

A New Approach *for Depression*

An Interview with
Dr. Kelly Brogan, MD

Phospholipids

And Your Health

ADHD in Children

Focusing on Simplicity
for Positive Change

Alzheimer's Disease

Reversing Cognitive Decline





DELICIOUS
LIME FLAVOR

SUPPORT HEALTHY CELLS FOR YOUR PATIENTS



PectaSol® Professional is the only natural inhibitor of galectin-3 (Gal-3), a protein involved in multiple health conditions.* Research shows that modifying Gal-3 levels in the circulation supports healthy aging, cellular function, cardiovascular health, and normal immune response.*

THE ONLY CLINICALLY STUDIED MODIFIED CITRUS PECTIN


CLINICAL SYNERGY
PROFESSIONAL FORMULAS
We also offers products in many categories.

Clinical Synergy is the professional
brand from ecoNugenics

 **ecoNugenics**

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any diseases.



6

FEATURE ARTICLE

A New Approach for Depression

An Interview with Dr. Kelly Brogan, MD

COLUMNS

12 Foundations

ADHD in Children

Focusing on simplicity for positive change

18 Hot Topics

Reversing Cognitive Decline in Alzheimer's

Factors that contribute to Alzheimer's and how to repair the damage

22 Everyday Practice

Improving Sleep for Healthier Patients

Positive Habits for Healthy Sleep and More

28 Practice Success

Convenience: A Priceless Commodity for Your Practice

The benefits of using an online dispensary

32 Research Update

36 Ingredient Spotlight

Phospholipids and Your Health

40 Product Showcase





Jaclyn Chasse, ND
VP of Scientific and Regulatory Affairs

In this issue, Dr. Tina’s interview with Dr. Kelly Brogan really hit to the core for me. It’s so easy to prescribe a drug and “make the pain go away” for a patient. But Dr. Brogan begins with mindset, which is really where all change happens. For me this was a valuable reminder that it isn’t our job to take the pain away but to empower patients to own their journey, to find hope while staying true to their beliefs and to transform before our eyes not at our hands.

I also love the reminder about the role of a doctor to serve as a guide, then as a witness. I am one of those clinicians who loves to spend my time reading studies, wrapping my head around mechanism of action and the newest emerging evidence. But without making a foundational mindset shift, we are only giving our patients not teaching them to fish for themselves (if you’ll let me use that cliché).

During this season of change, I encourage you to reflect on how you can support your patients (even better than before) to not need your help anymore. This is how we measure success in medicine!

Jaclyn Chasse, ND

FDA STATEMENT

The information provided in this publication is the opinion of the authors based upon the latest evidence available. We hope that this issue provides health care practitioners with useful information to apply in their clinical practices. As with all scientific information on dietary supplements, the statements made within this issue are not reviewed, verified or approved by the FDA.

CONTRIBUTORS



Jaclyn Chasse, ND
Dr. Jaclyn Chasse is a naturopathic physician and the VP of Scientific and Regulatory Affairs for Emerson Ecologics. She proudly serves as the President of the AANP and thinks everyone needs a good probiotic!



Tina Beaudoin, ND
Dr. Tina Beaudoin is a licensed naturopathic doctor. She enjoys seeing patients in her private practice in Manchester, NH and has been serving as the President of the New Hampshire Association of Naturopathic Doctors since 2012.



Lisa Murray, RDN, LD
Lisa is a Licensed Dietitian/Nutritionist and Medical Educator for Emerson Ecologics. Herbalist, nutrition counselor, writer and educator, Lisa’s passion is teaching others how to integrate botanicals and nutrition supplements into a healthy diet and lifestyle, for optimal health and healing.



Meredith Murray, ND
Dr. Meredith Murray is a practicing naturopathic doctor and the newest member of the Medical Education team at Emerson Ecologics. She sees patients in New Hampshire, focusing on digestive disorders.



Kelly Brogan, MD
Kelly Brogan, MD is board certified in psychiatry, psychosomatic medicine and integrative holistic medicine, and specializes in a root-cause resolution approach to psychiatric syndromes and symptoms.



Kristen O'Dell, ND
Dr. O'Dell’s medical practice, Bedford Natural Medicine, provides naturopathic care for the whole family and serves the Southern New Hampshire and Northern Massachusetts areas.



Alan Gaby, MD
Dr. Alan Gaby is internationally recognized as an expert in nutritional therapies. He is the author of the textbook *Nutritional Medicine*.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

A New Approach for Depression

An Interview with Dr. Kelly Brogan, MD

Kelly Brogan, MD, is a Manhattan-based holistic women’s health psychiatrist, author of the *New York Times* Best Seller *A Mind of Your Own* and co-editor of the landmark textbook, *Integrative Therapies for Depression*. She completed her psychiatric training and fellowship at NYU Medical Center after graduating from Cornell University Medical College, and has a B.S. from MIT in Systems Neuroscience. She is board certified in psychiatry, psychosomatic medicine and integrative holistic medicine and is specialized in a root-cause resolution approach to psychiatric syndromes and symptoms. She is a certified KRI Kundalini Yoga teacher and a mother of two.

Dr. Beaudoin: How did you start on the path of integrative medicine?

Dr. Brogan: I went to medical school to become a psychiatrist and have always been interested in women’s health and became one of the first 300 reproductive psychiatrists in the country, which meant medicating pregnant and breastfeeding women. It was my own health experience that tilled the fertile soil for my radical transformation. I was diagnosed with Hashimoto thyroiditis after my first pregnancy. Very uncharacteristically, I pursued treatment with a naturopathic doctor for the first time in my life. Through lifestyle medicine, I put my autoimmune condition into total remission and my career took a left-hand turn that has persisted for the last 10 years.

Dr. Beaudoin: What do you view as one of your primary roles as a clinician?



Dr. Kelly Brogan, MD

Dr. Brogan: I’m holding a safe space for women to move through their deepest challenges and confront some of their most deeply felt existential fears. And that is really what illness has come to mean for me. It’s a portal for you to work with and move through a lot of the ways in which perhaps women are uninitiated into themselves, before being delivered a diagnosis or before confronting the limitations of your lifestyle; whether relationship, job or before developing a consciousness of what a gift this human organism is.

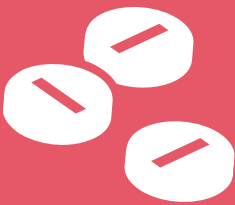
Dr. Beaudoin: How do you frame or view mental illness?

Dr. Brogan: There is a lot of pushback as my position on this is a very controversial concept. People feel very indicted in some ways by the notion that the disabling experiences of mental illness could ever be re-packaged as something valuable. We’ve only ever been taught that suffering and pain and symptoms are bad, that discomfort is bad and needs to be eradicated. Mastery and dominance over our bodies and life experiences has not led us to a place of vitality and freedom. We are now struggling in ways that are very complex and we are sicker than we have ever been in history. People are flocking to integrative practitioners because something is not working.

Looking at your illness as an invitation or opportunity, it puts you back in control over your own destiny rather than leaving you a dependent victim of your own bodily experiences, of your genes, back luck, etc. Anyone who has recovered from a chronic illness and has put it into total remission would never go back and say; “Oh I wish that didn’t happen.” It was essential for that to happen for them to become a more authentic version of themselves. Anyone on the other side of a healing process knows that they needed that to happen.

All indigenous and world cultures understand that initiation is a part of growing up and if we continue to run from this then we will remain infantilized adults who have no in-built capacity to meet challenges and who experience life as this scary, dangerous place until they die. That’s not acceptable and not a goal I want to support.

Psychiatric medications are a means to say that what you are feeling is scary and wrong and needs to stop. Informed consent is about informing patients, up front, about all that science has to say so they can chose what they believe. All of the research around the placebo effect substantiates the notion that our medical outcomes in allopathic medicine ride the placebo effect more consistently than they do a validated mechanism. So our belief in what we are doing is more relevant than actually what we are doing. You have to identify your belief system before you can know what type of medicine is right for you. How can you connect with a belief system if you don’t know it exists? A big part of my activism is video interviews with patients who have completely shed their severe chronic psychiatric illness so that others know



A meta-analysis in *JAMA* found that antidepressant medication benefits may be minimal or nonexistent compared to placebo.¹

that it is possible. Sometimes knowing it is possible can ignite the process of transformation.

Dr. Beaudoin: What do you do in your initial first office visit?

Dr. Brogan: My initial visit is three hours long. During the first two hours we explore their longitudinal narrative. I want to understand the meaning of the presenting illness to the patient. What does it mean that they are having these symptoms and that they are coming in at this point in their trajectory? We start with the in utero experience and march along from there. We explore how they think about health and suffering and symptoms and how much fear are they bringing to the table. Most of my patients have done a lot of work on this already and are not blocked by fear and have a high level of commitment to self-care. I try to assess for what elements of their life experience might be holding them back. Almost always it relates to diet, inadequate relaxation response, toxicant exposures and often also relates to their marital relationships, career, home, etc. These are some of the trappings that are keeping them in a small version of their life. When I’m bold enough, I ask, “What needs to die in your life for you to be reborn?”

Dr. Beaudoin: What labs do you do order?

Dr. Brogan: It’s become much more simplistic over the years. I do almost no functional medicine testing now. I spent many, many years doing lots of functional testing (salivary testing, stool analysis, organic acid testing, etc.) and at this point I focus so much on belief level and totally patient-driven self-care. I don’t find much of a need for lab work. I am interested in autoimmunity and thyroiditis in chronic psychiatric illnesses, so I will always screen for that.

Standard order:

- CBC, Chemistry Panel, ANA
- TSH , Free T3, Free T4, Reverse T3 (especially if on T4 medication) & antibodies

Occasionally order:

- CRP, homocysteine & serum B12

For the most part, the labs don’t change my initial template because I don’t want too much of a situation of where the healing

"It's a very personalized journey and highly individualized and it is important to frame this process as not something just to get through, but as a shift in consciousness that needs to undergird the physiological adaption to life without meds."



approach is contingent upon my expertise as a provider. I want to set up the ground conditions for them to take control of this process. My online program, *Vital Mind Reset*, is a replica of what I do in clinical practice and the outcomes we get from that program are actually more robust than what I get from my own practice. I'm publishing three case reports that I believe have never been replicated in medical history that are so dramatic and only one of them are from my practice. A big part of that online program is community-based online healing. It is a very active community. There is a deeply empowering and healing element to the groups. We need to resolve this separation that we are suffering from and these communities are a compelling part of rapid and radical healing.

Dr. Beaudoin: Can you tell us more about the coffee enemas you prescribe?

Dr. Brogan: I'm passionate about coffees enemas, which I learned about from my mentor Dr. Nicholas Gonzalez. Many patients ask, "Where can I go to get these done?" I reply, "You do this for you as part of your self-care." They are so effective because they up-regulate phase I and II detox in the liver. There are papers from the 1960s in the *New England Journal of Medicine* talking about coffee enemas resolving acute onset psychosis and catatonia in the ICU setting. Coffee enemas have the ability to quickly clean things out.

Dr. Beaudoin: What has been your experience with pharmaceutical interventions for mental health?

