



# IMAGE AWARENESS WELLNESS INSTITUTE

## *IAACN Symposium Review Part III*

1271 HIGH STREET, AUBURN, CA 95603 • PHONE (530) 823-7092 • ORDER LINE (800) 359-6091  
HOURS: TUES. – FRI. 10 A.M. – 4 P.M. • E-MAIL: MAIL@IMAGEAWARENESS.COM WEB: WWW.IMAGEAWARENESS.COM

March 2007

Volume 3 : Issue 3

### IAACN CONFERENCE

This newsletter is the conclusion of my review of the annual meeting of the International and American Association of Clinical Nutritionists. The following are not word for word summaries of what the speakers said, but rather some of their thoughts and my own observations on these topics, personal experiences, and application to GNLD supplementation.

### NIGEL PLUMMER, PH.D.

#### THE GUT MICROFLORA

Dr. Plummer holds a Ph.D. in Microbiology. He lectures at the University of Westminster and the Institute of Optimal Nutrition in London. He is considered a world expert on the influence of human gastro-intestinal and genito-urinary tract microflora on disease and health, including antibiotic-associated effects, IBS, IBD, allergy and autoimmune disease.

Dr. Plummer observed that transit time is a critical factor in maintaining health. The transit time is the period of time from the ingestion of a food until it is excreted from the body. To maintain health the transit time must be faster than the period of time it takes the bacteria in the gut to double in number. A sluggish bowel sets an individual up for a decline in health.

The most important factor de-

termining transit time is the quantity of fiber in the diet. Fiber provides the primary stimulus for intestinal motility.

The inner lining of the intestinal tract is coated with a protective layer of acidophilus bacteria. Acidophilus prevents other more harmful bacteria from taking up residence in the intestinal lining. Use of antibiotics strips the gut of this protective lining. One of the consequences of this can be deterioration of the competence of the immune system.

Unfortunately, many health professionals are unaware of the damage they do to this intestinal lining when they prescribe antibiotics. They are also unaware of the importance of re-establishing a healthy acidophilus population as rapidly as possible after use of antibiotics.

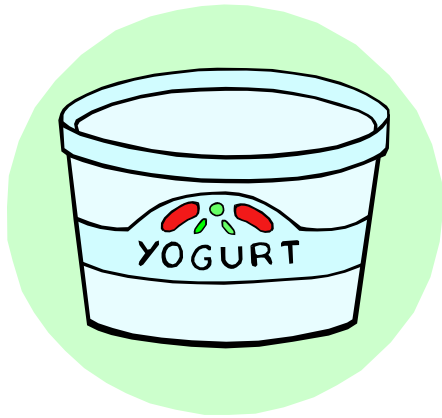


This subject is very current in my mind as I recently had a wisdom tooth extracted. I was instructed to take antibiotics for five days. No mention was made of what this would do to the bacterial population in the digestive tract, nor were any instructions given to take measures to assure that a healthy bacterial population was restored as soon as possible after the use of the antibiotics. I took four capsules of Acidophilus Complex a day along with Multi-Fiber Blend to prevent problems.

A number of years ago a young man named Jim forced his way with great effort through the front door of our office. He was doubled over and in obvious pain. He explained that he felt like a knife was being turned slowly in his stomach creating agonizing pain. The symptoms had lasted for 8 months.

I asked Jim what had happened 8 months before. He explained that he had suffered with a severe case of pneumonia and had recovered thanks to a heavy regimen of antibiotics. He had been tortured with digestive problems continually since his bout with the pneumonia.

I sold Jim a bottle of GNLD Acidophilus Complex and instructed him to take a couple of capsules a day. He called the next day to inform me that the pain began to disappear within a few hours of the time he took the first tablets and by the sec-



ond day he was totally well.

Dr. Plummer pointed out that beneficial microflora in the digestive tract help the body excrete and detoxify mercury. One study found that the half-time for excretion of mercury, a terribly toxic substance, increased from 10 days to 120 days after treatment with antibiotics.

