

# **Nature's Sunshine Products Used in Lyme Disease Protocol**

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Participant's Name \_\_\_\_\_ Date \_\_\_\_\_

**PLEASE NOTE:**

**THOSE NUTRITIONAL SUPPLEMENTS DENOTED WITH "X" SEEM TO BE MOST IMPORTANT IN THE STUDY.**

**1. Eating Right for One's Blood Type** - Excessive sugar in the bloodstream and an accompanying rise in insulin cause inflammation in all organs. (J. Royal Society of Medicine 2002; 42)

Purchase the book, *Bloodtypes Bodytypes and YOU*, by Joseph Christiano, at Alternative Health Shoppe for \$27.99

**Blood Type Diet - This Diet emphasizes a low-glycemic diet to reduce sugar.**

Item	Before Breakfast	Breakfast	Lunch	Before Dinner	Dinner	Bed-time	Notes
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**2. Digestive Enzymes**

<input checked="" type="checkbox"/> Proactazyme Plus NSP		1	2		2		Breaks down Protein, Carbohydrates & Fat. Works on wide range of pH.
<input checked="" type="checkbox"/> Protease Plus NSP - Day 1-30 - 1 cap. - 2X /day	30 minutes before breakfast X			30 minutes before Dinner X			Protease is an important component in preventing both tissue damage during inflammation, as well as the production of fibrin clots. Protease enzymes improve immune function and breaks down cellular debris. Protease Plus also contains beet root, fiber & trace minerals.
<input checked="" type="checkbox"/> After having taken Protease Plus NSP for 14 days, change to High Potency Protease NSP Day 15-19 - 1 caps 2X /day Day 20-24 - 2 caps 2X /day Day 25-70 - 3 caps 2X /day				60 minutes before Dinner X			

**3. pH Balancing & Lymph & Kidney Drainage** - A pH balanced environment of the body maintains proper metabolic functions & allows the body to function optimally by removing acid residues from body tissues via the colon, kidneys, lungs & skin. Acidosis decreases the oxygen affinity of hemoglobin in the blood. An unbalanced pH will interrupt all cellular activities if left unchecked. If the pH deviates too far & remains too acid or alkaline, cells become poisoned & are damaged by their own toxic wastes. An imbalance in pH slowly compromises cellular integrity which leads to numerous health problems.

**pH GreenZone Drink Cocktail - Mix the following together and add to 1 quart R.O. water and shake thoroughly. This drink must be sipped throughout the day to obtain maximum results (Shaker needed).**

pH GreenZone NSP - 1/2 - 1 tsp.							Alkalizing for an acid pH. Contains a cornucopia of green foods, to provide a balance of protein, carbohydrates, & healthy fats.
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<u>Lymphatic Drainage</u> NSP - 1/2 - 1 tsp.							A combination of Herbs designed to stimulate the flow of Lymphatic Fluids.
<input checked="" type="checkbox"/> <b>pH GreenZone Drink - (Continued)</b>							
<u>Kidney Drainage</u> NSP -1 tsp.							A combination of Herbs to activate the Kidneys & increase urine production preventing cellular acidosis.
<u>Liquid Dulse</u> NSP - 30 drops-If <b>not</b> on Thyroid Medication							Dulse contains polysaccharides which promotes immune stimulating activity& also supports thyroid.
<u>Stevia Powder</u> NSP - 1/2 to 1 packet to taste, as desired.							A natural plant sugar that does not raise the glycemic index.
<input checked="" type="checkbox"/> <u>Magnesium Complex (Malate)</u> NSP - Take enough for 3 Bowel Movements Daily. (Decrease, if diarrhea occurs.) Take Sublingually for best results.		2	2		2		First Mineral lost at intracellular level if pH is acidic. Magnesium is a vital element of the body & essential for over 300 biochemical reactions, including glucose metabolism & production of cellular energy, regular heartbeat & venous health.
<b>4. Immune System Support</b>							
<input type="checkbox"/> <u>Astragalus</u> NSP - take 2 capsules with meals.		2	2		2		A powerful adaptogenic herb that heightens immune system responses. Has been used extensively in traditional Chinese medicine for centuries.
<b>5. General Nutrition</b>							
<input checked="" type="checkbox"/> <u>Super Supplemental Vitamins &amp; Minerals without Iron</u> NSP		1 -2			1 -2		Super Supplemental is an uniquely-designed nutritional formula providing 23 important vitamins & minerals in a base of herbs, vegetable powders & phytonutrients. It helps increase absorption & assimilation and it offers a balanced profile set apart from the average vitamin & mineral.
<input checked="" type="checkbox"/> <u>Liquid B12-Complete</u> NSP (equal to B-12 Injectable) 1st 4 weeks - take 2X /day Thereafter - take 1X /day in am		30 drops under tongue- Hold 30 seconds			30 drops under tongue- Hold 30 seconds		B12-Complete provides the body with B vitamins critical for maintaining healthy function of the nervous system & for reducing the effects of stress upon the body.

