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# DISCLAIMER

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The information contained within this document is restricted to and intended for professional use by licensed health care providers. The statements made should not be construed as a claim, nor does it represent any particular product procedure or advice as constituting a specific cure, whether palliative or ameliorative. Procedures and products mentioned are designed to support the client's health and may be considered as support for other procedures deemed necessary by the practitioner.

Although specific manufacturers make the supplements, herbs and homeopathies referenced in this document, the opinions expressed are those of the author and are not those of any of the manufacturers. This document is not designed to replace medical advice or medical treatments, but to be used adjunctively in the care and support of health and vitality.



# CHAPTER VI: CARDIOVASCULAR

## ANGINA

### RELATED CONDITIONS

- Chest tightness with exertion
- Breathlessness
- Altitude sickness

### PHYSIOLOGIC CONSIDERATIONS

Angina occurs due to ischemia of the myocardium. The pain associated with angina is believed to result from the accumulation of hypoxic metabolites such as decreased tissue pH, lactic acid accumulation, and cellular potassium loss. Pain in the myocardium is transferred, or referred to somatic structures such as the chest wall, left shoulder, left arm, jaw, head and neck and less commonly the right shoulder.

Breathlessness and altitude sickness may be early signs of decreased heart perfusion. Not everyone who experiences these symptoms will develop angina or heart disease. It is typically recommended that these individuals increase their aerobic exercise and improved their diet. Aerobic exercise consists of fitness training or movement that is easy, fun, and is recommended to sustain for 20 to 60 minutes several times a week. During true aerobic exercise, the body responds by increasing fat metabolism and by increasing the capillary bed in tissues such as skeletal muscles, the myocardium and the lungs.

Ischemic condition of the heart may occur due to the following conditions:

#### PROTOCOL AT A GLANCE

##### Primary Supplemental Support

Bio-Cardiozyme Forte  
Stamina Caps  
Bio-GGG-B  
Argizyme



- Arteriosclerosis (hardening and loss of flexibility of arteries and capillaries)
- Atherosclerosis (plaque buildup in artery and capillary walls)
- Insulin sensitivity
- Poor autonomic regulation of oxygen profusion into the myocardium
- Poor blood oxygen
- Poor diffusion of oxygen into cardiac tissue
- Decreased capillary density in the myocardium

## PREDISPOSING FACTORS

- Dietary deficiencies
- Arteriosclerosis
- Smoking
- Excess insulin
- Sedentary lifestyle
- Obesity
- Toxicity affecting nerve control in the heart
- Other heart disease such as hypertension, congestive heart failure, arrhythmias and fibrillation
- Heredity

## RECOMMENDATIONS

- Identify and treat any underlying heart condition
- Remove insulinogenic foods from the diet
- Consider IV or oral chelation therapy
- Eliminate adulterated fats and oils
- Increase raw oils and fats, especially of the omega-3 variety
- Exercise at a moderate rate that does not promote heart or chest symptoms
- Increase consumption of vegetables of all kinds; consider juicing

## PRIMARY SUPPLEMENTAL SUPPORT

### **BIO- CARDIOZYME FORTE**

*(MULTIPLE NUTRIENT TO SUPPORT CARDIOVASCULAR HEALTH)*

*Bio-Cardiozyme Forte* strengthens the entire cardiovascular system with an emphasis on the myocardium. It can be taken in much higher doses (6 to 20 or more tablets daily) when the system is under extraordinary demands such as an illness or in demanding



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physical activities such as high-altitude hiking, climbing, endurance activities such as marathon running, etc.

**Recommendation:** 1 to 4 tablets two or more times daily. For severe cases, increase dosage 2 to 6 tablets or more as needed.

## STAMINA CAPS

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*(NUTRIENTS TO SUPPORT ENERGY METABOLISM, OXYGEN UTILIZATION AND MUSCLE FUNCTION)*

A product targeted to supporting muscle energy metabolism and oxygen utilization, *Stamina Caps* contain thiamin, CoQ10, pantothenic acid, L-carnitine, octacosanol and OOrganik-15. OOrganik-15 is a proprietary blend of methyl donors, known to increase oxygen utilization and enhance the body's ability to reduce arterial plaque due to increased homocysteine levels. OOrganik-15 is also able to enhance the levels of creatine phosphate in the body. Creatine phosphate is essential in the production of energy in the mitochondria. The phosphate group in creatine phosphate is attached by a "high-energy" bond like that in ATP. Creatine phosphate derives its high-energy phosphate from ATP and can donate it back to ADP forming ATP.

$\text{Creatine phosphate} + \text{ADP} \leftrightarrow \text{creatine} + \text{ATP}$

The pool of creatine phosphate in muscle fiber can be about 10 times larger than that of ATP and thus serves as a reservoir for the high-energy phosphate bond of ATP.

**Recommendation:** 2 to 4 capsules two or more times daily

## BIO-GGG-B

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*(G FRACTION OF B VITAMINS)*

The G fraction is effective in calming the nervous system by enhancing parasympathetic nervous system through its effect on Cholinesterase activity. *Bio-GGG-B* may have a gentle effect on lowering blood pressure by relaxing the microvasculature and enhancing the perfusion properties of the microvasculature.

**Recommendation:** Take 2 to 4 tablets two to four times daily



## **ARGIZYME**

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*(ARGINASE CONTAINING PRODUCT)*

Noted here for its affect in promoting nitric oxide (NO<sub>2</sub>), thereby having a positive effect on hypertension and profusion of oxygen into tissues.

**Recommendation:** Take 2 to 4 capsules two to three times daily



# ARRHYTHMIA

## RELATED CONDITIONS

- Irregular heart rhythm
- Tachycardia
- Bradycardia
- Heart flutter
- Fibrillation
- Ectopic beats
- Atrial fibrillation
- Split S2 heart sound
- Heart block
- Bundle branch block

### PROTOCOL AT A GLANCE

#### Primary Supplemental Support

Bio 3BG  
Mg-Zyme  
Bio-Cardiozyme Forte

#### Secondary Supplemental Support

Bio CMP  
K-Zyme  
CoQ-Zyme 30  
Biomega- 3

## PHYSIOLOGIC CONSIDERATIONS

Palpitations may feel like the heart is pounding for no apparent reason. Tachycardia is an abnormal increase in the resting heart rate. Bradycardia is the opposite—an abnormally slow heart rate. A “tic toc” rhythm is a condition where the length of systole equals the length of diastole are premature beats that feel like skipped or extra beats. Flutter and fibrillation occurs when the normal heartbeat becomes irregularly rapid and may feel like the heart is twitching or flopping around in the chest. Often, chest tightness or heaviness is felt with breathlessness. All of these conditions need to be assessed by a qualified medical practitioner. Many of these conditions will also benefit greatly from targeted nutritional therapy.

