

Dr. Smith Live Episode #34

May 27, 2021

25 Plus Nutritional Pearls

Be careful about reading health books.
You may die of a misprint.

Mark Twain

Why our life expectancy
has declined?

Answer: Suicides

How can I protect myself and my family from getting sick?

1. Drink filtered water.
2. Reduce exposure to EMFs.
3. Eat organic foods whenever possible.
4. Take plenty of antioxidants: (glutathion, curcumin, SOD, CoQ₁₀, resveratrol, vitamin C, D₃, B complex especially thiamin (B1).
5. Take zinc, Nucleo Immune, Zymessence, Clinican's Preference.
6. Exercise on a regular basis.

Nutritional Pearls

1. How can I reduce pain/swelling of intra-oral soft tissue lesions quickly?

***Ans.** Touchstone Essentials makes a product called Pure Body. It is liquid Zeolite. When applied to lesions on soft tissue, it immediately absorbs toxins, metabolic waste products which are causing the pain and swelling.*

*Acute Herpetic
lesion*



Nutritional Pearls

2. When you have an abundant supply of essential amino acids, the necessity for antioxidant supplementation becomes reduced. Your body can manufacture glutathione in abundance when you have a constant supply of essential amino acids. Cysteine-cystine essential, and glycine and glutamic acid (nonessentials) readily synthesize glutathione. Nine out of ten persons may not accomplish this due to a poor quality of dietary protein.

Nutritional Pearls

3. Consumption of essential amino acids (animal/vegetable) enables your stomach to manufacture more hydrochloric acid (HCl), to further increase your protein digestion, and acidify minerals (calcium, phosphorus, sulfur, etc.) so that they are prepared for entering your body. This alleviates the most common cause for indigestion, heartburn and acid reflux.

Nutritional Pearls

Essential Amino Acids

1. Histidine
2. Isoleucine
3. Lysine
4. Methionine
5. Phenylalanine
6. Tryptophan
7. Valine

Nutritional Pearls

4. **L-arginine** is required for the body to synthesize nitric oxide, which is important in wound healing, stimulating immune function, and promoting secretion of glucagon, insulin, and growth hormone.

Food sources of l-arginine: Whole wheat, rice, nuts, seeds, corn, soy, grapes, cocoa, carob, dairy, meat and poultry, chocolate and fish.

Nutritional Pearls

5. How can vertebral discs be healed?

***Ans.** Eighty percent of disc problems are due to protein deficiency. Platinum Plus, amino acid formula, starts disc lesions healing in 10 hours. An adjunctive supplement, Quercetin (Perque), works great as an anti-inflammatory and reduce pain.*

It can take approximately 9 to 12 months to heal a disc.

Nutritional Pearls

6. Healing a TMJoint or vertebral discs requires a variety of nutrients:

- a. **Platinum Plus** (Supernutrients): amino acids*
- b. **Ligaplex II** (Standard Process): Manganese -ligaments*
- c. **Glucosamine Synergy** (Standard Process): cartilage*
- d. **Biost** (Standard Process): blue print for bone repair*
- e. **Cataplex ACP** (Standard Process): Repair, anti-inflammatory*
- f. **Wellspring** (Touchstone Essentials): Omega 3,6,9*
- g. **The Gift** (Mother Earth Labs): 74+ macro/micro minerals*

Nutritional Pearls

7. Is ascorbic acid really vitamin C?

Ans. No. Natural vitamin C is derived from a food source (green buckwheat, Camu-Camu fruit, acerola berry, wild Spanish orange, and green peppers. Natural vitamin contains tyrosinase which is activated by copper to convert the amino acid tyrosine to thyroxine, P factor (Bioflavonoids -permeability), J factor (increases oxygenation carrying capacity of the blood), vitamin K is another part of the vitamin C complex that promotes prothrombin formation and helps in coagulation

Nutritional Pearls

8. Periodontal disease is associated with the release of proinflammatory mediators which are also associated with pathogenic bacteria and systemic oxidative stress.

The following nutrients are very effective anti-oxidants to quench the oxidative free radicals:

Astaxanthin: Trout, micro-algae, yeast, and shrimp; most commonly found in Pacific salmon, and is what gives the fish its pinkish color.

