1. TOTAL FLORABIOGENS

PROBIOTIC FLORA: THE FORGOTTEN COMPONENT OF DETOX

Wrongly regarded merely as the body’s sewer, the normal colon is actually buzzing with life activity. The colon is the primary immune center of the body. Billions of friendly bacteria should be hard at work at all times. Their job is the final stage of digestion, leaving only what is absolutely of no use to the body to be eliminated. The friendly bacteria, weighing as much as three pounds in the normal colon, comprising more than 400 species, also function to keep opportunistic bacteria in check. A harmonious symbiosis between good and bad bacteria is the optimum situation within the human colon, so that no one species proliferates unchecked.

It happens that most bacteria in the environment and in the body are actually beneficial to our health. Bacteria do more good than harm in the everyday world, working much more often as scavengers than as pathogens. Bacteria are the janitors of the world, disposing of decaying and diseased cells. Think of a beach with no bacteria. What would happen to all those dead fish that wash up there?

Other essential functions of normal gut probiotics include:

- Inhibition of food-poisoning bacteria
- Suppress tumor growth
- Break down undigested proteins
- Slow down the progression of ankylosing spondylitis  [Shahani]
NO FLORA

In the colon, the whole key is a balance between the friendlies and the potentially pathological bacteria. Problem is, most people go through most of our lives with little or no intestinal flora. Our friendly bacteria are constantly being killed off. How? Same culprits as cited in the ALLERGIES chapter:

- antibiotics we take
- antibiotics given to the animals whose meat we eat
- Zantac, Tagamet, Prilosec, etc.
- Advil, Tylenol, Excedrin, Motrin, etc.
- other prescription and over the counter medications
- white sugar
- carbonated drinks
- antihistamines
- chlorinated water
- fluoridated water
- coffee

Without friendly probiotics, the final stage of digestion can’t take place in the colon. Debris rots in there. Opportunists such as Candida albicans start taking over. And food allergies reach epidemic proportions.

Whether it’s rotting yoghurt in a blocked colon, a dead coyote in the forest, or infected liver cells in the body of an alcoholic, bacteria are just doing what they do best: cleaning up. When the bacteria are diagnosed as the cause of the illness, rather than a sign of the illness, the medical approach is to try and kill them. But that’s like killing the garbagemen. The garbage remains. Understanding such a simple concept is pivotal in arriving at a holistic outlook toward health.

PART OF 60 DAY PROGRAM

In any health or detox program, flora balance is vital for success. And yet because of general lack of awareness flora are commonly omitted from most health regimens. In the 60 Day Program we take a very simple approach: 3 capsules 3x per day for 2 months. For advanced cases of chronic progressive allergies, that dose can be doubled for the first half of the 60 Day Program.

Finally after all this time we were able to break free of the company that had been providing our flora and enzymes. That company had deteriorated beyond help, and I was losing confidence in their ability to maintain the integrity of the original formulas. Against much opposition, we were able to go back to the actual sources of Dr Khem Shahani’s original flora, ascertain the quality and stability of the probiotics being used, and make some improvements in overall dosage. The best news is that we now own the formula, are confident of the superiority of this new blend, and also that there will never be lapses or backorder problems ever again.
Khem Shahani was a premier researcher into probiotics for most of his life, and published over 200 scientific papers, many of them in top medical journals. Over a decade ago Dr Shahani did a study of probiotic supplements on the market and found that 80% of them contained nowhere near the bacterial counts advertised on their labels. Some contained none at all. So when Shahani finally put out his own product he made sure the counts were in the billions, and also that they were suspended in a medium that would be stable when stored in a cool dark place for up to 2 years. Meeting all these criteria was the crowning achievement of Shahani’s career. That’s what made his probiotics so effective for restoring colon vitality, normalizing its internal ecology, and curing lifelong allergies during all those years when the Arizona company carried them.

There are four main groups of human probiotics:

- Bifidus
- Lactobacillus
- Streptococcus
- Bacterioides
- Coliform

The most prolific and versatile of these is L. acidophilus.