Heart arrhythmias occur when the electrical system in the heart malfunctions and nerve impulse is impaired. The most common scenario is that the nerve fibers are weak or have impaired nerve transmission due to a vitamin B deficiency. The B vitamins, particularly thiamin, (the enzymatic form of B<sub>1</sub> as cocarboxylase or pyrophosphate) are vital for the smooth transmission of nerve impulses in the heart. Scar tissue in the myocardium will also alter electrical transmission through the heart muscle. Scar tissue, whether from surgery or a myocardial infarct, carries the electrical impulse in a disorganized manner through the heart muscle and often causes irregular heartbeats.



The cardiac muscle may be weak due to a mineral and/or electrolyte imbalance, which may affect polarization and depolarization of nerve and muscle tissue. Mineral deficiencies stress the heart muscle, leading to weakness and possible compensatory hypertrophy of the heart. Additional considerations include a hyperthyroid dysfunction or allergies, which have been known to cause the heart to race and or beat irregularly.

Vitamin and mineral deficiencies can be detected in heart tracings by the Acoustic Cardiograph (ACG), a diagnostic device that provides a graph of the heart sounds and detects subtle and overt deficiencies. The sensitivity of the ACG is hundreds of times finer than auscultation with a stethoscope. The graph made by the ACG provides information about the condition of the heart and nutritional status long before problems occur.

When an irregular heartbeat is due to nutritional deficiencies, it is easily corrected using targeted nutritional therapy. The phosphorylated forms of B vitamins, particularly thiamin (B1) will routinely correct a nutritional arrhythmia. The enzymatic forms of thiamin, as mentioned above, are the only forms that are effective for nerve or cardiac function. The other forms of thiamin, typically found in nutritional supplements, namely thiamin mononitrate and thiamin HCl, are simply not effective here.

As an electrolyte, calcium relaxes muscles and allows the myocardium to fully relax between contractions, increasing the effectiveness of each heartbeat. Magnesium functions as a physiologic calcium channel blocker and is commonly deficient in the diet of westerners. Magnesium has demonstrated an ability to normalize the heart rhythm and increase the strength of the heart contractions. Potassium also relaxes muscles and nerves. A person deficient in these nutrients may display signs or symptoms of fatigue and heart irregularities.

## **PREDISPOSING FACTORS**

- High consumption of processed and artificial foods
- Excessive sugar, caffeine, nicotine and other stimulants
- B vitamin deficiency
- Mineral deficiency or imbalance
- Toxic condition
- Hyperthyroid
- Allergies
- Autonomic dysregulation

## **CLINICAL CONSIDERATIONS**

An individual with arrhythmia should be under the care of a medical practitioner trained in the treatment of heart disease. However, these people also respond well to nutritional therapy. In fact, many nutritionists of the early and mid-twentieth century considered heart disease a disease of malnutrition.



## RECOMMENDATIONS

- Eliminate artificial and process foods.
- Eliminate sugar, starch, caffeine, tobacco, and all stimulants.
- Eliminate hydrogenated and partially hydrogenated fats and oils.
- Eliminate chlorinated and fluoridated water.
- Use sea salt in place of table salt.
- Use essential fatty acids liberally.

## PRIMARY SUPPLEMENTAL SUPPORT

### BIO-3-B-G

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*(PHOSPHORYLATED B VITAMINS WITH THREE TIMES MORE OF THE THIAMIN AND ALCOHOL SOLUABLE FRACTION)*

A multiple B vitamin supplement with three times the RDA for thiamin and other alcohol soluble “B” vitamins versus the alcohol insoluble fraction also know as vitamin “G”. This fraction of the “B” complex has the exact opposite effect as the G fraction. The “B” fraction in **Bio-3B-G** serves as a nerve promoting and energy enhancing nutrient, helpful in arrhythmias, heart block and any condition where nerve transmission is diminished.

The nutrients in this formulation are phosphorylated, and considered much more effective in heart and nerve conditions. Don’t let the low dose fool you; these are more expensive with a much higher physiologic effect than normally available B complex products.

**Recommendation:** 2 to 4 tablets three to four times per day.

### MG-ZYME

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*(MAGNESIUM)*

Each **Mg-Zyme** tablet contains 100 mg of organically combined magnesium, unlike industry standard of combined magnesium plus carrier. **Mg-Zyme** is used as a physiologic calcium channel blocker, to improve muscle strength and to help regulate heart rhythm.

**Recommendation:** 2 to 4 capsules twice daily between meals, or at bed time to bowel tolerance





## **BIO- CARDIOZYME FORTE**

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*(MULTIPLE NUTRIENT TO SUPPORT CARDIOVASCULAR HEALTH)*

This formula strengthens the myocardium and entire cardiovascular system. Used here to maintain heart strength, **Bio-Cardiozyme Forte** can be taken in much higher doses (6 to 20 or more tablets daily) when under extraordinary demands such as an illness or in demanding physical activities such as high-altitude hiking, climbing, endurance activities such as marathon running.

**Recommendation:** 1 to 4 tablets two or more times per day. For severe cases, may increase dosage 2 to 6 tablets or more as needed.

## **SECONDARY SUPPLEMENTAL SUPPORT**

### **BIO-CMP**

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*(MINERAL NUTRIENT CONTAINING CALCIUM, MAGNESIUM AND POTASSIUM)*

Highly bio-available source of calcium, magnesium and potassium. Each of these macro minerals plays a very important function in myocardium function. **Bio-CMP** contains 200 mg of calcium, 100 mg of magnesium and 100 mg of potassium per tablet.

**Recommendation:** 2 to 4 tablets, two to four times per day, best taken away from meals

### **K-ZYME**

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*(SOURCE OF ELEMENTAL POTASSIUM)*

Source of organically derived potassium as potassium gluconate, **K-Zyme** contains 99 mg of potassium per tablet, useful for tachycardia.

**Recommendation:** 2 to 4 capsules two or more times daily



## COQ-ZYME 30

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*(EMULSIFIED CO-Q<sub>10</sub>)*

*Co Q-Zyme 30* is an emulsified form of Co-Q<sub>10</sub>. This formula has an absorption rate three times that of commonly available Co-Q<sub>10</sub> through other manufacturers. Used here to maintain strength of myocardial contraction.

**Recommendation:** 2 to 4 capsules two or more times daily

## BIOMEGA-3

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*(NUTRIENT OF OMEGA-3 FATTY ACIDS)*

Oils are useful in the distribution of minerals into tissues including the myocardium. Omega-3 fats are also considered anti-inflammatory.

