A collective of health practitioners mentoring one another in topics related to nutrition.
Who, When, Why

• Anyone who wishes to join – You select yourself
• Second Monday each Month 1 - 2pm
• To share and build understanding of the common and uncommon knowledge of the practice of nutrition in the care and treatment of ourselves and the patients under our care.
Rules

- Share your knowledge with each other.
- Competition and knowledge hording only supports lost knowledge. This group endeavors to share knowledge and clinical experience to serve not only ourselves, but all people.
It is asked that we as a group consider:

“If you want to learn something read about it. If you want to understand something, write about it. If you want to master something, teach it.”

Yogi Bhajan
What does this mean?

- At some point we ask you to present a topic for presentation to the group. This presentation need only be 30-35 minutes in length with a power point or notes available in Word for the group. You should be able to do a Q&A with the group to follow.

- Everyone will be encouraged to participate in the Q&A and it is asked that this become a roundtable type Q&A.

- If you chose not to present, that is your decision and you will not be ousted from the group.
The Therapeutic Food Manual and its application.

Stephen Y. Dobelbower, DC DACBN
Park County Chiropractic
Livingston, MT
“Tropho-therapy is the science of healing by applied nutrition. It involves the field of deficiency disease, and the specific reactions to the lack of specific essential food factors.

Definition of ESSENTIAL food – a substance normally found in food that is necessary for life or health. Without such a component a specific reaction of specialized starvation occurs in the way of some disease syndrome.”
Preface to the therapeutic food manual

“In preparing this guide for the use of essential foods/herbs we have been aware of the difficulties which will be encountered by the reviewer, particularly insofar as the number of foods (products) recommended in each condition is concerned. Naturally in many conditions the recommendations will exceed the number of products which will actually be used in practice. This is expected.

However, our effort has been made in the direction of supplying the most complete information received from any reliable clinical source with information which would help the doctor qualify the selection of a particular program in any specific case.”
Preface to the therapeutic food manual

“It is not for the compiler of such information to leave out any information which would prove helpful to the doctor in making such a selection. We simply state that in each case, these are the essential food supplements, as reflected by clinical situations most recently reported to us, with which we suggest that you work. It rests upon the individual doctor to judge for himself the accuracy and reliability of such observations.”
Preface to the therapeutic food manual

“This presentation of the book is in NO sense a treatise of the last word in nutrition, and must not be considered or judged as such. It is a compilation of the most accurate and reliable information of clinical suggestions that we have been able to obtain from “frontline” sources, doctors who are using our products in the field in practices which are successful from a practical viewpoint.

It will fulfill its purpose if it serves as a useful aid to the general practitioners."
Preface to the therapeutic food manual

“We are indebted to the large number of doctors who have generously contributed their experience in the use of these factors by reporting case histories to us... Your continued cooperation in reporting case histories regarding use of nutritional entities will enable us to improve our recommendations and be of widespread benefit.”
TOPICS FROM THE THERAPEUTIC FOOD MANUAL

ANGINA

Stephen Y. Dobelbower, DC, DACBN
Lifestyle Factors for Heart Disease

- Smoking
- Stress – Most people in the modern world
- Little or no exercise
- Poor Nutrition and Diet!
- Poor Sleep habits
- Toxic environment
The tide is shifting and we need to be ready for more people who need and want to shift their paradigm.
Angina

<table>
<thead>
<tr>
<th>GENERAL</th>
<th>DOSE</th>
<th>SPECIFIC FUNCTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Catalyn</td>
<td>3</td>
<td>‘Nutrient synergy’</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SPECIFIC</th>
<th>DOSE</th>
<th>SPECIFIC FUNCTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>CardioPlus</td>
<td>6-9</td>
<td>Vitamin G - acts as enzymatic anti-spasmodic, while E2 conserves tissue oxygen; Cardiotrophin as heart muscle determinant factors</td>
</tr>
<tr>
<td>Cataplex A-C</td>
<td>6</td>
<td>Vitamin A Complex lowers blood cholesterol. Vitamin C complex increases oxygen carrying capacity of the blood and has protein protective factors.</td>
</tr>
</tbody>
</table>

Notes: Four Tablets of each of the above will usually stop pain within an hour in absence of infarct. It is important that the blood clotting time be over two minutes to obtain this immediate effect. If blood clotting time is less than two minutes, restrict all animal foods and add Phosfood, 60 drops per day until normal. It is essential also to eliminate all refined foods from the diet and add factors from cereal germ and other dietary factors which may be lacking – the real cause of the symptoms.

