

Most Frequently Required Initial Therapeutic Supplements **Standard Process and Medi-Herbs**

One or more of the following therapeutic supplements tends to be indicated for new clients. Therefore, to provide information on the supplements, other than a brief 1-3 word Purpose indicated on your Program of Care, the following description has been provided. Note: Therapeutic supplements have multiple uses and all their uses are not indicated below. Thus, Dr. Smith may recommend a supplement listed below for other purposes than what is listed below. This being the case, the last column of your Program of Care will indicate the purpose for which the supplement has been recommended to you. (Note: For information on the Quantum Physics Nutrition Therapeutic Supplement(s) recommended for you, individual educational sheets on the therapeutic product will be provided.)

A-F Betafood

This is a combination of vitamin A, special Fatty acids, and gallbladder support. This product gets bile moving. Bile is made in the liver and stored in the gallbladder. It has several functions in the body. One is to break down the fat in food. It is an emulsifier that promotes the absorption of fat just like soap acts as a detergent for cutting grease. If dietary lipids are not absorbed they will bind up minerals (soap is calcium and tallow) leading to an irritated GI tract (remember when you had to eat soap) and mineral deficiency. Bile is also a way the body eliminates toxins. If bile gets too thick, it does not flow smoothly and impairs fat absorption. A person with poor gallbladder function cannot digest fat, and when he/she eats a meal that contains fat, he/she will burp immediately. Other symptoms of gallbladder trouble are nausea, gas, and bloating. Bile is also involved in converting blood fat to sugar. AF-Betafood may assist in hypoglycemia as well.

Aloe Drink

Aloe Drink is Aloe Vera Juice. See the individual educational sheet on this. When taken internally support healthy digestive function; promote healthy immune function, and maintain healthy blood sugar levels when combined with balanced diet.

Cataplex B

This product is made up of a very special fraction of B complex that improves the transmission of nerve impulses, blood sugar metabolism, and puts strength in the vessels and snaps them into action. Numbness, palpitations, low blood pressure, frequent yawning, muscle aches (fibromyalgia) and swelling due to lactic acid

build-up are among the many symptoms suggesting Cataplex B need. It contains a special factor not found in synthetic or high dose vitamin B.

Cataplex GTF

This product is chromium in the designated Glucose Tolerance Factor (GTF) form whose primary function is in the formation of effective insulin in the pancreas. The presence of GTF chromium (not elemental chromium) makes the cells sensitive to the presence of insulin in the blood. Research also points to an anti-arteriosclerosis function of GTF chromium. Its presence retards the formation of plaques of cholesterol and calcium from adhering to the blood vessel wall.

Diaplex

This product is a combination of A-F Betafood, Arginex, Cataplex GTF, Zypan, Betacol, Pancreatrophin PMG, Pituitrophin PMG.

Drenamin

This combination product is designed to support the adrenal gland along with two key vitamins, vitamin complex C and vitamin complex G. The Drenatrophin PMG rebuilds the glands, G helps improve circulation, and the C contains tyrosinase, which is an adrenal activator. Symptoms of adrenal insufficiency may include nervousness, fatigue (especially in the morning or after a cold or infection), allergies, asthma tendencies, low blood pressure, salt craving, light-headedness with standing, and lowered resistance to colds and infections.

Folic Acid B-12

Folic Acid and vitamin B12 are very synergistic B Complex vitamins. Taken together they work to strengthen the health of the blood cell. Its most important function in the body is its necessity in the process of the formation of DNA. Like with vitamin B12, it is vital to the replication of genes.

Garlic 5000mg

Garlic 5000mg contains sulfur compounds (particularly alliin) and other compounds. This product is standardized to contain 5.7 mg/tablet of alliin to ensure optimal strength and quality. The compounds in Garlic 5000mg, particularly the alliin and resultant metabolites which are formed on ingestion, work together to help maintain normal cholesterol with a normal range; support cardiovascular system health; encourage a healthy intestinal environment to help

maintain proper gastrointestinal flora; enhance immune system response; promote healthy lung function.

Gastro-Fiber

Dietary fiber comes from the cellular walls of plants and has specific effects on different areas of gastrointestinal function. Gastro-Fiber contains phytonutrients from five different whole foods and botanicals that function synergistically to help cleanse and lubricate the intestines, encourage regular elimination, promote PH balance, throughout the gastrointestinal tract, and provide an optimal environment for the natural growth of “friendly” intestinal bacteria.

