Easy 3 Step Bio-Detoxification

A Program Designed to Address the Most Common Underlying Causes of Chronic Health Challenges
Easy 3-Step Bio-Detoxification Overview

**Step 1** - *This initial step is optional* Practitioners may choose to add this step if the patient’s history, examination, and Detoxification Symptom Questionnaire score warrant inclusion. This initial step focuses on reducing acute/chronic inflammation, lasts for 7 or more days, and utilizes the following supplements:

<table>
<thead>
<tr>
<th>Acute</th>
<th>Chronic</th>
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<tbody>
<tr>
<td>Intenzyme Forte™</td>
<td>Beta TCP™</td>
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<tr>
<td>BioAllay®</td>
<td>Bromelain Plus CLA™</td>
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</table>

**Step 2** – Utilizes the 10-Day Bio-Detoxification Kit and consists of a thorough metabolic cleansing program. Each 10-Day Bio-Detoxification Kit lasts for a period of 10 days. Two or more kits may be used consecutively if warranted. This step focuses on 4 of the most common underlying causes of chronic health challenges:

- Toxic Overload
- Leaky Gut
- Heavy Metal Toxicity
- Harmful Bacteria

The 10-Day Bio-Detoxification Kit is packaged for convenience and contains:

1. **Bio-Detox Pack™** – 30 packets of mixed supplements
2. **NutriClear®** – Metabolic clearing support formula
3. **Whey Protein Isolate** or **Rice Protein Concentrate** - High quality source of protein that is soothing to the gut.
4. **Large Biotics Research Shaker Cup**

**Step 3** – Immediately follows Step 2 and focuses on regeneration and repair. This last step addresses two of the most common underlying causes of chronic health issues: cellular malnourishment and tissue or systemic inflammation. Practitioners customize this step to fit their patients’ needs, and typical supplements may include:

<table>
<thead>
<tr>
<th>Optimal EFAs®</th>
<th>Chromdrosamine Plus® or S™</th>
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<tbody>
<tr>
<td>ProMulti-Plus®</td>
<td>Bio D-Mulsion Forte®</td>
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<tr>
<td>KappArest™</td>
<td>Lactozyme™ or BioDoph 7 Plus®</td>
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</table>

Although established as a 10-Day Bio-Detoxification Kit, some practitioners may choose to slow the dosing regimen and extend the 10 day period of Step 2 to accommodate patients experiencing exaggerated healing crisis symptoms. If the dosing schedule is altered, please follow with Step 3 accordingly.

**Note:** The Patients Guide is NOT enclosed with the 10 Day Bio-Detoxification Kit. These may be requested from Biotics Research Corporation, and should be given to the patient directly by their healthcare provider.
Goals as a Practitioner:

- Restore balance and homeostasis
- Treat the underlying causes of pain, inflammation and chronic health issues

Pain, Inflammation and Chronic Health Issues

- Remove ongoing triggers (both identified and potential)
  - Decrease the total toxic load
- Optimize GI health
  - Remove pathogens
  - Control dysbiosis and repair the inflamed gut wall
- Identify potential antecedents
  - Genetic markers and family history

 Goals as a Practitioner:

- Modify mediators
  - Correct nutritional deficiencies and oxidative stress
- Introduce anti-inflammatory diet (oligoantigenic diet)
- Optimize fatty acids and eicosanoids synthesis
- Vitamin D – proinflammatory epidemic
- Phytonutritional modulation of NF-kappaB
- Restore structural integrity and remove subluxation
- Chondro-support
- Botanical analgesics: White Willow bark, Boswellia and Devil’s Claw
- Proteolytic enzymes for acute/chronic pain and inflammation
Challenging Patients in Today’s Environment

• Don’t always fit conventional ICD #9 diagnosis
• Multi-focus complaints
• Failure to respond to conventional therapies (pharmaceuticals and surgery, etc.)

Today’s Typical Patient Presents

• Chronic Fatigue
• Malaise
• Weakness
• Headaches
• Depression

• Chronic Backaches
• Muscle Aches & Pains
• IBS
• PMS/Menopause Symptoms
• Anxiety/Insomnia

They usually see an alternative provider – because no conventional therapy has helped them.
What Conditions are Associated with Increased Gut Permeability?

- Rheumatoid Arthritis
- Ankylosing Spondylitis
- Food Allergy
- Asthma
- Acute Gastroenteritis
- Trauma
- Post Surgery
- Chronic Dermatological Conditions
- Endotoxemia
- Alcoholism
- Urticaria
- Eczema
- Pancreatic Dysfunction
- Celiac Disease
- Inflammatory Bowel Disease
- Schizophrenia
- Crohns
- Cystic Fibrosis

Phase I And Phase II Systems in Balance

- Balance requires adequate supporting nutrients.
- Imbalance can contribute to chronic degenerative diseases.
- If Phase I and Phase II are not balanced, mitochondrial energy production is reduced, and kupffer cells are activated, initiating inflammation.
- Imbalance between Phase I and Phase II enzymes can increase ROS production and bioactivation, leading to tissue damage.

