



Wellness Minute

Health Information You Can Use On Your Path To Wellness

Try This With Vague “Illnesses”



Chronic Fatigue
Fibromyalgia
Brain Fog
Migraines
IBS
Pain
Inflammation

When people with genetic weaknesses are exposed to a major stress, the things they could easily tolerate become serious irritants. Suddenly, smells, chemicals, certain foods that they were not sensitive to will create life-changing, vaguely defined illnesses like chronic fatigue, fibromyalgia, brain fog, migraine headaches, chronic headaches, IBS, pain, inflammation, puffiness, and other chronic infections.

Dr. Mark Force developed a unique product that can help people with genetic weaknesses by supporting the biological processes involved with chemical detoxification. Once the burden of chemicals are detoxified, these same patients that were sensitive to

odors, sulfites, chemicals, and food additives can now tolerate them. In fact, Dr. Force asserts that many of the problems we call food sensitivities are really the chemicals in food that are causing a reaction.

As background to the severity and prevalence of the problem, he shares the work of Dr. Claudia Miller who overcame a chemical toxicity in her own life. The research of Dr. Claudia Miller shows 1 in 5 chronically ill people has environmental sensitivities.

Most of us need a periodic cleansing or mild detox on a regular basis. However, patients with mild genetic weaknesses may get sicker as stored chemicals flood the system.

Hope For People With Chemical Intolerances

“Patients sensitive to odors, sulfites, chemicals, and food additives can now tolerate them.”

Did you know that 15% of all people report sensitivities to everyday chemicals such as household cleaning products, paints, perfumes, soaps, garden sprays, as well as medications, caffeinated and alcoholic beverages? It's also estimated that 50% of the population is sensitive to sulfites.

Dr. Force started investigating these concepts by accident. One of his chronic fatigue patients was successfully treated but still couldn't drink red wine. He discovered a sulfite problem and helped her solve the issue. Excited by his success, he treated still another patient with white wine sensitivities and found it was an aldehyde problem. Dr. Force found the following substances

or processes present in wine and alcoholic beverages: sulfites, phenolic compounds, aldehydes, histamines, and tyramines.

It became clear to him the problem was not the wine. It was the chemicals in the wine creating a chemical intolerance. Dr. Force created a formula called TolerAid that supports many biological processes, particularly detoxification in vital pathways. TolerAid supports the batteries or energy producers in our cells called mitochondria. This increases energy for cellular repair. Cells don't repair if they don't have adequate nutrients and the energy to make the repairs.

Another nice side effect is that TolerAid modulates excess histamine. Histamine is a stimulatory neurotransmitter, which when in excess is often accompanied by swelling, itching, and inflammation of all kinds. TolerAid provides nutrients to support methylation and as a result, the body reduces histamine naturally. One of the reasons people don't sleep well is that they are inflamed, so don't be surprised if you start sleeping better. Patients with the inability to detoxify properly often have irritable bowel syndrome and a leaky gut.

In terms of methylation, TolerAid is a useful low-dose foundation for gentle support of methylation that avoids the stress of over-methylation. The low dose allows the body to process chemicals already present before digging deep to unload toxins stored in tissue. TolerAid provides nutrients the body needs to meet the onslaught of compounds that may trigger chemical intolerance and sensitivities. Start with 1 capsule twice a day for 6 months then use one capsule a day.

Dr. Force noted that this supplement may be used at a dose as low as 1 or 2 capsules a week; but since TolerAid is geared to deal with supporting epigenetics, it will be lifetime support. Small amounts can have huge effects.

Often patients have depleted levels of glutathione as well as mitochondrial impairment. TolerAid supports both glutathione and mitochondrial repair.

I think you will agree the combination of genetic weaknesses and exposure to chemicals is on the rise. Consider TolerAid as part of your nutritional portfolio. And as I mentioned, if you experience food sensitivities, talk to your clinician and give it a try.