

7 Bulletpoints: Why Isotonic Nutrition? Intestinal Restoration

I understand that you have had some health challenges, please tell me about yourself?

1. Have you ever wondered what the missing link is between health and dis-ease? Is there a rise in autoimmune rates, cancer, ADD, depression, etc or is it all genetic? What if people learned that people with conditions as minor as allergies to something as severe as cancer, have one thing in common: **an inability to optimally digest, absorb and assimilate nutrition from an imbalance in intestinal ecology?**

2. It is not so much, **"We are what we eat."** but, **"We are what we absorb."** Research shows there is a PROFOUND relationship between wellness and absorption. If you are not experiencing optimal health, i.e. allergies, migraines, fatigue, ADD, arthritis, etc, you can guess that you have an imbalance in the health of the intestinal area. (1-5)

3. Within the digestive tract is an ecosystem of microbes, actually 3 pounds worth! Microbes have many functions: digestion, vitamin production and protecting the body from toxins entering the blood stream. When there is an imbalance in this microbe population, there is a reduction in a special antibody that resides in the mucus membrane of the intestines (sIgA). Without an abundance of sIgA, toxins and incompletely digested proteins can enter the bloodstream and contribute to disease. (6, 7, and 8). Unfortunately, baby boomers were the first generation in the history of mankind where more than 50% were taken off breast milk. 99% of supplemental formulas have never included a very special component naturally found in mother's milk that creates a **hypo-active** immune system, rather than a hyper-active immune system by increasing sIgA. It turns out; THE GUT TRAINS THE IMMUNE SYSTEM. One generation is inoculating the next with less than healthy bacteria and the immune systems of 'generation next' are becoming more hyperactive.

4. You may wonder why all doctors aren't talking about this? Because, they know that medically, if they temporarily create a disruption in your intestines from antibiotics or other medication, the body will **restore** itself. I mean, if we cut our finger, won't it heal, naturally? **However, the Million Dollar Question is:**

"Can the body restore the balance if it is not in balance in the first place?"

5. Where do we get these bacteria from? Actually, we get it one of a few ways. First, is from being born through a healthy birth canal-healthy meaning mother has a plentiful inoculation of beneficial bacteria (9-12). Second, is breast feeding, thus offering oligosaccharides found in breast milk that improve sIgA antibodies in the gut(13). Last, is a continual inoculation of bacteria from the environment and food (14). Unfortunately, many fruits and vegetables, that normally contain living microbes, have been irradiated. Worst is, we lose this good bacteria many ways, antibiotics, stress, high sugar diet, birth control, steroids, chlorine, and more!

6. ***At birth, we receive 2 inheritances. Genetics is a snapshot of who our parents were when they were born...but at delivery, mother's pass on, not just genetics...but a snapshot of their entire life from their birth to their baby's That inheritance is a microbial inheritance, unfortunately, many mothers are bankrupt microbially due to years of stress, medication, diet and more. During the birthing process, mother's have little beneficial bacteria to offer the child. Their immune system may be forever affected.***

7. Evidence of this imbalance is seen all around us: **Babies on antacids**, ulcers, ADD, IBS, migraine, arthritis, allergies, eczema, food intolerance, fibromyalgia, rheumatism, psoriasis, colon and breast cancer, URI, acne, PMS. (15-20).

The roof is leaking but you don't know it. All you know is that you have water in your house. You are busy changing the carpets and the furniture but the problem will not go away unless you fix the roof! People are taking new drugs and trying new diets, but are not getting better. Becoming healthy involves restoring the integrity of the intestinal area. Consider, if there is a PROFOUND relationship between Wellness and the ability to absorb optimally, THEN doesn't it make sense to address the health of the intestinal area? AND if we are going to supplement, doesn't it make sense to do so with Nutrition that is-in essence- already digested? Well, that describes ISOTONIC NUTRITION.

These statements have not evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent disease.