References:

Ukabam SO, Clamp JR et al. Digestion 1983;27:70-74
Bjarnason I. J Rheumatol 1990;17(20):38-41
Imbalanced Detoxification

Causes of Impaired Bio-Detoxification

- Overwhelming toxic load (exogenous + endogenous)
- Impaired excretion (constipation or decreased transit time, renal dysfunction)
- Inefficient fuels (macronutrient imbalance)
- Deficiency of detoxifying substances (antioxidants, cofactors, conjugating agents)
- Dysregulation of detoxifying enzymes
**Excessive Nutrients Can Limit Bio-Detoxification**

- Excessive sugar inhibits detoxification
- High glucose intake increases uptake of carcinogens
- Excessive sodium limits detoxification
- High saturated fat diet can alter cytochrome P450 activity

**Impaired Bio-Detoxification**

- Dysbiosis (overgrowth of pathogenic microorganisms)
- Increased production of beta glucuronidase
- Short chain fatty acid deficiency (butyrate)
**Phytochemicals, Detoxification & Disease Prevention**


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**Chronic Health Problems**

**Inflammation Related to the GI-Liver Connection**

**Possible Causes**
- Nutritional History
- Toxic Burden
  - Stress
  - Medications
  - Infection
  - Food allergies
  - Some disease states
  - Dysbiosis and endotoxins
  - Environmental toxins
  - Endogenous metabolites (i.e. hormones)
  - Substance abuse
    - Alcohol
    - Tobacco
    - Drugs

**Results in Organ System Dysfunction**
- Leaky Gut
- Liver Burden and Altered Hepatic Detoxification
- Initiation of Systemic Inflammation
  - Mitochondrial damage
  - Musculoskeletal
  - Immune
  - Endocrine
- Nerves
- Cardiovascular
- Genitourinary
NF-kappaB
A Proinflammatory Transcription Factor

- Binds to DNA, stimulating production of TNF-a, IL-6 and other inflammatory cytokines (IL-15)
- Activated by infection (LPS), oxidative stress, AGEs, trans-fat, inflammatory cytokines (INF-a, TNF-a)
- Increased in cancer and chronic inflammatory disease

“Negative” Environmental Triggers Activate NF-kappaB

Environmental stimuli:
- “Stress”
- Radiation
- Oxidative stress
- Injury
- Bacterial LPS from infection or “leaky gut”
- Food and environmental allergens
- Viral infections
- Consumption of macronutrients: sugars > lipids > protein
- Arachidonic acid metabolites such as PG-E2
- Nutrient-poor processed food diet with insufficient phyttonutrition, antioxidants, ALA, EPA, DHA, GLA, and oleic acid
- Vitamin D deficiency
NF-κB Activates Genes Which Promote Inflammation

Activation of NF-κB

Gene expression (variable among individuals)

Increased expression of proinflammatory and anti-apoptotic genes coding for production of cytokines, adhesion molecules and pro-inflammatory enzymes:
- iNOS, COX, Lipox

NF-κB Activated Genes Cause Inflammation

Gene expression (variable among individuals)

Increased expression of proinflammatory and anti-apoptotic genes coding for production of cytokines, adhesion molecules and pro-inflammatory enzymes:
- iNOS, COX, Lipox

Mediators (modifiable with vitamins, minerals, foods, fatty acids, botanicals, and drugs)
- IL-6
- CRP
- Prostaglandins (PG-E2)
- Thromboxanes
- IL-1
- Cyclooxygenase-2
- Collagenase / MMP
- Lipoxygenase
- Leukotrienes
- Inducible Nitric Oxide Synthase
- Nitric Oxide
- TNF-a
- Adhesion Molecules
**NF-kappaB**
The Gateway to Inflammation

**Environmental Triggers**
- Stress
- Radiation
- Oxidative stress
- Injury
- Bacterial LPS from infection or "leaky gut"
- Food and environmental allergens
- Viral infections
- Consumption of simple sugars
- Consumption of corn oil
- Arachidonic acid metabolites such as PGE2
- Nutrient-poor, processed food diet with insufficient phytonutrition, antioxidants, ALA, EPA, DHA, and GLA
- Vitamin D deficiency

**Activation of NF-kappaB**

**Increased expression**
- of pro-inflammatory and anti-apoptotic genes coding for production of cytokines, adhesion molecules, and pro-inflammatory enzymes INOS, Cox, Lipox.

**Clinical manifestations**
- of pain, inflammation and poor health

**Events**

**Mediators**
- modifiable with vitamins, minerals, foods, fatty acids, botanicals and drugs

**Autoimmune Disorders and GI Dysfunction**

**Antigen exposed to GALT**

**Inflammation**

**Increased intestinal permeability**

Absorb middle and large molecular particles

**Upregulate immune system** → **Auto-antibody production** → **Autoimmune Disease**

**Autoimmune Diseases**
- Antigen exposed to GALT
- Inflammation
- Increased intestinal permeability
- Absorb middle and large molecular particles
- Upregulate immune system → Auto-antibody production → Autoimmune Disease
Adrenal Stress Syndrome & GI Dysfunction

Antigen exposed to GALT

- Inflammation
- Insulin Resistance
- Thymus Suppression

Inflammatory cytokine response

- Increase ACTH and Cortisol
- Anterior Pituitary Suppression
- Hepatic Detoxification Overload
- Thyroid Under Conversion

Gastric Ulcers

Suppression of SigA

Increase Sensitivity to Antigens

Estrogen Dominance and GI Dysfunction

Intestinal Dysbiosis

- Decrease 2-OH estrogen activity
- Increase 4-OH estrogen
- Increase 16-OH estrogen

- Increase estrogeneric response

- Intestinal Dysbiosis

- Increase beta-glucoronides

- Reverse hormone conjugation completed by the liver

- Re-circulate deconjugated estrogens back into circulation

- Intestinal Dysbiosis
Cardiovascular Disease and GI Dysfunction

Antigen exposed to GALT

- Increase Cortisol
- Increase Aldosterone
- Increase Epinephrine & Norepinephrine

Intestinal dysbiosis

- Increase blood pressure
- Increase levels of cholesterol

Increase inflammation

- Promotes arterial plaque

Arteriosclerosis

Neurodegenerative Patterns and GI Dysfunction

Antigen exposed to GALT

Global alarm reaction

- Glial cells of brain release inflammatory cytokines and nitric oxide

- Neuron apoptosis

Neurodegenerative disease
**Chronic Fatigue Syndrome and GI Dysfunction**

- Anemia
- Increased lipogenesis
- Decreased lipolysis
- Hypoglycemia
- Adrenal Stress Syndrome
- Insulin resistance
- Short circuit of citric acid cycle
- Uncouple oxidative phosphorylation
- Decreased total T3

