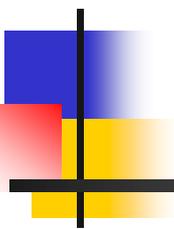


Detox For Life!

Valuable Protocols
for Treating Chronic Conditions

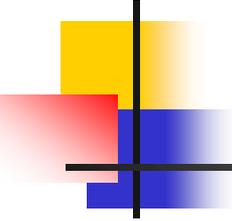


Holistic Bio Spa

Plaza Marina Local B-10• Puerto Vallarta, Jal.

(322) 221-1607

www.Holistic-Bio-Spa.com



Toxic Pollution: There is no escape

- More than 75,000 synthetic chemicals are registered with the EPA.
- Every year more than 24 billion pounds of toxic substances are released into the environment.
- 95% of these didn't exist 50 years ago.
- The U.S. government registers an average of 2,000 newly synthesized chemicals every year.
- Only a tiny fraction has gone through complete safety testing.
- Virtually no testing has been done to see how they interact with each other.
- The body doesn't recognize what most of these substances are, and is often unable to effectively eliminate them.



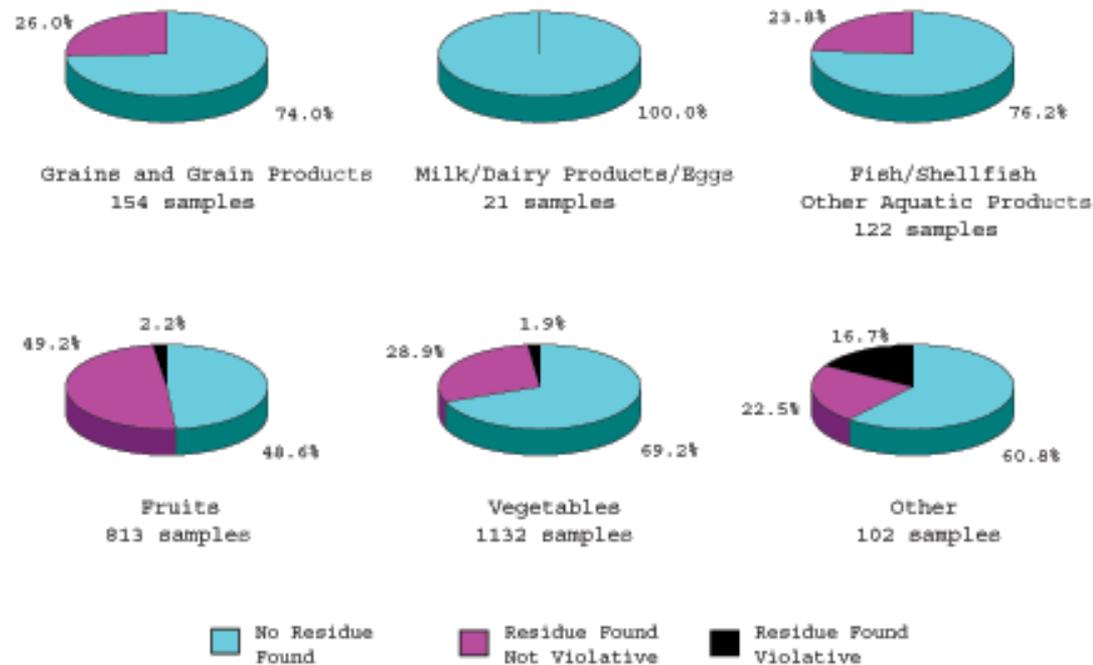
There are myriad industrial, agricultural and natural sources of pollutants

We absorb toxins through ingestion of and contact with:

- Air
- Water
- Soil
- Food
- Cosmetics
- Medicines
- Household products
- Housing materials and furnishings

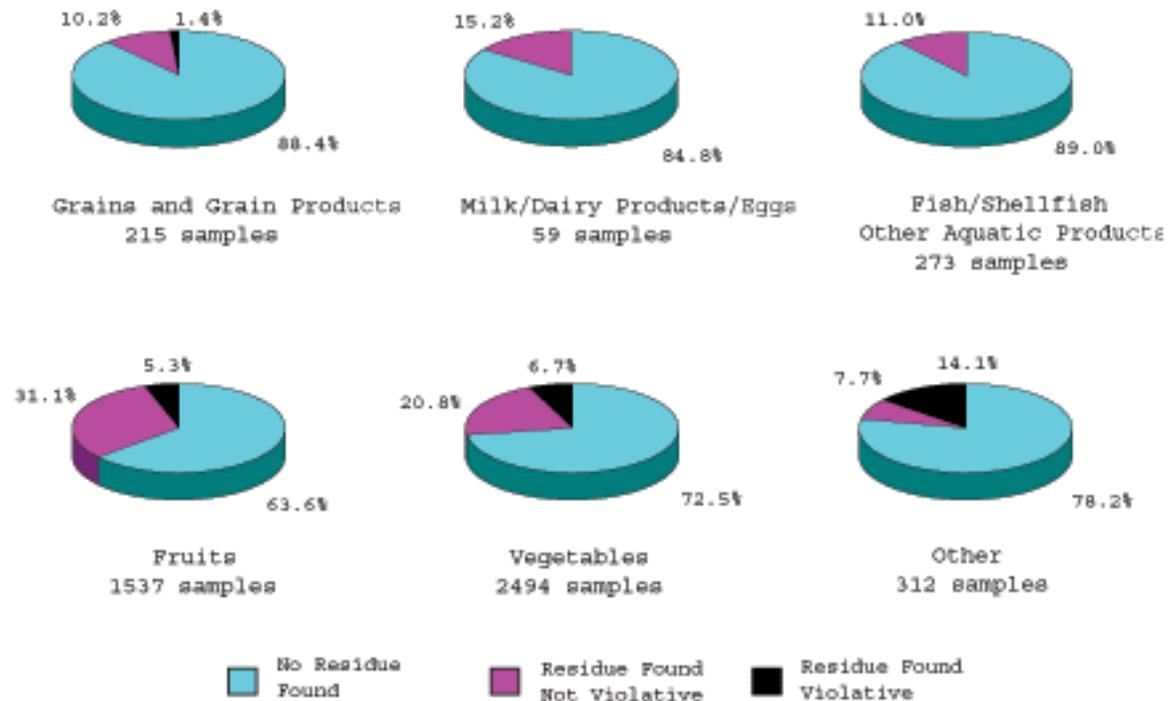
FDA testing reveals that at least 25% of all produce, grains and seafood contain pesticide residues

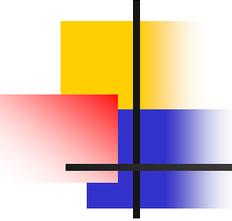
Figure 1. Summary of Results of Domestic Samples by Commodity



Imported food has even higher levels in excess of FDA guidelines

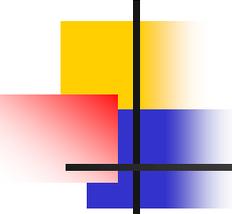
Figure 2. Summary of Results of Import Samples by Commodity





Human Body Burden

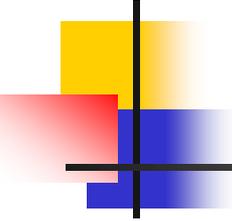
- How many people here do not believe that everyone's body contains significant amounts of environmental toxins?