**Recommendation:** 2 to 3 capsules one to two times daily



# ARTERIOSCLEROSIS

## RELATED CONDITIONS

- Hardening of the arteries
- Dysinsulinism
- Hypertension
- Peripheral vascular disease

## PHYSIOLOGIC CONSIDERATIONS

Arteriosclerosis, a term applied to a number of pathological conditions in which there is a thickening, hardening and loss of elasticity in the walls of arteries. These changes occur in the inner layers of the vessel wall, the tunica intima, or in the muscular layer known as the tunica media.

Arteriosclerosis is a generalized hypertrophy of the small muscular arteries and the larger vessels. This condition may involve arteries or arterioles of microcirculation. Hypertrophy with fibrosis and hyaline degeneration occurs, leading to the loss of the elastic lamellae in the walls of the arteries. Additional calcification occurs with an overall loss of elasticity. Systolic blood pressure increases and the pulse pressure widens.

Artery and capillary tissues are significantly affected by insulin and blood sugar regulation issues. It is well known that excess insulin causes the thickening of the artery and capillary walls.

Insulin is a hormone released in response to increased blood sugar levels. It affects tissues throughout the body, increases anabolic functioning, and absorbs glucose and other growth promoting constituents. With prolonged exposure to sugar and insulin, some tissues will lose their sensitivity to various insulin levels. For example, the muscle cells will absorb increasing levels of glucose until they can hold no more, at which point they may then become unresponsive to elevated insulin levels. Fat cells, on the other hand, may continue to increase their anabolic absorption of glucose until one day they too may lose sensitivity to insulin. Some diabetics as you may have noted, are obese, while others are actually skinny. This is to do to the relative sensitivity to insulin by various tissues. It appears that arteries are perhaps the last tissue to lose sensitivity to insulin. Consequently, to over-absorption of glucose, the arteries hypertrophy until they become too thick to allow blood to flow unobstructed through the vascular channels. Eventually, diabetic neuropathies can develop.

### PROTOCOL AT A GLANCE

#### Primary Supplemental Support

Porphyra-Zyme  
Intenzyme-Forte  
Chondro-Plus  
Bio-FCTS  
Multi-Mins Fe/Cu Free

#### Secondary Supplemental Support

See Sugar Control Diet



It may be said that arteriosclerosis is due to chronically elevated insulin levels. Nutritional pioneers have called arteriosclerosis a modern disease of the 20<sup>th</sup> century. In a century where westerners have become subjects of a great experiment; an experiment subjecting all of us to large quantities of artificial foods, sweets and insulinogenic foods and grains at unprecedented levels and with tragic and unsuspected effects.

## PREDISPOSING FACTORS

- Smoking
- Hypertension
- Elevated serum lipids
- Over use of insulinogenic foods
- Diabetes mellitus
- Obesity

All of the predisposing factors listed are related to blood sugar control, except possibly cigarette smoking. It can be argued that the drug action of nicotine is a way to manage blood sugar levels.

## CLINICAL CONSIDERATIONS

Little can be done unless these individuals avoid insulinogenic foods and drinks, and follow the recommended program for several months to a year or more.

## RECOMMENDATIONS

- Eliminate high insulinogenic foods.
- Eliminate artificial and processed foods.
- Eliminate hydrogenated and partially hydrogenated fats and oils.
- Increase quality fats and oils.
- Increase vegetables.
- Increase high-quality proteins.

## PRIMARY SUPPLEMENTAL SUPPORT

*Porphyra-Zyme* and *Intenzyme Forte* are the primary chelating agents.  
*Chondro-Plus* and *Bio-FCTS* promote healing and elasticity of vascular tissues.  
*Multi-Mins Fe/Cu Free* replace lost minerals from the chelating process.

### **PORPHYRA- ZYME**

(*VEGETABLE PORPHYRIN CONCENTRATE*)

High porphyrin content is ensured by a quality blend of



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chlorophyllins and other plant components. Porphyrins are known for their absorptive qualities. The magnesium is easily released from the ringed structure, making porphyrin ready to bond to a heavy metal or other toxic substance. *Porphyra-Zyme* is used in conjunction with *Intenzyme Forte* to decrease fibrosis and hypertrophic buildup of the intimal and medial layers in the vascular walls throughout the body.

**Recommendation:** 4 to 8 tablets two to four times per day on an empty stomach, at least 12 tablets per day, ok to take up to 20 or 30 per day for aggressive therapy

## INTENZYME FORTE

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(*BROAD SPECTRUM PROTEOLYTIC ENZYMES*)

Proteolytic enzymes effectively relieve inflammation and decrease tissue congestion. *Intenzyme Forte* combines them with *Porphyra-Zyme* to decrease fibrotic buildup in the walls of arteries, capillaries and veins.

**Note:** This product should not be used where there are ulcers in the esophagus or stomach. In addition, it may digest surgical stitches.

**Recommendation:** 4 to 8 tablets two to four times per day on an empty stomach, at least 12 tablets per day, safe to take up to 20 or 30 per day for aggressive therapy

## CHONDRO- PLUS

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(*CHONDROITIN SULFATES AND MANGANESE*)

The nutrients in *Chondro-Plus* support elastic tissue, and support the growth and repair of the intimal and medial layers of vascular walls. *Porphyra-Zyme* and *Intenzyme Forte* digest and remove excess fibrous substance in the medial and intimal layers that lead to hypertrophy and result in vascular disease. *Chondro-Plus* also repairs those layers with high-quality elastic tissue components for the entire vascular tree.

**Recommendations:** 2 to 4 tablets one to two times daily



## BIO-FCTS

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(*BROAD SPECTRUM BIOFLAVONOIDS, VITAMIN C, THYMUS, AND SPLEEN*)

Contains the “P” and “J” factors of the vitamin C complex and the bioflavonoid. It is used to strengthen the micro-vascular tissues. In addition, Quercetin decreases pro-inflammatory eicosanoids.

**Recommendation:** 2 to 4 capsules taken two to four times daily

## MULTI-MINS FE/CU FREE

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(*MULTIPLE MINERAL WITHOUT IRON OR COPPER*)

When taking *Porphyra-Zyme* for more than a month, it is important to add a comprehensive multi-mineral supplement. *Multi-Mins Fe/Cu Free* is a broad-spectrum mineral formula with organically combined, bioavailable macro- and micro-minerals and vegetable culture trace minerals with 30 mg of Betaine HCl to help mineral digestion.

