



"Nutrition That Really Works"™

The Five Steps to Great Health

A Revolutionary New Approach to Overcome Illness

The Quest for Ideal Health

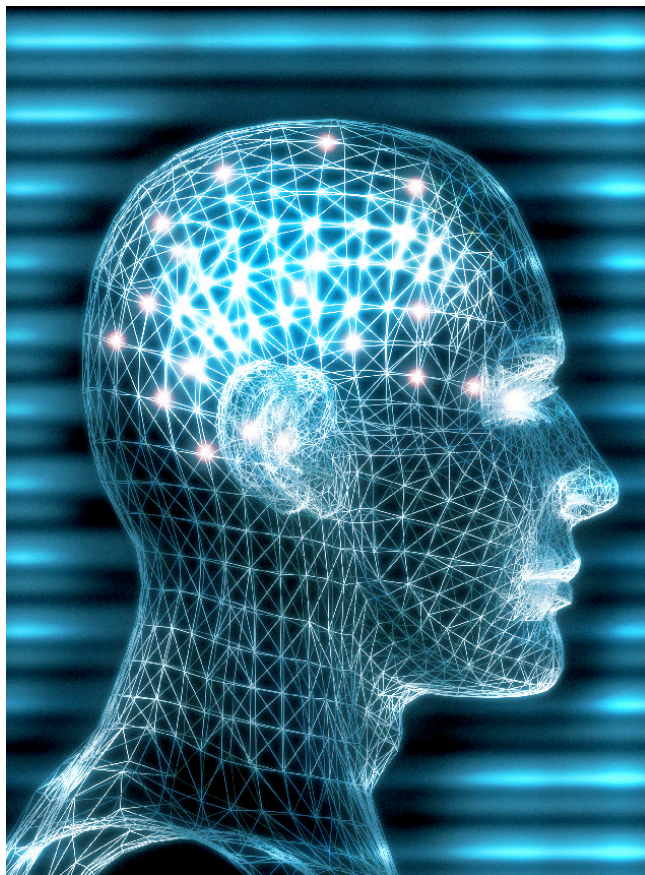
To reach a state of great health, most people must first overcome their chronic health problems, such as joint stiffness, muscle aches, asthma, allergies, headaches, high blood pressure and all the "itises" such as arthritis, prostatitis, urethritis, cystitis, diverticulitis, hepatitis, sinusitis, etc. According to the Centers for Disease Control, since 2000, more than one out of two Americans are now termed chronically ill, and that figure gets continues to get worse as each year passes.

The Goal

The goal is to empower every person to attain their own *limitless* healing potential through the use of quantum resonance nutraceutical formulations, spectacular detoxification techniques and premier therapeutic strategies.

The Five-Step Protocol

An effective protocol focuses first on the recovery from chronic illness, then on the attainment and maintenance of great health. Five key steps are essential to the healing process. The use of quantum-state nutraceuticals can make it easy for you to accomplish each of these five steps. They are as follows:



1. Restore an Alkaline Body pH

Through the use of living-source minerals and synergists, first restore an alkaline pH as indicated by achieving a consistent, first morning and evening urine pH between 6.4 and 7.0.

2. Normalize Hormone Balance

Identify specific hormone imbalances and their root causes by QRA™ testing. Labs tests such as the Saliva Hormone Assay can corroborate your findings.

3. Detoxify the Body

- Identify the current toxic body burden and begin appropriate detoxification protocols.
- Identify and eliminate home and environmental sources of toxic body burden.
- Using QCI™ therapy, reset the body's biofield to eliminate stored emotional/physical trauma, which may suppress the body's healing and detoxification functions.

4. Eliminate Chronic Infections

Eliminate chronic infections by identifying targeted anti-infective nutraceutical agents, often used concurrently with detoxification agents (external and internal).

5. Rejuvenate the Body's Systems

Embark on whole-body rejuvenation at the cellular level by using key nutraceuticals chosen for their ability to nourish the cellular matrix and perform comprehensive DNA repair.

Step 1: Restore an Alkaline Body pH

As indicated by a first morning urine pH between 6.4 and 7.0

The first goal on the way to great health is to restore the body's pH to the alkaline range. Almost all chronic illness has been allowed to develop in a body that has become acidic due to the gradual depletion of its mineral reserves.

Testing Urine pH

It has been clinically established that the urine's pH is an accurate reflection of the whole body's tissue pH. The state of the body's acid/alkaline balance can be easily measured by testing the urine using hydrazine paper (also called pH paper).

The urine pH is directly correlated to both tissue oxygen levels and soft tissue levels of minerals, such as calcium, magnesium and trace elements. These minerals are the basic currency of exchange for every cell in the body.

Testing the First Morning Urine pH

First, test the first morning urine to determine whether the pH is acid or alkaline (the first morning urine is defined as the first urination after 5 AM).

If the first morning urine pH is acidic (a pH below 6.4), this indicates the body is in a state of physiological dysregulation and distress due to a lack of sufficient minerals that are needed to adequately carry out thousands of basic cellular functions.

Therefore, the immediate goal is to restore a consistently alkaline first morning urine pH (within the range of 6.4 to 7.0) by using fast-acting Sango marine coral minerals (which are highly ionized and easily absorbed).

