



Healing *for the*
Pattern *of* Life

**Restoring Cellular
Communications
Pathways Program**

Practitioner's Guide

physicaenergetics.com



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An Introduction to Restoring Cellular Communication Pathways

For those who have been following the latest scientific breakthroughs to do with metabolism, mitochondria health, and nutrition, it continues to be clear that cellular communication is vital when it comes to establishing and maintaining a healthy body, mind, and heart. According to cellular biologists, cellular communication happens by way of receptor cell membranes, confirming that proper cellular communication only occurs when cell membranes are clear of “obstacles to cure,” as per Hahnemann, the father of Homeopathy.

The workings of a suitable environment for cells known as the extracellular matrix (ECM) and ground regulation, have occupied the European medical tradition since the early part of the 20th century. Cellular pathologists and biochemists have long sought to map cell communication networks and microcirculation in the ECM. It is now clear that the first signals of xenobiotic interference register in the connective tissue.

In the early 1950s, Rheinhold Voll MD, the originator of EAV/EDS identified this fundamental premise in terms of mesenchymal confluence. He found, as did Fritz Popp, that obstacles to cure revealed themselves as measurable “additional oscillations” in the meridian pathways.

In 1975, Prof. Alfred Pischinger MD, as a professor of Histology and Embryology at the University of Vienna, presented his work describing the Ground Regulation Matrix as a communication system spreading throughout the entire human organism.

Pischinger’s system of ground regulation, described in Matrix and Matrix Regulation, provides a model for explaining the dynamics of lymph flow relative to the extracellular matrix. The lymphatics and lymphatic organs are connected with the extracellular matrix and are responsible for the removal of wastes. Thus, regulation of the extracellular fluid matrix is part of every inflammation and immune defense process and all basic vital functions of the body.

According to Pischinger, “everything that comes out of the blood takes a somewhat complicated route through the

connective tissue to the parenchymal cells and then into the lymphatic system.” Toxicity of the connective tissue and related lymphatics cause extensive damage to the meshwork of high-polymer, sugar-protein complexes, and structural glycoproteins (collagen, elastin, fibronectin, laminin, etc.). This, in turn, reduces the connective tissue’s ability to act as a molecular sieve through which cell metabolites are designed to penetrate

The Cardinal Rule

Prior to detoxification, all channels for drainage must be open and the patient must be nourished!

The ECM is the largest system penetrating the organism completely. It takes care of the nutrition of the cells (internal circulation) and the removal of waste products from them. Thus, it regulates the “cell milieu system” and is at the same time part of every

inflammation and defense process. It is clearly responsible for all basic vital functions, physically, mentally, and emotionally. Since the lymphatic system is intermeshed throughout the entire organism, vital regulatory centers can be influenced by lymph therapeutics.

The health-damaging effects of many “trapped” toxic environmental, deranged protein molecules and trans fatty acids in the lymphatic system are neglected by most traditional and “holistic” practitioners.

All cells depend on the intact functioning of this system for their continued existence, as it guarantees the environment they need for survival. Organic diseases originate in dysfunctions of this system and its connections, throughout the organism.

The effects of a variety of noxious substances on the basic system (rigid and subclinical processes heavy metals, the effects of stress, etc.) have been subject to observation, and subsequent effective bioenergetic medical treatments for over five decades, using reaction/response measurement systems such as EAV, Kinesiology, Bio-resonance, and others.

For difficult and developing conditions to become accessible for treatment and effective resolution, it is vital that the pathways for drainage are open before detoxification. Simultaneous to this process, a highly functional update system needs to be in place and provided for through the addition of stabilizing nutritional supplementation, bowel and digestion regulation, electrolytes, organ relief, hydration, ionic minerals.

Restoring Cellular Communication Pathways Program

The Program and its Benefits



Opens the Case

Due to the polysystemic nature of conditions being presented by our patients, the challenge we as healing arts' practitioners face is always the same, "what is the starting point here"?

Failure to find a correct starting point sets up false causal chain premises which may lead us down a variety of interesting rabbit holes but may not bring the required result we are seeking.

We must first establish a solid starting point, a foundational aperture through and upon which the case may be accurately opened and built.

Unblocks and Opens the Channels of Drainage to Prepare the Body for Deeper, Safer Detoxification

All channels for drainage must be open prior to detoxification. This includes the primary local glands and organs of elimination: the liver, kidneys, lungs, colons, and even the skin, as well as systemic pathways of elimination; ECM (extracellular matrix), lymph and blood.

Both pathways -- local and systemic, must be operating in concert with one another to prevent translocation and re-toxication at deeper levels (see BioToxicosis).

