

Pattern 1: Protein Digestion (amino acids) and Oxygenation (fruit)

Consuming too much protein can lead to bacterial imbalance of the colon resulting in nitrite (NO3) production. This causes a type of hemoglobin called methemoglobin. Methemoglobin is incapable of combining with oxygen. "Normal" individuals can have up to 10% methemoglobin; 10 to 20% methemoglobin results in low tissue oxygen. Certain poisons and drugs, esp. sulfonamide drugs and other antibiotics, result in the same imbalance. Conditions associated with excessive protein intake include:

Food allergies	Ear infections	Hoarseness
Anoxia	Emotional irritation	Lack of focus
Bacterial infections	Geographic Tongue	Low back pain
Coated tongue	Hay fever	Poor appetite
Colds	Headaches	Sinusitis *
Constricted throat	Hiatal hernia	Strept throat **
Dark circles under eyes		

Primary Nutritive: "Aerobic Support" supplies the body with a complete bioavailable amino acid source rich in protease and other synergistic nutrients, thus, supporting protein digestion and assimilation.

Secondary Nutritive: "Metabolic Support" supplies slippery elm and aloe vera to support large intestine function and for healing digestive linings.

Dietary recommendations:

Decrease	Increase or Add
Animal	Sea vegetables
Dairy	nori, arame, etc.
Chicken	Fish (moderate amt.)
	Fruits

Additional considerations:

- Support colon function:
 - Liquid ionic trace minerals (not to be confused with colloidal), brand name: "ConcenTrace", to insure colon movement (2 to 3 one second squeezes in two ounces of orange juice, 20 minutes before breakfast, as needed).
 - **Hydrated** Bentonite to absorb toxins: 1 TBS. with 6 - 8 oz. of water, on an empty stomach (morning and bedtime).
- Horseradish:** Take a deep breath and hold it, place a 1/8 inch cube of fresh horseradish or a 1/8 tsp. of horseradish paste in mouth and chew, **WITHOUT BREATHING**, until the fumes from the horseradish accumulate in the mouth. Exhale the fumes so that they move through the sinuses and out the nose. Repeat this process one or two times until the sinuses begin adequately draining. Gently blow the nose **WITH BOTH NOSTRILS AT THE SAME TIME**.
- Lemon gargle:** Squeeze juice from 1/4 to 1/2 a lemon. Sip just enough to gargle, then swallow the juice. Repeat one or two times. Be careful not to do too much lemon juice as it may make you nauseous.

Aerobic exercises: moderate exercise for at least twenty minutes, making sure to not get so short of breath that you could not carry on a conversation .

Pattern 10: Colon (fruit) and Uterus/Prostate/Liver (lipids) and WBC's

Fifty years ago, the medical profession classified the colon as "clinically insignificant" meaning that it was involved in so many seemingly unrelated conditions that it did not "fit" within the parameters of medical diagnosis. Just one of the issues that can cause so many "seemingly" unrelated conditions is the fact that fluid and associated toxins are absorbed from the colon and from there, are transported to the liver and uterus. In turn, the liver cannot detoxify effectively by way of the gall bladder - small intestine - colon pathway if the colon itself is already toxic. This causes a toxic condition of the prostate or uterus (which can interfere with ovulation), and "hypersensitive" responses of the white blood cells often associated with autoimmune diseases. Conditions associated with colon toxicity resulting in systemic toxicity include:

Autoimmune diseases	Hemorrhoids	Ovarian cysts
Bed wetting	Hepatitis	Prostaglandins
Breast disease	Flu	Prostate disease
Chronic fatigue	Frequent urination	Sciatica/Piriformis
Environmental allergies	Gingivitis	Sneezing
Failing vision	Inhalant allergies	Uterine disease
Fever (low grade)	Itchy nose/eyes/mouth	Varicose veins
Fibromyalgia	Necrotic fallopian tube	Viral infections

Primary Nutritive: "Metabolic Support" supplies both soluble and insoluble fiber to absorb toxins and ensure proper colon movement. In addition, slippery elm and aloe vera have traditionally been used to heal inflamed tissues and intestinal linings.