Toxic methyl-mercury levels rise in all tissues of those treated with antibiotics. One study found that the amount of methyl mercury in the brains of rats increased from 25-45% after treatment with antibiotics.

Dr. Plummer pointed out that a generous flavonoid intake will prevent bacteria in the gut from forming nitrogen based carcinogens. Diets low in phytonutrients may increase the risk of cancers of the digestive tract.

Dr. Plummer also observed that two nutrients are essential for the operation of every hormone receptor in the human body. These two nutrients are tyrosine (found in Enersine and all protein products) and iodine (Chelated Multi-Mineral).

## JORGE FLECHAS

### CHRONIC INFLAMMATION

Dr. Flechas is a medical doctor who also has a master's degree in Public Health. He was trained at Loma Linda University.

Dr. Flechas focused his remarks on lupus as an example of autoimmune disorders. He said that in order

to cope with autoimmune and inflammatory disorders we must learn to silence genes so they do not function when they are doing harm. This, he feels, is the future of medicine.

Nutritionally, the silencing of genes is accomplished by a process called methylation. A number of nutrients support healthy methylation including betaine (tri-methyl-glycine), folic acid, vitamin B12 (methylcobalamin), and vitamin B6. These are the ingredients in GNLD Lipotropic Adjunct.

Dr. Joaquin Gonzales Aragon, one of the world's leading anti-aging experts, became interested in GNLD when he saw the Lipotropic Adjunct. This was the product he was searching for to promote healthy aging in his patient population.

Other nutrients which promote healthy methylation include lecithin (phosphatidyl choline is loaded with methyl groups), selenium and zinc. Hormones play an important role in methylation as well, suggesting that tre-en-en oils might play a supportive role, in the methylation process. Tre-en-en oils are strongest in their support for adrenal and male sex hormone function. These are the hormones most important for methylation.

The adrenal hormone DHEA is important in the methylation process. Dr. Flechas pointed out that some pain medications cause the excretion of sulfur. DHEA is not water soluble and can not carry out its health contributing functions without sulfur. Dr. Flechas observed that 40% of lupus patients appear to have sulfur problems which may have been contributed to by medications such as acetaminophen and tylenol which deplete sulfur. Supplements rich in sulfur include protein, Cruciferous Plus, and Allium Complex. Eggs, cruciferous vegetables, garlic and onion are foods rich in sulfur.

Dr. Flechas observed that arsenic

poisoning is a particular concern because arsenic strips methyl groups right off of DNA. Iodine deficiencies are common and iodine enables the body to rid itself of arsenic as well as lead and aluminum.

The methylation defect in autoimmune disease is on the X chromosome. Women have 2 X chromosomes while men have one X and one Y chromosome. This explains why autoimmune diseases occur much more frequently in women than they do in men when deficiencies of the nutrients required for healthy methylation develop.

## DAVID BRADY

### AUTOIMMUNE DISEASE AND GUT FLORA

Dr. Brady is Director of the Human Nutrition Institute at the University of Bridgeport.

The majority of the immune cells of the body (about 75%) are located in close proximity to the digestive tract where they prevent the bacteria and bacterial toxins in the gut from entering into the tissues. Healthy intestinal flora are important to prevent the development of autoimmune disease.

Harmful microbes in the gut have recently been associated with the development of autoimmune diseases through the mechanism of molecular mimicry. Klebsiella has been linked to ankylosing spondylitis. Citrobacter has been associated with rheumatoid arthritis. Yersinia has been linked to Grave's disease.

The presence of these organisms can often be picked up by stool testing. Healthy intestinal flora, particularly acidophilus, tend to suppress most of the bacteria associated with molecular mimicry.

The concept of molecular mimicry was first published in 1985. Since that time it has become a favored mechanism to explain autoimmune



diseases. The concept suggests that strings of amino acids in foods or on bacteria mimic strings of amino acids in our own tissues. When the immune system targets bacterial protein it also attacks proteins in our own tissue which bear the same structure as the infectious organism or food protein the body interprets as a threat.