Clarifies Nutritional Uptake

Often in the practitioner's enthusiasm to get to the core of the problem, key and foundational steps can be missed. Patients not only present with polysystemic patterning but are fundamentally nutritionally deficient in many areas.

Remember: nature abhors a vacuum. If something is going to be taken away, drained, or detoxified for example, then something will rush in to take its place. If the drainage channels, both locally and systemically, are clearing at the correct levels then we are off to a good start.

If the patient is deficient in ionic trace minerals, enzymes, electrolytes, probiotics, amino acids, and basic nutrients, the healing process will be challenged. Without resolution, these factors, in combination with dehydrated and acidic cells, will become an obstacle to cure. Furthermore, the conditions with which the patient initially presented may be recreated or suppressed.

Of course, dietary changes, exercise, and attitudinal adjustments are integral to the process.

Practitioners report that re-establishing the nutritional foundation whilst opening the drainage pathways prior to xenobiotic detoxification brings substantial and sustaining results, regardless of the condition.

CataZyme-7

Synergistically formulated digestive enzymes from biodynamic, organic sources.

180 Veg Capsules



Ingredients:

- *Alpha-Galactosidase* – breaks down carbohydrates such as raffinose, stachyose, and verbascose, commonly found in high-fiber foods such as beans, grains, and harder to digest vegetables.
- *Amylase* – enzyme found in salivary glands and pancreas needed to digest carbohydrates to assist in the production of energy. Traditionally used to alleviate allergies, asthma, joint stiffness, and swelling.
- *Cellulase* – the enzyme that breaks down cellulose, an indigestible fiber found in many fruits and vegetables. Traditionally used in heavy metal and Candida detoxification.
- *Diastase* – from *Aspergillus oryzae* has been used in thiamin extraction and conventional vitamin assay.
- *Invertase* – breaks down carbohydrates, especially sucrose. Relieves constipation.
- *Lactase* – enzyme that digests lactose. Resolves gas, cramping, and diarrhea.
- *Lipase* – breaks down lipids fats into fatty acids and glycerol and is beneficial in cases of blood sugar abnormalities, obesity, cardiovascular conditions, and cholesterol issues.
- *Protease* – enzyme needed to break down proteins into amino acids, traditionally used to relieve fever, infection, inflammation, parasites, Candida, acne, depression, anxiety, and fatigue.
- *Anise* – aids digestion and clears phlegm; contains a volatile oil, transanethole that has been shown to be an effective carminative for helping to prevent and reduce stomach and intestinal gas. Anise has also been shown to have antibacterial properties.
- *Barley Grass* – has been shown to dramatically accelerate food transit time through the stomach and small intestine.
- *Beet Powder* – Beets are rich in natural chemicals called nitrates. Through a chain reaction, your body changes nitrates into nitric oxide, which helps with blood flow and blood pressure. Boost Nitric Oxide levels to promote heart health and increased energy.
- *Calcium Citrate* – We all know that taking care of our bones is absolutely essential for healthy aging. In fact, over 99% of the calcium in the body is stored in the teeth and bones. High bioavailability!
- *Fennel* – has been used for thousands of years to stimulate digestion and relieve gas and bloating. Its volatile oil reduces stomach spasms in smooth muscles and therefore relaxes areas such as the digestive tract lining. Fennel can assist stomach upset, indigestion, bloating, gas, and cramp-like pains. Dissolves mucus secretions.
- *Gentian* – classic bitter herb including amarogentin, which ranks among the bitterest substances known. German authorities approved gentian for treating digestive complaints such as appetite loss, bloating, stomach ulcers, and flatulence.
- *Ginger* – a traditional digestive aid and immune-supportive herb that contains high concentrations of protease and increases amylase and stimulation of saliva.
- *Magnesium Citrate* – Magnesium is a vital catalyst in enzyme reactions. As magnesium citrate, it attracts water to the colon to stimulate bowel motility.
- *Marshmallow* – traditionally used to coat and soothe the digestive tract and for softening, protecting, and soothing irritated mucous membranes. The presence of mucilage has notable blood sugar-lowering action.
- *Papaya* – An excellent source of vitamins, minerals, and enzymes, including the digestive enzyme papain. Good for heartburn, indigestion, and inflammatory bowel disorders.

CataZyme-7 continued ...



Symptomology for using CataZyme-7:

- All digestive processes and disturbances
- Bloating
- Inflammation
- Allergies
- Heartburn
- Constipation
- Flatulence
- Weight issues
- Halitosis
- Energy depletion and fatigue

Contraindication:

Ulcers due to the protease (Substitute with CataZyme-U)

Dosage:

1-2 capsules with meals.

