

Dr. Paul G. Varnas & WholeHealthAmerica.com present

THE BETTER HEALTH NEWS

DECEMBER, 2013

CHEMICALS, ENDOMETRIOSIS & CHRONIC ILLNESS

DETOX

**A FEW WORDS
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A study appearing in *Toxicology Science* [2001; 59(1):147-59] demonstrated that animals with elevated serum levels of dioxin and chemicals similar to dioxin had a high prevalence of endometriosis, and the severity of disease correlated with the serum concentration of the toxic chemical. Research appearing in *Human Reproduction* [2005; 20(1):279-

85 (ISSN: 0268-1161)] tested blood levels of PCBs in women with endometriosis and concluded that anti-estrogenic PCBs may be associated with the development of endometriosis. Research appearing in *Fertility and Sterility* [2005; 84(2):305-12 (ISSN: 1556-5653)] also found a connection between the body burden of PCBs and similar chemicals to the incidence of endometriosis.

Researchers at the National Institute of Child Health and Human Development (NICHD), George Washington University, and the Endometriosis Association conducted a cross sectional survey of 3,680 women with surgically diagnosed endometriosis. The study was published in the journal, *Human Reproduction* [2002;17(10):2715-2724]. In this study, an increased incidence of many chronic and autoimmune diseases in women with endometriosis was found compared to the general population. Allergies occurred in

over 60% of the endometriosis patients compared to 18% in the general population. Hypothyroidism was seven times more common, chronic fatigue syndrome was greater than 100 times more common, and fibromyalgia was nearly twice as common in endometriosis patients. Endometriosis patients also had an increased incidence of autoimmune diseases such as lupus, rheumatoid arthritis and Sjogren's syndrome.



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A FEW WORDS ABOUT DETOXIFICATION

Even if you didn't know anything about nutrition and you want to get your patients better, you would only need to focus on two things: Getting your patients off of processed and prepared foods (if it wasn't available 10,000 years ago, or if it comes in a bottle, box or can—it probably isn't good for you) and getting the toxins out of their bodies is imperative. Omitting these two negative components will help make most sick people better.

I realize that this newsletter is read by many kinds of practitioners. But I would like to say something to the chiropractors out there. Some of the best healers I know are chiropractors. These folks are doctors who will learn anything and do anything to help a patient. There are, however, some chiropractors who are running a basic musculoskeletal practice who complain about insurance coverage shrinking and perhaps are not as busy as they would like to be.

These docs work hard to get their backache patients. They run ads, they go to street fairs, and some even offer discount coupons. Yet patients with allergies, asthma, colitis, thyroid problems, fatigue or other non-musculoskeletal complaint often are referred out. Some chiropractors feel

that they cannot treat complaints other than back and neck pain, and their practices suffer—especially now that the insurance iceberg is melting.

Actually, getting chronically ill folks better builds a healthy practice. It also generates cash independent of insurance payments. You can detoxify your patients and get pretty good results with a number of complaints. Diet and detoxification is like hitting the reset button on the human body.

Detoxification is a great place to start. Enough people will get better that it will give you confidence. It will also create referrals. When you get someone who is sick and miserable better—they try to send you everyone they know. Treating a patient with nutrition is like deciding to walk from New York to LA. You don't have to plot the exact course from the beginning—you just have to start to move Westward. Detoxification is a step in the right direction. It may get you all the way to LA. If it does not, you have time to come up with other approaches. At the very least, your adjustments will become more effective.

There are many kinds of detoxification programs. I will give the Biotics three step detoxification

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program a little plug here. Some practitioners reading this may prefer to do things differently—perhaps stressing alkalinity, fasting, or colon therapy. There are many ways to do detoxification. The thing that is good about the Biotics program is that it is easy—like following a road map. Also, patients can lead normal lives while following the program. It does not involve fasting or colonics.

I personally have had a good experience with it. On Thanksgiving one year I began to have terrible back pain. The pain went all the way into my foot and I could not do a heel walk or dorsiflex my foot. It was a holiday weekend—no docs around except for the ER. I began phase one of the detoxification. By Monday, I was out of pain.

I still had the drop foot. I went to a chiropractor and began to get adjusted— and I continued the detoxification. At the time I was running my practice and the practice of someone else who was in the hospital. I continued the detox, the adjustments and did some exercises. In six weeks I was able to do the heel walk, and the pain was gone the whole time.

Some purists may like to do a detoxification differently, but the Biotics program was easy enough that I could continue to basically work two jobs and still stay on the program. Also, there is plenty of educational material, and patient compliance is pretty good.



Partnering with Healthcare Professionals

Biotics Research Corporation, in an effort to further the education of Healthcare Professionals and their patients, is pleased to offer several significant and useful practice building tools, all included in a weekly email, the **Biotics Bulletin**.