**Recommendation:** 2 to 4 tablets taken one to two times daily

## SECONDARY SUPPLEMENTAL SUPPORT

See *Blood Sugar Control Diet*, Syndrome X, and related supplemental support in the **Blood Sugar Section** of this manual.



# ATHEROSCLEROSIS

## RELATED CONDITIONS

- Plaque deposits in arteries, capillaries, and veins
- Atheroma
- Clotting
- Brain clot or infarct cerebral vascular accident (CVA)
- Myocardial infarction in the heart
- Deep vein thrombosis in the calf
- Pulmonary embolism

### PROTOCOL AT A GLANCE

#### Primary Supplemental Support

Porphyra-Zyme  
Intenzyme Forte  
Chondro-Plus  
Bio-FCTS  
Multi-Mins Fe/Cu Free  
Super Phosphozyme Liquid  
Super Phosphozyme Liquid

## PHYSIOLOGIC CONSIDERATIONS

A form of arteriosclerosis characterized by a combination of changes of the intima of arteries including an accumulation of lipids, blood products, macrophages, histocytes, fibrous tissues and calcium deposits referred to collectively as an atheroma or plaque.

Plaque buildup may significantly narrow and even close off the lumen, diminishing the delivery of oxygen and other nutrients to cells. Decreased perfusion to the brain is one cause of lowered mental functioning and memory in the elderly. The plaque can be brittle and break off creating emboli, which may lodge, in a part of the micro vascular tree preventing the delivery of blood and oxygen to tissues. If this plaque floats to the brain microvasculature, it causes a Transient Ischemic Attack (TIA) or a stroke. An emboli to the lungs causes a pulmonary embolism, to the heart an emboli causes a myocardial infarct, while in the calf it's called a deep vein thrombosis. The clot may lodge in the kidneys, the eyes, or any vital organ.

The first theory of clot formation is that there is too much cholesterol and that the fatty accumulation will cause plaque build up in the arteries, thus the increased use of cholesterol lowering drugs. Not long ago cholesterol levels of 300 were thought to be normal, now the normal has been lowered to 200. This does not explain the fact that nearly half of those suffering from a myocardial infarction (MI) have in fact normal to low cholesterol.

More recently, homocysteine levels have been thought to raise the likelihood for clot formation. Homocysteine is a normal metabolite of methionine processing. Homocysteine is converted to cystathionine with adequate levels of folic acid, vitamins B<sub>12</sub> and B<sub>6</sub>. Homocysteine is said to be the most caustic substance that the body produces. When insufficient levels of these B vitamins are available homocysteine levels will increase. As homocysteine levels increase in circulation, it



has the effect of irritating the inner lining of the arteries. With an irritation, the body attempts to heal it by covering it with cholesterol, fibrosis and minerals creating plaque or an atheroma.

Other researchers discuss the effects of viruses and other infectious organisms within the blood circulation. The plaque here is thought to be actually an immune response to irritation from infections, particularly viruses.

In any event, it makes sense to maintain healthy cholesterol levels, to decrease the level of homocysteine in circulation by maintaining healthy levels of the relevant nutrients, and further to address any stealth infections that may affect the health of the circulatory system.

## PREDISPOSING FACTORS

- Smoking
- Hypertension
- Elevated lipid levels
- Diabetes mellitus
- Obesity
- Homocysteine
- Chronic Infections

## RECOMMENDATIONS

- Avoid insulinogenic foods.
- Avoid alcohol, tobacco, coffee, and all stimulants.
- Eat plenty of green and brightly colored vegetables.
- Increase quality raw fats in the diet.
- Moderate, aerobic exercise several times weekly.

## PRIMARY SUPPLEMENTAL SUPPORT

*As a chelation program to repair artery walls:*

### **PORPHYRA- ZYME**

(VEGETABLE PORPHYRIN CONCENTRATE)

*Porphyra-Zyme* has a high-porphyrin content ensured by a quality blend of chlorophyllins and other plant components. Porphyrins are known for their absorptive qualities. The magnesium is easily released from the ringed structure, making porphyrin ready to bond to a heavy metal or other toxic substance. *Porphyra-Zyme* is used in conjunction with *Intenzyme Forte* to decrease fibrosis and hypertrophic buildup of the intimal and medial layers in the vascular walls.





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**Recommendation:** 4 to 6 tablets two to four times daily on an empty stomach

## **INTENZYME FORTE**

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(*BROAD SPECTRUM PROTEOLYTIC ENZYMES*)

*Intenzyme-Forte* is proteolytic enzymes, which effectively relieve inflammation and decrease tissue congestion. It is used with *Porphyra-Zyme* to decrease fibrotic buildup in the walls of arteries capillaries and veins.

**Note:** This product should not be used with ulceration in the esophagus or stomach or when the individual has surgical stitches. *Intenzyme Forte* has been known to digest stitches.

**Recommendation:** 4 to 6 tablets two to four times daily on an empty stomach

## **CHONDRO- PLUS**

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(*CHONDROITIN SULFATES AND MANGANESE*)

The nutrients in *Chondro-Plus* support elastic tissue, and support the growth and repair of the intimal and medial layers of vascular walls. *Porphyra-Zyme* and *Intenzyme Forte* digest and remove excess fibrous substances in the medial and intimal layers that lead to hypertrophy and result in vascular disease. *Chondro-Plus* also repairs those layers with high-quality elastic tissue components for the entire vascular tree.

**Recommendations:** 2 to 4 tablets one or two times per day



## BIO-FCTS

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(*BROAD SPECTRUM BIOFLAVONOIDS, VITAMIN C, THYMUS AND SPLEEN*)

**Bio-FCTS** contains the “P” and “J” factors of the vitamin C complex and the bioflavonoid. It is used to strengthen the micro-vascular tissues. In addition, Quercetin decreases pro-inflammatory eicosinoids.

**Recommendation:** 2 to 4 capsules taken one to two times daily

## MULTI-MINS FE/CU FREE

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(*MULTIPLE MINERAL WITHOUT IRON OR COPPER*)

When taking *Porphyra-Zyme* for more than a month, it is important to add a comprehensive multi-mineral supplement. **Multi-Mins Fe/Cu Free** is a broad-spectrum mineral formula with organically combined, bioavailable macro- and micro-minerals and vegetable culture trace minerals with 30 mg of Betaine HCl to help mineral digestion.

**Recommendation:** 2 to 4 tablets one to two times per day

## SUPER PHOSPHO- ZYME LIQUID

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(*MULTIPLE MINERAL WITHOUT IRON OR COPPER*)

When taking *Porphyra-Zyme* for more than a month, it is important to add a comprehensive multi-mineral supplement. **Multi-Mins Fe/Cu Free** is a broad-spectrum mineral formula with organically combined, bioavailable macro- and micro-minerals and vegetable culture trace minerals with 30 mg of Betaine HCl to help mineral digestion.