In *Cultivate Health from Within* we read about one of Shahani’s life achievements: DDS-1 lactobacillus acidophilus, which is found today only rarely in flora supplements, other than in our new Total Florabiotics. This superlative strain of acidophilus – DDS-1 - was developed because of the following unusual properties:

- Inhibits 27 pathogenic bacteria, including shigella, salmonella, E. coli
- Inhibits *Candida albicans*
- Survives stomach acids so that it actually reaches the colon
- Neutralizes nitrates in food
- Normalizes persistent skin eruptions
- Resolves lactose intolerance
- Very resilient in storage—survives up to 2 years
- maintains high counts
- is a human-specific strain, not soil-based
- is antibiotic resistant
- freeze dried, rendering the bacteria dormant
- non dairy

Most authorities regard lactobacillus acidophilus as the primary vital gut flora. There is no other strain of L. acidophilus which can claim all these characteristics.

Because of pasteurized dairy, most of which is loaded with hormones these days, many babies develop chronic colic, even if they are breastfed. The mothers often drink pasteurized dairy and pass on these allergens to the infant. Shahani discovered that breastfed infants of today have the same gut flora as formula fed infants of 40 years ago. Why? The mothers themselves are
drinking pasteurized hormone laden milk. Dramatic results can be achieved by substitution of raw dairy and/or probiotics, like Total Florabiotics, both for the mother and the infant.

WHY TOTAL FLORABIOTICS?

Finally after all these years we were forced to break free of the company that had been providing our flora and enzymes. That company had deteriorated beyond help, and we were losing confidence in their ability to continue to maintain the integrity of the original formulas. Against much opposition, we were able to go back to the actual sources of Dr Khem Shahani’s original flora, ascertain the quality and stability of the probiotics being used, and make some improvements in overall dosage. The best news is that we now own the formula, are confident of the superiority of this new blend, and also that there will never be lapses or backorder problems ever again.

In cases of chronic debilitating allergies, where the patients have tried huge courses of every antibiotic known to man, just to see their case worsen month after month---- these are the cases which respond most dramatically to the infusion of large amounts of friendly bacteria into the colon. Usually it’s for the first time - no one ever told them about the direct relationship between probiotic health and the immune system. Most medical doctors never heard of such a thing, mainly because they don’t read their own literature. There are hundreds of journal articles in the best sources showing the value of probiotics in the depressed immune case. One such appeared in the 2008 vol 121 page S115 edition of the peer reviewed journal *Pediatrics*. It was shown clearly that probiotic supplementation had a dramatic curative effect on serious unresponsive respiratory infections in children, ages 3-5. No wonder -- the usual treatment is just to keep shoving course after course of antibiotics down the kids’ throats -- kills off all the good bacteria in the entire tract for at least 6 weeks, each course. Without a vital active digestive tract, the immune system is enormously handicapped.

Very simple approach: 3 capsules 3x per day. Store in a cool dark place. For advanced cases of chronic progressive allergies, that dose can be doubled for the first half of the 60 Day Program.

2. DIGESTAZYME

The newest broad spectrum digestive enzyme: Digestazyme.

Broad spectrum means the complete digestion of fats, proteins, and carbohydrates, as well as fiber in the diet. Unless you eat an 80% raw foods diet, it is likely that undigested processed foods are accumulating in your arteries and in your digestive tract. The dual purpose of taking daily enzyme supplements:

1. clear out the digestive tract and
2. clear the blood circulation.
For the complete story of the critical importance of enzymes, refer to *Enzymes The Key to Longevity*, a chapter at [www.thedoctorwithin.com](http://www.thedoctorwithin.com)

The new formula is twice as effective as any enzyme we have ever recommended. This is due to a detailed reformulation and meticulous re-evaluation of each ingredient, based on the original research of Dr Stan Bynum. Bynum was the successor to Dr Edward Howell at National Enzyme Company, which was the first and most famous producer of enzyme supplements in the world. Dr Bynum was also the founder of Infinity in the early 1990s.

Dr Bynum’s principles on enzyme nutrition were clear and uncompromising: processed foods by definition have had their enzymes removed for greater shelf life. Once in the body, these adulterated, unnatural foods cannot well be broken down into the component nutrients the body needs. Not only do they offer little food value in and of themselves, but by blocking the tract and bloodstream, they also interfere with nutrient uptake from any enzyme-rich natural foods we may have eaten.

