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Nutritional Pearls

Note: *All supplements must be tested for energetic compatibility with each patient.*

Nutritional Pearls

1. How can I reduce pain/swelling of intra-oral soft tissue lesions quickly?

***Ans.** Touchstone Essentials makes a product called Pure Body. It is liquid Zeolite. When applied to lesions on soft tissue, it immediately absorbs toxins, metabolic waste products which are causing the pain and swelling.*

*Acute Herpetic
lesion*



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2. When you have an abundant supply of essential amino acids, the necessity for antioxidant supplementation becomes reduced. Your body can manufacture glutathione in abundance when you have a constant supply of essential amino acids. Cysteine-cystine essential, and glycine and glutamic acid (nonessentials) readily synthesize glutathione. Nine out of ten persons may not accomplish this due to a poor quality of dietary protein.

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3. Consumption of essential amino acids (animal/vegetable) enables your stomach to manufacture more hydrochloric acid (HCl), to further increase your protein digestion, and acidify minerals (calcium, phosphorus, sulfur, etc.) so that they are prepared for entering your body. This alleviates the most common cause for indigestion, heartburn and acid reflux.

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Essential Amino Acids

1. Histidine
2. Isoleucine
3. Lysine
4. Methionine
5. Phenylalanine
6. Tryptophan
7. Valine

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4. **L-arginine** is required for the body to synthesize nitric oxide, which is important in wound healing, stimulating immune function, and promoting secretion of glucagon, insulin, and growth hormone.

Food sources of l-arginine: Whole wheat, rice, nuts, seeds, corn, soy, grapes, cocoa, carob, dairy, meat and poultry, chocolate and fish.

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5. How can vertebral discs be healed?

***Ans.** Eighty percent of disc problems are due to protein deficiency. Platinum Plus (SuperNutrient), amino acid formula, starts disc lesions healing in 10 hours. An adjunctive supplement, Quercetin (Perque), works great as an anti-inflammatory and reduce pain.*

It can take approximately 9 to 12 months to heal a disc.

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6. Healing a TMJoint or vertebral discs requires a variety of nutrients:

- a. **Platinum Plus** (Supernutrients): amino acids*
- b. **Ligaplex II** (Standard Process): Manganese -ligaments*
- c. **Glucosamine Synergy** (Standard Process): cartilage*
- d. **Biost** (Standard Process): blue print for bone repair*
- e. **Cataplex ACP** (Standard Process): Repair, anti-inflammatory*
- f. **Omega 6** (Your Essential Supplements): Omega 6:3 in a 11:1*
- g. **The Gift** (Mother Earth Labs): 74+ macro/micro minerals*

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7. Is ascorbic acid really vitamin C?

Ans. No. Natural vitamin C is derived from a food source (green buckwheat, Camu-Camu fruit, acerola berry, Indian Goose Berry [AMLA], wild Spanish orange, and green peppers. Natural vitamin C contains tyrosinase which is activated by copper to convert the amino acid tyrosine to thyroxine, P factor (Bioflavonoids - permeability), J factor (increases oxygenation carrying capacity of the blood), vitamin K is another part of the vitamin C complex that promotes prothrombin formation and helps in coagulation.

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8. Periodontal disease is associated with the release of proinflammatory mediators which are also associated with pathogenic bacteria and systemic oxidative stress.

The following nutrients are very effective anti-oxidants to quench the oxidative free radicals:

Astaxanthin: Trout, micro-algae, yeast, and shrimp; most commonly found in Pacific salmon, and is what gives the fish its pinkish color.

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Astaxanthin:

- Reaches into every part of the cell.
- Crosses the blood-brain barrier.
- It does not oxidize after it does its job, like many other oxidants do.
- It can handle many different types of free radicals simultaneously which is a rare quality among antioxidants.

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The following products are very effective anti-oxidants to quench the oxidative free radicals:

Vitamin C: Functions as an anti-oxidant, is anti-viral, anti-bacterial, anti-fungal and anti-inflammatory. Food based from buckwheat, Camu-Camu fruit from South America, AMLA - C (Indian Goose Berry) green peppers, strawberries are good sources.

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The following products are very effective anti-oxidants to quench the oxidative free radicals:

CoQ10: It is an antioxidant and essential in the production of energy in cells. Effective in assisting the periodontal tissues in healing. Present in meat, nuts and some oils and raw vegetables.