Secondary Nutritive: "Aerobic Support" is an excellent source of essential fats and EPA for the support of liver function and anti-inflammatory responses. In addition, sea vegetables are a rich source of antioxidants, which offer further protection from the most membrane damaging free radical, OH.

Dietary recommendations:

Decrease	Increase or Add
Dairy	Sea vegetables
Animal	Fruits, esp. citrus
Chicken	Oils (olive, sesame, etc.)

Additional considerations:

- Support colon function:
 - * Liquid ionic trace minerals (not to be confused with colloidal), brand name: "ConcenTrace", to insure colon movement (2 to 3 one second squeezes in two ounces of orange juice, 20 minutes before breakfast, as needed);
 - Decrease starches (*Carbohydrate Group*) for additional support of liver.
 - Ginger between meals (*Anabolic Support*) for immune function.
 - Breath can be important for this pattern (immune function).

Stretching exercises: *Stretching, yoga, rebounding, etc.*

Pattern 2: Adrenals (steroidal) and Heart (amino acids)

Certain proteins (i.e., animal, eggs, chicken, etc.) cause excessive protein turnover, which decreases the blood C02 levels. This results in poor protein digestion as CO2 is necessary for HCl production and symptoms similar to hyperventilation. Hyperventilation, angina and myocardial infarction are basically the same biochemical response to low C02 and tissue calcium. The difference being the hyperventilation patient has adequate coronary circulation and the cardiac patient does not. Whether from too much protein or too much stress, low C02 seems to be the initiating factor in all the above situations. Conditions associated with excessive steroidal production resulting in excessive blood proteins include:

Angina	Heart disease	Kidney disease
Anxiety (panting breath)	Hiccups	Nausea
Cold sweats	Hyperactivity	Panic attacks
Excessive stress	Indigestion	Swelling
Gout	Infarction	Weak digestion

Primary Nutritive: “Anabolic Support” contains the proteolytic enzymes of ginger and the alkalinizing minerals and calcium of parsley and cucumber to help metabolize and flush the excess proteins by way of the kidneys. In addition, bee pollen’s beneficial effect on protein anabolism greatly supports adrenal and kidney function as well.

Secondary Nutritive: “Aerobic Support” supplies a particular strain of Nori for a complete and balanced amino acid, EPA and calcium source for support of heart function and blood peptides.

Dietary recommendations:

Decrease	Increase or Add
Animal	Papaya, Mango, Pineapple
Eggs	Ginger
Chicken	Fish (moderate amount)

Additional considerations (especially for the cardiac patient):

- **AVOID ANTACIDS**
- Cayenne pepper is very beneficial for circulation and angina.
- Ginger between meals (Anabolic Support).
- Chlorophyll may be of benefit with **any** kidney issue (50-75 mg. 2x/day).
- Panting breath to increase C02.

Strength exercises: *Strength training (upper body)* by slowly increasing the weight and decreasing the reps.

Pattern 11: Blood Proteins (amino acids) and Thyroid (carbohydrates)

The thyroid is responsible for increasing virtually all metabolic functions. It is a key factor in genetic expression and tissue maturation (e.g., the thyroid hormone is responsible for a tadpole becoming a frog). Excessive blood proteins, especially in combination with refined or starchy carbohydrates causes twice the insulin response resulting in hypoglycemia and sluggish metabolic states. This not only puts direct

stress on the thyroid, but dense, hard to digest protein also creates a toxic colon which interferes with iodine metabolism, thus causing greater blood sugar fluctuations. This is also a primary pattern concerning testosterone production, as blood proteins are a primary influence on the male hormones. Another factor in thyroid conditions is poor sleep habits (staying up too late or sleeping too late), which can interfere with melatonin production, as a little melatonin supports thyroid function where as too much can suppress thyroid function. Conditions associated with excessive blood proteins and thyroid function include:

