

EPIGENETICS

Infectious Diseases

Epi means above.
Thus EPIGENETICS means anything that can have an influence on gene expression such as

Cranial faults

- | | |
|-----------------|---------------|
| 1. Low energy ★ | 2. Infections |
| 3. Allergy | 4. Toxins |
| 5. Dehydration | 6. Structure |
| 7. Deficiency | 8. Hypoxia ★ |
| 9. Exercise | 10. Emotional |

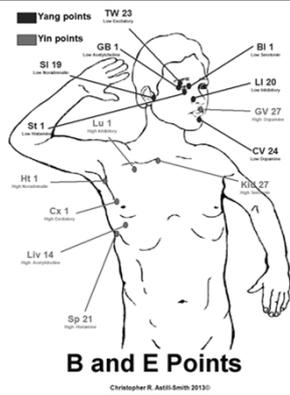
Genes are responsive to the signals of the environment.
Epigenetics is the control of gene activity by environmental signals, the mechanism by which we control genes.
Epigenetics is mediated by environmental signals through perceptions. Misperception can miss run our genes.

“We are a composite of multiple systems. Pay attention to the web of interrelating factors”



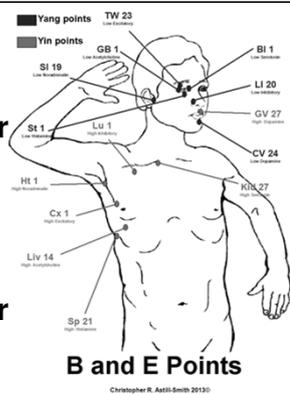
Yang points begin or end on the face.

Yin points begin or end on the trunk.

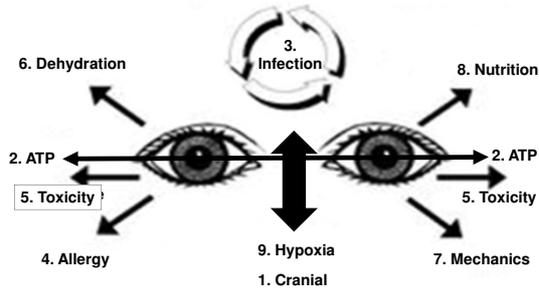


Yang points indicate neurotransmitter deficiencies.

Yin points indicate neurotransmitter excesses



Eyes into Distortion (EID)

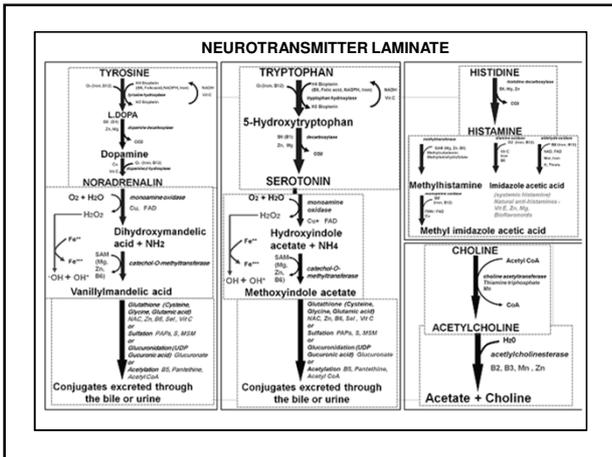


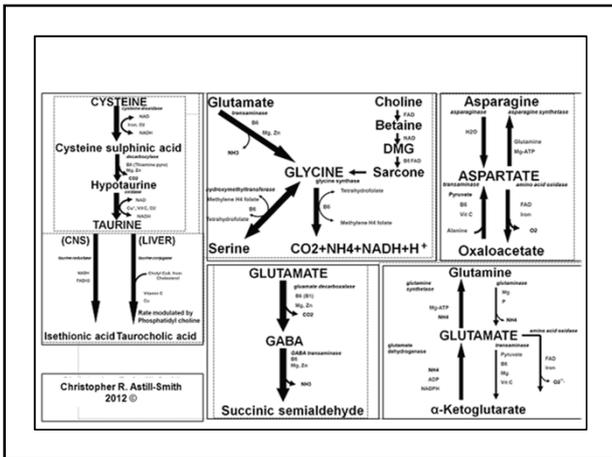
Neurotransmitters and Emotions

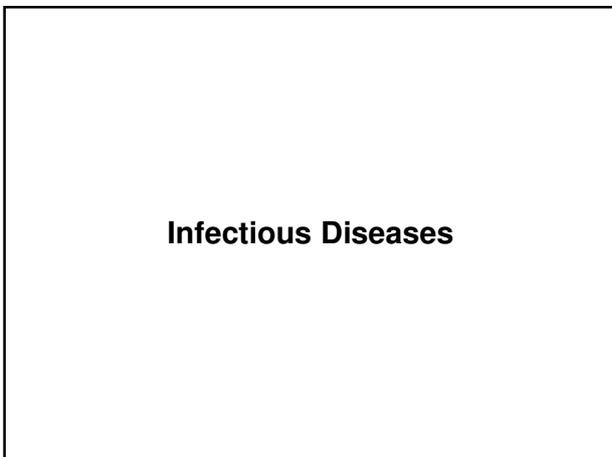
- BI 1 Low Serotonin – Shame and Humiliation
- GB1 Low Acetylcholine – Guilt and Blame
- LI 20 Low GABA – Apathy and Despair
- CV 24 Low Dopamine – Grief and Regret
- Kidney 27 High Serotonin – Fear and Anxiety
- GV 27 High Dopamine – Craving and Desire
- Lung 1 High GABA – Anger and Hate
- Liv 14 High Acetylcholine – Pride and Scorn
- TW23 Low Excitatory – Neutrality and Trust
- CX 1 High Excitatory – Courage and Affirmation
- St 1 Low Histamine – Acceptance and Forgiveness
- Sp 21 High Histamine – Willingness and Optimism
- SI 19 Low Noradrenalin – Reason and Understanding
- Ht 1 High Noradrenalin – Love and reverence

LAMINATE Neurotransmitters, Emotions and Nutrition

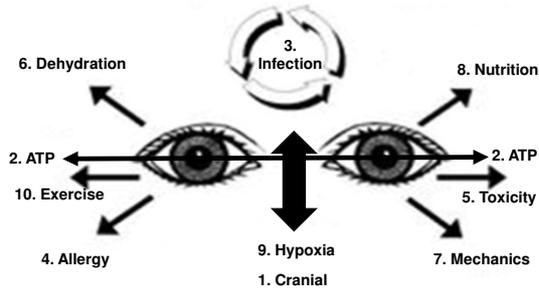
GB1	Low Acetylcholine	Guilt & Blame	Choline, Vit B5, Vit B1, o-Lipoic acid, Mn
Liv 14	High Acetylcholine	Pride & Scorn	Vit B2, Vit B3, Mn, Zn
SI 19	Low Noradrenalin	Reason & Understanding	VitB12, Folic, Vit B3, Fe, Vit B6, Zn, Mag, Cu, Vit C
Ht 1	High Noradrenalin	Love & Reverence	Cu, Vit B2, SAM (Mag), Zn
CV24	Low Dopamine	Grief & Regret	Vit B6, Sulfur, Vit C, Vit B5
GV27	High Dopamine	Craving & Desire	VitB12, Folic, Vit B3, Fe, Vit B6, Zn, Mag
BI 1	Low Serotonin	Shame & Humiliation	Cu, Vit B2, SAM (Mag), Zn, Vit B6, Sulfur, Vit C, Vit B5, Vit B12, Folic, Vit B3
Kid 27	High Serotonin	Fear & Anxiety	Fe, Vit B6, Zn, Mag
St 1	Low Histamine	Acceptance & Forgiveness	Cu, Vit B2, SAM (Mag), Zn, Vit B6, Sulfur, Vit C, Vit B5, Vit B6, Zn, Mag
Sp 21	High Histamine	Willingness & Optimism	SAM (Mag), Vit B12, Fe, Vit B2, Cu, Vit C, Hesperidin
LI 20	Low GABA	Apathy & Despair	Vit B6, Mag, Zn
Lung 1	High GABA	Anger & Hate	Vit B6, Mag, Zn
TW23	Low Excitatory	Neutrality & Trust	Vit B6, Vit C, Mag, P, Vit B3
Cx 1	High Excitatory	Courage & Affirmation	Mag, Vit B2, Fe, Vit B6, Vit C







