Gaeta Seminars for Health Professionals presents:

MASTERING THE THYROID

With Michael C Gaeta, DAc, MS, CDN

June 2015 Edition
One-Hour Version

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michaelgaeta.com
expertnutritionadvisor.com
nutritionforacupuncturists.com

gaeta communications
Improving Patient Care & Practice Success
MASTERING THE THYROID

With Michael Gaeta, DAc, MS, CDN, LAc, LMT, Dipl Ac & ABT (NCCAOM)

Complete Description

The thyroid gland, named from the Greek word for “shield,” is a bilateral butterfly-shaped gland located below thyroid cartilage. It weighs .63 – 2.1 ounces (higher in pregnancy). Both the hypothalamus and pituitary gland regulate thyroid activity.

Functionally, the thyroid regulates basal metabolic rate and metabolism, and protein synthesis. It increases sensitivity to other hormones, produces calcitonin to regulate calcium metabolism. The thyroid increases oxygen consumption in target tissues. In fetal and child development, thyroid hormone is critical for normal development of the skeletal system, musculature, and brain development; it regulates synaptogenesis, neuronal integration, myelination and cell migration.

Thyroid disorders among the most common of endocrine syndromes, surpassed only by diabetes. According to the National Women's Health Information Center, thyroid conditions affect some 20 million (about 1 in 13) Americans. Common thyroid disorders include hypothyroidism, hyperthyroidism, Hashimoto's thyroiditis, Graves' disease, thyroid cancer, goiter and iodine deficiency. Thyroid disorders are most common in women over 35. More than 20% of US menopausal women are diagnosed with some thyroid dysfunction. Counting undiagnosed cases, incidence may be as high as 60% in that rapidly-growing group. In the US, 80% of all hypothyroidism, and 90% of all hyperthyroidism, is autoimmune in nature, the highest by far of any nation in the world.

Symptomatic conventional treatments, such as drugs and surgery, characteristically do nothing to address the underlying causes or root of the problem, and generally leave patients dependent on lifelong medication. Moreover, many patients with subclinical hypothyroidism are undiagnosed, though they suffer with many of the common symptoms, such as fatigue, weight gain, depression, “brain fog” and constipation.

Iodine deficiency, well-established in its relationship to brain damage and mental retardation worldwide, also contributes to hypothyroidism, breast pain, fibrocystic breast disease and other disorders. The World Health Organization estimates that over 30% of the world’s population (2 billion people) has insufficient iodine intake.

Most health professionals are limited in their understanding of accurate thyroid assessment, often relying only on TSH measurement. And most lack an understanding of how to support thyroid health, regeneration and healing, usually relying merely on synthetic T4 as thyroid replacement alone. This seminar educates clinicians in the comprehensive and accurate assessment of thyroid function, and in effective natural support of optimal thyroid function, using diet, and food- and plant-based supplementation.
Learning Objectives
1. Review relevant thyroid & endocrine physiology
2. Present options for & interpretation of laboratory and home thyroid assessment
3. Understand diet, lifestyle, nutritional support and herbal therapy for restoring and maintaining optimal thyroid health

About the Presenter
Michael Gaeta is a visionary educator, clinician and writer in the field of natural healthcare. His purpose is to create a world of vital, resilient people who find fulfillment through positive contribution. Michael works with natural health professionals who want to improve their patient care and practice success, through his one-year clinicians’ mentoring program, live seminars and webinars, and distance learning programs. He holds licenses in acupuncture, dietetics-nutrition and massage therapy, and is a doctor of acupuncture in Rhode Island. Michael earned his master’s degree in acupuncture from the New York College of Health Professions, where he was a faculty member for ten years. Michael’s teaching is informed by 24 years of successful clinical practice, in his New York and Colorado clinics, helping thousands of patients improve their well-being, prevent illness, and stay out of the medical system. He co-founded Acupuncture for Veterans, providing free treatments in New York City. Michael is past president of the Acupuncture Society of New York, earning awards for State Association President of the Year. He appeared on the CBS Early Show and NBC News, and has trained thousands of clinicians in his Success with Natural Medicine clinical seminars since January 2001, and his Love, Serve & Succeed business and ethics seminars since 1996. In four years, his wellness radio show on Contact Talk Radio has attracted over 100,000 subscribers. He loves to debunk popular myths regarding food quality (critical), vaccines (bad), cholesterol (good), antioxidant vitamins (bad), and chronic illness (preventable). Michael is also a pianist and composer. Useful ideas and resources at michaelgaeta.com and nutritionforacupuncturists.com.
Why I Am Here With You Today
My Purpose & Passion

- To create a world of resilient, vital people who are fulfilled because they make a difference through positive contribution, and stay out of the medical system
- To improve the patient care & practice success of natural health professionals

Your Action List

Goal: Apply what you learn
How: On a separate sheet of paper, write down specific things you will do on your next office day
Best practice: Write down specific family and patient names, with tests or protocols you will use to help them
Wisdom from Rudolf Steiner

“For every human illness, somewhere in the world there exists a plant which is the cure.” - Rudolf Steiner

Kerry Bone: “I believe that there is a healing potential locked inside plants which is integral with their evolution, just as it is part of human evolution to learn to tap this wonderful gift of Nature.”

Part One:
Introduction & Overview

Chart of Endocrine Relationships

By Henry Harrower, MD

Relationship of the Endocrine Organs

Thyroid Anatomy

From the Greek word for “shield”
Anatomy: bilateral butterfly-shaped gland below thyroid cartilage
Weighs .63 – 2.1 ounces (higher in pregnancy)

Thyroid Physiology

- Regulates BMR & metabolism
- Protein synthesis
- Increases sensitivity to other hormones e.g. catecholamines, thereby elevating lipolysis, glycogenolysis, and gluconeogenesis
- Produces calcitonin
- ↑ O2 consumption in target tissues
- In fetal & child development: TH is critical for normal development of the skeletal system, musculature, brain development; regulates synaptogenesis, neuronal integration, myelination and cell migration.®
Thyroid Hormones

- Thyroxine (T\(_4\))
- 3,5,3'-Triiodothyronine (T\(_3\))

Thyroid Feedback Regulation

THE HYPOTHALAMIC-PITUITARY-THYROID AXIS
Hormones that regulate the synthesis and/or secretion of other hormones are known as **trophic** hormones.

Key players for the thyroid include:
- Hypothalamus: TRH - Thyropin Releasing Hormone
- Anterior Pituitary: TSH - Thyroid Stimulating Hormone
- Thyroid: T\(_4\)/T\(_3\) - Thyroid hormones

Iodine Intake

- Iodine deficiency is now accepted as the most common cause of preventable brain damage in the world.
- The spectrum of iodine deficiency disorders (IDD) includes mental retardation, hypothyroidism, goiter, and varying degrees of other growth and developmental abnormalities.
- WHO estimated that over 30% of the world’s population (2 billion people) has insufficient iodine intake.

Iodine and Fibrocystic Breast Disease

An uncontrolled study of 233 women with fibrocystic breast condition found that treatment with aqueous molecular iodine (I\(_2\)) at a dose of 0.08 mg of I\(_2\)/kg of body weight daily (5-6 mg in a 150 lb. woman) over six to 18 months was associated with improvement in pain and other symptoms in over 70% of those treated.

A double-blind, placebo-controlled trial of aqueous molecular iodine (0.07-0.09 mg of I\(_2\)/kg of body weight daily for six months) in 56 women with fibrocystic breast condition found that 65% of the women taking molecular iodine reported improvement compared to 33% of those taking the placebo.

Iodine Toxicity

Acute iodine poisoning is rare and usually occurs only with doses of many grams. Symptoms of acute iodine poisoning include burning of the mouth, throat, and stomach; fever; nausea; vomiting; diarrhea; a weak pulse; and coma.

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Iodine Toxicity

People living in the northern coastal regions of Japan, whose diets contain large amounts of seaweed, have been found to have iodine intakes ranging from 50,000 to 80,000 mcg (50-80 mg) of iodine/day.