The key is bioavailability: the nutrients that end up being available at the cellular level. All your body’s cells need oxygen and nutrients, all day, every day. Lack of both promotes deterioration, dysfunction, and disease. That’s the effect of processed enzyme-deficient snack foods in the body: the foods of commerce.

See the chapter called *The 60 Day Program* for the key role played by Digestazyme in the detox program: 3 capsules 3 times per day for 60 days. There is virtually no physical imbalance that will not improve from such a regimen.

The strength of the 60 Day Program is its classic simplicity, built on the fundamentals of nutrition. Take care of the fundamentals first: 80% of the time, the imbalance is corrected; health returns. And the first of the fundamentals is certainly enzyme nutrition: Digestazyme.

### 3. COMPLETE CHELATED MINERAL FORMULA

*Albion Chelates*

All Your Essential Mineral Needs in One Complex

Because of depleted soil and bad diet, the majority of the US population is deficient in virtually all minerals. This balanced formula is designed to fill that void and to promote optimum health of the tissues, at the same time guarding against mineral toxicity and excess.

No use taking any nutritional supplements unless you start with the basics. Since minerals comprise 4% of body mass, and are essential co-factors for all biochemical reactions in the body every second of your life, mineral supplementation is fundamental.
For a complete discussion of minerals in cell nutrition please read the chapter on Minerals at www.thedoctorwithin.com

Three capsules daily will provide the body with almost its entire mineral requirements, with the remainder being supplied by a healthy diet.

Chelated minerals are the most bioavailable of supplemental forms - the most effective at the cellular level.

4. **Expel®**

is a 100% natural colon detox supplement.

100% herbal
No chemicals, preservatives, pharmaceuticals, laxatives, stimulants, or corrosives

For 60 days, the patient will take 1-4 capsules with 2 glasses of water at dinner. Start out with 1 capsule at dinner time and work your way up to the desired dosage. It may take a week or so to get the dosage and timing right, but once you have it, stay with it for the entire 60 days, without missing a day. Experiment with number of caps and timing.

What makes Expel unique is that not all the 7 herbs in the formula are simply for scraping the layers of old sludge off the colon wall. Some of these herbs are classically known to reduce inflammation and for healing, nourishing and rebuilding the delicate cells of the intestinal lining.

Most of us have taken psyllium at some time or another when we’ve felt blocked up. That’s not what we’re talking about here. If you’ve never done a 60 day Program where every evening for 60 consecutive days you take the colon product, that means you don’t know what it means to have a clean colon, assuming you have eaten some version of the standard American diet, like most of us.

Once the colon is cleansed, get ready for a whole new lifestyle. You will never want to sense that energy-draining toxic build-up in your tract again; you will never want to see that bulge in the lower abdomen or feel that cement-gut thing again.

Further details of how your colon works are described online at www.thedoctorwithin.com under the chapter called *Journey to the Center of Your Colon*.

5. **Oral Chelation**

An essential element in any legitimate detox program, chelation in this sense means to clear 2 accumulations out of the body:
1. heavy metals form the tissues
2. plaque form the arteries.

Leaving this step out would be like changing your car’s oil and leaving the old filter.

Arterial plaque: For many years progressive cardiologists have been using a technique of intravenous EDTA for patients who have clogged coronary arteries. EDTA is a manmade amino acid and has the ability to bind up with heavy metal toxins like lead and mercury as well as oxidized plaque in the arteries, and escort all of this out of the body, via kidney filtration.

The problem with EDTA intravenous therapy is that it is expensive, inconvenient, and may damage the delicate kidney tissues.

There have been herbal formulas available for a long time which have these same capabilities for binding toxins, metal ions, and arterial plaque. For the 60 Day Program Oral Chelation is a vital component. Heart patients who are trying to restore normal blood pressure without medication must somehow unclog the arteries of that accumulated plaque. Same for those on their way to being heart patients.

Anyone who has ever been vaccinated, or had a mercury filling — those metals are bioaccumulative in the tissues. That means they last forever, unless they are chelated out. Autistic children are trying to chelate mercury out of their brain tissue. Oxidized oils and trans fats from fried foods and snack foods, are attracted to inflamed arteries. Phenols from canned foods, PCBs, THMs, CFCs, the 60,000 industrial chemicals produced in the modern world, which have access to our air food and water…. This condition grows worse year by year unless it is directly addressed. Drugs cannot clear the accumulation, as the manufacturers themselves admit.