**Recommendation:** 2 to 4 tablets one to two times per day

*See Homocysteine Program to reduce inflammation of arteries due to excess homocysteine.*



# CHOLESTEROL

## RELATED CONDITIONS

- Hypercholesterolemia
- Carbohydrate sensitivity
- Obstructive jaundice
- Liver dysfunction
- Diabetes mellitus
- Familial hyperlipoproteinemia
- Pancreatitis

### PROTOCOL AT A GLANCE

#### Primary Supplemental Support

PCOH-Plus  
 Bio-GGG-B  
 Biomega-3

#### Secondary Supplemental Support

Beta-TCP

## PHYSIOLOGIC CONSIDERATIONS

A normal cholesterol level is currently believed by medical authorities to be 200 mg/dl or less, this number is still under considerable debate. Other researchers recommend a level between 180 and 240 mg/dl. High LDL cholesterol is associated with coronary heart disease, while high HDL cholesterol has a protective effect. Low cholesterol, below 160 mg/dl is associated with depression, aggressive behavior, poor immune function, thyroid conditions and stroke with no appreciable decrease in the incidence of coronary heart disease (CHD).

Cholesterol is an essential component in the body. It is found in every cell of the body, particularly in the brain and nerve cells. Body cells are continually dying and new ones being made.

Cholesterol is a major component from which cell walls are made. Cholesterol is also used to make a number of important hormones such as the sex hormones and glucocorticoids. Cholesterol functions as an anti-oxidant and is a primary constituent of bile. In the presence of sunlight on the skin, cholesterol is the substrate from which vitamin D<sub>3</sub> is made. The body uses large quantities of cholesterol every day; therefore, it is so important that every human cell (except nervous tissue) has the ability to make it.

Cholesterol may be ingested in animal products; less than twenty percent of your body's cholesterol needs will be supplied in this way. Your body then makes up the difference. If you eat less cholesterol, your body merely compensates by making more. It has been demonstrated that dietary cholesterol has very little to do with the level of cholesterol in your blood.

For reasons still not agreed upon, CHD increased suddenly during the 1920s and maintained on an incline throughout the industrialized world. By the 1940s it was becoming the major cause of premature death. Some investigators have presented data indicating that while total cholesterol levels are a good predictor of CHD, risk in middle age, they are a poor indicator in the older population. To date, there has been no long-term drug or dietary studies demonstrating that a



lower cholesterol level in healthy individuals over 65 years has any real benefit, in terms of increasing longevity.

## **PREDISPOSING FACTORS**

- Poor blood sugar control
- Hormonal imbalance
- Physical or psychological stress
- Toxicity overload
- Oxidative stress
- Liver dysfunction
- Kidney dysfunction
- Obstructive jaundice

## **CLINICAL CONSIDERATIONS**

Heart disease, the number one killer of the 20<sup>th</sup> century stems from a number of factors inherent in the modern diet. Included in those factors are an excess consumption of refined vegetable and hydrogenated oils, over-consumption of refined carbohydrates, vitamin and mineral deficiencies, and the avoidance of antimicrobial tropical fats from the food supply. Incidentally, cold-pressed coconut and palm oils are highly anti-microbial and, at one time, protected humans from viruses, bacteria, and fungus, microbes which are now associated with the onset of plaque that leads to coronary heart disease.

## **RECOMMENDATIONS**

- Eliminate high-insulinogenic foods and beverages.
- Eliminate hydrogenated and partially hydrogenated fats and oils.
- Stress management.
- Drink one quart of water for each 50 pounds of body weight daily.
- Exercise aerobically three or more times weekly.



## PRIMARY SUPPLEMENTAL SUPPORT

### PCOH-PLUS

(POLYCOSANOL FROM SUGAR CANE)

A source of polycosanol from sugar cane, the source supported by clinical research effective in lowering abnormally high cholesterol. **PCOH-Plus** also contains inositol hexaniacinate, which has been used in Europe for over thirty years to lower cholesterol levels. Inositol hexaniacinate is one molecule of inositol bound to six molecules of niacin. This form has shown to yield better results than standard niacin or niacinamide for cholesterol issues and there is no flushing effect as is common with niacin. Also containing micro-emulsified CoQ10, which has demonstrated better absorption than other available forms of CoQ10. It also contains the anti-oxidants catalase and superoxide dismutase.

**Recommendation:** 2 capsules daily

### BIO-GGG-B

(RIBOFLAVIN AND ASSOCIATED B VITAMINS)

**Bio-GGG-B** is rich in B vitamins and other components important to support fat metabolism and modulate homocysteine levels. The enzymatic and phosphorylated forms of, riboflavin, niacin and pyridoxine-5-phosphate are included, along with choline, inositol, PABA, thiamin, trimethylglycine and others. This formulation is especially effective in modulating fats in the system.

**Recommendation:** 2 to 4 tablets one to three times daily

### BIOMEGA-3

(EPA AND DHA FROM FISH OIL)

**Biomega-3**, a source of Omega-3 fatty acids, aids in joint lubrication, distribute minerals to tissues, and the support the anti-inflammatory eicosanoids; useful here to maintain healthy fatty acid balance.

**Recommendation:** 2 to 4 capsules two to three times daily with meals

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## SECONDARY SUPPLEMENTAL SUPPORT

### **BETA-TCP**

*(BEET JUICE, TAURINE, VITAMIN C AND PANCRELIPASE)*

Taurine is essential in the production of bile; pancreatic lipase helps digest fats; and beet concentrate effectively thins bile to decongest the liver and is useful when there is a history of gallstones. By thinning the bile, stones will become soft and will dissolve.

**Recommendation:** 2 to 4 tablets per meal



# HOMOCYSTEINE

## RELATED CONDITIONS

- Atherosclerosis
- Tendency to form plaque
- History of stroke
- Myocardial infarct (MI)
- Thrombophlebitis
- Pulmonary embolism

### PROTOCOL AT A GLANCE

#### Primary Supplemental Support

Bio-GGG-B  
Biomega-3  
B<sub>6</sub> Phosphate

#### Secondary Supplemental Support

PCOH Plus  
Beta-TCP  
Livotrit Plus

## PHYSIOLOGIC CONSIDERATIONS

The amino acid, homocysteine, is a natural metabolite derived from the processing of methionine. Normally, homocysteine occurs transiently before being converted to cystathionine. The enzymatic conversion process is dependent on pyridoxine (B<sub>6</sub>), B<sub>12</sub>, Folic acid, zinc, betaine, B<sub>3</sub> and magnesium. Where vitamin deficiencies exist, homocysteine levels increase causing an inflammatory condition, especially to the endothelium of vascular walls. The body responds to the inflammation by covering the irritation with deposits of plaque-containing cholesterol, minerals such as calcium, fibrosis and infiltration of immune cells known to result in atherosclerosis. Homocysteine is identified as a chief culprit in initiating these vascular lesions.