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The following products are very effective anti-oxidants to quench the oxidative free radicals:

Resveratrol: It is a nonflavonoid, anti-oxidant derived from the Japanese knotweed. Also found in red grapes, peanuts, and raspberries. The trans configuration has been shown to be the most biologically active form; it works as a powerful anti-oxidant alleviating oxidative stress and inflammation.

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9. Treatment of dental related Inflammation:

***Ans.** Quercetin is a flavonoid commonly found in apples, onions, citrus, green tea and red wine.*

NSAID Drugs such as aspirin, acetaminophen and the prescription drug Celebrex have significant side effects which have resulted in 100,000 hospitalizations and 15,000 deaths per year in the United States. Complications from the use of these medications represent about 40% of ALL DRUG-Related emergencies!

Nutritional Pearls

10. Fluoride has an affinity for calcium, magnesium, and phosphorus and replaces iodine on its receptors. What's the best way to get rid of fluoride?

***Ans.** Best way to remove fluoride from the body is to take Magnascent Iodine, which kicks fluoride off the receptors. Magnascent Iodine is the most biologically active form and closest physiologically for thyroid utilization.*

Nutritional Pearls

11. Treating Aphthous ulcers nutritionally.

***Ans.** Calcium lactate (SPL)- suppresses the Herpes simplex virus; Linum B6 (SPL) acts as a diffuser pushing the calcium into tissues. Also pulsing a 5 MW soft laser (red [650 nm] or green [532 nm]) over the ulcer speeds the healing process by stimulating the uptake of calcium.*

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12. Effective heavy metal chelators.

***Ans.** IMD (Quick Silver- Intestinal Metal Detox); Platinum Plus (Supernutrients); Glutathione (Quick Silver, Premier Research, Max International); Dental Chord and Metal Chord (Energetix); Clay FX (Premier Research); Medi-Dental Pak + Neuro ND (Premier Research).*

Remember: If the body is deficient in trace minerals it will not let go of the heavy metals.

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13. Effective method for stopping bleeding.

***Ans.** Homeopathic Ferrum Phos 6X potency - dissolve pellets in distilled or spring water and apply to gingival area with a cotton pellet. Stops bleeding very quickly.*

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14. How to reducing dry socket pain.

***Ans.** Pierce a Chlorophyll perle (SPL) and squeeze contents into post-extraction site. Pain dissipates quickly as the chlorophyll breaks down the guanidine produced by the injured tissue. Also, following my post-extraction protocol prevents dry sockets in the high 99% bracket.*

Nutritional Pearls

15. Vitamin B1 deficiency is often misdiagnosed as Hypoglycemia.

***Ans.** Prescribe a natural B-complex (SPL - Cataplex B).*

Common nervous symptoms are: instability, forgetfulness, difficulty in orderly thinking, vague fears, uneasiness, paranoid reactions, headache, insomnia, dizziness and soreness over most of the body.

Also, a B-1 deficiency exhibits all the same symptoms of COVID.

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16. What is the Impact of Estrogen Dominance?

***Ans.** An overproduction of estrogen leads to excessive insulin production, which in turn is responsible for inexplicable weight gain and systemic inflammation. If uncontrolled, this hyperinsulinism can lead to type 2 diabetes. With falling progesterone levels unable to balance the estrogen bursts, the result is further estrogen dominance. Estrogen dominance can lead to increased incidence of breast, uterine, and ovarian cancer.*

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17. How to handle the Fearful/nervous type patient.

***Ans.** Prescribe the homeopathic remedy *Gelsemium sempervirens* 30 C potency. Five pellets night before dental appointment, 5 pellets upon awakening and 5 one hour before appointment. This will take the edge off the patient.*

Nutritional Pearls

18. What form of vitamin D₃ is best?

***Ans.** Recommend Premier Researches Serum D₃. The D₂ in this product is derived from mushrooms and converted to D₃ by sunlight. Also the kidneys convert D₂ it to D₃. Recommended daily dosage 5 to 10 drops (5000 to 10,000) on the tongue.*

Most Vitamin D₃ is made by irradiating lanolin.

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19. Most chronic pain patients have an acid pH (4.5 - 6.2).

