

LUPUS BATTLE PLAN

What is Lupus?

Lupus is a chronic inflammatory disease that occurs when your body's immune system attacks your own tissues and organs. Inflammation caused by lupus can affect many different body systems, including your joints, skin, kidneys, blood cells, heart and lungs. There are two types:

- ❑ **Systemic (SLE)**- is the most common and very serious, it affects the connective tissue and sufferers often have arthritic symptoms. Sometimes lupus can cause disease of the skin, heart, lungs, kidneys, joints, and/or nervous system. Systemic lupus is the most dangerous because it causes your immune system to attack itself and it targets our own connective tissue. It can be very painful.
- ❑ **Discoid**- is much less serious, less common, and is when it only affects the skin. Over time, however, 5%-10% of patients with discoid lupus may develop SLE.

Causes:

Unfortunately, the causes of systemic lupus are obscure and just not well known in the scientific community. The following may cause, trigger, or contribute to the condition:

- Many believe Lupus is due to a viral infection and that the body creates antibodies to fight against itself.
- Heavy metal toxicity and viral infections have a connection that is understudied- there is research that supports the theory that heavy metals contained in the body being linked to leading to the proliferation of viruses. The immune system cannot attack the heavy metals since they are not an infection or an invading microbe. Yet, the heavy metals allow the virus to multiply. We must eliminate the hiding places for the viruses.
- Many prescription drugs are believed to trigger lupus- medications the FDA calls "safe." It is the most common trigger of lupus symptoms but it doesn't usually affect the nervous system or kidneys, it is much less severe and symptoms will usually go away after you stop taking the medication in question. *(It is important to always read in detail about the side effects associated with any medication you plan to take and then weigh the 'pros and cons'.)*
- Pollution and chemical additives that accumulate in your body reduce immune function
- Lack of hydrochloric acid in body may cause digestive disorders.
- Allergies are also believed to contribute.

Facts:

- 80% of Lupus sufferers are women and there is no indication as to why.
- 50% of the women with this condition have levels of testosterone that are lower than normal.
- Most people start out having arthritic symptoms.
- Serious cases are those that affect the brain, heart, and kidney.

- Most people with Lupus have food allergies and once they determine which foods they are allergic to their conditions usually improved.

Signs and Symptoms:

- Arthritis
- Butterfly rashes on cheeks
- Sun sensitivity (tan or burn easily)
- Mouth ulcers
- Minor seizures
- Fatigue
- Episodes of paranoia
- Psychosis
- Hair loss

If you have 4 or more of these symptoms, you should see your doctor for testing.

Recommendations

Do	Avoid
Consume a low calorie/ low fat diet	Fatty/ high calorie foods
Detoxify your body of heavy metals	Eating red meat
Eat lots of greens to further detox	Eating dairy
Boost your immune system with lots of fruits and vegetables	Consuming refined foods (white sugar, white flour, etc)
Eat pure, unrefined foods so your body will not have to work so hard to digest	Salt
Drink lots of water	Drinking carbonated beverages
Exercise multiple times a day- make sure workout is low intensity/ low impact/ low sweat	Sweating profusely
Several small nutrient dense meals a day	Overexposure to the sun

Nutritional Supplements

The following battle plan can help you to achieve your nutritional, detoxification, and immunity- modulating goals:

1. DETOXIFICATION: The most important thing to do first is to detoxify your body on a cellular level (heavy metal detoxification is vital before we go to the next anti-viral step.)

- PHP recommends having an **Organic Barley Green Juice** drink mixed with our **Fulvic Zeolite** 3-4 times a day (it is always best to take the *Fulvic Zeolite* in conjunction with a drink that has a highly potent antioxidant component such as *Organic Barley Green Juice* or the *Apothe-Cherry* concentrate).

Instructions for use: Mix 1 scoop of green juice (1 tsp) with 1 drop of zeolite and 6-8 oz of water, best with cold water and shaken in a shaker cup or bottle. Swish around in your mouth before swallowing.

- The **Daily Fiber Blend** is important during the detoxification period as well since it helps to cleanse out/ detoxify your colon- also it contains black walnut bark, leaves, and root, which has been shown to actually attack and destroy Lupus.