Dr. Brogan: I read an *Anatomy of an Epidemic* by Robert Whitaker right around the time when I was healing from Hashimoto's and this book totally changed the course of my life and career. It essentially makes an unimpeachable argument that the very medications we are using to treat mental illnesses are actually perpetuating the recidivism and chronicity of those illnesses. It is a controversial claim, but Mr. Whitaker backs it up with non-funded research. It was a big part of why I put my prescription pad down and when I did, I offered all my patients

(many of whom who I had put on medications) the opportunity to come off. And that is how I learned about the fact that psychiatric medications are the most habit-forming chemicals on the planet. Others pale in comparison when we are looking at the basics, even just even the neurological profile of the withdrawal phenomenon.

Dr. Beaudoin: What is your approach for patients who are already on pharmacological treatment for depression when their goal is to discontinue medication? What is your tapering schedule?

Dr. Brogan: I'm so glad you asked this question. I learned first-hand that even a relatively slow taper at 25% can be disabling to a person. And if you don't know what you're doing, you'll say, "Oh my, you are relapsing, you better stay on this medication, you need it." When you have more experience and you know the literature that supports this allegation (as mentioned in previous question), then you know this is a complex withdrawal phenomenon and that it can manifest in all manner of strange ways from gastrointestinal bleeding to strange neurologic symptoms to even gait-based phenomenon to flares of autoimmune conditions. And of course it can lead to many different psychiatric symptoms ranging from impulsivity (including homicide and suicide), self-injury, panic attacks and dysautonomia.

Now, I do not touch a medication dosage until my patients have completed my program, *Vital Mind Reset*, with no exceptions. It is very basic one-month commitment to a nutrition program, daily meditation and coffee enemas. Self-care is a devotional aspect of the entire process.

There is no cheating; with no exceptions and then and only then will we began a taper. Normally, I start with a 10-15% taper test dose decrease where I see how they do for about two weeks. Often there will be some declaration that that is too aggressive or that it is just fine. For example, if they are on 100 mg Zoloft, we will reduce by 12.5 mg. We might proceed at that very same dose decrease and if it goes well, we will do those taper decreases at month intervals. If the 12.5 mg taper wasn't manageable, then we reduce

to 6.25 mg taper and if that is not manageable, then we are looking in the compounding realm. It is not frequent that we need this slow of a taper, but it does happen that I need to go down to a 1% taper per month because it is so medically destabilizing.

It's a very personalized journey and highly individualized and it is important to frame this process as not something just to get through, but as a shift in consciousness that needs to undergird the physiological adaption to life without meds. There was a mindset that brought you to meds and you need to be initiated to a mindset of faith and trust that needs to emerge on the other side because otherwise what has changed in your consciousness.

My goal is resolve all of the root causes that led to medication in the first place. Whether that is a B12 deficiency, hypothyroid, toxicant exposure, etc., and to resolve that on the physiologic level and to work on the mindset shift that is necessary to move forward. We create the space for the spiritual awakening that, in my experience, 100% of the time comes with this process.

Dr. Beaudoin: What type of supplements do you use to support your patients?

Dr. Brogan: I don't ever start with supplements as we always start with the month-long self-care regimen as described above first. After the first month, I use supplements for taper support, which generally includes combination formulas (amino acid & B vitamins) to support serotonin, dopamine or more generally neurological health or a plain amino acids supplement. I often recommend N-acetyl cysteine\NAC and also occasionally SAME, but rarely. I use a base of amino acid support as well as fatty acid support. I also use phosphatidylcholine, evening primrose oil and cod liver oil or fish oil (with the full spectrum of fatty acids as my patients are eating a fair amount of saturated fats). Dr. Gonzalez also taught me about digestive enzymes and glandulars (adrenal, thyroid, hypothalamus, pancreas and liver). I often don't start with a probiotic as my patients are eating a bunch of fermented foods; rather, I view probiotics as a strategic intervention in my



In the *Women's Health Study*, antidepressant use lead to a 32% increase risk of all-cause mortality with a 45% increase risk for stroke in postmenopausal women.²

taper support approach. For calming agents, I might consider an oral lavender extract, L-theanine or GABA and sometimes adaptogens, like rhodiola, ashwagandha or holy basil as needed.

Dr. Beaudoin: What type of dietary modifications do you prescribe?

Dr. Brogan: The basic protocol is a Paleo-style template with pastured animal foods, eggs, natural fats (olive oil, coconut oil and ghee), nuts and seeds, all vegetables and fruits as well as honey and maple syrup. During the first month, we do eliminate resistant starches (white potatoes and white rice), all grains, dairy, sugar, coffee and alcohol and processed foods. We do reintroduce white rice and white potatoes because I believe these foods are beneficial and most of my female patients don't do well on a low-carb diet. There is personal tailoring and the signal becomes clearer to the patient at the end of the first month. These dietary recommendations were first anointed by my mentor, Dr. Nicholas Gonzalez, based on different metabolic types and the way that foods compliment the autonomic nervous system dominance in patients. We are just publishing a book by Dr. Gonzalez posthumously that we found on his computer called *Nutrition and the Autonomic Nervous System*. It's an incredible gift.

Dr. Beaudoin: You mentioned toxicant influences as a factor to consider. Do you include aspects of environmental medicine into your practice and program?

Dr. Brogan: Yes, I ask my patients to engage in conscious consumerism. We look at all products they purchase. I feel especially passionate about water filtration because finding that I'd been falsely informed that NYC has the best water on the planet when in fact it has 600 disinfectant byproducts, chloride, fluoride and glyphosate. It is such a powerful move to start filtering water properly. I'm very concerned about what we are doing to this planet. Also, on a psycho-spiritual level, what we do to this planet, we do to ourselves. When you're thinking about how to clean up this body, you're also thinking about how to clean up this planet. An intentionality that is necessary to find our way out of this.

Afterword
I went into the interview anticipating hearing about things like hormones, neurotransmitters, inflammation, gut-brain connection, toxicant exposures, the microbiome, histamine imbalances, etc., and instead of taking my left brain down this road, Dr. Kelly Brogan knocked on the door of my soul and shared her unique approach. An approach that encourages and empowers patients to learn and grow from their suffering, to reach into themselves for something more, to care deeply for themselves, in a way that brings them toward a physical and spiritual awakening and transformation. Thank you, Dr. Brogan.

1. Fournier et al. Antidepressant drug effects and depression severity: a patient-level meta-analysis. *JAMA*. 2010 Jan 6;303(1):47-53.
2. Smoller JW et al. Antidepressant use and risk of incident cardiovascular morbidity and mortality among postmenopausal women in the Women's Health Initiative study. *Arch Intern Med*. 2009 Dec 14;169(22):2128-39.

VitaSpectrum®

Multiple vitamin/mineral supplement
for children on the spectrum.†

This comprehensive multiple vitamin/mineral supplement contains 28 highly bioavailable essential nutrients in amounts and ratios designed to address nutritional imbalances commonly observed in children on the spectrum. Gastrointestinal function, including transit time and absorption issues, affects a significant percentage of individuals on the spectrum and contributes to altered nutritional requirements. VitaSpectrum® addresses these inadequacies by supplying balanced amounts of vitamins, minerals, and trace elements in forms that are typically well tolerated by those on the spectrum.

- 28 well-utilized, bioavailable nutrient forms
- Free of milk/casein, gluten, and other common allergens
- No artificial additives, colorings, flavorings, or preservatives
- Easy to administer powder and capsule options
- Great tasting citrus and berry-pomegranate powder flavors
- Affordably priced



†These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



Klaire Labs™ meets Emerson Quality Program Gold Partner Standards.



†These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

BALANCING HORMONES FOR HEALTHY AGING†

Our hormones enable us to adapt to the demands and stressors of life, but hormone levels often diminish as a consequence of normal aging. Our brain, bones, heart, skin and muscles all depend on healthy levels of sex hormones, thyroid hormones, and adrenal hormones to function properly. These hormones work in synergy to support our mood, motivation and drive. Maintaining healthy and appropriately balanced hormones supports healthy aging and quality of life, and helps make an active lifestyle easier to maintain.†



DOUGLAS LABORATORIES | PUSHING POTENTIAL.

©2017 Douglas Laboratories. All rights reserved.



ADHD in Children

Focusing on Simplicity for Positive Change

By Jaclyn Chasse, ND

Does this scene sound familiar? A child sitting in their chair, maybe fidgeting or playing with a toy, iPhone or device, when their parent shares with you (under hushed voices) the challenges that have been going on with their child and your patient. From the trouble focusing in school and their behavior to the frustration felt by all, including the child, because they aren't achieving the goals they hoped to when they started medication or counseling.

They've tried everything traditionally recommended: Adderall, Stratera, Concerta, Ritalin and others. And so they are here ... looking for your help today.

Unfortunately, this is a familiar scene. The *US Centers for Disease Control* reports that in 2011, the percentage of children with an ADHD diagnosis increased to 11.0%, with some states, like Kentucky, posting diagnosis rates of nearly 19%—one in five children!¹

So, What Can We Do?

First, make sure that you are getting a good history and comparing a child's behavior to how children should behave, not to how adults should behave. There is likely an element of over-diagnosis contributing to this rising statistic. Setting expectations of what can be expected of children is important as well as coaching parents to help them with the skills needed to get the best out of children.

Second, look around at the child's environment. The data is fascinating about the role of environmental toxins on children's neuronal development and this starts in utero. What is in this child's environment that may be harming their brain function, and what things can be easily changed? Preservatives, pesticides and additives in food may be contributors to changed behavior.² Get the family eating closer to the earth with a focus on whole, unprocessed, organic food!



Lastly, consider what therapeutics can be helpful and start with behaviors before ANY pills (pharmaceutical or natural).

Does the child get enough fresh air and exercise? Consider a prescription of an exercise regime that also offers the chance to enhance the ability to focus, such as martial arts or kids yoga. Meditation,

neurofeedback and other mind-body modalities have shown promise. Consider what daily routines could help a child stay on track.

Regarding Therapeutics

Think first about what nutrients will help with healthy brain growth and development Also, consider nutrients that will help support



increased blood flow to the brain for healthy cognition. For the former, some go-to therapeutics include a good multivitamin (free of colors, additives, etc.) and fish oil. With fish oil, a combination product containing both EPA and DHA is preferred. I'd shoot for a potent dose, about 1 gram daily (1,000 mg) of EPA/DHA for a child of 50-75 lbs. In 2012, the Cochrane Review published a review of polyunsaturated fatty acids (PUFAs) for ADHD and while there was not strong evidence of efficacy, some studies showed an improvement with combined omega-3 and omega-6 supplementation.³

The most current review on the subject demonstrated that PUFAs had mixed results, but more consistent benefit was observed with administration of zinc, magnesium and iron in lowering symptoms in children with or at high risk of deficiencies in these minerals, suggesting that mineral deficiency may play at least a partial role in the etiology of ADHD in children.⁴ Mixed evidence

also exists for carnitine, pycnogenol, SAM-e, tryptophan and Gingko biloba with ginseng. To date, there is no evidence to support the use of St. John's wort, tyrosine or phenylalanine in the treatment of ADHD symptoms in children.