Nutritional Pearls

Astaxanthin:

- Reaches into every part of the cell.
- Crosses the blood-brain barrier.
- It does not oxidize after it does its job, like many other oxidants do.
- It can handle many different types of free radicals simultaneously which is a rare quality among antioxidants.

Nutritional Pearls

The following products are very effective anti-oxidants to quench the oxidative free radicals:

Vitamin C: Functions as an anti-oxidant, is anti-viral, anti-bacterial, anti-fungal and anti-inflammatory. Food based from buckwheat, Indian Goose Berry, Camu-Camu fruit from South America, green peppers, strawberries are good sources.

Nutritional Pearls

The following products are very effective anti-oxidants to quench the oxidative free radicals:

CoQ10: It is an antioxidant and essential in the production of energy in cells. Effective in assisting the periodontal tissues in healing. Present in meat, nuts and some oils and raw vegetables.

Nutritional Pearls

The following products are very effective anti-oxidants to quench the oxidative free radicals:

Resveratrol: It is a nonflavonoid, anti-oxidant derived from the Japanese knotweed. Also found in red grapes, peanuts, and raspberries. The trans configuration has been shown to be the most biologically active form; it works as a powerful anti-oxidant alleviating oxidative stress and inflammation.

Nutritional Pearls

9. Treatment of dental related Inflammation:

***Ans.** Quercetin is a flavonoid commonly found in apples, onions, citrus, green tea and red wine.*

NSAID Drugs such as aspirin, acetaminophen and the prescription drug Celebrex have significant side effects which have resulted in 100,000 hospitalizations and 15,000 deaths per year in the United States. Complications from the use of these medications represent about 40% of ALL DRUG-Related emergencies!

Nutritional Pearls

10. Fluoride has an affinity for calcium, magnesium, and phosphorus and replaces iodine on its receptors.

***Ans.** Best way to remove fluoride from the body is to take Magnascent Iodine, which kicks fluoride off the receptors.*

Nutritional Pearls

11. Treating Aphthous ulcers nutritionally.

Ans. *Calcium lactate (SPL)- suppresses Herpes simplex virus; Linum B6 (SPL) diffuser pushing the calcium into tissues. Pulsing a 5 MW soft laser over the ulcer speeds the healing process by stimulating the uptake of calcium.*

Nutritional Pearls

12. Effective heavy metal chelators.

***Ans.** IMD (Quick Silver- Intestinal Metal Detox); Platinum Plus (Supernutrients); Glutathione (Quick Silver, Premier Research, Max International); Dental Chord and Metal Chord (Energetix); Clay FX (Premier Research); Medi-Dental Pak + Neuro ND (Premier Research).*

Nutritional Pearls

13. Effective method for stopping bleeding.

***Ans.** Homeopathic Ferrum Phos 6X potency - dissolve pellets in distilled or spring water and apply to gingival area with a cotton pellet. Stops bleeding very quickly.*

Nutritional Pearls

14. Reducing dry socket pain.

***Ans.** Pierce a Chlorophyll perle (SPL) and squeeze contents into post-extraction site. Pain dissipates quickly as the chlorophyll breaks down the guanidine produced by the injured tissue.*

Nutritional Pearls

15. Vitamin B1 deficiency is often misdiagnosed as Hypoglycemia.

***Ans.** Prescribe a natural B-complex (SPL - Cataplex B).*

Common nervous symptoms are: instability, forgetfulness, difficulty in orderly thinking, vague fears, uneasiness, paranoid reactions, headache, insomnia, dizziness and soreness over most of the body.

Nutritional Pearls

16. Local anesthetic not taking effect.

***Ans.** In most cases, the patient is too acidic. Oral pH readings can range from 4.5. to 6.3. Must give patient organic minerals. The lower the pH the more tablets (4 to 8). The local anesthetic will take effect within 10 minutes.*

Nutritional Pearls

17. Fearful/nervous type patient.

***Ans.** Prescribe the homeopathic remedy Gelsemium sempervirens 30 C potency. Five pellets night before dental appointment, 5 pellets upon awakening and 5 one hour before appointment. This will take the edge off the patient.*

Nutritional Pearls

18. What form of vitamin D is best?

***Ans.** Recommend Super Greens with D2 (Touchstone Essentials).
The D2 in this product is derived from mushrooms. The kidneys
convert it to D3.*

Most Vitamin D3 is irradiated lanolin.