Testing the Evening Urine pH

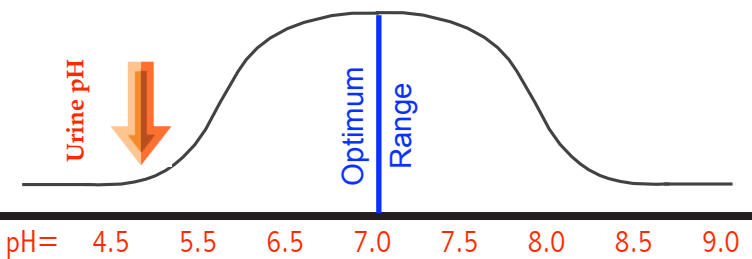
Once the pH of the first morning urine stays consistently in the alkaline range (for a period of at least 2 weeks), the next step is to begin testing the evening urine pH (best measured just before the dinner meal around 5 or 6 PM).

pH Balancing

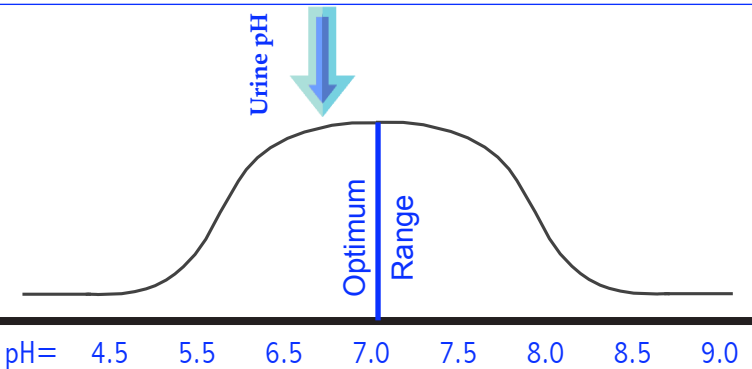
To rapidly restore and maintain soft tissue mineral reserves, the best method we've seen in our 30+ years of clinical practice is the use of **Sango marine coral**, which contains highly ionized calcium, magnesium and trace elements. For the best absorption of the marine coral, we recommend an **inner-leaf aloe concentrate with organic pomegranate**. When mixed with the coral minerals, the amino acid structure of the aloe powder ideally targets the coral minerals to the soft tissue for greater metabolic efficiency.

In addition, we recommend **U.S.P.-grade, mercury-free cod liver oil**, which is rich in vitamin D₃, an essential nutrient for calcium utilization at the cellular level. It also contains rich amounts of EPA and DHA, which are critical for the brain's growth, repair and maintenance.

When the client's first morning urine pH is below 6.0 and he/she presents with bone loss symptoms, usually larger amounts of Sango marine coral (with its ionized calcium, magnesium and trace minerals) are needed.



- Feeling lousy, pessimistic
- Angry, irritable
- Fatigue, no Energy
- No desire to help others



- Feeling great, optimistic
- Happy, joyful
- Full of Energy
- Desire to help others



pH: What to Expect

The most important first step for every person is to balance the first morning urine pH, which is a reliable indication of the body's acid/alkaline status. Next, begin to support key detoxification organs, especially the kidney and liver.

- **"The pH Story"**

This easy-to-read 6-page article is great for patient education. It explains how pH works, how to measure your own pH at home, why ionized mineral coral supplementation is so important, and how to balance your pH to alkalize your body. (Note: we recommend only **Sango marine coral minerals**, which have an ideal 2:1 ratio of ionized calcium to magnesium.)

- **Kidney and Liver Support**

It is important to support the kidneys and liver function with broad-spectrum quantum-state nutrients. A **quantum-state kidney formula** will help purify the blood and minimize adverse detox overload and possible side effects. A **quantum-state liver formula** will help detoxify and support the liver, gallbladder and digestion.

- **Special Support in Advanced Acidosis**

In advanced acidotic states (a first morning pH below 6.0), mineral status is always poor. In osteoporosis (which is actually an infection of the bone) and extensive bone loss, the real problem is "sick" bone as well as bone loss. A **quantum-state bone and joint formula** can be added to the pH-balancing minerals to boost bone building capacity and to provide anti-infective support for the bones.

Should You Expect Every Person With a Low pH to Respond to a pH-Balancing Program?

Although the overwhelming majority of people in the U.S. are very mineral deficient, they are still typically able to respond rapidly and favorably to the use of highly ionized **Sango marine coral** minerals. However, there are special cases when additional considerations are needed, such as the following:

- **Kidney Disease**

In chronic, advanced kidney disease, such as kidney failure, Sango marine coral minerals should not be taken until at least 15% of kidney function has been restored. When kidney function is below 15%, attempting to raise the urine pH typically will not respond and/or kidney symptoms may worsen if any concentrated mineral supplements are taken.

- **Infection**

In acute infections, the body is rapidly using up available mineral stores to fight the infection. In addition to taking **pH-balancing minerals, quantum-state immune support formulas** should be used to help the body rapidly

resolve the infection. In chronic infections, pH-balancing programs will help; however, special, targeted immune support should be used as well.

- **Special Cases: Chronic Carbon Monoxide Poisoning.**

In carbon monoxide poisoning, the patient often presents with a first morning urine pH below 5.0 (a red flag). The pH will not return to normal range until the carbon monoxide exposure is stopped.

Common examples of chronic carbon monoxide exposure include auto mechanics who work indoors with engines running; taxi service personnel who stand near running engines for long periods of time; people who breathe air from burning wood in fireplaces with improper ventilation; and people breathing heavy cigarette smoke in enclosed areas.

How Long Does It Take to Achieve a Stable, Ideal pH (Measured by First Morning Urine)?

