

# METAL FLUSH

## CHELATING CONSTANT ( $\lg\beta$ )

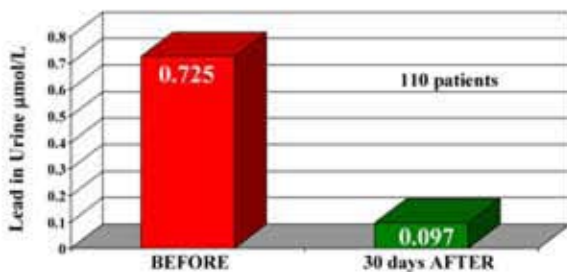
	Pb <sup>2+</sup>	Cd <sup>2+</sup>	Hg <sup>2+</sup>	Zn <sup>2+</sup>
EDTA	17.88	16.36	----	16.44
METAL FLUSH	17.14	13.51	15.70	3.27

The higher the  $\lg\beta$  the more metals are chelated out. EDTA strips zinc out of the body while Metal Flush does not.

- Oral Chelating Herbal Supplement
- No Side Effects
- Chelates heavy metals without stripping essential trace elements
- Safe for children to take

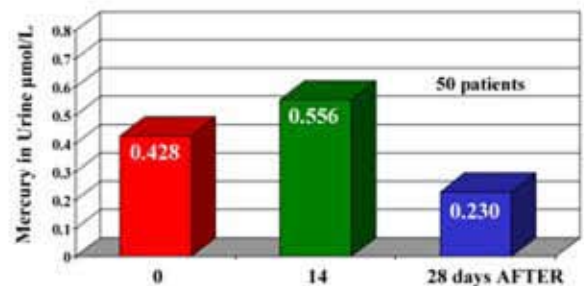
*In the endoplasmic reticulum of liver cells, two molecules of  $\delta$ -ALA ( $\delta$ -amino-levulinic acid) bind together to form porphobilinogen, a precursor of hemoglobin. At the end of a 3-week study performed on rats, the urine  $\delta$ -ALA of the EDTA group was 0.290  $\mu$ mole/L higher than that of the Metal Flush group at 0.089 (control group at 0.079). As demonstrated in this study, Metal Flush does not damage the liver nor inhibit hemoglobin biosynthesis.*

### METAL FLUSH chelates LEAD



Normal lead in urine is  $<0.390 \mu$ mol/L

### METAL FLUSH chelates MERCURY



Normal mercury in urine is  $<0.250 \mu$ mol/L

Heavy metals are deposited in the bone, brain, organs, fatty tissues, etc. Patients took 3 Metal Flush capsules, 3 times a day on an empty stomach and after 1 month the heavy metal reduction was noticeable. Heavy metals are gradually released from the storage pool to the circulatory system. For best results, use Metal Flush for 3-6 months. Metal Flush contains Smilax, Sargassum, Allium, Glycyrrhiza, Chaenomeles, Rheum, and Glechoma.

#### References

- 1) Chi, T. F., Metal Flush: A Chinese Herbal Formula for Oral Chelation, *Nutritional Perspectives: Journal on the Council of Nutritionists of American Chiropractic Association*, Vol. 27, No. 1, pp.11-15, 2004.
- 2) Zhu Z., et al., Mechanism Study of One Kind of Antidotal Traditional Chinese Medicine on Excluding Poisonous Heavy Metals, *China Journal of Environmental Science*, Vol. 20, No. 3, pp. 63-65, 1999.
- 3) Sun A., et al., The Effects of Metal Flush on Lead Chelation in Rat Study, *China Journal of Environmental Medicine*, Vol. 19, No. 2, pp. 98-99, 1992.
- 4) Zhao L., et al., Clinical Study on Metal Flush Chelating 110 patients with Lead Poisoning, *China Journal of Environmental Medicine*, Vol. 19, No. 1, pp 21-22, 1992.
- 5) Yan M., et al., Effects of Metal Flush on Lead Poisoning and Trace Elements Study on Children, *Journal of Guangdong Trace Elements Science*, Vol. 8, No. 10, pp 67-70, 2001.



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## CASE REPORTS

- G. Simonian, DC from CA, reports on an 80-year-old female patient who has memory loss and dementia. Her hair analysis revealed that her aluminum level was 14 ppm (normal should be < 8 ppm). She took Metal Flush, Vein Lite, Asparagus Extract and used Bathdetox. Three months later, her **aluminum** level dropped below 8 ppm.
- A.B., a 50-year-old female from NV, suffered from extremely high levels of heavy metals in her system. She had 20 EDTA IV and 20 DMPS IV treatments with no improvement and terrible side effects. Then she took Metal Flush, Vein Lite and Asparagus Extract with impressive results. After 5 months, her **aluminum** level fell from 140 to 59; **arsenic** from 92 to 50; **cadmium** from 2.4 to 1.7; **mercury** from 13 to 1.5; **nickel** from 61 to 7.5.



## METAL FLUSH REFERENCES

### NUTRITIONAL PERSPECTIVES: JOURNAL OF THE COUNCIL ON NUTRITION OF THE AMERICAN CHIROPRACTIC ASSOCIATION

Vol. 27, No. 1  
Jan 2004

#### Metal Flush: A Chinese Herbal Formula For Oral Chelation

Tsu-Tsair Chi, N.M.D., Ph.D.

**Abstract:** Studies were conducted to test the effectiveness of Metal Flush on heavy metal poisoning, in particular lead and mercury poisoning. Results were then compared to that of conventional intravenous chelation treatments such as EDTA and DMPS. In conclusion, it was found that Metal Flush is a viable oral alternative to heavy metal chelation. It helps increase the binding of methionine to metals in the liver 30 times, aiding in the partial removal of the metal complex through fecal excretion, thereby relieving kidney burden. It offers a safer, more affordable, and more effective way of removing metals without stripping away essential trace elements needed in the system.

### CHINESE ENVIRONMENTAL SCIENCE

Vol. 20, No.3  
May 1999

#### Mechanism Study of One Kind of Antidotal Traditional Chinese Medicine on Excluding Poisonous Heavy Metals

Zhi Zhilian, Ziao Junlian, Lu Guodi and Chen Yude  
Shanghai Chinese Medical University

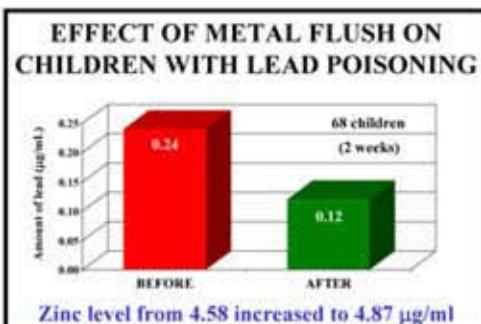
**Abstract:** A pH-potentiometric titration method was used to determine the acid dissociation constants of the antidotal traditional Chinese medicine at  $39.5 \pm 0.1$  °C and ionic strength  $I = 0.1$ . The stability constants of the complexes of this medicine with  $Pb^{2+}$ ,  $Cd^{2+}$ ,  $Hg^{2+}$  were also determined. Then the distribution of complexes of this antidotal Chinese medicine with  $Pb^{2+}$ ,  $Cd^{2+}$ ,  $Hg^{2+}$  at different pH were obtained. It was found that this medicine has a better effect for excluding the heavy metal ions in the human body than EDTA-Zn salt. The excluding mechanism of above heavy metal ions with this medicine was discussed on the context of the coordination chemistry.

### GUANGDONG WEILIANG YUANSU KEXUE

Vol. 8, No.10  
2001

#### Study of Effects of Traditional Chinese Medicine on Curing Lead Poisoning in Children and on Children's Blood Trace Elements.

Tan Mei-zhen, He Yan-ling, Zeng Chao-yi, Chen Yong-chong  
Guangzhou Children's Hospital, Sun Yat-san Medical University



**Abstract:** The content of Zn, Cu, Fe, Ca, and Mn in the blood of 68 children (ages 3-12) with Pb poisoning was determined before and after treatment by Traditional Chinese Medicine. The results showed that the content of Pb was significantly lowered after the children were cured by Traditional Chinese Medicine ( $P < 0.01$ ). The content of Zn increased ( $P < 0.01$ ), while the content of Fe, Cu, Ca, Mn remained stable ( $P < 0.05$ ). It also proved that Traditional Chinese Medicine was effective in curing children with Pb poisoning, which would not cause trace elements imbalance.

