

TRANSFORMING THROUGH THE METABOLIC CRISIS



THE CAUSE-SYSTEM?

1. STRESS

2. TOXICITY

3. GENETICS

4. NUTRITIONAL DEFICIENCIES

5. MOVEMENT



OUR MEDICAL SYSTEM TODAY!

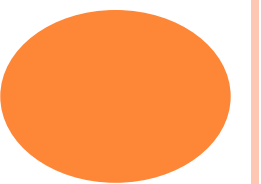
LESA © 2020 3-27 Dist by Wash. Post/ Writers Group



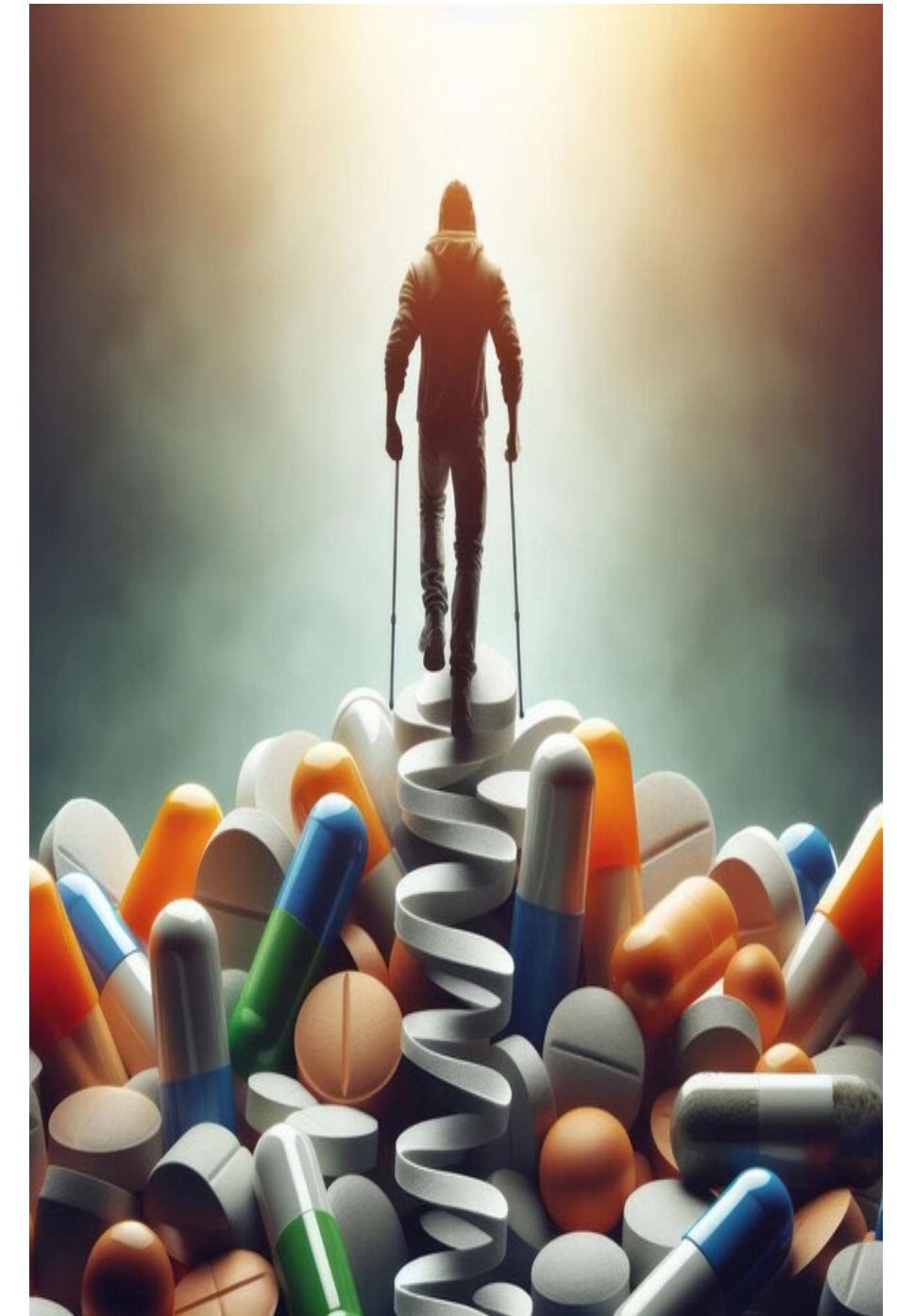
Supply Chains

THE NOT SO OBVIOUS

- And often overlooked link to health issues



- The success ratio of a first time pharmaceutical for any condition and it matching and having proper results is approximately...27%
- **ADD 2ND drug and getting a result is...39%**
- In the field of oncology, going through traditional therapy **WITHOUT nutraceutical support is approximately... 41%**
- **With nutraceutical support...82%**
- **90% of surveyed individuals appreciate and try to come down and off of medications!**



THE HOW-VERY CAREFULLY!

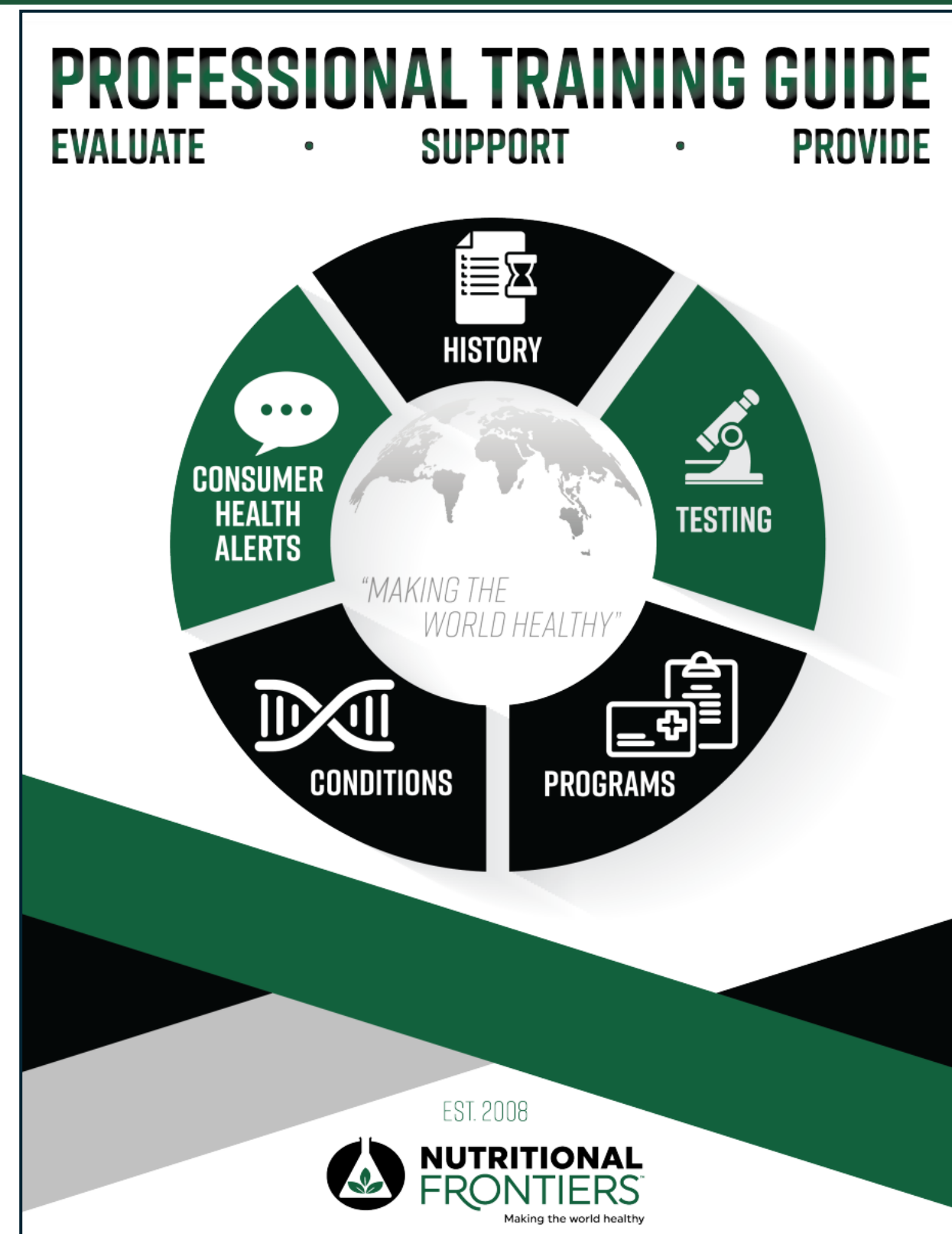
1. Know your limits
2. Do not diagnose unless your licensure allows
3. Recognize the primary prescriber, and attempt to work UNDER the medications to maximize their effects
4. Let the MD make the call of lowering/DC medications
5. Always discuss with the patient the why and how you are suggesting to support

