10 Day Inflammation Protocol from Standard Process

Notes for presentation by David Kolowski, DC

*Intended for educational and informational purposes for healthcare practitioners only. This information is not intended to diagnose, treat or cure any disease. The following information has not been evaluated by the FDA.*

- Order the literature from Standard Process, familiarize yourself with the program.
  - SP Complete - $65.00 28oz. used completely
  - SP Cleanse - $24.00 150C used completely
  - Black Currant Seed Oil - $15.50 60P used completely
  - Boswellia - $23.50 40T 30 used, 10 remaining
  - Cyruta Plus - $13.00 90T used completely
    - $141.00 total, $14.10 per day
    - The three SP Complete shakes per day will replace a good portion of the typical diet.
    - Cost should not be an issue, have confidence in your recommendation.

- Two types of inflammation
  - Acute – immune response to injury or assault on the body.
    - Heat, redness and swelling
    - Prevents the spread of infectious agents
    - Helps remove damaged tissue and pathogens
    - Assists in the repair process
    - Acts as a splint, causes a pain response to reduce further use of that area
  - Chronic – This is what we are most interested in with this protocol
    - Associated with chronic disease. 7 of the 10 leading causes of death are strongly associated with chronic inflammation
    - Starts as acute inflammation, perpetuates due to underlying triggers:
      - Immune Challenges – Viruses, parasites, bacteria, fungus
        - Immuplex, Bactrex, Multizyme, Zymex II, Wormwood Complex
      - Toxins – Food, air and water
        - 21 Day Purification Program
      - Allergies and Sensitivities
      - Poor Sleep
      - Age
      - High Blood Glucose
        - 10 Day Blood Sugar Program
    - Associated conditions – arthritis, IBS, heart disease, obesity, Alzheimer’s, nephritis, osteoporosis, cancer, fibromyalgia, metabolic syndrome/diabetes
    - Problem specific PMG’s may be helpful
Other Inducers of Inflammation
  
  **Blood Sugar Connection**
  - Sugar in the blood can come in contact with proteins and fats, creating AGE’s (Advanced Glycation End Products). If these AGE’s bind to the cell receptor (RAGE), this initiates further inflammation by triggering NF-kB (Nuclear Factor kappa-B). Too many B cells can lead to chronic disease, advanced aging, poor memory, and poor muscle endurance.
  
  **Elevated Uric Acid** – Gouty arthritis; increased risk of hypertension, kidney disease, type 2 diabetes
  - Vitamin A, Cherry Juice, Cod Liver Oil, Arginex, Spanish Black Radish
  
  **Homocysteine** – Implicated in inflammation associated with inflamed arteries and development of atherosclerosis
  
  **Obesity**
  - Visceral Fat – Produces 300% more inflammatory chemicals than fat in other parts of the body
    * Phase I of the dietary guidelines to lose weight

Traditional Medical Approach
  
  **NSAIDs (Non-Steroidal Anti-Inflammatory Drugs), Corticosteroids**
  - Ibuprofen, Aspirin, Celebrex, Naproxen, over a dozen approved in US
    - 70 million prescriptions, 30 billion sold OTC
    - 13 million in US use regularly. 103,000 hospitalized per year for serious GI issues, costing over $2 billion directly
    - Occult bleeding, dyspepsia, overt bleeding, ulcers. 2 Aspirin = 1 tsp blood/day

Omega-6 and Omega-3 oils
  
  - Ratio should be 4:1 (Omega-6:Omega-3), but is currently 25:1
  - Increased use of vegetable oils
    - Vegetable oil Omega-6 needs a certain enzyme to be converted, otherwise will build up to be inflammatory
  - Tuna Omega-3 Oil

10 Day Dietary Goals
  
  - Remove and reduce triggers
  - Support the natural inflammation response
  - Balance Omega 3 to 6 ratio
  - Fill nutritional voids with miro-nutrients
  - Demonstrate how this diet program can lead to better health, well-being and vitality
Products and Protocol

- **SP Complete** - 3 shakes per day, 2 scoops per shake
- **SP Cleanse** - 15 per day
- **Black Currant Seed Oil** - 6 per day
- **Boswellia** - 3 per day
- **Cyruta Plus** - 9 per day

  - **SP Complete and SP Cleanse**
    - Basic foundation of 10-day program. Fill in nutritional gaps, support gut flora, detoxify
  - **Black Currant Seed Oil**
    - Rich in GLA (Gamma-Linolenic Acid) – bypasses enzyme needed for other Omega-6’s
    - GLA has been found to reduce inflammation
  - **Boswellia Complex**
    - Reduce pain and inflammation
    - Includes Tumeric, Ginger, Celery Seed, Boswellia
  - **Cyruta Plus**
    - Main source is Buckwheat. Rich in bioflavonoids Quercetin and Rutin – natural inflammation support
    - Rich in minerals
    - Adrenal Cytosol Extract
      - Adrenals are intimately involved with the inflammatory response
      - Increased allergies lead to increased cortisol, adrenals get worn out

Post 10-Day Support

- Continue with Phase 1 or Phase 2 diet for minimum 3 weeks, the reintroduce foods one at a time.
- **Cyruta Plus** – 6/day
- **Boswellia** – 1-2/day
- **Black Currant Seed Oil** – 2/day
- **Additional Considerations** – Whole Food Fiber 1 Tbsp/day, Lactic Acid Yeast 1/day
Practice Tips

- Have information and brochures ready
- Get the word out – Patient workshops, Open house, Public lectures
- Pre and Post surveys and exams
  - Weight, System Survey, Abbreviated symptom survey sheet with the following:
    - Joint Pain or Stiffness
    - Water Retention or Puffiness
    - Dark Circles or Bags under the Eyes
    - Stuffy Nose, Head or Sinus Congestion
    - Bloating, Belching or Bowel Gas
    - Dry or Itchy Skin
  - Computerized assessment
    - Heart Rate Variability, Bio-Meridian, Bio-Feedback, Subluxation Station
- Email Support through www.purificationpractice.com/10day - Personalized emails sent automatically to your patients
- Get testimonials immediately. Emphasize the need to share their success. Happy patients don’t refer – they expect to be happy. Excited patients refer.
- Explain causes of inflammation
  - Sub-optimal diet
  - Bad fats
  - Food sensitivities or allergies
  - Chronic Stress
  - Lack of exercise
  - Chronic infection