Eyes into Distortion (EID)



Infections Challenge against

BACTERIA

ACUTE and POST VIRUS

FUNGUS

PARASITES

PROTOZOA

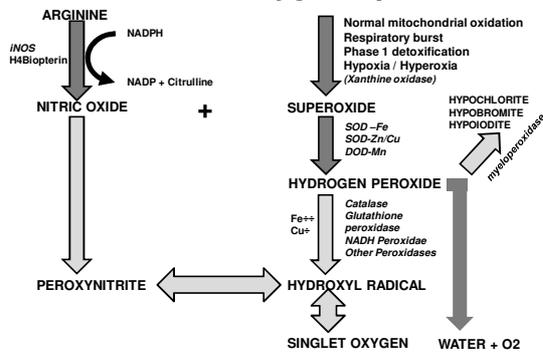
SPORAZOA

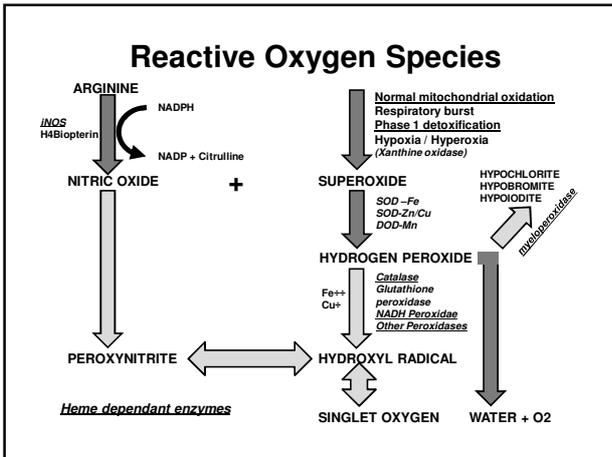
NEMATODE

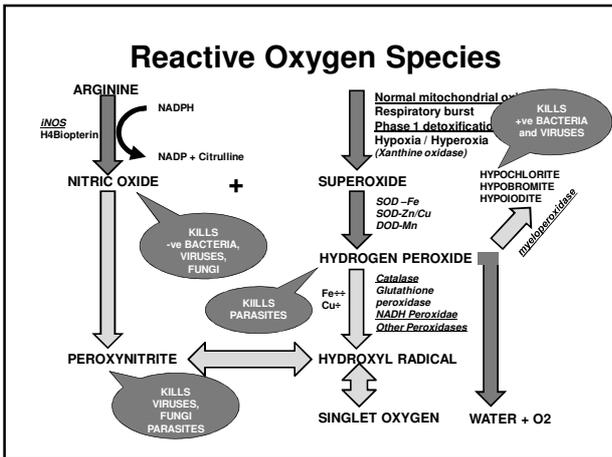
TREMATODE

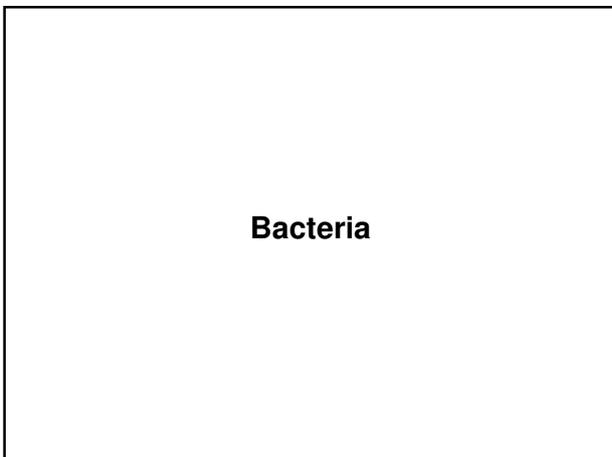
CESTODE

Reactive Oxygen Species









Bacteria are classified according to whether they function as

- 1. Aerobes (needing oxygen)**
- 2. Anaerobes (not requiring oxygen)**

This classification is further subdivided by the type of cell wall the bacteria contains.

- 1. Gram positive or**
- 2. Gram negative**

Gram positive cell walls contain 90% peptidoglycan composed of N. Acetyl Glucosamine and N. Acetyl Muraminic Acid.

They are stained blue-violet by a crystal violet stain.

Gram negative cell walls have two layers.

1. A thinner inner membrane which is composed of 20% peptidoglycan.

2. An outer lipopolysaccharide (LPS) membrane which contains the toxic Lipid A which is responsible for their pathogenic effects.

Most pathogenic gram positive bacteria will be killed by the

Halogen anions induced by myeloperoxidase.

Colloidal / Ionic silver helps stimulate myeloperoxidase and inhibits catalase produced by many bacteria.

Most pathogenic gram negative bacteria will be killed by

Nitric oxide or by Peroxynitrite

as iNOS is stimulated by the gram negative lipopolysaccharide outer membrane.

Treating bacterial infections
Killing of bacteria within phagolysosomes appears to depend on the combined action of elevated pH, superoxide anion and further oxidative derivatives especially the Halogen species and on the action of certain bactericidal peptides (defensins) and other proteins (e.g. cathepsin G) present in phagocytic cells.

Acute infections require an immediate up-regulation of the immune system.
Superoxide is produced during the respiratory burst.
Most gram positive bacteria are killed by

Red	Hypoiodite anion
Green	Hypobromite anion
Blue	Hypochlorite anion

Diagnosis:
Use positive MERIDIAN.
Alternatively, cervical lymph nodes or other area of pathogenic inflammation positively TL's.

The positive meridian and any positive T.L. will be negated with the BACTERIA vial.

Challenge from weakness against Nitric Oxide (NO). If Nitric Oxide negates then the infection is a gram negative. If Nitric Oxide does not negate then the infection is a gram positive.

**Bacteria – Zinc
Vitamin C, Vitamin D, Vitamin A
Arginine
Olive leaf
Ginger
Echinacea
Colloidal Ionic silver
Immune WHY600
Mannose
Black walnut tincture**

Virus

Viruses are composed of coded DNA or RNA surrounded by a protein shell.