NEVER NEVER SUGGEST STOPPING ANYTHING without approval!!

WHAT DO YOU DO?

- 1. Thorough history and current use of meds**
- 2. Find how long the meds have been in use**
- 3. Track any and all side effects by patient**
- 4. Try not to overwhelm-layer nutrients in**
- 5. ULTIMATE SHAKE + PRO COLORS 4ALL**

PROFESSIONAL TRAINING GUIDE



THE BIG 4 DRUG NUTRIENT DEPLETION

1. VITAMINS

2. MINERALS

3. COQ10

4. PROBIOTICS

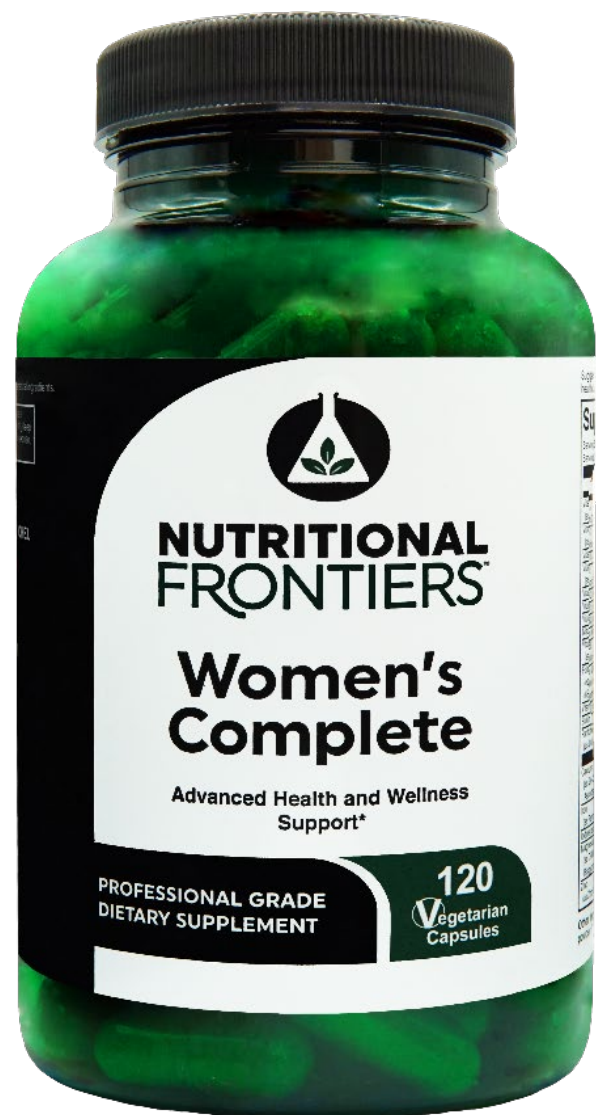
>> NUTRIENT DEPLETION FROM PRESCRIPTION MEDICINE

DRUG	NUTRIENT DEFICIENCY	POTENTIAL HEALTH PROBLEMS
ANTACIDS/ULCER MEDICATIONS		
Pepcid, Tagamet, Zantac, Prevacid, Prilosec, Magnesium, Aluminum antacids, Protonix, Nexium	Probiotics Betaine HCl Vitamin B12 Folic Acid Vitamin D Calcium Iron Zinc	Anemia, depression, fatigue, increased cardiovascular risk, birth defects, cervical dysplasia, heart disease, cancer, osteoporosis, muscle weakness, hearing loss, heart and blood pressure irregularities, tooth decay, hair loss, brittle nails, weak immunity, wound healing, sense of taste, sexual dysfunction
ANTIBIOTICS		
Gentomycin, neomycin, streptomycin, cephalosporins, penicillins	Probiotics B Vitamins Vitamin K	Short term depletion affects are minimal, but failure to re-inoculate the GI tract with beneficial bacteria (probiotics) often results in dysbiosis which causes gas and bloating. It decreases digestion and absorption of nutrients and may lead to a variety of other health problems.
Tetracyclines & Gentamicin, Fluoroquinolones Cipro, Levaquin, Avelox	Calcium Magnesium Iron Vitamin B6 Zinc	Osteoporosis, heart and blood pressure irregularities, tooth decay, cardiovascular problems, asthma, cramps, PMS, slow wound healing, fatigue, anemia, depression, sleep disturbances, increased cardiovascular disease risk, weak immunity, sense of smell and taste, sexual dysfunction
ANTICONVULSANTS		
Phenobarbital & barbiturates Dilantin, Tegretol, Mysoline, Depakane/Depakote	Vitamin D Calcium Folic Acid Biotin Carnitine Vitamin B12 Vitamin B1 Vitamin K Copper Selenium Zinc	Osteoporosis, muscle weakness, hearing loss, heart and blood pressure irregularities, tooth decay, birth defects, cervical dysplasia, anemia, cardiovascular disease, hair loss, depression, cardiac irregularities, dermatitis, weak immune system, low energy, anemia, depression, tiredness, increased cardiovascular risk, irritability, memory loss, muscle weakness, edema, blood coagulation, skeletal problems, fatigue, connective tissue problems, reduced antioxidant protection, wound healing, sense of smell/taste, sexual dysfunction
ANTI-DEPRESSANTS		
Adapin, Avertyl, Elavil, Pamelor & others Major tranquilizers (Thorazine, Mellaril, Prolixin, Serenal & others)	Coenzyme Q10 Vitamin B2	Various cardiovascular problems, weak immune system, low energy, problems with skin, eyes, mucous membranes, nerves, and worsened psychological problems
ANTI-INFLAMMATORIES		
Corticosteroids: Prednisone, Medrol, Aristocort, Decadron	Calcium Vitamin D Magnesium Zinc Vitamin C Vitamin B6 Vitamin B12 Folic Acid Selenium Chromium	Osteoporosis, heart and blood pressure irregularities, tooth decay, muscle weakness, hearing loss, cardiovascular problems, asthma, cramps, PMS, weak immunity, wound healing, sense/taste, sexual dysfunction, lowered immunity, easy bruising, depression, sleep disturbances, increased cardiovascular disease risk, anemia, tiredness, weakness, birth defects, cervical dysplasia, lower immunity, reduced antioxidant protection, elevated blood sugar, cholesterol & triglycerides, diabetes risk, weight gain, and fluid retention.
NSAIDS (Motrin, Aleve, Advil, Anaprox, Dolobid, Feldene, Naprosyn & others) Aspirin & Salicylates	Folic Acid Vitamin C Calcium Folic Acid Iron Vitamin B5	Birth defects, cervical dysplasia, cardiovascular disease Lowered immune system, easy bruising, poor wound healing, osteoporosis, heart and blood pressure irregularities, tooth decay, birth defects, cervical dysplasia, anemia, cardiovascular disease, weakness, fatigue, hair loss, brittle nails, listlessness, and possible problems with skin and nerves

