

## Tuesday Minute Transcript

This Week's Topic

# A Simple In-Office CO2 Test

***"Both of us were surprised when one of his sinuses started draining... thirty minutes later that other sinus started draining."***

Whenever there is a chronic condition or one that seems to defy standard therapies, look for sources of hidden infection. I have a good friend who was dying of a brain tumor and found out she had an infected tooth from a botched root canal. Once the tooth was extracted, the tumor spontaneously healed; and she is still alive today over 10 years later.

Just recently I was working with a patient with chronic lung problems. Each winter he has had to use the strongest antibiotics just to breathe. It got pretty scary. Finally last winter he ended up in the hospital for 16 days. By accident his pulmonologist discovered he had a chronic sinus infection that was causing a constant dripping of infection.

The pulmonologist recommended him to an infectious



disease specialist who suggested prednisone. Obviously he felt great for the 60 days he was on the drug. He could smell and taste again; all his joint pain was gone. In fact, he said he felt like he was 10 years younger.

He came to see me about a week after he was finished weaning himself off the prednisone. The sad thing was that he was already losing his sense of taste and the sinus drip and congestion

had already rebounded. What would you do?

Most of you are jumping out of your chair going pick me, pick me because you know about the study done at Mayo Clinic several years ago where they found fungal infections as the cause of chronic sinus in over 90% of the cases they cultured. So you are thinking about the antifungal botanicals like the emulsified oil of oregano "ADP" or Liquid Iodine. I was also ready to put him on

therapeutic levels of emulsified vitamin D in the form of Bio-D-Mulsion Forte. In fact, when I talked to him on the phone that was my plan; attack the yeast.

I had just come back from a seminar titled "Clinical Nutritional Pearls" taught by Dr. Wally Schmitt. A session topic was CO<sub>2</sub> and the benefits of having the correct amount. One of benefits of adequate CO<sub>2</sub> is that it is converted to carbonic anhydrase if sufficient levels of zinc are present. Carbonic anhydrase further combines to form carbonic acid which then dissociates into hydrogen ions and bicarbonate ions necessary for cerebral spinal fluid synthesis. Bicarbonate ions are used as buffering agents. Carbonic anhydrase is also needed to make HCL in the stomach and pancreatic enzymes, it's needed for healthy kidney and lung function as well as a host of other essential functions.

Dr. Schmitt taught us how to temporarily increase the CO<sub>2</sub> titers in the blood by rebreathing into a paper bag 7 or 8 times. He demonstrated it on participants who had limited ranges of motion or pain and asked them to rebreathe into a paper bag to see if their range of motion increased or if their pain decreased. You can learn more about this technique from a previous Tuesday Minute below.

With the seminar fresh on my mind, I tested my patient for range of motion. He could put his hands on the floor but his right shoulder caused some discomfort when he elevated it more than 45 degrees. The rebreathing exercise completely removed the pain.

Rebreathing only causes a temporary increase in CO<sub>2</sub> blood titers so the effect lasts a few minutes. This screen is used to deter-

mine if there is a functional CO<sub>2</sub> deficit. The greatest producer of CO<sub>2</sub> is the citric acid cycle. By tasting different nutrients that are used to facilitate the citric acid cycle and the electron transport chain, we can increase the body's ability to make carbon dioxide. Below, I've included a list of the nutrients to taste for both cycles.

By tasting a low potency phosphoralated B complex called Bio-B 100 and an emulsified CoQ called Co-Q-Zyme 30, his shoulder pain subsided. The Bio-B 100 took approximately 50% of the tenderness away. We added CoQ to the watery mix of b-vitamins until he could taste both substances and retested the shoulder. The addition of the CoQ really made the difference. Both of us were surprised when one of his sinuses started draining after tasting and swallowing the nutrients. Thirty minutes later the other sinus started draining. But here's the best part. Two days later he called me to tell me he had been waking up with open clear sinuses ever since he started taking the nutrients.

By fixing the CO<sub>2</sub> problem and increasing carbonic anhydrase and natural buffers, we restored the body's environment; and the body fixed itself. There really are benefits to adequate CO<sub>2</sub>. Benefits that could help chronic conditions or conditions where a locus of infection may be hiding in sinuses, ears, urinary tract or anywhere. Using the rebreathing screen to determine functional CO<sub>2</sub> deficits, then testing nutrients for range of motion and pain are steps in the right direction, steps that can produce "surprising" results.

Thanks for reading this week's edition. I'll see you next Tuesday.