In 2003 Mt. Sinai School of Medicine tested volunteers for 211 possible contaminants

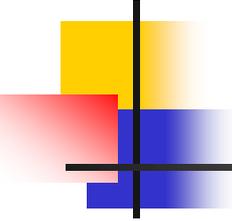
- Discovered 167 pollutants in subject's blood
 - Average of 91 pollutants in each person
 - Average of 53 classified as carcinogens in each person

(Volunteers included people who lived in rural coastal environments, and ate organic food for 30 years)



Pollutants found included:

- PCBs — Industrial insulators and lubricants. Banned in the U.S. in 1976
- Dioxins — By-products of PVC production, industrial bleaching, and incineration. Carcinogenic.
- Furans — Pollutants, by-products of plastics production, industrial bleaching and incineration. Carcinogenic.
- Metals — Lead, mercury, arsenic and cadmium. Various neurotoxic, carcinogenic, immunosuppressive, etc.



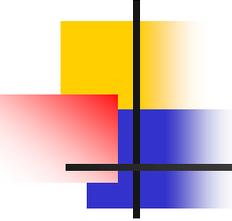
Pollutants found included:

- Insecticides and Pesticides – Various carcinogens and endocrine disruptors
- Phthalates — Found in plastics, personal care products. The CDC reports animal studies showing reproductive and organ damage. Some phthalates recently banned in Europe
- Volatile and Semi-volatile organic chemicals. Industrial solvents and gasoline ingredients like xylene and ethyl benzene. Various neurotoxins and carcinogens

Health Effect or Body System Affected	Number of chemicals found in 9 people tested that are linked to the listed health impact		
	Average number found in 9 people	Total found in all 9 people	Range (lowest and highest number found in all 9 people)
cancer [1]	53	76 [2]	36 to 65
birth defects / developmental delays	55	79 [3]	37 to 68
vision	5	11 [4]	4 to 7
hormone system	58	86 [5]	40 to 71
stomach or intestines	59	84 [6]	41 to 72
kidney	54	80 [7]	37 to 67
brain, nervous system	62	94 [8]	46 to 73
reproductive system	55	77 [9]	37 to 68
lungs/breathing	55	82 [10]	38 to 67
skin	56	84 [11]	37 to 70
liver	42	69 [12]	26 to 54
cardiovascular system or blood	55	82 [13]	37 to 68
hearing	34	50 [14]	16 to 47
immune system	53	77 [15]	35 to 65
male reproductive system	47	70 [16]	28 to 60
female reproductive system	42	61 [17]	24 to 56

* Some chemicals are associated with multiple health impacts, and appear in multiple categories in this table.

Categorized list of pollutants from Mt. Sinai blood tests and their health effects

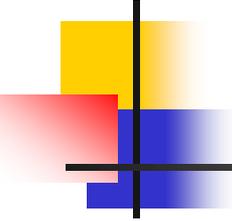


“Rocket Fuel” in Breast Milk

Environ. Sci. Technol., 39 (7), 2011 -2017, 2005. Kirk, AB et al

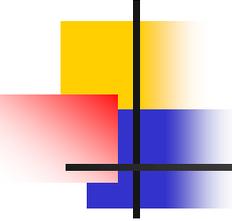
Perchlorate and Iodide in Dairy and Breast Milk

- Perchlorate inhibits iodide uptake and may impair thyroid and neurodevelopment in infants.
- Perchlorate in 47 dairy milk samples from 11 states and in 36 human milk samples from 18 states were measured. Iodide was also measured in a number of the samples.
- Perchlorate was detectable in 81 of 82 samples. The dairy and breast milk means were, respectively, 2.0 and 10.5 g/L with the corresponding maximum values of 11 and 92 g/L.
- Perchlorate is present in virtually all milk samples, the average concentration in breast milk is five times higher than in dairy milk.
- For breast milk samples with a perchlorate content greater than 10 g/L, the iodide content is linearly correlated with the inverse of the perchlorate concentration.
- The presence of perchlorate in the milk lowers the iodide content and may impair thyroid development in infants.



Other toxins commonly found in breast milk

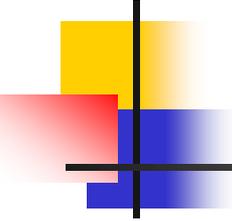
- Chlordane
- DDT
- Dieldrin, Aldrin, Endrin
- Hexachlorocycline
- Heptachlor
- Mirex
- Nitro musks
- Dioxins, Furans
- PBDEs
- PCBs
- Solvents
- Lead
- Mercury
- Cadmium
- Other metals



Other toxic substances in our bodies

- Xenoestrogens
 - Disrupt hormones, cause cancer
- Nuclear radiation
 - Carcinogenic, mutagenic*, teratogenic*

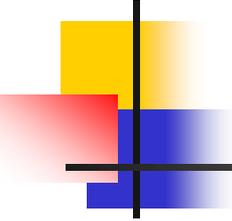
* Cause genetic mutations in individuals and their offspring



Are environmental toxins a cause of the 20th/21st century epidemic of chronic degenerative diseases?

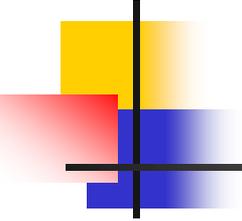
In the US:

- The CDC estimates that 1 out of 2 men and 1 out of 3 women will be diagnosed with cancer.
 - The adjusted overall death rate for 2002 was the same as it was in 1950: 193.9/100,000 vs. 193.5/100,000, respectively.
- 70,000,000 have some form of cardiovascular disease.
 - Since 1900, CVD has been the number one cause of mortality in the US every year except for 1918.
- 43,000,000 have arthritis, another 23,000,000 complain of joint pain.
 - That is a 74% increase since 1985
- 16,000,000 adults have asthma.
 - From 1980 to 1996, the number of Americans with asthma more than doubled, to almost 15 million, with children under five years old experiencing the highest rate of increase.
- Personal prescription drug expenditures increased 1350% between 1980 to 2002 (from \$12.00 to \$162.40).
 - Other personal healthcare expenditures increased 680%, from \$36.30 to \$248.60.