DRUG NUTRIENT DEPLETION



- Women's Complete and COQ10
- Men's Complete and Super Biotics



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THE WHY? HOW DOES METABOLIC CRISIS START

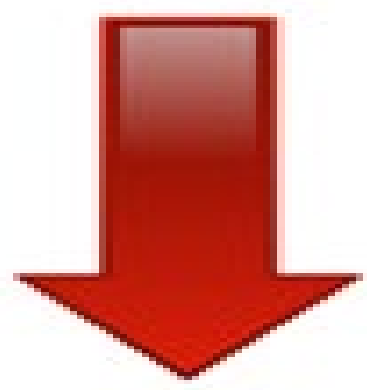
CHRONIC STRESS AND WEIGHT GAIN



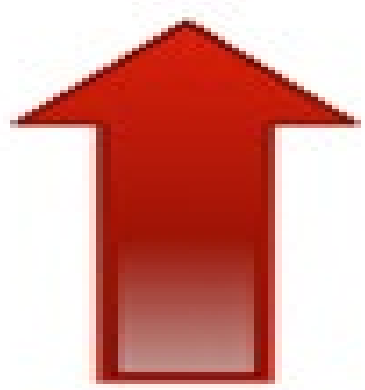
STRESS



CORTISOL



**LEPTIN
SENSIVITY**



HUNGER



**FAT
STORAGE**



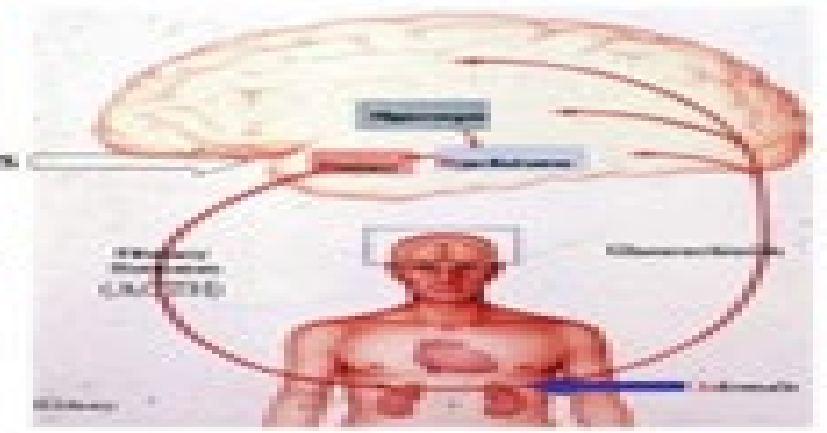
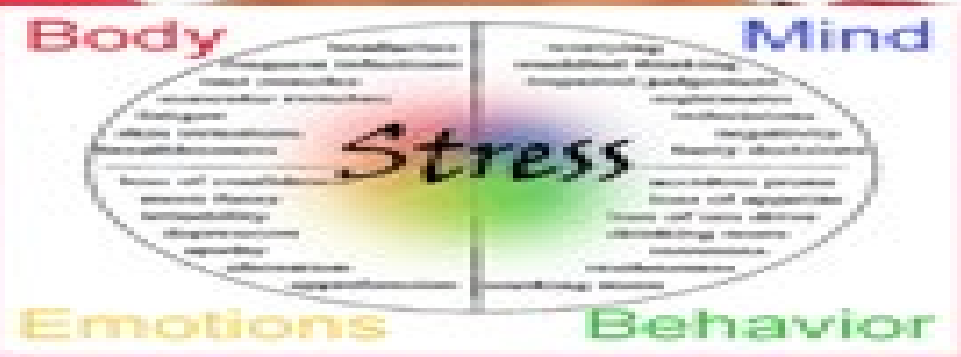
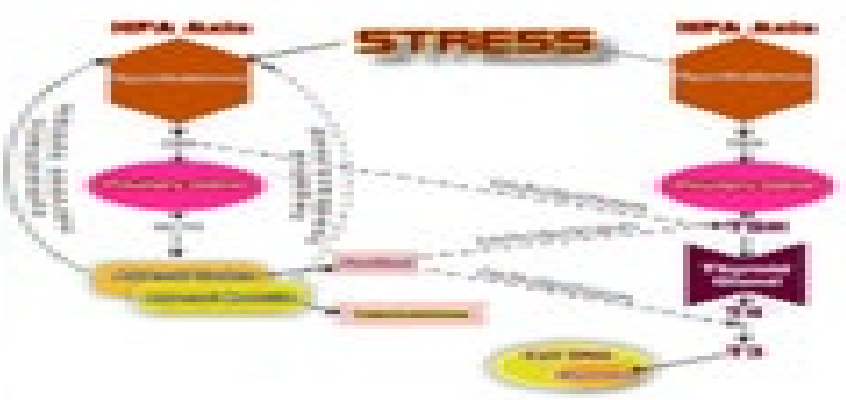
**YOUR
WEIGHT**

Chronic stress can set in motion a chain reaction of events that can end with unwanted pounds and inches...

...By reducing Cortisol production and absorption you can stop the cycle and regain control over you weight!



STRESS AND THE THYROID GLAND



GUT MICROBIOME LINKED TO OBESITY!