Notes:

Enzymes are organic catalysts. They accelerate reactions in the body that are essential for life. Our bodies have limited enzyme potential. Every person is born with the ability to make a certain amount of enzymes, as in having an enzyme bank account. As enzymes are used daily, the body's ability to make enzymes efficiently starts to decline, resulting in disease, low energy, and the aging process. Research shows that maladies such as asthma, allergies, arthritis, cancer, indigestion, toxicity, depression, anxiety, metabolic disorders, skin problems, low energy, and cardiovascular problems have been linked to enzyme deficiencies.

“The body relies on enzymes in the food for complete digestion. Sure, the body can make some of the enzymes needed for digestion, but when the food has absolutely no enzymes, the body has an increased burden to make as many enzymes as it can. Often, it cannot make enough. The result? Proteins putrefy, fats rancify and carbohydrates ferment in the gastrointestinal system causing autointoxication.

Experts believe that THE NUMBER ONE CAUSE OF INTERNAL TOXICITY IS UNDIGESTED FOOD resulting from an enzyme-depleted diet.”

— **Dr. Patricia Fitzgerald** author, *The Detox Solution*

At present there is no reliable or quantifiable standardization for enzymes yet many claims are being made in the healing arts' world relative to quantity and quality. Particularly in the field of enzyme therapy, **quality determines quantity**. Synergistically designed, CataZyme-7 fulfills this mandate exceptionally well.

CataZyme-U

Synergistically formulated, soothing gastric enzymes from biodynamic, organic sources.

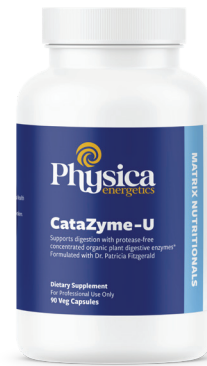
90 Veg Capsules



Ingredients:

- *Amylase* – enzyme found in salivary glands and pancreas necessary to digest carbohydrates to assist in the production of energy. Traditionally used to alleviate allergies, asthma, joint stiffness and swelling.
- *Cellulase* – enzyme that breaks down cellulose, an indigestible fiber found in many fruits and vegetables. Traditionally used in heavy metal and Candida detoxification.
- *Invertase* – Breaks down sucrose (found in cane and beet sugars) into individual glucose and fructose molecules.
- *Lactase* – enzyme that digests lactose. Resolves gas, cramping, and diarrhea.
- *Lipase* – breaks down lipids fats into fatty acids and glycerol. Traditionally beneficial in cases of blood sugar abnormalities, obesity, cardiovascular conditions, and cholesterol imbalances.
- *Maltase* – breaks down the carbohydrates maltase and starch. Alleviates gas and bloating.
- *Calcium Citrate* – Helps with bowel tone and motility due to its role in muscle relaxation and contraction.
- *Calendula* – contains volatile oil, mucilage, resins, and virus and bacteria-fighting chemicals which explain its reputation as a wound healer.
- *Chamomile* – Antispasmodic and anti-inflammatory properties have been identified in bisabolol, which probably explains why the herb helps soothe stomach upset; relaxes the smooth muscle lining of the stomach or intestines, and calms inflamed tissue. German authorities endorse chamomile tea for peptic ulcers.
- *Gentian* – classic bitter herb including amarogentin, which ranks among the bitterest substances known. German authorities have approved gentian for treating digestive complaints such as appetite loss, bloating, and flatulence. Has also been shown to help with stomach ulcers.
- *Marshmallow* – traditionally used to coat and soothe the digestive tract and for softening, protecting, and soothing irritated mucus membranes. The presence of mucilage has shown notable blood sugar-lowering action.
- *Lavender* – German authorities endorse the use of lavender tea for functional disturbances of the upper abdomen such as nervous irritable stomach.
- *Licorice* – helps heal ulcers by encouraging a local concentration of prostaglandins. It also has anti-inflammatory properties.
- *Magnesium Citrate* – Helps with bowel tone and motility due to its role in muscle relaxation and contraction. As magnesium citrate, it attracts water to the colon to stimulate bowel motility.
- *Slippery Elm* – contains abundant mucilage, a substance that swells into a spongy mass when it comes into contact with liquid; it coats, protects, lubricates, and soothes inflamed and irritated mucous membranes in the mouth, throat, and digestive tract.
- *Gamma Oryzanol* – a naturally occurring component of rice bran oil. Research has determined significant therapeutic efficacy in gastrointestinal disorders such as ulcers, gastritis, and irritable bowel syndrome.

CataZyme-U continued ...