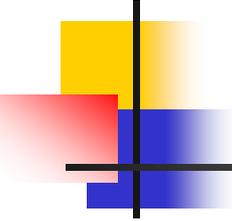
“Diseases of Aging?”

- Cancer, CVD, neurological disorders and autoimmune diseases are NOT just inevitable “diseases of aging,” due to a longer lifespan.
 - They are usually the result of accumulated damage to cell membranes, DNA, tissues, organ function and biological process due to years and decades of exposure to harmful substances.
 - The prevalence of all these diseases among children is dramatically increasing, possibly due to a great degree to epigenetic predisposition inherited from their parents.



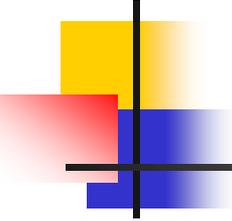
How are we affected?

- How many people here do not believe that these toxins are directly related to the current epidemic of chronic degenerative diseases?
- In spite of proven effects, are the levels of pollutants too low to be a causative factor?



Tiny amounts of toxins can cause disease

- The CDC reports that urine cadmium levels as low as 1 mcg per gram (millionth of a gram) of creatinine may be associated with kidney injury and increased risk for low bone-mineral density.
- The World Health Organization and other agencies set exposure limits of various pollutants in amounts of nanograms (billionth of a gram) and picograms (trillionth of a gram).

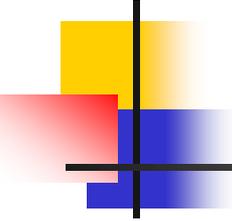


Environmental, rather than genetic factors, play the principal role in causing most kinds of cancer

New England Journal of Medicine, Volume 343:78-85, July 13, 2000, 200, Number 2. Lichtenstein, P, et al

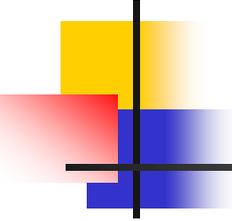
Environmental and Heritable Factors in the Causation of Cancer — Analyses of Cohorts of Twins from Sweden, Denmark, and Finland

- Data on 44,788 pairs of twins listed in Sweden, Denmark, and Finland were collected to assess the risks of cancer at 28 anatomical sites for the twins of persons with cancer.
- Conclusion: **“Inherited genetic factors make a minor contribution to susceptibility to most types of neoplasms. This finding indicates that the environment has the principal role in causing sporadic cancer.”**



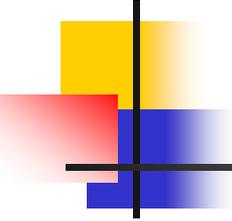
Higher levels of PCBs are associated with numerous health effects

- Journal of Health Science, 49(5) 333-336 (2003). Yoshito Masuda
- Lowering intelligence quotient levels
- Thyroid disorders
- Increased rate of endometriosis
- Higher rates of diabetes in pregnant women
- Lowering of age of menarche
- Altering behavior of school-age children



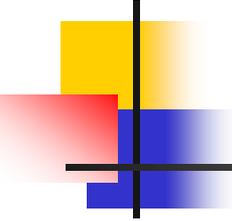
Heavy Metals and Chronic Diseases

- The various effects of toxic metals are well known, damaging the brain, kidneys and other internal organs, suppressing the immune system, replacing beneficial minerals at cellular receptor sites and disrupting other biological functions.



Low-level arsenic exposure creates deadly prostate cancer cells

- EHP, Volume 113, No. 9, September 9, 2005.
- **Acquisition of Androgen Independence by Human Prostate Epithelial Cells during Arsenic-Induced Malignant Transformation**
- Researchers from the National Cancer Institute and the U of Michigan Dept. of Medicine reported that human prostate cells that underwent chronic, low-level arsenic exposure not only exhibited aggressive carcinoma-like growth, but also showed an increased incidence of androgen independence, a state often linked to advanced or fatal prostate cancers, and one that makes these cancers more difficult to treat.
- Two cell lines were observed in two different media. One medium included the complete range of steroids, including ample amounts of androgen and growth factors. The other lacked normal amounts of sex hormones and growth factors. In the steroid-rich medium, the arsenic-transformed cells proliferated approximately twice as fast as the unexposed control cells. In the steroid-depleted medium, the arsenic-transformed cells proliferated about 2.5 times faster than control cells.

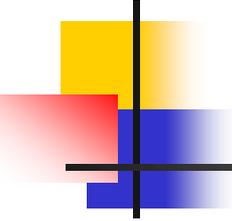


Elevated blood lead levels increase all-cause mortality by 46%

Arch Intern Med. 2002;162:2443-2449. Mark Lustberg, PhD; Ellen Silbergeld, PhD

Blood Lead Levels and Mortality

- Despite declines in blood lead levels during the past 20 years, lead exposure continues to be a public health concern. Studies have linked lead exposure with increased risk for diverse health outcomes.
- After adjustment for potential confounders, individuals with baseline blood lead levels of 20 to 29 $\mu\text{g}/\text{dL}$ (1.0-1.4 $\mu\text{mol}/\text{L}$) had 46% increased all-cause mortality (rate ratio [RR], 1.46; 95% confidence interval [CI], 1.14-1.86), 39% increased circulatory mortality (RR, 1.39; 95% CI, 1.01-1.91), and 68% increased cancer mortality (RR, 1.68; 95% CI, 1.02-2.78) compared with those with blood lead levels of less than 10 $\mu\text{g}/\text{dL}$ (<0.5 $\mu\text{mol}/\text{L}$).
- Individuals with blood lead levels of 20 to 29 $\mu\text{g}/\text{dL}$ in 1976 to 1980 (15% of the US population at that time) experienced significantly increased all-cause, circulatory, and cardiovascular mortality from 1976 through 1992.

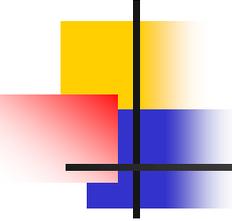


Mercury acts as an endocrine disruptor

Environ Toxicol. 2005 Feb;20(1):32-44.Sukocheva OA, et al

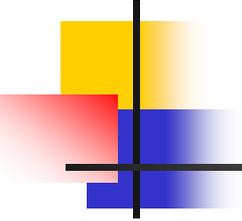
Methyl mercury influences growth-related signaling in MCF-7 breast cancer cells.