**Hypothyroidism and Dysbiosis**

- Hypothalamus
  - TRH
- Pituitary
  - TSH
- Thyroid
  - Thyroid Binding Globulin
  - Iodide
  - Iodine
  - 7% = T3
  - 93% = T4
  - Liver
  - T4
  - T3 = 60%
  - Reverse T3 = 20%
  - T3S and T3AC = 20%
- 5' Diodinase
- Hepatic Glucuronidation & Sulfation
- Gut Mucosa Sulfatase
- Cellular Messenger RNA
- T3
Pain and Inflammation and Chronic Health Problems

Remove the Sensitive Seven

- Dairy
- Wheat
- Sugar
- Corn

- Soy
- Eggs
- Peanuts

Introduction of Oligoantigenic Diet

“The Anti-inflammatory Diet”

<table>
<thead>
<tr>
<th>Foods to Include</th>
<th>Foods to Exclude</th>
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<tbody>
<tr>
<td><strong>Fruits</strong></td>
<td></td>
</tr>
<tr>
<td>Unsweetened fresh, frozen, water-packed, or canned; unsweetened fruit juices except orange</td>
<td>Oranges</td>
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<tr>
<td><strong>Vegetables</strong></td>
<td></td>
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<tr>
<td>All fresh raw, steamed, sautéed, juiced, or roasted vegetables</td>
<td>Corn, creamed vegetables</td>
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<tr>
<td><strong>Starch</strong> (Non-gluten)/Bread/Cereal</td>
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<tr>
<td>Brown rice, oats, millet, quinoa, amaranth, teff, spicas, buckwheat, and products made from these and rice, potato flour, or arrowroot</td>
<td>Wheat, corn, barley, spelt, kamut, rye (be sure to check all packaged and processed food labels for these grains)</td>
</tr>
<tr>
<td><strong>Legumes</strong></td>
<td></td>
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<tr>
<td>All beans (except soy), peas, lentils</td>
<td>Soybeans, tofu, tempeh, soy milk, other soy foods</td>
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<tr>
<td><strong>Nuts &amp; Seeds</strong></td>
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<tr>
<td>Almonds, walnuts, sesame (tahini), sunflower, pumpkin seeds; and butters made from these</td>
<td>Peanuts, peanut butter, cashews, cashew butter</td>
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<tr>
<td><strong>Meat, Fish &amp; Eggs</strong></td>
<td></td>
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<tr>
<td>All canned or fresh fish, chicken, turkey, wild game, lamb</td>
<td>Beef, pork, cold cuts, frankfurters, sausage, canned meats, eggs, shellfish</td>
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<tr>
<td><strong>Dairy Products &amp; Milk Substitutes</strong></td>
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<tr>
<td>Milk substitutes, such as rice milk, almond milk, oat milk, coconut milk, other nut milks</td>
<td>Cream, yogurts, butter, ice cream, frozen yogurt, non-dairy creamers, margarine</td>
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<tr>
<td><strong>Fats</strong></td>
<td></td>
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<tr>
<td>Cold-expeller pressed olive, flaxseed, canola, safflower, sunflower, sesame, walnut, pumpkin, almond oils</td>
<td>Shortening, processed (hydrogenated) oils, mayonnaise, spreads</td>
</tr>
<tr>
<td><strong>Beverages</strong></td>
<td></td>
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<tr>
<td>Filtered water, herbal tea, seltzer, or mineral water</td>
<td>Soft drinks, alcoholic beverages, coffee, tea, other caffeine-based beverages</td>
</tr>
<tr>
<td><strong>Spices &amp; Condiments</strong></td>
<td></td>
</tr>
<tr>
<td>All spices (unless excluded), including cinnamon, cumin, dill, garlic, ginger, carob, oregano, parsley, rosemary, tarragon, thyme, turmeric, vinegar</td>
<td>Chocolate, ketchup, mustard, pickle relish, chutney, soy sauce, barbecue sauce (be sure to read condiment labels carefully)</td>
</tr>
<tr>
<td><strong>Sweeteners</strong></td>
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<tr>
<td>Brown rice syrup, fruit sweetener, blackstrap molasses, stevia</td>
<td>White or brown refined sugar, honey, maple syrup, corn syrup, high fructose corn syrup, desserts made with these sweeteners; candy</td>
</tr>
</tbody>
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Optimize Fatty Acids (Metabolism)

- Omega-3 fatty acids from flax oil and fish oil: generally these have health-promoting benefits but are usually deficient in American diets.

- Omega-6 fatty acids: from vegetable, corn and nut oils, beef, liver, pork, lamb, turkey, and chicken; may increase risk of cancer and inflammation; American intake is high.

- Omega-9: Oleic acid is found in olive oil; reduces inflammation, CAD and cancer risk; American intake is low.

“This is why I chose Biotics Research...”

Quality Control Laboratory Staff

RAW MATERIALS:
- Complete control of raw material selection process
- Advanced testing of all raw materials
- Additional tests on finished products for potency, disintegration and/or dissolution

PRODUCTION:
- Performs in-process testing
- Monitors all production processes
Biotics’ Carefully Researched Products . . .

- Are the result of over 30 years of research and development

- Are produced in a state-of-the-art manufacturing facility

- Are manufactured according to strict guidelines and control specifications
Dr. Abbas Qutab is the founder of Élan Vital Medical Centers located in Boston and Worcester, Massachusetts. Since first opening in 1989, these clinics have been the choice for many thousands of people around the world seeking complementary and alternative medicine treatments. Dr. Qutab also serves as consulting physician at the Brigham and Women’s Faulkner Hospital in Boston.