Some Symptoms of Hypothyroidism

- Weight gain
- Depression
- Dry hair and skin
- Cellulite
- Fluid retention
- Constipation
- Cold hands and feet
- Thin or absent lateral third of eyebrow hair
- Female infertility
- Goiter
- Birth defects
- Fatigue
- Slowed mental processes
- Hair loss
- Poor memory, focus
- "Brain fog"
- Low libido
- Cold intolerance
- Abnormal menses
- Peripheral neuropathy

EXAMPLES OF THYROID DISEASES

- Hypothyroidism
  - 1st Hypothyroidism
  - Congenital Hypothyroidism

The Three Cardinal Signs of Hypothyroidism

- Fatigue, lethargy, low mental energy
- Weight gain, difficulty losing weight
- Depression, apathy
Hypothyroid Etiology

Primary:
- Insufficient iodine intake
- Halogens displacing iodine
- Autoimmune disease (Hashimoto’s)
- Stress → adrenal depletion, HPA dysregulation
  \[ \uparrow \text{cortisol} \rightarrow \downarrow \text{liver detox} \rightarrow \downarrow \text{estrogen} \rightarrow \downarrow \text{FT3} \]

Secondary:
- Liver toxicity (has many causes)
- Pregnancy
- Meds, e.g. amiodarone (Cordarone, Pacerone), lithium, interferon alpha, interleukin-2

Hyperthyroid Etiology

- Graves Disease – 90% of US cases
- Toxic thyroid adenoma
- Toxic multinodular goiter
- Pregnancy: Postpartum thyroiditis (PPT) occurs in about 7% of women during the year after they give birth.

Some Symptoms of Hyperthyroidism

- nervousness
- irritability
- increased perspiration
- palpitations
- hand tremors
- anxiety
- insomnia
- thinning of the skin
- fine brittle hair
- muscular weakness
- unexplained weight loss
- light or infrequent periods
- bulging eyes
- cardiac arrhythmia

Hyperthyroidism – Integrated Assessment

Blood – Low TSH, High Free T3, High or Low Free T4

Hair – Low Ca:K ratio

Home Tests – Barnes’ Axillary Temp. Test

Optimal 97.8 – 98.2
Borderline 97.4 – 97.7
Low 97.3 or below
**Part Three: Blood Analysis**

**Thyroid Lab Assessment**

| Good | Blood: Free T3 (optimal 3.1 – 4.1) |
|      | Free T4 (optimal 1.1-2.1)         |
|      | TSH (optimal < .3 - 2)            |
| Better (add) | Hair: Ca:K ratio (optimal 4:1) |
|     | TPO (Thyroid Peroxidase) AB (< 25) |
|     | TG (Thyroglobulin) AB (< 25)      |
| Best (add) | Reverse T3                         |
|     | TSH Receptor AB                    |

Complete set available as a discounted profile at www.privatemdlabs.com/online

**Online Lab Access**

- No doctors prescription necessary
- Patient orders and pays for tests online, goes to local draw center, gets results online
- Discounted combination profiles for blood sugar, CVD risk assessment and thyroid function, based on the Clinical Application of Laboratory Analysis seminar

www.privatemdlabs.com/online

www.directlabs.com/online

**Part Four: Home Tests**

Dr Broda Barnes

Thyroid Axillary Temperature Test

- Use a liquid/non-digital thermometer - Mercury or Magnatherm
- Shake down thermometer before bed, and put on nightstand
- Upon rising, take axillary temp for 10 min (don’t move)
- Do this for five days and average the results
- Cycling women start on day 2 of cycle

"Health begins and ends with the proper balance of the endocrine system" - Broda O. Barnes, MD, PhD
Nutritional Analysis: The Zinc Test

Derek Bryce-Smith, PhD
(1926–2011)

Chair of Organic Chemistry at the University of Reading
An established authority on zinc and numerous other biochemical topics
Played a key role in the introduction of unleaded gasoline

Zinc is a critical mineral and one of the most important trace elements. Over 200 enzyme systems require zinc, and it is an essential part of immune function, regulating inflammation, skin and wound healing, cardiovascular function, mineral absorption, body temperature control, fertility and more.

Symptoms of Zinc Deficiency

- Loss of appetite
- Allergies
- Growth retardation
- Menstrual problems
- Diarrhea
- Slow wound healing
- Tremor
- Loss of taste
- Hair loss
- Loss of smell
- Dandruff
- Dyslexia
- Dry skin rash
- Menopausal problems
- White fingernail spots
- Poor night vision
- Light sensitivity
- Depression

Symptoms of Zinc Deficiency – 2

- Hyperactivity
- Sleep problems
- Reduced fertility
- Loss of sex drive
- Pre-eclampsia of pregnancy
- Postpartum depression
- Autoimmune disease
- Inflammatory conditions

Zinc Taste Test Procedure

Directions: Hold 1-2 tsp Standard Process Zinc Test in your mouth for 30 seconds, then swallow.

- In zinc sufficiency, you will have an immediate foul or metallic taste.
- If the taste is delayed, mild or absent, then you likely have some degree of zinc deficiency.
**Zinc Taste Test Interpretation: Four General Categories**

The first two indicate deficiency. Repeat monthly.

1. Highly Deficient: Tasteless, like water.
2. Borderline: Slightly dry, mineral, furry or even sweet taste, develops after a few seconds.
3. Good: Definite taste that intensifies with time.
4. Optimal: Strong unpleasant taste noticed immediately.

**Protocol:**
- Zinc Liver Chelate, 3 per day
- Trace Minerals B12, 3 per day

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**General Support**

**Minimum Nutritional Support for all patients:**
The General Health Daily Fundamentals Packets Includes:
- Catalyn® 6
- Trace Minerals-B12™ 2
- Tuna Omega-3 Oil 4

Patient Cost: $2/day ($61/mo)

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**The Five Key Minerals for the Thyroid**

In order of importance:
- Iodine: Prolamine Iodine, Iodomere
- Selenium: Cataplex E
- Sodium: n/a
- Zinc: Zinc Liver Chelate
- Iron: Ferrofood

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**The Key Vitamins & Amino Acid for the Thyroid**

- **Formula**
  - Vitamin C Complex: Cataplex C
  - Vitamin F Complex: Cataplex F
  - Amino acid: Tyrosine: Protefood

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**The Importance of Tyrosine**

Tyrosine is the basis for thyroid hormones and the three catecholamines made in the adrenal medulla: epinephrine, norepinephrine & dopamine.

- Great sources of tyrosine: eggs, raw cheese, raw milk, raw almonds, avocado, grassfed beef, organic chicken & turkey.
Key Foods for the Thyroid

Iodine: Seaweed / sea vegetables
Selenium: Brazil Nuts
Sodium: (Celtic) sea salt
Zinc: Oysters, grassfed beef, spinach, cashews, beans, buckwheat, mushrooms, pumpkin seeds, sesame seeds, grassfed lamb, lentils, turkey

Support for the Hypothyroid Patient

Hypothyroid Support

Minimum
- Cataplex C 6
- Cataplex F Tablets 6
- Thytophin PMG 3-6

Better (add)
- Prolamine Iodine 2-4
- Thyroid Complex 3
- Protefood 1 (natural tyrosine, etc.)