In addition to the evidence-based suggestions above, nutrients known to support healthy cognition include ingredients like L-theanine and GABA (to promote a calm mind) as well as herbs like gotu kola and rhodiola. In addition to the nutrients in a multivitamin, extra B vitamins may also support a healthy, focused mind in kids and can be dosed in an easy-to-use lozenge.

1. <https://www.cdc.gov/ncbddd/adhd/data.html>
2. Polanska K, Jurewicz J, Hanke W. Exposure to environmental and lifestyle factors and attention-deficit/hyperactivity disorder in children - a review of epidemiological studies. *Int J Occup Med Environ Health*. 2012 Sep;25(4):330-55.
3. Gilles D et al. Polyunsaturated fatty acids (PUFA) for attention deficit hyperactivity disorder (ADHD) in children and adolescents. *Cochrane Database Syst Rev*. 2012 Jul 11;(7).
4. Lange KW, Hauser J, et al. The Role of Nutritional Supplements in the Treatment of ADHD: What the Evidence Says. *Curr Psychiatry Rep*. 2017 Feb;19(2):8.
5. Rucklidge JJ, Johnstone J, and Kaplan BJ. Nutrient Supplementation approaches in the treatment of ADHD. *Expert Rev Neurother*. 2009 April;9(4):461-76.

Help your pets maintain good health with NOW® Pets Supplements

L-Lysine Pure Powder
Immune System Support for Cats

Omega-3 Support
Omega-3 Fatty Acids for Dogs/Cats

Urinary Support
Supports Healthy Urinary Function for Dogs/Cats

Immune Support
Assists Immune System for Dogs/Cats

Pet Relaxant
Helps Keep Pets Calm for Dogs/Cats

Pet Allergy
Supports Immune System for Dogs/Cats

Joint Support
Healthy Aging and Normal Joints for Dogs/Cats

Weight Management
Supports Healthy Weight for Dogs

For more product information please visit emersonecologics.com

PROBIOTICS DESIGNED
WITH *your patients* IN MIND.



Introducing HMF Fitness for Healthy Weight Management Support**

Our increasingly busy lifestyles often limit the time we have to exercise and prepare nutritious meals. That's why Genestra offers HMF Fitness, a probiotic formula with added citrus and guarana extracts for healthy weight management support.* Each convenient, once-daily capsule combines five proprietary strains of probiotics, a necessary component of any healthy diet, with a clinically studied citrus and guarana extract that helps support the maintenance of a healthy abdominal fat composition, healthy hip and waist circumference, and healthy fibrinogen levels.*

NON GMO DAIRY FREE GLUTEN FREE SOY FREE VEGAN NO FOS



Tried, tested and true.



GENESTRA
BRANDS®

© 2017 Genestra Brands. All rights reserved.
The information contained herein is for informational purposes only and does not establish a doctor-patient relationship. Please be sure to consult your physician before taking this or any other product. Consult your physician for any health problems.
* Provides weight management support as part of a healthy lifestyle including regular exercise and a reduced calorie diet

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Colon Health: The NATURAL solution.*

3A Magnesia™ ends your worries about daily regularity*

Every year some 3.5 million people report an embarrassing complaint: **CONSTIPATION.**

And whether it's a result of health, diet or lifestyle changes, or something that "just happens," when your colon isn't doing its job, you just don't feel right.

Dr. Michael Steelman, a weight loss specialist, sees this frequently in his practice. "Patients whose daily diets have undergone drastic change may respond by becoming constipated," he says. "When this happens, some patients dose themselves with over-the-counter laxatives or colon cleansers. Others put off doing anything until their systems are teeming with wastes and toxins. Neither strategy is healthy."

When your colon slows down, so do you!

"The longer wastes remain in your system," Dr. Steelman explains, "the more opportunity there is for toxins to escape into your bloodstream, making you feel lethargic, dull, and out of sorts. But regular laxative use is not the best solution for constipation. The risk of dependency aside, some laxatives are very hard on the system. And fiber supplements can cause uncomfortable bulk and bloating."

Dr. Michael Steelman
Bariatric Specialist
Steelman Clinic
Oklahoma City, OK

Forget harsh laxatives and bulky fiber!

The key to regular, comfortable elimination is a soft stool. And there is no more effective stool softener than water. Constipation starts when the waste that is left after food is digested passes too slowly through your digestive tract. The longer it stays there, the more water it loses, the harder it becomes, and the more you have to strain

Gentle, natural and uniquely effective: 3A Magnesia is a better way.

"3A Magnesia is a natural mineral supplement that increases the collection of water in the colon to make elimination easy, regular and natural," Dr. Steelman says. "It restores regularity, usually overnight without stimulating the intestines or adding uncomfortable bulk. And unlike other laxatives, it is gentle enough to use every day."*

3A Magnesia is 3 Colon Products in One!

- 1. For Daily Regularity:** 6 mini-tabs with water at bedtime for the first 3 days. Reduce intake by 1 mini-tab each day, until you reach your "personal comfort" maintenance level (usually 1-2 mini- tabs).*
- 2. For Overnight Relief:** 6 mini-tabs with water at bedtime.*
- 3. For Colon Cleanse:** 6 mini-tabs with water at bedtime for 7 consecutive days.*

Health Professionals may have received free product for their endorsement.



To prevent constipation, the secret is water.

The Active Magnesia™ in 3A Magnesia can draw up to four times as much water into into the colon as ordinary magnesium, to make elimination easy, comfortable, and regular. And it is so gentle, you – like thousands of others across the U.S.A. – can take it every day.*



3A Magnesia - 100 Tablets
EMERSON ITEM 3AMA2

Supplement Facts: Serving Size: 6 tablets (first 3 days)
Magnesium (as Magnesium Oxide) 1152 mg,
Sodium (as Sodium Croscarmellose) 10mg

LANE MEDICAL

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

PAIN^{*†}

[When Pain is Your Problem, Curaphen[®] is Your Answer!^{*†}]



Call for
**FREE
SAMPLES**
800-654-4432
(While supplies last)

EuroMedica[®]

Driven by Science. Focused on Nature. Rich in History.

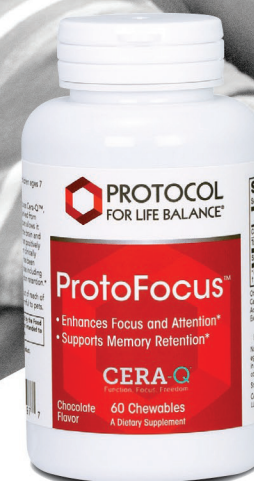
www.emersonecologics.com | 800.654.4432



[†] Occasional muscle pain due to exercise or overuse

^{*} THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT DISEASE.

STAY SHARP WITH NEW
PROTOFOCUS[™] *



NEW!

With Clinically Evaluated
CERA-Q[™]
Function. Focus. Freedom.

HEALTHY COGNITIVE FUNCTION^{*}

ProtoFocus[™] features Cera-Q[™], a unique combination of peptides derived from silk protein. Its unique structure allows it to easily bind to proteins present in the brain and impact their function in such a way that positively affects cognition.* Cera-Q[™] has been clinically evaluated in children and adults and has been shown to enhance normal brain activities including learning, attention, focus and information retention.*

Supports Memory Retention^{*}

Enhances Focus and Attention^{*}

With Clinically Evaluated Cera-Q[™]

Chocolate Flavor Chewables

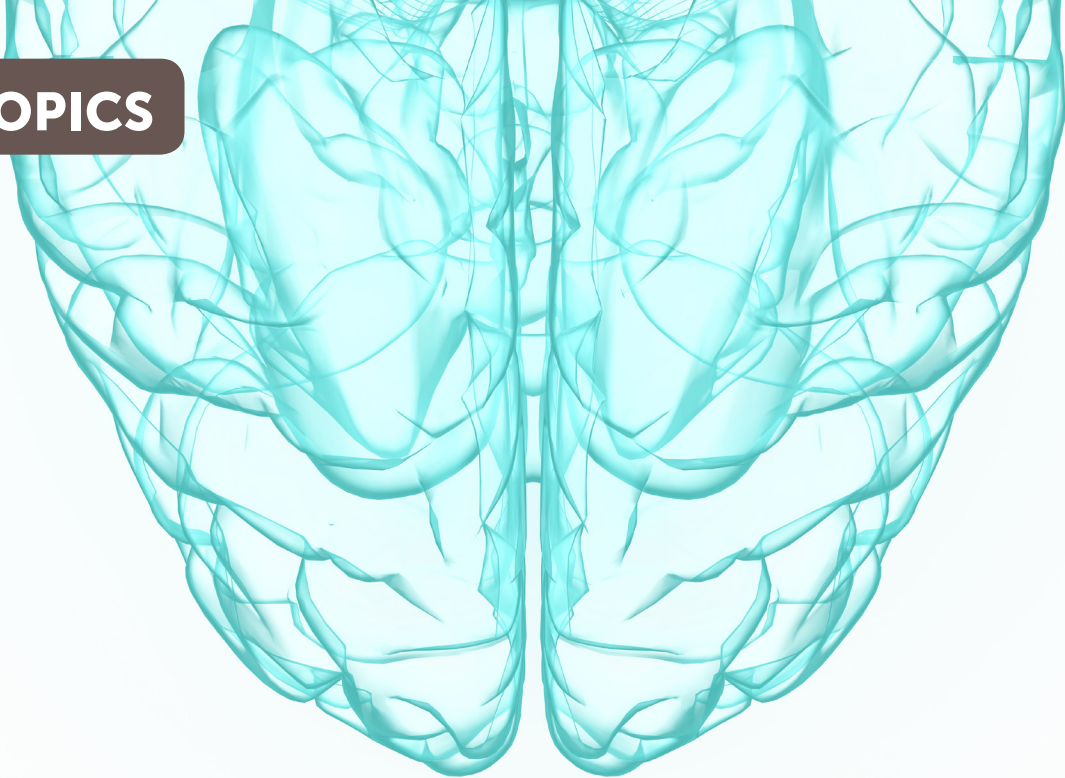
For Children and Adults

For a complete listing of Protocol For Life Balance[®] products please visit:
emersonecologics.com / Call: 800-654-4432 / Order today!

emerson
ECOLOGICS[®]

PROTOCOL
FOR LIFE BALANCE[®]

^{*} These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Reversing Cognitive Decline in Alzheimer's

By Tina Beaudoin, ND

If you didn't get a chance to attend this year's annual Institute for Functional Medicine/IFM Conference, you missed hearing about the exciting research and positive clinical outcomes being achieved in the field of Alzheimer's and cognitive decline. Integrative clinicians specializing in this field are reversing cognitive decline in early and moderate Alzheimer's disease by identifying and addressing the underlying physiological imbalances. For many decades, neuronal damage was believed to be irreparable. Dr. Peter Eriksson published the first study that "demonstrated that cell genesis occurs in the human brains and that the human brain retains the potential for self-renewal throughout life."¹ Research has expanded since this landmark study and integrative clinicians are working diligently to understand the multitude of factors that contribute to Alzheimer's and most importantly, how to repair the damage.