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<input type="checkbox"/> Mineral Cocktail - Mix 1Tbsp. <u>Colloidal Minerals</u> NSP with juice of 1/4-1/2 lemon squeezed into 1 cup Spring water, add Stevia to taste, if desired (optional).				10 - 30 minutes before dinner			<u>Colloidal Minerals</u> NSP (19,000 mg of 64 different minerals derived from ancient vegetation deposit. They are involved in numerous physiological processes, they have 3 major functions in the body: 1) They provide the structural materials for building bones and connective tissues, 2) they facilitate production of neurotransmitters and hormones 3) Integral part of manufacturing of proteins and DNA.
<b>5. General Nutrition (Continued)</b>							
<input type="checkbox"/> <u>GTF Chromium</u> NSP		1	1				Chromium is a key component of GTF (Glucose Tolerant Factor) a substance which enable cells to absorb glucose to burn for energy.
<b>6. Vascular Decongestant</b>							
<input type="checkbox"/> <u>Omega-3 EPA</u> NSP					3		Many studies have been conducted on the positive effects of fish oils on the cardiovascular system including Omega-3 oils which have been shown to lower blood pressure & lipid levels, reducing blood viscosity & clotting, & helping prevent ischemia-damage to body tissues caused by interruption of blood flow.
<input type="checkbox"/> <u>Vitamin E</u> - NSP					1		Prevents excessive blood clotting common in Lyme patients
<b>7. Liver Support</b>							
<input type="checkbox"/> <u>Milk Thistle Combination</u> NSP 2 caps. 3X /day		2	2		2		Milk Thistle is used throughout the world & has confirmed laboratory & clinical research for the last 30 years, resulting in over 200 studies. Helps repair, rejuvenate & detoxify liver cells which is the largest organ of the body. The liver regulates glucose levels, activates hormones, & stores fat-soluble vitamins.
<b>8. Herbal Anti-inflammatory &amp; Analgesics - Optional, if needed</b>							

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<input type="checkbox"/> <u>Nature's Noni</u> capsules, or juice, if preferred. NSP		5			5		Noni or (Painkill Tree) considered a tonic-has been used by South Pacific Islanders for 2,000 years. Noni has 27 enzymes, 157 phyto-chemicals & absorbs toxins from the blood, soothes inflammation, stimulates urine flow & increases immune response.
<input type="checkbox"/> <u>Yucca</u> NSP		2-4 caps	2-4 caps				Helps reduce inflammation & dissolve obstructions in the joints.
<b>9. Probiotic and Prebiotic - Both of these are needed if taking an antibiotic or if one has taken antibiotics to restore balance to intestinal bacteria.</b>							
<input checked="" type="checkbox"/> <u>Probiotic Eleven</u> (NSP) Implant - 6-Billion per capsule - at bedtime (a Probiotic-containing 11 good bacteria)							
<input checked="" type="checkbox"/> Purchase pediatric ear syringe at a drug store. Wash well. Open five (5) capsules of <u>Probiotic Eleven</u> and mix with 1 oz. R.O. water in small container. Lubricate tip of ear syringe; insert syringe in rectum and push plunger of syringe to expel contents into rectum. Hold five minutes; go to bed.							Probiotic Eleven is a milk-free probiotic providing "friendly" microorganisms which naturally inhibit the growth of harmful bacteria in the intestinal tract, aids digestion & absorption of nutrients, as well as enhancing immune function.
<input checked="" type="checkbox"/> <u>Bowel Detox</u> NSP - Take 4 right before bedtime with <u>Slippery Elm</u> . (Absorbs toxins and is soothing to the intestinal track.)							
The Latest Research shows that 60% of Immune System is in the Gut. By cleansing your colon, you are helping to Detoxify your liver. Bowel Detox contains charcoal for absorption of toxins. It also contains Algin which absorbs carcinogens, heavy metals, & toxins from the bowel.							
<b>10. Healing Crisis Relief Program (Herxheimer Reaction Treatment) -- Occurs from accumulation of toxins secondary to rapid die off of microorganisms.</b> When directed, in severe cases, L-Glutathione & D-Leucine Powder may be repeated 10 minutes after initial dose. (Optional-if needed for pain, rash, or aching.)							
<input checked="" type="checkbox"/> <u>Stress Relief Crème</u> (Alternative Health Shoppe)							Herbal & Amino Acid Cream that appears to symptomatically reduce pain.