In the 60 Day Program we use a safe, traditional oral chelation formula that has decades of success behind it. It can be taken by a child of 18 months or a patient in his 90s. Even healthy people need to do this type of detox - anyone in the modern environment. Heavy metal toxicity can be the hidden cause of so many misdiagnosed labels that we simply cannot afford to overlook.

It comes in 2 bottles: Morning and Night. 3 and 3. That’s it.

6. **Collagen**

What is collagen?

A triple helix polypeptide molecule, collagen is a protein in our bodies. In fact, **collagen is the largest and most abundant protein in the body**, making up about 65% of our total protein.
Proteins are made of amino acids, such as glycine, proline, and hydroxyproline, which are amino acids that exist in collagen in varying proportions, depending upon the source. As the largest protein in the body, collagen is a chain of over 1500 amino acids.

Collagen is the connective tissue for almost all our structures, including:

- heart
- lungs
- arteries
- discs
- blood cells
- skin
- muscles
- bones
- cartilage
- liver
- other organs
- hair
- joints
- nails
- prostate

As we age, collagen production drops way off and any of these systems can be affected. That explains the floorward tendency of our skin and muscles as we age, which doctors call ptosis.

In the organs, decreased collagen causes instability and weakness. Organs like the heart and prostate may enlarge; other organs just get flimsier and weaker. Disease results. For this type of degenerative problem, drugs rarely work.

Why does collagen production decrease? Hormonal changes, drugs, alcohol, processed food, white sugar, hydrogenated oils, overwork, radiation, fluoridated water, nutritional deficits, dehydration, stress, trauma – the usual culprits.

**COLLAGEN LOSS**

What else happens as collagen production decreases? Muscles and skin sag. The bones lose density. The joints and ligaments become weaker and less elastic. Cartilage becomes thinner and weaker at the joints it is supposed to cushion. Hair loses its wave or curl or thickness. Organs may sag toward the floor (prolapse), and may malfunction. The lungs turn to paper. The heart weakens and enlarges. The liver and prostate may weaken and enlarge. The arteries weaken and are less able to resist plaque formation. Also they are more likely to develop a break in one of their 3 layers (aneurysm). The skin becomes thinner and it wrinkles.

**COLLAGEN DIGESTION**

Normal digestion breaks down protein into amino acids, which are then absorbed into the bloodstream.

For the collagen protein found in most foods and supplements to be utilized by the body, it must first be broken down by the digestive system, and then absorbed through the intestine into the blood, and then reassembled into your collagen at the proper site. All this is very complicated and inefficient, since it takes many metabolic steps to do all the breaking down and building up, using up a great deal of the body’s reserves in order to do all the work.

With most collagen supplements, the strain on the body of going through this entire process hardly justifies the hoped-for upside of new collagen formation.
GLUCOSAMINE

We’ve all heard about Glucosamine sulfate – a protein supplement derived from the chitin of shellfish. Chitin is the hard material that makes up the shells. The theory is that in pure form, glucosamine sulfate will rebuild joints because it is a component of the shellfish’s shells as well as a component of your cartilage.

Glucosamine sulfate can sometimes deliver what it promises – relieve joint problems. But what usually happens when people stop taking glucosamine? Right - the problem returns. That’s what everybody says. Why is that? Because the action of glucosamine in joints is primarily anti-inflammatory. Glucosamine may stop the inflammation, which is caused by the action of worn out discs, joint capsules, menisci, bursae, etc. But the irritation continues and inflammation is constantly occurring. So, when the glucosamine stops coming in, inflammation is once again uncontrolled, and the pain starts back up.

A BETTER IDEA: HYDROLYZED COLLAGEN

The best collagen for human supplements is derived from bovine cartilage which has been hydrolyzed or broken down into its components - amino acids and peptides. These components may then act as the building blocks of new collagen.

The objective is to end up with small molecular weight intact amino acids that have not been damaged. Such nonessential amino acids are readily absorbed into the bloodstream without wasting energy for digestion.

There are dozens of companies out there, using dozens of different procedures to hydrolyze the collagen, with a variety of results. A primary factor in the quality of the finished collagen product is the method of hydrolysis: how was the breakdown to the component amino acids accomplished?