In searching for solutions, the neurotrophic factor Brain Derived Nerve Growth Factor/BDNF is one of the key proteins in brain plasticity and offers many insights in brain health and cognitive decline. BDNF enhances neurogenesis, neuronal differentiation and synaptogenesis, modulates appetite, enhances telomerase activity, supports development and maintenance of CNS function, enhances long-term potentiation

in the hippocampus and inhibits injury related apoptosis. Lower gene expression of BDNF is found in patients with Alzheimer's, Parkinson's, depression and obsessive-compulsive disorder.²



1 in 3 seniors dies with Alzheimer's or another dementia.

There is a wide array of foundational integrative principles that have been found to up-regulate BDNF expression. Physical exercise and increasing caloric expenditure exhibits powerful epigenetic effects on upregulating BDNF expression. The Cardiovascular Health Study found that "higher energy output, from a variety of physical activity types, was associated with larger grey matter volumes in frontal, temporal and parietal lobes, as well as hippocampus, thalamus and basal ganglia. High levels of caloric expenditure moderated neurodegeneration-associated volume loss in the precuneus, posterior cingulate and cerebellar vermis."³ Regular physical activity (aerobic, resistance training, walking, etc.) not only leads to a 50% risk reduction of AD, it also benefits those patients with AD who benefitted with increased grey matter volume. Statistics can be a powerful motivator to get your sedentary patients to embrace a regular exercise routine.

It is not surprising with the decades of research on the gut-brain connection that a healthy GI tract is vitally important in brain health. Chronic intestinal inflammation alters hippocampal neurogenesis (impacting learning, memory and mood) and leads to significant behavioral changes, including cognitive

impairment and depression.⁴ Zhang et al found significantly elevated levels of endotoxin LPS/lipopolysaccharides in patients with AD.⁵ Healing the digestive tract is essential in almost all chronic conditions and especially important in patients with Alzheimer's and cognitive impairment. Research in animal models has also shown that prebiotics (with FOS) and probiotics positively impact expression of hippocampal BDNF after just five weeks.⁶ In patients with AD, Akbari et al found that 12 weeks supplementation with probiotics showed a significant improvement in the MMSE score (P <0.001) and several metabolic markers (hsCRP, insulin resistance, beta cell function and serum triglycerides).⁷

Dr. Dale Bredesen, MD of the Easton Laboratories for Neurodegenerative Disease Research, UCLA and the Founding President of the Buck Institute is spearheading amazing research and clinical outcomes in AD. He has categorized AD into three major subtypes (and also combinations of these three subtypes) and notes that most patients do not fit into just one subtype but rather may have contributing factors from multiple subtypes. Leading integrative experts in the field postulate that Alzheimer's disease is actually a protective

continued on page 20

Type 1 Inflammatory ("Hot")

- Increase in hsCRP and/or other inflammatory markers (IL-6, IL-8, TNFa, etc.)
- Reduction in albumin/globulin ratio
- Increase in M1/M2 macrophage ratio with reduction in MFI
- ApoE4 important risk factor
- Typically amnesic presentation
- Hippocampal atrophy is common
- Identify and address cause/s of inflammation such as leaky gut, AGEs, diet and poor oral hygiene

Type 2 Atrophic ("Cold")

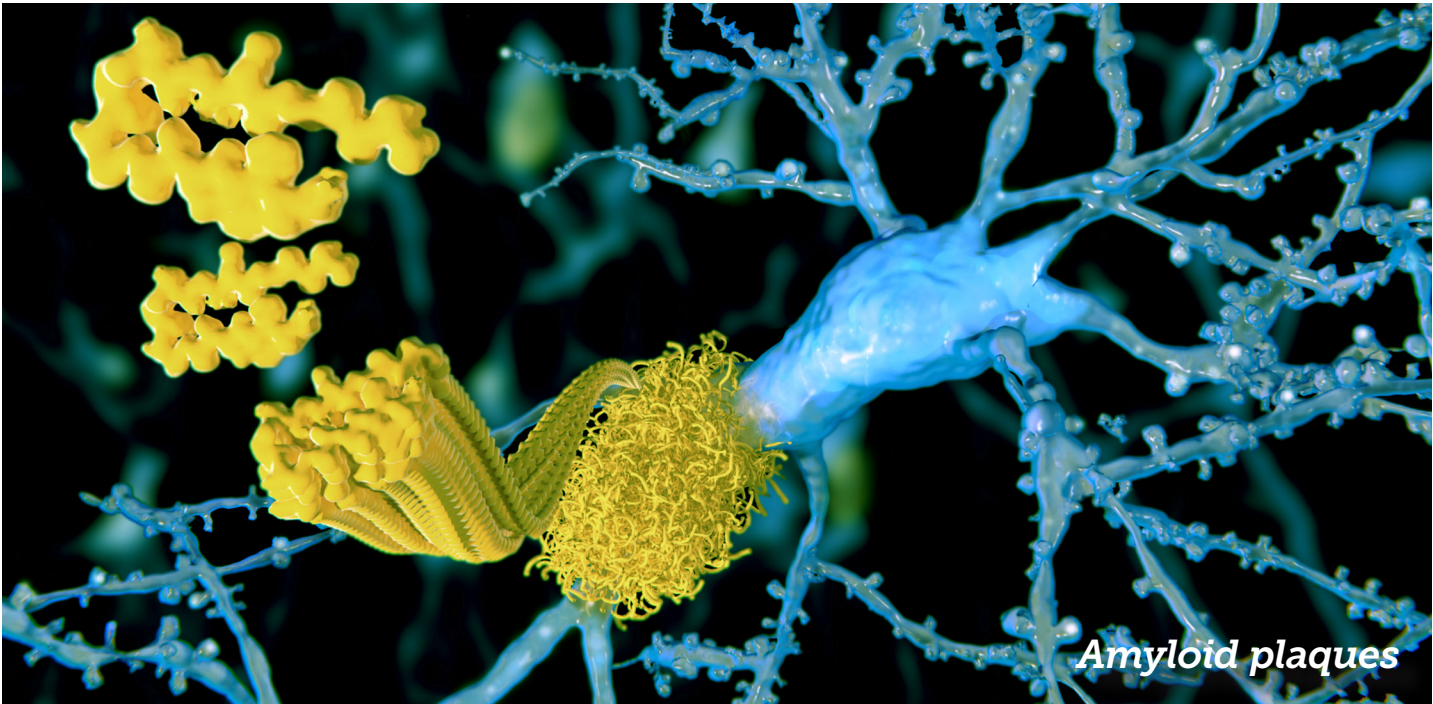
- Tend to be older than Type 1
- Typically amnesic but patients often deny problem
- Reductions in trophic hormones (e.g., estradiol, progesterone, testosterone, vitamin D, pregnenolone, thyroid, NGF, BDNF)
- ApoE4 is a risk factor
- Rapid reductions in support are most concerning (e.g., oophorectomy at <41yo without HRT), consistent with depR mismatch
- Optimizing support may be complicated by receptor response, HRT controversy, trophic factor delivery (intranasal vs. peptides vs. indirect, etc.)

Type 3 Toxic ("Vile")

- >65 yo at age of onset, often ApoE4 negative
- Negative family history (or at increased age)
- HPA dysfunction
- Low triglycerides or zinc, depression
- Difficulties with math, organization or word finding
- Exposure to toxins/toxicants (e.g., mercury, mycotoxins, CIRS-related such as Lyme, MARCoNS, surgical implants, etc.)
- Stress precipitation or exacerbation
- "Atypical Alzheimer's", often with frontal effects on imaging
- Most difficult to treat successfully
- Second most common type
- High C4a (>2800), TGF-beta-1 (>2380), low MSH (<35)

3 Major Subtypes of Alzheimer's Disease

Categorized by Dr. Dale Bredesen, MD

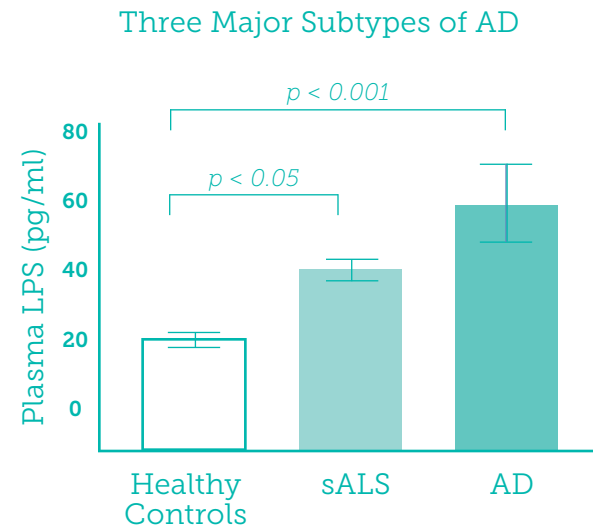


Amyloid plaques

response to three types of major insults: inflammation, trophic withdrawal or toxin exposure. Inflammation could result from NFkB activation, from infectious agents or sterile triggers, such as AGE-modified proteins. Trophic withdrawal could be secondary to decreases in nerve growth factor, human growth factor, insulin sensitivity, estradiol, testosterone, vitamin D and so forth. In terms of toxic exposure, the list is expansive and heavy metals and biotoxins are common culprits. Dr. Bredesen reports that most symptomatic individuals have at least 10-25 contributing factors. Dr. Bredesen stressed that clinicians must investigate what is triggering the brain to produce “protective” amyloid plaques and must not attempt to reduce the amyloid until they identify and remove the cause(s).

Reframing of our understanding of AD and gaining a macroscopic view of potential contributing factors is essential to achieving clinical successes with patients. This very brief look into the changing field of AD only modestly touches on the amazing breakthroughs taking place. The therapeutics are diverse and include specialized light therapies, sound therapies, nutrition, targeted exercises to influence specific regions of the brain, supplements, graduated mental exercise programs, genetic support and so forth. If you’d like to further explore specializing in this field, I highly recommend purchasing the recordings of the 2017 IFM Annual Conference and attending their Reversing Cognitive Decline Advanced Clinical Training Module and register for Dr. Bredesen’s intensive training programs. With the growing incidence of AD and neurodegenerative disease, the demand for integrative clinicians specializing in this field will only continue to soar.

1. Eriksson et al. Neurogenesis in the adult human hippocampus. 1988. Nature Medicine. 4, 1313 – 1317.
2. Reyes-Izquierdo T. et al. Modulatory effect of coffee fruit extract on plasma levels of brain-derived neurotrophic factor in healthy subjects. Br J Nutr. 2013 Aug 28;110(3):420-5.
3. Cyrus A. R., et al. Longitudinal Relationships between Caloric Expenditure and Gray Matter in the Cardiovascular Health Study. J Alzheimers Dis. 2016; 52(2): 719–729.
4. Zonis, S. et al. Chronic intestinal Inflammation alters hippocampal neurogenesis. J Neuroinflammation. 2015 Apr 3;12:65.
5. Zhang et al. Circulating endotoxin and systemic immune activation in sporadic Amyotrophic Lateral Sclerosis (sALS). J Neuroimmunol. 2009 Jan 3; 206(1-2): 121–124.
6. Savignac HM et al. Prebiotic feeding elevates central brain derived neurotrophic factor, N-methyl-D-aspartate receptor subunits and D-serine. Neurochem Int. 2013 Dec;63(8):756-64.
7. Akbari et al. Effect of Probiotic Supplementation on Cognitive Function and Metabolic Status in Alzheimer’s Disease: A Randomized, Double-Blind and Controlled Trial. Front Aging Neurosci. 2016; 8: 256.



