



IT'S TIME TO FEEL GOOD AGAIN

THIS WEEK'S TOPIC

Simple "In-Office Test"

"Both of us were surprised when one of his sinuses started draining... thirty minutes later that other sinus started draining."

If you have a chronic condition or a condition that seems to defy standard therapies, the source could be a hidden infection. I have a good friend who was dying of a brain tumor and found out she had an infected tooth from a botched root canal. Once the tooth was extracted, the tumor spontaneously healed and she is still alive today over 10 years later.

Just recently I was working with a patient with chronic lung problems. Each winter he has had to use the strongest antibiotics just to breathe. It got pretty scary. Finally last winter he ended up in the hospital for 16 days. By accident his pulmonologist discovered he had a chronic sinus infection that was



causing a constant dripping of infection. The pulmonologist recommended him to an infectious disease specialist who suggested prednisone.

Obviously he felt great for the 60 days he was on the drug. He could smell and taste again; all his joint pain was gone. In fact he said he felt like he was 10 years younger. He came to see me about a week after he was finished weaning himself off the

prednisone. The sad thing was that he was already losing his sense of taste and the sinus drip and congestion had already rebounded. I knew of a study done at Mayo clinic several years ago where they found fungal infections as the cause of chronic sinus in over 90% of the cases they cultured. So I was considering using antifungal botanicals like emulsified oil of oregano or liquid iodine. I was also ready to put

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him on therapeutic levels of emulsified vitamin D. In fact, when I talked to him on the phone that was my plan; attack the yeast.

I had just come back from a seminar taught by Dr. Wally Schmitt. A session topic was carbon dioxide and the benefits of having the correct amount. Dr. Schmitt taught how to temporarily increase the carbon dioxide titers in the blood by rebreathing



into a paper bag 7 or 8 times. He demonstrated it on participants who had limited ranges of motion or pain and asked them to rebreathe into a paper bag to see if the range of motion increased or if the pain decreased. With the seminar fresh on my mind, and being a little curious, I tested my patient for range of motion. He could put his hands on the floor but his right shoulder caused some discomfort when he elevated it more than 45 degrees. The rebreathing exercise completely removed the pain.

Rebreathing only causes a temporary increase in carbon dioxide blood titers so the effect last a few minutes. This screen is used to determine a functional carbon dioxide deficit. The greatest producer of carbon dioxide is the citric acid cycle. By tasting different nutrients that are used to

facilitate the citric acid cycle and the electron transport chain we can increase the body's ability to make carbon dioxide. By tasting a low potency phosphoralated B complex and an emulsified CoQ, his

shoulder pain subsided. The B complex took approximately 50% of the tenderness away. The addition of the COQ really made the difference.

Both of us were surprised when one of his sinuses started draining after tasting and swallowing the nutrients. Thirty minutes later the other sinus started draining. But here's the exciting part. Two days later he called me to tell me he had been waking up with open clear sinuses ever since he started taking the nutrients. By fixing the carbon dioxide problem and increasing carbonic anhydrase and natural buffers we restored the body's environment and the body fixed itself.

There really are benefits to adequate carbon dioxide benefits that can help chronic conditions, or conditions where a locus of infection may be hiding in sinuses, ears, urinary tract or anywhere. Ask your Wellness clinician about ways to balance and restore your body's environment. In the right environment, your body CAN fix itself..