

# Clinical Pearls From Physicians

**"I'm always leery when people tell me they get great results, but when 2 or 3 different clinicians tell me the same thing..."**

One of the reasons we started the Tuesday Minute is because clinicians are constantly sharing pearls of information with me. These pearls are discovered as they treat their patients and are probably not found in most textbooks. After 30 years, I have heard a lot of these "pearls"; and they fit well into the Tuesday Minute's magazine type format. If you click "upper left" on archives, you will find more pearls and ways to integrate nutrition in your practice.

This week, I share a few pearls that come from several different clinicians. One involves the treatment of warts and the other low white blood counts. Nobody likes warts, especially kids; so if we can help the body remove these unsightly blemishes, everyone is excited. Along with the happy results, you gain credibly as a clinician and the patient is more apt to refer friends and neighbors as they brag about the person who helped them.



Obviously, warts are viruses and the body in its wisdom has quarantined the invaders to a specific area. We are all exposed to viruses and fortunately the body fights them off so efficiently that most of the time we aren't even aware of them.

On other Tuesday Minutes, I've detailed certain clues that the body gives us. Warts are a clue. The body is giving you a clue that your patient's immune system is strong enough to contain the virus, but it isn't vibrant enough to eradicate it.

So when you see warts, think immune deficiency.

There are all kinds of folklore on the internet about things that work topically. Several clinicians have shared with me that they have found vitamin D to work very well. Vitamin D has so many active components it would be difficult to give you an exact mechanism.

Remember that vitamin D is necessary for approximately 2,000 of the 30,000 genes that have been mapped out. In terms of absorption, remember

we make vitamin D on the skin and then it is absorbed so we know it gets in. I like Bio-D-Mulsion Forte from Biotics. Take a few drops and apply topically twice a day.

Other clinicians have shared with me a different approach, an internal approach. They use a tablespoon of powdered Arabinogalactans (IAG) and mix it with 3-4 ounces of juice and equal parts water twice a day. I am always leery when people tell me they get “great results” but when 2 or 3 different clinicians tell me the same thing, unsolicited, I pay attention..

Arabinogalactans have been shown to increase “natural killer cells” and act as an immune modulator. They feed the non-specific or innate TH-1 part of the immune system. Arabinogalactans are huge polysaccharide molecules and come from the Larch tree. The beauty of this product is that it is basically tasteless. So it is a great product for kids with colds, flu, or ear infections. That’s how we accidentally found out about its effects on the warts, because the product was given for immune support and the warts disappeared.

On a slightly different note, several doctors have shared with me how the combination of Arabinogalactans and Dismuzyme Plus Granules has helped people with more chronic, resistant viruses recover. Dismuzyme Plus, a product made by Biotics Research, is a trade name for the enzyme superoxide dismutase. This naturally occurring antioxidant enzyme is highly protective of healthy cells, and is used for stubborn viruses and raising low white blood cell counts.

I have heard this feedback so many times that if I see someone with white blood counts, 4 or lower, I immediately recommend Dismuzyme Plus granules. The dose I use is generally 1 tablespoon twice per day, although it may be taken more often as physicians recommend.

As you know, anyone who has been on Chemotherapy has extremely low white blood count levels. Once the chemo regiment is over, by

adding Dismuzyme Plus Granules, I have seen white blood cells count come up much quicker than if left to the standard American diet. It is pretty dramatic. We are not interfering with the chemotherapy regime; but once the program is over, this product really helps to support and rebuild the immune system quickly.

Here’s the problem; it tastes like cardboard. However, you can add the Dismuzyme Plus Granules to salad or food as long as the food is not too hot to eat. If it is cool enough for you to eat, the temperature of the food will not destroy the enzymes. An increased dose will not cause problems; the only downside is taste, convenience, and cost.

Remember any long term illness depletes energy. Reduced energy means reduced production of hydrochloric acid, depletions of amino acids, and probably B12 and Folic Acid which are needed for healthy cell growth and replication. So remember to look at mean corpuscular volume (MVC) and mean corpuscular hemoglobin (MCH) as a screen for B12 and folate anemia. If MCV’s are over 89.9 and MCH’s are over 31.9, chances are very high a deficiency exists and bone marrow white blood cells will be compromised.

One more brief note, when looking at a CBC, if you see that the neutrophils are lower than the lymphocytes that often is indicative of a chronic virus which may mean you have to add higher doses of vitamin A and Thymus to your immune support cocktail.

These pearls I’ve shared cover different symptoms and different approaches. But they have one thing in common, whether it’s warts or white blood cells, it’s another example of “when you feed the body what it needs, it will spring back to health.”

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