An Immune System you can Depend on.



Bronchotone

Formulated to support healthy lung function as well as the body’s immune system.

- Supports lung function
- Boosts immune function
- Supports healthy bronchial tone

AmlaPlex

A traditional Indian jam-like immune support formula that includes amla, ashwagandha and sitawari.

- Powerful immune tonic
- Promotes healthy lung function
- Potent source of antioxidants
- Provides highly absorbable, plant-based Vitamin C

Flucomune

Ayush’s immune and respiratory support formula for all of your seasonal challenges.

- Boosts the immune system
- Promotes healthy lung function
- Supports healthy mucus production
- Dries nasal passages



*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.





Improving Sleep for Healthier Patients


By Meredith Murray, ND

In today’s society where “being connected” and always “doing” is encouraged, getting inadequate sleep can sometimes be worn as a badge of honor. One-third of Americans report getting an insufficient amount of sleep.¹ When I started to prioritize sleep in my own life, I was surprised at how other aspects of my life drastically improved—physically, mentally and emotionally. When I shifted my clinical practice to really focusing on sleep as a crucial and non-negotiable first step that needs to be improved for my patients, I saw similar outcomes for them. After implementing simple interventions to improve sleep, issues previously difficult to treat seemed to lessen or resolve.

Although it is known that sleep is as necessary as food, water and oxygen, the intricacies behind it are still mostly unknown. Sleep can be broken down into two systems: sleep-wake homeostasis and the circadian rhythm (or cycle). Sleep-wake homeostasis is the accumulation of sleep-inducing substances in the brain which alert the body that sleep is necessary after a period of time since the last period of sufficient sleep.² The body’s circadian cycle is governed by the circadian clock, which is regulated by the suprachiasmatic nucleus in the hypothalamus and reacts to the body’s exposure to light and dark. While one is sleeping, there are different cycles and stages: REM and Non-REM (NREM). NREM sleep makes up a majority of the portion of times sleeping and is mainly parasympathetic activity resulting in lowered heart rate, blood pressure, temperature, etc. REM sleep is often thought of as the “dream period”; however, a

study released in 2017 showed that dreams can occur in NREM sleep as well.³ An author of a study that came out of University of Rochester in 2013 likened sleeping to a dishwasher cycle for the brain where it cleans itself of toxic metabolic byproducts.⁴ That alone should be a reason to encourage your patients to obtain the best sleep possible.

In daily practice, many of us face patients dealing with chronic diseases. The connection between chronic diseases and sleep health is astounding. The associated health consequences of sleep deprivation include: hypertension, obesity, type 2 diabetes, depression and anxiety. It is now known that lack of adequate sleep is a risk factor for Type 2 diabetes, with length of sleep acting as a predictor of HbA1c. Sleep apnea, a common



The use of sleep aids is
1 in 8 adults with reported
‘trouble sleeping’ and
1 in 6 with a diagnosed
sleep disorder.⁹

but often poorly diagnosed condition, has been associated with increased risk of cardiovascular disease. To screen for sleep apnea, it is important to ask patients about snoring and refer them to a sleep study if they have multiple risk factors. Obesity has been linked to sleep apnea as well as short sleep duration.

The other health consequence of sleep deprivation that needs to be discussed more regularly is drowsy driving. The effect of driving after 18 hours of wakefulness is equivalent to a blood alcohol content (BAC) of 0.05% and after 24 hours: a 0.10% BAC (0.08% is considered legally drunk⁵).

Sleep deprivation can also affect a person on a genetic level. Gene expression is altered with insufficient sleep and influences inflammation, brain function and neural plasticity. It also changes gene transcription responsible for regulating the circadian rhythm thus compounding the effects of sleep deprivation.^{6,7}

Sleep is something our body should do naturally, yet 50-70 million Americans suffer from some form of sleep disorder, resulting in the pharmaceutical industry for sleep aids being a multi-billion dollar industry.⁸ The use of sleep aids is 1 in 8 adults with reported ‘trouble sleeping’ and 1 in 6 with a diagnosed sleep disorder.⁹ These medications, such as the popular Ambien, are not without serious side effects. There are very effective and simple ways you can work with patients every day to improve their sleep and avoid taking these medications (or help them resolve the need for them).

Discuss Sleep Hygiene

At this point in time, it’s safe to say that a majority of the people seen in clinical practice are looking at some sort of screen the majority of the day. They are also likely working long hours and neglecting sleep in order to take care of other life responsibilities.

It is so incredibly important to discuss sleep hygiene patterns with patients. Most people will agree these are things they should do, but it is the responsibility of the practitioner to encourage these as if they were a prescription. These habits can positively affect the sleep-wake cycle and return patients to a normalized sleep pattern, resulting in adequate amounts of sleep. It is also important to counsel patients and their families on regularly reaching the recommend amount of sleep for optimal health (see table on page 24).

Nutrients and Herbs to Support Sleep

While trying to implement these sleep hygiene habits, herbs, nutrients and nutritional supplements can offer support. Below are a few of the most common and popular ingredients in sleep products. They are often combined to work synergistically.

7 Positive Habits for Healthy Sleep



Go to bed and wake up
at the **same time** each day

Have a **relaxing** nighttime routine
that does not involve screens 



Do not eat or drink within
2 hours of going to bed



Stop screens (phones, laptops,
television) for 1-2 hours before bed



Keep bed for sleeping and sex only.
Encourage patients to leave their bedroom
if having delayed sleep latency



Try to **avoid alcohol** or smoking or
using stimulants in the evening



Get regular exercise and have
regular exposure to **natural light**

"An author of a study that came out of University of Rochester in 2013 likened sleeping to a dishwasher cycle for the brain where it cleans itself of toxic metabolic byproducts.⁴ That alone should be a reason to encourage your patients to obtain the best sleep possible."



NEUROTRANSMITTERS & HORMONES

Melatonin

This is one of the most widely used natural sleep aids. Melatonin is a hormone of the serotonin cascade and naturally increases during nighttime/darkness when it is secreted by the pineal gland. Supplemental melatonin for sleep is non-addictive, has a short half-life and helps people fall asleep. It is beneficial because it does not have a negative feedback to the natural production of endogenous melatonin. It is recommended to start with a small dose similar to what is naturally produced, 1-3 mg, and dose this 30-60 minutes before bed.¹⁰

Tryptophan (and 5-HTP)

Tryptophan has shown to help improve sleepiness and decrease wakefulness. It has also been demonstrated that acute tryptophan depletion inhibits REM and prolonged REM sleep. Supplementing with tryptophan can modify serotonin levels, with serotonin being a precursor to melatonin.¹¹ The average dose of tryptophan is 500 mg. Similarly, 5-HTP is used because it is the derivative of tryptophan and the direct precursor to serotonin and subsequently melatonin. 5-HTP is generally dose at 50-100 mg.

L-theanine

This is a naturally occurring amino acid and has been shown to counteract the effects of caffeine, reduce stress response and promote relaxation at a dose of 250 mg.¹²



HERBS

Magnolia

Traditionally used to treat anxiety and depression, it affects the GABAA receptors. The compounds honokiol and magnolol have both been used successfully for insomnia. Honokiol can shorten sleep latency to NREM sleep. Magnolol can also have

similar effects and has shown to increase the number of REM and NREM sleep cycles.¹³

Valerian

This is a very familiar herb used as a sedative and relaxant. It also binds to GABAA receptors and has a similar mechanism to benzodiazepines, though weaker. The volatile oils can also inhibit degradation of GABA. It is indicated for nervous excitement to improve quality of sleep and also has been shown to be successful in women with menopausal insomnia.¹⁴ It can be used throughout the day for anxiety as well as in a higher dose (300-500 mg dried root capsules) before bed. This may make people groggy upon waking, so use caution.

Passionflower

A wonderful gentle herb for sleep issues, though best used as a synergist. It is another herb that binds to GABAA receptors. It is indicated for people feeling overwhelmed with responsibilities that are affecting their ability to sleep. It also has an anti-spasmodic effect, which can be helpful for people who have

Recommended amount of sleep per age group¹⁵

Age Group	Sleep (Hours)
4-12 Months	12-16
1-2 Years	11-14
3-5 Years	10-13
6-12 Years	9-12
13-18 Years	8-10
18+ Years	7+

muscle spasm as a result of anxiety. Dose of 200-500 mg; crude herb extract nightly.



ADAPTOGEN/STRESS SUPPORT

Utilizing herbs that are commonly known as adaptogens (such as Ashwagandha, Reishi and cordyceps) can be beneficial for addressing the HPA-Axis and subsequently sleep.

Overall, in addition to considering someone's diet, activity level and mental health, one should also always focus on ways to improve sleep. Sleep, often overlooked, is one of the pillars of health and well-being.

1. CDC - Data and Statistics - Sleep and Sleep Disorders. Cdcgov. 2017. Available at: https://www.cdc.gov/sleep/data_statistics.html. Accessed July 30, 2017.

2. HOW SLEEP WORKS - THE TWO-PROCESS MODEL OF SLEEP REGULATION - HowSleepWorks. HowSleepWorks. 2017. Available at: https://www.howsleepworks.com/how_twoprocess.html. Accessed July 30, 2017.

3. Siclari F, Baird B, Perogamvros L et al. The neural correlates of dreaming. Nature Neuroscience. 2017;20(6):872-878. doi:10.1038/nn.4545.

4. Xie L, Kang H, Xu Q et al. Sleep Drives Metabolite Clearance from the Adult Brain. Science. 2013;342(6156):373-377. doi:10.1126/science.1241224.

5. Dawson D, Reid K. Fatigue, alcohol and performance impairment. Nature. 1997;388(6639):235-235. doi:10.1038/40775.

6. da Costa Souza A, Ribeiro S. Sleep Deprivation and Gene Expression. Sleep, Neuronal Plasticity and Brain Function. 2015;65-90. doi:10.1007/7854_2014_360.

7. Moller-Levet C, Archer S, Bucca G et al. Effects of insufficient sleep on circadian rhythmicity and expression amplitude of the human blood transcriptome. Proceedings of the National Academy of Sciences. 2013;110(12):E1132-E1141. doi:10.1073/pnas.1217154110.

8. Sleep disorders and sleep deprivation: an unmet public health problem. Choice Reviews Online. 2007;44(10):44-5682-44-5682. doi:10.5860/choice.44-5682.

9. Prescription Sleep Aid Use Among Adults: United States, 2005-2010 - Products - Data Briefs - Number 127 - August 2013. Cdcgov. 2017. Available at: <https://www.cdc.gov/nchs/products/databriefs/db127.htm>. Accessed July 30, 2017.