- ◆ Alteration of the gut microbiome is linked to obesity

- ◆ Establishment of this link could lead to new therapies against obesity



HARVARD
MEDICAL SCHOOL



Stop counting calories

October 1, 2020

"This idea of 'a calorie in and a calorie out' when it comes to weight loss is not only antiquated, it's just wrong," says Dr. Fatima Cody Stanford, an obesity specialist and assistant professor of medicine and pediatrics at Harvard Medical School.

You Can Not Eat a Calorie, It is a Unit of Measurement

- How your body burns calories- factors,
- the type of organisms living in your gut.
 - type of food you eat
 - your body's metabolism





Ultimate Dreamsicle Shake

Where do I start?-FOOD

Vegan Shakeaday!

- **Ultimate Shake** -Food based powder
 - **Macro nutrient Matrix** of vegan protein providing complete amino acid profile, healthy fats from MCT oil, fiber and usable carbs
 - **Micro nutrient Matrix** of vitamins, minerals, and DMG
 - **Liver Cleansing Matrix** including Milk Thistle
 - **Delicious** Pineapple Coconut flavor



Pro Oranges

Nutritional Frontiers' Pro Powders are all-natural, great tasting fruit and vegetable-based juice powders, fortified with specific nutrients to target specific systems. Pro Oranges Supports cellular energy enhancement by providing key PRT

N,N-Dimethylglycine (DMG) to increase oxygen utilization to the cells

Green coffee bean extract providing caffeic and chlorogenic acids

CoQ10 to deliver ATP to every cell in the body

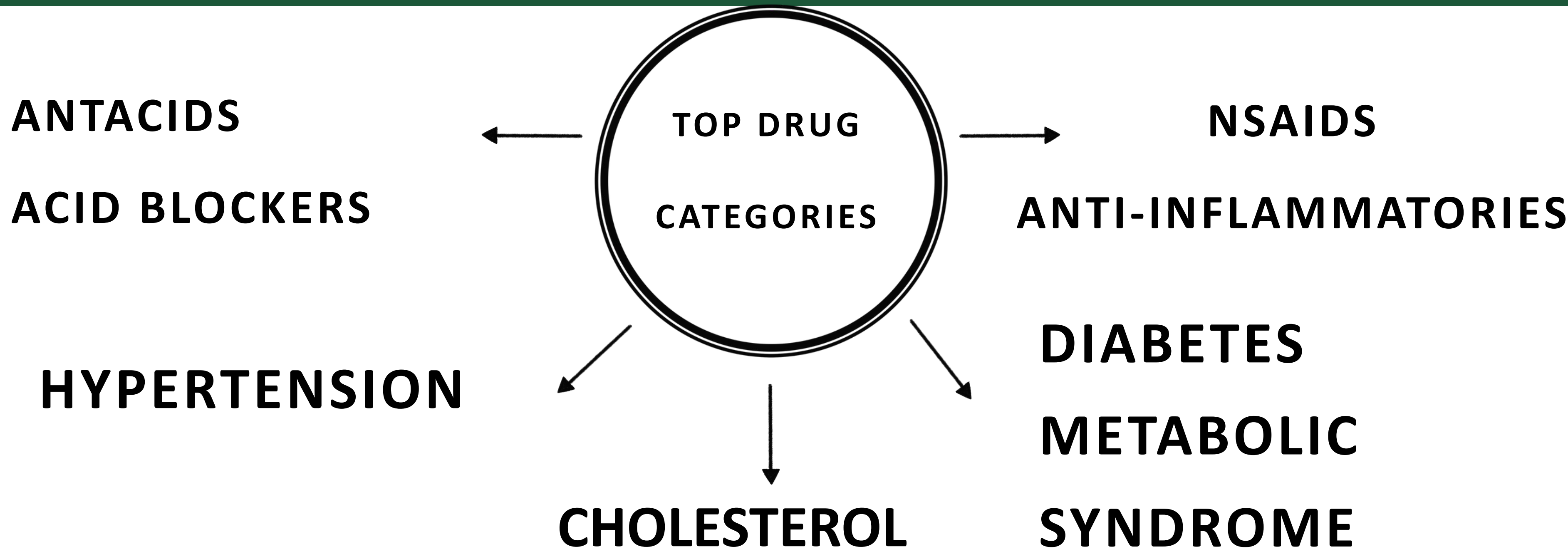
Sensoril® Ashwagandha an Ayurvedic tonic with research demonstrating improved upper body strength and favorable distribution of body mass

