

"SILVER BULLETS"

by Ronald L. Myers, CNC

It's summertime again. Let's begin with a review of what I wrote in Issue 4 of e-Bytes (*CHEATER'S TOOL BOX*), following this advice would benefit you, your family and your patients. In this current issue, I will take you a step further by adding information that will be of benefit through out the year.

THE SUMMERTIME PROTOCOLS-- (From Issue 4)

Knowing better but not *always* doing better is part of the human experience. However, as humans, when we do things against our better judgment, we would hope to not have to pay the penalty. Well folks, you have come to the right place, keep reading to learn HOW TO CHEAT BIG TIME using nutrition.

TRAVELING ABROAD--

After we have spent our money on a trip we have been looking forward to for some time, we want to see more than the inside of the toilet bowl in our hotel room. Some destinations are more notorious for contracting a case of "Montezuma's Revenge" than others. Preemptive defensive action will insure a relaxing, enjoyable vacation. Here is what to do:

ADP 3 tablets with each meal. This is emulsified oregano and it kills EVERYTHING!

Hydrozyme 2 tablets with each meal. Adequate HCl is one of the first lines of defense against the "bugs" that will set us up for an acute G.I. episode

JET LAG--Melatonin 2 capsules day before, day of and day after flight.

BioProtect 3 capsules day before, day of and day after flight.

IT'S PARTY TIME--

When we are going out to party and feel there is a chance we may overdo it--yet don't want to deal with the hang over the next day--here is what to do:

Bio 3B-G 9 tablets right before going out. Alcohol BURNS thiamine. Bio 3B-G provides food grade thiamine.

Flax Seed Oil 6 capsules right before going out. Essential fats are needed to build the substrates for thiamine to work as a co-enzyme, and are thiamine protective.

MCS 3 capsules right before going out. Up-regulates liver detox pathways.

(This is not intended to help people abuse alcohol on a regular basis!)

FUN IN THE SUN--

Summer has arrived and we find ourselves as "pale-faces" because we have been too busy to get outside and get some sun. Now we find ourselves committed to an outing where we will be out in the sun for an extended period. A big hat and a long sleeved shirt seem out of the question, how can we protect ourselves from a painful sunburn? Try this, it works:

CA-ZYME 6 tablets before going out in the sun. This is calcium; it protects the skin from damage from the sun.

Flax Seed Oil 6 capsules before going out in the sun. Flax Seed Oil has been dubbed Vitamin F. It moves calcium from the blood *to* the tissues, which protects them. It opposes Vitamin D (the sun), which moves calcium *from* the tissues to the blood, leaving the tissues (skin) vulnerable to damage (sunburn)

(If you are going to be out in the sun several hours, take an extra dose with you.)

To insure optimum benefit to your patient from the above protocol, make sure they are taking **Hydrozyme** and **Beta TCP** if they have a history of G. I. dysfunction. Hydrochloric acid is required for the assimilation of minerals (**CA ZYME**), and good gallbladder function is essential to assimilate fats (**Flax Seed Oil**).

THE NEXT STEP---

NON SURGICAL HIATAL HERNIA REPAIR--

I have been using this for years. It works so well it is scary. Have your patients try this, it works: (In 6 weeks or less the *problem* is resolved)

First, instruct the patient or their spouse how to keep the stomach pulled down. This is essential if this therapy is to work, and in my experience, it will work in over 90% of your patients suffering with this condition.

Cytozyme H 2 tablets with each meal.

Purified Chondroitin Sulfates 2 tablets with each meal and at bedtime.

ACUTE PAIN AND TRAUMA—

This is for the patient who has an acute injury, due to whatever cause (auto accident, fall, etc.). I began using this while in private practice with a structural Chiropractor. He did a certain amount of P. I. work, and some of these patients would come in with such pain, swelling, muscle spasms, etc., that he could not adjust them. I have seen what follows produce results repeatedly; your injured patients will love this one:

Intenzyme Forte 10 tablets 3 times daily on an empty stomach for 3 days.

Bio CMP 3 tablets 3 times a day. They can take this with meals or on an empty stomach.

If they feel they need more than 3 t.i.d., they can take more. This is short-term therapy, 72 hours or less.

(Hydrozyme, if the patient needs HCl, give them 1 tablet with each dose of **Bio CMP**.)

THIAMINE NEED—

This is for the patient with severe thiamine need as evidenced by subjective or clinical indicators such as depression, wet beri-beri, increased Anion Gap with decreased CO₂, etc. I have had reports from a number of clinicians as to the effectiveness of the following protocol:

Bio 3B-G 1 tablet every waking hour for 3 days, then reduce the dose to 3 tablets t.i.d.

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