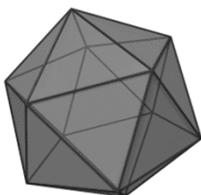
This shell is known as a capsid and is comprised of a series of subunits known as the capsomers.

The term virion denotes the complete infective virus particle.

The capsid is made up of the same type of protein molecules over and over again.

It possesses cubic symmetry thereby being able to rotate through a number of axes each giving an identical appearance.

Each capsid is in fact an ICOSAHEDRON



composed of 20 facets, each an equilateral triangle

In three-dimensional space, a Platonic solid is a regular, convex polyhedron. It is constructed by congruent (identical in shape and size) regular (all angles equal and all sides equal) polygonal faces with the same number of faces meeting at each vertex. Five solids meet those criteria.

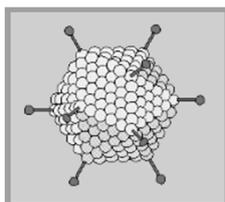
Tetrahedron	Cube	Octahedron	Dodecahedron	Icosahedron
Four faces	Six faces	Eight faces	Twelve faces	Twenty faces
				

Viruses are classified as to whether they contain DNA or RNA infective material.

Classification

DNA containing viruses

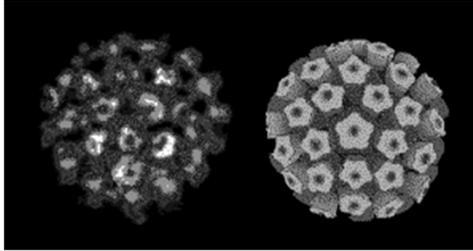
Adeno virus



DNA containing viruses

Papilloma virus

Human papilloma virus



DNA containing viruses

Herpes virus

Herpes simplex 1

Herpes simplex 2

(genitalia)

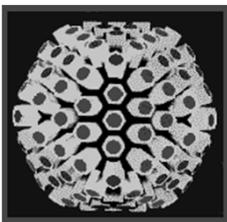
Herpes zoster

Cytomegalo virus

Varicella (chicken pox)

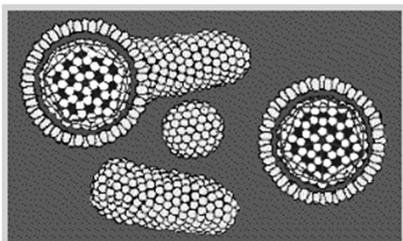
Epstein Barr

(Mononucleosis)

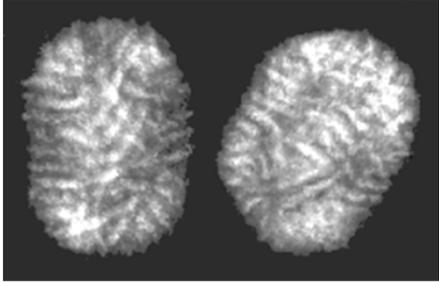


DNA containing viruses

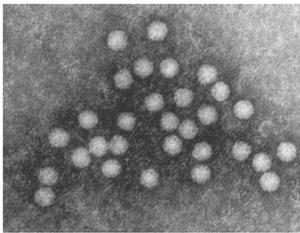
Hepatitis B virus



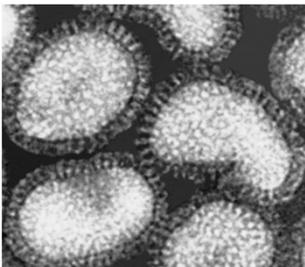
DNA containing viruses
Molluscum contagiosum



DNA containing viruses
Parvo virus
(erythema infectiosum)

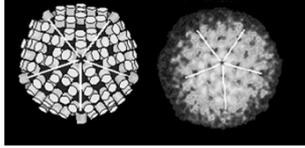
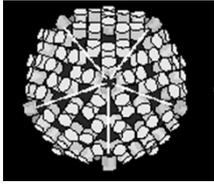


RNA containing viruses
Influenza virus **Influenza A**
Influenza B



RNA containing viruses

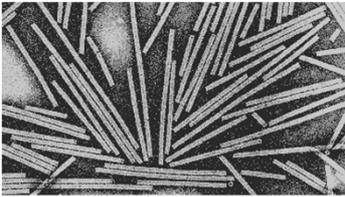
Rotovirus



RNA containing viruses

Paramyxoviruses

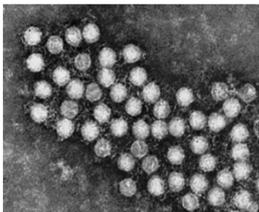
- Morbilinum**
- Rubella**
- Parotitis**
- Parainfluenza**



RNA containing viruses

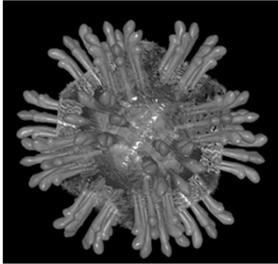
Enteroviruses

- Poliomyelitis**
- Coxsackie A and B**
- Rhino virus**
- Echo virus**
- Hepatitis A**



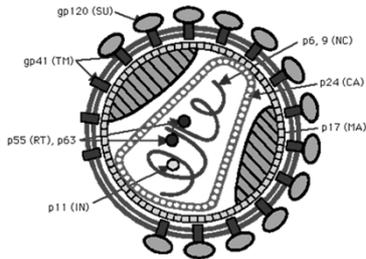
RNA containing viruses

Flaviviridae Hepatitis C



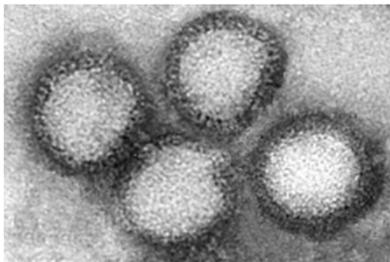
RNA containing viruses

**Human Immuno Deficiency
HIV**



RNA containing viruses

**Rift Valley Fever Rift Valley
Fever Virus**



CLASSIFICATION

RNA containing viruses



RNA containing viruses

Ebola virus

Ebola hemorrhagic fever



Viral infections

Viruses can only replicate intracellularly. A virus invades a cell by puncturing the cell wall with hemagglutinin spikes, which cover the surface of the virus. Each spike is covered with the neuraminidase enzyme to breakdown cell wall structures.

The aim of treatment is
1. to disarm the viral spikes and inhibit the neuraminidase enzyme and
2. to aid the lymphocytes to produce specific ROS.
Most viruses are killed by either the halogen anions or nitrate radicals similarly to the killing of bacteria.

Diagnosis:
There is a positive MERIDIAN. Alternatively, cervical lymph nodes or other area of pathogenic inflammation positively TL's. The positive meridian and any positive T.L. will be negated with either the VIRUS or POST VIRUS vial.

PROCEDURE
Basically the same as treating BACTERIA

**Virus – Ionic Iron, Calcium
Zinc
Vitamin C, Vitamin A, Vitamin D
Echinacea
Astragalus
Olive leaf
Colloidal silver
Black walnut tincture
Selenium, Garlic
NAC for Post virus**

Parasites

Parasites are non-specifically attacked and killed by the eosinophils and specifically by the production of IgA. The large granules within eosinophils contain Eosinophil Peroxidase (EPO).

The EPO is present to regulate and protect the eosinophil from the H₂O₂ it produces to kill the parasite.

