

What to Expect as a Nutrition Patient

How to take your supplements:

- It's best to split up your dosages throughout the day. If you take them all at once you may not absorb everything and product would be wasted.
- Take Homeopathies (-path, -Tone, -Chord) away from foods/flavors 10-15 minutes on either side. Homeopathies work best when you aren't actively digesting and you will get the best effect.
- Herbal remedies often found in a blue tincture bottle beginning with "Core", please dilute the remedy in water to lessen the bitter flavor.
- Most supplements should be taken with food or directly after eating such as enzymes (zypan, enzycore, A-F betafood), this will be explained in your visit.
- Our whole food supplements by Standard Process are 80% more effective when chewed. If you cannot tolerate the taste, suck on the tablet for a minute before swallowing. Capsules do not need to be chewed. Digestive enzymes should *not* be chewed and should be swallowed right away. Tasting the supplement sends a signal to the nervous system via neuro-lingual reflex telling the brain where the nutrients need to go to repair the body.

****If you are detoxing metal, chemical, and/or parasite energies please be sure you take all your recommended supplements to avoid getting a headache or feeling sick to your stomach.**

Drainage supplements include those ending in -Tone in blue tincture bottles, Garlic, and Spanish black radish for example. If you are unsure you have all your supplements, please call our receptionist.

Scarring Sources

Surgeries, umbilicus, tattoo/piercings, vaccinations, circumcision, C-section, stretch marks, skin surface scars, dental work

****If an external scar is a challenge for you:** Treat your scar 2X/day in the direction perpendicular to the scar for 1 minute, and same direction 1 minute with the oil you tested for. If you need to laser, laser perpendicular and parallel for 2 minutes each direction.

Common Sources of Heavy Metal Toxicity

Aluminum: cookware, antacids, antiperspirants, aluminum cans, kitchen utensils, paints, dental composites

Gold: dental fillings, jewelry, injections for arthritis

Iron: dyes, ink, paints, pigments, poor inorganic mineral supplements

Lead: car exhaust, paint, plumbing, canned food, hair dyes, newsprint, tap water

Mercury: dental fillings, mercury vapor lamps, seafood, polluted water, skin lightening creams, sewage sludge, vaccinations

Titanium: pigments found in paints, preservatives in medications, tap/well water, dental crowns, implants

Common Sources for Chemical Toxicity

Acetate/tone: nail polish remover, paint thinners, and removers

Chlorine: drinking water, swimming pools, splenda

Food Coloring: packaged foods

Fragrances: perfumes, cleaning and other products

Pesticides: herbicides, fungicides, bug-killers, food/produce

BT-Toxin: used widely on GM crops, typically corn

Plastic: Food and water packaging. Microwaving in plastic

GMO

Americans have been eating genetically modified ingredients since the 1970's. Foods such as corn, soybean, cottonseed, sugar beets, wheat and canola have had viral or bacterial genes forced into their DNA to make them resistant to high doses of pesticide, like Roundup. Another genetically engineered trait is the gene Bt inserted into corn and cotton DNA causing it to secrete it's own pesticide called Bt-Toxin. Bt comes from the soil bacterium *Bacillus thuringiensis*.

EMF

EMFs are electro-magnetic frequencies and can cause symptoms such as mental fatigue, eye strain/fatigue, headaches, or insomnia. Having a healthy cell membrane can protect people from being affected so easily by EMFs. For relief we recommend holographic EMF blocking chips, which we have in the office, Shungite bracelets, or daily temporal tapping. Ask us to test you if you think you're sensitive.

Fatty Acids/ Good Fats

Having a source of good fat in the diet is so important because each cell that makes up an organ is made from a layer of fatty acids, called the cell membrane. Without a healthy cell membrane the body is more at risk of virus, bacteria, or toxins.

Eat Saturated, Mono-unsaturated, or Omega 3's

Saturated Fats: butter, coconut oil, palm oil, organic eggs, raw dairy, clean meat

Mono-unsaturated Fats: Olive Oil, almonds, cashews, peanuts, pecans, avocados, sesame seed oil

Essential Omega 3's: Flax oil, fish oils, some nut/seed oils

***Avoid**: hydrogenated oils like soybean, crisco, processed lard, margarine, vegetable shortening, foods that have been fried (typically fast food, french fries, chips, etc)

FAQ

Q. How long is my program?

A. Every person is different. If you've been feeling sick for a long period of time you can expect your program to take longer. Some people range between 6-12 months. We don't believe anyone should live on supplements. After you graduate from being a nutrition patient we may recommend a healthy oil and/or a multivitamin.