Dr. Qutab holds Medical, Chiropractic, and Oriental Medicine degrees as well as a Ph.D. in Ayurvedic Medicine. He is one of very few physicians in the U.S. who has been awarded an honorary Sc.D. from the World Health Organization Charted University for his work in promoting alternative medicine.

Dr. Qutab, a sought-after speaker for conferences and health expositions throughout the world, has taught thousands of physicians in Europe and in the U.S. on how to integrate alternative medicine into their practices. His speaking engagements include the World Health Organization Congress on Complementary Medicine and lectures at numerous hospitals such as the Dana-Farber Cancer Institute, Massachusetts General Hospital and UMASS Memorial Hospital.

Dr. Qutab is co-author of several books on Ayurvedic medicine, and his latest book, “Nitric Oxide, The Molecule of Life” has been translated into several languages. He is board-certified in Naturopathic Medicine and has received several leadership awards for promoting complementary medicine. Dr. Qutab is on the advisory board of the Congressional Health Care Reforms Committee in Washington, D.C. and is currently the committee’s Honorary Chairman for Massachusetts. In 2003, he received the “Physician of the Year” award for his active role in the NRCC of the National Healthcare and Medicare Reforms Committee.
Step 1 - (Optional)
Decreasing Inflammation ~ 6 - 7 Days or More
Addresses 3 of the most common underlying causes of chronic health challenges

Structural Problems

Hidden Food Allergies

Acute / Chronic Inflammation

Step 1 of the Easy 3-Step Bio-Detoxification program is focusing on reducing acute/chronic inflammation. This is accomplished by the following combined approach.

Common food allergens are removed from the diet and your healthcare practitioner may prescribe chiropractic, acupuncture or body work to realign the spine and restore the free flow of energy throughout the body. Anti-inflammatory nutritional supplements are used to inhibit the inflammatory response mechanisms.

This step lasts 6 to 7 days or more and is immediately followed by Step 2, which is the detoxification period. It is very important to follow the principles of the diet as closely as possible.

Acute:

A. Intenzyme Forte™ 5 x tid (1 bottle - 100 tablets)
B. Bio-Allay® 4 x tid (1 bottle - 120 capsules)

Chronic:

A. Beta-TCP™ 5 x tid (1 bottle - 180 tablets)
B. Bromelain Plus CLA™ 4 x tid (1 bottle - 100 tablets)
Step 2
Easy 3-Step Bio-Detoxification

Step 2
Utilizes the 10-Day Bio-Detox Kit
Metabolic Cleansing ~ 10 - 20* Days
Addresses 4 of the most common underlying causes of chronic health challenges

Toxic Overload
Harmful Bacteria
Heavy Metal Toxicity
Leaky Gut

Step 2 of the Easy 3-Step Bio-Detoxification Program consists of a thorough detoxification program designed to eliminate toxins and harmful bacteria from the body.

This phase lasts either 10 or 20 days depending on the toxicity level, and is immediately followed by Step 3, which is a rebuilding and repair period. It is very important to follow the principles of the diet as closely as possible.

Bio-Detoxification Kit Contains:

• Bio-Detox Packs™ - 30 packets of mixed supplements, 1 with each meal
• NutriClear® - Serves as a metabolic clearing support formula.
• Whey Protein Isolate - Soothing to the gut. High quality source of protein
• 1 large Biotics Research shaker cup

* This step can be repeated when warranted.
Order 2 kits if choosing a 20 day detoxification plan.
Each 10-Day Bio-Detox Kit contains:

- 2 - NutriClear® containers *
- 1 - Bio-Detox Packs™
- 1 - Whey Protein Isolate **
- 1 - large Biotics Research shaker cup

Each Bio-Detox Packs™ contains:

- 2 tabs A.D.P.® – Anti-fungal, anti-bacterial, anti-amoebic, used for gut cleaning.
- 2 tabs Bromelain Plus CLA™ – digests food, also used to digest eggs of parasites.
- 1 tab Livotrit Plus® – Combination of Eastern and Western botanicals naturally high in plant based antioxidants. Used to detoxify, protect and promote regeneration the liver.
- 3 tabs Beta-TCP™ – opens the biliary tree and allows toxins to exit the body via intestines.
- 1 capsule BioProtect™ – full spectrum antioxidant that will regenerate the body’s natural antioxidants, as well as provide additional antioxidants to protect the body as free radicals are released from fat storage.
- 2 capsules Optimal EFAs® Caps – balanced EFAs to promote gut healing and reduce systemic pain and inflammation.
- 1 capsule MCS-2® – updated “Metabolic Clearing Support” to further promote liver detoxification. Provides vitamins, minerals and botanicals necessary for advanced liver detoxification.