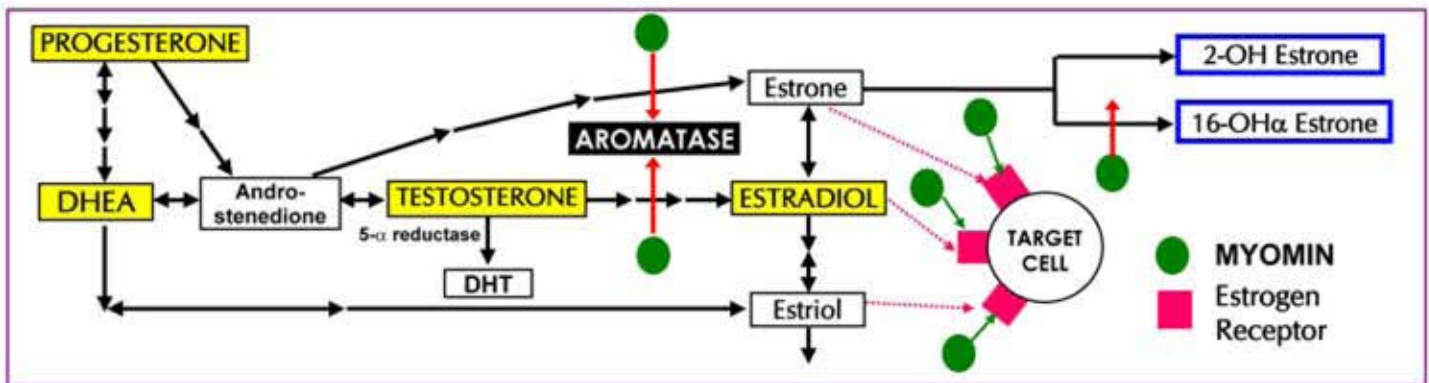


# MYOMIN



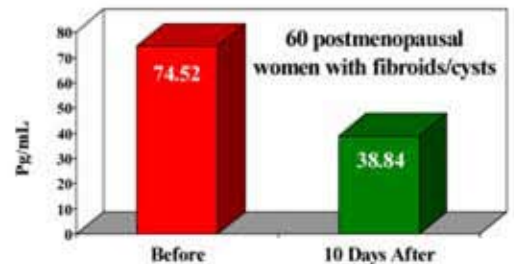
## AROMATASE INHIBITOR

Estrogen-dominant conditions in women and men (Fibrocystic Breast, Ovarian Cysts, Endometriosis, Uterine Fibroids, Prostate, Testicles), Belly Fat, Liver/Kidney/Thyroid Cysts



- **↓ ESTRADIOL**
- **Competes with estradiol at target cell's estrogen receptors**
- **↑ 2/16 hydroxyestrone ratio**
- **Belly fat ↓**

### Myomin reduces Estradiol



Postmenopausal estradiol level should be < 32 pg/ml

**LD<sub>50</sub>: 10.15 g/kg**

Main ingredients: Curcuma, Cyperus  
Take 2-3 capsules, 2 times after or with meals

#### Case Reports:

- J. Wright, MD from WA, has a **male patient** who took Myomin for 4 months. His **estrogen** level sharply dropped. Chrysin did not work for him
- Y. Dikansky, DDS, NMD from NY, has a 38-year-old female patient who had an **ovarian cyst** for 8 years. The cyst was 3.7x6x2. After taking Myomin for 3 months, the cyst disappeared.
- W. Stimack, NMD from ID, reports on a 29-year-old female patient with 12 **fibroids** that made her look like she was 8 months pregnant. She used Myomin for 5 months and now it is all clear.
- J. Blair, ND from NJ, has a 48 y/o/f patient who has had **dense breasts (fibrocystic breasts)** since she started having a period over 30 years ago. A mammogram was not adequate to test her breasts for lumps; she always needed an ultrasound for that. After taking Myomin for 1 ½ years, she reports that this is the first time in her life that a mammogram shows a clear picture, no more denseness at all. Her breast pain was also eliminated and her period has become regular.

#### Reference

Chi TT. Sea Cucumber Extract and Extracts of Cyperus and Curcuma: A novel combination of natural supplements for cancer therapy. *Int J Integ Oncol*. Mar 2008; 2(1):7-15.

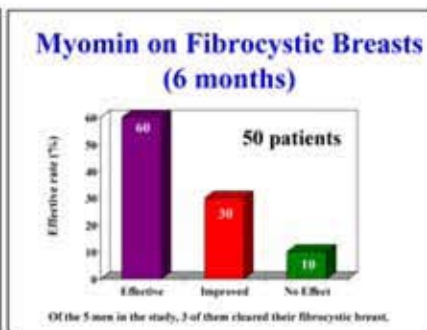
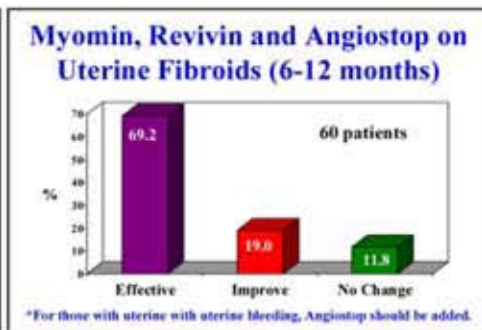
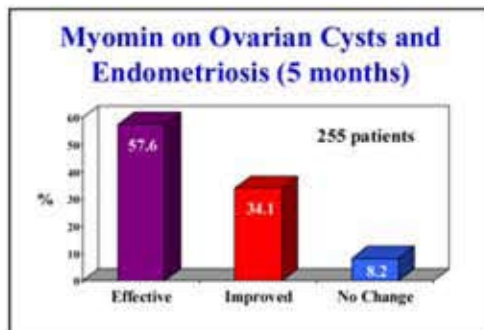


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## When on HRT, even bio-identical hormones, add Myomin to avoid hormone-related side effects.

R. Feldstein, ND from CA, has a 55 y/o/f patient taking bio-identical estrogen and progesterone. She later became overweight and developed a 2 cm breast lump. It was suggested that she stop hormones and instead use Myomin, Slender All and Pro-Metabolic. After a year, she has lost 43 lbs (down 2 sizes). Her breast lump cleared.

N. Brant, DC from NY, has a postmenopausal 54 y/o/f patient who took bio-identical progesterone, estradiol, estriol, and testosterone and developed an ovarian cyst and belly fat. After taking Myomin, the cyst cleared and the belly fat reduced.

V. Jefferson, DC from NY, has a 58 y/o/f patient on bio-identical estrogen and progesterone. She has a fibroid and heavy bleeding. She's already had a 6-pint blood transfusion but was frustrated because she was still bleeding. She was so thrilled because only a day after she took Myomin, Angiostop and Revivin, her bleeding stopped. Since then, her symptoms improved.

### Case Reports:

- J. Iannetta, DC from ME, has a 57 y/o postmenopausal female patient who suddenly had vaginal bleeding. She later found that her **estradiol level** was 413 pg/ml. After taking Myomin and Angiostop for 14 months, her estradiol level reduced to 43 pg/ml.
- B. Sanborn, DC from MI, has a 16 y/o/m patient with **gynecomastia**. His estradiol and DHT levels were both high. He has tried 8 different supplements (e.g. DIM and I3C); however, they had no effect on him. After taking Myomin for 2 months, his estradiol level reduced from 300 to 70 and his DHT level reduced from 1,100 to 250. His gynecomastia also improved.
- R. Bernhoft, MD from CA, has a 50 y/o/m patient with elevated estradiol and abnormal PSA levels. He took Myomin and Prosta Chi for 3 months and his **estradiol returned to normal**. **With Angiostop, his abnormal PSA level reduced to 1.6 after a year.**
- E. Schlabach, DC from OH: According to many patient urine lab tests, **Myomin not only can reduce estradiol but also can increase the 2/16 hydroxyestrone ratio quickly**. The 2/16 hydroxyestrone ratio readings ranged from 0.6 to 1.0 with DIM. After two weeks of taking Myomin, the patients had better results: the ratio increased to over 2.0 to 6.0.
- R. Santoro, ND from NY, has a 75 y/o/m patient who has tried to reduce his estradiol and increase his testosterone for a long time to no avail. Only Myomin has **reduced his estradiol level** and **increased his testosterone** by 100 points after a year.
- M. McCain, ND from AR, quotes: "Myomin has proven exceptional in reducing hard to dissolve **fibroid tumors and liver and kidney cysts**. We have many remarkable testimonials."
- S. Young, ND from CO, reports on a 38 y/o/f patient with a **colloid cyst on her thyroid**. Her MD gave her a prescription to shut down her thyroid "and see what would happen." She tried Myomin instead and the cyst melted away in 3 months.
- J. Stickel, DC from IA, has a female patient with **uterine fibroids and colon polyps**. After taking Myomin for only 3 months, her uterine fibroids and polyps had completely disappeared.
- R. Hendrickson, DC from MN, has a 53 y/o/m patient who was analyzed and found to have some prostate issues. He then found that his **PSA level** was 4. After 6 months on Myomin and Prosta Chi, his PSA dropped to close to 0.
- M. Steward, DC, has a 49 y/o/m patient who took Myomin and lost 25 lbs (mostly **belly fat**) in less than 3 months.
- P. Tunbridge, MD from Australia, reports that he has monitored a female patient whose condition has improved using Myomin **instead of DIM**.