Rapid improvement of the pH is seen in most cases when no infection is present. However, many Americans over age 30 often have low-grade, chronic infections (from hidden dental infections, intestinal infections such as parasitic infections and other sources).

Americans often consume high-protein diets (protein helps to upregulate immunity and energy because it increases immunoglobulins), but high-protein diets also rapidly exhaust the body's mineral reserves. The result is a much greater need for minerals, especially calcium, magnesium and trace minerals, which are well supplied by marine coral.

Often, those on high-protein diets show an erratic urine pH in the evening, even though the first morning urine pH may be within range, which can be a marker of chronic infection. The best approach is to gradually decrease protein consumption to normal levels while assessing a baseline pH and then eliminating all infections.

When a consistent pH in the ideal range (6.4 to 7.0) is achieved in both the morning and evening (measured before breakfast and before dinner), then much smaller amounts of supplementation are needed.

HCL Detox Therapy

One of the least expensive and most effective methods to help the body overcome and eliminate chronic infections and immune exhaustion is **HCL Detox Therapy**. **Natural-source betaine HCL combined with HCl activators** together act as a cellular powerhouse for deep-seated detox at the cellular level. Usually 500 to 1,000 mg of betaine HCL with HCl activators are taken immediately after meals, 1 to 3 times per day.

Step 2: Stabilize Hormone Balance

Identified by Quantum Reflex Analysis™ (QRA™), Saliva Hormone Assay
or Meridian Stress Assessment (MSA)

The hormone balance of the body is a complex, interactive symphony of different regulating compounds. These hormones are internal messengers that are necessary to control and regulate the body's processes. Since chronic illness typically leads to hormonal exhaustion, the next step is to identify and support the glands that need more support to produce a sufficient amount of their hormones.

Hormone deficiency can lead to global body symptoms such as sleep dysregulation, difficulty with the bowels, chronic fatigue or even the inability to exercise. The most common areas that may need support are as follows:

Pituitary/Hypothalamic Support

If the pituitary is weak or toxic, there may be runaway allergic-type reactions or other extreme reactions. In these cases, consider the following:

Adaptogenic Support. A **quantum-state adaptogen formula** can provide general support for the pituitary/neuroendocrine axis. Often, a superior adaptogenic formula alone is enough support to rebalance the entire brain and adrenal neuro endocrine system.

Hormone Exhaustion. In long-term, chronic illness, the pituitary gland and its interactive pathways with the hypothalamus are often exhausted, which can lead to global dysregulation of the body's hormone production. In these cases, many are non-responsive to any type of therapy since even the body's basic hormone pathways are "off-line."

The use of an **amla-based rejuvenative tonic**, composed of grade 10 botanicals from India, ayurvedically grown and compounded by traditional Ayurvedic herbal masters, can supply abundant phytochemical resources to dramatically help re-establish hormone competence. This type of ancient herbal tonic has a centuries-old track record in many countries for normalizing the pituitary/hypothalamic axis by stabilizing the endocrine meridians and replenishing mineral stores.

An overall amla-based rejuvenative tonic for the hormones is especially helpful in cases of hypothalamic exhaustion. It is also a rich source of natural vitamin C and an ideal DNA repair tonic.

It can also be used along with a **quantum-state adrenal formula and a quantum-state adaptogen formula** as needed with no fear of cross-reactions.

Adrenal/Pituitary Support

The most common hormonal imbalance is adrenal dysfunction. Adrenal stress is epidemic in America. The adrenals play three key roles: 1) balancing fluids, 2) settling inflammation in the body when needed and 3) providing sufficient energy to get through each day.

When a person does not get 5 continuous hours of sleep at night, often there will be adrenal exhaustion. Since a key role of the adrenals is to hold moisture in the intestines, when the adrenals are stressed, there may be hard stools ("golf balls") for bowel eliminations. In these cases, adrenal support is critical for adequate resolution.

Note: A common but overlooked cause of chronic anxiety symptoms (from adrenal/kidney sedation) is due to the bioenergetic stagnation/blockage from an episiotomy scar (after childbirth), which often reflexes to the adrenals/kidneys with the effect of sedating them (often for many years after the incision — even though it visually appears well healed). In these cases, the use of therapeutic "**mud packs**" on the scar sites is essential to clear the blockage.

Adrenal Support. A **quantum-state adrenal formula** should contain both the whole, raw concentrate and the fermented mycelial extract of cordyceps, proven to be the most potent cordyceps delivery system. In severe cases and/or for a more rapid response, higher dosages can be given. Best taken before 2 PM.

B Vitamin Support. **Nanized B vitamins** (probiotically generated) are the world's first live source for the super end-chain, high-energy forms of each type of the B vitamins - critically important in adrenal function and support.

Nutritional Yeast. A natural vitamin B complex is needed for adrenal hormone synthesis as well as for production of energy and Phase II liver detoxification in the body. An excellent source of natural B complex vitamins as well as immune boosters such as glutathione and beta 1,3 glucans, is primary grown nutritional yeast (*grown on molasses, not petrochemical sludge - as used in cheaper formulas*). It is an ideal functional whole food with a rich, nutty flavor that can easily be added to many foods.

Natural Potassium and Lycopene. A great-tasting nutritional support for the adrenals is a **toxic-free, non-hybrid South American tomato concentrate**. It naturally contains high levels of potassium which helps maintain electrolyte balance. It also contains very high levels of lycopene, a powerful antioxidant that supports the health of the prostate and breast tissue.