Binging	Hypoglycemia	Progesterone issues
Bulimia	Hypotension	Seafood intolerance
Depression	Hyperthyroid	Sex drive
Eating disorders	Melatonin issues	Sugar cravings
Epilepsy	Menorrhagia	Testosterone issues
Goiter	Multiple sclerosis	Vitiligo
Hypothyroidism	PMS	

Basal temperature: Axillary temperature should be 97.8 (+/- 3 degrees)...women should take their temperature for a full cycle or, at the very least, the third day of their period. Most, if not all cancer patients exhibit a low basal temperature, which is generally indicative of hypothyroid.

Instructions: Shake thermometer down before bedtime. As soon as you wake up, before getting out of bed for anything, place thermometer under the arm for 10 minutes, or if using a digital thermometer, until it beeps. Record temperature.

Primary Nutritive: “Aerobic Support” contains protein (and iodine) sources that are most beneficial for maintaining optimum blood protein balance with less insulin requirement. These proteins are also easily digestible, thereby, placing less toxic stress on the colon.

Secondary Nutritive: “Anabolic Support” supplies bee pollen, which has an ideal protein (30%) to carbohydrate (50%) ratio for support of carbohydrate metabolism and thyroid function and contains ginger for support blood proteins.

Dietary recommendations:

Decrease	Increase or Add
Dairy	Sea vegetables
Animal	Fish
Chicken	Papaya
Potato	Pineapple
Breads, grains & corn	Ginger

Additional considerations:

- Support colon function:
 - *Liquid ionic (not to be confused with colloidal) trace minerals, brand name: “ConcenTrace”, to insure colon movement (2 to 3 one second squeezes in two ounces of orange juice, 20 minutes before breakfast, as needed).
- Avoid protein/carbohydrate combinations as this causes twice the insulin response as carbohydrates alone.

Pattern 3: Oxygenation (fruit) and Spleen (steroidal)

As much as 90% of the protein requirement of an adult is for maintaining hemoglobin production. This process is dependent on the movement of the lymphatic system. It is the movement of the lung (breath) that causes the lymph to circulate. **Therefore, breath is especially important for any pattern relating to spleen or immune function.** Conditions associated with ineffectual breath and impaired oxygenation resulting in poor spleen and lymphatic function include:

Anemias	High voice pitch	Lymphatic congestion
Clotting abnormalities	Immune function	Swelling: non-traumatic
Frequent infections		

Primary Nutritive: "Metabolic Support" supplies polysaccharides, chlorophyll, and slippery elm to increase lung compliance and oxygenation supporting more efficient lymphatic flow and enhanced immune responses.

Secondary Nutritive: "Anabolic Support" supplies cucumber, ginger and parsley to support the functions of the spleen, lymphatic system and protein utilization.

Dietary recommendations:

Decrease	Increase or Add
Animal	All fruits,
Eggs	Papaya
Chicken	Pineapple
	Mango
	Ginger (Anabolic Support)

Additional considerations:

- Purified water (up to one-half of body weight in ounces (i.e., 75 oz. for 150 lbs.).
- **Be sure to allow for full normal breaths throughout the day.**

Stretching exercises: *Stretching, yoga, rebounding, breath, etc.*

Pattern 12: Lymph (steroidal) and Extra Cellular Fluid (vegetable)

Lymphatic congestion causes a build up of proteins in the fluids around the cells (extracellular) resulting in edema and less nutrient and oxygen exchange between the capillaries and the cells. This, in turn, interferes with cellular detoxification. Conditions associated with lymphatic congestion resulting in a build up of extracellular proteins include:

Bladder infections	Cystitis	Frequent urination
Abnormal blood clotting	Edema	Lymphatic congestion

Primary Nutritive: "Anabolic Support" due to the high content of proteolytic enzymes and alkalinizing minerals addresses lymphatic congestion and trapped extracellular proteins.