## PREDISPOSING FACTORS

- Malnutrition and chronic poisoning
- Over-reliance on processed foods
- Excess sugar and alcohol

## CLINICAL CONSIDERATIONS

Birth control pills and hormone replacement therapy (HRT) are known to lower B<sub>2</sub>, B<sub>6</sub>, B<sub>12</sub>, Folic acid, zinc, and magnesium.



## RECOMMENDATIONS

- Reduce or eliminate processed foods.
- Reduce sugar and all high-insulinogenic foods.
- Increase vegetables in diet; consider fresh vegetable juicing.
- Increase high-quality fats and oils.
- Ensure adequate high-quality protein.

## PRIMARY SUPPLEMENTAL SUPPORT

### BIO-GGG-B

*(RIBOFLAVIN AND THE ASSOCIATED B VITAMINS)*

**Bio-GGG-B** is rich in B vitamins and other components important to support fat metabolism and modulate homocysteine levels. The enzymatic or phosphorylated forms of riboflavin, pyridoxin, are included, along with choline, inositol, PABA, thiamin, trimethylglycine and others.

**Recommendation:** 2 to 4 tablets two to three times daily

### BIOMEGA-3

*(EPA AND DHA FROM FISH OIL)*

Omega-3 fatty acids have a natural anti-clotting effect and reduce inflammation. We need various essential and semi-essential fats in our diets. The omega-3s are extremely hard to find in adequate amounts on a daily basis and must be supplemented.

**Recommendation:** 2 to 3 capsules twice daily. Best with taken meals

### B<sub>6</sub>- PHOSPHATE

*(PYRIDOXAL-5-PHOSPHATE)*

**B<sub>6</sub> Phosphate** is a co-enzyme used in numerous reactions throughout the body. It is involved in the metabolism of carbohydrates, fats, and proteins and in the manufacture of hormones, neurotransmitters and prostaglandins. It is required for





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protecting the heart from cholesterol deposits and preventing kidney stones from developing. Used here as one of the major nutrients to control homocysteine buildup.

Recommendation: 2 to 3 tablets two to three times daily

## SECONDARY SUPPLEMENTAL SUPPORT

*If atherosclerosis is suspected, see section on Atherosclerosis. If cholesterol is elevated, add:*

### PCOH-PLUS

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(POLYCOSANOL FROM SUGAR CANE)

Polycosanol is a complex mixture of compounds usually extracted from sugar cane or bees wax. Octacosanol is a form of this class of compounds. Studies have shown that 10 mg daily of polycosanol lowers cholesterol by 20% or more in five months.

**Recommendation:** 2 capsules daily

*If liver support is indicated, consider the following:*

### BETA-TCP

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(BEET JUICE, TAURINE, VITAMIN C AND PANCRELIPASE)

Taurine is essential in the production of bile; pancreatic lipase helps digest fats; and beet concentrate effectively thins bile to decongest the liver and is useful with a history of gallstones. By thinning bile, stones will soften and will dissolve. Useful for liver detoxification and bile production, supports fat digestion and assimilation.

**Recommendation:** 2 to 4 tablets per meal

### LIVOTRIT PLUS

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(HERBS THAT CLEANSE THE LIVER)

*Livotrit Plus* is an Ayurvedic formula useful for liver congestion and toxicity, liver disease, gastric inflammation, arthritis and chemical or radiation damage.

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**Note:** *Livotrit Plus* is a very powerful liver support and may increase healing reactions in sensitive individuals. Therefore, it is recommended that the client start this protocol slowly. Many individuals handle a full dose well, but this is a clinical judgment. We recommend the most conservative program.

**Recommendation:** 1 to 3 tablets one to three times daily. Start this product at one daily for three days, and then increase dosage at one every three days until full dose is reached.



# HYPERTENSION

## RELATED CONDITIONS

- High blood pressure
- Sympathetic dominant
- Arteriosclerosis
- Hardening of the arteries
- Diabetes
- Syndrome X
- Liver congestion
- Kidney dysfunction
- High blood fats
- Hypercholesterolemia

## PHYSIOLOGIC CONSIDERATIONS

Blood pressure is derived from the volume of blood in the system in relation to the tension of the vascular walls and the force of the contracting heart. Throughout the day, blood pressure changes, as the body's needs change. The systolic pressure, the top number of the blood pressure reading, represents the pressure during heart contraction. The diastolic, second bottom reading, represents the tone of the nervous system and fluid pressures while the heart rests. High blood pressure while at rest may be caused by several conditions listed below. If no cause is found, the blood pressure is called essential hypertension.

### PROTOCOL AT A GLANCE

#### Primary Supplemental Support

Bio-Cardiozyme

Bio-GGG-B

#### Secondary Supplemental Support

Cytozyme-AD

ADHS

Bio-CMP

Beta-TCP

Livotrit Plus

Renal Plus

De-Stress

Li-Zyme Forte o-GGG-B



## PREDISPOSING FACTORS

- Arteriosclerosis
- Emotional stress
- Sympathetic dominance
- Blood sugar issues
- Hyperthyroid
- Liver dysfunction
- Toxicity
- Syndrome X, dysinsulinism
- Adrenal dysfunction
- Kidney dysfunction
- Congestive heart failure

## RECOMMENDATIONS

- Sugar control diet.
- Gentle aerobic exercise several times weekly with doctor's approval.
- Increase vegetable consumption.
- Increase raw, healthy fats and oils.
- Address digestive issues.

## PRIMARY SUPPLEMENTAL SUPPORT

### **BIO- CARDIOZYME FORTE**

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*(MULTIPLE NUTRIENTS PACK SUPPORTING CARDIOVASCULAR HEALTH)*

This formula effectively strengthens the heart and entire cardiovascular system. It can be taken in much higher doses (6 to 20 or more tablets daily) when under extraordinary demands, such as high-altitude hiking or climbing.

**Recommendation:** 2 to 4 tablets two to three times daily



## BIO-GGG-B

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*(G FRACTION OF B VITAMINS)*

The G fraction is effective in calming the nervous system by enhancing parasympathetic nervous system through its effect on Cholinesterase activity. It may have a gentle effect on lowering blood pressure by relaxing the microvasculature.