***Ans.** Can start alkalizing the patient with a teaspoon of baking soda in 8 ounces of water. Also recommend The Gift (Mother Eather Labs), Organic Minerals (SPL) or Magnascent iodine. Chronic pain patients are sympathetic dominant and use of magnesium and Catalex B2 helps calm down the sympathetics. Also most chronic pain patients are hypothyroid.*

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20. A high percentage of TMJ patients have hypothyroidism.

***Ans.** Have patient take their armpit temperature first thing upon awaking and before they get out of bed. If a female still has her cycle, start on day 3 and take her temperature for 30 days. Post menopausal take temperature for 10 days. Normal range 98.2° F - 97.8° F. (36.8° C - 36.6° C)*

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21. When patients present a high incidence of caries check for the presence of hypothyroidism and low pH.

***Ans.** Have patient take their armpit temperature first thing upon awaking. If a female and she still has her cycle, start on day 3 to take her temperature and continue for 30 days. Post menopausal take temperature for 10 days. Normal range 98.2° F - 97.8° F. (36.8° C - 36.6° C)*

Nutritional Pearls

22. Remineralize bone.

Ans. The following supplements work well:

- 1. Biost (SPL): Provides genetic blueprint to restore the bone matrix.*
- 2. Mintran (SPL): Ca + Mg and trace minerals.*
- 3. Linum B6 (SPL): Flax oil acts as a diffuser.*
- 4. Cataplex ACP (SPL): Provides the “mortar” for the minerals.*
- 5. Protofood (SPL): Provides the amino acids to restore the bone.*

Supplement regime must be taken for a minimum of 3 months and an average of 6 months to resolve most cases. Also check for hypothyroidism

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23. Reduce the stiffness of aging.

***Ans.** Natural Vitamin C contributes to collagen production which provides the plasticity of supportive tissue. Free radicals reduce the pliability of collagen. Superoxide Dismutase (SOD) counteracts the unstable oxygen free radical and slows down the stiffness of aging. Active H₂ is another excellent product to slow the anti-aging process. Betacol (SPL) has the anti-stiffness Wulzen factor. Organic, cold pressed omega 6 omega 3 important to rebuild the membranes.*

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24. Nutrients can counter act each other. Example fish oil neutralizes Vitamin C.

***Ans.** Do not take Vitamin C and fish oil together. At least 4 hours apart. **Warning:** All fish oils are rancid at body temperature and will reduce CoQ₁₀ levels , which can cause congestive heart failure.*

*Read Prof. Brian S. Peskin's book, **PEO Solution** for the documentation on fish oils.*

Nutritional Pearls

25. Why avoid coffee when ingesting supplements.

***Ans.** Caffeine acts as a diuretic flushing out minerals especially calcium, magnesium, potassium and the water soluble B vitamins. Caffeine also inhibits the absorption of calcium and iron through the intestines. Caffeine also inhibits Vitamin D receptors.*

Caffeine also blocks the affect of scalar waves dramatically reducing the healing benefits of scalar wave therapy.

Nutritional Pearls

26. Why isn't Tums a good source of calcium.

***Ans.** Tums provides calcium in the form of calcium carbonate (limestone) which will cause kidney stones. Better forms of calcium are calcium lactate, orotate or glycinate.*

***Note:** All supplements must be tested for energetic compatibility with each patient.*

Nutritional Pearls

27. What two vitamins are essential to preserve the periodontium?

***Ans.** Vitamins B and C help prevent degeneration of bone marrow.*

***Note:** mercury is instrumental in causing periodontal breakdown of tissues.*

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28. Why is ingesting Tums, Di-Gel, Maalox and other antacids detrimental to the integrity of the periodontium?

***Ans.** The aluminum hydroxide in these products lowers blood phosphates, which in turn cause muscle aches and loss of calcium from the bones. A better way to resolve indigestion is to provide Betaine HCL and or digestive enzymes.*

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29. Why is iodine so important in the diet?

***Ans.** Iodine deficiency affects approximately 2 billion people and is the leading preventable cause of intellectual disabilities. Every cell in the body needs iodine.*

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30. What is the difference between Iodine and Iodide?