Symptomology for using CataZyme-U:

- Ulcers
- Gastritis
- Irritable Bowel Syndrome
- Heals mucosal lining
- Digestive lesions
- Crohn's Disease
- Acid Reflux
- Sensitive stomach

Dosage:

1-2 capsules with meals.

Notes:

In cases of inflammation, ulceration or perforation in the gastric mucosa, extra care is required not only to assist with the digestive process but to heal the damaged lining of the gastrointestinal tract. CataZyme-U is an excellent clinical choice in this situation as it provides both digestive support and healing of the gastrointestinal mucosa.

The remedy contains the most prominent enzymes in correct synergistic ratios and proportions required for accurate digestion and assimilation of nutrients in a protease-free formula so as not to aggravate the already sensitive gastrointestinal tract.

Soothing wildcrafted or biodynamically grown botanicals nourish and support the digestive system while cooling inflamed tissues and assisting in the repair and restoration of damaged mucosal lining.

Unlike the drugs cimetidine (Tagamet) and ranitidine (Zantac), which temporarily suppress the production of stomach acid, CataZyme-U improves the integrity of the lining of the stomach and intestinal tract by increasing blood supply and mucosal secretions. While acid suppressors certainly provide quick relief, they fail to address the underlying cause. Furthermore, several of the ingredients in the formula have demonstrated an ability to inhibit H. pylori colonization.

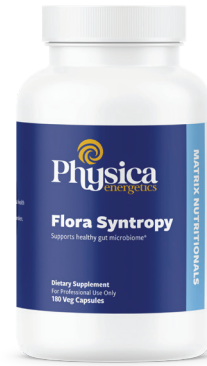
Another important consideration for the implementation of CataZyme-U is that since it improves the protective action of the intestinal lining, it is highly suitable for those who require long-term treatment with drugs known to promote ulcer formation, such as corticosteroids, aspirin, and other nonsteroidal anti-inflammatory drugs (NSAIDs). In fact, it was recently reported researchers are beginning to explore the benefits of coating aspirin with licorice and other botanical derivatives.

At present there is no reliable or quantifiable standardization for enzymes yet many claims are being made in the healing arts world relative to quantity and quality. Particularly in the field of enzyme therapy, quality determines quantity. Synergistically designed, CataZyme-U fulfills this mandate exceptionally well.

Flora Syntropy

A “right spinning” probiotic in a naturally protective spore form.

180 Veg Capsules



Ingredients:

- 15 billion *Lactobacillus Sporogenes* (Bacillus Coagulans)
- 250 mg Inulin (Chicory fructose oligo-saccharides)

Symptomology for using Flora Syntropy:

- Dysbiosis
- Biological terrain resolution
- Passive Leaky Gut
- Reduction and elimination of pathogenic bacteria in the gut
- Candidiasis
- During antibiotic use
- Parasites
- Diarrhea
- Elevated cholesterol
- Restores healthy colon flora
- Helps the body produce vitamins, particularly the B group
- Stimulates bowel movement and relieves constipation
- Increases HDL
- Converts lactose into right-spinning lactic acid

Dosage:

1-2 capsules 3X daily before meals.

Notes:

“Where health and vitality are found, friendly and beneficial microbes invariably exist. Likewise, where decay and dysfunction are found, the microorganisms associated with disease are present”

— Dr. Bernard Jenson

Flora Syntropy is a right-spinning probiotic that is completely milk and allergen free. This is especially important in cases of ADD or ADHD and allergy-specific conditions. Flora Syntropy contains active probiotic cultures of *Lactobacillus Sporogenes*, with 50 mm CFU concentrated from 15 billion live organisms/gram, making this the highest concentration of healthy bacteria available in the world (other companies may list higher CFUs but that is an inaccuracy designed to gain a marketing advantage).

One of the many unique aspects of this highly prized probiotic is its ability to flourish despite antibiotics and gastric juices due to its sporiferous form.

“Friendly” and beneficial bacteria play a variety of crucial roles in the body. In addition to aiding digestion and elimination, bacteria in the intestinal tract are important for the absorption of certain nutrients, the production of B vitamins and vitamin K, controlling yeast and bacterial overgrowth, and assisting in the immune response.

Lactobacillus sporogenes, also known as *Bacillus coagulans*, is a spore-forming, non-pathogenic bacteria naturally found in the human gastrointestinal and vaginal tract.

L. sporogenes is resistant to heat, acid, bile, and antibiotics. The spores are able to pass through the acidic environment of the stomach and enter the small intestine unharmed. Once there, the bacteria proliferate rapidly, colonizing the small intestine. It is estimated that germination of *L. sporogenes* takes place four hours after ingestion.