Hypothalamus PMG

To better appreciate how unique and beneficial this product is, a little background is warranted. In an attempt to support a gland or tissue, in this case the hypothalamus, nutritionists as well as conventional doctors often recommend taking a gland or tissue extract. For example, thyroid extract is used for low thyroid function, pancreatic extracts containing digestive enzymes are used for digestive insufficiency, etc. Glandulars are primarily protein substances made from individual glands that supply the body with hormones, enzymes, nucleic proteins, and other active substances. Protomorphogens (PMG for short) are another way to help the gland balance itself. A protomorphogen is a patented tissue extract intended to supply the specific determinant factors that improve the nutritional environment for that organ. Thus a protomorphogen will calm an overactive organ or support a weakened one without stimulation or inhibition. Unlike taking a drug or glandular product, there can be no overdosage except when a temporary clearing effect occurs as the gland is brought into regulation if the dose is above a critical level. Otherwise, there are no side effects except as related to the proper function of the gland/organ targeted by the PMG. A small amount can provide a remarkable rejuvenation. This product is a protomorphogen directed specifically toward hypothalamus. The hypothalamus gland, located in the brain has a unique inter-system communication function. This small gland acts as a network allowing communication between the Endocrine System and Central Nervous System. These two systems are the most dominant systems for chemistry and energy in the body,

Hypothalmex

This product is the cytosol extract of the hypothalamus gland. The cytosol extract is a different aspect of the concentrated gland than the PMG. The PMG

concentrates on growth and repair factors from the genetic material while the cytosol is more of an enzymatic functional concentrate. Neither PMG or cytosol extract contain hormones. The presence of hormones in the extract would have the tendency to “turn off” the gland as the hypothalamus would report the presence of the hormone in the blood to the pituitary gland. That would atrophy the gland after extended use. Therefore hormones are removed in the manufacturing processing.

Immuplex

Despite both professional and popular media attention about the “immune system”, the body does not have an immune system as much as it is an immune system in its functional totality. Systems such as the skeletal system, respiratory system, reproductive system, endocrine system, central nervous system, etc., are complete functioning systems with a clear set of organs and responses. The human body does not have a single immune system as it is better described as an immune alliance among various systems and organs which when coordinated by the brain give an immune response to the presence of disease associated factors, such as certain bacteria or virus. The immune alliance is composed of the thymus (endocrine) for lymphocytes, spleen (lymphatic, blood) for antibodies, long bones (skeletal) marrow-blood, stomach (digestive system – HCl to destroy any ingested parasites), intestinal flora (digestive) to destroy pathogenic microbes and manufacture B12 and liver for detoxification and enzyme production. Therefore, what is referred to as “the immune system” cannot be enhanced without enhancing the overall health of the whole body in complete resistance to disease. With the above in mind, it becomes clear that a multifaceted approach must be made to stimulate and strengthen the diverse aspects of the bodies major immune players. By combining organic forms of the above listed nutrients and food sources, Immuplex impacts a broad area of the immune alliance. The health of “the immune system” is actually the health of the whole person. Detoxification followed by fortification and maintenance is the long-term approach to healing the whole person.

Ligaplex I

This product is a special formulation that combines Manganese B12, Cataplex E, Ostrophin PMG, and Cataplex A-C-P. Ligaplex I provides support for chronic weak ligaments, athletic injuries (sprains, strains, torn ligaments), or other postural problems.

Ligaplex II

This product is a special formulation that combines Manganese B12, Cyro-Yeast, Super-EFF, Cataplex E, Cardiostrophin PMG, and Ostrophin PMG. Ligaplex II provides support for muscular degeneration, hernia, and geriatric back or ligament problems.

Livaplex

This product is a special formulation that combines A-F Betafood, Hepatrophin PMG, Betacol, Spanish Black Radish, Chezyn, and Antronex. Livaplex provides general liver support and may be used for liver detoxification and fat metabolism.

Min-Chex

This product is a special formulation that combines Min-Tran and Orchex as a physiological tranquilizer. Min-Chex contains calcium, magnesium, kelp, orchic extract and niacinamide B6.

Min-Tran

This product is a source of alkaline ash minerals plus calcium lactate and algin from the sea. Min-Tran is short for "mineral tranquility" to balance the nervous system. It is the mildest of the three non-sedating tranquilizing products. Min-Tran contains potassium to support the parasympathetic nervous system and calcium to support the sympathetic nervous system. This blend of minerals thus supports both sides of the nervous system to bring them into harmony with each other. As a result, Min-Tran is often used for rapid heart rate, tremors, menstrual and muscle cramps, restlessness, insomnia, attention deficit disorder, or any imbalance of the autonomic nervous system.

Multizyme

Multizyme is a digestive support product that contains digestive enzymes and pancreatin necessary for the proper breakdown and absorption of proteins, carbohydrates, sugars, and fats.

Myo-Plus

This product is specific for cardiac support, provides support for nerve and muscle, and cardiovascular maintenance. Myo-Plus is a combination of Cataplex C, Cataplex G, Myotrophin PMG, and Cataplex E2.