* NutriClear® may be substituted by NutriClear-S®
** Whey Protein Isolate may be substituted with Rice Protein Isolate
# 10-Day Bio-Detoxification Program

<table>
<thead>
<tr>
<th>Supplement</th>
<th>Purpose</th>
<th>Upon Arising</th>
<th>With Breakfast</th>
<th>Mid Morning</th>
<th>With Lunch</th>
<th>Mid Afternoon</th>
<th>With Dinner</th>
<th>Before Bed</th>
</tr>
</thead>
<tbody>
<tr>
<td>NutriClear® Day 1-10</td>
<td>Use as meal replacement for breakfast and lunch. 2 scoops of NutriClear® in 16 oz. of pure water. Optional: 1 scoop NutriClear® in mid-afternoon if desired. Drink as much water and decaf herbal tea as desired. Heals both liver and intestines in detox and rehabilitation. PLEASE READ SHEETS ON DETOXIFICATION REACTIONS</td>
<td>2 Scoops</td>
<td>Light Lunch</td>
<td>2 Scoops</td>
<td>Healthy Dinner</td>
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<td></td>
</tr>
<tr>
<td>Whey Protein isolate</td>
<td>Mix 1 scoop with NutriClear® drink (above) Provides added protein along with immunoglobulin</td>
<td>1 Scoop</td>
<td>1 Scoop</td>
<td>1 Scoop</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bio-Detox Packs™</td>
<td>Provides nutrients to support detoxification</td>
<td>1 Pack</td>
<td>1 Pack</td>
<td>1 Pack</td>
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**Additional Recommendations**

For dinner each day choose either poultry or fish (not fried). Eat as many vegetables or salads as you would like. Use extra virgin olive oil and vinegar for dressing.

**Dietary Reminders**

- Chew foods well (20-30 times per bite). Drink your solids and chew your liquids.
- Eat foods in whole forms as much as possible - Whole foods, as provided by nature, (either raw or cooked), especially eat raw foods with every meal.
- Eat only when you are hungry and calm. If you have a poor appetite, reduce sugars and starches, and your appetite and digestion will improve.
- Do not overeat - it overloads digestion. Smaller, more frequent meals are best.
- Eat animal source foods in moderation.
- Drink at least 6-10 tall glasses of pure water daily. Most overeating occurs as a result of dehydration.
- Avoid hydrogenated or partially hydrogenated fats, preservatives or artificial colors, and foods that cause reaction, like wheat and dairy.
Step 3
Easy 3-Step Bio-Detoxification

Step 3
Regeneration & Repair Stage
Addresses 2 of the most common underlying causes of chronic health challenges
Cell Malnourishment
Joint Damage

Step 3 of the Easy 3-Step Bio-Detoxification Program is focused on rebuilding and repair after the Step 2 detoxification. It is designed to provide the necessary building blocks the body needs to repair damaged cartilage, joints and tissues.

This phase lasts 30 days or more depending on the severity of the condition. It is very important to follow the principles of the diet as closely as possible.

The recommended diet and supplements in Step 3 are essential to maintain optimal wellness.

**Mandatory:**
- **Optimal EFA's**® - Strategically balanced essential fatty acid formula, 2 capsules tid
- **ProMulti-Plus**® - High protein multi-vitamin and mineral, 2 capsules tid
- **LactoZyme™ or BioDoph-7 Plus**® - Probiotic for GI support, 2 capsules before bed

**Optional:**
- **ChondroSamine-Plus**® & **S**™ - Comprehensive joint support, 3-4 capsules/day on empty stomach
- **Bio-D-Mulsion Forte**® - Emulsified vitamin D3 for enhanced uptake, 1-3 drops/day
- **KappArest™** - NF-kappaB downregulation, 2 capsules tid
Understanding the Healing Crisis

A healing crisis is any of a wide range of symptoms that may occur during the course of healing. Typically, the onset of these symptoms is very rapid. You may experience some symptoms immediately after a treatment or up to 2 to 3 days later. The worst of the symptoms may last as little as a few hours or as long as several days. The longer the symptoms last, the stronger the healing crisis. But it is also suggested that when the symptoms have passed, you will feel better than prior to the crisis.

Most patients do not understand the healing crisis because of their experience with conventional medicine. Where the focus of conventional medicine is on eliminating discomfort and curing disease, holistic medicine seeks to address the underlying cause of pain and illness. It aims to balance the body’s energy flow so that the body can restore itself to a healthy state.

Disease is a long, gradual process that occurs over time with stages of progressively ill health preceding it. It moves from less serious physical complaints to more serious ones, and then moves inward to deeper levels. Sometimes minor ailments are driven deeper into the body and become more serious with drug therapy, which suppresses the symptoms, but weakens the immune system. For example, you may first experience a skin problem, which seems to clear up. Later, the original disease may progress inward to become another condition such as asthma. Sometime after that, you may even develop a third condition such as depression.

Increasing a person’s health reverses the disease process, almost like putting a video of your disease on rewind. You must move through previous states of health, and that is when old symptoms crop up, occurring in reverse order of their original appearance. The person with the skin problem may re-experience some depression, followed by some asthmatic episode. Later on, the skin problem may eventually re-occur, cycling back through the original disease progression.

The aching body, headaches, nausea and fatigue often felt during a healing crisis are primarily the effects of detoxification. In the healing process, the body is working to eliminate its storage of toxins - materials that have been collected in the colon, the tissues, and in individual cells. In a sense, the body becomes temporarily more toxic until the toxins are excreted.

Once you understand that some discomfort is normal, and that symptoms can be a positive sign that healing is taking place, there are a number of things you can do to help your body during a healing crisis. First, try to follow your prescribed program correctly. Taking medications, such as antihistamines, aspirin or other painkillers, delay the healing process and may actually prolong the discomfort.

NOTE: If your healing crisis is too intense or causing excessive discomfort, please consult your healthcare practitioner about the feasibility of altering your dosing schedule.
Sufficient rest is very important since your body is under a great deal of stress during the healing process. Similarly, your diet should consist of light, easy-to-digest meals; heavy, hard-to-digest foods should be avoided. Plenty of hot water should be consumed throughout the day.

Exercise is often helpful especially if the crisis presents itself on an emotional level. Because many toxins leave the body through the skin, light brushing of the skin with a natural bristle brush can help stimulate blood and lymph flow. Soaking in a warm bath with Epsom salts or Sea Complex Bath™ salts may also be helpful.

Reducing environmental stresses can help a healing crisis pass more quickly. Take a good look at your daily stress level. Your diet, smoking habits, alcohol intake and other lifestyle elements may need to be changed.