- A narrow concentration range (0.5-1 microM) methyl mercury (MeHg) significantly stimulated growth of MCF-7 cells, induced Ca(2+) mobilization, and activated extracellular signal-regulated kinase (1/2) (Erk1/2). MeHg modulated E(2)-dependent stimulation of growth in a dose-dependent manner, although MeHg neither suppresses nor increases constitutive E(2) metabolism.
- These data suggest that MeHg can significantly modulate the intracellular signaling environment in MCF-7 cells, resulting in a dose-dependent alteration of ER-mediated estrogenic capacity and therefore should be considered as a potential estrogen-disrupting compound.



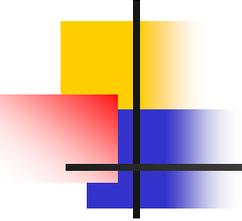
Heavy Metals and Chronic Diseases: Anecdotal Evidence

- Nevertheless, many integrative physicians are convinced that metals can play a major role in chronic diseases because of the clinical results they've achieved with their removal from patients diagnosed with cancer, CVD, autoimmune and neurological diseases.
- Various clinical symptoms will point to the advisability of laboratory heavy metal analyses.



Symptoms of Heavy Metal Toxicity: Mercury

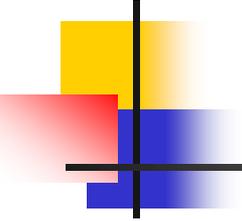
- Memory loss
- Depression
- Tremors
- Loosening of the teeth
- Fatigue
- Pain and numbness in extremities
- Anxiety
- Headache
- ADD/ADHD
- Autism



Symptoms of Heavy Metal Toxicity:

Lead

- Fatigue
- Anemia
- Lower IQ
- Headaches
- ADD/ADHD
- Learning disabilities
- Anxiety
- Aggressive behavior
- Hypertension
- High blood pressure
- High cholesterol
- Cardiovascular disease



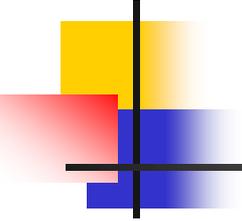
Symptoms of Heavy Metal Toxicity: **Cadmium**

- Hypertension
- Kidney problems
- Musculoskeletal pain
- Emphysema
- Loss of smell
- Loss of appetite
- Fatigue
- Aggressive behavior
- Cardiovascular disease

Symptoms of Heavy Metal Toxicity:

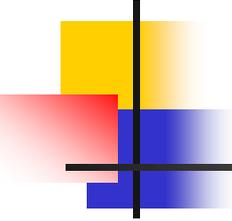
Nickel

- Cancer
- Skin rashes
- Gingivitis
- Dizziness



Symptoms of Heavy Metal Toxicity: **Aluminum**

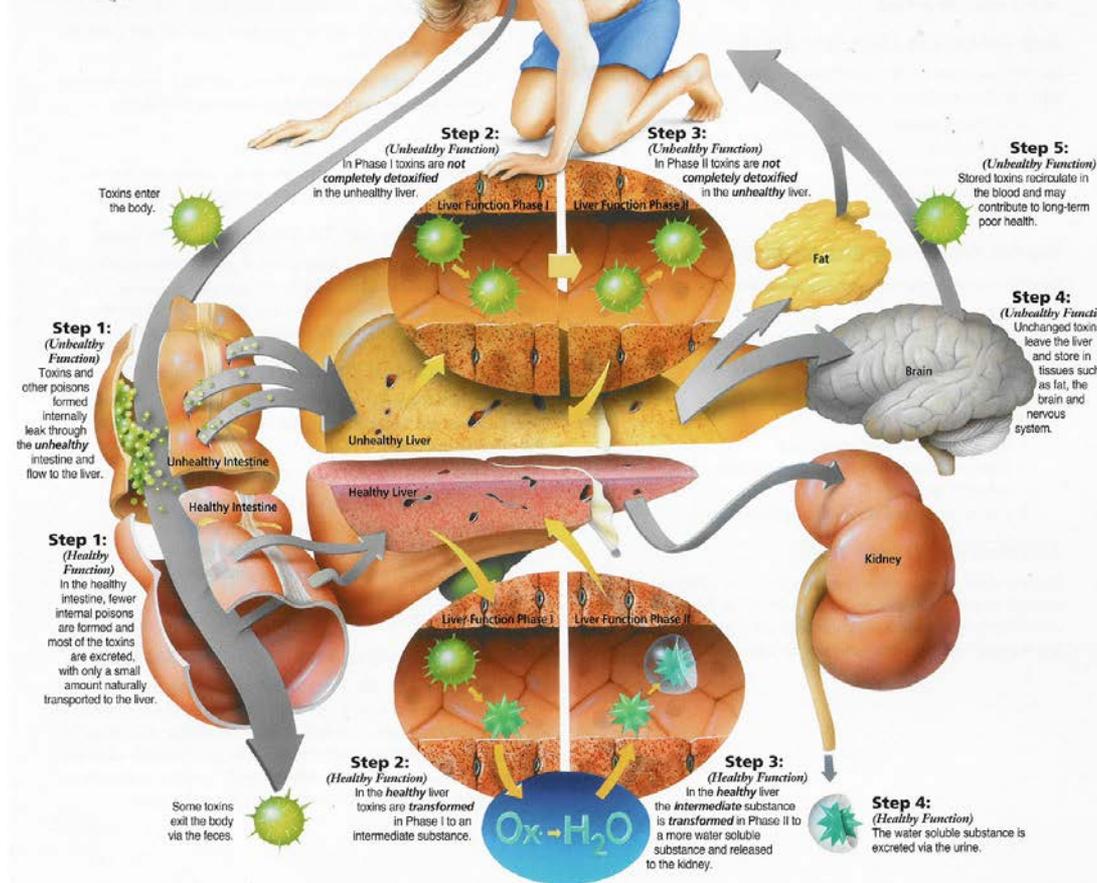
- Dementia
- Alzheimer's disease
- Gastrointestinal irritation
- Hyperactivity (children)
- Depression
- Confusion
- Learning disorders
- Headaches
- Osteoporosis
- Bone pain



Agenda

- Testing for toxicities
- Detoxification protocols
- My healthy recommendations
- The effects of toxins on our families

DETOXIFICATION



Toxins enter the body.

Step 1: (Unhealthy Function)
Toxins and other poisons formed internally leak through the *unhealthy* intestine and flow to the liver.

Step 1: (Healthy Function)
In the healthy intestine, fewer internal poisons are formed and most of the toxins are excreted, with only a small amount naturally transported to the liver.

Step 2: (Unhealthy Function)
In Phase I toxins are not completely detoxified in the unhealthy liver.

Step 2: (Healthy Function)
In the healthy liver toxins are transformed in Phase I to an intermediate substance.

Step 3: (Unhealthy Function)
In Phase II toxins are not completely detoxified in the *unhealthy* liver.