Organically Bound Minerals

This product is a special extract of the water-soluble factors from alfalfa and tillandsia (Spanish Moss). The water-soluble factors contain all of the alkaline ash minerals, the predominant ones being potassium and magnesium. Organic Minerals is also the best source of organic potassium. You can get potassium chemical from salts, but this is a much better source of potassium. The alkaline ash minerals, as found in Organic Mineral tablets, support the parasympathetic nervous system, which is the break of the body.

Paraplex

To better appreciate how unique and beneficial this product is, a little background is warranted. In an attempt to support a gland or tissue, in this case the glands of the parasympathetic nervous system, nutritionists as well as conventional doctors often recommend taking a gland or tissue extract. For example, thyroid extract is used for low thyroid function, pancreatic extracts containing digestive enzymes are used for digestive insufficiency, etc. Glandulars are primarily protein substances made from individual glands that supply the body with hormones, enzymes, nucleic proteins, and other active substances. Protomorphogens (PMG for short) are another way to help the gland balance itself. A protomorphogen is a patented tissue extract intended to supply the specific determinant factors that improve the nutritional environment for that organ. Thus a protomorphogen will calm an overactive organ or support a weakened one without stimulation or inhibition. Unlike taking a drug or glandular product, there can be no overdosage except when a temporary clearing effect occurs as the gland is brought into regulation if the dose is above a critical level. Otherwise, there are no side effects except as related to the proper function of the gland/organ targeted by the PMG. A small amount can provide a remarkable rejuvenation. This product is a protomorphogen directed specifically toward the pituitary, thyroid, adrenals, and pancreas.

Parotid PMG

To better appreciate how unique and beneficial this product is, a little background is warranted. In an attempt to support a gland or tissue, in this case the parotid, nutritionists as well as conventional doctors often recommend taking a gland or tissue extract. For example, thyroid extract is used for low thyroid function, pancreatic extracts containing digestive enzymes are used for digestive insufficiency, etc. Glandulars are primarily protein substances made from individual glands that supply the body with hormones, enzymes, nucleic proteins, and other active substances. A protomorphogen is a patented tissue extract

intended to supply the specific determinant factors that improve the nutritional environment for that organ. Thus a protomorphogen will support a weakened parotid without stimulation or inhibition. Unlike taking a drug or glandular product, there can be no overdosage except when a temporary clearing effect occurs as the gland is brought into regulation if the dose is above a critical level. Otherwise, there are no side effects except as related to the proper function of the gland/organ targeted by the PMG. A small amount can provide a remarkable rejuvenation. This product is a protomorphogen directed specifically toward the parotid. Because of a close association with the thyroid during early fetal development, parotid PMG is often chosen for certain thyroid conditions. The principal role of parotid has traditionally been to help the body detoxify chemicals.

Prolamine Iodine

This product contains protein-bound iodine and is used to enhance a sluggish metabolism due to iodine deficiency, to slow an overactive thyroid, or to thin secretions. Those raised or living in the mid-west may be iodine deficit since the soil there is iodine poor. The individual with an over-active thyroid may have palpitations, rapid heart rate, sweating, tremors, insomnia, excessive appetite, weight loss, a sense of being keyed up, etc. Since the range for thyroid hormone levels in the blood is wide, blood tests may not correlate with an individual's optimal hormone level. This has led many master clinicians to use organic iodine on a "try and see basis" when the clinical pattern suggests. Iodine also thins secretions and often helps mucus drainage or expectoration. It also thins bile and promotes its flow.

Slippery Elm

Slippery Elm is a mucilage herbal supplement. It is ideal in assisting the body in healing and repairing mucosal lining, such as in the lungs and intestines. It is soothing to inflamed mucus membranes. Slippery Elm absorbs mucus debris that occurs in colds and the flu. Slippery Elm is Safe for adults and children.

Seacure

Seacure is recommended to increase your protein levels. Seacure is the highest absorbable form of protein, thus is easily metabolized. Seacure has been proved in 3rd World Countries to be the only protein source that actually improved protein deficiencies in malnourished people and in a short time.

Some challenges in protein are deficiencies and the inability to metabolize the protein ingested. Seacure helps both of these challenges. If your Calcium to Phosphorus (Ca/P) ratio on your Tissue Mineral Hair Analysis is abnormal, this indicates Protein Challenges. To determine whether your challenge is protein deficiency or inability to metabolize protein, you must look to your Zinc and Phosphorus levels. If Zinc is deficiency, you are unable to metabolize protein. If Phosphorus is deficient, you are protein deficient. Though Seacure may have a strong fishy smell, and some clients may be bothered by the smell, tolerating this odor will bring great rewards because there is no other protein that can be absorbed like Seacure.