Q. Am I going to lose weight?

A. The body likes to store toxins as far from our organs as possible, which means it gets stored in our fat cells. Your body will do its best not to break down fat cells where the poison is stored. When your body is given the tools it needs to detox safely, most people lose 10-15 lbs over a period of time. Some will lose more if they're exercising regularly too. It's a side-effect most patients are happy to hear of.

Q. How much water is enough?

A. A person should drink $\frac{1}{2}$ their body weight in ounces per day. If you drink caffeine or alcohol you will need extra water to rehydrate. Example: 145 lb person would need 73 ounces of water per day.

Q. When am I going to start feeling better?

A. Most people begin feeling better after being on their program for one week. Those with food sensitivities may take longer to feel a difference, up to 1 month.

Q. My stomach is a little upset/nausea since I started my program why is that?

A. Most patients have toxins stored in their body and they begin releasing them on their program. Often times it is simply that your body needs extra help draining. Be sure to drink plenty of water and get plenty of rest. If it is not getting any better, your dosing may need to be adjusted. Please give us a call if you are not sure.

Q. I have a food sensitivity? Does that mean forever?

A. If the sensitivity is a primary issue it almost always needs to be avoided for life to feel your best. It is often hereditary. If it is a secondary sensitivity due to a primary sensitivity causing inflammation, after the gut is given time to heal it can often be reintroduced. The healing process can take around 90 days.

Q. What is included in “dairy sensitivity”?

A. Cow’s milk, cheese, whey, casein, lactose-free milk, yogurt, kefir, cream cheese, cream, buttermilk, etc. Sometimes goat milk can be tolerated and we can test to see if that is an option. Be sure to read labels as it is often an ingredient in soups, breads/pastries, salad dressings, and others. Dairy sensitivities usually happen from childhood and can become apparent during late adolescence or adulthood. Some patients can tolerate small amounts of cheese. Thankfully there are great alternatives to dairy such as nut-milks. **Butter** is not included, because it is only the fat from dairy and does not contain the protein or sugar that patients react to.

Q. How can I be sensitive to something, but not allergic?

A. A food sensitivity is a different kind of immune reaction and can occur anywhere in a 72 hour window after exposure, moderated by IgG and IgA antibodies. With a sensitivity, symptoms like insomnia, headaches, nausea, constipation, diarrhea, foggy thinking, bumpy skin, acne, dark circles under eyes, joint pain, fatigue can develop. An allergic reaction is immediate and is moderated by IgE. Symptoms from allergies include hives, rash, vomiting, wheezing, or anaphylaxis.

Q. I need to be wheat-free but not gluten-free, how does that work?

A. Wheat-free means you have an issue with the wheat plant. Wheat includes all forms of: bulgur, couscous, durum, einkorn, farina, farro, semolina, sprouted wheat, triticale, wheat bran, wheat berries, wheat germ, wheat grass, wheat starch, all wheat flours. Gluten-free means you have an issue with a specific protein that is found in wheat, spelt, rye, kamut, barley, durum, farro, semolina. Commercial oats are often contaminated with gluten; look for specifically marked “gluten-free” oats. Alternatives to gluten, AKA “gluten-free”: corn, millet, rice, coconut, sorghum, amaranth, buckwheat, quinoa, and several others.

Q. Why do I have weekly appointments?

A. In the beginning of a program a patient’s supplement dose is high because they’ve never been treated before. We also need to keep adjusting your dosages so you do not detox too quickly and feel ill. It also helps keep patients accountable for staying on their program and getting better, especially those with food sensitivities. The better you follow your program the quicker you’ll progress. Once your dosage decreases and doesn’t change much, visits are spread out to allow the natural healing process.

Q. I already have supplements at home, what do I do with them now?

A. We encourage patients to bring in their supplements to be tested on them. They may be high quality as well, but they may just not be a good fit for you. The supplement brands we carry we know well and

trust their quality. We recommend reading the handout provided called *Are Your Supplements Working for You?*.

Q. What does organic mean?

A. 'Organic food is the product of a farming system which avoids the use of man-made fertilizers, pesticides; growth regulators and livestock feed additives. Irradiation and the use of genetically modified organisms (GMOs) or products produced from or by GMOs are generally prohibited by organic legislation.

Organic agriculture is a systems approach to production that is working towards environmentally, socially and economically sustainable production. Instead, the agricultural systems rely on crop rotation, animal and plant manures, some hand weeding and biological pest control.' -Department for Agriculture and Rural Affairs