### Aromatase expression in rat endometrial and ovarian tissue

	Negative Control (Without dye)	Positive Control Tremendous aromatase expression	Myomin group Aromatase expression inhibited after 28 days
(A) Ectopic Endo- metrium tissue			
(B) Ovarian tissue			

An *in vivo* study demonstrates that Myomin inhibits the aromatase enzyme in the ectopic endometrium and ovarian tissue of rats. Image analysis (please see picture to the right) demonstrates an elevated aromatase expression in the positive control group (108.9 and 149.8, respectively) in both tissues. After administration of Myomin for 28 days, aromatase expression reduced to 34.7 in the endometrium and 47.0 in the ovary. This translates to a **100% reduction of aromatase expression in the endometrium** and an **85.6% reduction in the ovary** compared to the negative control.





# MYOSTEO

**IMPROVES THE NERVE SYSTEM AND  
MICROCIRCULATION SYSTEM**

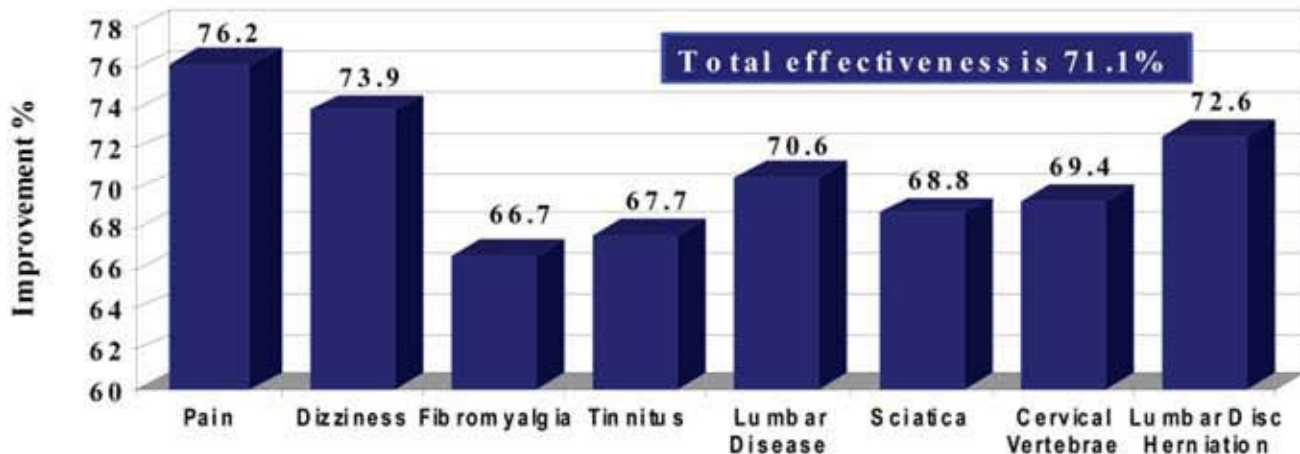
- J. Kerner, DO from DE, reports on D.K., a 19-year-old male who injured both knees from wrestling & military training. He tried many other methods without success. He took MYOSTEO and pain in both knees is gone.
- An 83-year-old female from CA suffered from severe numbness of the upper extremities and needed to wear a wrist hold to prevent numbness when the arms droop down. No other medications worked. She took MYOSTEO and numbness improved in a month. Remarkable improvement seen in 2 months.



Myosteo contains:  
Gastrodiae,  
Eucommiae,  
Angelica, Dipsacus,  
Drynaria, Panax  
Notoginseng,  
Notopterygium,  
Ligusticum,  
Cyathula, and  
Ligustici sinensis.

Dosage:  
2-3 capsules,  
2-3 times a day.

## MYOSTEO study on 1137 patients in 14 hospitals



Reported 1997, Beijing Medical University, etc.



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## **Pain ♦ Dizziness ♦ Ear ringing Numbness ♦ Migraine ♦ Bells' Palsy ♦ Fibromyalgia Excellent for Trigeminal Pain ♦ Headaches due to Sinusitis**

As a pain controller, Myosteo is particularly effective toward the central nervous system and in regulating the symptoms of fibromyalgia such as muscle pain. In addition to having a relaxing effect on the body, it helps patients with insomnia obtain a restful sleep. Myosteo has been observed to reduce the frequency and the length of convulsion seizures.

Long-term use of NSAIDs like COX-2 inhibitors (Celebrex, etc) and other pain relievers carry the risk of GI bleeding and ulcers. Some can cause side effects like drowsiness and lethargy. Others even worsen headaches. Myosteo is a much better alternative in relieving pain without the risk of bleeding and other side effects. **The use of the Mineral Infrared Therapy (MIT) device and Bathdetox in conjunction with Myosteo for managing pain is highly effective.**

### *Case Reports:*

M. McCain, ND from AR, of the Herbal Healer Academy, relates that Myosteo has proven to be effective in for helping **painful bone spurs**. She had a patient with crippling bone spurs of the spine. The patient could barely walk, could not work and was facing spinal surgery. Myosteo, when taken as directed, not only removed the pain but also improved the patient's condition so much so that he was able to get back to work driving a bulldozer and avoided surgery altogether.

R. Ornelas, DC from CA, reports on a nurse from the City of Hope in her late 40s who has suffered from **migraines** for 20 years. She has been taking numerous migraine medications prior to Myosteo. After only 3 days, she already improved significantly. A month later, she uses only 25% of her medications with Myosteo to control her migraines.

D.D. from CA suffered from **migraines** and none of the medications she tried worked until she tried Myosteo. Now she always uses Myosteo for her migraines.

T.C., a 52 y/o/m from CA, had a very painful neck. After 14 adjustments by a chiropractor and taking Myosteo, the pain was 80% alleviated. Since then, he would take Myosteo for his **headaches and temporal pain**. He used to take over-the-counter pain relievers, which relieved the pain but a throbbing/pulsing in the temple persisted. He would also get a stomachache. With Myosteo, he had complete pain relief and none of these side effects.

A.C, 87 y/o/f from CA, has **osteoarthritis pain**. She first used Vioxx then switched to Celebrex and other prescription medications for pain but to no avail. Only Myosteo has been able to make the pain tolerable.

S. Wetsel, DC from MA, used to get **dizzy** especially when bending over to do adjustments. But after 2 weeks on Myosteo, her dizzy spells are gone.

G. Todd, MD from NC, had a severe **injury** to his left shoulder making it stiff and unable to move without **pain**. He used the MIT lamp with Myosteo and was able to move the shoulder passively over the full range of motion with absolutely no pain.

L. Frank, HHP from NY, has a 54 y/o/f patient with **pain in the lower back, hips and thighs**. Walking was a laborious process. Even after being given a painkiller by injection, the pain was still there. After trying Myosteo and Bathdetox, her pain amazingly cleared!

H. Camp, Reflexologist from CA, reports on a 70 y/o/f patient with great **pain when walking** even with the aid of a cane due to severe arthritis in both knees. Following a series of ten daily sessions with the MIT and taking Myosteo, she is free from pain and able to walk freely without her cane.

J. Iannetta, DC from ME, has a 72 y/o/m stroke patient with **Bell's palsy** who lost control in his left shoulder and left hand. His left hand can only grip 5 pounds while his right hand can grip 90 pounds. He took Vein Lite, Chi-Strength, Myosteo and used the MIT on his left shoulder. Tongue deviation was eliminated and his left hand can now grip 75 pounds.

C.B., 60 y/o/f from FL, had a stroke over a year ago and was **paralyzed on the left side of the body**. She used the MIT and took Myosteo for one month and is grateful for the improvements she has experienced since that period. Her muscles are no longer stiff and she can bend her fingers much more than before!

### **For Rheumatoid Arthritis, take Myosteo + Autocin**

D. Metcalf, DC from MN, has a 52 y/o/m patient with **Rheumatoid Arthritis**. He tried methotrexate, Celebrex, Enbrel but with either little/no use or with side effects. He then switched to Angiostop, Autocin, and Myosteo. His pain was completely alleviated, he regained total movement of his hands and his energy has increased.

G. Mitchell, MD from DC, reports on a 60 y/o/f patient with **Rheumatoid Arthritis** who took Autocin, Angiostop, and Myosteo. After 1 year, her condition cleared. Now she only takes Myosteo.