The lactic acid and bacteriocidins produced by *L. sporogenes* serve to increase the population of beneficial bacteria while making the environment inhospitable for infectious or pathogenic organisms. Since *L. sporogenes* produce only L (+) lactic acid, it does not cause metabolic acidosis.

The ability to bypass stomach acid and bile, as well as a rapid rate of colonization and proliferation, make *L. sporogenes* more effective at controlling infectious organisms in the intestines than other probiotic strains.

In the treatment of dysbiosis, *L. sporogenes* was found to be 20-30 percent higher than *Lactobacillus acidophilus* or *Bifidobacterium*. Inserted vaginally, *L. sporogenes* is useful in the treatment of vaginal infections and vaginitis.

L. sporogenes is able to bind cholesterol in the gut, removing it from the body. Clinical studies found that supplementation with *L. sporogenes* decreased total serum cholesterol levels, with a slight increase in HDL levels.

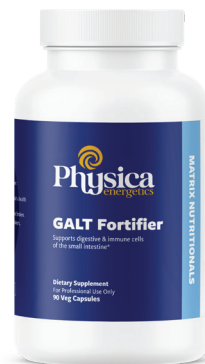
Fructo-oligosaccharides provide food for the bacteria, allowing them to multiply more rapidly once they reach the gastrointestinal tract.

Flora Syntropy re-establishes a healthy intestinal terrain, maintains appropriate bowel transit time, and offers assistance in cases of gastrointestinal distress. It is a wonderful addition to any healing strategy, especially in the case of dysbiosis, infection, or following antibiotic treatment.

GALT Fortifier

Small intestine immune support
for Peyer's Patches.

90 Veg Capsules



Ingredients:

- *Beta1,3-D Glucan* (as *Saccharomyces boulardii*)
- *Colostrum* (first 12-hour organic/hormone-free bovine from New Zealand)
- *Lemon Balm* (leaf)
- *Okra* (dried fruit)
- *Pepsin*
- *Polypeptides* (Hydrolyzed Fish Protein)
- *Rosemary* (leaf)

Symptomology for using GALT Fortifier:

- Peyer's Patches clarification
- Digestive disorders
- Immune deficiency
- Crohn's
- Malabsorption
- Dysbiosis
- Colitis
- Allergies
- Inflammation
- Mycoplasmas

Dosage:

1-3 capsules daily between meals.

Notes:

The primary function of the small intestine is the digestion and assimilation of food and nutrients. During this process, it will also be exposed to food antigens, bacteria, viruses, fungi, and other pathogens.

More than 80% of the immune function of the body is contained in Gut Associated Lymphoid Tissue (GALT). Located in the intestinal lining, GALT consists of lymphocytes, macrophages, Peyer's Patches, and lymph nodes.

Peyer's patches are lymphoid follicles in the small intestine. They consist of a layer of specialized epithelial cells, called M cells, which sit above follicles containing B and T lymphocytes. Similar in action of the rest of the immune system, M cells trap

antigens from the gut and present them to the lymphocytes in the follicles below. This offers a quick and efficient immune response to invading pathogens or food antigens.

The constant assault on the digestive system by acidic foods, bacteria, viruses, or other irritants can result in damage to the delicate lining of the small intestine. This damage impairs the digestive process, leading to poor absorption of nutrients and putrefaction of undigested food particles. Toxic by-products from bacteria that feed on undigested food particles add further to the destruction of the intestinal mucosa.

In response to this constant assault, cells in the small intestine release a layer of protective mucus, serving to lubricate and protect it from further damage. This layer of mucus, however, also prevents access by digestive enzymes and immune cells to the food particles and antigens in the lumen of the small intestine.

GALT Fortifier repairs the small intestine and restores digestive and immune function by breaking through the mucus build-up and nourishing the Peyer's Patches.

Okra and pepsin work in concert to break down the mucus covering. Okra is a sticky, mucilaginous substance capable of adhering to the mucus build-up on the intestinal wall, allowing the proteolytic enzyme pepsin to contact and break down the protein-based mucus.

Whitefish protein provides pre-digested essential amino acids to restore the integrity of the mucosal lining, while beta 1,3-glucan and colostrum nourish the immune cells of the Peyer's Patches.

Nourishment of the Gut-Associated Lymphoid Tissue:

1. Stimulates interleukin-2, cytokines, and macrophage action
2. Provides essential immunoglobulins
3. Elevates non-specific antibodies
4. Increases white blood cells
5. Blocks viruses and bacteria from inhabiting the digestive tract and lungs
6. Reduces allergic/sensitivity reactions

GALT Fortifier is a superior remedy to target gut-associated infections, inflammation, and immune healing strategies.

Nat Colon CLR

Gentle and effective colon cleanser.