Attitude can be one of the most beneficial factors in coping with healing crisis. A positive attitude will allow you to relax and to recognize that the symptoms are temporary, and your treatment is on target.

Keep the lines of communication open with your doctor. Report your symptoms and allow the healthcare practitioner to help you if your symptoms become intolerable. Adjustments in the degree or frequency of treatments may be possible to lessen your discomfort.

The road to good health is an exciting and rewarding journey, but like any worthwhile endeavor, it has some challenges. The healing crisis is an opportunity for you to understand the process your body is going through to reach a state of health. Despite symptoms, you should experience more areas of improvement than discomfort. These brief episodes of symptoms should be considered signs of progress and an indication that you’re on the road to good health.
# Hypo-Allergenic / Anti-Inflammatory Diet Shopping List

You may eat the foods listed below on any days (days 1-10). Always keep in mind not to eat the same foods every day. Eat a variety of foods, and always rotate the meals.

## Vegetables
- Asparagus
- Avocados
- Beets
- Broccoli
- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumbers
- Eggplant
- Green Beans

## Fruits
- Apples
- Bananas
- Blueberries
- Cantaloupe
- Grapes
- Honeydew Melon
- Oranges
- Pears
- Plums
- Strawberries

## Meats
- Skinless chicken breast
- Turkey breast
- Flank steak
- Eggs (omega-3, free-range, hormone free)

**Note:** Always try to buy organic meats.

## Fish
- Halibut
- Tilapia
- Salmon
- Red Snapper
- Orange Roughy
- Perch Cod
- Anchovies
- Sardines
- Pollock
- Mackerel
- Herring

## Drinks
- Organic Decaffeinated Coffee
- Herb Tea
- Non fluorinated /chlorinated water

## Grains
- White rice, tapioca, quinoa, 100% buckwheat, millet, teff and amaranth

## Dressings
- Extra-virgin olive oil with lemon or lime and dry herbs, including oregano and basil. Flax seed oil dressing. Oil and vinegar dressing. Avoid creamy, milk based dressings such as Ranch.

## Condiments
- Bay leaf
- Caraway seeds
- Chives
- Cilantro
- Cinnamon
- Curry
- Dill
- Dry mustard
- Garlic
- Ginger
- Mace
- Marjoram
- Nutmeg
- Poppy seeds
- Tarragon

## Misc.
- Raw almonds and other nuts, excluding peanuts
- Rice, millet, buckwheat, tapioca, teff, or any other non-gluten grains
- Nut butter (not peanut)
- Oil and vinegar
### The Anti-Inflammatory Diet

#### Foods to Avoid  

<table>
<thead>
<tr>
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<th>Why?</th>
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</table>
| 1. | All gluten-containing foods like wheat, rye, oats, and barley, which are commonly found in breads, pasta, and other products from refined flour.  
   | The most common allergies are caused by this group of foods. By avoiding these foods for a few weeks, your system gets a chance to relax and clear itself out. You may not even know you have an allergy to these foods because the symptoms may be so subtle. |
| 2. | Alcohol, caffeine, including coffee, black teas, sodas and soymilk. All soda and fruit drinks that are high in refined sugars.  
   | Both alcohol and caffeine are hard on the liver, and this is going to be your liver’s vacation. |
| 3. | Pork, cold cuts, bacon, hot dogs, canned meat, sausage, and shellfish.  
   | Meats are typically high in nasty things like estrogens, antibiotics, and other ingredients utilized in processing. |
| 4. | Corn and tomato sauce. (fresh, whole tomatoes are ok)  
   | These are common allergens. |
| 5. | Eggs and all dairy (milk, cheese, butter, yogurt, etc.).  
   | Dairy products are most likely to cause allergies. |
| 6. | All fruit and fruit juices.  
   | Fruit and fruit juices are high in sugar content. |
| 7. | Foods high in fats and oils, including peanuts, refined oils, margarine, and shortening.  
   | This diet was designed to lessen the burden placed on your system by eliminating many foods, including those high in fats and refined and processed oils. |
| 8. | Any other foods not listed on these pages that you know you are allergic to.  
   | Give your healthcare practitioner a list of all foods that you know you are allergic to. |
Frequently Asked Questions

Q1. What are NutriClear® and NutriClear-S®?

A1: NutriClear® and NutriClear-S® are chemically defined foods, designed to support the nutritional needs of a wide spectrum of patients - even those who are sensitive to certain foods or chemicals. NutriClear® and NutriClear-S® have been formulated with the highest quality ingredients and are compatible with vegetarian foods, some of which you are likely to be allergic or sensitive to.

NutriClear® and NutriClear-S® are often used as meal replacements in cleansing or “metabolic clearing” programs. Metabolic clearing refers to the processes responsible for eliminating toxic substances that have built up in the body. Most people encounter toxic agents in their work or home environment, due to pollutants in air, water and beverages, and of course, foods. Drugs and alcohol also contribute to the toxic burden, as do potentially harmful materials generated by intestinal bacteria. Removing accumulated toxic materials enables the body to recover from imbalances, and therefore enables it to work more efficiently. NutriClear-S® is designed for those patients for whom soy is beneficial, or who have a preference to soy over rice.

Q2: How can NutriClear® and NutriClear-S® help balance the body’s chemistry?

A2: Specific nutrients can help improve your nutritional status in a variety of ways:

• Help to convert fats and carbohydrates to energy, while maintaining muscle tissue. Some nutrients, such as amino acids, function as building blocks; others are enzyme helpers (cofactors that function as metabolic “spark plugs”); and others function as fuel to run the body’s machinery. When these are limited by inadequate diet or problems with digestion or absorption, nutritional imbalances and reduced ability to repair the “wear-and-tear” can occur.