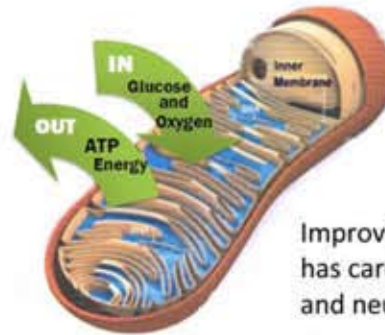
# OXYPOWER

## Heart, Lung, Energy, Anti-Aging

### MECHANISMS

- Protects the vascular endothelial cells
- Promotes mitochondrial efficacy
- Reduces cell oxidative stress
- Repairs and protects DNA-damaged cells
- Regulates lipid metabolism

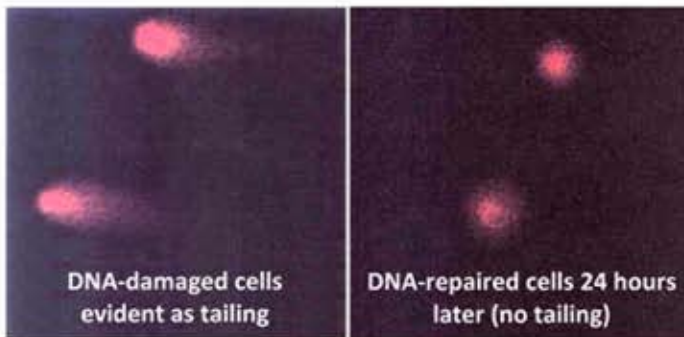
### OxyPower Improves Mitochondrial Efficacy



Cells will utilize glucose and oxygen more efficiently to produce ATP (energy)

Improving mitochondrial efficacy has cardioprotective, anti-aging and neuroprotective applications

### OxyPower protects and repairs DNA-damaged cells (Comet Assay)



Oral LD<sub>50</sub> > 40 ml/kg

Recommended dose: 2-3 soft gels, 2-3 times daily

**ENERGY:** Works as quickly as 30 minutes  
**EXCELLENT** for athletes, smokers, coffee drinkers, individuals living in high altitude  
 Absolutely **NO** steroids, beta blockers, narcotics, stimulants or diuretics

### OxyPower vs. CoQ10 on Heart, Lung and Energy Functions

Action	OxyPower	CoQ10	Action	OxyPower	CoQ10
Increases energy within 30 minutes	+++		Improves mitochondrial efficiency	+++	+++
Protects vascular endothelial cells from damage	+++	+	Reduces lactic acid	+++	+++
Repairs and protects DNA-damaged cells	+++		Lowers Lactate dehydrogenase (LDH)	+++	+++
Reduces cholesterol (30.41%)	+++	++	Reduces malondialdehyde (MDA)	+++	++
Reduces triglycerides (31.01%)	+++	+	Increases Superoxide Dismutase (SOD), Glutathione (GSH)	+++	+++
			Anti-hypoxia	+++	

An increase in SOD and GSH as well as a reduction in LDH and MDA means lower cell oxidative stress or damage.

Reference: Chi, TT. "OxyPower: Herbal Supplement for Mitochondrial Efficiency and Cardiovascular Health." *Townsend Letter*. May 2010; .34.



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[www.facebook.com/chienterprise](http://www.facebook.com/chienterprise)

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**OxyPower improves heart, lung and energy function as well as these symptoms:**

- ◆ ↑ Brain function
- ◆ ↑ Muscle strength
- ◆ ↓ Keloids
- ◆ ↑ Sexual function in men and women
- ◆ Anti-Hypoxia
- ◆ ↓ Constipation
- ◆ ↓ Diabetes-related symptoms

**OxyPower on Energy, Endurance and Strength (Mice Study)**



**CASE REPORTS:**

- S. Kelly, DC from MN, has a 58-year-old female patient who had **heart failure**. Afterwards, she couldn't even walk, had shortness of breath, was tired and felt like there was water up to her diaphragm. She started taking OxyPower and Vein Lite. After only a day, she says that the water in her diaphragm reduced by an inch and she can breathe more easily.
- A 67 y/o/f from CA was diagnosed with **Coronary Heart Disease** and **ischemia**. Both have worsened over the years. Then she started taking OxyPower. An angiogram two years later found that her arteries are clear.
- M. Rocco, DC from CO, has a 65-year-old female patient with **mitral valve prolapse**. Her doctor wanted her to have a valve replacement 6 months ago. She has a difficult time walking due to breathing problems. She tried CoQ10 for 6 months, but she didn't feel any difference. When she took OxyPower and Vein Lite, the results were so quick! She says that 1 hour after taking OxyPower, she felt so amazing: no more breathing difficulty and weakness. After 6 months, her doctor said that she no longer needs surgery.
- H. Khalsa, DC from CA, has a 67-year-old female patient who had her upper right lung removed due to a tumor. She's always had **breathing difficulties, palpitations, choking-like symptoms, lung discomfort and chest "pounding."** After the 1<sup>st</sup> day of taking OxyPower, she already felt a tremendous difference. After 2 months, she had no difficulty breathing, she can walk longer and even climb a flight of stairs. Her lung discomfort and chest pounding are mostly gone.
- A. Bushard, ND from MN, has a 70-year-old female patient who used CoQ10 for years but still had **palpitations, shortness of breath and choking-like symptoms** (she has difficulty breathing if she lays flat on her back). After she added OxyPower, she felt much improvement in her symptoms. For the first time in 18 years, she did not have any lung issues during the winter.
- J. Blair, ND from NJ, has a 49-year-old female patient who used to need Advair and Proventil inhalers (she has **asthma**) every time she runs in cold weather. Now if she takes OxyPower, she can breathe easily and has no need for inhalers.
- V.B. from SC has had **breathing problems** for 15 years. The first time she took OxyPower (2 soft gels), she could already breathe easily after 15-30 minutes. She can now take deep breaths and her stamina is great during her fitness class. After 2 months on OxyPower and Bamboo Extract, she has no more cough, she can easily take deep breaths, her fingers are pink not pale and there is no more mucus in her throat. She doesn't need to get up at night anymore because she has no more breathing problems.
- A 74-year-old male patient has **diabetes**. He took Gliquidone for over 5 years but his HbA1c was still elevated at 7.6 (should be < 6). After he started taking OxyPower, his HbA1c steadily decreased (see table to the right). *Studies show that every 1% drop of the Hb1Ac level reduces the risk for Coronary Heart Disease by 18%.*
- B. Benjamin, DC from MN, has a 31-year-old male patient who trained for the **marathon**. Normally his time was 10 minutes/mile, so it usually takes him 4 hours and 40 minutes to finish 26 miles. Three weeks before the Twin City Marathon, he started taking OxyPower. During training, his time improved to 9 minutes/mile. At the marathon, he finished 26 miles in 4 hours and 3 minutes, 37 minutes faster than his usual time.
- M.C., a 50-year-old female, went **mountain hiking** twice. Both times, she went up to 10,000 feet in elevation and suffered from serious altitude sickness. During her third mountain hike, she took OxyPower for 4 days prior to her trip. She reported having no symptoms of illness for the entire three days of her trip (even up to 13,000 feet).
- O. Maniaci, DC from CA, has a female patient who has had a **keloid** from a C-section 20 years ago. The keloid flattened after taking OxyPower for more than 6 months.
- G. Mitchell, MD from VA, reports that OxyPower enhances **male vitality**.

**OxyPower reduces HbA1c level**

Date	HbA1c
Jan 2010	7.6
Feb 2010	5.8
Mar 2010	5.4

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# PRO-METABOLIC

(For Hypothyroidism)

## What are the factors besides trauma that can cause hypothyroidism?

- Hashimoto's Thyroiditis
- Removal of gland or parts of it
- Contrast media (X-rays)
- External beam radiation
- Iodine deficiency
- Excessive iodine intake (cough medications), kelp
- Post partum thyroiditis (The "Third Baby Syndrome")
- Lithium (Used in manic depressive disorders)
- Dilantin® (used in epilepsy) Estrogen medication (Premarin®)
- Corticosteroids (i.e. prednisone)
- Yeast/candidiasis

Pro-Metabolic improves thyroid function in those with hypothyroidism. For those who need to lose weight, Slender All and Myomin are recommended. If you need to lose weight and have low thyroid function, add Pro-Metabolic.

**Directions:** Take 1-2 capsules, 2-3 times per day after meals. If you start to feel palpitations, stop the supplement for a few days and start taking it again if needed. If the TSH falls below 0.45 mU/L, stop taking Pro-Metabolic until the TSH normalizes. If needed, you can start taking Pro-Metabolic again. If you have a history of palpitations, do not take Pro-Metabolic.

Women are 8-9 times more likely than males of developing a thyroid problem. Hypothyroidism is usually characterized by the following symptoms: **fatigue, hair loss, weight gain, memory loss, dry skin, cold hands & feet and sometimes depression.** Some young females who don't have enough thyroid hormones can experience being overweight and cold. Pro-Metabolic helps speed up the metabolism rate and is excellent for people with hypothyroidism.