Step 3: (Healthy Function)
In the healthy liver the intermediate substance is transformed in Phase II to a more water soluble substance and released to the kidney.

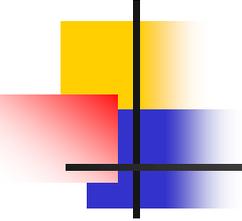
Step 5: (Unhealthy Function)
Stored toxins recirculate in the blood and may contribute to long-term poor health.

Step 4: (Unhealthy Function)
Unchanged toxins leave the liver and store in tissues such as fat, the brain and nervous system.

Step 4: (Healthy Function)
The water soluble substance is excreted via the urine.

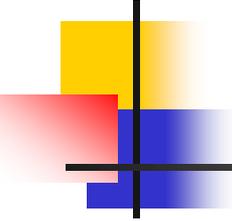
Step 2-A: (Healthy Function)

Harmful free radicals (OX⁻) are formed as a result of Phase I activity, but are transformed to harmless water (H₂O) by antioxidant nutrients.



Detecting Toxicity

- Clinical symptoms
- Hair and fingernail analysis
- 24-hour urinalysis
- Liver and renal function tests
- Fecal tests
- Blood tests

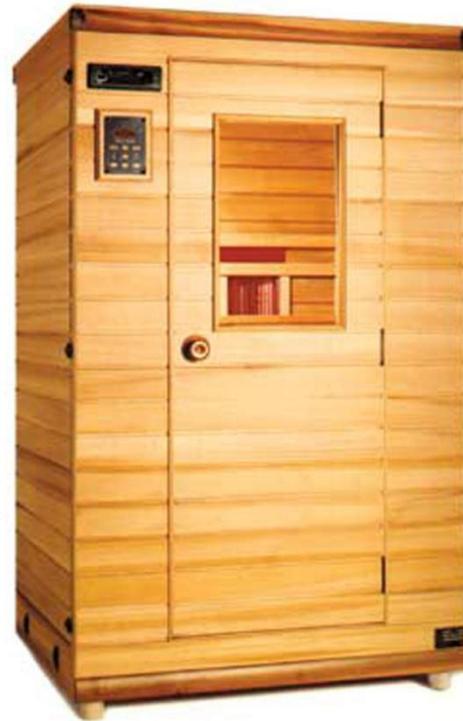


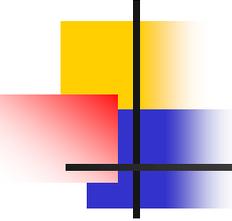
Detoxification Protocols

- Far-Infrared Sauna
- Chelation Therapy
Oral / IV / Rectal / Dermal
- Body Cleanse
Ion Generator
- Lymphatic Therapy
Manual /Rebounder
- Supplementation
- Coffee Enema
- Liver Gall Bladder Flush
- Colonic Irrigation
- Ozone Therapy
- Homeopathics
- Fasting/Juicing
- Exercise
- Breathing Exercises
- Skin Brushing
- Toxin Avoidance
Diet / Cosmetics / Household / Occupational
/ Environmental Exposure

Removing Toxins: Far-Infrared Sauna

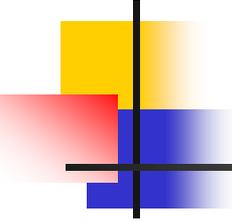
Infrared Sauna





Far-Infrared (FIR) vs. Conventional Saunas

- Far Infrared saunas were invented in Japan. Dr. Tadashi Ishikawa received a patent for a zirconia ceramic infrared heater used in the first infrared saunas in 1965.
- FIR sauna therapy was used almost exclusively only in Japan until 1979. They were commercially introduced to the US in 1981.
- FIR saunas operate at cooler temperatures than conventional saunas (approx. 105-130 degrees vs. 180+ degrees).
- FIR uses radiant energy instead of convectional heat. It uses the same frequencies as FIR from the sun (usually a range of 8 to 25 microns).
- The body also radiates FIR. Measurements off the hands of “palm healers” and QiGong masters show that this is the primary “healing” frequency of light.

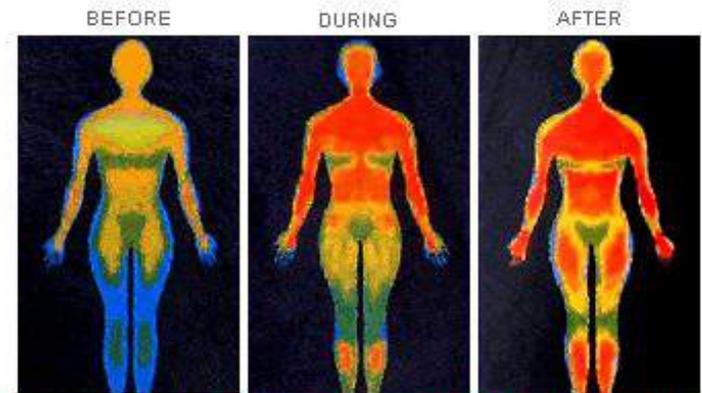


FIR Sauna Detoxification

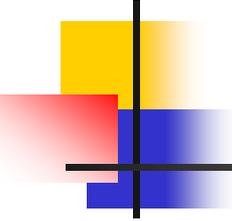
- The body's normal toxin elimination pathways are the liver, kidneys, urine, feces, exhalation and perspiration.
- Excreting toxins through the skin protects the kidneys and liver, which are vulnerable to damage from some of these substances, and also avoids having them reabsorbed in the body.
- FIR energy penetrates the body as much as 4.5 cm below the surface of the skin, reaching all layers of the dermis and subcutaneous fat.
- The energy is converted to heat, causing the body to sweat, which removes toxic waste, including alcohol, nicotine, sodium and cholesterol; lipophilic pollutants; and mercury, lead, arsenic, cadmium and aluminum.
- Toshiko Yamazaki, MD, claims that when 10-micron FIR waves come into contact with water molecules, the molecules vibrate, which loosens their ion bonds, and allows them to more easily release toxic materials.

Other FIR Sauna Benefits

- The heated body causes the heart to beat harder and faster to release the heat, in a continuous cardio exercise.
- The heat also causes the peripheral blood vessels to dilate, stimulating circulation that delivers oxygen-rich blood and removes waste.
- To produce 1 gram of sweat requires 0.586 kilocalorie. Most people can easily sweat 500 to 1,000 grams of sweat during one session. That is equivalent to running 7 to 15 kilometers, and burning up to 900 calories.
- The heat produces an artificial fever in the body. This stimulates an immune response, while the heat itself can kill vulnerable pathogens.
- Relaxation of the muscles reduces stress and tension and provides pain relief.