The least expensive ways to hydrolyze are the most common: heat and acids. Most manufacturers use HCl and other acids for hydrolysis, again because it is the least expensive way to go. The problem is that the end product will be damaged by the harsh acids, and may contain residuals as well.

Usually the process is done once or twice and what you get is what you get, as far as results go. After that it’s all marketing: we’re the best because our doctors say... You’ve heard it all before.

But harsh methods like heat and acids also result in the lowest quality of end-product, for 2 reasons:

  molecular weight
  usable condition

Molecular weight is a measure of how big the final product molecules are: the smaller, the better. Molecular weight is measured in units called daltons. Molecular weight determines
bioavailability: uptake at the cellular level. Bioavailability is a prime criterion in determining the value of any supplement. What good is a supplement that never makes it to the cellular level?

Researching the various molecular weights of most collagens available through supplement distributors and stores, the molecular weight is not generally advertised. The reason is that even though the ads often use the phrase Low Molecular Weight, the molecules are usually quite large, in a range of 40,000 – 45,000 daltons. Such large proteins have difficulty being metabolized into building new collagen. As a result most of the collagen in this form is excreted unused from the body.

The second criterion for supplement value is **condition**, or how bio-compatible the collagen molecules will be for replacement materials. Especially relevant in a situation like this where we’re trying to provide new building blocks to replace lost collagen.

**ENZYMATIC HYDROLYSIS**

As it turns out, there is one other method for hydrolyzing collagen, that is far and away the best, agreed by all: **proteolytic enzymes**. In this way the bio-compatible integrity of the finished molecules will be optimized.

In our newest version of hydrolyzed collagen, enzymatic hydrolysis process is done 8-10 times on each batch and the result is very small peptides - 2000 daltons or less - of highly biocompatible collagen.

There have been very few collagen supplements that have ever gone to the trouble of hydrolyzing eight or ten separate times, let alone using enzymes in the process, because it is expensive and time-consuming to do so, and most people wouldn’t know the difference.

But the present hydrolyzed protein provides the best building blocks for new collagen, which can then work to build lean muscle, rebuild damaged joints and provide for the other collagen deficiencies listed above.

Taken long-term it is practically impossible not to benefit from such a supplement even if there is some serious underlying pathology. One the body is provided with usable building blocks for its own new collagen, often for the first time in years, so many systems can show improvement:

- lean muscle gain
- muscle tone
- skin toning and thickening
- joint rebuilding
- arterial strengthening
- thickening hair and nails
- increased energy from musculoskeletal surcharge
- organ rebuilding: heart, prostate, lungs, liver, lungs, kidneys, blood vessels, etc.
Chronic problems that can resolve include:

- osteoporosis
- high blood pressure
- arthritis in joints
- bladder weakness
- chronic fatigue
- shallow breathing
- autoimmune situations
- skin problems
- splitting nails

Impossible? Why have we heard so little about the fantastic effects of collagen? Well just think – if a natural food supplement 100% clean, with no side effects could actually have powerful therapeutic effects on any system dependent on collagen, who would study that? Who would publish the results? University research labs funded by the drug companies?

**BEST OF TODAY’S COLLAGEN**

These days there are many different collagen products available. You see them at health food stores and online. Most are made as cheaply as possible and marketed as the best possible, etc.

The addition of small amounts of 3 extra amino acids significantly enhances the end results of this particular collagen supplement, especially in cases of organic function and athletic performance.

In powder form Hydrolyzed Collagen can be mixed with fruit juice. Any time of day - with meals, without meals - doesn’t matter. Best way is to blend in fruit juice or smoothie. But important: no other protein powders during the 60 Days.

Because of the expense of the careful processing described, there is no comparison in results with other commercial collagen. Taking it twice a day, 2 or 3 tablespoons in fruit juice, most patients notice a significant difference in a week or less. After a month, many have experienced dramatic changes. But to really give it a fair try, the patient should commit to 2 jars during a 60 day period. As with any completely natural product, the result is cumulative, which means don’t miss a day once you start.