Instructions for use: Take 1 scoop (2 tbsp.) mixed with water or any beverage 2 hours before bedtime or instead of a snack.

- You also want to take the **Advanced Probiotic Blend** at this time because it helps finish off the job the Fulvic Zeolite has started. The Zeolite grabs on to the heavy metal toxins and takes them to the colon and your bowels- then the friendly bacteria that protect your colon will make sure it is eliminated.

Instructions for use: Take 2 capsules daily with food.

Please note:

- **Follow this protocol for 2-3 weeks before adding the next steps.**
- *The detoxification period is not designed to be a fast- simply follow the guidelines listed in the table above when determining the foods you will incorporate into your meals. Several small nutrient dense meals with lots of pure, unrefined foods, such as greens and other vegetables and fruit, are your best plan of action.*
- *Be sure to drink plenty of water; a good rule of thumb is to drink ½ of your weight in ounces. (For example, if you weigh 200 lbs then you want to drink 100 ounces of water daily).*

AFTER THE 2 WEEK DETOX:

Now is time to concentrate on the **ANTI-VIRAL STAGE.**

- We recommend taking **Vir-U-Sure** since it is composed specifically to promote anti-viral activity. We at PHP know that there is no cure for viruses. Our only hope is to assist our body's ability to detect the virus quickly, support the body's fight against the replication and aiding the body's ability to halt their macro agglomeration, or grouping together. When we do this, our body can quickly suppress the viruses' strength and severely limit its impact on our bodies. Gigartina and Dumontacea (two potent types of red marine algae), Neem Extract, Olive Leaf Extract, Spirulina, Oregano Oil Powder, and Chlorozyme are all important ingredients contained in PHP's Vir-U-Sure.

Instructions for use: Take 2 capsules daily with food as a maintenance dose. Take up to 6 capsules daily for more therapeutic support.

- Nature offers hope in the form of plant parts and extracts that naturally support your body's defense and aid in building the immune support your cells are looking for. PHP's **Immuno-Max** is important at this stage since it helps to boost the lupus sufferer's compromised immune system with an excellent compilation of our favorite immune system supporting foods- Aloe 200X (gel from leaves), Arabainogalactan AG3 (immune enhancer), Green Tea Extract, Colostrum, Self-Heal (herb), Astragalus root, and Cat's Claw bark/ root.

Instructions for use: Take 6-12 capsules per day.

- People with Lupus characteristically also suffer from mineral deficiencies and we recommend **Ionic Elements** to help replenish their supply; it also contains a significant amount of magnesium which helps you sleep better.
Instructions for use: Adults take 20 drops, 4 times a day. For optimum results circulate the liquid Ionic Elements in your mouth for ten to twenty seconds before swallowing. May be added to your favorite juice or to your drinking water.
- It is optimal to combine the *Ionic Elements* with PHP's **Apothe-Cherry** and **40x Aloe Vera Concentrate**- in some studies, *Aloe Vera* has been shown to greatly reverse the symptoms of Lupus and also helps to suspend the antioxidants and melatonin contained in the *Apothe-Cherry* in the blood stream 3 times longer than when it is used alone.
Instructions for use: Mix 1 serving (2 tbsp.) of Apothe-Cherry and 1 serving (1 tsp.) of 40x Aloe Vera (optional: add 1 serving of Ionic Elements) with 8-10 oz of water. Take this immune boosting "Beauty Sleep Cocktail" about 30-60 minutes before going to bed.

The following 100% natural whole food and non-soy, all vegetarian nutrient sources are also highly recommended:

- Studies show that tocopherols and B vitamins are also very important when it comes to dealing with Lupus. We recommend taking our **Rice Bran Solubles**; you can mix it with the *Barley Green Juice* and the *Fulvic Zeolite* (which you will still be taking after the 2 week detox period is up). Rice bran solubles are an amazing plant complex containing a wide variety of unique nutrients not found in other foods, like tocotrienols, a vitamin E type tocopherol that is 50 times more potent and protective to your body! Additionally the wide variety of B vitamins, co-Q 10, gamma oryzanol, folic acid, and beta sitosterol make it a superstar among foods.
Instructions for use: Take 6 – 12 grams (1 – 2 tbsp.) of Rice Bran Solubles mixed with water, a green drink, smoothie, or fruit juice.
- We recommend taking **Enzyme Advantage** with every meal, as well as between meals. Adding digestive enzymes to the diet can help ensure that the fibers, carbohydrates, fats, proteins, and micronutrients in the foods we eat are either used by the body or eliminated.
Instructions for use: Take 1-2 capsules with each meal.

