

Dr. Paul G. Varnas & WholeHealthAmerica.com present

THE BETTER HEALTH NEWS

DECEMBER, 2014

**TOXIC CHEMICALS, ENDOMETRIOSIS
AND CHRONIC ILLNESS****DETOXIFICATION****THE 3-STEP DETOX 2****CHEMICALS IN OUR
BODIES 4****FREE MARKETING
SYSTEM 5****DAMAGE FROM
GMOS AND
ROUNDUP 6**

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, they found an increased incidence of many chronic and autoimmune diseases in women with endometriosis compared to the general population. Allergies occurred in over 60% of the endometriosis patients compared to the 18% in the general population. Hypothyroidism was seven times more common, chronic fatigue syndrome was more 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 like lupus, rheumatoid arthritis and Sjogren's syndrome. Thus the incidence of chemical exposure and endometriosis, as well as other illnesses seem to be correlated.



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THE 3-STEP DETOX

The 3-Step Biodetoxification program from Biotics Research is a very useful tool for practitioners. Unlike many detoxification programs, the patient can work and lead a normal life while on the program. It is a useful “reset” button for your patients with allergies, sinusitis, digestive issues and many other chronic health problems.

The primary goal of the three steps of the program are:

- Decreasing inflammation
- Metabolic Cleansing
- Regeneration and repair

Step 1 - Decreasing Inflammation

There are 2 versions of Step 1. *One is for chronic symptoms* and the other is for acute symptoms. This phase of the detoxification lasts for one week. The patient follows a diet (that is in the manual provided by Biotics Research 800-231 5777).

If the patient is in acute pain, the recommended product is **Intenzyme Forte™** (between six and 10 tablets 3x/day on an empty stomach). Also recommended is two **Bio-Allay**

capsules per day as well.

If the patient is in chronic pain, give **Bormelain Plus CLA™** (four tablets, 3x/day on an empty stomach) and **Beta-TCP™**, (two tablets, 2x/day).

Make absolutely sure that the patient has followed the diet and supplement regimen from Step 1 before allowing them to proceed to Step 2. If not, have them follow the diet again, until they successfully do it for seven days.

Step 2-Metabolic Cleansing

Step 2 lasts between 10 and 20 days. In this step, the patient makes a drink made with **NutriClear®**, plus **Pea Protein Isolate**. **NutriClear®** utilizes a pea protein isolate base, and is a hypoallergenic formula. It is used to support the normal detoxification pathways, for metabolic clearing, as well as for healthy GI function. **Pea Protein Isolate** adds additional protein for satiety. This combination is used as a meal replacement for breakfast and as a snack. The patient also takes **BioDetox Packs™**, one three times each day.



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Step 3-Regeneration and Repair

This phase lasts 30 days or longer. The patient takes basic supplementation to help heal the intestinal tract. This includes **ProMulti-Plus**, which is a high potency multiple from Biotics Research, along with essential fatty acids and a probiotic. **Optimal EFAs Caps®** and **BioDoph-7 Plus®** from Biotics Research are recommended. The patient can also take other supplements as needed. For example, someone with joint pain may take **Chondrosamine-Plus®** and **KappArest™**. If there is a vitamin D deficiency, **Bio-D-Mulsion Forte®** can be given. The patient also continues to use **NutriClear®** as a snack and as a meal replacement (usually for breakfast), if desired.



Biotics Research Corporation, in 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 IN OUR BODIES

The average American now has 116 synthetic compounds in his or her body, according to the Centers for Disease Control and Prevention in Atlanta. These compounds include dioxin, polycyclic aromatic hydrocarbons and organochlorine pesticides. 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 result if the CDC tested for all of these chemicals.

Recent studies have detected pesticides, plastics and polymers in umbilical cord blood, 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 had enough mercury in their blood to endanger a developing fetus.

In 1993, Mary Wolff, an associate professor at New York's Mount Sinai Medical Center, published a paper in the *Journal of the National Cancer Institute*, indicating that exposure to certain chemicals may play a role in breast cancer. Women with high blood levels of DDE (a compound formed when DDT breaks down), had risk of developing breast cancer that was four times higher than women with low levels of DDE. DDT was banned in the US in the 1970s. It can mimic the

hormone estrogen and is a known to disrupt the endocrine system. Research published in the *Journal of Nutritional and Environmental Medicine* states that exposure to small amounts of certain chemicals can increase the risk of developing cancer - particularly for infants and young adults. A study on rats published in the Dec. 6, 2006 online edition of *Reproductive Toxicology* found that exposure to biphenol A during fetal life may cause breast cancer in adult women.

An article appearing in *Food and Chemical Toxicology*, (1992;30(4):343-348) looked at the relationship between certain chemicals and Parkinson's disease. Parkinson-like symptoms can occur from exposure to certain toxins, such as manganese and carbon monoxide. Drugs like phenothiazines and butyrophenones may cause symptoms similar to Parkinson's. The chemical 1-methyl-4-phenyl-1,2,3 6-tetrahydropyridine (MPTP) causes symptoms similar to Parkinson's disease. This drug has been used as a model in studying Parkinson's disease. Paraquat has been studied since it has a similar structure to MPP+. There is some evidence that Parkinson's disease can be induced by pesticides. There is a correlation between early onset Parkinson's disease in people who drank well water in childhood. There also seems to be a relationship between Parkinson's disease and working in a paper mill or in an orchard. The author suggests that there may be a relationship between the chemicals used in orchards and paper mills that may be linked to Parkinson's disease. Also, environmental factors play a role in the disease, although there may be other factors.

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DAMAGE FROM GMOS AND ROUNDUP

An article appearing in *Food and Chemical Toxicology* (2012 Nov;50(11):4221-31. doi: 10.1016/j.fct.2012.08.005. Epub 2012 Sep 19), looked at the link to GMOs, Roundup herbicide, and disease. The health effects of a Roundup-tolerant genetically modified maize (from 11% in the diet), cultivated with or without Roundup, and Roundup alone (from 0.1 ppb in water), were studied 2 years in rats. In females, all treated groups had a 2-3 fold increase in death rate as compared to controls, and more rapidly. This difference was also visible in 3 male groups fed GMOs. All results were hormone and sex dependent, and the pathological profiles were comparable. Females developed large mammary tumors. They developed them more often than controls, the pituitary was the second most disabled organ; the sex hormonal balance was modified by GMO and Roundup treatments. In treated males, liver congestions and necrosis were 2.5-5.5 times higher. This pathology was confirmed by optic and transmission electron microscopy. Marked and severe kidney

nephropathies were also generally 1.3-2.3 more frequent. Males presented 4 times more large palpable tumors than controls which occurred up to 600 days earlier. Biochemistry data confirmed very significant chronic kidney deficiencies; for all treatments and both sexes. Seventy-six percent of the altered parameters were kidney related. These results can be explained not only by the non linear endocrine-disrupting effects of Roundup, but also by the overexpression of the transgene in the GMO and its metabolic consequences.

The average American consumes 193 pounds of GMO food each year. According to research in the *Journal of Environmental and Analytical Toxicology*, "Exposure of mammals to glyphosate may cause loss of mitochondrial transmembrane potential and result in oxidative stress to liver and brain. Both apoptosis and autophagy are involved in glyphosate toxicity mechanisms. Case reports indicated that exposure to glyphosate was related to Parkinsonism." Researchers have found higher glyphosate levels in chronically ill people than in healthy subjects.