1. Reduce Inflammation of the intestinal WallALOE/L-GLUTAMINE
2. Insure all foods are completely digested.....ENZYMES
- 3 Replenish beneficial bacteria.....PREBIOTICS/PROBIOTICS
4. Provide quality, high fiber.....FIBER
 - ♥ Contains L-Glutamine: helps heal the intestinal wall
 - ♥ Contains prebiotics: fuel for beneficial bacteria (Inulin and FOS)
 - ♥ Contains probiotics: helps repopulate the intestinal tract, improving intestinal pH
5. Provide Isotonic Antioxidants.....OPC
 - ♥ Natural Anti-inflammatory
 - ♥ Natural Anti-histamine
 - ♥ Supports immune function

5 ALIVE PROTOCOL:

1. ALOE	#1287	13BV	\$24.95
2. FIBER	#13279	24BV	\$49.95
3. PROBIOTICS	#13282	20BV	\$35.00
4. DIGESTIVE FORMULA	#13022	17BV	\$31.95
5. OPC	#13009	43.5BV	\$69.95
TOTALS		117.5BV	\$212.15

Follow Low-glycemic dietary guidelines presented in Transitions Lifestyles Systems

(Includes follow up by Customer Manager after purchase on days 1, 3, 7, 14, 21 and 28)

INSTRUCTIONS:

When receiving multiple products, always begin with one, wait a day or two before adding the next:

- ♥ **ALOE:** Consume 1 ounce of aloe morning and night on the first day. If well tolerated, increase daily- until consuming 3 ounces of aloe both morning and night. At this point, you may add the rest of the *Restore 4 Protocol*.
- ♥ **OPC-3:** Dosage is based on weight. 1 cap per 75 pounds.
- ♥ **FIBER:** Take as directed before last meal of day or before bed.
- ♥ **PROBIOTICS:** Take as directed on the label.
- ♥ **ENZYME FORMULA:** Systemic Enzyme therapy discusses the benefits of digestive enzymes taken between meals. You may add digestive enzymes to your daily water intake. For instance, 2 caps of enzymes in a 16 ounce bottle of water. Drink one bottle of digestive water per day and take enzymes with meals that do not include fresh fruits and vegetables.
- ♥ **BONUS:** Make an afternoon fruit smoothie, add Transitions Vanilla shake, fiber, greens, enzymes and AWAKE or B vitamins-excellent for energy -THE GUT TRAINS THE IMMUNE SYSTEM!

revised 7 bulletpoints from saving generation next © 2010 Debi Waldeck

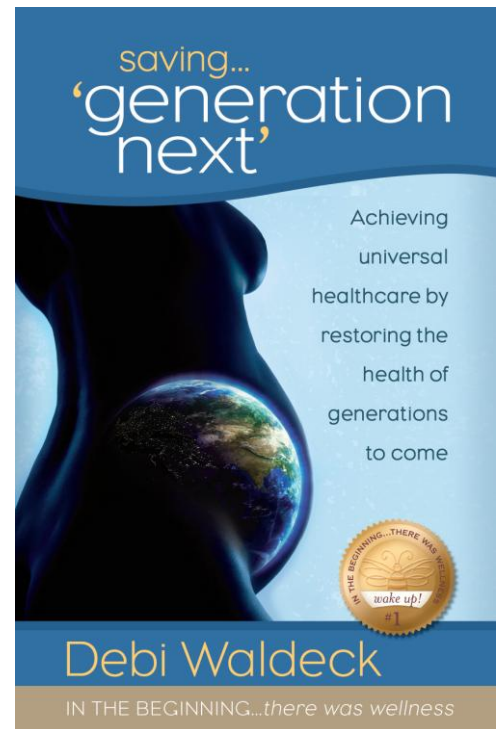
Questions: info@debiwaldeck.com or call 1-888-855-4822
www.debiwaldeck.com

debi's dialogue~

I began this protocol 12 years ago with our two children; at the time, we had diagnoses such as GRAVES DISEASE, ADHD, ASTHMA, ECZEMA, CHRONIC SINUS, ANXIETY, RAD, and more. By improving our intestinal ecology and thus reducing inflammation, our immune system improved and I and our children have never again suffered from these chronic conditions.

70%-80% of our immune system is called Gut Associated Lymphatic Tissue (GALT) and is intimately related and affected by the state of the intestinal tract. Formula feeding and C-sections do not allow for intestinal bacteria to proliferate optimally because the child is not 'inoculated' by its mother's bacteria. High sugar diets, drugs, and stress further reduce the quality of the inoculation. When the intestinal area is properly developed, antibodies will populate the gut and actually destroy foreign proteins such as staph or strep. Therefore, the internal immune system never sees this foreign protein and has no need to produce an antibody; autoimmune disease and inflammation are mitigated.