Far Sauna Heat Therapy Promotes Blood Circulation

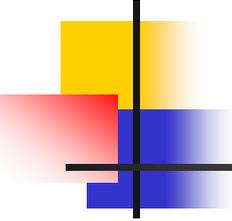


FIR Sauna reduces oxidative stress, lowers systolic blood pressure

Jpn Heart J. 2004 Mar;45(2):297-303. Masuda A, et al

Repeated sauna therapy reduces urinary 8-epi-prostaglandin F(2alpha)

- Twenty-eight patients with at least one coronary risk factor were divided into a sauna group (n = 14) and non-sauna group (n = 14). Sauna therapy was performed with a 60 degrees C far infrared-ray dry sauna for 15 minutes and then bed rest with a blanket for 30 minutes once a day for two weeks.
- Systolic blood pressure and increased urinary 8-epi-PGF(2alpha) levels in the sauna group were significantly lower than those in the non-sauna group at two weeks after admission (110 +/- 15 mmHg vs. 122 +/- 13 mmHg, P < 0.05, 230 +/- 67 pg/mg x creatinine vs. 380 +/- 101 pg/mg x creatinine, P < 0.0001, respectively).
- These results suggest that repeated sauna therapy may protect against oxidative stress, which leads to the prevention of atherosclerosis.



FIR sauna relieves chronic pain

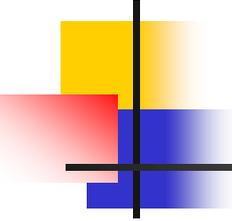
Psychother Psychosom. 2005;74(5):288-94. Masuda, A, et al.

The effects of repeated thermal therapy for patients with chronic pain

- The purpose of this study was to clarify the effects of systemic thermal therapy in patients with chronic pain.
- Group A (n = 24) patients with chronic pain were treated by a multidisciplinary treatment including cognitive behavioral therapy, rehabilitation, and exercise therapy, whereas group B (n = 22) patients were treated by a combination of multidisciplinary treatment and repeated thermal therapy. A far-infrared ray dry sauna therapy and post-sauna warming were performed once a day for 4 weeks during hospitalization.
- The visual analog pain score, number of pain behavior, self-rating depression scale, and anger score significantly decreased after treatment in both groups. After treatment, the number of pain behavior was slightly smaller ($p = 0.07$) and anger score was significantly lower in group B than those in group A ($p = 0.05$). Two years after treatment, 17 patients (77%) in group B returned to work compared with 12 patients (50%) in group A ($p < 0.05$).

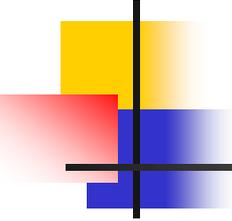
Removing Toxins: Oral and IV Chelation





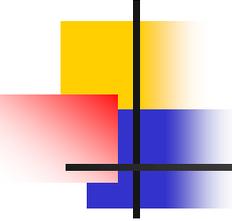
Chelation Therapy

- Chelation is the administration of substances that bind with heavy metals in the body, forming salts that can then be excreted from the body.
- Chelators are weak organic acids (vitamin C and vinegar are chelators).
- Chelation can be administered orally, intravenously, as rectal suppositories and topically on the skin.
- Over 1 million people have received more than 20 million infusions over the past 40 years.
- The number of sessions and length of time chelation therapy takes varies from patient to patient.



Chelation Therapy

- Some chelators have more of an affinity to some metals than others.
- EDTA (Ethylene Diamine Tetra-Acetic Acid) is commonly used to chelate lead, aluminum, cadmium, arsenic and calcium.
- DMSA (Meso-2,3-Dimercaptosuccinic Acid) and DMPS (2,3-Dimercaptopropane Sulfonic Acid) are used to chelate mercury.
- Other substances are often administered with chelators to enhance their effect.



Removing β -Amyloids from Alzheimer's brains with chelation

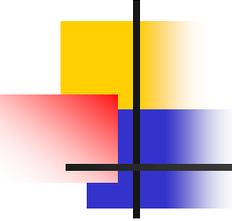
European Journal of Pharmaceutics and Biopharmaceutics
Volume 59, Issue 2, February 2005, Pages 263-272. Cuia Z, et al

Novel D-penicillamine carrying nanoparticles for metal chelation therapy in Alzheimer's and other CNS diseases

- Metal ions accumulate in the brain with aging and in several neurodegenerative diseases. Recent attention has focused on the accumulation of zinc, copper and iron in the Alzheimer's disease (AD) brain and the accumulation of iron in Parkinson's disease.
- The parenchymal deposition of β -amyloid ($A\beta$) and its interaction with metal ions has been postulated to play a role in the progression of AD. Thus, the strategy of lowering brain metal ions and targeting the interaction of $A\beta$ peptide and metal ions through the administration of chelators has merit.
- Our recent finding that nanoparticle delivery systems can cross the blood-brain barrier has led us to investigate whether chelators delivered conjugated to nanoparticles could act to reverse metal ion induced protein precipitation. In the present studies, the Cu (I) chelator D-penicillamine was covalently conjugated to nanoparticles via a disulfide bond or a thioether bond. Nanoparticles treated only under reducing conditions that released the conjugated D-penicillamine were able to effectively resolubilize copper-A β (1-42) aggregates.
- These results indicate that nanoparticles have potential to deliver D-penicillamine to the brain for the prevention of $A\beta$ (1-42) accumulation, as well as to reduce metal ion accumulation in other CNS diseases.

Removing Toxins: Amalgam Fillings





Amalgam Removal Caveat

- Some patients exhibiting symptoms of mercury toxicity and with concomitant lab results will benefit from having their amalgams removed. However:
 - This needs to be done by a qualified dentist who knows how to prevent escaped mercury vapor from poisoning the patient.
 - Pre- and post-removal protocols, such as boosting selenium and glutathione levels, should also be taken to guard against re-toxification.

The Body Cleanse

An external detoxification method

- The patient sits with their feet in a basin of water, with the device's electrical array. The array generates alternating streams of positive and negative ions that travel through the patient's body, attaching themselves to oppositely charged ions, especially of metals and synthetic chemicals. Toxins are removed through the feet, in a manner analogous to the body's active sweating and osmosis process.

Removing Toxins: Detoxifying Foot Bath



CERTIFICATE OF ANALYSIS:

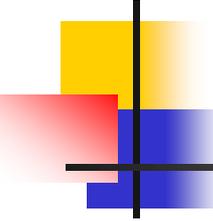
1 March 2003

WATER SAMPLES: IONATOR TREATMENT

Table-1: Compounds identified in water **after** full Ionator Treatment procedure.