- **Tuesday Minute** - weekly video clip, full of nutritional education & clinical pearls
- **Weekly Product Feature** - product specific, informational summary
- **Supplement FAQ** - patient-friendly product descriptions
- **Monthly Newsletter** - filled with research, condition-specific topics, product education, and recommended protocols
- **Upcoming Seminars** - seminar announcements featuring world-renowned speakers
- **Upcoming Events** - nationwide tradeshows & symposiums exhibited by Biotics Research
- **FREE Webinars** - up-to-date topics of interest presented by a variety of knowledgeable professionals having a thorough understanding of the subject matter. Conveniently scheduled and lasting one hour, webinars are recorded and archived on our website at **www.bioticsresearch.com** for easy reference

CHEMICALS MAKING US SICK

Chemical exposure can cause a wide variety of symptoms, including fatigue, headaches, skin problems, digestive problems, recurrent Candidiasis, allergies and even cancer. Some occupations that involve chemical exposure are farmers, hairdressers, photographers, refinery and factory workers, airline employees, truck drivers, auto mechanics, painters, doctors and x-ray technicians. But in reality, all of us have an inappropriate amount of chemical exposure.

Just living on Earth gives us a fair amount of chemical exposure. How close do you live to a highway or airport? Air pollution is concentrated in the cities, but exists throughout the country. Farmers use liberal amounts of pesticides on their crops and liberal amounts of antibiotics in their animals. The amount of chemical exposure Americans get is unprecedented in history. Cancers of the liver, kidney and lymphatic system are on the rise. For people who are chronically ill, people who have multiple symptoms, who may be described as "just plain sick," chemical toxicity is often one of their issues.

In the midst of this chemical bath are people who suffer from many symptoms; they are like canaries that coal miners used to take into the mines. If the canary died, the miners knew that there were dangerous gasses present in the mine. In our society we have people who are exposed to the same chemical burden we all are.

The Average American has 116 Chemicals in His or Her Body

The "body burden" of chemicals is tested by the Atlanta-based Centers for Disease Control and Prevention every two years. It has found that the average American now has 116 synthetic compounds in his or her body. These include dioxin (from burning plastic), polycyclic aromatic hydrocarbons (from auto exhaust) and organochlorine pesticides. Of course there are about 75,000 different chemicals produced in the United States each year, 3,000 of which are produced in quantities greater than 50,000 tons each year. Chemicals that were banned decades ago persist in the soil, air and water. DDT, banned 34 years ago, still exists in detectable levels in many people. It would be interesting to see the CDC's result if all of these chemicals were tested for.

Recent studies have detected these pesticides, plastics and polymers not only in umbilical cord blood, but in the placenta, in human milk and in the bloodstreams and body fat of infants. These substances may have far reaching effects on our health. One toxin threatening mothers and children is mercury. Mercury has been linked to breast cancer, autism and attention deficit disorder. In 2002, a study found that nearly 15% of American women of reproductive age have enough of this contaminant in her blood to endanger a developing fetus.

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THE 3-STEP DETOX

The 3-Step Detox program offered by Biotics Research is a comprehensive detox program that specifically consists of the following:

Step 1: This step focuses on reducing acute/chronic inflammation. This step lasts for 6-7 days. It is accomplished by the following combined approach:

Common food allergens and generally unhealthy foods are avoided. Foods that you know you are allergic to are to be avoided. Alcohol, refined sugar, coffee, black teas, soy milk and pork are also avoided. Also avoided are peanuts, refined oils, margarine and shortening (i.e. hydrogenated oils). Anti-inflammatory supplements are administered. Supplements may include: A) **Intenzyme Forte**, a pancreatic enzyme product (taken on an empty stomach). B) **Kapp-Arest** is a combination of herbs and nutrients designed to reduce inflammation. C) **Bio-Allay** is a natural anti-pain product (given optionally if pain is an issue).

Step 2: This step is designed to eliminate toxins and harmful bacteria from the body. It lasts either 10 or 20 days, depending on the toxicity level. The purpose of this step is to control the underlying cause of pain and inflammation, remove the toxins and to repair

both the liver and the digestive tract. The dietary and supplemental advice is as follows: Continue to follow the original food restrictions. Also, consume a **NutriClear** shake for one meal and for one snack each day (**NutriClear** is a complete and nutritionally balanced therapeutic food). Supplement with **Bio Detox Packs**, a combination of nutrients designed for liver support, removal of toxins, killing of dysbiotic organisms in the bowel, and healing of the digestive lining.

Step 3: This step focuses on rebuilding and repairing following Step 2. It is designed to provide the necessary building blocks the body needs to repair damaged cartilage, joints and tissue. This step lasts either 30 days or more depending on the severity of the condition. It is very important to follow the principles of the diet as closely as possible. The following supplements are recommended: **Optimal EFA Caps** (a source of omega-3 fatty acids), **Pro Multi Plus** (a multiple vitamin), **BioDoph 7 Plus** (pro and pre/biotics—normal intestinal flora), and **Bio D Mulsion Forte** (a source of vitamin D).

Other supplements: If warranted, other supplements may be given: **Chondrosamine S**, which is a source of glucosamine and chondroitin for joint repair; **Bio-Allay**, which is a natural way to address pain if it is still present; and **Kapp-Arest**, which is a natural way to approach inflammation if it is still present.