Most parasites are killed by H₂O₂ but some parasitic bacteria maybe killed by the Halogen radicals such as HOCl⁻.

Patients with parasites may weaken to Phenol, Ammonia or Toluene. Also to the different forms of Lactic Acid. These parasitic excretory chemicals inhibit probiotic growth.

Probiotics attach to intestinal cell surface receptors thus blocking the ability of parasites to adhere to the gut wall.

DIAGNOSIS:

Usually there is a positive St, SI, LI or Liv **MERIDIAN**. Alternatively, intestines (usually the descending colon or ICV) or other area of pathogenic inflammation positively TL's.

Challenge meridian against the

- PROTOZOA**
- SPOROZOA**
- NEMATODE**
- TREMATODE**
- CESTODE**

vials to negate weakness.

**Challenge against
Apple cider vinegar, Cloves,
Paprika to detach GUT eggs.**

**Bromelain as a proteolytic enzyme.
Pancreatic enzymes to digest
parasites.**

TREATMENT

Supplement patient with exact dose of negating nutrients / remedy accordingly 3-4 times per day.

TREATMENT

Prescribe food combining diet with no dairy products during treatment.

Parasites –

Iodine

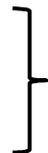
Smart Iodides

Magnesium iodide

Potassium iodide

Sea vegetable

Organic nettle leaf



Artemesia Annua
Black walnut tincture and caps
Wormwood
Wormwood combination
AP Formula

Organic Wormwood }
Organic Garlic }
Organic Horseradish }
Organic Cayenne }
Organic Thyme }

RED, GREEN, BLUE Spice mixes
Black walnut tincture
Coriander for cestodes
Cloves or nutmeg for nematodes
Pumpkin seeds for nematodes
Ovex for nematodes
Trematodes require a direct biochemical approach, rather than a spice.

Maintenance

Remember parasites reproduce in cycles and have two or more phases of development.

Therefore, when the patient tests clear prescribe a maintenance program i.e. single dose of the remedy twice a week for one month and then once a week for a further month or so.

Fungus

Moulds and spores proliferate on the mucous membranes of the body in an alkaline environment but may penetrate systemically, attach to any epithelial tissue and change form from a spore to a hyphae-forming mycelium.

They live symbiotically with the aerobic bacteria present in these locations.

Fungal cell walls

Contain 5-8 distinct layers composed of Glucan (chains of glucose molecules) and Galactose 48-60%, Mannoprotein (chains of mannose linked to serine, threonine or asparagine) 20-23%, Protein 3-6%(the amino acids in fungi are in the toxic D-form), Chitin (chains of N.Acetyl D. Glucosamine) 0.6-2.7%, Lipid 2%.

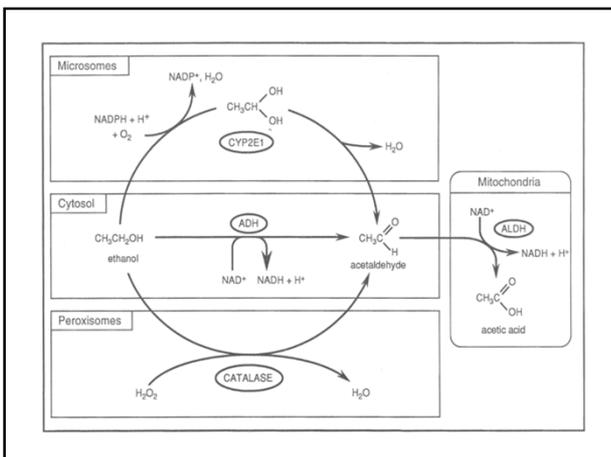
ETHANOL METABOLISM

ETHANOL $\xrightarrow{\hspace{10em}}$ ALDEHYDE

1. cytochrome p450 (Zn, NADPH)
2. alcohol dehydrogenase (Zn, NAD)
3. catalase (Fe, Mg, NADPH)

ACETIC ACID $\xleftarrow{\hspace{10em}}$ aldehyde dehydrogenase (oxidase)
(NAD, FAD, Mo, Fe)

+
Superoxide



There are 3 isozymes of alcohol dehydrogenase (ADH)

1. ADH1
 2. ADH2
 3. ADH3
- } ↑ in Japanese and Chinese

They are expressed mainly in the liver, kidneys, stomach, lungs.

Gastric ADH is mainly ADH3. It is lower
in women
in alcoholics
in fasting
with certain drugs like aspirin.

There are 3 classes of *aldehyde dehydrogenase* (ALDH)
1. ALDH1 in the cytosol oxidise xenobiotic aldehydes.
2. ALDH2 in the mitochondria oxidize simple aldehydes.
3. ALDH3 in the cytosol of the stomach

ALDH2 deficient in 50% of Japanese, Chinese and Vietnamese. Hence these people get facial flushing.
Disulfiram (Antabuse) causes an accumulation of aldehydes in alcoholics creating nausea and thus reducing consumption.

Acetic acid is rapidly oxidized to CO₂ and Water

Aldehyde oxidase is an alternative enzyme for oxidizing aldehydes.

It requires FAD, Molybdenum and Iron in a 1:1:4 ratio

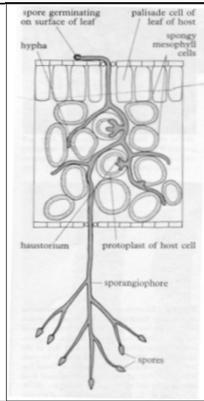
Defence against fungi

First line of defence against fungi is by the macrophages and is directed against the spores via phagocytosis. After germination and transformation into hyphae the neutrophil granulocytes form the second line of defence.

The neutrophils adhere to the surface of the mycelia triggering the respiratory burst and ROS production mainly NO \cdot and ONNO $^-$.

This action can be enhanced by specific opsonins.

- The younger leaves of deciduous plants contain an oily surface, which dries out during the summer and early autumn. The older lower leaves first dry out and then are attacked by moulds such as mildew.
- Evergreen plant leaves maintain their oily surface all the year round and are fungal resistant.
- When a fungus invades an unhealthy leaf it attacks via its upper surface.



Mycosis diagnosis

- Patients with mycosis will weaken to either Ethanol (or Methanol), Acetaldehyde (or Formaldehyde), Acetic Acid (or Formic acid), CO₂ and specific Fungal antigens.
- Candida albicans produces the metabolite D. Arabinitol in systemic invasion.

Gut pH

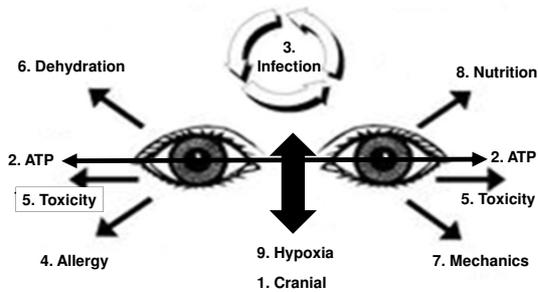
HCl pepsin or Apple Cider Vinegar to lower gut pH.
Digestive enzymes.