Mimicry reactions can become quite complex. For example, the gliadin molecule in wheat has a protein strand closely resembling adenovirus 12 and a protein strand in the gut lining. Exposure to the virus or to gluten can result in autoimmune attack against the gut.

Milk proteins and viral particles can trigger autoimmune attack against the beta cells of the pancreas resulting in Type 1 diabetes. A similarity of proteins in Epstein Barr virus, grains and legumes, and joint collagen may contribute to rheumatoid arthritis.

Molecular mimicry is really a case of mistaken identity. Susceptibility to this phenomena depends upon genetic makeup and poor dietary habits.

Autoimmune attack is carried out by T-Helper cells. There is a balance of TH1 (T-Helper cells type 1)

and TH2 (T-Helper cells type 2). TH1 cells promote immune activity while TH2 cells inhibit immune activity. Autoimmunity is associated with an imbalance in the ratio of these two components of the immune system. Lactic acid producing bacteria (acidophilus) promote the proper balance between TH1 and TH2.

Acidophilus Complex can be an important supplement when all is not well in the gut. The GNLD product has several features that make it unique including a nutrient source to keep the organisms alive, a gel-gard technology to protect the organisms from the hydrochloric acid in the stomach, and viable or living organisms.

## DR. ALEX VASQUEZ

### USE OF SUPPLEMENTS TO SUPPORT DIGESTIVE FUNCTION

People often have autoimmune responses to more than one tissue. Thirty percent of those with autoimmune hypothyroidism (Hashimoto's disease) also produce antibodies to their own parietal cells where the hydrochloric acid is produced. Half of those with autoimmune hyperthyroidism (Grave's disease) have antibodies to their own parietal cells.

Low hydrochloric acid production is associated with many autoimmune conditions. It may promote the conditions by weakening immune competence against bacterial invaders and inhibiting proper digestion of foods making them more allergy provoking and more susceptible to molecular mimicry.

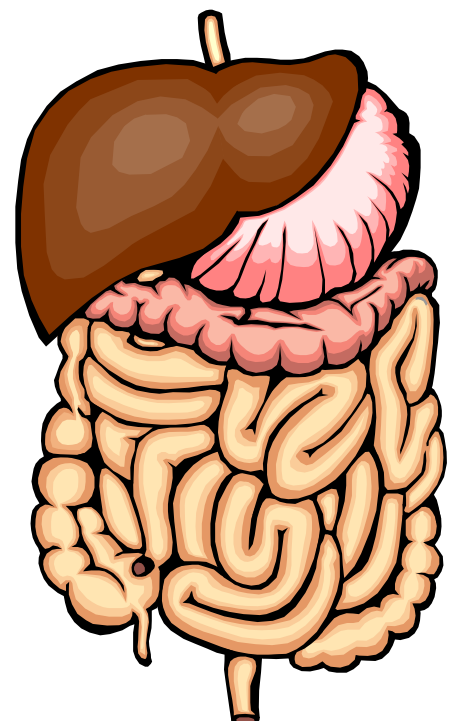
A wide spectrum of disorders are associated with low hydrochloric acid production including vitiligo, gallstones, GERD, heartburn, eczema, acne rosacea, chronic hives, asthma, multiple food allergies, osteoporosis, alcoholism, candida overgrowth, thinning of the hair in women, and weak fingernails.

Low hydrochloric acid production puts an individual at risk for amino acid deficiencies, iron, calcium and vitamin B12 deficiency, and bacterial overgrowth.

Hydrochloric acid can be restored either by direct supplementation, or by supplying the nutrients essential for production of stomach acid. The younger the individual, the easier to restore hydrochloric acid production by supplementation with nutrients.