Best (add)
- Coleus Forte 3 (esp. w/ HTN, overweight)
- Symplex F/M or Paraplex 6
- Hypothalmax and/or Hypothalamus PMG 2
- Cataplex E 6 (food-source selenium)

Hypothyroid – If Hashimoto’s

Essential:
- Rehmannia Complex 3-4
- Immuplex 6
- Increase Thytophin to 6-9

Best (add)
- Echinacea Premium 3
- Livaplex 6
- E-Manganese 3

Three Types of Thyroid Replacement

Worst - 1. synthetic t3 and/or t4
e.g. synthroid (and cytomel)

Better: compounded bioidentical t3/t4 combination

Best: organotherapy = glandular
e.g. armour thyroid, naturthroid or eco thyro 800 955 1769

Effective Support for the Endocrine Glands

You need the correct…
- e.g. thyroid
  - Glandular
  - Vitamin
  - Mineral
  - Lifestyle
  - Herbal

...support for each one
Vitamin F and Thyroid
Cataplex F Tablets Released in 1934

"Cataplex F has an important relation to iodine metabolism... The metabolism of iodine, with its consequential effects on thyroid activity are believed to be related to deficiency of vitamin forms of unsaturated fatty acids. In the main this involves hypothyroidism with subclinical manifestations of myxedema." – Dr Royal Lee

Vitamin F and Thyroid
Cataplex F Tablets Released in 1934

"The course of deficiency follows lowered oxidation reactions with subsequent fibrotic tendencies and accumulations of sclerotic-type lesions involving the skin and sub-strata layers. It is, perhaps, through the correction of those deficiencies that Vitamin F has become known as "the cosmetic vitamin." – Dr Royal Lee

Vitamin F and Thyroid
Cataplex F Tablets Released in 1934

"Unsaturated fatty acids are known to increase the blood iodine and the effect here is thus indicative of normalizing thyroid function, i.e. relieving the hypothyroid state. The rationale here simply involves the biochemical nature of unsaturated fatty acids in that, being rated by their iodine numbers, they possess available bonds for iodine acceptance." – Dr Royal Lee

Cataplex C

Essential formula to support these systems:
- Adrenal
- Thyroid
- Immune
- Inflammation
- Vascular

Includes (in part):
- Cyruta
- Ostrophin PMG
- Calcium Lactate
- Whole Dess. Adrenal

Royal Lee on C Complex

Ascorbic acid is the antioxidant portion of the vitamin C complex, but is not the most important part. The most valuable part of vitamin C complex is tyrosinase. - Dr Royal Lee

Case Study – Hashimoto’s Disease

36 year-old female, Dx Hashimoto’s Thyroiditis on synthroid three years
8/16/08: Thyroid peroxidase AB >1300
Tx: acupuncture 2x/month
Rehmannia Complex 3
Thyropin® 3 empty st.
Thyroid Complex 3
Cataplex® F 6
Cataplex® C 6
Prolamine Iodine 3
Cal Lactate Pwd. 1 Tbs
12/20/08: Thyroid peroxidase AB 628
patient reports feeling stronger, more energy
Thyroid Blood Patterns – 1

1. Low Free T4 (below 1) & Low Free T3 (below 3)

*Etiology:*
- a. Lack of raw/intact tyrosine
  - Tx: tyrosine foods, Protefood 1-2
- b. Iodine deficiency
  - Tx: eat sea veg., P. Iodine, 2-4

Thyroid Blood Patterns – 2

2. Free T4 normal (1-2) to High (above 2), Low Free T3 (below 3)

*Etiology:*
- Conversion problem in the liver
  - Support: Livaplex 3-6, Silymarin 3

Remember the Adrenals!

<table>
<thead>
<tr>
<th>Status</th>
<th>Supplement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Good</td>
<td>Drenamin 6-9</td>
</tr>
<tr>
<td></td>
<td>Adrenal Complex 2</td>
</tr>
<tr>
<td>Better (add)</td>
<td>Cataplex B 6</td>
</tr>
<tr>
<td></td>
<td>Eleuthero 3-4</td>
</tr>
<tr>
<td>Best (add)</td>
<td>Ashwaganda 1:1 2 tsp.</td>
</tr>
<tr>
<td></td>
<td>Hypothalmex/us 2</td>
</tr>
<tr>
<td></td>
<td>Symplex F/M or Paraplex</td>
</tr>
</tbody>
</table>

Support for the Hyperthyroid Patient

Hyperthyroid – If Graves’

<table>
<thead>
<tr>
<th>Type</th>
<th>Supplement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Essential</td>
<td>Rehmanna Complex 3-4</td>
</tr>
<tr>
<td>(add)</td>
<td>Immuplex 6</td>
</tr>
<tr>
<td>Best</td>
<td>Livaplex 6</td>
</tr>
<tr>
<td>(add)</td>
<td>Echinacea Premium 3</td>
</tr>
</tbody>
</table>

What is Antronex?

- A bovine liver fat extract concentrate of Yakriton, discovered by Japanese researchers in the 1920s.
- “Yakriton, the detoxicating hormone of the liver, can save rabbits not only from subacute phosphorus poisoning but also from acute phosphorus poisoning.”
  - KYUMATSU ASAKURA, MD, Pediatric Department, Faculty of Medicine, Tohoku Imperial University, in The Tohoku Journal of Experimental Medicine Vol. 15, No. 5-6 (1930) pp. 476-480
Antronex – Early Research

“The present work is a further proof that yakriton, the detoxicating hormone of the liver, can detoxicate phenol.”

“Further Experiments on Detoxication of Phenol by Yakriton” by YUTAKA ASADA, MD, Pediatric Department, Faculty of Medicine, Tohoku Imperial University, in The Tohoku Journal of Experimental Medicine Vol. 15, No. 5-6 (1930) pp. 507-523


Antronex – Actions

- Dilates the portal vein which feeds into the liver
- This improves circulation into the liver so that the liver can more quickly/efficiently metabolize histamines and other inflammatory chemicals
- “The blood-filtering fraction of the liver” – John Courtney
- Acts as a natural antihistamine
- Quickens the removal of excess blood thyroxine
- Requires an acid GI tract (may work better with Zypan)

Antronex – Indications

- Allergies, asthma
- Acute or chronic rhinitis
- Portal (hepatic) hypertension
- Hyperthyroidism, e.g. Graves’ disease
- Any histamine reaction, chronically histaminic patient

Thymus & Hyperthyroid

Thymex and/or Thymus PMG 3/day, for hyperglandular conditions, esp. thyroid & adrenal

“There is regulatory influence in these situations, according to clinical reports… We have noted clinical improvement in hyperthyroid states from use of this product…”

- The Writings of Royal Lee

Vitamin F and Graves’

“(The use of Vitamin F) is especially indicated in increased metabolic rates, as in hyperthyroidism.”

- The Writings of Royal Lee

Hyperthyroid Support

Minimum
- Cataplex C 6-9
- Cataplex F Tablets 6
- Antronex 6-9

Better (add)
- Thytrophin PMG 6-9
- Bugleweed (MH) 1 tsp
- Thymus PMG and/or Thymex 3-6

Best (add)
- Motherwort (MH) 1 tsp
- Symplex F/M or Paraplex 6
- Hypothalmus PMG 2
Case study protocol
Dx – Grave’s Disease

Cataplex c 6
Thytophin 6
Antronex 6
Bugleweed 1 tsp
Rehmannia complex 3
Echinacea premium 3
Immuplex 6
Labs repeated after 4-5 weeks – almost normal, nodules gone

With My Thanks
Free E-Book on Vaccines & Effective Immune Support

In appreciation for your attending this seminar, I would like to send you my e-book: The Vaccine Myths. Just send an email to admin@gaetacommunications.com.

I will add you to my e-newsletter/blog list (2-3 times per month), and send you my e-book on the greatest evil of modern medicine. Thanks again for attending!

MASTERING THE THYROID
Thanks to Prof. Kerry Bone & Mr. Mark Anderson for the content of some slides used in today’s presentation

Resources & Next Steps

seleneriverpress.com
For teachings of Royal Lee, Back to School series, etc.
Download Historical Archives (free)

Next Steps: Further Professional Trainings to Improve Your Patient Care & Practice Success
Complete Details in Your Notes

1. One-year Clinician’s Mentoring Program (see p. 2-5)
2. Self-study programs (with optional NCCAOM PDAs) p. 6-10
3. Clinicians’ Training Website p. 11
4. Phone Consultations for clinicians & their patients p.11
5. Online CEU Seminars for DC, LAc, LMT p. 12
6. Other Live Events, Free Radio Show Archive p. 12
   - Online video education for SP clinicians & patients
   - Register for free training program (normally $597) here: www.expertnutritionadvisor.com/adam-davis

But Wait, There’s More!