Key nutrients:
  B vitamins – niacin, riboflavin, pantothenic acid
  Trace elements – zinc, copper, manganese
  Amino acids – rice protein (NutriClear®) or soy protein (NutriClear-S®), together with lysine and threonine
  Fuels and essential fatty acids – canola oil, rice carbohydrate

• Help eliminate potentially harmful substances. NutriClear® provides a full range of nutrients that support the processing and disposal of waste materials and other potentially harmful materials. The liver functions as the body’s major waste disposal unit, and specific nutrients can help in this role.

Key nutrients:
  Niacin, riboflavin, pantothenic acid, zinc, cysteine, glutathione
• Help protect the body against free radicals and oxidation.
Pollutants such as ozone and nitrogen oxides, cigarette smoke and other substances, lead to the formation of free radicals – “pyromaniac molecules”, that randomly attack cells and increase the body’s need for substances called antioxidants. Antioxidants serve to block or inactivate free radicals.

Key nutrients: Natural mixed carotenoids, vitamins C & E, N-Acetyl Cysteine, selenium, glutathione.

• Help improve intestinal health.
The intestinal lining is the primary barrier against foreign materials. When the intestine is compromised, digestion and nutrient absorption decrease, and the intestine may become “leaky,” allowing unwanted substances to enter the bloodstream.

Key nutrients: Trace minerals, B-complex vitamins, L-glutamine (an amino acid) and quercetin (bioflavonoid).

Q3. How much weight can I expect to lose on the Bio-Detoxification program?
A3: NutriClear® drink and other supplements in the bio-detoxification program are not formulated for weight loss. However, fluid retention or bloating is a symptom of toxicity. As people begin to detoxify, they will lose retained fluids, which may result in the loss of 2 to 10 pounds.

Q4. What happens if my symptoms worsen during the Bio-Detoxification Program?
A4: If your symptoms get worse, it’s due to the healing crisis. Please read Dr. Abbas Qutab’s article on “Understanding the Healing Crisis” carefully. Remember to drink 3-5 pints of water, not to overexert physically, and to allow yourself to be “sluggish” while your body is detoxifying. After you detoxify, you will regain your vitality.

Q5. What side effects can I expect?
A5: Individual response to cleansing programs is highly variable due to personal differences in biochemical makeup, stress levels, toxin build-up, and medical histories. Individuals sometimes experience headaches, joint pain, mood swings, constipation or other side effects. These side effects are commonly associated with cleansing programs and usually dissipate within a week to 10 days. Notify your healthcare provider if you develop any adverse symptoms, or encounter discomfort while using this product with your individualized program.

Q6. When should I begin to feel better?
A6: Your medical history, including the use of medications, exposure to toxic materials in the workplace, and your age, can affect the rate of improvement. A slower response time might be expected for older patients. Most people begin to feel better within one to two weeks on the cleansing program; others may take a longer time to see an improvement in their symptoms.
Q7.  *Can I mix my NutriClear® drink in juice?*

A7:  Ideally, it is best to mix it in bottled spring or purified water, and only add fresh fruit if necessary. Many people enjoy the additional flavor fruit can provide, and sometimes people need extra phytonutrients, which are found in organic blueberries and wild berries. Therefore, the drink may be blended with these fruits. My clinical practice shows diluted organic pear juice is the least likely to cause a reaction while on the bio-detoxification program.

Q8.  *Why recommend white rice instead of brown rice?*

A8:  Nutritionally, brown and white rice are very similar. The chief advantage of brown rice is its high fiber content and B-vitamin levels. However, it has been found that individuals are less likely to experience a larger “reaction” to white rice than to brown. Brown rice contains lecithin, like phytohemagglutinin, a large plant protein, which can stimulate agglutination, or sticking together, of red blood cells and the proliferation of lymphocytes associated with the allergic response. If you don't like standard white rice, I suggest trying basmati rice, which is an excellent choice of white rice because of its delicious taste and nutritional profile.

Q9.  *Is it OK to exercise while I am on the Bio-Detoxification program?*

A9:  Yes. Clinical experience has shown that some individuals experience reduced energy and stamina due to the body's detoxification process. If you exercise regularly, give yourself permission to ease up on the time and intensity of your workout. If you do not exercise regularly, it may be best to wait until you have finished the detoxification program. However, it is okay to go for a walk and enjoy nature.

Q10.  *What is the reason for putting me on a restricted or elimination diet during the Bio-Detoxification program?*

A10:  One of the purposes of the bio-detoxification program is to potentially remove all allergenic foods from your diet, and allow you to choose from a group of healthy and organic foods to which you are less likely to be allergic. The foods allowed are based on the scientific literature available, and do not contain any ingredients that could interfere with the cleansing process. This helps to put less stress on the digestive system and support the liver detoxification.

Q11.  *What are the main foods I will be avoiding?*

A11:  The bio-detoxification booklet will take you through the approach step by step and will also provide you with recommended food choices. However, for informational purposes, those foods recommended to avoid in the Anti-Inflammatory Diet are the main foods to avoid during the bio-detoxification program.
# Easy 3-Step Detoxification Symptom Questionnaire

Rate each of the following symptoms based upon your typical health profile:

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nausea or vomiting</td>
<td></td>
</tr>
<tr>
<td>Diarrhea</td>
<td></td>
</tr>
<tr>
<td>Constipation</td>
<td></td>
</tr>
<tr>
<td>Bloating feeling</td>
<td></td>
</tr>
<tr>
<td>Belching, passing gas</td>
<td></td>
</tr>
<tr>
<td>Heartburn</td>
<td></td>
</tr>
<tr>
<td>Total Score</td>
<td></td>
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</tbody>
</table>