Secondary Nutritive: "Metabolic Support" supplies the polysaccharides and cellulases necessary for oxygenation, nutrient delivery and cellular detoxification.

Dietary recommendations:

Decrease	Increase or Add
Animal	Papaya
Eggs	Mango
Dairy	Ginger
Chicken	Sea vegetables
	Green leafy veg.

Additional considerations:

- Ginger between meals on an empty stomach (Anabolic Support).

Stretching exercises: *Stretching, yoga, rebounding, breath, etc.*

Pattern 4: Liver (lipids) and Circulation (vegetable)

The liver is the primary anabolic organ. Even though it has a hand in most physiologic functions of the body, its basic strength comes from its ability to unsaturate fats. Unsaturated fats are a primary factor concerning cell membrane permeability. Fried foods, oils exposed to excessive heat and consuming too many highly unsaturated oils cause the cell membrane to become weak and fragile. This results in poor nutrient delivery, inadequate oxygenation and the inability to detoxify on a cellular level. Conditions that may be associated with ineffective lipid metabolism include:

Aneurysms	Capillary fragility	Nose bleeds
Breast disease	Cold hands and feet, etc.	Phlebitis
Bruising		

Primary Nutritive: "Aerobic Support" is an excellent source essential fats and nutrients to support liver function and anti-inflammatory responses. In addition, sea vegetables are a rich source of antioxidants which offer further protection from the most membrane damaging free radical, hydroxide (OH).

Secondary Nutritive: "Metabolic Support" supplies polysaccharides for capillary integrity and cellulase, which is beneficial for nutrient delivery and cellular detoxification.

Dietary recommendations:

Decrease	Increase or Add
Fried foods	Olive and sesame oil
Highly unsaturated oils	Green leafy vegetables

Additional considerations:

- Add two to three TBS/day of high quality oils (olive, sesame, coconut, avocado, etc.) to food after it is cooked.
- 1/2 to 1 TBS. of lecithin 1 to 2 times/day for additional support of gall bladder/liver.
- Add or increase citrus fruits (e.g., 1/2 lemon with water two to three times daily)...if intolerant to citrus, then decrease starchy carbohydrates.

Exercises: Leg strength and aerobic activities

Pattern 7: Neurotransmitters (amino acid) and Blood Sugar (carbohydrates)

The less light we are exposed to, especially early morning light, the greater the production of melatonin from serotonin resulting in a decrease in serotonin. As serotonin is responsible for appetite suppression and positive emotional responses, a decrease in serotonin causes an increase in appetite and frequently sugar cravings. After eating, insulin is secreted which pulls sugar and amino acids into the cells, but not the Central Nervous System (CNS). Tryptophan, an amino acid, is less effected by insulin and moves into the CNS where it is converted to serotonin and the cycle stops...for a moment. Conditions associated with impaired neurotransmitter metabolism include:

Epilepsy	Prolactin issues	Low sex drive
Melatonin	Seasonal depression	Slurred speech
Migraines	Sleeplessness	Stroke

Primary Nutritive: "Metabolic Support" contains polysaccharides and cellulase for capillary integrity and to aid in the delivery of amino acids (i.e., tryptophan, etc.) and glucose to the CNS.

Secondary Nutritive: "Aerobic Support" supplies the amino acids and the synergistic nutrients to support neurotransmitter metabolism. In addition, scientists are finding that algaea not only produce some of the same neurotransmitters (i.e., serotonin) as humans, but also rely on the same enzymatic pathways and nutrients to do so.

Dietary recommendations:

Decrease	Increase
Animal	Sea Vegetables
Dairy	Fish
Potato and nuts	Green leafy veg.
Breads, grains, corn, etc.	
Refined carb's, pasta, etc.	

Additional considerations:

- Decrease rancid and highly unsaturated oils and increase high quality oils (two to three TBS/day of olive, sesame, coconut, avocado, etc.).
- Increase sunlight, esp. early morning hours.