Please read the Appendices section after the Thank You slide, for more useful clinical and practice-related ideas, and additional resources to expand your nutritional practice. Enjoy!
Thank you!

Peace and success to you in the days ahead.

Only to the degree that one is open can one receive and be a channel for healing. This healing manifestation is accomplished because one has allowed him or herself to be an opened window through whom the healing radiance has gone forth to all suffering humanity. To seek to get healing is futile. To let the healing radiance pour forth through you in blessing to others is the perfect way.

Uranda

Healing Radiations,
1 November 1937

Appendices

The first online video education program for Standard Process clinicians & their patients
**ENA Overview**

1. We train you, the SP clinician, in the clinical and business aspects of creating or expanding a nutritional/herbal practice

   Cost: $597, or free if you register through your local SP representative

2. We educate your patients in
   - The Key Concepts of wholistic nutrition,
   - The details of all SP and 35 of the top MH formulas (all MH in 2015)
   - Diet and lifestyle education for common complaints or concerns
   - All the conditions and areas you can help

   Cost: $97-297/mo, depending on level

3. We grow your practice by referral
   - We create an ENA homepage for your practice
   - Your patients can share video content with their friends and family by email, which refers them to your ENA homepage and shares with them your new patient offer

   Cost: included in any monthly subscription

**ENA Beta Test Phase**

With our appreciation, the first 300 practices will have the opportunity to purchase a monthly subscription at half price, and lock in that 50% discount for a full year

**Your Next Steps**

1. Register today to receive the free training
2. Begin using the complete SP Clinician video training course (“Nutritional Practice Expansion”) to improve your patient care and practice success
3. Consider a monthly subscription for improving your patient education
4. Expand your nutritional practice!
Where to Register
For the Free Practitioner Training Course

www.expertnutritionadvisor.com
/lisa-moore
Here you can register for the practitioner training program at no charge (normally $597).
After you register process, you can log in and choose a subscription level for patient education & referral (optional).

Vaccines: Philosophical & Religious Exemptions Under Attack

By Big Pharma’s minions in government, media and public health, and the Gates Foundation

Their goal: forced vaccinations for all

Time to get active and protect our health freedoms. Go to

nvicadvocacy.org

And take action for our children and future generations

Resources – Vaccine Websites

National Vaccine Information Center nvic.org
703-938-DPT3 (3783)
vaxchoicetv.com thinktwice.com
mercola.com drcarley.com
citizens.org gval.com
tetrahedron.org vaccilib.org
vaccineinfo.net hpakids.org
vaccinationnews.com naturalnews.com
vaccinerights.com vaccinationcouncil.org

Mastering Nutrition with Blood Chemistry

Discusses each component of a typical blood analysis. Explaining what is being measured, which body systems or functions are associated with levels of the component measured, and which Standard Process supplements may be helpful in restoring balance of that component. This book lists not just the typical “normal” range defined by conventional medicine but also lists “optimal” and “ideal” ranges, as determined by clinical consensus among nutrition-minded doctors.

Available from Selene River Press
$29.95

Resources
For Practitioners

• seleneriverpress.com – Lectures of Dr Royal Lee, etc.
• Standard Process Clinical Reference Guide
• Vitamin News – collected newsletters of Royal Lee
• Therapeutic Food Manual
• International Foundation for Nutrition & Health – ifnh.org
• Weston Price Foundation – westonaprice.org
• Price-Pottenger Nutrition Foundation – pprf.org

Good Annual Blood Work

Must be fasting at least 10 hours!

Basics: CBC with WBC differential & platelets
CMP – comprehensive metabolic panel
Lipid panel
Thyroid: FT3, TSH, FT4, Reverse T3
TPO AB, TG AB
Cardio: Cardiac CRP, PLAC, Lp(a)
Homocysteine, fibrinogen
D: 25 OH-D
Sugar: Insulin, HGB A1C
Other: pH, ionized calcium, DHEA-S
SP and Gluten

1. 60% of the 177 SP products are gluten-free
2. The 40% that are not usually contain wheat germ
3. The germ has the least gluten in the wheat grain
4. The glutinous grain (oat flour is not likely to be reactive) is only a small part (mg) of the formula
5. Therefore the amount of gluten is very low (mcg)
6. All food sensitivities have a “triggering threshold” below which there will be no reaction.
7. Clinical experience with SP has abundantly shown that gluten reactions to the supps are rare. Some are likely psychogenic.

SP Animal Ingredients

Why: Because organ meats are among the most nutrient-dense foods in the world for the human body

1. Sourcing
   - First source is organic/natural/free-range
   - Rest is USDA-certified (top 1-3%)
2. Testing
   - Extensive lab testing for contaminants and pathogens
     - 4-8x/batch, avg. 6x/batch
3. Track Record
   - Perfect 85-year safety record
4. Other
   - PMG/Cytosol extracts are mostly fat-free
   - Small quantities in each dose

Self-Cultivation and Healing

From Lonny Jarrett, in *Nourishing Destiny*

“Practitioners of the inner tradition cannot make things happen in their patients. Rather, they create the appropriate context for change through each nuance of interaction with the patient. The practitioner’s own internal alignment, called forth in performing the ritual of treatment, creates a context for healing even before the needles are inserted or the herbs are prescribed. Ideally, the patient’s transformation is initiated by the very presence of the practitioner. This approach deemphasizes the technical aspects of acupuncture or herbalism, and places the responsibility for successful treatment directly on the spiritual development and cultivation of virtue by the practitioner.”
### Why SP Is a Perfect Fit for an Acupuncture Practice

- Living food, not lifeless chemicals
  - See www.standardacupuncture.com
- SP products contain the same three types of ingredients found in Chinese herbal medicine: plant, mineral, animal
- Most (85 yr.) accumulated clinical experience
- The energy of the formula, not the individual nutrients, are the most important

### Why Standard Process

1. The only supplement company to grow their own foods – complete quality control from seed to supplement
2. The first company to produce a nutritional supplement – the Catalyn multi-nutrient formula, 1929
3. 1,000 acres of company-owned, isolated, certified organic farmland; organic farming practices since 1929
4. Farmland contains rich, black soil in the Kettle Moraine of Wisconsin; pure glacier water from a 600-foot deep artesian well
5. Unique manufacturing process which preserves full nutritional integrity and bioactivity
6. FDA GMP-certified facility
7. Unparalleled 85-year track record, longer than any other company
8. Use certified organic animal products as much as possible
9. Founded by one of the founding pioneers in the field of nutrition, Dr. Royal Lee
10. Unmatched body of knowledge in the clinical application of their unique formulas

### Gaeta Seminars

**Perspective #1: Wholism**

- **Principle:** The whole is greater than the sum of its parts
- **Basis:** Oneness, Innate Wholeness
- **Aim:** To join, to increase health, well-being, resilience & radiance
  - To reveal one’s innate wholeness and largeness in living
- **Basis of all traditional medical systems**
Perspective #1: Wholism
As Applied to Nutrition

- Retains the full spectrum of nutritional factors = nutritional integrity: the synergy of nutrients in a food, and of foods in a formula
- Practice is based on PRINCIPLES and clinical experience, informed by science
- Pioneered in the nutritional field by Drs. Royal Lee, Weston Price, Melvyn Page, Francis Pottenger and Harvey Wiley - see seleneriverpress.com Historical Archives

Nature, Humanity, Humility

“Humanity will never be smart enough to improve on natural foods and plants. Humanity at its most intelligent will humbly and gratefully use these gifts of nature, these blessings of the earth, to restore and sustain its vitality and resilience, for the purpose of fulfilling its destiny of creating the good, the true and the beautiful.” - MG

Perspective #2: Reductionism

- Principle: Isolate and reduce each part to its smallest component
- Basis: separation, innate flaws
- Aim: to isolate and separate; to identify and attack what is wrong
- Basis of conventional Western medicine

What is a Drug?