**Fungi –
Zinc
Oregano
Smart probiotics**

**Coconut oil
Pau D’arco tincture or caps
AF Cream locally
Always check for EFAs**

**FOOD
ALLERGY / INTOLERANCE**

Eyes into Distortion (EID)



Allergen something
Eaten
Drunk
Inhaled
Transdermal
Hair / Nails / Piercings

Identify and remove from exposure.
Use Yarrow to supersede
challenge.

Common Allergens

Wheat
Gluten – Wheat, Rye,
Barley, Oats
Cow's milk- Casein
Lactose
Cheese Especially mature
Cooked
Egg- White
Yolk
Fish

Common Allergens

Tree nuts - Brazil, Hazelnuts,
Almonds, Walnuts
Ground nuts - Peanuts
Shell fish
Soya products
Citrus fruits
Chocolate
Tea
Coffee

Common Allergens

Maize (Corn)

Lupin

Yeast

Rice

Mustard

Celery and Celeriac

Yeast

Onion / Garlic

Common Allergens

Tyramine foods

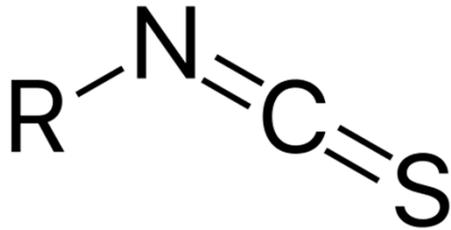
Chocolate, Old avocado, Old banana, Old cheese, Fermented foods

Solanene foods

Potatoes, Tomatoes, Aubergines, Peppers, Chilis

**Natural Chemicals
from Foods**

Isothiocyanates



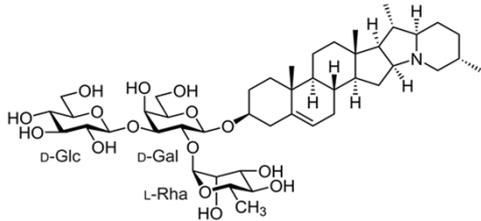
Isothiocyanates are derived from the hydrolysis (breakdown) of glucosinolates—sulfur-containing compounds found in cruciferous vegetables. ¹

Brussels sprouts, Broccoli, Cabbage, Kale, Watercress, Garden cress, Mustard greens, Turnip, Kohlrabi, Horseradish, Cauliflower, Pak choi, Spinach

Metabolised by Glutathione and Mercapturic acid (NAC). ¹

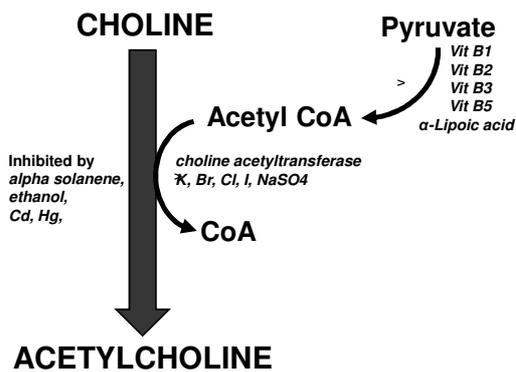
**Challenge with Isothiocyanate
vial from strength for weakening.
Test foods
Use NAC to detoxify**

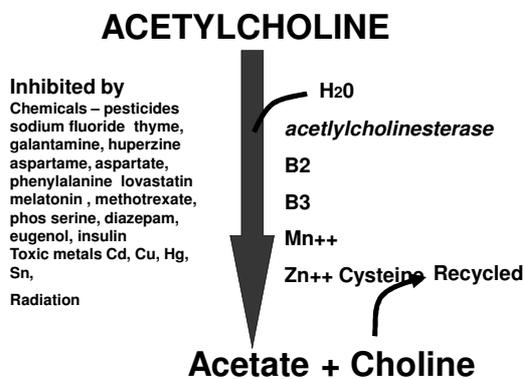
Solanines



**Solanine is a glycoalkaloid poison
found in species of
the nightshade family
(Solanaceae). It can occur
naturally in any part of the plant,
including the leaves, fruit,
and tubers.**

Solanum glycoalkaloids can inhibit *acetylcholinesterase* (thus making muscles go stiff), disrupt cell membranes, and cause birth defects. One study suggests that the toxic mechanism of solanine is caused by the chemical's interaction with mitochondrial membranes.





Potatoes especially if green
Tomatoes
Green peppers
Aubergines (egg plants)
Tobacco
Paprika
Goji berries
Ashwagandha

The following foods contain solanine, but are not a part of the nightshade family, including:
Blueberries
Apples
Cherries
Sugar beets
Huckleberries
Okra
Artichokes

Ascorbyl Palmitate (it's potatoes)
Yeast (Most yeast contains potato, both baking yeast and beer yeast.
Cellulose
Dextrins
Dextrose (can be potatoes, check your salt and baking powder ingredients)

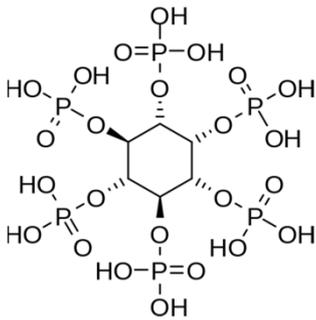
**Lactic acid (generally made from fermented corn or potatoes)
Magnesium Stearate
Maltodextrin / Maltrin (can be derived from potato or corn)
Starch**

Boiling potatoes reduces the α -chaconine and α -solanine levels by only 3.5% and 1.2%, respectively; the corresponding loss during microwaving is 15%.

Deep-frying at 150 °C (302 °F) does not result in any measurable change; significant degradation starts at ~170 °C (338 °F), and deep-frying at 210 °C (410 °F) for 10 min causes a loss of ~40%. Freeze-drying or dehydration has little effect.

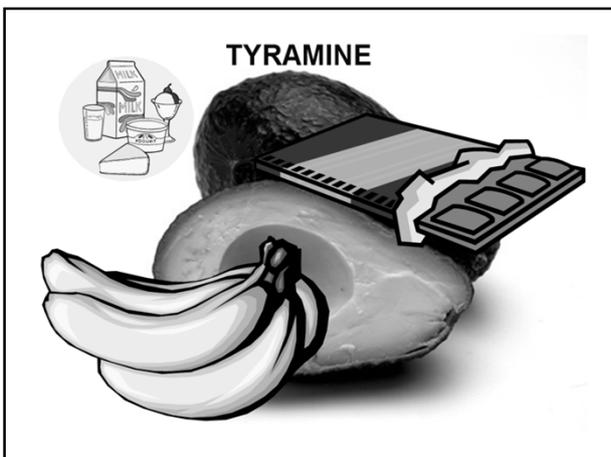
**Challenge with Solanene vial
from strength for weakening
Test foods
Use Lemon balm, Potassium
ascorbate to detoxify**

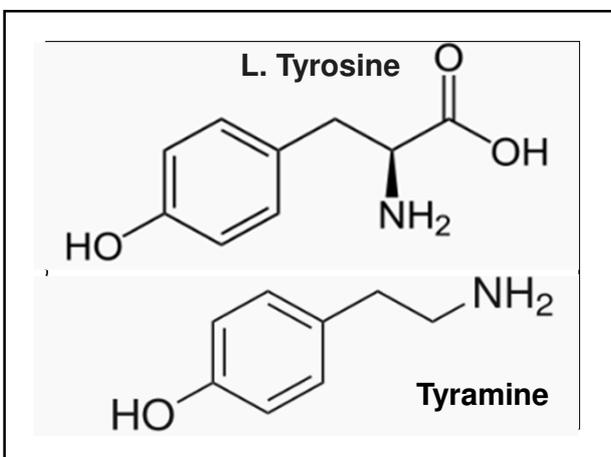
Phytates



Phytic acid, also called phytate in its salt form, is another anti-nutrient. Phytic acid is the main phosphorus store of many plants. Phytates actually bind to the magnesium, calcium, zinc and iron in the intestines and take them OUT of the body. Can be removed by sprouting, fermenting and soaking.