***Ans.** Iodine is an important element from the family of halogens. Iodide is the ion of iodine showing a -2 valance. Iodine is very reactive and combines with other compounds easily to form iodide compounds (KI). Iodine orally is poisonous. The salt of iodine, KI, is in a stable form and safe. The thyroid requires KI to function and prevent goiter.*

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31. What is Magnascent Iodine and why is it so important?

***Ans.** Magnascent iodine is the electrification of toxic raw iodine which breaks the diatomic bond making it safe and has a high amount of electromagnetic energy associated with it. In this energetic state raw iodine's absorption rate increases from 50% to 100%. Magnascent iodine is a biologically active form of iodine and assists the thyroid to function normally.*

Nutritional Pearls

32. What are the functions of iodine in the body?

***Ans.** The biologically active form of “iodine” is a potent anti-viral, anti-fungal, anti-bacterial, and anti-parasitic agent to which no pathogen has ever shown resistance. Iodine will also alkalize the body.*

Nutritional Pearls

33. Can iodine cure fibrocystic breasts?

***Ans.** Absolutely. Within 6 weeks of taking 12 to 14 mg of iodine daily the fibrocystic breast issue will resolve.*

*Read the book, **Breast Cancer and Iodine**, by David M. Derry, MD, PhD*

You know Dr. Derry was on the money because the Canadian medical authorities took his medical license away from him.

Nutritional Pearls

34. Can iodine cure skin cancer?

***Ans.** Absolutely. Within 6 to 8 weeks of taking 12 to 14 mg of iodine daily plus applying it topically the skin cancer issue will resolve. Also topical application of liquid stevia will reverse skin cancer. Another anti-cancerous supplement is apricot kernels (3 to 6 per day).*

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35. How to effectively treat an abscessed tooth?

***Ans.** Every two hours take: 4 Biost (SPL), 4 Cataplex ACP (SPL), 2 Thymex (SPL), 4 Mintran (SPL), 2 Quercetin (Perque) and one Immutol (Immunocorp). Also treating the tooth with Rife frequencies (osteomyelitis program) will dramatically reduce the pain and swelling within 24 to 48 hours.*

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Rife Technology

Every pathogen vibrates at a signature frequency. In the 1930s, Royal Raymon Rife discovered the mortal oscillatory rate of many pathogens and was able to reverse cancer and other infections without the pathogens becoming resistant to the radio frequencies.



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36. What's the relationship between bone loss in periodontal disease and manganese?

***Ans.** Deficiency of manganese inhibits the osteoblasts from laying down new bone. Manganese is also needed for normal thyroid function, which is a primary cause for osteoporosis when in hypofunction.*

Nutritional Pearls

37. What mineral is absolutely essential for the uptake of micro-minerals by the endocrine glands?

***Ans.** Indium, which is the 49 mineral in the periodic table. Indium is insoluble from foods. A patented compound, Indiumease (Indium sulfate) readily absorbs into the endocrine glands allowing trace minerals to enter. Indiumease also increases longevity.*

Nutritional Pearls

38. What mineral is absolutely essential for the uptake of water by all cells?

***Ans.** Crystal Energy (PHI Sciences): microcluster water with silica to increase the wetness of water and increase hydration. Mega Hydrate is another product by the same company that aids in the hydration of cells. Most people's cell membranes have a plastic consistency because of the adulterated omega 6 oils in the diet. Organic omega 6 oils will repair the cell membranes and allow water to enter to rehydrate the cells. Omega 6 will also dissolve the plaque in the arteries.*

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39. What anti fungal is effective in increasing mitochondrial energy?

***Ans.** Methylene Blue is an electron donor. It must be diluted 1 to 99 and in a pharmaceutical grade. It also kills fungus in the brain. It is also very effective against malaria and was used to treat it in World War I.*

Nutritional Pearls

40. What's a good anti-aging remedy?

***Ans.** Active H2: A natural and safe anti-aging remedy that restores homeostasis. It instantaneously converts toxic oxygen radicals to water; targets the most destructive oxygen radicals, hydroxyl and peroxynitrite without depleting the beneficial cell signaling molecules; maintains homeostatic levels of glutathione and has beneficial effects on cell metabolism and gene expression, which gives anti-inflammatory, anti-obesity, and anti-aging effects.*

X39 patch by Lifewave has been documented to stimulate stem cells!