Nutritional Pearls

19. Most chronic pain patients have an acid pH (4.5 - 6.2).

***Ans.** Can start alkalizing the patient with a teaspoon of baking soda in 8 ounces of water. Also recommend The Gift (Mother Eather labs), Organic Minerals (SPL) or Magnascent iodine.*

Nutritional Pearls

20. A high percentage of TMJ patients have hypothyroidism.

***Ans.** Have patient take their armpit temperature first thing upon awaking. If a female and she still has her cycle, start on day 3 to take her temperature and continue for 30 days. Post menopausal take temp. for 10 days. Normal range 98.2° F - 97.8° F.*

Nutritional Pearls

21. When patients present a high incidence of caries check presence of hypothyroidism and also low pH.

***Ans.** Have patient take their armpit temperature first thing upon awaking. If a female and she still has her cycle, start on day 3 to take her temperature and continue for 30 days. Post menopausal take temp. for 10 days. Normal range 98.2° F - 97.8° F.*

Nutritional Pearls

22. Remineralize bone.

***Ans.** The following supplements work well:*

- 1. Biost (SPL): Provides blueprint to restore bone matrix.*
- 2. Mintran (SPL): Ca + Mg and trace minerals.*
- 3. Linum B6 (SPL): Flax oil acts as a diffuser.*
- 4. Cataplex ACP (SPL): Provides the “mortar” for the minerals.*
- 5. Protofood (SPL): Provides the amino acids to restore the bone.*

Supplement regime must be taken for a minimum of 3 months and an average of 6 months to resolve most cases.

Nutritional Pearls

23. Reduce the stiffness of aging.

***Ans.** Natural Vitamin C contributes to collagen production which provides the plasticity of supportive tissue. Free radicals reduce the pliability of collagen. Superoxide Dismutase (SOD) counteracts the unstable oxygen free radical and slows down the stiffness of aging. Zymessence and Betacol (Standard Process Lab) are two excellent products to slow the anti-aging process and reduce stiffness.*

Nutritional Pearls

24. Nutrients can counter act each other. Example fish oil neutralizes Vitamin C.

***Ans.** Never take Vitamin C and fish oil together. Fish oil is also rancid at room temperature; this is the reason people who take fish oil belch, burp and feel nauseous.*

Nutritional Pearls

25. Why avoid coffee when ingesting supplements.

***Ans.** Caffeine acts as a diuretic flushing out minerals especially calcium, magnesium, potassium and the water soluble B vitamins. Caffeine also inhibits the absorption of calcium and iron through the intestines. Caffeine also inhibits Vitamin D receptors.*

Caffeine also blocks the affect of scalar waves dramatically reducing the healing benefits of scalar wave therapy.

Omega-3 Deficiency Conditions

- Unipolar depression
- Post-partum depression
- Bipolar disorder (mania alternating with depression)
- Suicide
- Homicide, violence, criminal behavior
- Irritability associated with depression
- Anxiety
- Memory problems, poor learning
- ADHD
- Dyslexia
- Alcoholism & Chemical dependency

Indicators of EFA Deficiency

- Elevated triglycerides (Am J Clin Nutrition, 1999;70:817-825)
- Elevated cholesterol
- High blood pressure
- Thickened or thinned cracked heel calluses
- Scaly, rough, dry skin (Am J Clin Nutrition, 1995;62:761-768)
- Dandruff, brittle or soft nails, dry brittle hair
- Chronic inflammation

Indicators of EFA Deficiency

- Chronic pain syndromes (arthritis, fibromyalgia, migraines, etc.)
- Airborne and food allergies
- Poor, slow healing of wounds & injury
- Excessive ear wax accumulation
- Physical weakness, low stamina, chronic fatigue
- Excess body fat
- Excessive thirst, frequent urination