**Challenge with Phytic acid vial
from strength for weakening
Test foods and Avoid
Supplement Ca, Mg, Zn, Fe if
deficient**





As food ages, tyramine levels increase, so people who need to limit tyramine intake should not eat aged and fermented foods. Aged cheeses such as blue, cheddar, Swiss, Gorgonzola, Gouda, Parmesan, Romano, feta and Brie should not be consumed due to their high tyramine content.

Aged, dried, fermented and pickled meats such as bacon, sausage, liverwurst, pepperoni, salami, ham, hot dogs and corned beef must also be avoided.

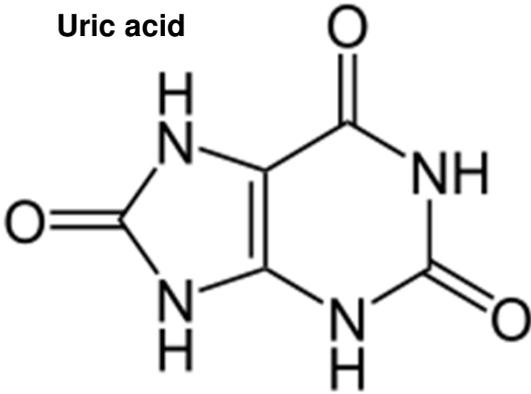
Homemade yeast breads, sourdough bread and yeast extracts contain high levels of tyramine. When limiting tyramine intake, read the nutrition labels, as many convenience foods may contain yeast extract or marmite, another tyramine-rich ingredient.

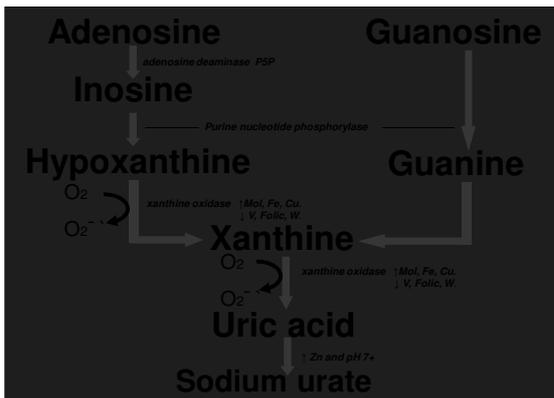
Avoid over ripe and dried fruits as well as fermented vegetables like kimchee and sauerkraut. Fermented soy bean or bean curd and tofu are also considered high in tyramine.

Soy sauce, Thai and Vietnamese fish sauce contain high levels of tyramine and should be avoided. Do not drink tap beer, unpasteurized beer or ale, and check with your physician before you consume red or white wine, since tyramine content can vary among different types.

**Challenge with Tyramine from strength to weakening
Test foods
Detoxify with Vitamin C, yarrow, Lemon balm**

Uric acid





Constant aching, stress, and tenderness in the worst way. Inability to bend, loss of flexibility. Hardness and swelling at the big toe or fingers, wrists ankles and even the knees. Burning sensations and redness around the infected areas. Constant pain.

Purine high foods

Red meats which come from cows or sheep and include steak, chops, corned beef and larger pieces of meat usually roasted in the oven. Game. Meat extracts (e.g Oxo, Bovril).

Gravy.

Brains, kidneys, liver & heart (offal), sweetbreads.

Shellfish such as , mussels, oysters and sea eggs.

Anchovies, herrings, mackerel, sardines.

Peas and beans.

Alcohol. especially beer and wine.

Challenge with Uric acid vial from strength to weakening.

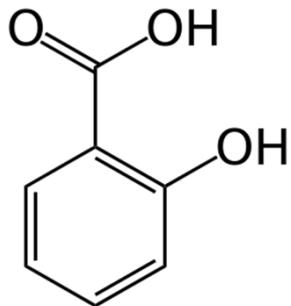
Test foods

Avoid positive ones

Treat with Sodium bicarbonate.

Zinc

Salicylate Foods

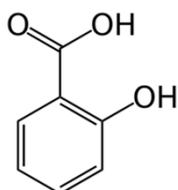


Aspirin can trigger symptoms in some people with urticaria, but whether foods naturally high in salicylate can do the same is very unclear.

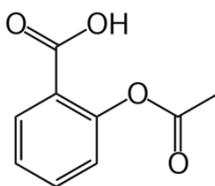
Most people with asthma or who are allergic to aspirin are able to eat foods rich in salicylate without a problem.

This may be because aspirin contains an added acetyl group, while naturally occurring salicylates are mostly non-acetylated.

Salicylic acid



Aspirin



Cold & flu remedies

Medicines used for pain from headache, periods, sinus

Some antacids

Drugs used for inflammatory bowel disease

Many complementary and alternative medicines, especially those used for Pain and joint problems

Teething gels.

Foods containing high levels of salicylate include tea (except fruit and camomile tea), coffee, dried herbs and spices, black pepper, sharp green apples, cherries, strawberries, dried fruit, tomatoes (fresh, puree and ketchup), fruit juices, cider, wine, peppermints and liquorice.

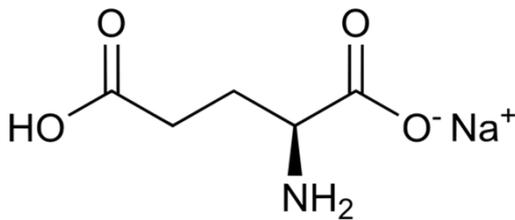
Salicylates in village life	Salicylates in supermarket life
Fruit and vegetables	
<ul style="list-style-type: none"> • picked very ripe (lower in salicylates) • old varieties (lower in salicylates) • more veg eaten (lower in salicylates) • more low SAL veg eaten (e.g. lentils, beans) • fruit and veg are fresh and unprocessed • Spices fresh homegrown, e.g. ginger, cardamom, turmeric 	<ul style="list-style-type: none"> • picked hard, unripe (higher in salicylates) • long-shelf-life varieties (higher in salicylates) • more fruit eaten (higher in salicylates) • more high SAL veg eaten (e.g. broccoli) • salicylates concentrated in juice, sauces, flavours • salicylates concentrated in dried spices
Other	
<ul style="list-style-type: none"> • medications none • skin creams none • perfumes, cleaners none • sensitizers none 	<ul style="list-style-type: none"> • aspirin, NSAIDs • toothpaste, teething gel, medicated lotions • perfumed products, cleaners, air fresheners • pesticides, petrol, plasticizers
Drinks	
<ul style="list-style-type: none"> • mainly water, weak tea (limited) • rice or millet beer (lower in salicylates) 	<ul style="list-style-type: none"> • less water, more salicylate containing drinks • grape wine, hop beer (higher in salicylates)