Reproductive Hormone Support

Multi-Pollen Extract. A natural European multi-pollen extract is available that provides 18 different pesticide-free, European pollens for maximum effect. These pollens have had the mold spore removed to eliminate allergy risk and support female and male reproductive hormone balance, including brain endocrine hormones. This multi-pollen extract works so well that most of the time no other hormone support is needed.

European multi-pollen extract (heavy metal- and pesticide-free) supports brain and reproductive hormonal function and often is so effective that it is often sufficient support for about 85% of all men and women in order to balance their hormones in their advancing years.

Natural Progesterone Support

Since progesterone is a key hormone that the body uses in detoxification, the body's progesterone levels are often depleted in chronic illness. To restore progesterone, the use of a natural progesterone cream can quickly rebuild the progesterone levels to help cellular detoxification as well as re-establish a healthy estrogen-progesterone balance provided that there is good adrenal function.

An adequate **natural progesterone cream** should deliver U.S.P.-grade natural progesterone (2%), free of toxic tag-alongs. The recommended use for most women is ¼ tsp. daily, the ideal dose according to Dr. Lee. The cream should contain progesterone made from wild yam (which has been converted in a laboratory to natural progesterone). It is free of toxic chemicals such as PEG-8 stearate, propylene glycol and methyl paraben so it can be used on the face continuously without clogging the pores.

Natural Hormone Support. In many cases, the best choice is the use of a **broad-spectrum, three-hormone cream** that contains natural progesterone (2%) to help rebalance the estrogen/progesterone ratios, DHEA (5%) for adrenal support and pregnenolone (5%) to support all steroid hormone synthesis. The cream should be free of toxic tagalongs that can create liver toxicity and further compromise hormonal balance. This natural hormone support is ideal for those who are older and/or suffering with low cholesterol, etc. Typically, ¼ tsp. per day, facially applied, is used.

Female Hormone Support. Key female **nutritional formulas** may be needed to support PMS symptoms and help the body return to healthy menstrual cycles as well as support healthy menopause transitions.

Natural Estrogen Support

A **quantum-state natural estrogen formula** can serve as a natural estrogen source, based on a phytonutrient formula that features natural SERMs (selective estrogen receptor modulators) such as fermented isoflavones from non-toxic

soy (not common, toxic, unfermented isoflavone concentrates, which are *not* recommended), red clover extract and DIM (diindolylmethane), which act as natural-source estrogens, especially helpful during and after menopause.

SERMs help eliminate xeno-estrogens that have bioaccumulated in the body from many sources over time, such as composite dental restorations (which slowly leach toxic residues), pesticides in food, toxic skin care products, household cleansers and other aromatic chemical exposures that may be blockading hormone receptor sites. In stubborn cases (especially in older women), the hormone receptor sites may have become heavily congested with xeno-estrogens from years of use of synthetic HRT.

While this formula can provide dramatic help in balancing estrogen chemistry in many post-menopausal women, it does not decongest the lymphatic vessels that may contain rock-hard BBs, especially around the breast areas. (In these cases, use an immune support formula to clear the lymphatic congestion.)

Royal Jelly Support. **Quantum-state royal jelly** is the ideal super food for literally any male or female reproductive dysfunction. It is excellent natural estrogen support. It contains ideal natural-source nutrients and the hormone regenerative matrix, unmatched by any other product in the world.

Typical Use. 1/2 tsp. of pure jelly, morning and night up for a person weighing 150 lbs. or less; up to 200 lbs., use 1 tsp., morning and night; over 200 lbs., use 1 1/2 tsp., morning and night.

Xeno-Estrogen Detox. A nutritional formula featuring key **xeno-estrogen detoxifiers** may be needed to help eliminate xeno-estrogens in the body that have accumulated a broad range of xeno-estrogen sources, such as from composite dental restorations and other aromatic chemical exposures that may be blockading hormone receptor sites.

Testosterone Support

As the body ages, testosterone levels typically decline in both men and women. Studies show that testosterone may be the single most important hormone that aging men need to maintain strength, vitality and sense of well being. Natural testosterone support may be a key player in hormone balance for both men and women.

Natural Testosterone Support. A **quantum-state natural testosterone formula** can be highly effective, clinically effective nutraceutical support - without animal glandulars. In men, natural testosterone botanical boosters have been proven to raise low testosterone levels to the normal range while also lowering undesirable elevated estrogen levels, as well as raising beneficial DHEA levels. They can also

provide dramatic help for boosting cardiovascular integrity, increased libido, lean muscle mass and strength. For many women, testosterone support is also needed.

Royal Jelly Support

Quantum-state royal jelly is an ideal super food for any male or female reproductive dysfunction. It is excellent natural testosterone support. It contains ideal natural-source nutrients and the hormone regenerative matrix, unmatched by any other botanicals in the world. For men with low libido and the inability to achieve or sustain an erection, quantum-state royal jelly is unparalleled and provides results usually in a few days.

Typical Use. 1/2 tsp., morning and night up for a person weighing 150 lbs. or less; up to 200 lbs., use 1 tsp., morning and night; over 200 lbs., use 1 1/2 tsp., morning and night.

Thyroid Support

Low thyroid hormone levels (hypothyroidism) are commonly the result of stress, heavy metal exposure/toxicity, inadequate dietary nutrients, low iodine intake, low progesterone levels, as well as many other factors.

Because of the key role the thyroid plays in hormone regulation, a toxic thyroid can create false thyroid suppression. After adequately detoxifying the thyroid, many women who have been on synthetic thyroid medication for years have been able to eliminate these medications.