A synthetic isolated chemical administered to mandate physiological change for the purpose of suppressing or managing a symptom

Two Types:
1. Pharmaceutical
2. Nutraceutical

Perspective #2: Reductionism
As Applied to Medicine

- Led to the development of pharmaceutical and nutraceutical drugs out of plants and foods
- Single isolated interventions, drugs or nutrients that mandate a specific physical or biochemical change
- Practice is based mostly on STUDIES and research
- Disrupts the delicate biochemical balance of living systems; leads to unwanted or unexpected adverse effects on other areas

Wholism & Reductionism
Synthetic Vitamins are Drugs
From The Lectures of Royal Lee, Volume Two

“Synthetic vitamins are one of the worst frauds ever promoted on the American people. A synthetic vitamin is not a food, it’s a drug. I’ll admit it may have pharmaceutical value. It may be marvelous, may save a lot of lives, but it’s not a food and never acted as a food, and as Dr Morgan proved, once you’ve fed dogs on enriched diets with synthetics, they died quicker than if they got the old food without any vitamins. And that’s never been disproved.

Dr. Morgan did that in 1942, just when they’re beginning to enrich bread. They’re enriching it alright, they’re enriching their own pockets at the expense of your health, because enriched bread will kill animals quicker than unenriched. There’s no enrichment about it.”

SPECTRUM OF HEALTH INTERVENTION

<table>
<thead>
<tr>
<th>FOOD</th>
<th>WHOLE FOOD CONCENTRATES</th>
<th>WHOLE PLANT EXTRACTS</th>
<th>ISOLATES</th>
<th>SYNTHETICS</th>
<th>NUTRICEUTICALS</th>
<th>PHARMACEUTICALS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Enhancement</td>
<td>Building Block Components</td>
<td>Natural Metabolic Reaction</td>
<td>Modulation</td>
<td>Less processed</td>
<td>Prophylactic</td>
</tr>
</tbody>
</table>

Top Seven Healthcare Scams
All have little/no benefit & can cause much harm
All are about profit, not health
- Baby vaccines
- Flu shots
- Cholesterol-lowering drugs
- Bone density drugs
- Synthetic & antioxidant supplements
- Chemotherapy
- Fluoride

Overdosed America

World Population

Pharmaceuticals Consumed

- US
- Other

Top Five Causes of Death in the US
1. Cardiovascular Disease (including stroke) – 804,239 in 2004 (Source: CDC)
2. Cancer - 550,270 in 2004 (Source: CDC)
3. Conventional Medicine – 250-284,000 in 2000 (prescription drugs, surgery, hospital infections)
   Source: JAMA, 7/26/2000, Institutes of Medicine
4. Chronic lower respiratory diseases - 123,884 in 2004 (Source: CDC)
5. Unintentional injuries - 108,694 in 2004 (CDC)
Most Medical Interventions Are Unproven

“Only about 15% of medical interventions are supported by solid scientific evidence. Many treatments have never been assessed at all. If it is true, as the total quality management gurus tell us, that ‘every defect is a treasure’ then we are sitting on King Solomon’s mine.”

- David Eddy, MD, PhD
Professor of Health Policy & Management, Duke University

Top Six Causes of Health

1. Expressing a positive, creative spirit:
   - love, truth, compassion, peace, integrity, courage
2. Healthy, loving relationships
3. Whole-food diet & supplements
4. Moving the body – regular physical exercise
5. Adequate rest (physical & mental)
6. Living with a clear, benevolent purpose

What Really Matters in Life

From Stephen Covey, PhD, MBA
stephcovey.com

1. The quality of your relationships with people
2. The quality of your character
3. The quality of the contribution you make

Part Two:
Tissue Mineral Analysis

For more, see Clinical Application of Lab Analysis Seminar

What you learn from hair analysis

1. What’s happening now – present reality
2. What’s coming if they don’t change course - prognostic

Mineral Ratios:
A Remarkable Assessment Tool

Ratios Reveal Physiology
Hair Mineral Ratio # 2 – Ca:K

Ca:K ratio (optimal 4:1) “The Thyroid Ratio”

If > 4:1 = hypothyroid, possible overload of iodine antagonists and/or heavy metals, more Yin
Basic Support: Cataplex C and F 6-9
Thyroid Complex 3

If < 4:1 = hyperthyroid, more Yang
Basic Support: Thyropsin 4-6
Antronex 6-9 Bugleweed 1 tsp. / 5 mL

Hair Mineral Analysis
Next Steps

• Annual hair mineral analysis for comprehensive assessment of cellular metal toxicity and nutritional mineral status
  - Analytical Research Labs, 800 528 4067
  - Based on the genius work of Dr Paul Eck
  - Be sure to use your two free analyses (usually $69 each – ask for a Level 2 test)
  - Optional: add a Profile 5 - Dietary Plan, for $25
  - Ask for SP/MediHerb suggestions with the interpretation of results (free)

Herbal Thyroid Support

For more, see Ten Essential Botanicals for Clinical Practice Seminar

Thyroid Complex:

Bacopa – support above – Brain
Bladderwrack – support gland – Thyroid
Ashwaganda – support below – Adrenal

Total formula provides balanced global support for the gland

Withania - Overview

Actions
- Tonic
- Adaptogenic
- Mild sedative
- Anti-inflammatory
- Immune-modulating
- Antianemic

• This herb is a strong tonic and adaptogen. It:
  - Helps the body adjust to stress/change in a healthy way,
  - Encourages optimal physiological and mental function,
  - Conserves adrenal reserve

Thyroid Complex: 1 tablet is equiv. to .6 mL Ashwaganda 1:1

Withania - Indications/Uses

• Improves endurance and stamina
• General tonic, disease prevention
• Fatigue, lethargy
• Promotes growth, learning & appetite in children
• Conditions associated with aging; aids convalescence
• Low HGB, RBC, serum iron, WBC
• Inflammatory conditions e.g. arthritis, bronchitis & psoriasis
• Adjunctive Tx of DM
• Senile dementia
• Poor memory & learning
• Depletion following acute or debilitating illness
• Tonic for conception & prenatal
• Nervous tension, insomnia, stress and mild anxiety
Three Necessities for Patient Compliance

1. Why  
   - For each formula  
   - Relate it to them
2. Chart  
   - Pt schedule
3. Supplement Tray  
   - Preload one per week
4. Strong, clear Report of Findings

Useful Protocols

The SP Facelift Challenge  
A Three-Month Experiment

Internal:  
- RNA 9  
- Cataplex F Tablets® 6  
- Gotu Kola Complex 3

Topical:  
- Wheat Germ Oil ½-1 perle on face in p.m.

Take face photo before and at end of each month, then email to michael@gaetacommunications.com

Save the Gallbladder!  
In order of importance

Betafood 12 (4 tid)  
Livaplex 6 (2-3 tid)  
Soybean lecithin 6 (2 Tid)  
Cholacol 6 (2 tid)  
Choline 6 (2 tid)  
Silymarin 3  - After one bottle change to Livton 3 for three months

Post-Cholecystectomy

Treat symptom:  
- Improve fat digestion  
  - Cholacol – 1-3 (avg. 2) per meal  
  - Lifetime bile replacement therapy

Treat cause:  
- Betafood 6/day for 6-12 months then Livaplex 3-6/day maintenance  
- Optional herbls: after 2 weeks, add Livton 3/day for 3 mos. then LivCo or Silymarin 3/day long-term

Prenatal Nutritional Support  
v. 10/14

General:  
- Catalyn 6, Trace 2, Immuplex 3

Protein:  
- Whey Pro, Protefood 1-2, Diet

Fat:  
- Diet (animal fats), Tuna Omega-3 6, opt: Wheat Germ Oil 3-4 or Chlorophyll Complex Perles, 3-4