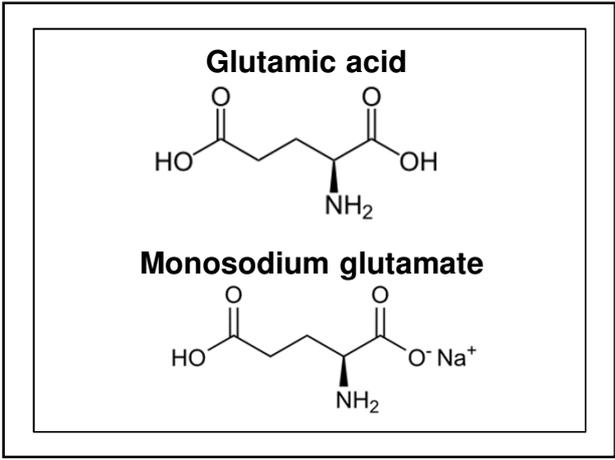
Phenols such as salicylates are detoxified by sulfation. Without normal levels of sulfates in the body the *Phenol-Sulfotransferase-P* enzyme cannot function optimally. So, there are two problems with PST deficiency: low sulfate levels and low enzyme levels.

Dr. Rosemary Waring's research shows that the lack of sulfate is the primary problem in 73% of these children (another study found low levels in 92%), but all of those Waring checked had a low PST level too. Similar sulfate deficiencies have been reported in people with migraine, rheumatoid arthritis, jaundice, and other allergic conditions all of which are anecdotally reported as common in the families of people with autism. Adequate sulfoxidation requires adequate supplies of B-vitamins, especially vitamin B6. The PST enzymes are inhibited or overloaded by chocolate, bananas, orange juice, vanillin, and food colorants such as tartrazine. Removal of these from the diet and supplementation of sulfates may well relieve all these symptoms. The lack of sulfation could well be due to the largely carbohydrate diet of most of these children. It is likely a combination of all these things. In any case, toxic compounds of these aforementioned chemicals can build to dangerous levels. A high value for the TIAG (?) as well as a high reading for DHPPA (rather HPPPA-a phenolic metabolite of tyrosine) both indicate a PST problem.

**Challenge with Salicylic acid vial
from strength to weakening
Test foods and medicines
Detoxify with Sulfur, Methionine,
Cysteine, Taurine, NAC**

**Monosodium glutamate
MSG**



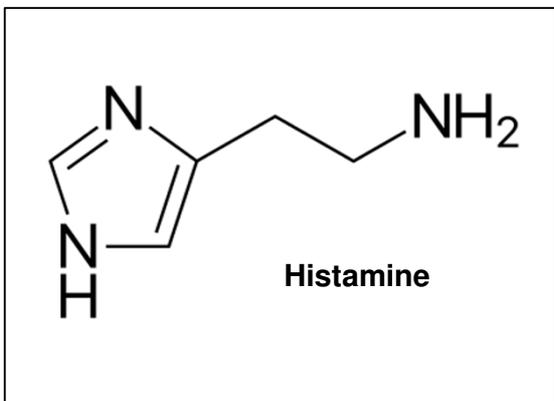


Monosodium glutamate (MSG, also known as sodium glutamate) is the sodium salt of glutamic acid, one of the most abundant naturally occurring non-essential amino acids. Monosodium glutamate is found naturally in seaweed, tomatoes, cheese and other foods.

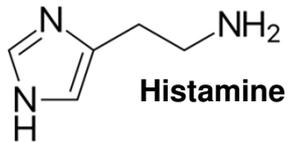
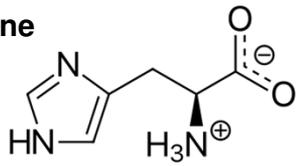
- Autolyzed yeast - which contains free glutamate
- Other menu items that contain soy sauce, natural flavors, autolyzed yeast or hydrolyzed protein which can contain up to 20% free glutamic acid - the active part of MSG.
- Hamburger Helper Microwave Singles® (targeted towards children)
- Doritos®
- Campbell's® soups - all of them - based on their commitment to add "umami" (read - MSG)
- Pringles® (the flavored varieties)
- Lipton® Noodles and Sauce
- Lipton® Instant soup mix
- Unilever or Knorr® products - often used in homemade Veggie dips.
- Kraft® products nearly all contain some free glutamate
- Cup-a-soup® or Cup-o-Noodles®
- Planters® salted nuts - most of them
- Accent® - this is nearly pure MSG
- Braggs® Liquid Aminos - sold at Whole Foods
- Tangle extract (seaweed extract) - found in sushi rolls (even at Whole Foods)
- Fish extract - made from decomposed fish protein - used now in Japanese sushi dishes.
- Sausages - most supermarkets add MSG to theirs
- Processed cheese spread
- Marmite®
- Supermarket poultry or turkeys that are injected or "self-basting"
- Restaurant gravy from food service cans
- Bouillon - any kind
- Instant soup mixes
- Many salad dressings
- Most salty, powdered dry food mixes - read labels
- Flavoured potato crisps
- Monopotassium glutamate
- Glutamic acid
- Gelatin

Gelatin
 Hydrolyzed vegetable protein, like canned tuna and even hot dogs)
 Hydrolyzed plant protein, like canned tuna and even hot dogs)
 Sodium caseinate
 Textured protein
 Beet juice - It is used as a coloring, but MSG is manufactured from beets and the extract may contain free glutamic acid - Yo Baby - organic baby yogurt has just changed the formula to include beet extract
 Yeast extract
 Yeast food or nutrient
 Soy protein isolate
 Soy sauce
 Worcestershire sauce
 Kombu extract
 Dry milk and whey powder
 "Natural flavours" - may contain up to 20% MSG
 Carageenan
 Dough conditioners
 Malted barley
 Malted barley flour - found in many supermarket breads and all-purpose flours
 Body builder drink powders containing protein
 Parmesan cheese - naturally high in free glutamate
 Over-ripe tomatoes - naturally high in free glutamate
 Mushrooms - naturally high in free glutamate
 Medications in gelcaps - contain free glutamic acid in the gelatin
 Cosmetics and shampoos - some now contain glutamic acid
 Fresh produce sprayed with Auxigro in the field. (Yes the EPA approved this. It appalled us too.)