Natural Progesterone Support

In chronic illness, the thyroid gland often becomes exhausted and the production of thyroxin, the chief hormone of the thyroid, may become chronically low. In many cases, thyroxin levels become depressed, secondary to low progesterone levels.

Often, the use of **non-toxic, natural progesterone cream** for 1 to 3 months (or more) will help normalize the thyroid's thyroxin production.

Thyroid Nutrients

Quantum-state thyroid nutrients can support the body's recovery of normal thyroxin production for 2 to 3 months. Often heavy metals, infection and/or radiation damage may complicate the thyroid's recovery. Heavy metal detoxification and/or an anti-infective formula may be used along with thyroid nutrients as needed to rapidly recover ideal function.

Radiation Detox

A nanized (exquisitely bioavailable) form of non-irradiated grade A green tea. It is the most effective radiation detox therapy for the thyroid and parathyroids and is proven support for rapid body recovery from radiation damage.

Note: Radiation byproducts are cumulative in the human body. This formula can be especially effective support/protection for those who are regularly exposed to radiation sources such as X-rays (physicians, dentists, chiropractors, etc.) and those who travel frequently by plane. Just one flight from L.A. to New York delivers the amount of radiation you would receive in 1 year on the ground.



Step 3: Detoxify the Body

A) Identify Current Toxic Body Burden and Begin Appropriate Detoxification Protocols.

So great is the exposure and bioaccumulation of toxic chemicals, such as heavy metals, pesticide/insecticide residues and industrial chemicals that we recommend “detox” nutritional support which has been individualized for each person.

1) Deep Cellular Detoxification

For broad-based, deep cellular detoxification and re-methylation, use **natural-source betaine HCL** in conjunction with **HCL activators**.

2) Heavy Metal Detoxification

To help cleanse heavy metal deposits from the brain, kidney, thyroid, parathyroid and bowels, key support agents are:

Nanized Chlorella (grade A, Japanese, ocean-grown source)

Grasses (non-hybrid, South American young grasses of barley, wheat and oat)

3) Pesticide/Insecticide Detoxification

To help eliminate the stubborn residues of pesticides, insecticides and other chemical toxins, a key support agent is: **Modified Citrus Pectin** (solvent-free)

4) Kidney Support

During detoxification kidney support has become one of our key recommendations:

Superior Kidney Support

Agaricus bisporous extract from China, grown in rich, non-chemicalized soil, is a proven kidney support nutrient. Research confirms the powerful blood purifying properties of this extract which helps download the toxic burden on the kidneys and bowels.

5) Liver/Gallbladder Detoxification

For powerful liver detoxification (Phase I, II and III), we recommend specially devised **coffee enemas** using purified water and organic coffee beans.

6) Liver/Gallbladder - Nutrient Support

Key nutrients for liver and gallbladder support include wild, mountain-grown Chinese reishi, pesticide-free European propolis, nanized B vitamins and nanized turmeric concentrates.

7) Liver/Gallbladder - Protein Support

A key functional food for liver and gallbladder support is **non-toxic whey protein**. It delivers high quality protein as well as concentrated immunoglobulins.

8) Deep Lymphatic Drainage

A **quantum-state formula that features nanized devil's claw** can degranulate rock-hard lymph deposits found in the breast and groin areas.

In addition, **castor oil packs** (made with highly effective Indian castor oil) are critical lymphatic detox support especially for kidneys, liver and gallbladder. The best initial site for castor oil packs is often the kidneys. Special dental clays can be used for dental problems (tooth and gum areas including submandibular glands).

9) The QCI™ Therapy

Quantum Coherence Integration (QCI™) can rapidly restore coherence to the body's biofield and eliminate the effects of emotional/physical trauma. When reinforced daily (home self-care) for 21 days, QCI™ can achieve resolution often not possible by any other means.

Used together with Medi-Body Packs™, QCI™ therapy can permanently re-establish energy flow through scars in 21 days or less -- even the most severe interference fields caused by hidden scar reflexes.

10) Reopen 4 Key Download Sites

Detoxifying clay “mud packs”, when applied to both hands (palms and back of the hands) and the feet (top and bottom of both feet), can rapidly open and cleanse the four key download sites (key energetic release areas), which are essential for complete whole-body detoxification.

B) Identify and Eliminate Sources of Toxic Body Burden.

It is essential to identify and eliminate the most apparent inducers and promoters of chronic illness for each person.

To uncover these hidden enemies, ask each person to complete a thorough Dietary and Lifestyle Questionnaire. Our summary article “**The Instant Cure**” lists 26 of the most common inducers and promoters of chronic illness.

1) Non-Toxic Body Care Products

What you put on your skin you are actually eating since the ingredients are typically absorbed through the skin into systemic circulation.

Therefore, a critical step for each person is to discontinue using all toxic body care products and replace them with 100% toxic-free, body-friendly products, including both skin care and hair care products.

Examples of Toxic Ingredients to Avoid: SLS (sodium lauryl sulfate), methyl paraben, propylene glycol, fragrance, peg-8 stearate and most ingredients with chemical names.

2) Non-Toxic Cleaning Products

Once again, whatever you touch or breathe has the potential to be absorbed into the body and bioaccumulate if the body’s detox pathways are inadequate. The best course of action is to avoid chemical-based cleaning products and use 100% toxic-free cleaning agents.