### Cast Reports:

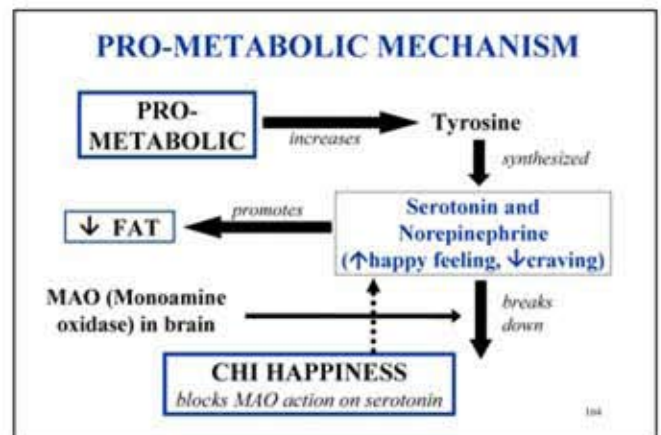
J. Stickel, DC from IA, reports on a female patient with hypothyroidism symptoms since age 8. She took Synthroid for 20 years. Since 1998 she switched to Pro-Metabolic and Slender All. Three years later, the patient was able to lose weight.

A. Barber, DC from AK, reports in 1999 about a 42-year-old female patient with hypothyroidism. Her TSH was .90 and after 9 months her TSH increased to 3.82, which is normal. Another patient, a male in his 50s, took Pro-Metabolic for 2 weeks and lost 6 lbs. He couldn't lose any weight before despite many methods.

Dr. Barber has another male patient in his 50s who took Pro-Metabolic for 2 weeks and lost 6 lbs. He couldn't lose any weight before despite many methods

B.G. from NY: "I have only been on the Pro-Metabolic for 3 weeks, but I have lost 2 pounds a week with no change in diet or exercise, and I have more energy and have been warmer (I used to have cold hands and feet most of the time)... I also find it easier to get my heavy housework done and am more motivated to do things and go out more."

J. Fowler from FL has a 47-year-old female client who used to weigh 220 lbs. She has lost 30 lbs after being on Pro-Metabolic and Bathdetox for 6 months. Her edema on the ankle has also abated. Another client, a 53-year-old female, weighed 208. After taking Slender All and Pro-Metabolic, she now weighs 172 lbs.



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# PROSTA CHI

## Improves prostate conditions

- Reduces frequent urination
- Eases urine urgency
- Relieves abdominal discomfort or pain associated with prostate enlargement
- Improves sexual function
- Improves hair loss in men

**Main ingredients:**  
Citrus reticulata, Melia toosendan,  
Phellodendron chinense, Salvia miltiorrhiza,  
Saw palmetto

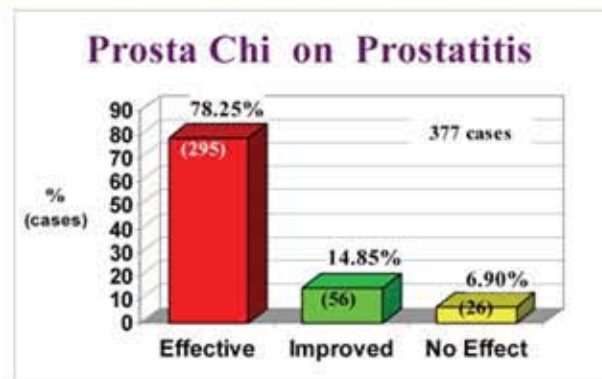
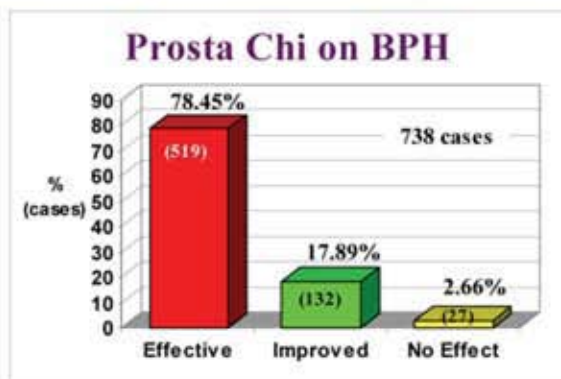
500 mg/capsule  
3 capsules, 2-3 times daily after meals

**LD<sub>50</sub> = 102 g/kg**  
(816x the adult dosage)



### MECHANISM

- (1) Increases the Nitric Oxide Synthase (NOS), accelerating apoptosis of epithelial cells in prostate tissue of Benign Prostatic Hyperplasia (BPH)<sup>1</sup>
- (2) Competitively antagonizes the sympathetic  $\alpha_1$ -adrenaline receptor<sup>2</sup>, relaxing the smooth muscle in the prostatic urethra and bladder neck to improve urinary flow and decrease BPH symptoms
- (3) Inhibits the 5- $\alpha$ -reductase<sup>3</sup>, responsible for prostate enlargement and hair loss in men



- M.N., a 71-year-old male with BPH, suffered from frequent and painful urination, often getting up 7-8 times at night. He tried Proscar for about a year without any results. Then right after he started taking Prosta Chi, his urine flow was 9.5 ml/sec. After a month on Prosta Chi, his urine flow improved to 16.2 ml/sec. He only needed to get up about two times at night. After another month, he felt his prostate function has recovered.
- V.C., a 44-year-old male had prostatitis. He experienced a burning sensation in the perineal area and pain in the abdomen. His sexual function has also reduced. He took Cipro and other antibiotics for a year with no apparent effect. After taking Prosta Chi and Kidney Chi for 1 month, his condition improved. After continuing on the herbs for another 2 months, all his symptoms cleared and his sexual function returned back to normal.

#### References:

- (1) Traditional Chinese Formula vs. canine prostate tissue's testosterone, estradiol, DHT androgen receptors and 5-alpha reductase effectiveness. *Medicine Research News*. 1998; 27(9): 39-41.
- (2) Antagonism of Traditional Chinese Formula on  $\alpha_1$ -adrenaline receptor in canine cerebral cortex. *Chinese Medicine Pharmacology and Clinical Journal*. 2000; 16(3):31-32.
- (3) Experimental study on the effect of a Traditional Chinese Formula on NOS and epithelial cell apoptosis in prostate of rats. *Chinese Integrative Medicine Journal*. 2002; 22(3): 196-99.



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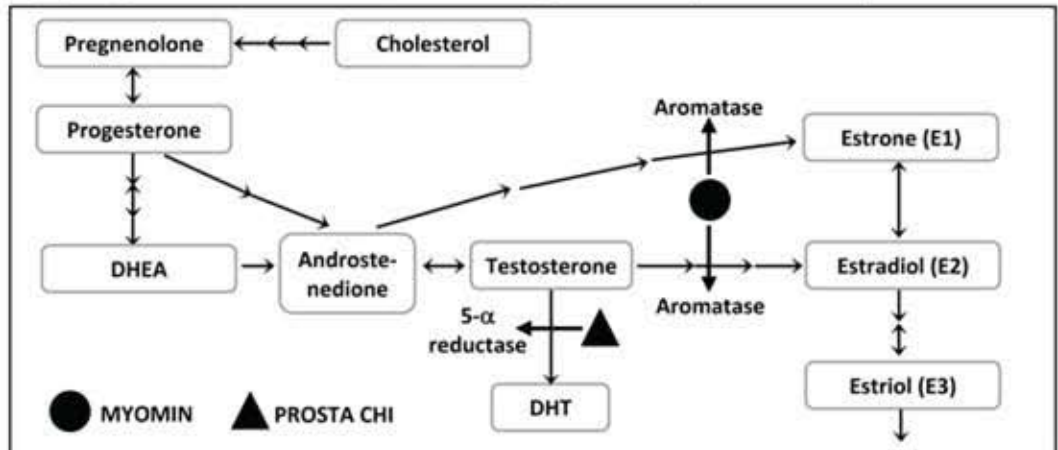
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## Prosta Chi + Myomin for the Prostate

A large number of both animal and clinical studies clearly define that estrogens promote prostate enlargement (BPH). Estradiol causes rapid proliferation of prostate stromal cells. The ability of prostate cells to produce their own estradiol may also be a factor in prostate tumor development (*Mina Endocrinol.* 2006; 31(1):1-12). Studies have also shown that anti-estrogens block the proliferation of prostate cells.

For this reason, it is extremely important for men to reduce excess estrogen in the body by taking Myomin. Furthermore, prostate enlargement (BPH) has been linked to high dihydrotestosterone (DHT) and high estradiol levels. Prosta Chi blocks the conversion of testosterone to DHT. Taking Myomin and Prosta Chi will have synergistic results in men with prostate issues.



MYOMIN is a natural aromatase inhibitor that reduces estradiol in both men and women. It is very effective for estrogen-dominant condition such as cysts, fibroids in women and prostate problems in men (*Intl J Integ Oncol.* 2008; 2(1):7-15). Since 2010, Jonathan Wright, MD, the pioneer of BHRT, has recommended Myomin for correcting **hyperaromatization (excess conversion of testosterone to estradiol)**. He suggests checking for hyperaromatization in patients who are overweight, have Type II Diabetes, insulin resistance, hypertension, high cholesterol, and/or high triglycerides (Source: *Townsend Letter.* 2010: 56-58).