Challenge with MSG vial from strength to weakening
Test foods
Avoid foods
Detoxify with NAC (mother's little helper)
Yarrow



Histidine



Natural sources of Histamine

Prickly pear Stinging nettle

Cabbage Milk thistle

Shepherds purse

Celendine

Melon

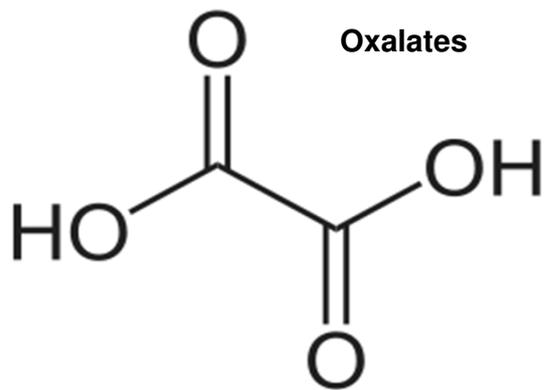
Sunflower



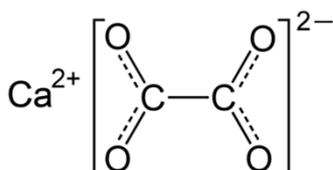
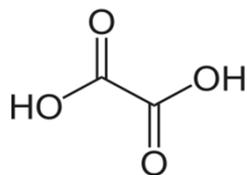
Histamine is contained in

**Bass, Beer, Chicken, Cocoa,
Chocolate, Cod, Crab, Haddock,
Ham, Lobster, Milk (cow and
goat), Mutton, Oyster, Salmon,
Scallop, Shrimp, Trout, Tuna,
Turkey, Yeast.**

**Challenge with Histamine vial
from strength to weakness
Test foods
Detoxify with Vitamin C, Mg, Zn,
Vitamin E, Bioflavonoids
(Hesperidin)**



Oxalic acid

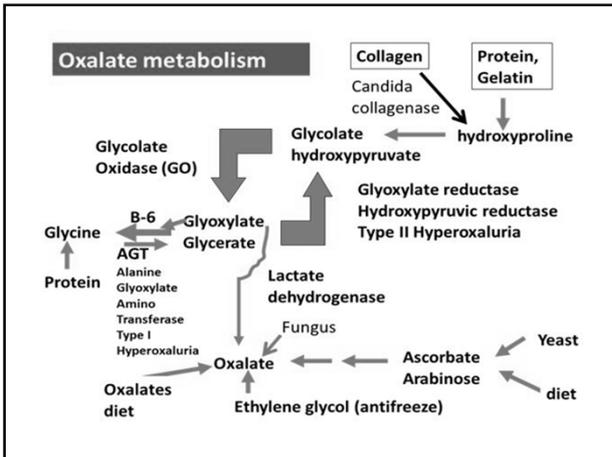


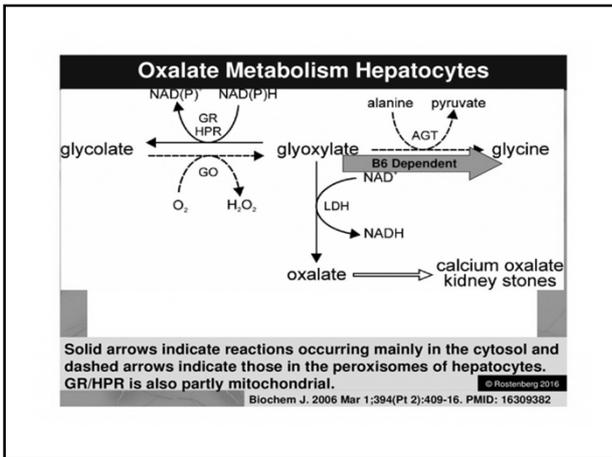
**Calcium
oxalate**

**Very high -
Avocados, Dates, Grapefruit,
Kiwi, Oranges, Raspberries,
Canned and dried pineapple,
Dried figs, Bamboo shoots,
Beets, Fava beans, Okra, Olives,
Parsip, Kidney beans, Rhubarb,
Spinach, Tomato sauce, Raw
carrots, Soy beans, Brussel
sprouts, Potatoes, Brown rice,**

**Very high -
Couscous, Tahini, Pasta, Veggie
burgers, All nuts,
Carrot juice, Hot chocolate,
Lemonade, Rice milk, Soy milk,
Tea, Clam chowder, Miso soup,
Lentil soup**

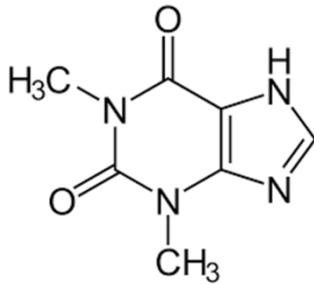
**High – Tangerines, Figs, Dried
prunes, Celery, Collards, Whole
wheat, White rice**





Challenge with Calcium oxalate vial from strength to weakness.
Test foods
Detoxify with P-5-P, Magnesium, EFAs

Theobromine





Theobromine, is a bitter alkaloid of the cacao plant. It is found in chocolate, as well as in a number of other foods, including the leaves of the tea plant, and the kola (or cola) nut. It is a xanthine alkaloid, which also include the similar compounds theophylline and caffeine.

Cocoa powder can vary in the amount of theobromine, from 2% theobromine, up to higher levels around 10%. There are usually higher concentrations in dark than in milk chocolate.

Even without dietary intake, theobromine may occur in the body as it is a product of the human metabolism of caffeine, which is metabolised in the liver into 12% theobromine, 4% theophylline, and 84% paraxanthine.

In the liver, theobromine is metabolized into xanthine and subsequently into methyluric acid. As with caffeine, theobromine can cause sleeplessness, tremors, restlessness, anxiety, as well as contribute to increased production of urine. Additional side effects include loss of appetite, nausea, vomiting, and withdrawal headaches.

Animals that metabolize theobromine (found in chocolate) more slowly, such as dogs can succumb to theobromine poisoning from as little as 50 grams..

The same risk is reported for cats as well, although cats are less likely to ingest sweet food, with most cats having no sweet taste receptors.

Challenge with Theobromine vial from strength to weakness.

Test foods

Detoxify with Vitamin C, NAC, Lemon balm, Yarrow

ALLERGY

Coombs and Gell immune inflammatory responses

TYPE 1

Allergic acute inflammation hypersensitivity is characterised by an allergic reaction that occurs immediately following contact with antigen, which is referred to as the allergen.

Activates on first time exposure to the antigen.

Mediated by IgE.

Duration 2-3 days

TYPE II

Acute inflammation mediated by cytotoxic antibodies or antibody-dependent cytotoxic hypersensitivity occurs when antibody binds to either self-antigen or foreign antigen on cells, and leads to phagocytosis, killer cell activity or complement-mediated lysis.

Activates on second time exposure to the antigen.

Mediated by IgG and IgM

Duration 18-21 days

TYPE III

Acute inflammation mediated by immune complexes. Hypersensitivity develops when immune complexes are formed in large quantities, or cannot be cleared adequately by the reticulo-endothelial system, leading to serum-sickness type reactions.

Activated on second time exposure.

Mediated by IgG and IgM

Duration 18-21 days

TYPE 1V

Chronic inflammation delayed-type of hypersensitivity reaction (DTH) is most seriously manifested when antigens (for example those of tubercle bacilli) are trapped in a macrophage and cannot be cleared. T cells are then stimulated to elaborate lymphokines, which mediate a range of inflammatory responses.

Mediated by ?

Duration ?

DIAGNOSIS

CHALLENGE from strength or weakness against

IgE for Type 1 (half life of 2-3 days)

IgG for Type 11 and 111 (half life of 21 days)

IgM for Type 11 and 111 (often Lectins show as IgM responses).

IgA (may indicate possible gut parasitic infestation)

Cross challenge against all foods in the FOOD/LECTIN KIT or best to check the patient's own food and drink samples.

Treatment approach

- 1. Challenge with the weakening food.**
- 2. Cross therapy localise to each B&E point. Usually only one will negate the weakness.**
- 3. Test for most optimal nutrient from the nutrients that synthesise or metabolise the associated neurotransmitter.**