COMPOUNDS IDENTIFIED	Without Ionator Treatment	With Ionator Treatment	General information
	mg/l	mg/l	
Alkylbenzene Sulphonate	ND	3.2	Used in Detergents and Soaps
Alkyl phenol ethoxylates	0.2	4.5	
Cationic Quaternary Ammonium	ND	2.8	Surfactants
Alkyl aryl sulphonic acid	ND	1.3	Unknown
Tri-alkyl aluminium	ND	2.2	Anti-perspirant and from Fatty Acids
Alkyl-benzene-sulphonate	ND	0.55	Unknown
Sodium Tri-polyphosphate	ND	1.2	Detergents
Methyl chloride	ND	0.8	Petroleum & Refrigeration
Naphthalene's (Total)	ND	1.4	Insecticides & Fungicides
Benzyls (Total)	ND	0.3	Petroleum
Organic Ammonia (Total) (R-N-RH)	ND	2.43	Normally used as raw material in agricultural industry
Calcium Phosphate $\text{Ca}(\text{H}_2\text{PO}_4)_2$	ND	0.23	Use as raw material in various industries
Alkyl Oil (RCOOR)	ND	0.46	Suspected to be natural skin oil
Nicotine Sulphate	ND	0.08	Smoking & Contact Insecticide
Dimethoate	ND	0.08	Aphid Insecticide
Acetaldol	ND	0.22	Used to denature alcohol
Mercaptans (R-S-R)	ND	0.08	Used to denature alcohol
Formal	ND	0.05	Plastics Industry
Phthalonitrile	ND	0.08	Dye Industry

ND = Not Detected

**Results:**

The following Table-1 depicts the results obtained from the analytical tests performed:

Constituent	Blood Concentration	Water Concentration without Ionator Treatment	Water Concentration with Ionator Treatment steps completed.
Xanthine	820	Nil	103
Uric Acid	1660	Nil	255
Tartaric Acid	2750	18	311
Maleic Acid	980	Nil	62
Fumaric Acid	85	Nil	12

Please note:

- Concentration values of all compounds investigated expressed in micrograms per litre (m **g/l**) or parts per billion (ppb).
- Values depict the average values of five consecutive samples taken.

Lymphatic Therapy

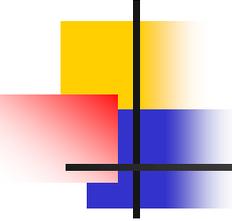
- The lymph system is twice the size of the circulatory system, with twice as much lymph fluid and twice as many lymph vessels.
- The lymph system is connected to every organ of the body.
- The lymph system is connected to the cardiovascular system (lymph fluid originates as blood plasma), but its function is completely different.
- Blood delivers oxygen and nutrients to the cells; lymph surrounds cells and carries away waste products, aberrant cells and pathogens for elimination.
- Blood “delivers the groceries”; lymph “takes out the trash.”



Lymphatic Therapy: Mini-trampoline (“Rebounder”)

- The lymph system is not connected to the heart: there is no engine pumping fluid through the vessels.
- The vessels are a system of one-way valves that force the fluid away from the cells.
- The lymph system relies on pressure generated by activity to move the toxin-laden lymph fluid into nodes where lymphocytes kill pathogens and waste products are filtered out.
- Without sufficient movement, waste can build up in the lymph system, with harmful effects.
- Jumping up and down on a mini-trampoline is one of best ways to compress the lymph vessels and move lymph fluid through the system, without causing high-impact stress on the musculo-skeletal system.

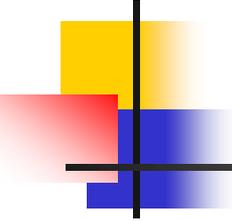




Dietary Supplementation

Needed for detoxification to:

- Quench free radicals
- Boost glutathione levels
- Allow and enhance natural cellular and organ detoxification pathways to function

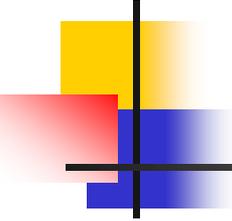


Micronutrients affect activation and detoxification of carcinogens

Food Chem Toxicol. 2002 Aug;40(8):1113-7. Fenech M.

Micronutrients and genomic stability: a new paradigm for recommended dietary allowances (RDAs)

- Diet as a key factor in determining genomic stability is more important than previously imagined because we now know that it impacts on all relevant pathways, namely exposure to dietary carcinogens, activation/detoxification of carcinogens, DNA repair, DNA synthesis and apoptosis.
- There is already sufficient evidence to suggest that marginal deficiencies in folate, vitamin B12, niacin and zinc impact significantly on spontaneous chromosome damage rate.
- The recent data for folate and vitamin B12 in humans with respect to micronucleus formation in blood and epithelial cells provide compelling evidence of the important role of these micronutrients in maintenance of genome integrity and the need to revise current RDAs for these micronutrients based on minimization of DNA damage.



Glutathione protects against oxidation products that promote neurodegenerative diseases

Biochem J. 1997 May 15;324 (Pt 1):25-8. Baez S, et al

Glutathione transferases catalyze the detoxication of oxidized metabolites (o-quinones) of catecholamines and may serve as an antioxidant system preventing degenerative cellular processes.

- o-Quinones are physiological oxidation products of catecholamines that contribute to redox cycling, toxicity and apoptosis, i.e. the neurodegenerative processes underlying Parkinson's disease and schizophrenia.
- Glutathione conjugation of these quinones is a detoxication reaction that prevents redox cycling, thus indicating that GSTs have a cytoprotective role involving elimination of reactive chemical species originating from the oxidative metabolism of catecholamines.
- In particular, GST M2-2 has the capacity to provide protection relevant to the prevention of neurodegenerative diseases.

Selenium binds with mercury and reduces CVD risk

MERCURY AND CORONARY HEART DISEASE

TABLE 3. RELATIVE RISK OF CORONARY HEART DISEASE DURING THREE YEARS OF FOLLOW-UP ACCORDING TO TOENAIL MERCURY AND SELENIUM LEVELS AMONG PATIENTS AND CONTROLS.

MEASURE*	QUINTILE OF MERCURY LEVEL					P FOR TREND†
	1	2	3	4	5	
Low selenium (range, 0.49–0.81 $\mu\text{g/g}$)‡						
No. of controls (n=159)	28	27	37	37	30	
No. of patients (n=153)	37	29	23	33	31	
Multivariate RR (95% CI)§¶	1.00	0.99 (0.45–2.16)	0.51 (0.23–1.12)	0.78 (0.37–1.63)	1.00 (0.46–2.20)	0.70
Medium selenium (range, 0.81–0.94 $\mu\text{g/g}$)‡						
No. of controls (n=157)	26	33	32	31	35	
No. of patients (n=153)	33	28	31	31	30	
Multivariate RR (95% CI)§¶	1.00	0.65 (0.30–1.43)	0.72 (0.33–1.56)	0.96 (0.45–2.08)	0.65 (0.30–1.44)	0.50
High selenium (range, 0.94–5.00 $\mu\text{g/g}$)‡						
No. of controls (n=148)	31	34	28	29	26	
No. of patients (n=164)	31	36	36	26	35	
Multivariate RR (95% CI)§¶	1.00	1.58 (0.73–3.46)	1.82 (0.81–4.12)	1.69 (0.71–4.03)	2.47 (1.01–6.04)	0.12

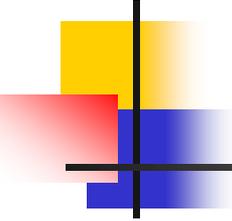
*RR denotes relative risk, and CI confidence interval.