- J. Wright, MD from WA, has a 70 y/o/m patient with **low testosterone** and given daily 75mg testosterone cream. It increased his testosterone, but his estradiol level increased as well (**hyperaromatization**). Within two months of taking Myomin, his abnormal estradiol level was within normal range, from 50.4 dropped to 13.3 pg/ml (*Table 1*).
- M.K., 80 y/o/m from CA, has prostate cancer. He had **elevated levels of estradiol and PSA**. He had been taking dutasteride (Avodart) for years but his PSA was still elevated at 5.0 and his estradiol was at 60 (*Table 2*). With Myomin and Prosta Chi, his PSA and estradiol reduced. When he stopped taking them for 2 months, both levels increased. He promptly took Myomin and Prosta Chi again and his PSA and estradiol levels dropped, showing how effective Myomin and Prosta Chi are for the prostate.
- D. Metcalf, DC from CA, has a 69 y/o/m patient with prostate cancer who was being treated at the Mayo Clinic. After two Lupron injections, his **PSA** was still 47. Usually Lupron produces very quick results. Then he started on Prosta Chi, Myomin and Angiostop. After 1 year, his PSA dropped to 1.2.
- R. Welch, DC from CA, has a 76 y/o/m patient with **PSA** level of 3.82 in March 2011. He has been taking Terazosine and Finasteride\* daily. Then he added Myomin and Prosta Chi. After 9 months, his PSA level reduced to 1.79, a much safer level (*Table 3*). His prostate-related symptoms cleared as well. \*Finasteride has been linked to increased malignancy when taken by men who already have prostate cancer).
- L Bazakos, DC from NY, has a 55 y/o/m patient with **BPH**. He took Prosta Chi and Myomin for over a year. Now, his physician says that his prostate is **soft and small like a 19-year-old boy's prostate**.
- R. Hendrickson, DC from MN, has a 53 y/o/m patient who was found to have some prostate issues. He later found out his PSA level was 4. After 6 months on Myomin and Prosta Chi, his PSA dropped to 0. He continued taking Myomin and Prosta Chi. Four years later, his **PSA has maintained at 0**.
- S.B. from PA had a **PSA** level of 54 after an acute **prostate infection**. He had a similar episode in 2002 in which his PSA jumped from 1 to 7 (*Prostatitis can also cause a rapid rise in PSA level*). This time he underwent two regimens of antibiotics; however, they were too hard on his stomach. Around the same time, he started Prosta Chi, Kidney Chi, Asparagus Extract, and Myomin. After 1 month, his PSA dropped to 9. After 3 months, it further **dropped to 2.7**.
- G.V., a 68 y/o/m from CA, had **PSA** level of 14.8. He **couldn't urinate** and had some **spots in his prostate**. Surgery was recommended. At the same time, he started taking Kidney Chi, Asparagus Extract, Myomin and Prosta Chi. Soon after, he was able to urinate. After 3 weeks on the herbs, he didn't need a catheter at all. After the 4th week, his PSA dropped to 5.4. His **prostate is now only slightly enlarged** and he did not need surgery. After 3-4 months on the herbs, his **PSA dropped to 2.1**.

Table 1. Reduced Estradiol in Male Patient

Serum Test	Before	After 2 months	Male range
Estradiol (E2)	50.4	13.3	6-30 pg/ml
Testosterone	645	639	300-750 ng/dl
Testosterone/ Estradiol Ratio	12.8	48.0	20-50

Table 2. Reduced Estradiol and PSA levels in 80 y/o/m patient

Date	Estradiol	PSA level	Notes
9/2011	60	5.0	With Avodart only
11/2011	39	2.88	After 2 months on Myomin and Prosta Chi
1/2012	59	5.6	When he stopped Myomin and Prosta Chi, his levels
3/2012	39	Not tested	2 months after he restarted Myomin and Prosta Chi
4/2012	31	3.6	After 2 months on Myomin and Prosta Chi

Table 3. Reduced PSA level in 76 y/o/m patient

Date	PSA level	Notes
3/22/11	3.82	With Terazosin and Finasteride, PSA still high
5/26/11	3.49	After 2 months on Myomin, PSA reduced
12/08/11	1.79	After 9 months, PSA dropped by 53%



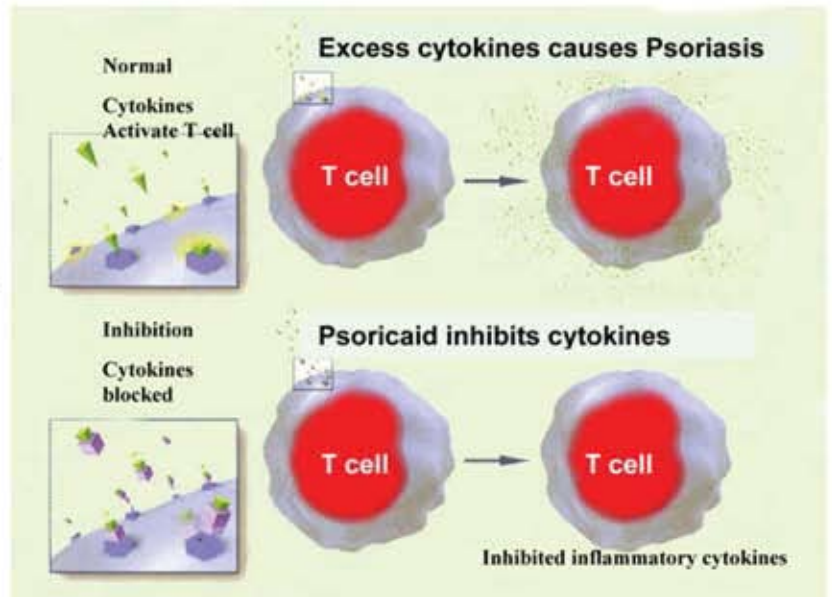
# PSORICAID

**Mechanism - Psoricaid inhibits cytokines and other mediators.**



**Psoricaid contains:**  
Phytolacca, Rheum  
and Dictamnus

Dosage:  
2 capsules, 3 times  
per day after meals.

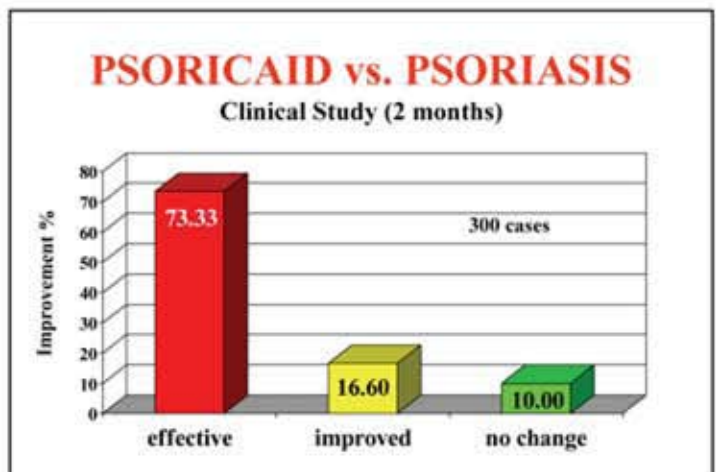


Psoriasis occurs when the body's own immune system is triggered by the overproduction of cytokines (TNF, IL-1, IL-6), leukotriene (LTB<sub>4</sub>), platelet activity factor (PAF), nitro oxide (NO), etc. Psoricaid contains esculentoside A and many other components, which inhibit production of PAF, LTB<sub>4</sub>, NO, TNF, IL-1, IL-6, etc.

## Clinical Results: 2003

Effectiveness of Psoricaid is 73.33%. Psoricaid can be used with Whole Skin for better results. If you have a more serious condition add Angiostop.

Ref: Dian Wen Ju, et al, Esculentoside A inhibits tumor necrosis factor, interleukin-1 and interleukin-6 production induced by lipopolysaccharide in mice. Pharmacology 1998; 56: 187.



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# PSORICAID FOR PSORIASIS

Psoriasis affects between 2%-2.6% of the US population and is characterized by the eruption of reddish, silvery-scaled bumps and lesions. The condition occurs on the elbows, knees, scalp and trunk; these bumps can become thick and pus-filled while also resulting in peeling and irritation of the skin. Psoriasis, Rheumatoid Arthritis, and other autoimmune diseases are T helper 1 (Th1) dominant disorders (see Table 1), in which the body produces excess Th1 type cytokines (see Table 2). Various studies have shown that Psoricaid inhibits these cytokines, making it beneficial for Th1 dominant disorders. Further studies have shown it also inhibits other inflammatory mediators (Table 2) such as leukotrienes (LTB<sub>4</sub>), platelet activity factor, nitric oxide, etc. To some extent, it also inhibits Th2 type cytokines.