Dr. Hugh Tuckey worked with hydrochloric acid deficiencies for over 30 years. He found that the most effective form of supplementation was betaine hydrochloride, the methyl donor form of the supplement. Other forms were not as effective at restoring the body's own production of stomach acid. GNLD Betagest supplies this form of hydrochloric acid along with a special targeted delivery technology and a slow release formulation to avoid irritating the stomach lining.

Pancreatic enzymes have powerful anti-tumor and anti-inflammatory effects. Enzymes help digest a biofilm protective barrier bacteria erect to ward off attacks from the







## IMAGE AWARENESS WELLNESS INSTITUTE

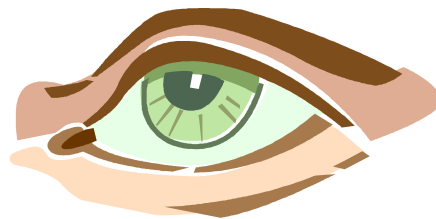
1271 HIGH STREET, AUBURN, CA 95603  
PHONE (530) 823-7092 ORDER LINE (800) 359-6091  
E-MAIL: MAIL@IMAGEAWARENESS.COM  
VISIT OUR WEBSITE! [WWW.IMAGEAWARENESS.COM](http://WWW.IMAGEAWARENESS.COM)

immune system. Plant based enzymes as used in the GNLD Enzyme Digestive Aid have a much broader spectrum of pH activity than animal enzymes. Intestinal pH is often compromised when individuals are ill.

Healthy bile flow is essential to remove toxic chemicals, heavy metals, and antigen/antibody complexes from the body.

Americans are drenched with toxic chemicals. The brains of those with Parkinson's are often contaminated with dieldrin. A study of 1300 people found pesticides and herbicides in everyone's tissues. Levels were highest in children and women of childbearing age. Four of 22 samples of organic baby greens had over 30 parts per billion of perchlorate. The safety limit is one part per billion. Dioxins cause insulin resistance and diabetes.

Healthy gallbladder function is not optional, it is mandatory for good health and detoxification. Healthy gallbladder function is promoted by eating beets and ginger. Adequate fiber intake is essential for normal gallbladder emptying. Vitamin C and adequate water intake keep the bile acids fluid.



### JAMES LAVALLE

#### SJOGREN'S SYNDROME

Dry eyes and mouth afflict 1.4 million people. Contributing causes include nutritional deficiencies, environmental toxins, inflammation, and intestinal problems including dysbiosis and allergy.

Those with Sjogren's disease, an autoimmune condition that causes dry eyes, usually have antibodies to wheat protein. One of the eye proteins is so similar to wheat in structure that it has been called a mammalian form of wheat. Wheat protein antibodies cross react with eye protein destroying the tear glands and drying out the eyes. Clues that this is taking place include dry eyes, itching and burning eyes, a sensation of a foreign body under the eye, tooth decay, and allergy to wheat.

Nutrients which may benefit dry eyes include vitamins A, C, and B6, zinc and selenium, essential fatty

acids (especially omega-3 oils), digestive aids, and cruciferous compounds to help clear immune complexes from the body. Avoidance of gluten found in wheat, rye, barley, and oats can be quite helpful.

#### REMOVAL OR ADDITION TO THIS NEWSLETTER

If you wish to be removed from this health-letter simply send us an email requesting to be removed. If you wish to add an email address send us the address with a request to be added.

#### WEB RESOURCES

[www.yourbodysignlanguage.com](http://www.yourbodysignlanguage.com)  
[www.imageawareness.com](http://www.imageawareness.com)

#### DISCLAIMER

This publication contains the opinions and ideas of its author. It is intended to provide helpful and informative material on the subjects addressed in the publication. It is provided with the understanding that the author and publisher are not engaged in rendering medical, health, or any other kind of personal professional services in this newsletter. The reader should consult his or her medical, health or other competent professional before adopting any of the suggestions in this newsletter or drawing inferences from it.

The author and publisher specifically disclaim all responsibility for any liability, loss, or risk, personal or otherwise, which is incurred as a consequence, directly or indirectly, of use and application of any of the contents of this newsletter.