Physiological Considerations

The pain is thought to be brought about by accumulation of un-oxidized wastes which cause faulty reactions at the myoneural junction, in which the enzyme cholinesterase may play an important role. The fault may be the nutritional deficiency that may have impaired the formation of cholinesterase and other enzyme systems.

Differential Diagnosis

The pain in the chest is not enough to tell whether heart trouble is the source according to Arthur M. McMasters, M.D., Mount Sinai Hospital, New York who states that three or more of the following signs are needed before a diagnosis may be made:

1. The pain is actually behind the sternum rather than in the chest
2. Flares up during exertion, not at rest
3. Shoots into the arm
4. Is oppressive, not just an ‘ache’.
5. Is relieved by nitroglycerine.
Angina

Synergistic Products:

<table>
<thead>
<tr>
<th>Phosfood</th>
<th>(See Above)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Organic Minerals 2</td>
<td>Some cases may be due to autonomic unbalance resulting in esophageal cramps, see page 91, Vitamin News</td>
</tr>
<tr>
<td>Cataplex F 2-6</td>
<td>Same as organic minerals</td>
</tr>
<tr>
<td>Cataplex E2 3</td>
<td>Where Cardio-Plus (recommended above) is inadequate, the higher concentration in the separate formulas may be required. This may occur in possibly 5-10% of all cases</td>
</tr>
<tr>
<td>Cataplex G 6</td>
<td></td>
</tr>
</tbody>
</table>

Coordination Suggestions:

Classification Index: Cardiovascular and Circulatory Diseases, Metabolic Diseases, Autonomic Unbalance, Heart Abnormalities, Neuromuscular disorders, Calcium metabolism, Myocarditis, Pain, nutritional aspects of, Dysphagia, Nervous Strain

Additional Reading:

"Coronary Disease, One characteristic End Result of Devitalized Foods." Page 147, Vitamin News

"Organic Mineral Tablets": page 91 Vitamin News

"Chief Characteristics of Nerve Gas" from British Medical Journal, Lee Foundation Reprint

"Calcium Therapy in Disease of the Cardiovascular System":, by Podolsky, Lee Foundation Reprint No. 68.


Cataplex G


The general nutritional effects may be listed as follow:

a. Enzymatic tranquilizer  
e. Acts to normalize liver function
b. Cell proliferating factor  
f. Benefits autonomic nervous system
c. Acts as coronary relaxant  
g. Vaso-dilation effect
d. Liberation of free choline  
h. Beneficial effect in digestive
to tissues (cholinesterase) processes

Discussion:

• When the synapse at the myoneural junction is effected by either a deficiency of enzymes (mediator substances) or a deficiency of potassium, it is apt to be delayed or not occur at all. The result may be paralysis, dystrophy or ptosis.

• Unless degeneration has gone too far, the administration of Cataplex G (cholinesterase precursors) and Organic Minerals (as a source of potassium), often quickly restores the functional response. This failure of synapse may be suspected in localized areas of stress in various conditions, such as angina pectoris, coronary insufficiency, stomach spasms and complaints of —nervousness.

• Cataplex G apparently has an influence on intracellular metabolism and may be considered a cell-proliferating factor judging by clinical results in some types of viral involvements and healing processes.

• Beneficial in digestive processes requiring healing (gastritis) and in processes involving the pancreas and parietal cells of the stomach, also a tranquilizing effect in hyper-peristaltic activity.
Cardio-Plus

Clinical Considerations

Symptoms:
- Neuromuscular Disorders (Paralysis, muscular atrophy, weakness, loss of muscular control, coordination, etc.)
- Heart Disorders (Congestive heart failure, history of coronary disease, cardiac symptoms)

NOTE: For complete discussion of related nutritional factors see Heart and Neuromuscular Disorders in the Manual of Clinical Trophology. Also see Cataplex g and Cataplex E2 Bulletins discussed in this book.

Symptom Characteristics:

The musculature, nervous system, coronary circulation or extrinsic factors such as hypertension, liver disease, etc. may be involved.

While cardiac indications are looked upon as being most common indication, the extent of use should not be restricted to cardiac involvements as the entire neuromuscular structure is concerned.

