



THIS WEEK'S TOPIC

A Remarkable Recovery... How They Did It

"This patient lost 60% of his lung capacity as the result of firefighting and is now medication free."

I love hearing reports about patients who make remarkable recoveries. Of course we all want to know "what they did" and "how they did it." I want share a clinical report how one of my colleagues used multiple strategies to reduce inflammation in a case where the patient exhibited permanent disability. This case involves a specific lung condition but the principles can be applied to any chronic condition.

My colleague used several natural therapies but one in particular called Organik-15. This is her report about the case. "One asthma patient I was working with was on several bronchial inhalants and two of the strongest asthma medications on the market. The dose he was taking was so high that it was at the toxic level. The doctor prescribed



it because it was the only dose that gave him some relief. The relief was limited but at least he felt like he could breathe.

This patient had lung damage as the result of firefighting. He was exposed to chemical toxins while at work and lost 60% of his lung capacity. Because this was a permanent condition, he was immediately put on disability and had to retire at the age of 40. This was a

huge loss for him as he loved his job.

I suggested a product Biotics Research makes that supplies both methyl donors and acceptors called Organik-15. When taking Organik-15 my patients have reported increases in physical activity by as much as 20%. The initial dose was 3, 4 times per day. I also added Pneuma-Zyme from Biotics. Pneuma-Zyme contains neonatal lung tissue concentrate as

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well as vitamins A, C, E and selenium. The initial dose was 5, 3 times per day. I also recommended he avoid offending foods that increase mucous like dairy products and gluten grains.

He had such remarkable progress that he and his doctor were able to reduce the amount of medication, as well as eliminate two of his inhalers. His energy improved as did his wind. He was able to perform a higher level of exercise and soon was running five miles per day. Within a month or so, he was able to completely stop his toxic asthma medications. To this day he continues taking the OOrganik-15 but at a much lower dose. He now is medication free and uses one inhaler only as needed, a couple times per week."

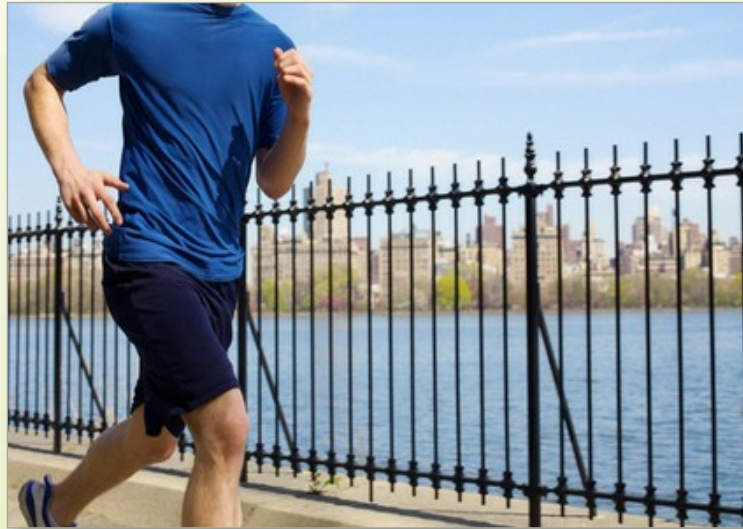
That's awesome! Someone with a 60% lung disability essentially medication free. I also love this testimonial because it beautifully illustrates the value of integrating diet, exercise, and supplementation. Let's take a close look.

His clinician reduced potential dietary sources of inflammation by reducing dairy and gluten. In other words, he made changes in his diet avoiding foods that would irritate his condition. Knowing this clinician as I do I know she added essential

fatty acids and stopped all hydrogenated oils. And did you notice, exercise played a part in his recovery?

His clinician also added antioxidants reducing inflammation that resulted from free radicals. He took the supplement OOrganik-15

to provide methyl donors to increase energy and enhance detoxification. Multiple lifestyle strategies were used to reduce inflammation. Can you see that it's more than taking supplements? It's living a lifestyle.



Inflammation is being linked to more and more diseases every day. In fact many prescription drugs, although they have different actions, ultimately are aimed at reducing systemic inflammation. Physicians have stated that "the more chronic the disease, the more we want to manage inflammation."

All of us have a certain systemic level of inflammation. Others suffer from many types of maladies or diseases, but it behooves us all to look for ways to reduce inflammation. Your Wellness clinician can guide you and help you develop strategies that can reduce inflammation, combining diet, exercise, and supplements. Like the report you've just heard, remember it's more than a pill or a supplement. It really is a lifestyle.

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