Ginseng for cellular energy and stamina

Taurine to protect organs against oxidation



NOW FOR THE MOST COMMON ISSUES



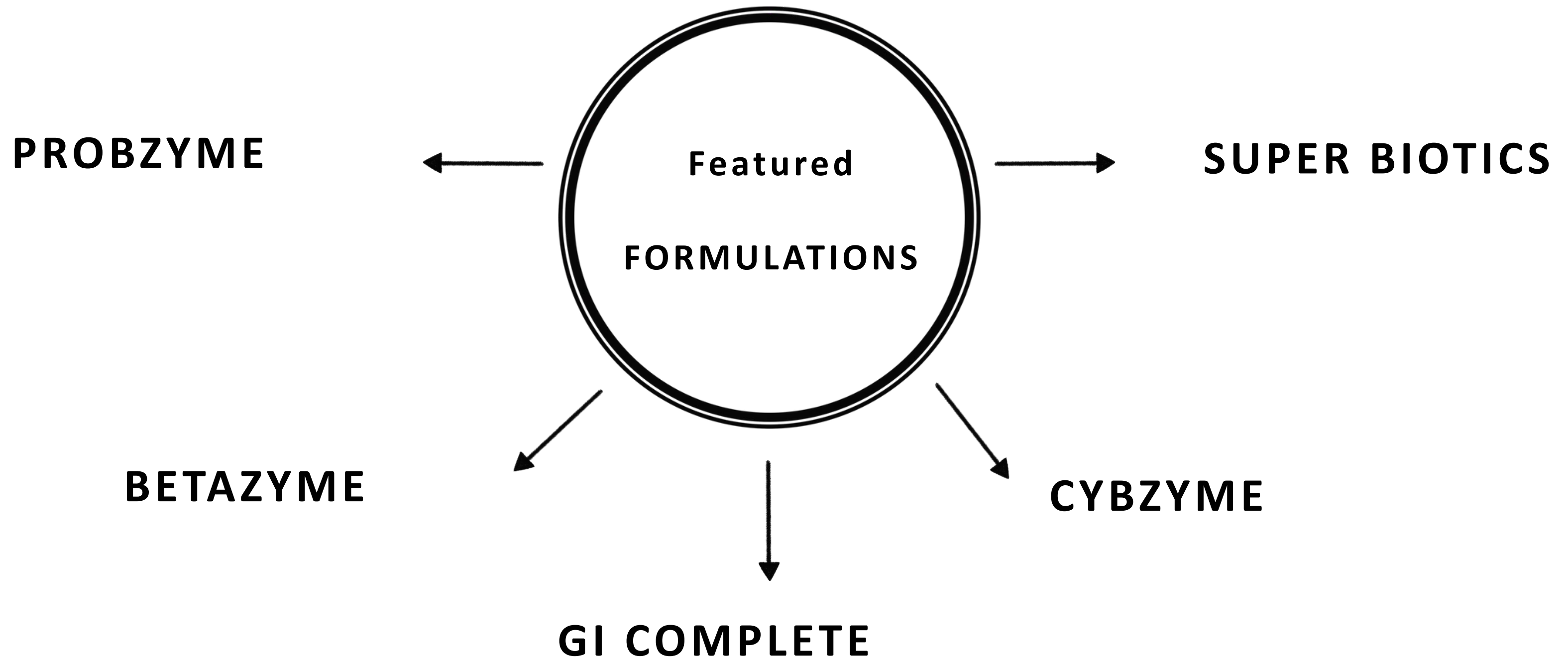
1. ANTACIDS AND PROTON PUMP INHIBITORS

- **1988? METABOLIC SYNDROME BEGINS**
- **INHIBITED NUTRIENT ABSORPTION**
- **NUTRIENTS AND FOOD**
- **MINERALS MAG, CAL, IRON, B12+**
- **6 years PPI USE= 92% RISK OF FRACTURE**

PPI'S LEAD TO?



1. GI SOLUTIONS



2.CARDIOVASCULAR MEDS

- Will vary with the various classes of preps
- MINERALS, B VITAMINS, COQ10, calcium
- Support with these nutrients can SUPPORT BP

Hypertension

Cholesterol

2. HYPERTENSION SOLUTIONS

FEATURED FORMULAS



3. CHOLESTEROL-MEDS

COQ10

- **How statins deplete CoQ10**

- Statins inhibit cholesterol biosynthesis, which also inhibits CoQ10 synthesis. Statins also reduce the levels of lipoprotein transport carriers, which carry CoQ10.

- **Effects of CoQ10 depletion**

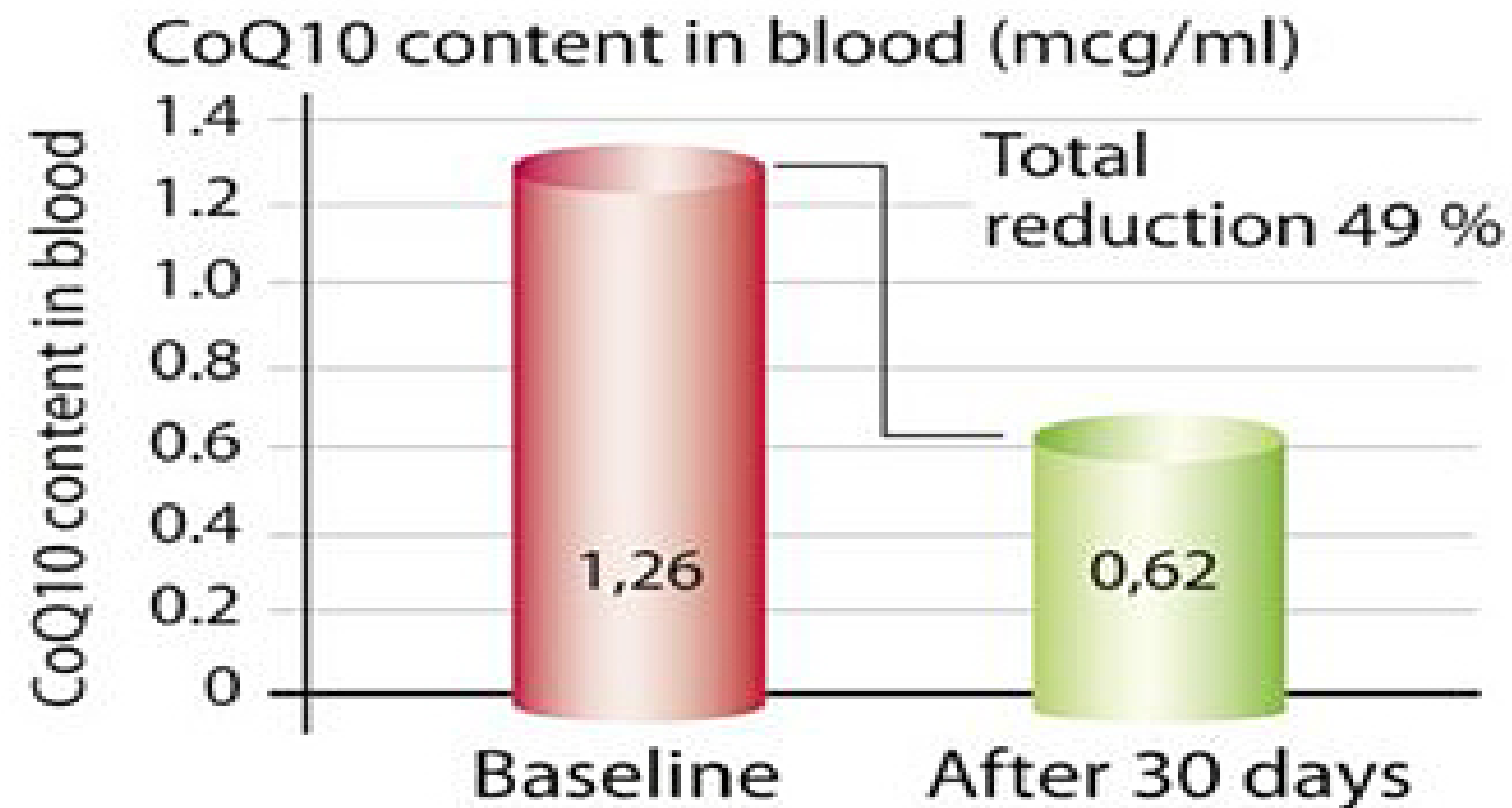
- Low CoQ10 levels can lead to a number of side effects, including:
 - Muscle aches, weakness, or inflammation
 - Reduced energy production in muscle cells
 - Muscle cell death
 - Acute kidney failure

3. CHOLESTEROL-MEDS

Atorvastatin decreases the coenzyme Q10 level in the blood of patients.

Ref. Arch. Neurol. 2004 Jun;61(6): 889-92.