†The P value was calculated by a test for trend across quintiles.

‡The range includes both the patients and controls.

§The lowest quintile of toenail mercury level served as the reference category.

¶Values have been adjusted for age (six categories: ≤ 50 , 51 to 55, 56 to 60, 61 to 65, 66 to 70, and >70 years), smoking status (four categories: never smoked, former smoker, 1 to 24 cigarettes daily, and >24 cigarettes daily), alcohol intake (four categories: 0, 1.0 to 5.0, 5.1 to 30.0, and >30.0 g/day), family history of coronary heart disease (binary), high blood pressure (binary), hypercholesterolemia (binary), diabetes (binary), body-mass index (five categories) at the 1986 base line, and continuous toenail sample weight.

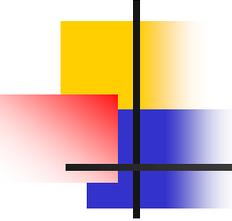


Calorie restriction as a detoxification protocol

Adv Exp Med Biol. 1992;322:73-81 Hart RW, et al

Modulation of chemical toxicity by modification of caloric intake.

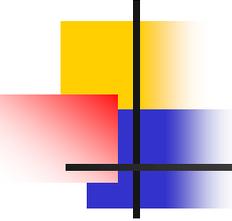
- Caloric restriction increases maximum achievable lifespan and offsets the time to development of degenerative disease. Part of these desirable effects may result from positive modulation of toxic events.
- Lipid metabolism is reduced and, therefore, the potential for lipoperoxidation is reduced. Additionally, activity of enzymes that produce free radicals as byproducts (cytochrome P4502C11) are also reduced.
- The "effective" activity of catalase and the activity of superoxide dismutase (which are required for the detoxification of toxic oxygen radicals) are significantly increased by caloric restriction. The activities of enzymes of drug and xenobiotic metabolism are also altered by caloric restriction.



My Healthy Recommendations

All people should have:

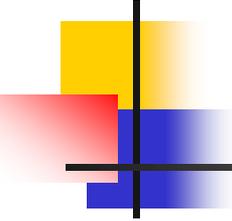
- Food-based vitamins (greens)
 - Magnesium and potassium for heart health
 - Selenium to reduce skin diseases
 - Iron to combat fatigue, colds, and anemia
 - Folic acid to ward off cancer
 - Alkaline-forming ingredients to help balance pH levels



My Healthy Recommendations

All people should have:

- Essential fatty acids – Omega 3 & Omega 6
 - Regulates blood pressure
 - Regulates responses to pain, inflammation, infection and cancer
 - Regulates smooth muscle and neural function
 - Provides energy for key organs
 - Reduces incidence of heart disease

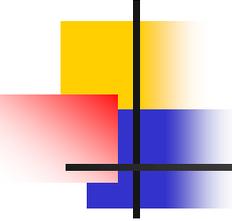


My Healthy Recommendations

All women should have:

- Calcium

- Protects against colon cancer
- Reduces blood pressure
- Reduces risk of Osteoporosis
- Improves pre-menstrual moods

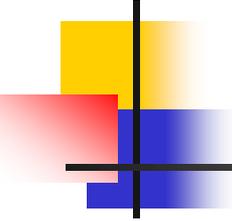


Environmental toxins do not just affect adults, they affect children

New Engl J Med 348:66 (1517-1526) April 17, 2003. Canfield, RL, et al.

Intellectual Impairment in Children with Blood Lead Concentrations below 10 mcg per Deciliter

Blood lead concentrations, even those below 10 mcg per deciliter, are inversely associated with children's IQ scores at three and five years of age, and associated declines in IQ are greater at these concentrations than at higher concentrations. These findings suggest that more U.S. children may be adversely affected by environmental lead than previously estimated.

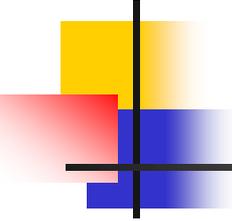


They affect future generations

Science, Vol 308, Issue 5727, 1466-1469, 3 June 2005. Anway, MD, et al

Epigenetic Transgenerational Actions of Endocrine Disruptors and Male Fertility

Transient exposure of a gestating female rat during the period of gonadal sex determination to the endocrine disruptors vinclozolin (an antiandrogenic compound) or methoxychlor (an estrogenic compound) induced an adult phenotype in the F1 generation of decreased spermatogenic capacity (cell number and viability) and increased incidence of male infertility. These effects were transferred through the male germ line to nearly all males of all subsequent generations examined (that is, F1 to F4). The effects on reproduction correlate with altered DNA methylation patterns in the germ line. **The ability of an environmental factor (for example, endocrine disruptor) to reprogram the germ line and to promote a transgenerational disease state has significant implications for evolutionary biology and disease etiology.**



They affect the survival of the human race

Environmental Health Perspectives* online 18 June 2003

Research in the US mid-West has discovered that men with elevated exposures to [pesticides] alachlor, diazinon and atrazine are dramatically more likely to have reduced sperm quality.

Environmental Health Perspectives* Volume 108, Number 9, September 2000

Periods of elevated air pollution in Teplice [Czech Republic] were significantly associated with decrements in other semen measures including proportionately fewer motile sperm, proportionately fewer sperm with normal morphology or normal head shape, and proportionately more sperm with abnormal chromatin.

Environmental Health Perspectives* Volume 108, Number 109, October 2000

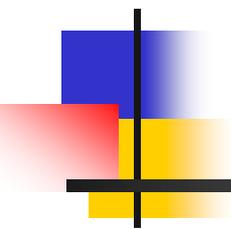
The Question of Declining Sperm Density Revisited: An Analysis of 101 Studies Published 1934-1996

After controlling for abstinence time, age, percent of men with proven fertility and specimen collection method, the decline in sperm density in the United States averaged 1.5% per year, and in Europe and Australia, 3% per year.

* Journal of the National Institute of Environmental Health Sciences, U.S. Dept. of Health and Human Services

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