**Recommendation:** 2 to 4 tablets two to three times daily

## SECONDARY SUPPLEMENTAL SUPPORT

*For adrenal exhaustion, include:*

### CYTOZYME- AD

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*(ADRENAL TISSUE—NEONATAL BOVINE)*

Adrenal neonatal glandular tissue, used here to support the hypoadrenic individual. Paradoxically, hypoadrenia can be the cause of hypertension in some cases. These clients are easy to spot, as they are always exhausted; they may crave sugar, caffeine or other stimulants, or get dizzy when going from seated or lying to the standing position.

**Recommendation:** 1 to 2 tablets daily. Best taken with meals. May take 1 to 4 tablets one to two hours before an athletic event

### 21<sup>ST</sup> CENTURY HOMEOPATHIC # 4 CHRONIC STRESS

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*(21<sup>ST</sup> CENTURY HOMEOPATHIC FOR CHRONIC STRESS)*

Homeopathic formulation for chronic stress; may be useful in managing stress in particular individuals.



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**Recommendation:** ½ to 1 cap two to four times daily away from food or drink (15 minutes). May take additional ½ cap full as needed for stress management situations.

For overactive adrenals, include:

## **ADHS**

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*(ADRENAL ADAPTOGEN—HERBAL)*

Overactive adrenals may also lead to hypertension, these folks are in the Resistance phase of stress. This product is effective for those with adrenal gland that are under prolonged stress, and where hormones, such as glucocorticoids, are over-produced. This state of “up-regulation” usually precedes the hypo-adrenal state characterized by exhaustion, body pain, lung conditions, allergies, and general malaise.

**Recommendation:** 1 to 3 tablets at breakfast, and 1 or 2 at lunch. Do not take this *ADHS* after 12:00 noon, as it may interfere with normal sleep patterns.

## **BIO-CMP**

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*(ALKALINE ASH MINERALS—CALCIUM, MAGNESIUM AND POTASSIUM)*

*Bio-CMP* is a balanced source of calcium and magnesium with extra potassium. It calms the muscles, and reduces muscle spasms and pain. Potassium is often lost in the hyperadrenic individual.

**Recommendation:** 3 to 4 tablets taken two to four times daily on an empty stomach

## **21<sup>ST</sup> CENTURY HOMEOPATHIC #3 ACUTE STRESS**

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*(HOMEOPATHIC REMEDY FOR ACUTE STRESS)*

A very effective homeopathic remedy to help manage the stress



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response.

**Recommendation:** 1/2 to 1 capsule one to four times daily away from food or drink (15 minutes), may take an additional ½ cap as needed for stress management.

*For liver congestion, add:*

## **BETA-TCP**

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*(BEET JUICE, TAURINE, VITAMIN C AND PANCRELIPASE)*

**Beta-TCP** promotes bile flow, and is useful for biliary insufficiency, liver toxicity conditions and liver congestion. Liver congestion may contribute to hypertension by creating increased back-pressure through the portal circulation into the body, known as portal hypertension.

**Recommendation:** 2 to 4 tablets per meal

## **LIVOTRIT PLUS**

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*(HERBS THAT CLEANSE THE LIVER)*

**Livotrit Plus** is an Ayurvedic formula useful for liver congestion and toxicity, liver disease, gastric inflammation, arthritis and chemical or radiation damage.

**Note:** **Livotrit Plus** product is very useful when liver detoxification Phase I and phase II pathways are functioning. Otherwise, it may exacerbate detoxification symptoms. Use **MCS** to increase Phase II detoxification, and **ADHS** to increase Phase I detoxification.

**Recommendation:** 1 to 2 tablets per meal

*For kidney deficiency, swelling, or water retention add:*

## **NEPHRA-ZYME**

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*(MULTIPLE NUTRIENTS TO SUPPORT RENAL FUNCTION)*

Botanical and nutrient formula for kidney congestion, fluid accumulation in tissues, stones, nephritis, and other kidney and bladder conditions; acts as an herbal diuretic.



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**Recommendation:** 2 to 4 tablets two to four times per day

*For emotional stress, add:*

## **DE-STRESS**

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*(ANXIOLYTIC PEPTIDES FROM MILK)*

*De-Stress* is an all-natural, patented product that can reduce stress and anxiety.

**Recommendation:** 1-2 capsules one to four times daily as needed for stress

## **LI-ZYME FORTE**

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*(PLANT BOUND LITHIUM SUPPLEMENT)*

Lithium is a mineral, which at nutritional dosages is useful to lower stress and helps maintain equanimity of mind.

**Recommendations:** 1 to 4 tablets one to four times daily

*For over-active thyroid, add:*

## **LI-ZYME FORTE**

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*(PLANT SOURCE LITHIUM FORTIFIED)*

Used here to calm hyper-thyroid, lithium is thought to have anti-viral effects which may be at the root of some hyperthyroid conditions.

**Recommendation:** 1 to 4 tablets one to three times daily

## **CYTOZYME- THY**

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*(BOVINE NEONATAL THYMUS TISSUE)*

*Cytozyme-THY* modulates immune response which may be indicated for hyperthyroid conditions.





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**Recommendations:** 1 to 4 tablets two to three times daily

## BIO-CMP

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(CALCIUM, MAGNESIUM AND POTASSIUM)

*Bio-CMP* contains minerals which have a calming effect on the nervous system, used here to also calm an over active thyroid.

**Recommendations:** 2 to 4 tablets two to three times daily

## BIO-AE- MULSION FORTE

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(EMULSIFIED VITAMIN A)

Supports immune function and normalization of the thyroid gland.

**Recommendations:** 1 to 2 drops two to four times daily

## ADDITIONAL CARDIOVASCULAR

Cardiovascular conditions are one of the most serious of the modern age. Historically, these diseases are found only in cases of malnutrition and chronic poisoning. Those on typical Western diets are most at risk for cardiovascular problems. Therefore, the most effective therapy may be nutritional.

The following recommendations are a good place to start when designing a supplemental program for clients with heart conditions.