Signs, Symptoms, Disorders & Other Indicators of EFA Deficiency

- Atrial fibrillation (Mozaffarian et al. Circulation, July 2004)
- Peripheral neuropathy (Okuda et al. Diabet Comp, 1996; 10:280-287)
- Macular degeneration (Archives of Ophthalmology, 2006)
- Poor wound healing (Both omega-6 and omega-3)
- Rheumatoid arthritis (imbalance between omega-6 & omega-3)
- Ulcerative colitis
- Psoriasis (Schena D et al. Act Derm Venereol Suppl, 1989, 146:42-44)
- Atopic dermatitis

Signs, Symptoms, Disorders & Other Indicators of EFA Deficiency

- Fibrocystic breast disease (British J of Surgery, 1992 May; 79:407-409)
- Dry eye syndrome (Miljanovi B et al. Am J Clin Nutrition, 2005; 82:887-893)
- Chronic back & neck pain (Maroon J et al. Surgical Neurology, Apr. 2006)
- Recurrent migraines (Harel Z et al. J Adolesc health. 2002 Aug.; 31 (2): 154-61)
- Chronic inflammatory diseases (high omega-6:omega-3 ratios)
- Excessive thirst, frequent urination
- Alzheimer's (Barberger-Gateau P. et al. BMJ 2002; 325:932-933)
- Celiac disease

NUTRITIONAL PEARL

Fish oils can be very dangerous in cancer patients!

The growth and metastasis of a variety of tumors are inhibited by saturated fatty acids, and increased by fish oil--as much as 10 times in number of metastases, 1000 times in size (Griffini, et al., 1998).

Zeitschr. Krebsforsch. 28(1), 1-14, 1927 "**Lipoids and carcinoma growth,**". Bernstein, S. and Elias, H.

How to wake up with the energy of a 5 year-old

Mitochondrial Biogenesis

Process of increasing the number of mitochondria in cells.

Key component: Pyrroloquinoline quinone (PQQ)

PQQ is a coenzyme like CoQ10:

- It is an REDOX molecule that protects mitochondria
- It boosts the energy output from each mitochondria
- It triggers the growth of **NEW** mitochondria
- Old cells can now produce energy like new ones
- PQQ is recycled thousands of times by glutathione

Pyrroloquinoline Quinone

Benefits

Supports heart and brain cells against oxidative stress.

Improves memory, clearer, and better cognitive thinking.

20mg PQQ is greatly enhanced when taken with 300mg CoQ10.

100 times more effective than vitamin C as an antioxidant

PQQ rich source of foods:

- Parsley, green peppers, kiwi fruit, papaya and naturally fermented soy from nato (2-3 mcg /100 gram serving)
- Green tea supplies double that amount.

Pyrroloquinoline Quinone

Benefits

- Decreases Inflammation and Free Radicals
- Creates New Mitochondria
- Improves Memory and Reasoning
- Improves Brain Function by Increasing Nerve Growth Factor and Schwann Cells
- Neuroprotective Against Alzheimer's, Parkinson's, and Cognitive Injuries
- Protects Your Heart Against Stroke

Pyrroloquinoline Quinone

PQQ

Benefits

- Improves Sleep, Mood, and Fatigue
- Decreases Insulin Resistance
- Treats Obesity
- May be beneficial in Treatment of Cancer
- Improves Immune Health
- Has been shown to bind to uranium

How to wake up with the energy of a 5 year-old

Colon Cleanse

Mag O₇ to remove the plaque lining the intestinal walls.

Dosage: 4 caps on an empty stomach before bedtime.

Duration: One, two or three weeks until all solid material is removed from the intestines.

Himalayan Sea Salt Purge: One tablespoonful of saturated solution into 10 ounces of distilled water. Will kill Candida, fungi, mold, bacteria and purge remaining debris.