**Table 1. Conditions Associated with Th1/Th2 Imbalances**

• Th1 Dominant	• Th2 Dominant
- Psoriasis	- Tissue specific Inflammatory Disorders
- Chronic Eczema	- Allergy
- Systemic Inflammatory Disorders	- Systemic Lupus Erythematosis
- Rheumatoid Arthritis	- Acute Eczema
- Crohn's disease	- Asthma
- Ulcerative colitis	- Dermatitis
- Coronary Artery Disease	
(↓ of C-reactive protein needed)	

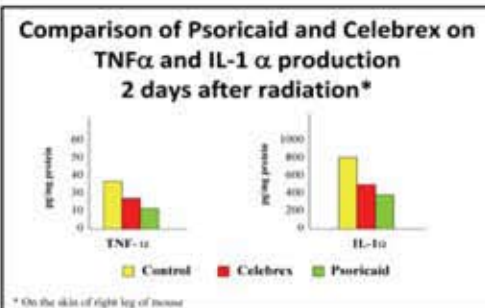
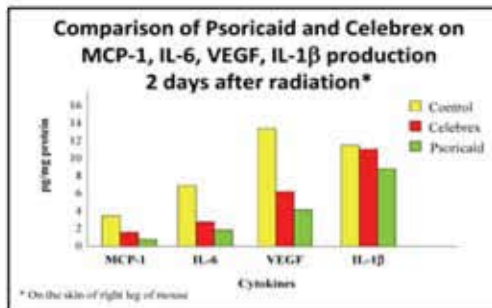
**Table 2. Inflammatory Mediators Associated with Th1/Th2 disorders**

• Th1 Dominant	• Th2 Dominant
■ IL-1	■ IL-4
■ IL-2	■ IL-5
■ TNF alpha	■ IL-6
■ IFN gamma	■ IL-9
	■ IL-10
	■ IL-13

Psoricaid inhibits IL-1, IL-2, TNF alpha and IL-6

## MECHANISM:

Psoricaid inhibits cytokines (IL-1, IL-2, IL-6, TNF-alpha), leukotrienes, nitric oxide, and prostaglandin E2. It prevents these cytokines from binding to their receptors, interrupting the release cycle that triggers inflammation associated with diseases such as psoriasis and rheumatoid arthritis.



## References:

- *Pharmacology*. 1998; 56: 187-195.
- *Acta Pharmacologica Sinica*. 2002; 23(7): 638-644.
- *Acta Pharmacologica Sinica*. 2004; 25(6): 817-821.
- *International Journal of Radiation Oncology, Biology, Physics*. 2006; 65(3): 882-889.
- *Nutritional Perspectives: Journal of the American Chiropractic Association Council on Nutrition*. April 2007; 30(2):26-29

**Psoricaid is the primary supplement recommended for mild to moderate autoimmune conditions. If the desired response is not achieved even after at least a month of taking it, then switch to Autocin.**

## Case Reports:

- Emanuel Schlabach, DC from OH, has a 24 y/o/f patient with **psoriasis** (topical dermatitis type) on the scalp, neck, back and abdominal area. She's had the condition for 5-6 years with breakouts usually in the Spring and Fall seasons. She tried various topical cortisones, licorice root and even colonics to no avail. Then she used Psoricaid. After only 3 weeks, her condition has improved by 95%. Her father, who has a more severe psoriasis condition, also used Psoricaid and it has now improved by 85%.
- J.S., DC from MN, has been suffering from **psoriasis** for 15 to 20 years. After using Psoricaid and Autocin alternately, his psoriasis flare-ups have reduced in frequency and severity.
- K. Ude, DC, CCN from TX, related that a patient's **psoriasis** condition has vastly improved after alternating between Psoricaid and Autocin.



# ***CHI RESEARCH***

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## **RAINSKIN**

### **Rainskin contains:**

- Rice-Bran
- Aloe
- Coix lachrymal-jobi L.
- Paeonia lactiflora Pall.
- Papain

At the keratose layer of the skin, the main component is ceramide. As people get older, the level of ceramide also decreases, causing wrinkles and other skin disorders. Rice bran, an ingredient of Rainskin, contains sphingosine - a precursor of ceramide. Sphingosine can effectively inhibit melanin, making the skin whiter and silkier. It is also effective against skin disorders such as dermatitis.

In October, 1990, *Fragrance Journal* reported a study showing the effectiveness of phytoceramides (ceramides from rice) against wrinkles.



Another study published in *Japan Food Processing* [2001, Vol. 35, No. 8] revealed that ceramide is 30% effective in inhibiting melanin.



# REISHI SPORE EXTRACT

**ADJUNCT CANCER THERAPY • LIVER • HEART  
ANTI-AGING • SLEEP / INSOMNIA • LUNG**

Contains: Triterpenes (> 3%), Polysaccharides, thirteen Amino Acids, Organic Germanium, Lipopolysaccharides, Vitamin C, and trace minerals

- **IMMUNITY** (↑ Immunoglobulin, IFN, NK cell, IL-1, IL-2, TNF, Stimulates lymph cells, ↑ Macrophage function, Prevents immune Hyperactivity and Hypersensitivity)
- **CARDIOVASCULAR SYSTEM** (↑ Myocardial contractility by 40-50%, ↑ Coronary blood flow by 62%, ↑ cell oxygen content, ↓ Myocardial oxygen consumption, ↓ Platelet agglutination and thrombosis)
- **LIVER** (↑ Liver cell repair and regeneration- Recommended for those with dark circles under the eyes)
- **↓ SIDE EFFECTS OF RADIATION/CHEMOTHERAPY**



**LD<sub>50</sub> = 16g/kg**

Reishi Spore Extract is **75 times more potent** than Reishi

## TELOMERASE INHIBITOR (Adjunct for cancer)

Reishi Spore Extract (RSE) destroys telomerase, an enzyme that directs the replication of telomeres (the ends of chromosomes). Telomerase allows the addition of the primer (the starting point for DNA replication) to the end of a DNA strand during the replication cycle. Typically, telomerase is inactive in normal cells. This is why the primer disappears after the 50th generation/replication, preventing the unrestrained growth of cells. However, in cancer cells, the telomerase enzyme is very active; therefore, uncontrolled replication cycle occurs. With RSE, this uncontrolled replication is blocked by the destruction of telomerase. In a study conducted in China and Japan, RSE was found to kill tumor cells by 83.9%.

## Reishi Spore + Conventional Therapy More Effective on Cancer Inhibition

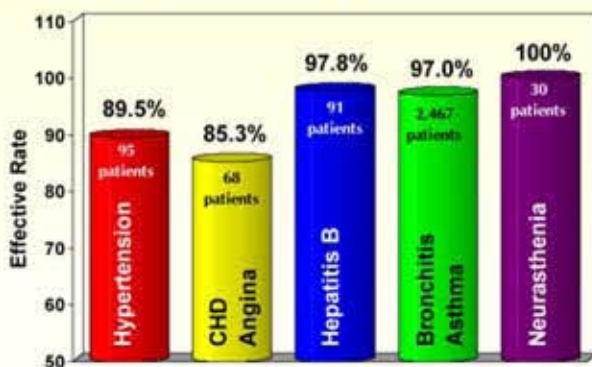
Therapy	Effective Rate
5-FU	33.6%
<b>5-FU + Reishi Spore Ext</b>	<b>73.6%</b>
Mitomycin	39.4%
<b>Mitomycin + Reishi Spore Ext</b>	<b>70.0%</b>

## Reishi Spore Extract Increases WBC in Cancer Patients

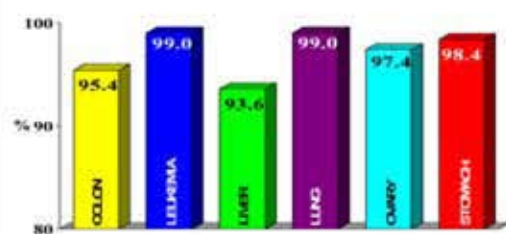
Patients	Avg WBC Increase	Effective Rate
<b>112</b>	<b>1,228/mm<sup>3</sup></b>	<b>83.9%</b>

Cancer patients often have low WBC count after chemotherapy or radiation. Taking Reishi Spore Extract before, during and after treatment not only increases WBC count, it also protects against the harmful effects of these treatments.

## Reishi Spore Extract on Cardiovascular and Liver Conditions and Neurasthenia



## Reishi Spore Extract inhibits Cancer Cell Lines *in vitro*





# Super X

IMPROVE SEXUAL VITAL ENERGY IMMEDIATELY



The unique formula for SUPER-X adjusts the pituitary gland, which lies in the area of the brain responsible for the regulation of sexual behavior.