3) Protection From Electromagnetic Pollution

Unseen electromagnetic field (EMF) pollution is considered to be the most dangerous type of pollution today. Many types of man-made EMFs can disrupt every known biological system in the body such as the proper functioning of the hormonal system or the generation of brain waves. Therefore, the use of EMF protection devices is critical.

In addition, a quantum-state magnetic earth product (called Black Gold Magnetite) has been proven to convert cell phone tower microwave radiation.

4) EMF Protection Devices

Our unique, hi-tech EMF diodes can offer protection from common disruptive EMFs by converting the harmful EMFs into biologically harmless fields. We offer a range of protective devices: the Computer Protector, Phone Protector, Cell Phone Protector, TV Protector, Circuit Protector and others.

5) Water Purification Devices

Tap water from typical municipal water facilities is known to potentially contain over 3,000 different toxic contaminants, including chlorine and synthetic chemicals. Therefore, using your own water purification device for all water that you consume (and cook with) is essential.

6) Air Purification Devices

Indoor air pollution from many sources of contaminants is a common problem, such as the slow outgassing of toxic fumes from laminated wood furniture, carpets, drapes, etc. Even in relatively clean air cities (such as Austin, Texas), we still highly recommend the use of an adequate indoor air purifier such as the HealthMate (from Austin Air) for use inside the home and office environment.

7) Brix Meter (Also Called Refractometer)

This is a simple handheld device that measures the glucose levels of fruits and vegetables. (Simply place a drop of liquid on the plate and read the level.) High glucose levels directly correlate with high mineral and protein content — in short, the best produce. Low levels correlate with poorly grown foods. It is critical to identify the best grown food so you will be able to easily select the most nutritious food.



Step 4: Eliminate Chronic Infections

Most Americans are chronically ill (more than one in two according to the Centers for Disease Control as of 2000). The latest PCR (polymerase chain reaction) DNA test research at U.C. Irvine and University of Pennsylvania suggests most chronic illness is really due to infection. As a consequence, we list the fourth step to great health for most Americans as the elimination of chronic, often hidden infections.

A new medical paradigm is needed. We must first identify specific nutritional deficiencies and then provide therapeutic amounts of quality nutrients to enable the body to heal itself. Next, we must remove as many sources of toxic exposure as possible, detoxify the body of bioaccumulated toxins and use specialty upregulating nutrients to help the body rapidly overcome infections.

Essential Nutrient/Immune Specific Support

Super Food Formulas

When the body is fighting infection, all the nutrients essential for life need to be generously supplied. A daily program of key super food that delivers an abundant amount of nutrients is critical.

Targeted Nutrients/Immune Specific Support

pH balancing provides broad-spectrum nutritional support. As the pH balancing is used as a firm nutritional foundation, we are ready to provide the following for more immune-specific support:

- Broad-Based Immune Support
 - 1) **Pesticide-Free Colostrum:** Quantum-state colostrum is immune-specific support across the broadest range of possible problems. It also helps to rest the immune system.
 - 2) **Nucleotides:** Dramatically boost nucleotides, which are compromised in illness and especially when chronic dental problems are present. Can dead-stop colds/flu. Can reduce injury recovery time by 67%.
- Acute Immune-Specific Support

For acute conditions, **quantum-state coriolus** is the key recommendation.
- Chronic Immune-Specific Support
 - 1) **Olive Leaf Extract:** An immune support formula that features genuine Italian olive leaf extract can deliver broad-spectrum anti-viral properties, especially important when the body is dealing with nanobacteria, chlamydia or AIDS.
 - 2) **Stabilized Allicin:** Stabilized allicin can provide gentle, immune-specific support* and is well tolerated by all body types. Stabilized allicin has a proven kill rate against a broad spectrum of infectious organisms, including Staph aureus and MRSA (Methycillin-Resistant Staph Aureus).

3) **Quantum-State Propolis:** Toxic-free European propolis can provide powerful immune-specific, broad-spectrum support due to its incredibly rich base of bioflavonoids (over 500 different types)*. These bioflavonoids provide proven anti-inflammatory support as well.

Biofilm Elimination

Over 99% of all infections are now known to live in biofilms. Biofilms are thick, sticky polysaccharide sacs. Literally all chronic infections from acne to prostatitis to diverticulitis are now known to be advanced biofilm infections. When a biofilm's mass enlarges greater than 15 mm in diameter, it is beyond the capability of the macrophage's immune attack and necessitates the use of biofilm destructive nutrients.

1) **HCL Detox Combo:** Natural-source HCL combined with HCL phyto-activators can help rapidly eliminate chronic biofilms. It also helps restore the cell's methyl group reserves critical to the suppression of cancer genes and reactivation of tumor suppressor genes. However, if used too aggressively, it can elicit strong detox symptoms such as cold/flu symptoms (e.g., runny nose, fever, achy joints, etc.).

2) **Stabilized Allicidin** provides gentle biofilm detoxification by delivery of unstable sulfur compounds, which reduces the detox load to the kidney and liver. However, it is not capable of cellular remethylation to the same degree as the HCL Detox Combo.

It is, however, a gentle and well-tolerated formula for all body types. The anti-infective properties of stabilized allicin are ideal for the elimination of chronic acne, chronic sinusitis, etc. Stabilized allicidin is the perfect mate to the HCL Detox Combo and is essential for weaker body types (such as the Vata dosha) for biofilm elimination.

- Immune-Specific Support for Nerve Meridian Pathways and/or Lymphatics

Immune-specific support for the nerve and lymphatics are often overlooked, especially in conditions such as Alzheimer's, Parkinson's, diabetes, etc. Key nerve nutrients can be used to target the nerve, and it can be coupled with immune specific support such as:

1) **Quantum-state hyssop formula:** Hyssop delivers a gentle, yet comprehensive whole-body response without increasing kidney load.