90 Veg Capsules



Ingredients: (organic and wildcrafted)

- *Aloe* – Used to relieve constipation and has antibacterial and antifungal properties.
- *Barberry* – Improves bile flow, bowel movements, and digestion; natural antibiotic.
- *Black Walnut* – Traditionally used as a vermifuge; antifungal, antibacterial, anti-parasitic.
- *Cascara Sagrada* – Stimulates secretions throughout the digestive tract.
- *Dandelion* – used for liver, lymph, and gall bladder congestion; promotes urination.
- *Ginger* – Promotes bowel cleansing; antibacterial and anti-parasitic effects.
- *Sage Leaf* – Has antimicrobial and antifungal compounds.
- *Slippery Elm* – soothing to the digestive tract, absorbs toxins; heals mucous membranes.
- *Turkey Rhubarb* – Promotes bowel movements by encouraging the flow of bile.

Symptomology for using Nat Colon CLR:

- Constipation
- Fatigue
- Gas and bloating
- Hemorrhoids
- Parasites
- Yeast/Candida
- Bad Breath
- Irritable Bowel Syndrome
- A Protruding Belly

Dosage:

1 capsule in morning/1 capsule before bed.

Notes:

Nat Colon CLR not only helps the bowels move regularly (2–3 times/day), but also includes carminative herbs that reduce or eliminate cramps, gas, and griping that could be caused if stimulating herbs are taken by themselves.

Dr. Patricia Fitzgerald, the author of *The Detox Solution*, recommends this synergistically designed herbal preparation to effectively assist in removing toxic residue from the bowel, increase fiber for bulkier bowel movements, attract toxins to the colon, stimulate elimination, strengthen tissue, and aid in detoxification. Formulated utilizing organic and wild-crafted herbs in vegetable capsules, it offers a gentle and effective colon and systemic cleansing without the effects of addictive or harsh laxatives. Nat Colon CLR is a perfect complement to Nat Body CLR.

Nat Body CLR

Multi-organ drainage, detoxification, and decongestant botanical.

180 Veg Capsules



Ingredients: (organic and wildcrafted)

- *Artichoke* – reduces liver congestion and acts as a diuretic, antilipemic, and antilithic.
- *Barberry* – used to address stagnant conditions of kidneys, liver, stomach, and intestines.
- *Dandelion* – used for liver, lymph, and gall bladder congestion; promotes urination.
- *Gentian* – used for liver, gall bladder, lymph, and intestinal congestion.
- *Milk Thistle* – research shows its ability to detoxify and protect the liver.
- *Rosemary* – stimulates circulation; clears lungs, promotes urination and bile flow.
- *Schizandra* – used to clear kidneys and lungs; antioxidant shown to regenerate liver tissue.
- *Turmeric* – used to clear stagnation from the liver and lung meridians.
- *Yellow Dock* – used to clear skin and lymph; promotes bowel movement/bile flow.

Symptomology for using Nat Body CLR:

- Promotes bile and pancreatic juice flow
- Prevents liver congestion
- Enhances the production of glutathione
- Regenerates liver tissue
- Increases anti-cancer enzymes
- Reduces liver and gallbladder inflammation
- Improves digestion, and boosts the immune system
- Protects the liver, pancreas, spleen, and kidney

Dosage:

1-3 capsules 1-2X daily.

Notes:

This gentle, multi-organ, drainage remedy is designed to work in conjunction with **Nat Colon CLR** because any drainage and decongesting protocol accompanied by slow-moving bowels can result in upset to the system as the toxins are not encouraged to leave the body quickly. The ingredients in this product substantially reduce xenobiotic translocation and prevent toxins from re-toxifying the cells of elimination organs (liver, gall bladder, kidney, lung, lymph, and intestines).

ReHydrate

Homeopathic rehydration tincture.

2 oz. (60 mL)



Ingredients:

- *Adrenal, Hypothalamus, Kidney 6X, 6CH* – sarcode support for mineral corticoid function.
- *ATP 4X, 6X, 12X, 30X* – promotes and amplifies energy in cells.
- *Coffea Cruda 1X* – an excellent water transporter. Often those who crave and consume caffeine, sugar, and colas are using those substances in an attempt to promote hydration.
- *GABA 6X, 12X, 30X* – an inhibitory transmitter in the brain that assists with ADD and ADHD.
- *Germanium Sesquioxide 4X, 6X, 8X* – conducts electrons and amplifies energy thereby allowing electrical current to flow. The transfer of necessary electrons is highly dependent upon the availability of molecular oxygen that enhances intracellular communication through the mesenchyme.
- *Hypericum Performatum 3X, 6X, 12X* – soothes injured nerves; depression.
- *Natrum Muriaticum 6X* – sodium chloride, a substance present in the natural world in quantities greater than any other except water. Essential to life and health, salt has been valued in human commerce throughout history. Roman soldiers were given a stipend, called a salarium, which they used to buy salt; from this, we get the word salary. For conditions that are coupled with symptoms of extreme thirst, emotional sensitivity, and a strong desire for salt.
- *Serotonin 6X, 12X, 30X* – a neurotransmitter, involved in the transmission of nerve impulses regulating temperature and peristaltic motion. Used often in depression.
- *Taraxacum Officinale 1X* – dandelion is an excellent water transporter.