- Lupus sufferers should also be concerned about boosting their immune system. Most people know vitamin C is one of the most important nutrients to help provide the boost needed. What most people do not know is that most vitamin C is synthetically manufactured, does not resemble the powerful nutrient that occurs in foods, and may actually do as much harm as good. This is why PHP has gone to every point of the globe to find nature's most potent sources of the vital nutrient. When you can't get it from your food, we recommend taking our **C from Nature** with meals. Contains Amla C berry, Acerola cherries, Camu-camu, rose hips, and citrus bioflavonoids.

Instructions for use: Take 3-9 capsules daily.

- Since we also recommend avoiding protein from meat, the **Master Amino Acid Complex**[™] is the perfect protein derived from non-soy legumes. It is important to know that our bodies can only metabolize about two ounces of complete quality protein per day. The remainder becomes a burden on our bodies and contributes to ammonia acid toxicity, which actually makes our bodies weaker! The Master Amino Acid Complex was built to accomplish 99% net nitrogen utilization, meaning that it is as potent as any protein ever created! It is also pre-digested so it will not add stress to your digestive system.

Instructions for use: Take 5 tablets daily. As an exercise aid take 5 - 10 tablets 30 minutes prior to exercise. For best results- take 2 hours BEFORE or at least 3 hours AFTER taking other protein/amino acids sources (meat, eggs, dairy, jello, beans, bananas, lentils, nuts, grains, breads, cereals, oatmeal, soy products, etc.) May take with vegetables and fruit (except for bananas)- or without food in the morning upon rising or before going to bed.

To view numerous studies done on the 'Master Amino Acid Pattern' formulated by Dr. Luca Moretti, please consult your Physician's Desk Reference.

These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease. Purium Health Products recommends consulting your physician on this or any nutritional regimen, preferably a physician specializing in integrative medicine.

If you need advice on how to approach your doctor on health/ nutrition, please see our archived Consumer Education Conference Call on www.phporder.com (under Education section) titled "How to Talk to your Healthcare Provider".

PHP is based on the tradition of Naturopathics, which operates on the premise that our bodies are self-healing if given the right tools and environment. This tradition has been well practiced for over 5,000 years!

A WORD FROM DAVE....

Several years back, I began to notice a disturbing trend in the lives of the people I cared about. In increasing numbers, the people I loved were complaining of low energy, poor digestion, weight gain, diabetes, arthritis, and dozens of other major and minor ailments.

My efforts to help make a difference in their lives and their health led me down a fascinating, fulfilling and challenging path. I learned about the benefits of a lifestyle that emphasizes raw, enzyme-rich food. I also learned the traditional healing practices from virtually every corner of this planet, where thousand-year-old knowledge became profound in a modern world desperate for answers.

I have devoted nearly two decades of my life to discovering foods that heal and making them available in their purest, (almost always) organic, non-crossbred, wild-crafted forms. The foods that I seek are designed by nature and are especially easy to use and assimilate. The thousands of lives that I have been able to improve and the renewed hope that people feel, is the fruit of those efforts and my pride and joy.

The foods I recommend are unprecedented in their potency, purity, and in the complexity of their contribution to your body's well-being. Within 90 to 120 days of embracing the knowledge you find revealed within the pages of The Green Foods Bible, you'll feel your body awaken and thrive as it never has before...

Dave Sandoval
Author of The Green Foods Bible
Founder of PHP

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PHP's CONSUMER EDUCATION CALL

Wednesday nights 6 pm PST/ 9pm EST dial (212) 461-5800,

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Did you know? PHP is proud to offer **FREE health/nutrition consultations** with **staff naturopath, Dr MICHAEL WOHLFELD- ABSOLUTELY FREE** of charge with no strings attached! Contact Dr Wohlfeld via his toll-free number **(800) 962 LIFE (5433)** and/or via e-mail at askphpdoc@gmail.com