I encourage you to read *saving 'generation next'* and *forever young and vibrant* available at 20% IBV at www.marketamerica/yourname



REFERENCES

1. Jackson, P.G. *et al.* (1981). Intestinal permeability in patients with eczema and food allergy. *Lancet* 1:1285-1286.
2. Yates VM, Watkinson G, Kelman A. Further evidence for an association between psoriasis, Crohn's disease and ulcerative colitis. *Br. J Dermat* 1982; 106:323-330
3. Bjarnson I, Williams P, So A. *et al*/Intestinal Permeability and inflammation in patients with Rheumatoid Arthritis; effects of non-steroidal anti-inflammatory drugs. *Lancet* 1984;ii:711-4.
4. Rowe, A.J. Allergic toxemia and migraine due to food allergy. *Calif West Med*, 33:785, 1930.
5. Randolph T.G. Allergy as a Causative factor in fatigue, irritability, and behavior problems in children. *Pediatr*, 31:560, 1947.
6. Berg R. Translocation of indigenous bacteria from the intestinal tract, IN: Dept. of Microbiology and Immunology, Louisiana State School of Medicine. *Human Intestinal Microflora in Health and Disease*, Shreveport, L.A: Academic Press; 1983:333-352.
7. Garner M.L.G. (1988). Gastrointestinal absorption of intact proteins, *Ann Rev Nutr*. 8:329-350
8. Washaw, A.L. *et al.* (1974) Protein uptake by the intestine. Evidence for absorption of intact macromolecules. *Gastroenterology* 66:987-992.
9. Bettelheim KA, Breardon A, Faiers MC, O'Farrell SM. The origin of O serotypes of *Escherichia coli* in babies after normal delivery. *J Hyg (Lond)* 1974;72:67-70.[Medline]
10. Brook I, Baret C, Brinkman C, Martin W, Finegold S. Aerobic and anaerobic bacterial flora of the maternal cervix and newborn gastric fluid and conjunctiva: a prospective study. *Pediatrics* 1979;63:451-5.[Abstract]
11. Lennox-King SMJ, O'Farrell SM, Bettelheim KA, Shooter RA. Colonization of caesarean section babies by *Escherichia coli*. *Infection* 1976;4:134-8.[Medline]
12. Lennox-King SMJ, O'Farrell SM, Bettelheim KA, Shooter RA. *Escherichia coli* isolated from babies delivered by caesarian section and their environment. *Infection* 1976;4:139-45.[Medline]
13. Mata LJ, Urrutia JJ. Intestinal colonization of breast-fed children in a rural area of low socioeconomic level. *Ann N Y Acad Sci* 1971;176:93-108.
14. Finegold SM, Attebery HR, Sutter VL. Effect of diet on human fecal flora: comparison of Japanese and American diets. *Am J Clin Nutr* 1974;27:1456-69.[Medline]
15. Michals K and Matalon R, Phenylalanine metabolites, attention span and hyperactivity. *Am J Clin Nutr* 185: 42(2):361-5.
16. Birdsall TC. *Campylobacter pylori* and its association with duodenal and gastric ulcers. *Applied Clinical Nutrition Seminar*; Seattle, WA; June, 1989 [Presentation].
17. Moore WEC, Holdeman LV. Discussion of current bacteriological investigations of the relationships between intestinal flora, diet and colon cancer. *Cancer Res* 1975; 35:3418-3420.
18. Gorard DA, Gomborone JE, Libby GW, Farthing MJG. Intestinal transit in anxiety and depression. *Gut* 1996;39:551-555.
19. The metabolism of the intestinal microflora and its relationship to dietary fat, colon and breast cancer. *Prog. Clin. Biol. Res.* 655-85/222. 1986.

Revised 7 Bulletpoints from *saving 'generation next'* © 2010 Debi Waldeck
Questions: info@debiwaldeck.com or call 1-888-855-4822
www.debiwaldeck.com

20. Hgenel H, Bendig J. Intestinal flora in Health and Disease. Prog Food Nutr Sci 1975; 1:21-64.