(NOTE: A product named Myotrophin which is the same as Cardiotrophin is supplied where the doctor may desire to avoid cardiac inference).
Side Effects: These rarely occur, but, when they do occur, reactions such as tachycardia may be attributed to disturbance in potassium or sugar metabolism (both closely related and acted upon by muscular changes). See —Synergists II below.

Synergists:
a. Organic Minerals
b. Calcium Lactate
c. Betafood

Activity Contributed:
Potassium source*
Source ionizable calcium**
Sugar metabolism factor

*The transfer of sugar to the muscle cell is accompanied by a utilization of serum potassium, the action of insulin being one of the few therapeutic agents known to temporarily reduce serum potassium.

**Calcium is the counterbalancing factor for potassium.
GENERAL CONSIDERATIONS

The Cardio-Plus formula, consisting of Vitamin E2, Vitamin G Complex and Cardiotrophin, is the result of very favorable clinical reports received from each of these as related nutritional factors. We may list its nutritional effects as follows:

1. Enzymatic tranquilizing effect (cholinesterase precursors of Vitamin G Complex).
2. Contributes to muscular tonicity (particularly cardiac muscle).
3. Provides influential factors generally beneficial to muscle metabolism and as such contributes to utilization of potassium and sugar which are needed as raw materials for muscular activity.
4. The protomorphogen effect of Cardiotrophin contained, acts to combat excess Natural Tissue Antibodies, and is thus helpful in most types of degenerative heart disease.

Clinical rationalization for use is suggested as follows:

• In general, we may use Cardio-Plus wherever we find muscular problems as it acts as a potentiater of nutrition to the muscle cell.
• It imparts a tonic effect in most patients, particularly the geriatric groups.
• It increases the activity of muscle metabolism (ordinarily brought about through exercise) and thus has a beneficial effect in elevated blood sugar levels. NOTE: Most diabetics are similarly benefited by exercise.
Cataplex A-C-P ~ Product Bulletin

GENERAL CONSIDERATIONS

The general nutritional effects may be listed as follows:
1. Supplies specific Vitamin A factor of kidney tissue
2. Promotes epithelial and connective tissue integrity
3. Increases oxygen-carrying capacity of the blood
4. Promotes phagocytosis (protective and resistance factors)

Discussion:
• Cataplex A-C-P is indicated in all cases where there is an involvement of epithelial cells, the most common occurrence being in kidney pathology where the epithelium of the tubules is concerned, and, in endocrinopathies where the epithelial tissue of the glands are involved.
• Helpful in supporting phagocytosis and is therefore indicated in toxic and infectious states. The protein-protective mechanism of the Vitamin C Complex insuring protection for the phagocytic activity, thus supporting the defense mechanisms of the reticulo-endothelial system.
• The oxygen-conserving mechanisms are also supported by Cataplex A-C-P. This effect is beneficial in both frank heart disease and in sub-clinical cases where cardiac insufficiency is the problem.
Cataplex E2 ~ Product Bulletin

The following information should be considered:

- Vitamin E2, along with Vitamin G Complex, has proved to be clinically effective to angina pectoris.
- A wider application of use of Vitamin E2 will include certain types of stomach disorders where there is pain, but a specific diagnosis is lacking-so-called pseudo-ulcers or nervous indigestion. Vitamin E2 has the effect of relieving the tension and pain associated with this clinical problem.
- Vitamin E2 may be used in conjunction with any therapy where a tranquilizing effect is desired.

Symptoms:

- **Angina Pectoris** (Chest pain usually radiating down left arm, brought on by exertion).
- **Indigestion Symptoms** (Nervous type associated with nervous tension and cramps or spasms).
- **Hypertension** (Where transitory elevations are brought about by mental instability or environment).
- **Cardiac Neurosis** (Symptoms associated with the heart where primary nervousness is the problem).
- **Neurological Integrity** (As occurring in biliary stasis, colitis, diarrhea, asthma, insomnia, palsy, etc).

Possible Etiological Background:

- Apparently the effect of Vitamin E2 is synergistic with Vitamin G Complex and Organic Minerals in promoting the acetylcholine reaction necessary for synapse at the myoneural junction, possibly participating by establishment of the integrity of the oxidative mechanisms, thus assisting in the maintenance of neural control.
Cataplex F ~ Product Bulletin

The nutritional effects of Cataplex F may be listed as follows:

1. Calcium diffuser
2. Vitamin B6 synergist
3. Skin integrity aid
4. Cooperates with Vitamin D
5. Antioxidant
6. Beneficial in prostate disease

Because of its effects in calcium metabolism, Cataplex F is a valuable aid in the treatment of disorders of the autonomic nervous system (see page 91, Vitamin News).