Iron:  
- Ferrofood 4

Iodine:  
- Prolamine Iodine 3-4

Chromium:  
- Cataplex GTF 3-6

Ca/Mg:  
- Calcium Lactate, 3-6, or 1 tsp

Optional:  
- Symplex F 3, Cat. D 3, SP GreenFood 4&B
Gaeta Seminars

The Children's Triad
Basic Nutritional Support for Kids Who Can Chew

1. Chewable Catalyn, 1 per 10 lb
2. Chewable Congaplex, 1 per 10 lb
3. Chewable Tuna Omega-3 1 per 20 lb

Optional & helpful:
Calcium Lactate Powder, ½ tsp per 30 lb
Mixed with Echinacea Purpurea Glycetract, 1 tsp per 30 lb, and a little water or apple juice

Kerry Bone's Personal Health Protocol

The Herbal Wellness Triad:
Herbalvital, 3 per day
Vitanox, 1-2 per day
Echinacea Premium, 2-3 per day

Occasionally:
Gotu Kola Complex, 1-3 per day

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For Healthy People: Broad Support For Wellness & Prevention

The Nutritional Core:
Catalyn, 6
Trace-Minerals B12, 2 or Immuplex 3
Tuna Omega-3 Oil 4
Calcium Lactate, 6 or 1-3 tsp

The Herbal Wellness Triad:
Vitanox, 1-2
Herbavital, 3
Echinacea Premium, 2-3

Gaeta Seminars

The Betafood Protocol
For Everyone

Why:
- To keep your gallbladder
- Improve liver detox and elimination
- Balance blood sugar
- Cardiovascular benefit & prevention

How: Betafood, 6 per day for 2-3 months, then 1 bottle every 3 months
ARTICLES & RESOURCES
What is Expert Nutrition Advisor?

Expert Nutrition Advisor (ENA) is the first online video training program for Standard Process (SP) health professionals and their patients. ENA teaches you, the clinician, what you need to know to start or expand your nutritional practice, including clinical training and practice management. ENA is also a patient education service, which teaches your patients the value of your nutritional care, the whole-food philosophy, and everything else they need to know to encourage long-term compliance. Lastly, ENA is a practice-building system, which generates referrals of new patients interested in your nutritional care.

The **Health Professional Training Program** is normally $597, but is available free through specific SP representatives. Once registered, you and your staff will have full access to all of the video content in the ENA library, including: 24 Important Concepts (Why Supplements are Necessary, Natural vs. Synthetic, What is Chiropractic, Acupuncture, etc.), 23 Lifestyle recommendations and protocols for the most common conditions (allergies, cardiovascular, thyroid, etc.), General & Optimal Health protocols, Wellness Programs (Betafood, Leaky Gut, Gut Flora, Purification, 10-day blood sugar), Systems Survey protocols, and nutritional tests (zinc taste, thyroid temperature, acid-alkaline). We also provide you with a Seven-Step Nutritional Practice Expansion Program, with specific steps on how to grow from wherever you are (even a beginner) to a comprehensive nutritional practice. You will have full access, and receive our updates forever. Contact your SP rep, get their special URL, and sign up while this free offer is available.

The **ENA Patient Education Service** is now available and in Beta testing. It will educate your patients, increase referrals, and save you time. You’ll never again need to repetitively explain key concepts. We are now looking for beta test sites to use the service, provide feedback, and suggestions for improvement. The first 300 practices that subscribe will use and test the service at half-price for a full year.

There are three Patient Education Subscription Levels, each offering more content & functionality.

**Level One** includes the Important Concepts that every patient must understand, and General and Optimal Health protocols for healthy patients and their families. It includes our “Not Just for You” video, where we ask the patient to share what they now know with friends and family. We make that easy, with the click a button that opens their own email program. They email the video link to the contacts they want to share with. When they do, ENA sends a message with a link to a custom page we create for your practice. It will be branded with your clinic name, contact information, new patient offer, and all of the presentations you want them to share.

**Level Two** has everything from Level One, plus individual videos on all 180 SP supplements, and the MediHerb tabled formulas (liquids later in 2015). Patients are much more likely to comply with your protocols if they understand the formulas you recommend. In addition to encouraging your patient to share the Important Concept Presentations, Level Two also asks them to share their success stories about your care. We make that very easy to do.

**Level Three** has everything from the lower levels, plus diet and lifestyle education on the Wellness Programs (eg Purification, Betafood, Gut Flora) and Systems Survey Groups, and how-to videos on the Nutritional Exams and Home Tests. We explain what these are, how they work, and why they are important. Simply send your patient home with a recommendation to view these videos and they will return ready to get started.

If you want to find out more, visit [www.expertnutritionadvisor.com](http://www.expertnutritionadvisor.com). Use the “Contact Us” tab with any questions or comments. Register for your free training program at

[www.expertnutritionadvisor.com/lisa-moore](http://www.expertnutritionadvisor.com/lisa-moore)
How to Register for the ENA Practitioner Training Program
At No Charge, Compliments of Standard Process Metro New York

Use the website address of your SP Metro NY Representative:

Lisa Moore, RD, President. P 646 468 9821, lisa@spmetrony.com

www.expertnutritionadvisor.com/lisa-moore

Lisa Kulakowski, P 631 875 9102, lisak@spmetrony.com

www.expertnutritionadvisor.com/lisa-kulakowski

Marc Bystock, LAc, marc@spmetrony.com

www.expertnutritionadvisor.com/marc-bystock

OR, if you are not sure who your SP Metro Representative is, register here:

www.expertnutritionadvisor.com/lisa-moore

SP Metro NY Main Office: 646 201 9160, www.spmetrony.com

To purchase a Patient Education Monthly Subscription, visit the website,
www.expertnutritionadvisor.com. For website questions, technical issues,
suggestions, corrections and requests, click Contact Us on the site and send a note.
Thank you!
**Thyroid Temperature Test**

Patient Name _________________________________________________

Practitioner Name _____________________________________________

This test is an excellent way to help your practitioner assess your thyroid function using basal body temperature (your body’s temperature at rest). If the thyroid is low, the body’s temperature will drop below normal while the body is at rest or asleep. You do this test by measuring your underarm temperature upon waking from a night’s sleep. For accuracy, you perform the test five mornings in a row, and then calculate the average. Menstruating women should start the test on day two of the period. The instructions for performing the test are as follows:

1. The night before, shake down the thermometer (an oral glass thermometer only – not digital), and set it on your nightstand. You can use a mercury thermometer, the Magnatherm non-mercury liquid thermometer, or similar.

2. Immediately upon waking, without raising your head from the pillow, place the thermometer under your armpit, with the arm at your side.

3. Leave thermometer under your arm for 10 minutes. Move as little as possible. Relax and remain flat on your back during this entire time, or your thyroid gland may be activated, resulting in a false reading.

4. After ten minutes, remove thermometer and record temperature.

*Note:* The test is invalidated if you expend any energy before recording the temperature, i.e. getting up from bed, shaking down the thermometer, etc.

**Test Results**

<table>
<thead>
<tr>
<th>Date</th>
<th>Temperature</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 1</td>
<td></td>
</tr>
<tr>
<td>Day 2</td>
<td></td>
</tr>
<tr>
<td>Day 3</td>
<td></td>
</tr>
<tr>
<td>Day 4</td>
<td></td>
</tr>
<tr>
<td>Day 5</td>
<td></td>
</tr>
</tbody>
</table>

Figure your average:  
Total ____________ ÷ 5 = ____________

Further reading: *Hypothyroidism: The Unsuspected Illness*, by Broda Barnes, MD
The Bryce-Smith Zinc Taste Test

Michael Gaeta, DAc, MS, CDN

This simple test can help evaluate whether your body has sufficient zinc.

Zinc is a critical mineral and one of the most important trace elements in the body. Over 200 enzyme systems require zinc, and it is an essential part of immune function, regulating inflammation, skin and wound healing, cardiovascular function, mineral absorption, body temperature control, fertility and more.