2) **Quantum-state soma formula** can work synergistically with kidney support to rapidly promote calmness and a sense of well-being.

- Brain Immune-Specific Support

Quantum-state maitake formula can provide key brain nutrients.

- Ear and Throat Immune-Specific Support
Ears: **Quantum-state neem oil** (1-2 drops in ear canal, 2-3 times a day).

Throat: **Quantum-state neem oil or oregano oil**, topically and internally (1 to 3 drops in water, 3 to 4 times/day) and/or Olive Leaf Extract.

- Chronic Immune-Specific Support
Quantum-state neem formula, neem oil (2-4 drops in water, 3-6 times/day) and genuine olive leaf extract.
- Yeast Immune-Specific Support
Use pH balancing since yeast conditions create a more acidic state and thus a greater mineral need.

Also add **quantum-state propolis** and **quantum-state probiotics**. If you suspect that bowel immune support is needed, add anti-parasitic herbs.

- Bowel Concerns
Immune-specific support is needed in leaky gut syndrome, ulcerative colitis and in loss of intestinal motility. Suspect parasite infection. Add **anti-parasitic herbal formulas**. Note: Always support the kidneys to ensure adequate waste product detox capacity.

- Immune-Specific Support

Skin: For acne, sterilized allicin, propolis resin.

Eye: Quantum-state eye nutrients, quantum-state hyssop formula, quantum-state soma formula.

Ear: Quantum-state neem Oil (2-4 drops in ear canal, 2-4 times/day).

Heart: Nanized garlic formula.

Breast, Lung, Ovary, Pancreas: Quantum-state wild yew formula. Frequently check for kidney tolerance: support kidney with kidney nutrients.

Brain, Nerve, Blood: Quantum-state brain nutrients, nerve nutrients, maitake, coriolus, soma.

Lymph: Quantum-state hyssop formula.

Stomach: Quantum-state stomach nutrients and enzymes.

Liver (Chronic): Quantum-state reishi formula.

Intestine and Poor Motility: Quantum-state anti-parasitic herbal formula and Indian Noni.

Biofilm Growth: Stabilized Allicidin formula

Organ/Gland Targeting

Immune support can be enhanced by targeting the above formulas to an organ or gland in the body by using animal-free, organ-targeting nutritional formulas such as quantum-state brain, nerve, kidney, prostate and pancreas formulas.

Modular Products: Easy to Combine

Each phytonutrient formula should contain its own essential co-factors and transporters. Therefore, each complex should be able to be taken with or without other formulas and without interfering with the effectiveness of one another. Each formula should be able to be taken with or without food.

Super Food/Enzymatic Support

- Nutritional Yeast
Need a natural vitamin B complex to achieve the Quantum Nutrition Effect? Try quantum-state nutritional yeast flakes — loaded with natural B vitamins, naturally-occurring glutathione and beta 1,3-glucans and also containing complete, bio-available protein. This “once living” food delivers the Quantum Nutrition Effect.

- Rice-Source Amino Acids
Need a great source of easily absorbable, free-form amino acids to boost immunoglobulins and more? Rice-source amino acids are loaded with 95% high-quality, free-form amino acids.

They are easy to absorb and are excellent for those with poor digestion, often seen in those with fibromyalgia, Chronic Fatigue Syndrome, etc. This food has the most economical delivery system for free-form amino acids — a delicious way to build power and strength while achieving the Quantum Nutrient Effect.

- Full -Spectrum, Plant-Source Digestive Enzymes
Main action: Key support for the digestive process, especially after eating cooked food; helps download the unnecessary immune burden of poorly digested food.

The best digestive enzyme source contains highly purified, full-spectrum digestive enzymes (including all the main classes: lipase, amylase, protease, lactase, maltase, cellulase, invertase) with an organic substrate support for easy absorption.

- HCL Detox Therapy
The use of **natural-source betaine HCL and HCL phyto-activators** as used in HCL Detox Therapy provides premier immune support and remethylation of the cell, one of the most powerful detoxification methods ever discovered, which in turn functions to help the body overcome infection.

HCL Detox Therapy is proven to activate tumor suppressor genes and suppress oncogenes (cancer-causing genes). However, avoid this therapy when a person has a high white cell count (such as in leukemia) and for those with marginal (poor) kidney function.

Step 5: Rejuvenate the Body's Systems

Only quantum-state functional foods that contain quantum-quality nutrients are able to deliver the **Quantum Nutrient Effect**. They can promote high energy, anti-aging, immune-boosting and DNA repair.

1. Natural-Source Whey Protein

A truly quantum functional food formula and delicious advanced meal replacement drink should contain **advanced whey protein** (free of synthetic hormones and pesticides), organic South American blueberry fruit powder, Himalayan pine pollen, organic greens blend, CLA (conjugated linoleic acid), calcium pyruvate, arabinogalactan, FOS (fructo-oligosaccharides) from chicory, organic Argentine raw cane juice, real organic vanilla and guar gum.

What You Don't Want:

- "Natural flavors"
This is an FDA-approved term for MSG, a neurotoxin that can burst brain cells.
Example: "Natural vanilla flavor"
- Pesticided ingredients
If an ingredient is not listed as pesticide-free, then it probably is not pesticide-free.
- Toxic preservatives
Many common preservatives are carcinogens.
Example: methyl paraben

2. Adaptogen Formula

An adaptogenic formula with quantum-quality ingredients should provide immune-boosting support while simultaneously delivering increased energy, DNA repair, premier anti-oxidant protection and peak performance. Especially needed for those with "adrenal burn-out" syndrome.