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<input checked="" type="checkbox"/> <u>L-Glutathione Caps</u> (Alternative Health Shoppe)	1 to 2		1 Before Lunch	1 to 2		1 to 2	Open capsules & hold powder under tongue for 2-3 minutes before swallowing. L-Glutathione is an antioxidant & aids toxin clearance, especially through the liver.
<input checked="" type="checkbox"/> <u>D-Leucine Powder</u> (Alternative Health Shoppe)	1-2 scoops		1-2 scoops before lunch	1-2 scoops		1-2 scoops	An amino acid that helps the body to rapidly clear toxins.
<input checked="" type="checkbox"/> <u>Viscum Force</u> (Alternative Health Shoppe) - May be increased to - 10 drops - 6X /day	X	X	X	X	X	X	Homeopathic Immune Lymphatic System Support - clears congestion of toxins between cells.
<b>10. Healing Crisis Relief Program (Herxheimer Reaction Treatment) -- (Continued)</b>							
<input checked="" type="checkbox"/> <u>Extress-Extra Strength</u> (Alternative Health Shoppe) Needed if you have scars.	X			X		X	One (1) drop applied to each two (2) inches of scar.
<b>11. Adrenal Support (Energy)</b>							
<input type="checkbox"/> <u>Homeopathic Nervousness NSP</u> 10 drops 3x /day- <b>apply to skin of forearm</b>	10 drops - <b>30</b> minutes before breakfast			10 drops - <b>30</b> minutes before dinner		10 drops - <b>30</b> minutes before bed	Nervousness homeopathic remedy is designed to provide temporary relief of occasional nervous tension & stress symptoms, including nervousness & irritability.
<input type="checkbox"/> <u>Cellular Energy NSP</u>		2	1		1		Cellular Energy contains vitamins, minerals, amino acids & other co-factors that support ATP energy production & cellular metabolism. Key ingredients CoQ10, manganese, alpha-Keto-glutaric acids.
<b>12. Antioxidant - Used to repair Free Radical Damage</b>							
<u>Citrus Bioflavonoids NSP</u> 500 mg		1	1		1		Bioflavonoids are antioxidants with research in 1984 documenting that it possesses potent anti-allergy, anti-inflammatory & anti-viral properties.

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Alpha Lipoic Acid 410mg NSP		1	1		1		Alpha Lipoic Acid (ALA) is often called the universal antioxidant because it is both water & fat soluble. This antioxidant supports the glandular system in maintaining normal blood sugar levels & helps support the nervous system & fights cellular damage. It has a high sulfur content & it aids in liver detoxification. ALA also enhances the effort of other antioxidants extending the life of Vitamin C, glutathione & COQ10.

### 13. Water & Oxygen are the 2 most essential nutrients for the body.

- Drink 3 quarts R.O. water daily. Body is 70% water and dehydration can cause inflammatory response. Water is Nature's Cheapest Medicine. Consider pH GreenZone Drink as 1 quart of the 3 quarts required daily amount.
- Practice Deep Breathing: In through the nose; out through the mouth, for 3 minutes before each meal & bedtime.

### 14. Detox Program - Morning is best time to do Detox Program. 1.After taking Protease, 2.Do Skin Brushing Technique & Deep Breathing, 3.Take TOA-free Cat's Claw, 4.Take Detox Bath, soaking 20 minutes, 5.Shower, 6.Apply Homeopathic Nervousness to one forearm, 7.Apply Pleo-Sancom to other forearm, 8.Open L-Glutathione & empty capsule under tongue, 9. Empty one scoop D-Leucine Powder under tongue, 10.Have breakfast.

- Skin Brushing - Before Bath Detox. Skin is the largest Eliminative Organ. Skin Brushing Instructions on Video at Alternative Health Shoppe.