Zinc deficiency can result in many symptoms, including loss of appetite, growth retardation, diarrhea, tremor, hair loss, dandruff, dry skin rash, white fingernail spots, allergies, menstrual problems, slow wound healing, loss of taste or smell, dyslexia, poor night vision, light sensitivity, depression, sleep problems, hyperactivity, reduced fertility, loss of sex drive, pre-eclampsia of pregnancy, and postpartum depression. Zinc insufficiency is also associated with autoimmune and inflammatory conditions. Good research supports the benefits of zinc supplementation in people with depression who are zinc-deficient.

Derek Bryce-Smith, PhD, (1926–2011) was a Professor of Biochemistry at the University of Reading, and developed this test. He was an established authority not only on zinc but toxicity issues, and began the movement that led to the eventual widespread use of unleaded gasoline over leaded.

**Directions:** Hold 2 tsp Standard Process Zinc Test in your mouth for 30 seconds, then swallow.

- In zinc sufficiency, you will have an immediate foul or metallic taste.
- If the taste is delayed, mild or absent, then you likely have some degree of zinc deficiency.

*Here are the four general categories of what you will experience. The first two indicate deficiency.*

**Highly Deficient:** Tasteless, like water.

**Borderline:** Slightly dry, mineral, furry or even sweet taste, develops after a few seconds.

**Good:** Definite taste that intensifies with time.

**Optimal:** Strong unpleasant taste noticed immediately.

If you are deficient, your practitioner will recommend the appropriate Standard Process supplementation to correct it. Please repeat the test monthly until you achieve sufficiency. Most patients will feel better in many ways as their zinc deficiency is corrected.

For a complete evaluation of your nutritional mineral status and heavy metal toxicity, we recommend a tissue (hair) mineral analysis with Analytical Research Labs at least once each year. Ask your practitioner for more information, and visit arltma.com for more information.

gaetacommunications.com
<table>
<thead>
<tr>
<th>Test</th>
<th>Units</th>
<th>Expected Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eosinophils</td>
<td>%</td>
<td>0-7</td>
</tr>
<tr>
<td>Basophils</td>
<td>%</td>
<td>0-2</td>
</tr>
<tr>
<td>Platelet Count</td>
<td>K/UL</td>
<td>130-400</td>
</tr>
<tr>
<td>Ferritin</td>
<td>NG/ML</td>
<td>10-220</td>
</tr>
<tr>
<td>Fibrinogen</td>
<td>MG/ML</td>
<td>233-475</td>
</tr>
</tbody>
</table>

Iron Binding Capacity and Iron and % Saturation:

<table>
<thead>
<tr>
<th>Test</th>
<th>UG/ML</th>
<th>Expected Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Iron, Serum</td>
<td></td>
<td>35-145</td>
</tr>
<tr>
<td>Unsaturated IBC</td>
<td>UG/ML</td>
<td>155-300</td>
</tr>
<tr>
<td>Calculated Total IBC</td>
<td>UG/ML</td>
<td>250-450</td>
</tr>
<tr>
<td>Calculated % Iron Sat</td>
<td>%</td>
<td>20-50</td>
</tr>
</tbody>
</table>

Magnesium:

<table>
<thead>
<tr>
<th>Test</th>
<th>MG/ML</th>
<th>Expected Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Magnesium</td>
<td></td>
<td>1.3-2.3</td>
</tr>
</tbody>
</table>

Hemoglobin A1c:

<table>
<thead>
<tr>
<th>Test</th>
<th>%</th>
<th>Expected Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hemoglobin A1c</td>
<td></td>
<td>4.0-5.6</td>
</tr>
</tbody>
</table>

T3 Total:

<table>
<thead>
<tr>
<th>Test</th>
<th>NG/ML</th>
<th>Expected Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>T3 Total</td>
<td></td>
<td>60-181</td>
</tr>
</tbody>
</table>

Free T4 (Thyroxine):

<table>
<thead>
<tr>
<th>Test</th>
<th>NG/ML</th>
<th>Expected Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Free T4 (Thyroxine)</td>
<td></td>
<td>0.73-1.95</td>
</tr>
</tbody>
</table>

TSH:

<table>
<thead>
<tr>
<th>Test</th>
<th>UIU/ML</th>
<th>Expected Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>TSH</td>
<td></td>
<td>0.5-4.7</td>
</tr>
</tbody>
</table>

C-Reactive Protein:

<table>
<thead>
<tr>
<th>Test</th>
<th>MG/ML</th>
<th>Expected Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>C-Reactive Protein</td>
<td>&lt;0.5</td>
<td>&lt;0.8</td>
</tr>
</tbody>
</table>

Free T3:

<table>
<thead>
<tr>
<th>Test</th>
<th>PG/ML</th>
<th>Expected Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Free T3</td>
<td></td>
<td>2.3-4.2</td>
</tr>
</tbody>
</table>

Homocysteine:

<table>
<thead>
<tr>
<th>Test</th>
<th>UMOL/L</th>
<th>Expected Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Homocysteine</td>
<td></td>
<td>5.0-12.0</td>
</tr>
</tbody>
</table>

Thyroid Peroxidase AB:

<table>
<thead>
<tr>
<th>Test</th>
<th>IU/ML</th>
<th>Expected Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thyroid Peroxidase AB</td>
<td></td>
<td>&lt;9</td>
</tr>
</tbody>
</table>

Vitamin D, 25 OH:

<table>
<thead>
<tr>
<th>Test</th>
<th>NG/ML</th>
<th>Expected Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin D, 25 OH</td>
<td></td>
<td>SEE BELOW</td>
</tr>
</tbody>
</table>

Note: 25-Hydroxyvitamin D assay includes 25-Hydroxyvitamin D2 and report continued on next form.

Jen@Wilhelm.com
This test was performed using a kit that has not been cleared or approved by the FDA. The analytical performance characteristics of this test should not be used for diagnosis without confirmation by other medically established means.
Tests Requested: Thyroid Panel With TSH; Thyroxine (T4) Free, Direct, S; Triiodothyronine,Free,Serum

<table>
<thead>
<tr>
<th>TESTS</th>
<th>RESULT</th>
<th>FLAG</th>
<th>UNITS</th>
<th>REFERENCE INTERVAL</th>
<th>LAB</th>
</tr>
</thead>
<tbody>
<tr>
<td>TSH</td>
<td>6.740</td>
<td>HIGH</td>
<td>uIU/mL</td>
<td>0.450-4.500</td>
<td>01</td>
</tr>
<tr>
<td>Thyroxine (T4)</td>
<td>9.5</td>
<td></td>
<td>ug/dL</td>
<td>4.5-12.0</td>
<td>01</td>
</tr>
<tr>
<td>T3 Uptake</td>
<td>34</td>
<td></td>
<td>%</td>
<td>24-39</td>
<td>01</td>
</tr>
<tr>
<td>Free Thyroxine Index</td>
<td>3.2</td>
<td></td>
<td></td>
<td>1.2-4.9</td>
<td>01</td>
</tr>
<tr>
<td>T4,Free(Direct)</td>
<td>1.55</td>
<td></td>
<td>ng/dL</td>
<td>0.82-1.77</td>
<td>01</td>
</tr>
<tr>
<td>Triiodothyronine,Free,Serum</td>
<td>2.2</td>
<td></td>
<td>pg/mL</td>
<td>2.0-4.4</td>
<td>01</td>
</tr>
</tbody>
</table>
HAIR ANALYSIS REPORT OF FINDINGS

Important Note: Provide global mineral support through diet, Calcium Lactate (9) and Trace Mineral B12 (3) to ensure all minerals are available.