**PART OF THE 60 DAY PROGRAM**

There are so many areas of the body that can benefit from suddenly having available something that hasn’t been present for years, but which is the structural material of virtually every part of the body. The body directs the repair materials to the locations most in need – truly the epitome of the holistic model.
CLINICAL RESULTS

Some of the early work that was done with hydrolyzed collagen involved cancer patients. As more and more patients began to use hydrolyzed collagen, a wide range of clinical gains were demonstrated. First the chronic arthritis conditions, especially of shoulders and knees that had been weak and painful for years — suddenly, normal. For many patients the skin thickens and tightens, very soon. Hair thickens. Those changes we expected, although not quite as quickly as most people achieved.

But what was surprising was the number of organic dysfunction cases that showed dramatic improvement with daily collagen smoothies – liver problems, prostate problems, lung deficits, heart problems, especially blood pressure. Such improvements would show up with great regularity, and soon we came to almost expect the dramatic improvement. When the physiology of these conditions is considered, the logic falls into place. For the first time the body is being provided with the building blocks of its own new collagen. It prioritizes where the collagen is needed most. This is a completely different approach from the pain medications and anti-inflammatories which are self-defeating and ultimately destructive in the chronic case. Most patients thought drugs were their only option all these years.

Performing athletes and bodybuilders find this product a clean source of collagen protein for lean muscle gain, fast recovery time, and optimum performance.

Hydrolyzed Collagen is a runaway success. We didn’t even have time to name it – it’s just called Hydrolyzed Collagen. And it fulfills every criterion as a natural and holistic product, as set forth in the chapters of thedoctorkwithin.com – a product that works with all the systems of the body at the cellular level.

7. MEGAHYDRATE

As we go through life, unstable molecules get into our blood which damage normal cells. The problem is they’re missing an electron in their outer ring. So they bounce around trying to steal one from a normal molecule. And this results in a little game of biochemical musical chairs called free radical chain carrying mechanism. Result: cells and energy are burned up.

Free radicals come from a variety of places. Normal living generates a certain amount of free radicals. Other sources include:

Processed foods
Drugs
Alcohol
Environmental poisons
Trauma
Surgery
Extreme exercise
Stress
Most of us living the average American lifestyle in the average American city, are taking in far more free radicals than we can possibly deal with.

What protects us from free radicals are neutralizing molecules called antioxidants. These provide the missing electron to the free radical and thus cancel it out. Some common antioxidants include most fruits and vegetables, as well as whole grains, vitamin C, vitamin E. If you were living a totally natural existence, like the Hunza people or something, you’d probably be taking in enough antioxidants each day from your natural diet to offset the number of free radicals produced by normal metabolism.

But that’s not the way we live. These days we’re immersed in this freakish environment loaded with all sort of prescription, OTC, and party drugs, as well as vaccines and other experimentals. We live in a virtual ocean of toxicity: additives and preservatives, and hormones and antibiotics and oxidized manmade oils contaminating our food. Not to mention the 60,000 chemicals to which we may be subjected in some fashion thanks to the chemical industry. Or the negative influence of the diseased minds that design the programming that oozes endlessly out of our TV sets and computer screens --- this slime manifests itself at a cellular level throughout our bodies. All these events create the unstable molecules we call free radicals.

It’s actually the amount that causes the problem. When you overwhelm the body’s capability of dealing with the level of free radicals most of us are generating because of insufficient antioxidant intake, the result is rapid aging, oxidative stress, cell damage, tissue metaplasia, tumors, and chronic fatigue.

This explains why antioxidants are so popular in the supplement stores. Many are good, like the pycnogenols, and whole food vitamins. But most antioxidants being marketed are a waste of time and money, simply because good ones are expensive and difficult to make.

About 10 years ago Dr Patrick Flanagan came out with a revolutionary antioxidant which ended the discussion. MegaHydrate provides a truckload of Hydrogen ions via a silica molecule carrier and is about 1000x more efficient than the same amount of vitamin C.

Our patients have been using it clinically all this time, and wouldn’t be without it. It is a crucial part of the 60 Day Program. In detox, an enormous number of free radicals are generated as old trapped sludge and poisons are dredged up from the tract and tissues. To just leave the free radicals untended is deleterious to the whole idea of improved health. So they must be dealt with – neutralized – on a daily basis. And in addition to the natural food sources of antioxidants, I recommend 2 MegaHydrate 3 times a day during the 60 Day Program. There is simply no substitute, no competition, as most holistic nutritionists have discovered.