The skin is largest Eliminative organ. Brush your skin towards heart, over entire body. It stimulates Lymphatic System & increases tissue uptake & utilization by detoxifying the tissues.

- Bath Detox - Soak 20 minutes in morning, 3 times weekly (Sunday, Tuesday & Saturday). Add Aromatherapy of your choice.

2 cups Epsom Salts	After Bath Detox soak, you need to rinse off. Take shower.	1 hour <b>before breakfast</b> , after taking Protease.
1 lb. box Baking Soda		
1 Tbsp. powdered Ginger		

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<b>15. Energy Balancing</b>							
<input type="checkbox"/>	(See separate sheet) KI method (www.Kinginstitute.org) Could be helpful for pain relief. A relaxing final-touch Technique that balances all 12 of the body's energy meridians. Best done morning & evening, especially before bedtime. The KI Method is a bio-energetic healing aid.						
<b>16. Miscellaneous</b>							
<input type="checkbox"/>	Music Therapy - At least 15 to 30 minutes daily.						
<input type="checkbox"/>	Chew, chew, chew and eat slowly. The mouth and saliva are the first process of digestion.						
<input type="checkbox"/>	Prayer or Meditation, Reading of Sacred Text of Religion of one's choice and Laughter. Be still and quiet and reflect on things that are good and positive at least 10 minutes daily. Medical studies reveal that when patients are prayed for, there is a 28% increase in recovery. Book - " <i>Changing Unhealthy Thoughts.</i> " Use handout for prayer and affirmation.						
<input type="checkbox"/>	Belly Laughter - 10 minutes a day. "Laughter is as Good as a Medicine, but Bitterness is Rotten to the Bones." The Bone Marrow is where the Immune System originates. White Blood Cells are produced in the bone marrow.						
<b>17. General Instructions</b>							
<input type="checkbox"/>	A. Use only natural deodorants such as Nutri-Biotic or Alvera. B. Use no mint or camphor products (toothpaste, chewing gum, mouthwash, breath mints, Vicks Vaporub, muscle liniments, etc.) Can use Homodent or NSP tooth paste. C. Use no products containing petroleum or isopropyl alcohol such as perfumes, cologne, aftershave, Chap Stick, creams, lotions, etc. Can use bee's wax lip balm, Jojoba oil, aromatic oils for fragrance, but no peppermint (see: <b>Home Spa Aromatherapy or Essential Oil</b> brochures-(NSP). Natria (NSP) (Nature's Skin Nutrition) skin care products are acceptable.						
<input checked="" type="checkbox"/>	Heavy Metal Detox - Absorbs Heavy Metal Ions Day 1-7 - 1-2X /day Day 8-70 - 2-2X day	1				1	Lyme Disease Patients often have significant residual symptoms. On June 7, 2003, the 16th International Scientific Conference on Lyme Disease stated, "Symptoms of heavy metals may overlap symptoms of Chronic Lyme Disease."

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<p>TOA-Free Cat's Claw (Alternative Health Shoppe). <b>To obtain information and/or product, please call Alternative Health Shoppe, 817/498-8055.</b></p> <p><input checked="" type="checkbox"/> Add this on Day 15. Each capsule contains 600 mg of TOA-free Cat's Claw standardized to contain 0.5% POA's.            Day 15-17 - 1 caps. 3X /day            Day 18-20 - 2 caps. 3X /day            Day 21-70 - 3 caps. 3X /day</p>	30 minutes before breakfast X			30 minutes before dinner X		X	TOA-Free Cat's Claw, a natural product prepared from a special natural variant of <i>Uncaria tomentosa</i> (Cat's Claw), widely used in Peru, South America, for Centuries as a Medicinal Herb. The principal constituent's characteristic resides in being a TOA-Free Cat's Claw, meaning free of Terra cyclic Oxindole Alkaloids & only containing Pentacyclic Oxindole Alkaloids (POA). Research studies have demonstrated that POA's have an important modulating effect on the Immune System. Other important phytochemical encountered in this TOA-Free Cat's Claw are the Glycosides & Glycans, both shown in previous researches to exhibit antimicrobial effect. The purpose of the Pilot Study is to find the safety & effectiveness of this TOA-Free Cat's Claw, with the associated nutritional support, as a potential benefit for treating patients suffering from Lyme Disease.