Exercises: Stretching & aerobic exercises

Pattern 5: Pancreas (carbohydrates) and Gall bladder (lipids)

We use carbohydrates for the first 90 minutes after mealtime. After that, most of the excess carbohydrates, whether from refined or complex sources, are converted to saturated fats and cholesterol. Thus, the body is geared toward making fats and cholesterol resulting in (1) a compromised ability to burn fats for energy; (2) an increase in bile concentration which can eventually lead to liver and gall bladder congestion; (3) increased sterols in cellular membranes which decreases cell membrane permeability; and (4) prolonged inflammatory responses and diseases. Conditions associated with excessive carbohydrate metabolism include:

Abdominal distention	Dry skin	Itching
Arteriosclerosis	Fasciitis	Jaundice
Arthritis	Gall bladder disease	Liver disease
Bloating	Hepatitis	Pancreatitis
Burping	Hypercholesterolemia	Phlebitis
Candidiasis	Indigestion	Right neck/shoulder pain
Citrus intolerance	Inflammatory diseases	Tendonitis
Dermatitis (rashes, etc.)	Intestinal cramps	Ulcer
Diarrhea	Irritable bowel syndrome	

Primary Nutritive: "Anabolic Support" supplies parsley and bee pollen, which has an ideal protein (30%) to carbohydrate (50%) ratio, for support of carbohydrate metabolism and contains ginger for support of cholesterol and lipid utilization.

Secondary Nutritive: "Aerobic Support" supplies the essential lipids and nutrients necessary for gall bladder and liver function.

Dietary recommendations:

Decrease	Increase
Potato & nuts	Yellow & orange veg.
Breads, grains, corn, etc.	Oils (2 to 3 TBS/day)
Refined carb's, pasta, etc.	

Additional considerations:

- 1/2 to 1 TBS. of lecithin, 1 to 2 times/day for additional support of gall bladder/liver.
- With **bloating and/or hypoglycemia**, chew raw vegetables very well and/or increase cooked vegetables and oil content with raw vegetables. May want to increase protein content (for a few weeks or months) to replace carb's.
- **Sea vegetables (Aerobic Support) with and/or between meals help with hypoglycemia and hunger.**

Quick/toning exercises: less weight and higher reps, tennis, basketball, etc.

Pattern 8: Cholesterol (lipids) & Reproduction (steroidal)

The functions of the gall bladder, (i.e., concentrating bile and cholesterol) are directly related to the cellular mechanisms, which influence hormone production (cholesterol being the starting point of the reproductive hormones). However, if the cellular physiology is geared toward making cholesterol (typically from consuming too many carbohydrates) and not efficiently utilizing cholesterol, hormone production may be impaired. Hormone production of both males and females follow the same basic pathways; however, cholesterol and fat metabolism are the controlling factors concerning the female hormones, where as blood proteins are the controlling factors concerning the male hormones. The basic hormonal pathway is: Cholesterol ----> Progesterone ----> Testosterone ----> Estrogen
Conditions associated with impaired cholesterol metabolism include:

Amenorrhea	Hypotension	Osteoporosis
Blushing	Menopause	Ovarian dysfunction
Cold sweats	Hot flashes	Psoriasis
Connective tissue disease	Insomnia	Stroke (hypertensive)
Estrogen issues	Mood swings	Testosterone issues
Hypertension	Vaginal dryness	

Primary Nutritive: "Aerobic Support" supplies the lipids and synergistic nutrients required to support cholesterol metabolism as the initiating factor in the production of reproductive and other steroidal hormones.

Secondary Nutritive: "Anabolic Support" supplies bee pollen, cucumber, ginger and parsley for the support of hormonal metabolism and protein anabolism.