**SAFE, EFFECTIVE, AND PRESCRIPTION-FREE**

**SLOW-RELEASE FORMULA**

**Ingredients:**

Cordyceps, Epimedium, Panax ginseng

**Directions:** Take 2-3

capsules the first time after a meal and 4-8 hours before activity. Then take 2 capsules every 3 days. Then take 2 capsules every week, as needed.

Excerpt from *Men's Exercise Magazine*, Feb. 2003 Issue:

## How To Say Yes When Your Body Says No!

*By: William Wong N.D., Ph.D., and Member, World Sports Medicine Hall of Fame*

We're all mostly familiar with the adrenal glands. Yes, they produce adrenaline to hype us up and keep us going, but they also make all of the cortisol anti-inflammatory hormones and testosterone, as well. All of these glands need to communicate with each other in order for you to get an erection. In our youth, the chatter between these organs was easy. As we got older (remember that "old age" begins at 27), the adrenals get tired [exhausted actually] and the pituitary gets sluggish. So what if a tired set of adrenal glands gets the "hard-on" signal from the pituitary? It doesn't have to listen; no matter how much pleasure the hypothalamus perceives we're having!

How did you get a tired set of adrenals? ... You live in the modern world, filled with stress, pollution, work and worry. Worse still you work out too many days a week and take the little glands past exhaustion to near dead by using caffeine and aspirin stacks, ephedra, pseudoephedrine, bronchial stimulators etc. When your body tells you to take a hike, that it isn't going to do what you want it to do -- no matter what blue pill, supplement or voodoo you may throw down your gullet --you've got major trouble. You likely won't listen if I advise you to change your lifestyle, lower your stress, stop overtraining, so I won't go into any of that...You've got to make those organs communicate clearly with each other and you've got to make them respond to signals.

Enter Dr. Chi... He has come up with a way to make the pituitary/ hypothalamus / adrenal axis to not only communicate and respond, but to make it work better than it ever did! It's all done with science and Chinese herbs. I met Chi at the Anaheim Expo West.. One of the supplements he had for sale was a little white bottle of capsules labeled Super X. I noted all of the "old" fellows buying the stuff. Out of curiosity I asked Dr. Chi what it did. "Oh, it's an herbal Viagra that really works," he humbly told me. Not being that spry in years and always looking for a boost, I tried the stuff. Wow! The little blue pill can't hold a candle to Super X. Rock-hard erections on demand, just like the ones I had at age 17! But even better than I had at 17 because there was no down time between orgasms -I went from one erection straight to another. At this point, the doc in me is supposed to say something like: "These results may not be typical. Individual results may vary. Consult your health professional for advice (like he might really know something)." Having gotten that out of the way, I still maintain this stuff is rocket fuel for the penis. So order a bottle, follow label directions and get ready for a wild ride!



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# YOUTH CHI

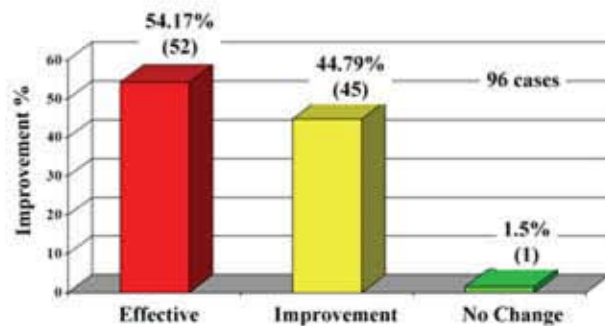
**Mechanism: Youth Chi improves bone density, enhances bone calcium content, inhibits calcium loss due to increase of bone formation protein, and is not due to increased estrogen levels.**



**Ingredients:**  
Rehmannia, Corydalis,  
Dioscorea, Lycium

**Directions:**  
Take 2-3 capsules,  
2-3 times per day after  
meals.

## YOUTH CHI on OSTEOPOROSIS



### 6 months clinical study on 96 cases with Youth Chi BMD ↑6.5%

BMD (%)		Serum BGP (ng/ml)		Urine PYD (ng/ml)	
<u>Before</u>	<u>After</u>	<u>Before</u>	<u>After</u>	<u>Before</u>	<u>After</u>
62.42	66.48*	7.42	10.94	39.27	30.38

BGP (Bone Gla Protein, osteocalcin) is a special protein of osteoblast cells. The higher the BGP the more bone formation. PYD (pyridinolin) is a constituent of the bone formation. If urine PYD level is down, it means bone loss is less.

\*In this clinical study, calcium was not given. Youth Chi increases bone formation protein so BMD increased by 6.5%. Take with calcium for even better results.

Ref: Wang M.Y., etc. Clinical studies of Chinese herb extract formula on 96 osteoporosis patients. JTCM, 2003, V.44, 3, 188.

**Promotes bone formation and inhibits bone loss without increasing estrogen levels**



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## **YOUTH CHI recommended for all Osteoporosis patients, especially those who have or are at risk for estrogen-dominant conditions such as cysts, fibroids, breast cancer, etc.**

BGP or osteocalcin is a calcium-binding protein of osteoblast cells, which is used as a biochemical marker for bone formation. **A high BGP signifies a high rate of bone formation.** PYD (pyridinoline) and DPD (deoxypyridinoline, an oxidized form of PYD) are both bone resorption (bone loss) markers. In this study, after 6 months on Youth Chi, PYD levels reduced to 30.38 ng/mL (please refer to Urine PYD results on the first page). **An increased PYD or DPD level signifies bone loss.**

It is no surprise, therefore, that in another study, Youth Chi was able to increase bone mass density in 96 male and female osteoporosis patients after 6 months by more than 6% (please refer to BMD results on the first page).

This is why Youth Chi is very effective for osteoporosis. In the study on 90 women and 6 men with osteoporosis, Youth Chi was effective on 54.17% of the subjects. Improvement was seen in 44.79% while only 1 person experienced no change at all (see Figure in the first page).

**Youth Chi had no impact on the subjects' estrogen levels, which makes it an even better alternative than other osteoporosis treatments that alter estrogen levels. This makes Youth Chi ideal for osteoporosis patients who also have or are at risk for estrogen-dominant problems like cysts, fibroids, breast cancer, etc.** Furthermore, Youth Chi does not affect BUN (blood urea nitrogen) and the liver enzymes, ALT and AST. This means that it is safe for the kidneys and the liver.

Therefore, **Youth Chi promotes osteoblast (bone-forming) activity while inhibiting osteoclast (bone-resorbing) activity.** It can be taken while following certain exercises for even better results in preventing osteoporosis. Weight-bearing and resistance exercises have been known to increase bone formation and help prevent osteoporosis. (Swimming and walking, although good for cardiovascular health, do not have an effect on building bone.) These exercises also stimulate the thyroid to produce calcitonin, which increases osteoblast activity and opposes the action of osteoclast cells. Osteoclast cells are more active than osteoblasts especially at dawn. So these exercises are recommended early in the morning to promote bone building.

### **YOUTH CHI reduces Deoxypyridinoline for Osteoporosis**

**E. Schlabach, DC from OH, has two case studies of Youth Chi's effects on lowering deoxypyridinoline levels in two elderly postmenopausal females with bone loss.**

Approximately 90% of the organic matrix of bone is type I collagen, a triple helical protein. Type I collagen of one is crosslinked by specific molecules which provide rigidity and strength. The most important crosslinks of mature type I collagen in bone is DPD. It is released into the circulation during the bone resorption process. DPD is excreted unmetabolized in urine and is unaffected by diet; therefore, the measurement of urinary excretion of DPD is an indicator of bone resorption. Research studies report that a **high level of DPD is associated with both rapid bone loss and fracture risk.**

#### **Patient 1 is a 79-year-old female with Osteopenia**

Patient took Youth Chi at 2 capsules, 3 times daily and resulted in a reduction of **DPD level from 20 to 11 in 4 months without any other medication.** When Youth Chi was increased to 3 capsules, 3 times daily, her **DPD level reduced to 6 after 2 months.**

	<b>MARCH 2008</b>	<b>JULY 2008</b>	<b>SEP 2008</b>	<b>REFERENCE VALUES</b>
<b>DPD level</b>	20	11	6	Healthy: 3.0-7.2 Std units Osteoporotic: >7.2 Std units

#### **Patient 2 is a 74-year-old female with severe Osteoporosis already using high doses of Vit D & calcitonin**

Youth Chi at 2 capsules, 2 times daily reduced DPD by 26% (9.5 → 7). In May 2008, after an additional 7 months, her DPD level normalized to 2.

	<b>DEC 2006</b>	<b>MARCH 2007</b>	<b>MAY 2008</b>	<b>REFERENCE VALUES</b>
<b>DPD level</b>	9.5	7	2	Healthy: 3.0-7.2 Std units Osteoporotic: >7.2 Std units