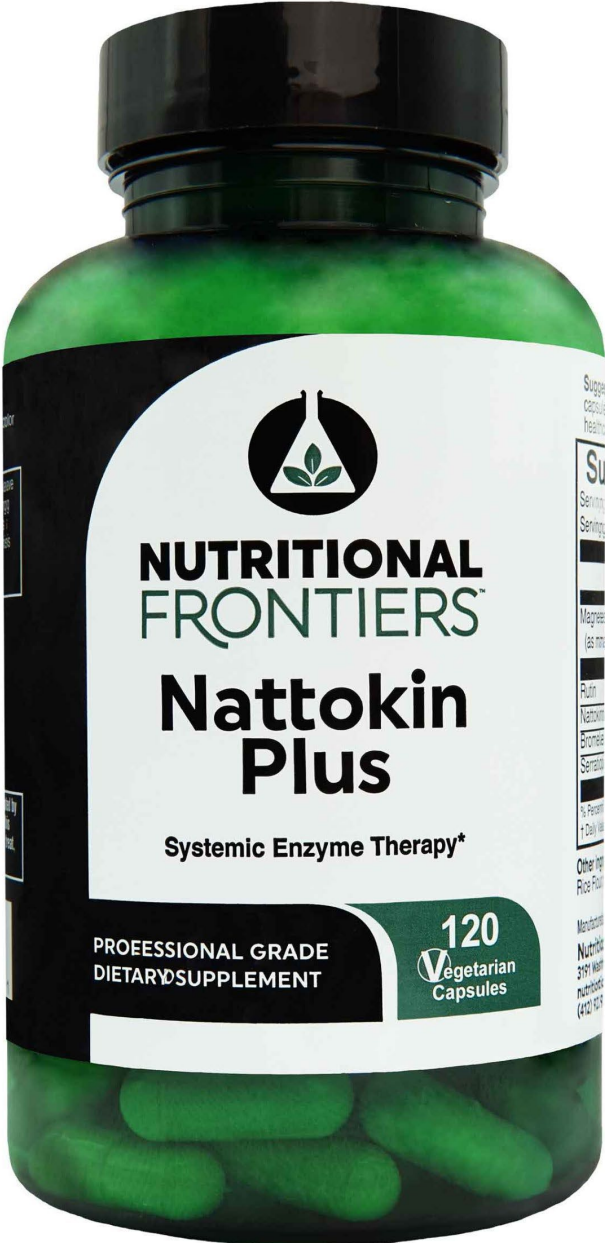
CoQ10 reduction and statin use



3. CHOLESTEROL SOLUTIONS

FEATURED

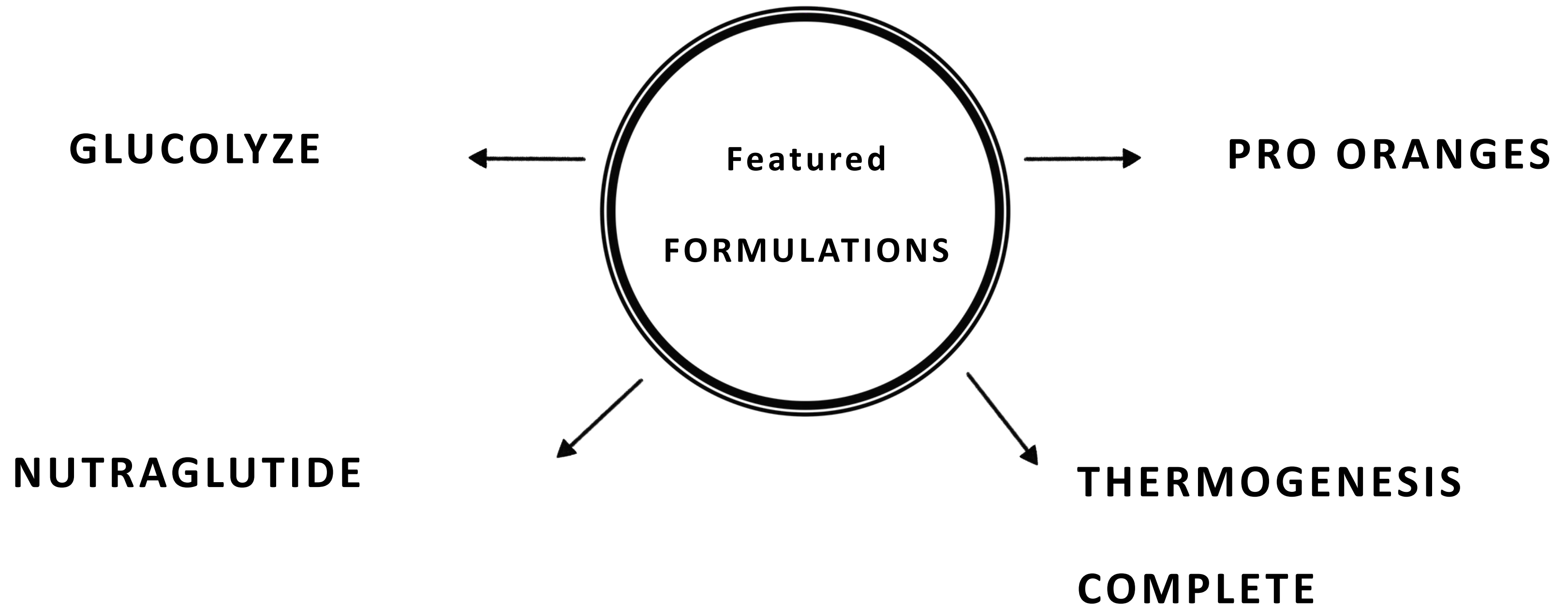
FORMULAS



4. DIABETIC MEDICATIONS

- **Most common with metformin**
- **1st generation sulfonoureas**
- **The new glp-1 drugs**
- **CoQ10, B12, folate**
- **Total micronutrients with glp-1**

4. Blood Sugar Solutions



GLUCOLYZE-Blood Sugar Modulator

Glucolyze – Blood sugar Modulation!

Chromium (Glycinate Chelate **Albion**®) a niacin-bound chromium complex identified as being responsible for *attaching insulin to cell membrane receptor sites*

Cinnamon bark extract is *proven to reduce blood sugar* levels in a study using 1 gram per day

R-Alpha Lipoic Acid shown to support the *inhibition of glycation*. Glycation occurs when proteins or lipids in the body react with too much glucose producing oxidative damage

Gymnema leaf extract supports the *normalization of blood glucose levels*



FEBRUARY 23, 2004

TIME

BUSH'S
MILITARY RECORDS
IS DISNEY MOUSETRAPPED?