SP Cleanse

SP Cleanse enlists the detoxifying properties of 20 different whole foods and botanicals in this completely vegetarian nutritional supplement. The phytonutrients from these multiple ingredients help the body eliminate toxins that originate in the environment, as well as metabolic toxins that are given off internally. The vitamin complexes, minerals, and phytonutrients in SP Cleanse support the body's internal waste-removal systems to encourage healthy kidney function, help purify the blood, support lymphatic system function, promote efficient gastrointestinal elimination, and maintain healthy liver detoxification function.

SP Complete

SP Complete is a whole food and botanical supplement that mixes with water to make a nutritious supplement shake-completely portable for today's busy schedules. It offers a balance of essential macro and micronutrients from plant sources in a highly bioavailable form. The natural whole food and botanical ingredients used for formulate SP Complete support healthy cardiovascular, digestive, and nervous system function and deliver powerful antioxidant protection to promote cellular health. Whether taken alone or before meals, a supplement shake made with SP Complete provides essential vitamins and minerals to the body during purification. In addition, SP Complete can be used outside of the purification program to replace vital nutrients often lost during the refining process of many of the foods we buy.

SP Green Food

Research suggests, and it is generally recommended, that we should consume from five to nine servings of fresh fruits and vegetables daily in order to meet the nutritional demands of our bodies – especially during the years of growth and

development. SP Green Food is made from whole food complexes with their synergistic cofactors to support normal growth and development, immune system response, antioxidant protection, and detoxification activities.

Thymex

Thymex is a glandular extract to help fight infection. The thymus gland is involved in antibody production and lymphocyte maturation into effective infection-fighting cells. When you are exposed to bacteria or viruses, your thymus gland should immediately seed the lymphatic tissue to start the production of antibodies. It takes several days to produce enough antibodies to destroy the bacteria. Whenever there is acute or chronic infections, skin disorders, slow healing, allergic reactions (like milk), inflammation, thyroid overactivity, or problems with lymph node swelling, consider Thymex.

Thyroid Complex

The combination of herbs in Thyroid Complex (Bladderwrack, Bacopa and Ashwaganda) contains many compounds including trace minerals (including iodine), polyphenols, steroidal compounds (including withanolides), triterpenoid saponins such as bacosides, alkaloids and flavonoids. Together these herbs and their constituents can help to support healthy thyroid function important for normal energy production, maintain normal thyroid function, possibly assist the body in achieving normal basal metabolism, maintain or improve general well-being and assist the body in adapting to physically and mentally challenging circumstances. Caution: Contraindicated in pregnancy and lactation. Contraindicated in hyperthyroidism and related cardiac problems.

Thytrophin PMG

To better appreciate how unique and beneficial is this product, a little background is warranted. In an attempt to support a gland or tissue, in this case the thyroid, nutritionists as well as conventional doctors often recommend taking a gland or tissue extract. For example, thyroid extract is used for low thyroid function, pancreatic extracts containing digestive enzymes are used for digestive insufficiency, etc. Glandulars are primarily protein substances made from individual glands that supply the body with hormones, enzymes, nucleic proteins, and other active substances. Protomorphogens (PMG for short) are another way to help the gland balance itself. A protomorphogen is a patented tissue extract intended to supply the specific determinant factors that improve the nutritional environment for that organ. Thus a protomorphogen will calm an overactive organ

or support a weakened one without stimulation or inhibition. Unlike taking a drug or glandular product, there can be no overdose except when a temporary clearing effect occurs as the gland is brought into regulation if the dose is above a critical level. Otherwise, there are no side effects except as related to the proper function of the gland/organ targeted by the PMG. A small amount can provide a remarkable rejuvenation. This product is a combination of protomorphogens that are directed specifically toward the thyroid. This protomorphogen support the healing of these particular cells.

Tribulus

Tribulus contains an extract of Tribulus terrestris herb (aerial parts - leaves and stems) and contains steroidal saponins, mainly furostanol glycosides (including protodioscin and protogracillin) and small quantities of spirostanol glycosides, sterols and other compounds. This product is standardized to contain 100 mg per tablet of furostanol saponins to ensure optimal strength and quality. The compounds in Tribulus work together to:

- * support normal male and female physiology and function
- * support physical endurance
- * promote an overall feeling of well-being

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Zypan

In contrast to the popular use of antacids that suppress digestion, Zypan promotes the digestive process. Zypan contains pepsin, pancreatin, and betaine and ammonium hydrochloride; a perfect combination for improving protein digestion. The betaine and ammonium chloride acidify the stomach and begin the breakdown of protein while pepsin and pancreatin contain enzymes that digest the protein. The biggest clue of a need for Zypan is indigestion and intestinal gas. Many older individuals and those with type A blood tend to have low stomach acid production.