Symptomology for using ReHydrate:

- Dehydration
- ADD/ADHD
- Depression
- Adjustments not holding
- Low back pain
- Arthritis
- Corrects “left spin” and “switching”
- Elevated blood pressure
- Muscle cramping
- Headaches/migraines
- PMS
- Cardiac support
- Menopausal disorders
- Chronic Fatigue Syndrome
- Adrenal mineral corticoid support
- Edema non-pitting
- Photophobia
- Renal support
- Type 2 Diabetes

Dosage:

Do not take sublingually! 15 drops in every liter of water that is taken.

Notes:

- Add to less acidic fruit juices such as pear juice appear to have the best hydrating effect.
- The amount of water a person should consume each day is $\frac{1}{2}$ of one’s body weight in ounces.
- Often dehydration is mistaken for hunger.
- The fact that a person craves liquids other than water gives evidence of their inability to absorb water.
- Drinking water does NOT refer to coffee or tea with added milk, and sodas.

SpectraLyte

Newly enhanced with Pure Himalayan Shilajit and Lithium Orotate.

Right-spinning ionic trace minerals and alkalizing electrolytes

4 oz. (120 mL)



Ingredients:

Full complement of ionic trace minerals and alkalizing electrolytes with added Lithium Orotate 1.5mg Magnesium 250 mg, chloride 700 mg, sodium 10 mg, potassium 5 mg, sulphate 55 mg, pure Himalayan shilajit 6.5 mg, naturally occurring trace elements (boron, bromide, calcium carbonate, fluoride, silicon, nitrogen, selenium, phosphorus, iodine, chromium, iron, manganese, titanium, rubidium, cobalt, copper, antimony, molybdenum, strontium, zinc, nickel, tungsten, scandium, tin, lanthanum, lithium, yttrium, barium, silver, uranium, gallium, zirconium, vanadium, beryllium, tellurium, bismuth, hafnium, terbium, europium, gadolinium, samarium, cerium, cesium, gold, dysprosium, holmium, lutetium, thulium, erbium, neodymium, praseodymium, niobium, tantalum, thorium, thallium, rhenium).

Symptomology for using Spectralyte:

- Corrects right-left spin with right-spinning ionic trace minerals
- Element depletion
- Electrolyte replenishment required
- Stress
- Immune depletion
- Chiropractic adjustments not holding
- Adrenal insufficiencies
- Muscle weakness
- Chronic Fatigue Syndrome
- Emotional upsets
- Bacterial infections

Dosage:

15-20 drops daily in 1-2 ounces (about 50 mL) of filtered water (try using a shot glass), milk or non-dairy beverage, and juices reduce the salty taste of the electrolytes. The slight heat experienced when taking this product in an undiluted form is an indication of its enzyme activity.

Notes:

This unique and effective mineral supplement provides a wide-spectrum cellular support system that delivers the most important trace elements throughout the body. Without the presence of these negative and positive electrically charged ionized minerals, enzymes cannot function.

- No preservatives or binders are required in this product, as the specialized processing methods naturally create a sterile environment or terrain.
- Electrolytes are vital to stabilizing adrenal and endocrine and hormonal function.
- Can be used to alkalize acid water by putting 5 drops directly into the water.
- Use in water with Phyto Lavage Intrinsic for douching or as a mouthwash.
- Use when an antibacterial environment is required, e.g., colonic, enema, wounds, mouth rinse.

Because your body requires nearly two-thirds of all the elements currently known to man to maintain health, keeping these minerals in balance is a complex yet incredibly vital task. The events of

every day requires continuous ingestion of minerals. Perhaps modern living is why an estimated 90% of

Americans suffer from a mineral deficiency or imbalance. Unfortunately, in today's world, naturally occurring, nutrient-rich foods are becoming a thing of the past. Eons of vegetation growth and aggressive modern farming techniques have brought many of the earth's minerals to the surface where they have been washed away to the oceans.