THE SECRET KILLER

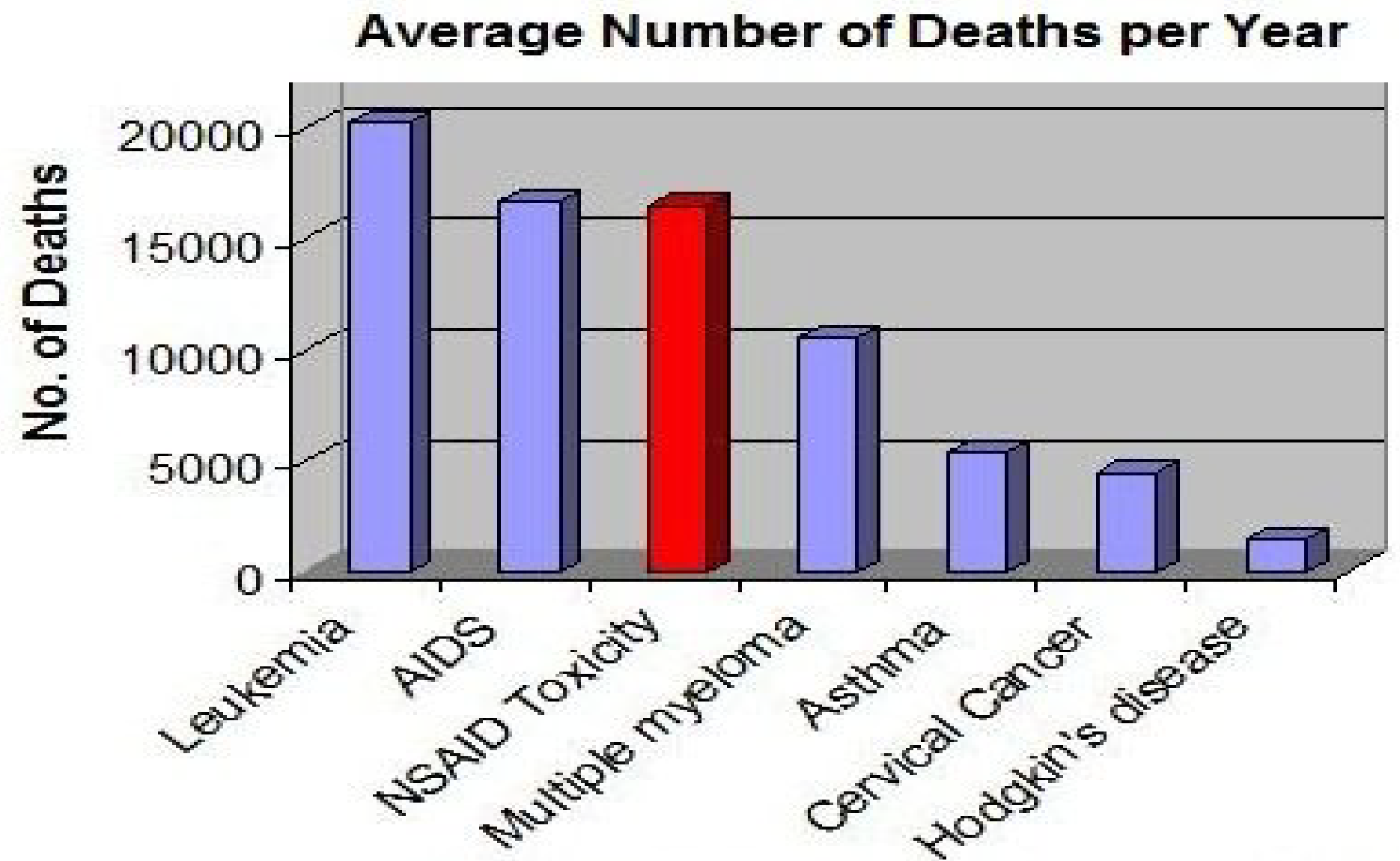
■ The surprising link between **INFLAMMATION** and
HEART ATTACKS, CANCER, ALZHEIMER'S and other diseases
■ What you can do to fight it

www.time.com AOL Keyword: TIME



5. NSAIDS ANTI-INFLAMMATORIES

NSAIDs hospitalize over 100,000 and kill 16,500 people in the United States each year.



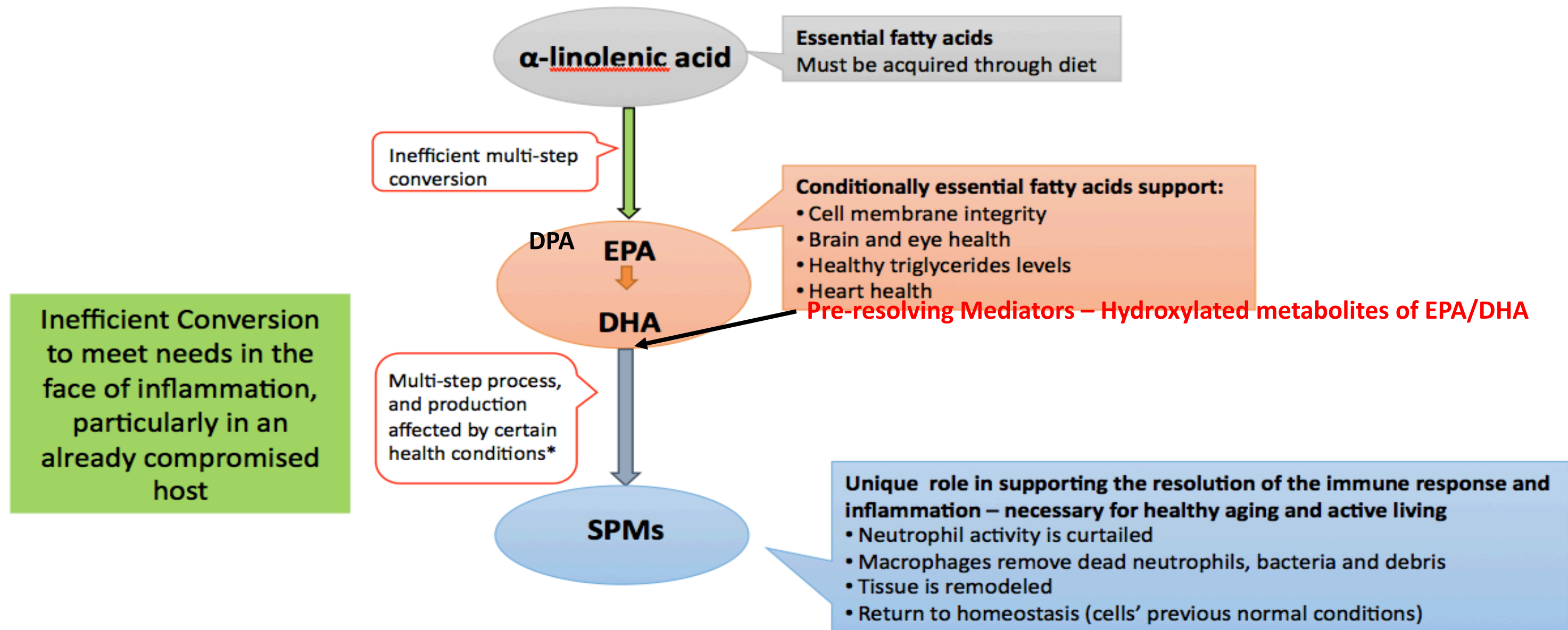
New England Journal of Medicine, June 1999,
Cited at Health Sentinel, <http://bit.ly/mXceos>

5. INFLAMMATION SOLUTIONS

FEATURED FORMULAS



Specialized Pro-Resolving Mediators (SPM)



Serhan CN. *Nature*. 2014;510:92-101

Research on SPMS

Improved inflammatory biomarkers



- **Hs-CRP: 43% reduction within 4 weeks**
- **PGE2 : Normalization within 4 weeks**
- **Fibrinogen: Significant reduction in 8 week**