<table>
<thead>
<tr>
<th>RATIO</th>
<th>NORMAL</th>
<th>TEST RESULTS</th>
<th>TRENDS</th>
<th>SUPPLEMENTS</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ca/Mg</td>
<td>6.67/1</td>
<td>Blood Sugar Indicator</td>
<td>&gt; 12/1 or &lt; 3.3/1 = Hypoglycemia or Diabetes</td>
<td>□ Gymnema (3)</td>
<td>If K below 6, usually indicates low blood sugar</td>
</tr>
<tr>
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<td></td>
<td></td>
<td></td>
<td>□ Diaplex (12)</td>
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</tbody>
</table>
| Ca/K    | 4/1    | Thyroid Gland Indicator | > 4/1 = Hypothyroid | □ Thyroid Complex (3) | Possible overload of iodine antagonist and/or heavy metals  
|         |        |              |                              | □ Cataplex C (9) | Check Barnes Temperature Test                                            |
|         |        |              |                              | □ Cataplex F (9) |                                                                            |
|         |        | < 4/1 = Hyperthyroid |                | □ Thytrophin PMG (6) | Do Not Use Thyroid Complex  
|         |        |              |                              | □ Antronex (6) | Check iodine uptake                                                       |
| Na/Mg   | 4.17/1 | Adrenal Gland Indicator | > 4/1 = Excessive Function | □ Adrenal Complex (3) | Tends to anxiety, irritability, hypertension, DM |
|         |        |              |                              | □ Drenatrophin PMG (6) |                                                                            |
|         |        | < 4/1 = Underactive Function |                | □ Adrenal Complex (3) | Tends to hypoglycemia, low BP, salt cravings  
|         |        |              |                              | □ Drenamin (9) | Check Ragland’s Test                                                      |
| Na/K    | 2.5/1  | Vitality Ratio | > 4/1 = Inflammation | □ Cataplex C (6) | Inflammation, pain, anger, liver/kidney stress |
|         |        |              |                              | □ Boswellia Complex (3-6) |                                                                            |
|         |        |              |                              | □ Tuna Oil (4) |                                                                            |
|         |        | < 2.5/1 = Adrenal Burnout |                | □ Adrenal Complex (3) | Allergies, chronic weakness, slow oxidizer, failing immunity  
|         |        |              |                              | □ Cataplex C (9) | Must have Manganese product                                               |
|         |        |              |                              | □ Drenamin (9) |                                                                            |
| Zn/Cu   | 8/1    | Sex Hormone Indicator | < or > 8/1 = Sex Hormone Imbalance | □ Symplex F or M (6) | Males – tends to prostatitis, low libido, impotence  
|         |        |              |                              | □ Hypothalmex (2) |                                                                            |
|         |        | Male         |                                | □ Male Palmettoplex (3-6) |                                                                            |
|         |        | Female       |                                | □ Female FemCo (3) | Females – tends to PMS, ovarian or uterine dysfunction, infertility      |
| Ca/P    | 2.5/1  | Protein Usage/Destruction Indicator | > 2.5/1 = Inadequate Protein Intake or Utilization | □ Protefood (1-3) | Frequent with vegetarians/vegans  
|         |        |              |                              | □ Whey Pro (4 scoops) | Check for GERD (use Zypan, Multizyme or Enzycore) |
|         |        | < 2.5/1 = Catabolism |                | □ Protefood (1-3) | Some breakdown of body tissue                                              |
| Toxic Minerals | □ lead □ mercury □ cadmium □ arsenic □ aluminum | Replace mercury fillings-iaomt.org, reassess every 4  months until toxic elements are clear | □ SP Purification (3 weeks) | □ Chelaco (3) to bind toxins  
|         |        |              |                              | □ Parotid PMG (4) | Check cholcolol I (6) to eliminate  

Add’l Dietary/Supplement Recommendations:

Recommendations based on Dr. Michael Gaeta’s Protocols, Created by Dr. Chris Taylor, Whole Foods Practice, (801) 878-9266, Edits and Customization Allowed
Dear Healthcare Professional:

This offer is for healthcare professionals who have attended a seminar presented by Dr. Michael Gaeta. (New Laboratory clients only, please)

By faxing this letter and a copy of your professional license to practice, to the number listed below, you will receive two (2) tissue mineral analyses (hair analyses) at no charge. Feel free to use them for your family, friends or patients. There is no obligation. (You may also extend this offer to licensed colleagues by providing a copy of this form to them.)

To receive your two complimentary test kits, complete the form below, make a photocopy of your professional license and fax both to:

FAX: 1-602-371-8873

Analytical Research Laboratories, Inc.
2225 West Alice Avenue
Phoenix, Arizona 85021
Tel. 1-800-528-4067

*REMEMBER TO FAX A COPY OF YOUR PROFESSIONAL LICENSE*

☐ Please send me two (2) complimentary tissue mineral analysis kits for use with patients, friends or family. I understand there is no obligation.

Name_________________________________________Degree____________________

Street_________________________________________Suite____________________

City_________________________________________State____Zip Code____________

Phone (_____)(_______________________)E-Mail________________________________

Comments:
## Online Lab Access

- No doctors prescription necessary
- Patient orders and pays for tests online, goes to local draw center, gets results online
- Not available in some states
- Discounted combination profiles for cardio, thyroid, sugar and comprehensive annual labs

**Recommended Online Lab Access**

- privatemdlabs.com/online
- directlabs.com/online

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## Good Annual Lab Testing

*Blood test must be fasting at least 10 hours!*

<table>
<thead>
<tr>
<th>Blood: Basics</th>
<th>CBC with WBC differential &amp; platelets</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>CMP – comprehensive metabolic panel</td>
</tr>
<tr>
<td></td>
<td>Lipid panel</td>
</tr>
<tr>
<td>Thyroid:</td>
<td>FT3, TSH, FT4, Reverse T3</td>
</tr>
<tr>
<td></td>
<td>TPO AB, TG AB</td>
</tr>
<tr>
<td>Cardio:</td>
<td>Cardiac CRP, PLAC, Lp(a)</td>
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<tr>
<td></td>
<td>Homocysteine, fibrinogen</td>
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<tr>
<td>D:</td>
<td>25 OH-D</td>
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<tr>
<td>Sugar:</td>
<td>Insulin, HGB A1C</td>
</tr>
<tr>
<td>Other:</td>
<td>pH, ionized calcium, DHEA-S</td>
</tr>
<tr>
<td>Urine:</td>
<td>Comprehensive urinalysis</td>
</tr>
<tr>
<td>Hair:</td>
<td>Tissue Mineral Analysis, by Analytical Research Labs</td>
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</tbody>
</table>

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## Gut Flora Restoration

### 6-10 weeks – Updated Protocol 4-14

<table>
<thead>
<tr>
<th>Day</th>
<th>Protocol</th>
</tr>
</thead>
</table>
| **Sat & Sun** – “Weeding” | Bottles needed 10wk  
- Gut Flora Complex 2 2x/day  
- Garlic Forte 2 2x/day |
| **Monday – Friday** – “Feeding” with Prebiotics |  
- Vitanox 1 3x/day  
- Prebiotic Inulin 1 ½ tsp 2x/day  
  - start with ½ tsp 2x/day, then increase by ½ tsp every 3 days  
- Optional: Lactic Acid Yeast chew 3 2x/day  
  Total patient cost (with Lactic Acid Yeast): $369 |

## Healing the Leaky Gut

### 12 weeks – After Gut Flora Tx

- Okra Pepsin 2 3x/day  
- Cyruta-Plus 2 3x/day  
- Dermatrophin 2-3 2x/day on empty stomach  
- HiPep 1 3x/day  
- Enzycore 1-2 3x/day, and/or raw sauerkraut

Optional:  
- Prebiotic Inulin 1 tsp 2-3x/day  
- Coconut Oil 1 Tbs  
- Slippery Elm capsules (retail)
PARTICIPANT FEEDBACK

Seminar Title: ______________________________________________________________________

Date: ______________ Location: ______________________________________________________________________

1. What worked? What did you like about the seminar?

2. What would you like to see change? How can we improve the seminar?

Can we use your comments in our publications? Yes_____ No_____ 

MAILING LIST • FOR SEMINARS AND EVENTS

Please Print Clearly

Name: ______________________________________________________________________________________

Mailing Address: ____________________________________________________________________________

__________________________________________________________________________________________

E-mail: _____________________________________________________________________________________

Office Phone: ___________________________ Fax: _____________________________________________

Thank you!

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