## CONGESTIVE HEART FAILURE

### *Primary Support*

Bio-Cardiozyme 1-4 tablets 2 to 6 times daily  
(In an **emergency** may take 1 or 2 each hour up to 20 or 30 daily)

### *Secondary Support*

Cytozyme-AD 1-3 tablets two to four times daily  
Stamina Caps 1-4 tablets two to four times daily  
Bio-Cardio Packs 1-3 packs daily



## CARDIAC SUPPORT AND MAINTENANCE

### *Primary Support*

Bio-Cardiozyme	1-3 tablets one to three times daily
Biomega-3	1-2 capsules one to three times daily

### *Alternate Support*

Bio-Cardio Packs	1-2 packs daily
Cytozyme-H	2-4 tablets one to three times daily

### *Secondary Support*

Bio-GGG-B	2-4 tablets two to four times daily
Bio-Ae-Mulsion Forte	1-2 drops two to four times daily
Bio E-Mulsion 200	1-2 capsules one to three times daily
BioProtect	1-2 capsules two to four times daily

## ARRHYTHMIA ALTERNATE PROGRAM

### *Primary Support*

Bio-3B-G	2-4 tablets two to four times daily
Bio-CMP	2-4 tablets two to four times daily
CoQ-Zyme 30	2-4 tablets two to four times daily
De-Stress	1-2 capsules one to three times daily
Bio-Cardiozyme	2-4 tablets two to four times daily

### *Secondary Support*

Mg-Zyme	2-4 tablets two to three times daily
K-Zyme	2-4 tablets two to three times daily

21st Century Homeopathic #3: Acute Stress

## ANGINA ALTERNATE PROGRAM

### *Primary Support*

Argizyme	2-4 capsules one to four times daily
Organik-15	2-4 caps one to four times daily
L-Arginine	3-5 capsules two to four times daily

### *Alternate Support*

Bio Cardiozyme	2-4 tablets two to four times daily
Stamina Caps	2-4 capsules two to four times daily
Bio-GGG-B	2-4 capsules two to four times daily

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Taurine  
CoQ-Zyme 30

***Secondary Support***

1-2 capsules two to four times daily  
2-3 tablets two to four times daily

Consider oral chelation

**ORAL CHELATION FOR  
ARTERIOSCLEROSIS OR  
ATHEROSCLEROSIS**

***Primary Support***

Porphyra-Zyme

5-8 tablets two to four times  
daily between meals and away from  
mineral supplements

Intenzyme Forte

5-8 tablets two to four times daily with

***Porphyra-Zyme***

Chondro-Plus

2- 4 tablets twice daily

Multi-Mins Fe/Cu Free

2 - 3 tablets once or twice daily with  
meals

Bio K-Mulsion

1 drop one to three times daily

***Secondary Support***

Bio-GGG-B

2-4 tablets two to four times daily

Bio-Ae-Mulsion Forte

1-2 drops two to four times daily

BioProtect

1-2 capsules two to four times daily

Biomega-3

1-3 capsules one to four times daily

Super Phosphozyme Liquid

1 dropper in pure water one to three  
times daily

Include calcium when supplementing phosphorus for more than four  
weeks ***Ca/Mg-Zyme*** (4-8 tablets daily).

**PERIPHERAL VASCULAR  
DISEASE, DEEP VEIN  
THROMBOSIS**

***Primary Support***

Porphyra-Zyme

5-8 tablets two to four times daily,  
between meals and away from mineral  
supplements

Intenzyme Forte

5-8 tablets two to four times daily with

***Porphyra-Zyme***

Chondro-Plus

2-4 tablets 2 times daily

Multi-Mins Fe/Cu Free

1-2 tablets two to three times daily



Super Phosphozyme Liquid  
1 dropper in water two to three times daily (Include calcium at 4-8 tablets daily when supplementing phosphorus for more than four weeks *Ca/Mg-Zyme*)  
Bio-K-Mulsion  
1 drops one to three times daily

***Secondary Support***

Bio-FCTS  
1-2 capsules two to four times daily  
Biomega-3  
1-3 capsules two to four times daily

## **HYPERTENSION ALTERNATE PROGRAM**

***Primary Support***

Bio-GGG-B  
2-4 tablets two to four times daily

***Due to Hyperadrenia***

ADHS  
1-3 tablets once or twice daily, not after 12:00 noon  
Bio-CMP  
2-4 tablets two to four times daily  
De-Stress  
1-2 capsules one to four times daily as needed for stress  
21st Century Homeopathic #3 Acute Stress  
½ capful one to four times daily

***Due to Hypoadrenia***

Cytozyme-AD  
1-4 tablets one to three times daily  
L-Tyrosine  
1-2 capsules one to three times daily  
21st Century Homeopathic #3 Chronic Stress  
½ capful one to four times daily

***Due to Liver Congestion***

Beta-TCP  
2-4 tablets two to four times daily, best with meals  
Livotrit Plus  
1-2 tablets two to three times daily with meals  
Phosphatidylcholine  
1 capsule two to three times daily with meals  
21st Century Homeopathic #1 Detoxification  
½ capful one to four times daily

***Due to Poor Kidney Function***

Nephra-Zyme  
3-5 tablets two to four times daily  
Argizyme  
1-4 tablets two to four times daily



*Due to Hardening of the Arteries*

Porphyra-Zyme	5-8 tablets two to four times daily between food and mineral supplements
Intenzyme Forte	5-8 tablets two to four times daily with <b>Porphyra-Zyme</b>
Chondro-Plus	2 -4 tablets 2 times daily
Multi-Mins Fe/Cu Free	2-3 tablets once or twice daily with meals

*Due to Poor Oxygenation of Tissues*

Bio-Cardiozyme	2-4 tablets two to four times daily
Stamina Caps	2-4 tablets two to four times daily
Argizyme	1-4 tablets two to four times daily
Bio-GGG-B	2-4 tablets two to four times daily

*Due to Poor Cardiac Function*

Bio-Cardiozyme	2-4 tablets two to four times daily
Stamina Caps	2-4 tablets two to four times daily

*Due to Allergic Response*

HistoPlex	2-4 capsules two to four times daily
Hydro-Zyme	2-4 tablets two to four times daily
Cytozyme AD	2-3 tablets two to four times daily
Livotrit Plus	1-2 tablets one to three times daily
Beta-TCP	2-4 tablets one to three times daily

21st Century Homeopathic #1 Detoxification  
½ capful two to four times daily

*Due to Syndrome X, Insulin or Carbohydrate Sensitivity*

GlucoBalance	1-3 capsules two to three times daily
ADHS	1-3 capsules once or twice daily, take before 2 P.M.
Biomega-3	2-4 capsules, 2 times daily

Consider chelation therapy for “hardening of arteries”

*Due to Emotional Stress*

De- <b>Stress</b>	1-2 capsules one to four times daily
Bio-CMP	2-4 tablets two to four times daily
Li-Zyme	2-4 tablets two to four times daily

21st Century Homeopathic #3  
Acute Stress 1/2 capful one to four times daily