Symptom

- Increased metabolism (symptom of hypothyroidism, tachycardia, tremors, weight no., etc.)
- Skin Conditions (Sunburned lips, fever blisters, dry skin, acne, etc.)
- Hair Integrity (Failing hair, graying, coarseness, thinning, etc.)
- Prostate Disease (Night urination, dribbling, back pain, etc.)
- Autonomic Unbalance (pyloric spasms, digestive complaints, nervous stomach, etc.)

Possible Etiological Background:

- Increased metabolic activity.
- Calcium diffusing effect.
- Skin and hair integrity shown to be factor in test animals.
- Probable influence through normalizing iodine metabolism through the thyroid.
- Calcium metabolism through the autonomic nervous system.
Phosfood ~ Product Bulletin

Symptom

• **Stiffness** (Feeling of muscle and joint stiffness, particularly in the morning)
• **Nausea** (Vomiting type of indigestion, pyloric spasms, butter-fly stomach)
• **Myositis** (Cramp sensation when one position is held for a length of time, writer’s cramp, stiff legs, etc.)
• **Lowered metabolism** (Slow starters, Bradycardia, sensitivity to cold weather)
• **Edema** (Some types, observe concomitant symptoms)
• **Arteriosclerosis** (Hypertension, pipe-stem arteries of advanced case)
• **Symptoms occurring at night** (Insomnia, restlessness, coughing, drooling, etc.)
• **Excessive secretions** (Drooling, thin, watery saliva, watering of eyes and nose)
• **Circulatory disturbances** (Leg cramps, tight feeling in chest, dull heart pain)
• **Cranial symptoms** (Headaches, irritability, throbbing sensations)
• **Gastric hyperacidity** (Acid rebound, symptoms immediately after eating)

Possible Etiological Background

• Calcium carbonate deposits in soft tissues; viscosity of synovial fluid.
• Neurological response through autonomic nervous system.
• May be related to circulatory disturbance via blood viscosity.
• Hypothyroid type symptoms. Accelerator control of glands.
• Where there is a phosphorus deficiency, normalization of cell salts releases water from the tissues.
• Combats calcium carbonate deposits; also lowering of blood viscosity improves circulation, especially to coronary arteries.
• Apparently lowering of metabolism changes availability of ionized calcium for tissue use.
• Probably neurological reaction, loss of autonomic control.
• Blood viscosity.
• Viscosity of cerebro-spinal fluids.
• Combats excessive hydrochloric acid secretions, mechanism probably neurological.
GENERAL CONSIDERATIONS
Phosphorus acts as an accelerator control of the autonomic nervous system and the glands. Its nutritional effects may be listed as follows:

- Aids in preventing excessive hydrostatic pressure of the blood (and possibly cerebro-spinal fluid) by lowering its viscosity, thus improving circulation.
- Combats calcium bicarbonate deposits in soft tissues.
- Essential in calcium metabolism
- Combats alkalosis
- Remedy for excess flow of hydrochloric acid
Vitamin B deficiency, on the other hand, causes a slowing of the heart, probably because of the direct action of the deficiency on the nervous system. Therefore, a deficiency of both B and C vitamins can obviously be a serious matter for the heart. The heart muscle itself then suffers because of the insufficient supply of essential nutrition, which without the B deficiency would be compensated for by an increased blood velocity.

Valve trouble overloads the muscle tissue and “Catalyn” is of great value here in maintaining or restoring compensation. Often, the regurgitation decreases so markedly meanwhile as to lead one to suspect that the myocardial hypertrophy that is thereby reduced was acting to aggravate the valve trouble by the mechanical distortion of the valve structures.

In heart disease characterized by fibrillation, less specific benefit can be expected. A certain amount of improvement will occur, but there has been degeneration and atrophy of nerve tissue that cannot be repaired.