10. Ferracioli-Oda E, Qawasmi A, Bloch M. Meta-Analysis: Melatonin for the Treatment of Primary Sleep Disorders. PLoS ONE. 2013;8(5):e63773. doi:10.1371/journal.pone.0063773.

11. Jenkins T, Nguyen J, Polglaze K, Bertrand P. Influence of Tryptophan and Serotonin on Mood and Cognition with a Possible Role of the Gut-Brain Axis. Nutrients. 2016;8(1):56. doi:10.3390/nu8010056.

12. Dodd F, Kennedy D, Riby L, Haskell-Ramsay C. A double-blind, placebo-controlled study evaluating the effects of caffeine and L-theanine both alone and in combination on cerebral blood flow, cognition and mood. Psychopharmacology. 2015;232(14):2563-2576. doi:10.1007/s00213-015-3895-0.

13. Shi Y, Dong J, Zhao J, Tang L, Zhang J. Herbal Insomnia Medications that Target GABAergic Systems: A Review of the Psychopharmacological Evidence. Current Neuropharmacology. 2014;12(3):289-302. doi:10.2174/1570159x11666131227001243.

14. Alschuler L. Sleep Well, Sleep Safely: An Exploration Of The Importance Of Sleep And Botanical Alternatives To Conventional Hypnotics. Gaia Professional Solutions; 2014:1-15.

15. Paruthi S, Brooks L, D'Ambrosio C et al. Recommended Amount of Sleep for Pediatric Populations: A Consensus Statement of the American Academy of Sleep Medicine. Journal of Clinical Sleep Medicine. 2016;12(06):785-786. doi:10.5664/jcsm.5866.

Ortho Biotic & Probiotic 225



Potent

Our probiotics are manufactured for maximum freshness, delivering live and active cultures for comprehensive GI and immune support.



Diverse

Our probiotics include a broad-spectrum blend of proven strains, scientifically selected for resilience, endurance, and effectiveness.



Targeted

Our probiotics contain specialized strains selected for targeted GI and immune benefits and their ability to survive the harsh GI environment.

Flexible Dosing - 20-225 Billion CFU

Guaranteed Potency at Expiration

No Refrigeration Required



These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

"It's not a miracle,
it's just effective!"



Allimax for Travelling
Worried about getting sick while on holiday? You need insurance!
Allimax is an excellent way to protect yourself from traveller's diarrhea
and other stomach bugs caused by exposure to foreign bugs and invaders.*
Enjoy your trip, don't get sick!

Allimax
Certified Bioactive

- Allimax 30's - A00000
- Allimax 90's - A00260
- Allimax PRO - A00277
- Alliderm Gel - A00284
- Allimax PrePRO - A00314
- Allimax HEARTFAST - A00321
- Allimax Rescue Spray - A00338

Please visit emersonecologics.com

Allimax for Allergies & Hay Fever

A survey determined that Allimax could prevent the classic hay fever attack from occurring and over 80% of the volunteers reported far fewer symptoms with big reductions in sore eyes, runny nose, sneezing and fatigue. They also reported that the doses were easy to take with no side effects, especially no aftertaste and smell.*

Allimax for Lyme

A recent controlled trial found stabilized allicin was able to isolate the Lyme bacteria within the human body and significantly reduce it. Simultaneously, allicin was able to reduce the probability of viral, fungal, bacterial and parasitic co-infections occurring as a result of chronic Lyme.*

Available at:

emerson
ECOLOGICS®

www.emersonecologics.com | 800.654.4432

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Omega-3s are essential.



The right brand is too.





gives people exposure, a cross section, products they might find interesting—plus it encourages questions.

I like being able to see what my patients order, too. I look at my patients’ order histories frequently to see if someone is ordering something that might not be helpful for them or if someone I haven’t seen in a while is re-ordering because it’s another point of contact. I can send an email that says, “Hi Lisa, I see you’ve ordered your adrenal support again. I haven’t seen you in a year, is everything going ok?” Or, if someone orders something that might not be the right thing, I can call or email them and say, “I see you ordered this product that might not work well with your current treatment plan right now” or something along those lines. It keeps me in contact with my patients, knowing what they are doing and what’s going on.

L. Murray: What feedback have you received from patients who use wellevatesm?

Dr. O’Dell: It’s much more convenient for them and has made things easier. For example, when patients go on vacation

and need product sooner than expected or if patients have to cancel or miss an appointment, it takes time to book a new appointment. Meanwhile, they could run out of product and not be able to come pick it up. With wellevatesm, they order anytime and have it shipped right to them. I don’t have to scramble last minute to try to somehow get product to them.

The other thing that has been a big success is the lower shipping rate or free shipping over \$49. That is a huge benefit; shipping is one of the reasons people would go to Amazon Prime. Because in the past, someone may need more vitamin D and it’s \$18, but it costs \$9 to ship it. They might go somewhere else for their vitamin D. But now shipping isn’t such a deterrent. Also, if someone orders say \$38 worth of product, and they know they’ll get free shipping if they order one more, then they might refill something early or look for additional products they want to try—maybe personal care items. This is what keeps things revolving.

L. Murray: Did you find that people were shopping on Amazon or other websites for their products?

CONVENIENCE:

A Priceless Commodity for Your Practice

An Interview with Dr. Kristen O’Dell, ND

Some practitioners may still be unclear about the value of having an online dispensary like wellevatesm. So we asked one of our top wellevatesm customers, Dr. Kristen O’Dell, if she would be willing to share her experience with wellevatesm and talk about benefits and insights she has gained in using our online dispensary. Dr. O’Dell is a Naturopathic Doctor running a busy private practice in Bedford, New Hampshire. One of our Medical Educators, Lisa Murray, RDN, LD sat down with Dr. O’Dell for an interview.

L. Murray: Dr. O’Dell, has using an online dispensary helped your practice?

Dr. O’Dell: Yes it has. I have both in office and online dispensaries and find there are different benefits for the patient. I think having product on site is very important so that people leave the office visit with the right products in hand and can begin using them and seeing the health benefits right away. But when people run out of product, do they stay with that treatment plan and do they maintain, or do they fall off because they don’t take time to come into the office for product? Having a dispensary available online has been very helpful in the sense that they can purchase for themselves whenever necessary.

The fact that they can order their products whenever they need or want them, when it’s convenient for them, be it any time of the day or night, and have it shipped directly to their home, is much different than having to call me. When they call me I have to order it, wait for the shipment, let them know it’s here and then they have to come pick it up when I am open.

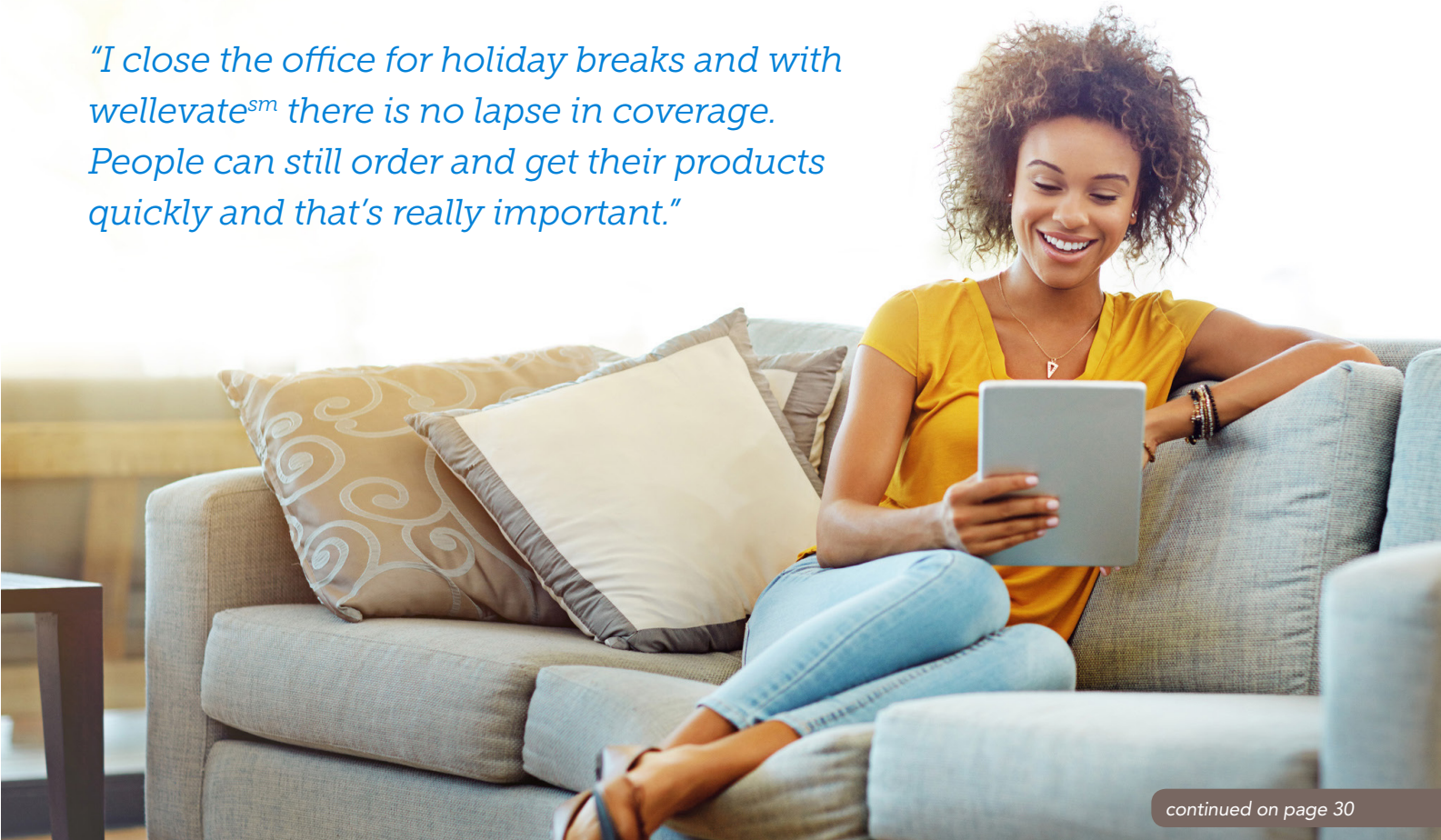
With wellevatesm, they have control and they don’t have to wait for me. Also, it’s helpful when I’m on vacation. I close the office for holiday breaks and with wellevatesm, there is no lapse in coverage. People can still order and get their products quickly and that’s really important.

L. Murray: Do you have a customized dispensary or do you leave it open?

Dr. O’Dell: I leave it open because I always like people to self-advocate, to explore what’s available that they might be interested in. If we are just focusing on one or two health issues and we haven’t had time to talk about sunscreen, skin care or functional foods, they can explore on their own and try some things that we can talk about at our next visit. As a practitioner, it is impossible to cover everything in a single visit. wellevatesm



“I close the office for holiday breaks and with wellevatesm there is no lapse in coverage. People can still order and get their products quickly and that’s really important.”