An excellent formula will contain Indian soma latha, Siberian maral root, arctic rose root, rhodiola crenulata, Chinese fo ti tieng, Central American nopal cactus, European thyme, calcium montmorillonite and pesticide-free oat bran to deliver a truly synergistic phytonutrient complex can deliver the Quantum Nutrient Effect.

What an Adaptogen Formula *Shouldn't* Contain:

- Herbs that are poorly grown, old or the incorrect species
- Isolated or fractionated extracts
In contrast to whole phytonutrient concentrates
- Toxic flowing agents
Example: magnesium stearate, a hydrogenated oil
- Toxic lubricants
Example: talcum powder, a suspected carcinogen
- Animal gelatin capsules with toxic prion risk
The superior choice is Vcaps (vegetable capsules)

In short, an adaptogen formula should contain nothing that would detract from helping the body sustain or achieve its ideal cellular resonance. This is especially true in long-term use when products with toxic agents can slowly create toxic bioaccumulation in the body.

Whey Protein and Adaptogen Formulas

Together these formulas can support easy, steady, lasting elimination of body fat, and, when combined with exercise support, can also help increase muscle mass.



Daily Rejuvenative Products

By using key nutraceuticals chosen for their ability to nourish the cellular matrix and perform comprehensive DNA repair

If an herb's properties are anti-viral, this means the herb is also capable of DNA repair. Any anti-viral nutrient can help the body begin the process of DNA repair. However, to proceed to a more comprehensive DNA repair, the body must first be rid of infection.

Try this clinically proven five-step system for faster recovery with simpler and less costly supplement expense through the recovery phase and especially through the maintenance phase.

Daily Maintenance Program

We recommend three key super foods to deliver every nutrient essential for life in their most biologically available forms:

- **Sango marine minerals**
- **Greens and grasses formula** (South American)
- **Essential fatty acids formula**

These key nutrient formulas can effectively deliver every nutrient the body needs for optimal health.* They should contain premier, whole, non-GMO food/herb phytonutrient complexes without any insecticide, pesticide, herbicide residues, fumigants or irradiation.

Whole Body Support

For additional DNA protection and rejuvenation, choose from the following:

- **Full Spectrum Digestive Enzymes (Plant-Source)**
Don't eat cooked food without them. They spare your digestive power as well as your vital organic acid tissue reserves.
- **Pesticide-Free Colostrum**
Quantum-state colostrum from healthy cows can contain broad-spectrum DNA protection and immune upregeneration that also tastes good.
- **Whey Protein Formula**
A quantum-state whey protein formula supports five key nutrient categories: 1) a broad range of world-class antioxidants, 2) easy-to-digest non-toxic whey protein, 3) complex carbohydrates, 4) essential fatty acids and 5) world-class, state-of-the-art immune-boosting fiber.
- **An Adaptogen-Based Formula**
A formula that contains maximum-performance adaptogenic herbs should include the rare and exotic Indian Soma Latha, Siberian Rhaponticum, Himalayan Rhodiola Rosea, Rhodiola Crenulata, Chinese Fo Ti Tieng, European Opuntia and more, with a full spectrum of natural phytonutrients, such as alpha-amyrin, lupeol, 20-hydroxyecdysone, rosavin, salidroside and

more. Benefits include maximum whole-body performance, including increased energy, improved exercise endurance, enhanced oxygen and nutrient uptake, optimal neurotransmitter, memory and mental support, and broad-range endocrine and immune support*

- **Stabilized Rice Bran Formula**
World-class stabilized rice bran has over 100 known antioxidants, tastes good, is inexpensive and is in powder form (easy to add to drinks or other liquids).
- **Nanized DHLA coupled with Resveratrol**
The ultimate, live-source nanized DHLA (dihydrolipoic acid) is a potent antioxidant with superior anti-aging protection. It delivers maximum antioxidant protection and even repairs DNA strand breaks. Resveratrol is the perfect partner to DHLA. It allows the cell repair mechanism to have much more time to repair itself before activation of apoptosis (the cell death mechanism), which is a natural consequence of DNA damage.
- **Nanized Melatonin**
The ultimate, performance-based melatonin is **live-source, nanized melatonin**. It delivers superb anti-aging protection at the micro-cellular support level where other compounds may not reach.
- **Ayurvedic Master Formula**
An amla-based 40+ herb rejuvenative tonic for premier DNA repair of the brain and endocrine systems; herbal rejuvenator for the whole body.*
- **Natural-Source Amino Acids (Rice-Derived)**
A quantum leap in the performance of functional foods is rice-based amino acids made from premier-grown, non-GMO rice. It is the first of a new generation of foods rendered extraordinarily bioavailable. Through special low-temperature processing, 95% of its amino acid content is converted to the free amino acid form while retaining 90% of its enzymes in the raw state.
- **Reishi-Based Formula**
Supports DNA repair of the liver.*
- **Brain Nutrients Formula**
Supports brain function, nerve cell growth and memory.*
- **Nerve Nutrients Formula**
Supports superior nerve growth and rejuvenation.*
- **Daily Whole Nutrients**
For those who want to take only one nutritional supplement but with all the benefits, we recommend using a multi-nutrient formula which covers all the key nutrients.