In coronary occlusion, usually accompanied by angina pectoris, an improvement in the quality of the heart nutrition can be productive of considerable improvement in the heart performance. “V-P Phosphate” should be used for the first month or two for treatment, as it does two important things:

1. It lowers the blood viscosity, thereby improving the circulation produced by a given amount of heart power.

2. It dissolves the calcium carbonate responsible for the calcification of the coronary arteries that is usually the primary cause of the condition. (The coronary arteries have been found calcified when no other arteries in the body showed this pathology.)
Symptom Characteristics:
The most common complaint is “nervousness”.

This general symptom is usually traceable to organs receiving the greater number of nerve impulses, such as the eyes, throat, and heart. Thus, the patient will usually have symptoms of sensitivity to bright light, a tightness or lump in the throat (voice affected with excitement) and an awareness of a fast, pounding beat that fails to calm down after excitation or after retiring. The manifestation of symptoms is almost always within the neurological pattern.
Organically Bound Minerals ~
Product Bulletin

GENERAL CONSIDERATIONS
The metabolism of potassium is one of the most important considerations in the entire biochemical array. However, since its activity is largely within the cell itself, studies made upon the blood have been largely unproductive. An excess of cellular potassium is unknown. The symptoms manifest by its deficiency or excess are closely related to the refractory period (or resting potential) of the nerve cell (Bernstein theory, see Best and Taylor, Physiological Basis of Medicine).

The nutritional effects of potassium may be listed as follows:
Increases resting potential of cell (according to Bernstein Theory)
1. Necessary for vagus support
2. Combats acidosis
3. Necessary for sugar utilization
4. Cooperates with cholinesterase (myoneural junction synapse)
5. Acts as physiological stimulant for adrenals

IMPORTANT: Since potassium metabolism is under the control of the adrenal glands, an understanding of the Adrenal’s relationship is necessary for rationalization of its use. This is discussed in the article —Applied Physiology of the Adrenal Glands.
Who should I call?

Plumber aka Cataplex G/Cardio-Plus
- Nutritional deficiency in the coronary vasculature leads to blockage and hypoxia/ischemia and cell failure (heart attack, angina)

Electrician aka Cataplex B/Vasculin
- Deficiency in the electrical nervous system of the heart leads to irregular heart beats (arrhythmias)
Other Nutritional Considerations

- Tuna Omega
- Cellular Vitality – CoQ10
- Cardiotrophin PMG (Myotrophin PMG)
- Circuplex
- Min-Tran, Min-Chex
- Orchex
- Zypan – Make sure digestion is not the real problem!
  - Betaine HCL, Enzymcore
- Livaplex – Stress off the portal system

Daily Habits

Melvin Page Phase II

- Decrease processed foods and high carbohydrate levels.

Daily Habits

- Exercise – walking is great
- Drink water
- Sleep 7-9 hours
- Stop smoking
Mediherb Options

Primary Protocol

- Hawthorn tablets 2 tabs 2/day
  - Clinically proven ability to reduce myocardial oxygen demand as well as cardio protective and coronary artery vasodilator activity.
  - Germans call it of the “nurse of the elderly heart”
  - Causes peripheral vasodilation, particularly to muscles
  - May inhibit the ACE enzyme

- Vitanox Tablets 1 tab 1-2/day
  - Four herb combination providing potent antiplatelet actions (Rosemary leaf, Green Tea leaf, Tumeric rhizome, Grape Seed)
  - Venous insufficiency and improve microcirculation
  - Strengthens and supports connective tissue, blood vessels and capillaries

Mediherb Options

Other Herbal Considerations

- Gotu Kola Complex – Combination of Gotu Kola, Grape Seed and Ginkgo. Supports tissue healing and normal development of connective tissue by increasing blood flow, microcirculation.
- Valerian Complex – Useful when angina is associated with stress or anxiety.
- Cramplex Tablets – Cramp Bark and Wild Yam are specifically indicated for spasm of hollow organs. Cramp Bark is traditionally for angina, palpitations and hypertension.
- Garlic 5000mg Tablets – Where antiplatelet activity is required.
- Coleus Forte – Especially for the obese, hypertensive, low thyroid patient. Metabolic syndrome type
“The awareness that health is dependent upon habits that we control makes us the first generation in history that to a large extent determines its own destiny.”

~Jimmy Carter
If you would like to contribute to future presentations of Nutritional Collaborations...

Contact:
Dr. Stephen or Kathi Dobelbower
Park County Chiropractic
PCC@bridgeband.com
406-222-9373

THANK YOU FOR JOINING IN TODAY