Dietary recommendations:

Decrease	Increase or Add
Potato	Oils (olive, sesame, etc.)
Breads, grains, corn, etc.	Fish
Refined carb's, pasta, etc.	Papaya
Animal	Pineapple
Chicken	Ginger
Egg	

Additional considerations:

- 1/2 to 1 TBS. of lecithin, 1 to 2 times/day for additional support of gall bladder.
- Small quantities of egg and fowl to increase estrogen and blood pressure (if low).
- Chlorophyll (50-75 mg 2 times per day) for kidney issues/disease.

Exercises: Upper and lower body strength training and aerobic activities

Pattern 6: Nutrient Delivery (vegetable) and Blood Sugar (carbohydrates)

Proteins and fats trigger an insulin release in much the same way as a rise in blood glucose levels. Once released, insulin causes most cells to become more permeable to glucose, amino acids, fats, electrolytes and other nutrients. Unfortunately, continued and excessive insulin requirements can lead to a number of blood sugar related conditions as the body is not designed to rely primarily on insulin, but enzymes such as cellulases and polysaccharides for nutrient delivery. Conditions associated with inadequate dietary polysaccharides and cellulases include:

Diabetes	Neurologic tremors	Parkinson's disease
Epilepsy		

Primary Nutritive: "Metabolic Support" supplies the polysaccharides and cellulases necessary for efficient nutrient delivery, especially where glucose is concerned. Cellulase has been clinically shown to immediately lower blood glucose levels, resulting in a physiology in which diet plays a major role in maintaining blood sugar levels and nutrient delivery versus the pancreas having to consistently manufacture **excessive** amounts of insulin to regulate blood sugar levels.

Secondary Nutritive: "Anabolic Support" supplies parsley, ginger and bee pollen, which has an ideal protein (30%) to carbohydrate (50%) ratio, for support of carbohydrate metabolism.

Dietary recommendations:

Decrease	Increase or Add
Potato & nuts	Green leafy veg.
Breads, grains, corn, etc.	raw over cooked
Refined carb's, pasta, etc.	

Stretching exercises: *Stretching, yoga, rebounding, breath, etc.*

Pattern 9: Blood Sugar (carbohydrates) Oxygenation (fruit)

High blood sugar from excessive carbohydrate intake causes a push towards cholesterol production at the expense of phospholipids (i.e., lecithins). This results in inadequate production of surfactant (a phospholipid lubricant) resulting in certain types of inflammatory conditions. Conditions associated with inadequate phospholipid production include:

Acne	Asthma	Emphysema
Apnea	Bronchitis	Pneumocystitis

Primary Nutritive: "Anabolic Support" supplies parsley, ginger and bee pollen, which has an ideal protein (30%) to carbohydrate (50%) ratio, for support of carbohydrate metabolism

Secondary Nutritive: "Metabolic Support" supplies cellulase and polysaccharides for support of blood glucose levels and lung function. Whole leaf aloe vera is an excellent source of Mg, which is necessary for the transport of oxygen across the cell membrane.

Dietary recommendations:

Decrease	Increase
Potato & nuts	All fruits
Breads, grains, corn, etc.	Oils (olive, sesame, etc.)
Refined carb's, pasta, etc.	Avocado

Additional considerations:

- 1/2 to 1 TBS. of lecithin, 1 to 2 times/day for additional support of the gall bladder and phospholipid metabolism.
- Sea vegetables (Aerobic Support) between meals for CHO cravings.

Quick/toning exercises: less weight and higher reps, tennis, basketball, etc.

Musculoskeletal Trauma

Amino Acid and Lipid Group

"*Aerobic support*" supplies:

- The amino acids, B12, folic acid and the synergistic nutrients necessary for tissue repair.
- The essential fatty acids, EPA and the synergistic nutrients to support the liver and gall bladder concerning the inflammatory response.

Steroid Group

"*Anabolic Support*" supplies:

- The proteolytic enzymes and alkalinizing minerals for the exudate of tissue trauma.
- The phytonutrients for tissue repair.

Fruit and Vegetable Group

"*Metabolic Support*" supplies:

- Cellulase for nutrient delivery across the cell membrane.
- Polysaccharides for tissue strength and enhanced immune system function.