Energy / Activity

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fatigue, sluggishness</td>
<td></td>
</tr>
<tr>
<td>Apathy</td>
<td></td>
</tr>
<tr>
<td>Hyperactivity</td>
<td></td>
</tr>
<tr>
<td>Restlessness</td>
<td></td>
</tr>
<tr>
<td>Total Score</td>
<td></td>
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</tbody>
</table>

Joints / Muscles

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pain or aches in joints</td>
<td></td>
</tr>
<tr>
<td>Arthritis</td>
<td></td>
</tr>
<tr>
<td>Stiff, limited movement</td>
<td></td>
</tr>
<tr>
<td>Pain, aches in muscles</td>
<td></td>
</tr>
<tr>
<td>Weakness or tiredness</td>
<td></td>
</tr>
<tr>
<td>Total Score</td>
<td></td>
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</tbody>
</table>

Emotions

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mood Swings</td>
<td></td>
</tr>
<tr>
<td>Anxiety, fear, nervous</td>
<td></td>
</tr>
<tr>
<td>Anger, irritability</td>
<td></td>
</tr>
<tr>
<td>Depression</td>
<td></td>
</tr>
<tr>
<td>Total Score</td>
<td></td>
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</tbody>
</table>

Head

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Headaches</td>
<td></td>
</tr>
<tr>
<td>Faintness</td>
<td></td>
</tr>
<tr>
<td>Dizziness</td>
<td></td>
</tr>
<tr>
<td>Insomnia</td>
<td></td>
</tr>
<tr>
<td>Total Score</td>
<td></td>
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</tbody>
</table>

Ears

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Itchy ears</td>
<td></td>
</tr>
<tr>
<td>Earaches, ear infections</td>
<td></td>
</tr>
<tr>
<td>Drainage from ears</td>
<td></td>
</tr>
<tr>
<td>Ringing in ears, hearing loss</td>
<td></td>
</tr>
<tr>
<td>Total Score</td>
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</tbody>
</table>

Lungs

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chest congestion</td>
<td></td>
</tr>
<tr>
<td>Asthma, bronchitis</td>
<td></td>
</tr>
<tr>
<td>Shortness of breath</td>
<td></td>
</tr>
<tr>
<td>Difficulty breathing</td>
<td></td>
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<tr>
<td>Total Score</td>
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</table>

Mouth / Throat

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chronic Gagging</td>
<td></td>
</tr>
<tr>
<td>Gagging, needing to clear throat</td>
<td></td>
</tr>
<tr>
<td>Sore throat, hoarse</td>
<td></td>
</tr>
<tr>
<td>Swollen or discolored tongue, gums or lips</td>
<td></td>
</tr>
<tr>
<td>Canker sores</td>
<td></td>
</tr>
<tr>
<td>Total Score</td>
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</tbody>
</table>

Weight

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Score</th>
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</thead>
<tbody>
<tr>
<td>Binge eating/drinking</td>
<td></td>
</tr>
<tr>
<td>Craving certain foods</td>
<td></td>
</tr>
<tr>
<td>Excessive weight gain</td>
<td></td>
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<tr>
<td>Compulsive eating</td>
<td></td>
</tr>
<tr>
<td>Water retention</td>
<td></td>
</tr>
<tr>
<td>Underweight</td>
<td></td>
</tr>
<tr>
<td>Total Score</td>
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</table>

Skin

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acne</td>
<td></td>
</tr>
<tr>
<td>Hives, rashes, dry skin</td>
<td></td>
</tr>
<tr>
<td>Hair loss</td>
<td></td>
</tr>
<tr>
<td>Flushing, hot flashes</td>
<td></td>
</tr>
<tr>
<td>Excessive sweating</td>
<td></td>
</tr>
<tr>
<td>Total Score</td>
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Add up the numbers to arrive at a total for each section. Then add the totals for each section to arrive at the grand total. If any individual section total is **10 or more**, or the grand total is **14 or more**, you may benefit from the Easy 3-Step Bio-Detoxification program.
Pain & Toxicity Assessment

Mark the symptoms you experience:

- [ ] Yes       -  No
  - Do you feel tired or fatigued?
  - Do you experience early morning stiffness?
  - Do you feel stiff after periods of rest?
  - Do you feel dizzy, foggy-headed or have trouble concentrating?
  - Do you experience cracking joints?
  - Do you experience frequent back pain or headaches?
  - Do you eat fast, fatty, processed or fried foods?
  - Do you experience generalized aches and pains in the body?
  - Do you experience frequent sinus problems?
  - Do you use coffee, cigarettes, candy or soda to get “up”?
  - Are you sleepy in the afternoon?
  - Do you experience intestinal gas and bloating after meals?
  - Do you bruise easily?
  - Do you recover slowly from moderate exercise?
  - Do you feel you don’t exercise enough or feel sluggish and need to lose weight?
  - Do you have food allergies, or are often exposed to chemicals, sedatives or stimulants?
  - Do you take pain relievers to get rid of aches and pains?
  - Do you have a family history of arthritis or auto-immune disorders?
  - Do your bowels move less than twice per day?
  - Are you working or living in a closed environment with exposure to fresh air less than twice a day?
  - Do you use regular municipal water (non-filtered) for your shower?
  - Do you purchase food from the “normal” section of the grocery store, instead of buying organic fresh foods?
  - Do you change/replace the filter for the heating/air conditioning less than twice a year?
  - Does the concept of trying a cleansing program to rid your body of toxins seem foreign to you?

_______  Total your “Yes” and “No” answers

If your Yes score totals 4 or greater, your current symptoms might be due to toxic overload and may suggest you need the Easy 3-Step Bio-Detoxification Program to purify your system of toxins and experience PAIN FREE living.
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.