correlation between induction rates and IQ level. It is likely that this has contributed to conflicting opinions regarding oxytocin as a treatment option for autistic patients.

It has also been studied that while oxytocin (OT) levels in some autistic patients are low, those same patients have high levels of the precursors to oxytocin—collectively called C-terminal extended peptides (OT-X). Green et al (2003) showed that, in the autistic sample, there was a statistically significant decrease in OT, increase in OT-X, and increase in the ratio of OT-X to OT. This suggests that autistic children have alterations in their endocrine oxytocin system, which may be relevant in the development of this syndrome. Therefore, it is not necessarily a deficiency in producing oxytocin; rather, there is a dysfunction in the processing and "activation" of OT-X to the OT form.

Due to the aforementioned mechanism, treatment of autism with oxytocin may prove beneficial. In one study (Andari et al. 2010), patients with high-functioning autism spectrum disorders (HF-ASD) were treated with intranasal oxytocin, and compared to both normal patients and HF-ASD patients who were given placebo. All patients then performed two tasks related to social decisions and emotions. Statistically significant improvements were shown in the patients treated with oxytocin when compared to the placebo group. This suggests that exogenous administration of oxytocin— that is, not made by the body—improves the social insufficiencies of some autistic individuals. However, it should be noted that while some patients responded strongly to oxytocin treatment, not all patients responded favorably. Some patients responded weakly, while others showed no improvement after oxytocin administration. This is undoubtedly due to the inherent differences in patients across the autism spectrum.

Since the intranasal oxytocin used in Andari et al. study is a synthetic analog of the oxytocin that is produced in the body, this could be considered a viable option for autistic patients who avoid eye contact and do not spontaneously interact with people. These social inadequacies may be present even in autistic individuals with normal language and/or intellectual abilities. It should also be noted that oxytocin is not an FDA-approved treatment for autism, but statistically significant benefits have been shown in several small-scale clinical studies.
WE TREAT THE CAUSE OF THE DISEASE NOT JUST THE SYMPTOMS

"We are pioneers in Integrative Medicine, that blends the best conventional medicine with the best alternative therapies. The unique approach to wellness recognizes the effectiveness -- in body, mind and spirit..."

LYME DISEASE: WE FEEL YOUR PAIN then we treat it.

ALSO TREATING:
Chronic Fatigue
Lupus
Scleroderma
Cancer
Fibromyalgia
Bacterial Infections
Viral Infections
Fungal Infections
Toxicities
MS & Parkinsons
Arthritis
Skin Disease
Cardiovascular disease
Allergies
Chronic Pain
Hypoglycemia
Diabetes
Diseases of unknown origin

Sierra Integrative Medical Center optimizes health service by drawing from all schools of medicine. We utilize scientifically proven conventional treatments in combination with alternative therapies that are designed to strengthen the body so it can heal itself.

Our services are designed to provide a holistic healing approach with a broad range of healing modalities, including but not limited to: homeopathy, natural & biological medicine, nutritional therapies, orthomolecular integration & neurotherapy.

We emphasize preventative protocols, so as to avoid recurrence and the development of new problems.

We are always open to accommodating patients. If you have a specific request, please contact us to discuss your health treatment or health protection plan.

Danella Carpenter: Lyme Disease

"After 4 months of antibiotic treatments and my health declining, my doctor agreed that we should take another course of action. It was then when we came across Sierra Integrative Medical Center and we knew this was the better way to go with a more holistic approach. The natural forms of treatment the clinic used made logical sense to me. They are able to spend the adequate amount of detailed time with each patient, and heal the body as a whole, not just the symptoms and not just the Lyme. Now, I feel better than I have in years. I have energy and my body continues to feel stronger each day!"

SIERRA INTEGRATIVE MEDICAL CENTER
9333 Double R Blvd, Suite 100
Reno, NV | 89521
www.sierraintegrative.com | (775) 828-5388
PUBLIC HEALTH ALERT

C-RLA™
High-dose Vitamin C & R-Lipoic Acid

LIPOSOMAL DELIVERY SYSTEM
C-RLA™ offers doctors and their patients a safe, efficacious delivery system of High Dose Vitamin C and R-Lipoic Acid in one formulation. Each serving contains 1500mg of Vitamin C and 70mg of R-Lipoic Acid in a natural (GMO-free) liposomal preparation.

OPTIMIZED VITAMIN C ABSORPTION
As most oral Vitamin C doses above 250mg are very poorly absorbed, the most effective high-dose oral delivery system is via liposomes from natural phospholipid choline.* Many doctors may choose to supplement in-office Vitamin C drips with C-RLA™ so the patients continue to receive the benefit of high-dose Vitamin C without stomach distress.*

R-LIPOIC ACID—ENERGY & ANTIOXIDANT SUPPORT
Lipoic acid helps protect against oxidative stress.* The “R” form is the biologically active component (native to the body) and is the preferred form for optimal nutritional support and absorption.* The “S” form is produced from a chemical manufacturing process and is not as biologically active. Typical alpha-lipoic acid supplements consist of the “R” and “S” form in a 1:1 ratio, offering the patient only 50% of the active “R” form. R-Lipoic Acid’s mitochondrial (energy) support is based on its role as an essential cofactor in several mitochondrial enzyme complexes that catalyze critical reactions related to cellular energy production.*

R-Lipoic Acid’s antioxidant role is linked to its ability to promote healthy glycemic levels, regeneration of other antioxidants (including C, E & glutathione) and support the body’s goal of managing reactive oxygen species (ROS).*

SOY-FREE, GMO-FREE & VEGETARIAN
Our liposomes are derived from GMO-free sunflower oil so it is a natural product for patients with soy sensitivities. This product is 100% vegetarian.

CALL 800.755.3402
1-800-693-1800 (Customer Service) 1-800-693-1801 (Technical Service)
www.researchednutritionalssolutions.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.

Public Health Alert

Optimized Energy for Serious MITOCHONDRIAL NEEDS

ATP Fuel® starts with the base of our highly acclaimed NT Factor Energy™ phospholipid delivery system for mitochondrial membrane support. Stabilized NADH and CoQ10 (1:1) are incorporated to promote healthy Krebs cycle output.

PRESENTED at ILADS.
PUBLISHED in peer-reviewed International Journal of Clinical Medicine.
PUBLISHED in peer-reviewed Journal of Functional Food in Health & Disease.

JOSEPH BURRASCA NO JR., MD
"Due to the efficacy and the science behind the product, this is one of my favorites"

CALL FOR A FREE COPY OF OUR PUBLISHED RESEARCH
Toll Free 800.755.3402 • Tel 803.693.1802 • Fax 803.693.1816
www.researchednutritionalssolutions.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.