Dr. O'Dell: Yes, a certain percentage. I make it a point to explain to people why I want them to take the products I recommend, including the importance of quality, independent testing and the difference between milligrams of herb in one product vs another. I educate them on window dressing and how dosage makes a big difference from a biochemistry standpoint. I also explain that there are “knock-off” products out there and they may not be getting the real product or that they might even get an impure product. If people do purchase from Amazon, I educate them and try to steer them towards products that are independently tested.

There can be frustration on both sides when patients are not getting better and I tell them to come back in and bring their products, only to realize they’ve swapped out products to a similar but less effective version.

L. Murray: What is the thing you like most about wellevatesm?

Dr. O'Dell: Convenience, for both me and for my patients. Although I do want patients to leave with products they need right away, if it’s something I don’t have in stock, I used to have to order it for them and they would need to come back to pick it up. Now I show them how to use wellevatesm during their visit. We order it together on the spot, it will be shipped right away to their home and they will have it in a few days. In any case, nobody leaves here unclear about how they are going to get that product. It’s also an opportunity to show them how wellevatesm works and how to order appropriate products.

It is also nice to set the discount percentage by patient. I have some patients that order monthly and are on 3-5 supplements. It’s nice to be able to offer a discount to these patients. It creates loyalty when people know that you are willing to offer a discount for them so they can get what they need, save money and it’s convenient.

L. Murray: What advice or tips do you have for other practitioners about using an online dispensary?

Dr. O'Dell: I think as professionals we sometimes feel uncomfortable making a profit on our products, but I don’t feel uncomfortable with that and I feel I am fair. There is a lot of work we do outside of the patient visit that we are not paid for. Email correspondence, phone calls between visits, ordering additional lab work, reviewing test results, ordering supplements, managing supplement/Rx reactions or side effects where they need a different replacement product, etc. These are things I do that take up time that I do not bill for. I’m comfortable generating income from supplement sales because it compensates me not only for my knowledge but also my time, which has value.

L. Murray: Why would you encourage practitioners to try an online dispensary?

Dr. O'Dell: The biggest mistake new practitioners often make is that patients leave without making a follow-up appointment or they leave without a clear understanding of how they’re getting products. That’s just not going to grow your business. You shouldn’t let a patient walk out of your office without a very clear plan of action because they really do want to get better. And if you don’t do everything you can to ensure their success, then that’s going to translate as “That doctor didn’t help me get better”.

Afterword

Dr. O'Dell’s medical practice, Bedford Natural Medicine, provides naturopathic care for the whole family and serves Southern New Hampshire and Northern Massachusetts. To learn more about Dr. O'Dell and Bedford Natural Medicine, visit her website at bedfordnaturalmedicine.com

DR. MERCOLA®
PREMIUM PRODUCTS

Dr. Mercola's
Keto Friendly Mitomix Bars

emerson
ECOLOGICS

Buy Now at
emersonecologics.com



Because good health is **ViTAL**

TAKE A STEP FORWARD
in supporting your bones.

Vital Nutrients is proud to offer **Osteo Nutrients** and **Osteo Nutrients II**, comprehensive bone support formulas that provide high amounts of essential minerals and nutrients, such as elemental Calcium, Magnesium, Vitamins K2-7 and D3, Lysine, and Horsetail.* **Osteo Nutrients II** features the trace mineral boron.

In addition to aiding the absorption of calcium, both formulas promote healthy cardiac and vascular function, and support healthy bone mineralization.*



PRODUCT CODES: OST13 + OST14



*This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Improving Cognitive Function with DHA

Reviewed by: Alan Gaby, MD

Author: Zhang YP, et al

Reference: Effects of DHA supplementation on hippocampal volume and cognitive function in older adults with mild cognitive impairment: a 12-month randomized, double-blind, placebo-controlled trial. J Alzheimers Dis 2017;55:497-507.

Design: Randomized, double-blind, placebo-controlled trial.

Participants: Two hundred forty Chinese individuals (mean age, 74.5 years) with mild cognitive impairment.

Study Medication and Dosage: Docosahexaenoic acid (DHA; 2 g per day) or placebo (corn oil) for 12 months.

Primary Outcome Measure: Various measures of cognitive function and loss of volume of the hippocampus (a region of the brain involved in memory function) as determined by MRI.

Key Findings: Compared with placebo, DHA significantly improved scores in the Full-Scale Intelligence Quotient, Digit Span and other measures of cognitive function and significantly decreased the loss of hippocampal volume.

Practice Implications: Omega-3 fatty acids (i.e., eicosapentaenoic acid [EPA] and DHA) play a role in normal brain function. In the present study, supplementation with DHA prevented the deterioration of cognitive function and slowed the progression of hippocampal atrophy in elderly Chinese individuals with mild cognitive impairment. Some previous studies using DHA or the combination of DHA and EPA found results similar to those of the current study. In other research, however, these omega-3 fatty acids did not slow the progression of age-related cognitive decline. In at least one of the negative studies, habitual fish consumption was low, which suggests that the response to DHA cannot necessarily be predicted by habitual consumption of this fatty acid. Further research is needed to determine which patients are most likely to benefit from DHA or fish oil. However, considering the other reported benefits of DHA/EPA (e.g., anti-inflammatory and cardioprotective effects), it would be reasonable to include these fatty acids as part of a comprehensive treatment plan for patients with mild cognitive impairment.



IMPACTING PATIENT QUALITY OF LIFE FOR OVER A DECADE

A Statistical Analysis of Over 20,000 Patients

Highlighting Effective Clinical and Nutritional Protocols for Practitioners and Patients

LEARN MORE
emersonecologics.com/sanESCO

 **Sanesco**
health in balance

NeuroLab
A Division of Sanesco International



- **WHOLE PLANT EXTRACTS**
- **SMALL BATCH PRODUCTION**
- **CLEAN SOLVENTS**



PERQUE Life Guard Super Multis™

Not your Average Multivitamin



- The most comprehensive multi; A single dose delivers meaningful amounts of 40 nutrients.*
- 100% bioavailability, as shown in a double blind placebo controlled trial.*
- Available in tabsules, mini-tabsules, and chewables.*

PERQUE Life Guard™, PERQUE Life Guard Mini™, and PERQUE Life Guard Chewables™ — Advanced multivitamin/mineral formulations with energizing cofactors and transporters to ensure optimal nutrient uptake for maximum protection of heart, body, and brain.*

See the full line of **PERQUE** products at www.emersonecologics.com.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Traumeel®-Inspired Pain Relief

with 3 Organic Oils & Organic Shea Butter!

**CALL FOR YOUR
FREE SAMPLES
OF T-RELIEF CREAM!**

*Professionals only.
Cannot be combined
with other offers.
Offer expires October 31, 2017*



Now with Organic Shea Butter!

Three strengths of ARNICA plus 12 natural pain relievers to provide effective broad-spectrum pain relief

Unscented: no added perfumes

Petrolatum free

Empty Tube Guarantee*

T-Relief™



Code- XMDN816

*T-Relief comes with an empty tube/bottle guarantee. Patients can use T-Relief and if they aren't satisfied, return the empty tube/bottle and original receipt for a full refund. (visit www.T-Relief.com for details)

These statements have not been reviewed by the Food and Drug Administration. They are supported by traditional homeopathic principles.

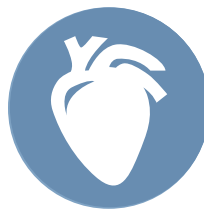


Phospholipids and Your Health

By Lisa Murray, RDN, LD

Lecithin is a generic term to designate any group of yellow-brownish fatty substances occurring in animal and plant tissues, which are amphiphilic—they attract both water and fatty substances (and so are both hydrophilic and lipophilic). Dietary sources for lecithin will be in the fat containing part of foods and include egg yolks (an important source of phosphatidylcholine), milk, meats, poultry, fish, legumes, seeds and nuts and some whole grains, like rice. Lecithin is a “glycerophospholipid”, a mixture of several phospholipids, very roughly about 15% phosphatidylcholine, 10% phosphatidylinositol, 15% phosphatidylethanolamine and a remainder of other phosphatides (including phosphatidylserine), all in a liquid base of about 30% fat, a mixture of a variety of fatty acids. Granular de-oiled lecithin has a higher concentration of phospholipids. Phospholipids are essential nutrients because although humans can synthesize some, we cannot meet all our needs this way and additional amounts are required from the diet.

Glycerophospholipids like lecithin are highly absorbable with greater than 90% absorption. They are hydrolyzed by pancreatic phospholipase and the body then uses the components (such as choline or inositol) in various ways or they are reesterified. However, of interest, is that almost 20% may be absorbed passively, without hydrolyzation, and incorporated directly into high density lipoproteins (HDL). From HDL, they can be transferred into cell membranes. Phospholipids are a key component of cellular structure, maintaining structural integrity while ensuring cell walls remain fluid so they can effectively regulate nutrients coming in and waste going out.



Cardiac Health

The use of lecithin or supplemental phospholipids and their effects on cardiac health have been extensively studied, showing highly beneficial effects on blood lipid profiles by significantly lowering LDL and raising HDL.¹



Brain Health

Phospholipids are especially crucial to the health of brain cell membranes and neurotransmitters. Phosphatidylcholine, phosphatidylethanolamine, phosphatidylserine, phosphatidylinositol and sphingomyelin represent the five most abundant phospholipids of brain cell membranes, and they are all present in lecithin. The terms “lecithin” and “phosphatidylcholine” are often used interchangeably because phosphatidylcholine is usually the most abundant phospholipid that lecithin contains. Phosphatidylcholine (PC) is the main phospholipid molecule in cell membranes and necessary for continuing growth, maintenance and repair of each cell.

Dietary PC is our main source of choline, another essential nutrient we need every day. Among other things, choline is the precursor molecule for the neurotransmitter acetylcholine, one of the most abundant neurotransmitters in the human body and involved in many brain functions, including cognition, memory and muscle control. Dietary intake of choline ranges from 300

to 900 mg a day, but our actual daily intake needs are still unknown. In addition to PC, lecithin contains phosphatidylserine (PS), which has specialized importance in the function of brain and neural cells. PS is able to revitalize memory, learning, concentration and even vocabulary skills—all those functions which can decrease with age.¹



Gastrointestinal Tract Protection

Phosphatidylcholine being the major lipid in the protective mucus layer of the gastrointestinal tract has been shown to exert an anti-inflammatory effect.² Studies have shown that PC has an intrinsic anti-inflammatory property with beneficial effects for ulcerative colitis as well as providing protection against drugs like NSAIDs, which are harmful to the entire GI tract.



Liver Protection

PC is also vital for normal liver function. Research indicates one of PC's most beneficial roles is in the prevention and treatment of various forms of liver disease and toxicity, protecting liver cells from viral

damage, reducing fibrosis and preventing cell death from drugs, alcohol and other chemical toxins.^{3,4} We also know that choline deficiency can result in the development of hepatic steatosis or non-alcoholic fatty liver disease and that choline supplementation reverses this condition.⁵

Currently, standard soy, non-GMO soy and sunflower lecithins are all readily available as sources for dietary phospholipid supplements. Ensuring a steady supply of phospholipids through diet and/or supplementation has been shown to be beneficial in preventing and improving many health conditions as it helps to maintain a vast array of normal physiological processes.