Biomarker	Level	p value	Reference range
hs-CRP (mg/L)	Baseline: 9.2 ± 15.8		
	4 weeks: 5.2 ± 9.5	0.031*	0-3
	8 weeks: 6.3 ± 10.6	0.007*	
PGE ₂ (pg/mL)	Baseline: 590.6 ± 802.0	0.30	200-400
	4 weeks: 486.5 ± 400.4	0.039*	
	8 weeks: 350.6 ± 334.3		
Fibrinogen (mg/dL)	Baseline: 343.9 ± 93.3		193-504
	4 weeks: 324.6 ± 114.0	0.11	
	8 weeks: 315.0 ± 74.2	0.007*	

Data are expressed as mean ± SD. *statistically significant from baseline as assessed by paired t-tests between time points. Sample size for each factor may vary due to missing data. Missing values were not imputed for paired t-tests analyses

Research SPMS

PAIN REDUCED BY 28% IN 4 WEEKS
2 SOFTGELS/DAY



PROMIS-43 profile (% change 4 weeks vs baseline):

Social functioning
+8.1%**

Depression
-4.1%*

Fatigue
-4.8%*

Anxiety
-6.5%**

Sleep disturbance
-6.2%**

Pain interference
-6.5%**

Physical function
+9.6%**

Pain intensity
-28.8%**

*p<0.05, **p<0.001

1. Callan N et al. *J Transl Med.* 2020;18(1):401.

METABOLIC SYNDROME SOLUTIONS

FEATURED

FORMULAS



PATENTED RESEARCHED TRADEMARKED

- **IGOB1-10 weeks 102 people ave loss 28LBS in 10 weeks!**
- **CAPSIMAX-Burn at least 129 more calories every 4 hours even at rest, 7% decrease in appetite**
- **SENSORIL-Specific Anti Diabetic Activity through Cortisol management. Approves ability to cope with stress and adapt to change!**
- **SUNTHEANINE-Ameliorated Obesity! Improved Glucose Tolerance and Insulin Sensitivity. Reduced Blood Lipids by managing CORITSOL!**

PATENTED RESEARCHED TRADEMARKED

- **CINSULIN-34% reduction in Blood Sugar, 37.9% decrease in body fat in 1 year!**
- **SIRTMAX-4 months 18lbs,7 weeks, reduction in weight, BS, AGE! Increase adipogenesis!**
- **TRAACS CHROMIUM-Most BioAvailable Chromium, Improves Insulin Sensitivity, helps prevent Low Blood Sugar**

C. Effects on hypothalamus

A. Inhibit adipogenesis in WAT

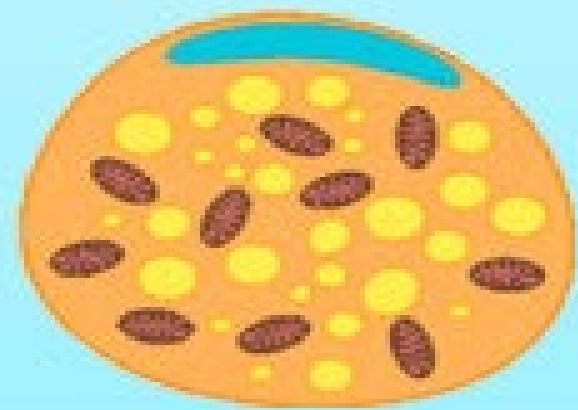


↑ *PPAR* γ
↑ *PGC-1* α

↑ adiponectin
↓ suppress body fat accumulation

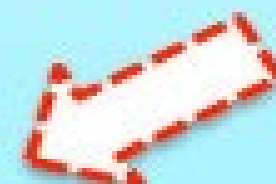


B. Activate BAT activity



↑ *UCP1*
↑ *PGC-1* α

↑ thermogenesis
↑ browning
↑ lipolysis activation



Capsaicin

TRPV1 activation



↑ *STAT-3*



↓ appetite
↑ satiety
↓ leptin resistance

D. Modulate intestinal hormones and microbiome

↑ *Muc2*
↑ *Reg3g*



↑ GLP-1 secretion
↑ *Akkermansia muciniphila*

Thermogenesis Complete

1. Metabolic Enhancer from Hormone balancing Leptin/Adiponectin resulting in appetite control from PRT IGOB1231 Irvingia and fat breakdown from Raspberry Ketones
2. Thermogenic Effect from Green Coffee Bean Extract providing caffeic and chlorogenic acids for efficient fat burning
3. Healthy blood sugar levels from White Mulberry
4. Block Fat storage with Garcinia Cambogia (HCA)
5. Body Mass Balancing with PRT Capsimax



NUTRAGLUTIDE

**STRESS INSULIN RESISTANCE INFLAMMATION
METABOLIC RATE**

Chromium, Chromium Nicotinate Glycinate Chelate Albion® and Cinsulin® Cinnamon water extract and Berberine for Blood sugar management and insulin resistance prevention

Sensoril® Ashwagandha and Suntheanine® L-Theanine for Cortisol Control and Stress Management

Sirtmax® researched for inflammation related to adipose cells

Capsimax stimulates fat burning without CNS stimulations



NutraGlutide 6 Parts in 1 FORMULATION

Sirtmax® is an extract of Kaempferia Parviflora root, also called *Thai black ginger*. Kaempferia Parviflora was shown in animal studies to:

- **Decrease weight gain**
- **Affect lipid metabolism of adipocytes (fat cells)**
- **Prevent symptoms related to insulin resistance, high blood pressure, and fatty liver**
- **Demonstrate anti-inflammatory activity**



IT CAN WE DONE-WE CAN HELP!

You need a partner like Nutritional Frontiers

Call-Ask-Seek

THEY came to you with their hopes and prayers for success

Stay at their level-Communicate-Stay in touch

Monitor results

Ask questions-Pull off years of experience-Quality of supplements is critical

Any discussions on supplements with primary must include the quality assurances

Ask questions-Share success-Stay positive and move forward

God bless you all!!

CASE STUDY 43YR METABOLIC CRISIS

Mother of 3...currently single mom

Review of symptoms included weight (5ft 4 199) lack of sleep quality, digestive issues, constipation

HBA1C 7.7 Total cholesterol 243 hdl 44 ldl 121 Triglycerides 347

Discussion on food choices..very difficult with 3 kids and lack of funds

Started probzyme before each meal and bedtime,sleep time 2-3 at bedtime

CASE STUDY 43YR METABOLIC CRISIS

After 14 days-shake a day for breakfast with

ULTIMATE SHAKE AND NUTRAGLUTIDE 2 each am and one at bedtime

Average blood sugars to begin were 182 in the am NOW

152..after 1 week

147..after 2 weeks

141..after 3 weeks

139..AFTER 4 WEEKS

CASE STUDY 43 YR METABOLIC CRISIS

Feeling partial success in a short period, her church gave her funds for thermogenesis complete. We started her at week 4 on 3 caps each am
We followed this abbreviated protocol for 2 months to recheck labs

At 60 days, HBA1c was 6.4

Triglycerides 142, hdl 51, ldl 112

120 days weight stabilized at 146.

We continue to monitor



THANK YOU!