Chemical and electrical processes are happening in your body at every moment. These processes can only function correctly if the proper balance of minerals is continually being supplied to your system. Iron for your blood, sulfur for your muscles, calcium for your bones, and an aggregation of many other elements in balanced trace amounts ensure the proper function of your body.

The fact that these minerals are in a similar proportion as healthy, living matter is a sign of synergy. And this intricate balance of every mineral and trace element in seawater is why it is so beneficial to the human body.

Increased mineral intake can prepare your body for more absorption of the other ingredients in our many formulas.

SpectraLyte continued ...



Electrolytes

Electrolytes are the charged substances that result when a salt is dissolved in solution. These positive and negatively charged ions can conduct electricity and are thus called electrolytes. For instance, common table salt is sodium chloride (NaCl). When dissolved in water or blood, it separates into a positively charged sodium ion (Na⁺) and a negatively charged chloride ion (Cl⁻). Essential electrolytes for physiological functions in humans include sodium (Na⁺), potassium (K⁺), magnesium (Mg²⁺), and chloride (Cl⁻).

As a group, these electrolytes are involved in countless activities essential for life, including energy production, nerve transmission, muscle contractions, pH balance, fluid balance, and more. The human body, the amazing self-regulating organism that it is, has a number of mechanisms in place to maintain proper electrolyte balance.

However, human beings, the amazing boundary-pushers that we are, have put ourselves in a variety of situations that may threaten this balance—extreme environments, heavy physical activity, and inadequate diets can all contribute to situations in which humans have to give their normally self-regulating bodies a helping hand. In other words, under average conditions, healthy individuals will meet their electrolyte requirements over the course of a normal day by eating and drinking. But when conditions promote excessive sweating and increased metabolic activity, those who have marginal electrolyte intake may place themselves at risk for deficiency. Environmental factors, minerals in various types of water, or a lack of nutrient dense foods consumed, or in excess like sodium can move more people to electrolyte imbalance.

Sodium and chloride

Usually, a package deal, sodium and chloride are the major extracellular electrolytes in the human body, sodium providing the positive charge and chloride the negative charge. In addition to providing balance to one another, these ions are essential for maintaining blood volume and pH.

Potassium

While sodium is our principal extracellular cation (positively charged ion), potassium is our principal intracellular cation. The normal functioning of the human body depends on an intricate balance of potassium and sodium concentrations. Potassium is

critical in nerve impulse transmission, maintaining cellular fluid volume and pH, muscle contraction, heart function, and tissue growth and repair. Additionally, potassium helps our body hold onto calcium, while excessive sodium leads to both potassium and calcium loss.

Potassium is not as readily lost in sweat, partially because the composition of sweat is more similar to extracellular fluids, and potassium is primarily found intracellularly.

Magnesium

Magnesium is the fourth most abundant cation in the body. Almost 60% is found in bone and the rest is stored intracellularly.

Magnesium influences many cellular functions, including the transport of calcium and potassium, DNA and protein synthesis, energy metabolism, stress and adrenal support, and blood sugar maintenance. It is also important for normal neurological and muscular function, including key involvement in cardiac and smooth muscle contractions.

Most Americans consume less than the estimated average requirement for magnesium. This comes as no surprise when looking at the Standard American diet. Processed and ultra processed foods, well any refining of foods remove magnesium from many foods that would have otherwise provided it while fortification practices have not included magnesium when adding back the lost nutrients.

For example, olive oil, corn oil, and peanut oil are all devoid of magnesium, while their whole-food predecessors are rich sources of this mineral. Similarly, white flour contains far less magnesium than whole-wheat flour.

Other significant food sources of magnesium include green leafy vegetables and legumes, which are low in the Standard American Diet. Additionally, people are consuming less natural hard water (water that contains magnesium and calcium), and more soft water or distilled bottled water, depriving them on another source of magnesium.

Modern living, and its associated dependency on processed foods, increased consumption of purified and distilled water, and depleted soil used to grow fruit, vegetables, and grains have culminated in a distinct deficiency of our electrolyte needs.

Restoring Cellular Communication Pathways Program

Practitioner Recommends:

Date: _____

Name: _____ Practitioner Name _____

Supplement	Before Breakfast	Breakfast	Before Lunch	Lunch	Before Dinner	Dinner	Bed
CataZyme 7 or U		2		2		2	
Rehydrate	15 drops in every liter of water you drink						
SpectraLyte	15 drops in every liter of water or dilute juice 2x daily						
GALT Fortifier**	2				2		
Nat Colon CLR*							1
Nat Body CLR		3				3	
Flora Syntropy**	2		2		2		
<p>*Increase Nat Colon CLR 1 capsule every 3 days until you achieve 1-3 bowel movements daily. ** Ideally 20 minutes before meals.</p>							



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