How to wake up with the energy of a 5 year-old

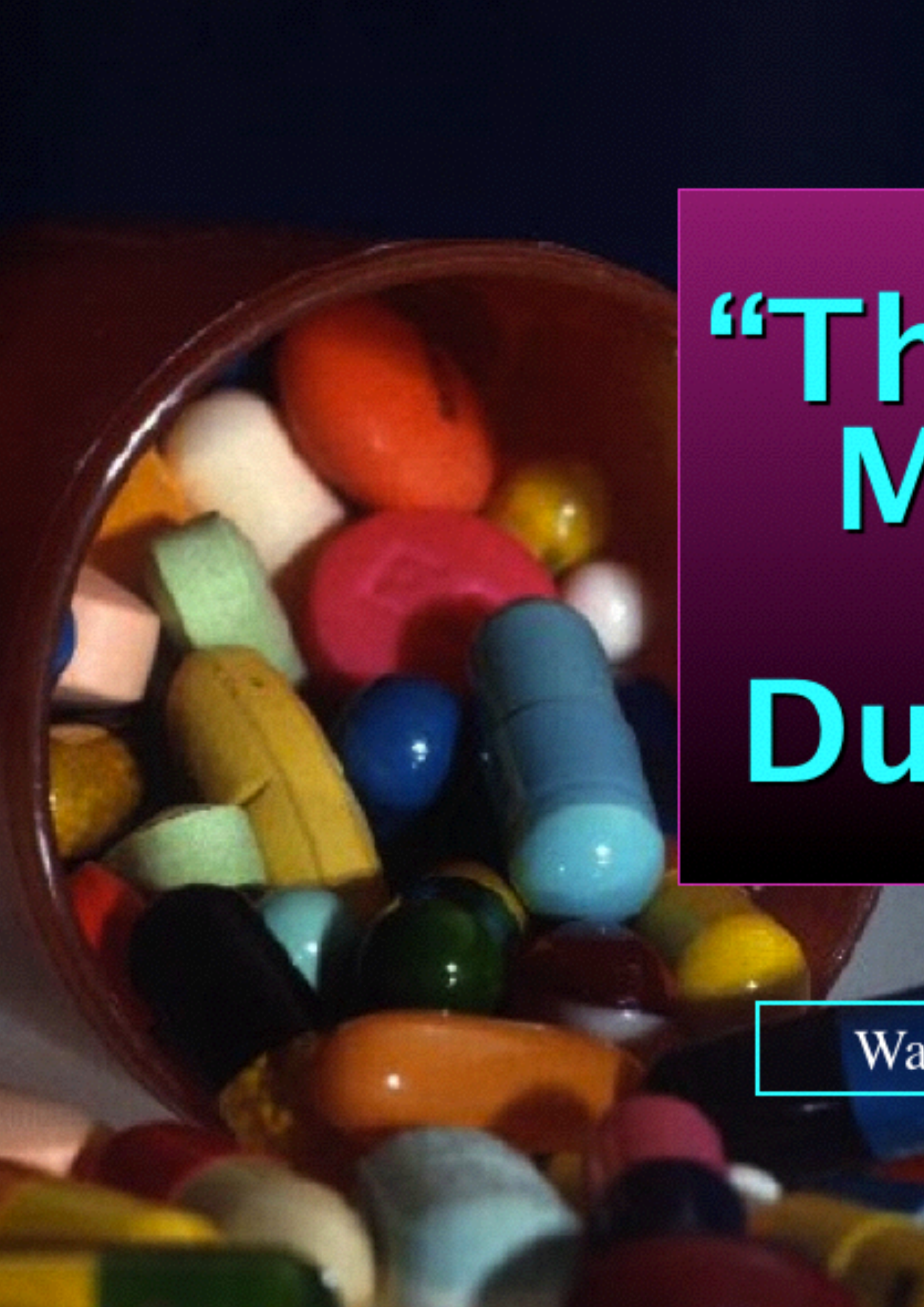
Re-inoculate intestines with healthy flora

Bravo Yogurt: 42 microorganisms, colostrum, GcMAF.

Dosage: 4 tbs at breakfast.

Duration: Two weeks.

Most people's gut is toxic, leaky and inflamed. Re-establishing the flora improves digestion, the immune system and helps re-establish a sense of well-being.

A close-up photograph of a wooden bowl filled with a variety of colorful pills and capsules. The pills are in different shapes, including round, oval, and rectangular, and come in colors like red, yellow, green, blue, and white. Some have markings on them. The bowl is made of dark wood and is set against a dark background.

“There is No Medicine For Dumbness”

Walter J. Zacharski, Ph.D.