1. D. Küllenberg, L. Taylor, M. Schneider, U. Massing. Health effects of dietary phospholipids. *Lipids Health Dis.* 2012; 11: 3. PMID: PMC3316137. Published online 2012 Jan 5. doi: 10.1186/1476-511X-11-https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3316137/

2. Treede I et al. TNF-alpha-induced up-regulation of pro-inflammatory cytokines is reduced by phosphatidylcholine in intestinal epithelial cells. *BMC Gastroenterol.* 2009 Jul 13;9:53. doi: 10.1186/1471-230X-9-53. https://www.ncbi.nlm.nih.gov/pubmed/19278902

3. Chirkin AA et al. Effect of polyunsaturated phosphatidyl-choline on lipid transport system in alcoholic liver injury. *Addict Biol.* 1998 Jan;3(1):65-70. doi: 10.1080/13556219872353

4. Jenkins PJ, Portmann BP, Eddleston AL, Williams R. Use of polyunsaturated phosphatidyl choline in HBsAg negative chronic active hepatitis: results of prospective double-blind controlled trial. *Liver.* 1982 Jun;2(2):77-81.

5. Sherriff J, O'Sullivan T, Properzi C, Oddo JL, Adams L. Choline, Its Potential Role in Nonalcoholic Fatty Liver Disease, and the Case for Human and Bacterial Genes. *Adv Nutr.* 2016 Jan; 7(1): 5–13. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4717871/

Help Your Patients the Natural Way with Boiron Medicines

Quick-dissolving tablets, no water required • Non-drowsy • No known drug interactions

ACIDIL®

temporarily relieves occasional heartburn, acid indigestion, bloating, or upset stomach.* For ages 12 and older.



(ACI20)



(GASAL)

GASALIA®

temporarily relieves bloating, pressure, discomfort, and pain associated with gas.* For ages 6 and older.

Homeopathy

*These “Uses” have not been evaluated by the Food and Drug Administration.

BoironUSA.com

BOIRON®
World Leader in Homeopathic Medicines

Available at:
emerson
ECOLOGICS®

1230 Elm Street
Suite 301
Manchester, NH 03101

Exclusive Pro Partner of Emerson Ecologics.

MegaFood®
Fresh From Farm To Tablet™



WE SOURCE ORGANIC
TURMERIC FROM *Hawaii*
SO YOUR PATIENTS CAN
Hula FROM SUNRISE TO SUNSET.



YOU'LL LIKE THE WAY REAL FEELS

In our opinion, an ocean is no obstacle for a truly amazing partnership. Our farm partner Kauai Organic Farms raises the most amazing turmeric we could find, and we'll stop at nothing to get it.



Call Emerson Ecologics at 800-654-4432 or visit emersonecologics.com to place your order.

©FoodState, Inc. 2017

HIGH-POTENCY, ACTIVATED FORMS

Active B Complex™

Supplies activated, coenzyme forms to maximize bioactivity.



Active B Complex™ is specially formulated to provide optimum B-complex vitamin support for those who may have difficulty metabolizing standard forms of B vitamins. Commonly used forms such as folate as folic acid and B₁₂ as cyanocobalamin may be suitable for some people. However, nutritional inadequacies, enzyme defects, and tissue abnormalities can reduce the body's ability to synthesize the necessary metabolically active forms.[†] In fact, even if an adequate supply of certain B vitamins is present in the circulation, a functional deficiency of the coenzyme forms might exist in tissues or other body fluids.[†]

Active B Complex™ includes a full complement of B-complex vitamins in active and well-utilized forms to provide more reliable effects on metabolism.

- Full complement of B-complex vitamins for synergism and balance
- Highly bioavailable forms compared to standard formulas
- Bioactive folate, B₁₂, B₆, B₂, and other B vitamins
- Small, easy-to-swallow, vegetarian capsules

[†]These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Meets Emerson Quality Program Gold Partner Standards.



PERQUE Life Guard™ Super Multis

By: PERQUE®

Advanced multivitamin/mineral formulations with energizing cofactors and transportersto ensure optimal nutrient uptake for maximum protection of heart, body, and brain.

- 7.5 billion peak-harvested 10-strain microorganisms per capsule.
- Protects the digestive tract even when under assault.



Product codes: Life Guard PERQE (60 tabs), PERQ2 (180 tabs), Life Guard Cherry/Raspberry PERKI (90 chews), Life Guard Mini PER189 (180 tabs), PER188 (60 tabs)

DIM Enhanced

By: Douglas Laboratories®

DIM® Enhanced is a microencapsulated form of diindolylmethane, with curcumin, green tea, and wasabia designed to support healthy estrogen hormone balance and immune health. Microencapsulated DIM by BioResponse® is a patented, absorption-enhancing formulation to ensure proper assimilation by the body. Maintaining healthy and appropriately balanced hormones supports healthy aging and quality of life, and helps make an active lifestyle easier to maintain.



Product codes: D20860 (60 vcaps), D20830 (30 vcaps)

Cogumin SLCP™ (Longvida® Optimized Curcumin)

By: Protocol for Life Balance®

- Cognitive Support
- Circulating Free Curcumin

Cogumin SLCP™ features Longvida® Optimized Curcumin, which utilizes Solid Lipid Curcumin Particle (SLCP™) Technology. SLCP™ allows free Curcumin to penetrate the blood-brain barrier, where it helps to protect brain tissue from free radical attack and supports normal cognitive function.



Product code: P23953

Quercetin with Bromelain Veg Capsules

By: NOW®

Quercetin is a naturally occurring free radical scavenger that supports healthy seasonal immune system function. Laboratory studies have demonstrated that Quercetin can help to promote normal respiratory function. Bromelain supports a balanced immune system and may also help to maintain healthy sinus tissues. This complementary combination may thus promote year-round respiratory health and support overall seasonal comfort.



Product code: N3070

MagMind®

By: Jarrow

MagMind® is formulated with magnesium L-threonate, a highly bioavailable magnesium that has been shown to increase magnesium levels in the brain more effectively than other forms of magnesium. Magnesium L-Threonate is the only form of magnesium that has been shown by promising research to readily cross the blood-brain barrier and provide significant positive effects on cognition, memory and brain health.



Product code: J90629

Bio-Kult Infantis®

By: Bio-Kult (Protexin)

The stress of a new school year could upset the delicate balance of a child's gut microflora, depleting their immune system and increasing their susceptibility to upset stomachs, colds and flu. Multi-strain live bacteria supplements have been shown to support a healthy immune response in school-aged children. Bio-Kult Infantis with 7 strains of probiotics does not contain artificial colors, flavors or preservatives and does not need to be refrigerated.



Product code: B04470

nanopro vegan

By: BioPharma Scientific

nanopro vegan is made from non-GMO American yellow pea, brown rice and chia seed, giving you the amino acid profile comparable to whey and all wrapped up in a creamy vanilla toffee flavor! nanopro vegan rice protein powder is rich in all essential amino acids and especially high in lysine. We also added Wellbody365, ProHydrolase, vegan D3 to give you additional support for recovery, immunity and stress.



Product code: B03112

Allimax PRO

By: Allimax

- Allimax offers immune support and overall wellbeing in just one capsule per day
- Suitable for long-term use
- Seasonal allergy support
- Real certified bioactive, stabilized alliin for true immune supporting benefits
- Broad spectrum
- No smell or aftertaste



Product code: A00277

NEW PureGenomics® B-Complex

By: Pure Encapsulations

This new product contains highly researched and activated B vitamins, including pyridoxal-5-phosphate, riboflavin-5-phosphate, enhanced-retention thiamin derivative benfotiamine, and 800 mcg of Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate. It is designed to address the nutrient requirements of common genetic variations in the methylation.



Product code: P78218

BRM4®

By: Daiwa Health Development

BRM4® is a dietary supplement derived from rice bran modified by Shiitake enzyme produced by Daiwa Health Development, shown to enhance and to modulate the immune system by increasing the activity of the Natural Killer (NK) cells, the T and B lymphocytes, strengthen and increase the macrophages and cytokines.



Product code: BR250

a-Drenal

By: RLC Labs

a-Drenal is designed to combat the side effects of adrenal fatigue, while promoting the healthy function of the adrenal glands.

- Comprehensive formulation of organic adrenal tissue and adaptogenic herbs
- Doctor approved
- Provides effective support from stress induced symptoms



Product code: RL5554



If you're only going to take one supplement – this is The One!

The One is Quicksilver Scientific's first "nutraceutical complex", a ground-breaking product that combines the mitochondriogenic and neuroprotective compound PQQ with its natural companion CoQ10 and metabolic efficiency master, Resveratrol, nanoencapsulated into a base of SunHorse Energy herbal adaptogens and phosphatidylcholine to make a single, very powerful package.

Pair it with **Ultra-Vitamin**, our ultimate multi-vitamin blend. This liquid multi-vitamin is lipid-encapsulated in nano-sized vesicles for faster absorption and greater bioavailability.



Quicksilver Delivery Systems™ is the industry-leading phospholipid encapsulation system – providing rapid uptake and unparalleled bioavailability.

*These statements have not been evaluated by the food and drug administration. These products are not intended to diagnose, treat, cure or prevent any disease.



Zen Suite

Calmness Support Day or Night*



200 mg of Zen

#74700 • 60 vegetarian capsules
#76650 • 120 vegetarian capsules

- Supports a feeling of general relaxation and enhanced calmness*
- GABA and pure Suntheanine® L-theanine
- May promote a normal, healthy attitude and normal symptoms during PMS*
- May be helpful during daytime or nighttime*



Liposomal Zen

#76810 • 50 mL (1.7 fl. oz.)

Liposomal Zen is an advanced delivery version of 200 mg of Zen.* Its liposomal delivery system uses pure soy-free essential phospholipids from Non-GMO sunflower lecithin, for increased direct absorption.* The unilamellar (single bilayer) liposomes encapsulate the ingredients inside a spherical phospholipid bilayer membrane, which allows increased direct absorption in the upper intestine.*

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Contains Suntheanine®, pure L-theanine from Taiyo International, Inc.
800.545.9960 • info@allergyresearchgroup.com • www.allergyresearchgroup.com



PureGenomics®

Discover a New Level of
Precision in Everyday Practice



PureGenomics® is a platform combining educational tools, protocols and core products with our dynamic, practitioner-exclusive website application designed to help identify common genetic variations known as Single Nucleotide Polymorphisms (SNPs) that are clinically relevant and nutritionally actionable. This unique platform makes it easy to **TEST, TRANSLATE** and **TARGET** SNPs with the right nutritional support, empowering practitioners with precision and confidence in the pursuit of optimal health for every patient.*

Learn more at PureGenomics.com

The information contained herein is for informational purposes only and does not establish a doctor-patient relationship. Please be sure to consult your physician before taking this or any other product. Consult your physician for any health problems.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



Nothing But Pure

©2017 Pure Encapsulations, Inc., All Rights Reserved

