



UNDA NUMBERED COMPOUNDS:

Patient Assessment, Evaluation and Practical Application

7-Session Webinar Series

Presented by Dr. Dickson Thom, ND, DDS
Session 7: May 6, 2020



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Probiotic intervention to modify and improve physiological crosstalk homeostasis: *New and Novel evidence*

Presented by **Dr. Nigel Plummer, Ph.D.**

Part 1: May 27, 2020

Part 2: June 3, 2020

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Metabolic Balance:

A clinical focus addressing the burden of environmental MDC's



Presented by **Dr. Mikhael Adams, B.Sc., N.D.**
Wednesday, September 23, 2020
8:00 – 9:30 PM EST

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Dr. Dickson Thom, ND, DDS



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Clinical Case # 18



22 Year Old Female: Fatigue, Headaches & Insomnia



Initial visit

- Never well since a trip 10 years ago to FL, sick for 1 week, to the ER, no Dx
- Never well since then, cyclically sick every 6-8 weeks
- Vomiting, stomachache, missed lot of school
- Did all the GI tests, always ok
- Dx as abdominal migraines in 4th grade and put on Paxil
- In 2008 projectile vomiting, no one knew why, h/a also, so CT of head and found a spot, the sent to children's hospital
- 1 week in hospital and projectile vomiting daily
- Identified a meningioma, but said not the issue
- Dx was just anxiety and told to do a day program as was no physical problem involved
- After 1 week, vomiting stopped and then went home with no dx



22 Year Old Female: Fatigue, Headaches & Insomnia



Initial visit

- 3 years ago had strep and double ear infection, night sweats
- Night sweats have continued every night since then, sometimes will shower during the night as drenched and sleep with a bed pad
- Then to MD, lymph node on L side of neck swollen, biopsied (was negative)
- Then to EENT, said was TB, tested for everything, all negative
- Then thought it was Lyme, did steroids, big mistake
- Then saw a Lyme literate doc, did Igenex and was negative but was dxed clinically with Babesia and Borrelia
- Then oral abtics given and herx was so awful and no changes after several months
- Tested MTHF and both genes missing
- Then to another doc who did 2 oral and IV abtics
- Then had a grand mal seizure, in hospital and taken off all abtics, all Rx except Prozac
- Did another MRI of brain, new brain lesions from the previous year
- Neurologist said to stop the meds and take her home and she will be fine
- More anti microbials for months and then was positive for parasites and candida and mycoplasma



22 Year Old Female: Fatigue, Headaches & Insomnia



Initial visit

Sleep – is terrible, tried Melatonin, Ambien, Klonopin

- Falling asleep an issue, then wake up and not fall back to sleep
- Switched to Remeron, 15mg, took ½ a pill and slept for 2 days
- Now take ¼ of 15 mg every night for the last 2 years

Energy- none

- Wake up at 9:30AM, breakfast, feel terrible after eating, need to lay down
- Cramping and bad nausea, take Zofran when get up in AM
- ~11-12, shower, homework do what ever I need to do
- Will have lunch and crash, exhausted and nap for 2 hours, in bed for 3 hours
- Do not feel well I when wake up from nap
- Most of the day gone



22 Year Old Female: Fatigue, Headaches & Insomnia

Initial visit



Appetite is not great

- Everyone says what to eat and it is different every time
- Dairy - hives, Gluten free, No sugar
- So confusing - candida and what to do, fruit, sugar

GI - Cramps and doubled over often

- Probiotic helps the cramps
- Chronic nausea every AM
- No normal BM
- May have a lot or a little BM during the day
- Is different day to day



22 Year Old Female: Fatigue, Headaches & Insomnia



Initial visit

M-skel - h/a 5 of 7 days a week

- Stopped coffee but caffeine helps the h/a so drinking coffee every AM
- Temple and forehead area, pressure and always there
- Caffeine, Fiorinol will help (3-4x/month)
- Learned to live with the h/a
- Left knee pain and swelling, exploratory surgery 2x and nothing wrong

Skin - legs and back

- Back acne in the last 6 months, no itching
- Legs are always itchy and bumpy
- SO itchy so scratch them a lot and often
- In 2006, told was folliculitis on legs when this all started



22 Year Old Female: Fatigue, Headaches & Insomnia



Initial visit

Menses- age 16 was menarche

- Severe clots, cramp, miss 1 day of school, awful migraine, so Rx bc pills right away and that helped
- Would get a h/a, but less cramps and clots
- Then last fall to gyn, after the seizure said should not be on bc so stopped the pill in Nov 2013
- No menses for 4 months, then Feb the 1st time and was ok, h/a, migraine the 2nd day
- Was very so light and been light since, March, missed April, May, June 22nd, August 5th

Mood -was really angry untill 1 year ago

- Seen a therapist since 4th grade



22 Year Old Female: Fatigue, Headaches & Insomnia

Initial visit



Childhood - Mom's pregnancy was fine

- Delivery was awful
- 9 cm when got to hospital, pushed for 4 hours, then did a spinal and tried forceps and did not work well, too big, shoulder stuck, so did an emergency C section, 9# 6oz
- Was ok, face was a bit battered a little
- Breast feeding did not go well, projectile vomiting from the start, so then tried formula, which also vomited and then ailmentum and it stopped
- Continued to grow with formula
- Many ear infections, tubes at 6 years old
- Adenoids removed; tonsil still present
- Cough and postnasal drip were constant as a kid
- 2nd grade hernia was repaired, possibly from the frequent vomiting tore a muscle



22 Year Old Female: Fatigue, Headaches & Insomnia



Initial visit

- Weight 134.5 # ht 6'1" 103/ 63 84 12 99.1°F 98% A&Ox3
- No lid lag, no conjunctival injection, no ptosis, no icteric sclera, no d/c
- Gross hearing intact, TM bilateral no injection
- No sinus tenderness to palpation
- Few composite restorations, no crowns, no amalgams
- Neck supple and symmetric, no masses, no lesions, no thyromegaly, no lymphadenopathy
- RRR, no murmurs, no bruit, no glicks, gallops, rubs; distal pulses equal bilateral
- CTAB, no adventitious sounds, good chest excursion, no use of accessory muscles
- Small abd scar (hernia), no masses, no hepato splenomegaly, negative McBurney's, Murphy's, no aortic bruit
- No cyanosis, clubbing, edema, DTR 2+ bilateral, muscle strength 5/5 bilateral
- No rashes, mild acne back, upper chest, normal hair pattern



22 Year Old Female: Fatigue, Headaches & Insomnia



Test	Result	Reference range
WBC	6.48	4.80-10.80
RBC	3.68	4.20-5.40
HGB	11.2	12.0-16.0
HCT	34.7	37.0-47.0
MCV	94.3	79.0-97.0
MCH	30.4	27.0-31.0
MCHC	32.3	32.0-36.0
PLATELETS	227.0	150-450
RDW	12.4	9.9-14.5
ABS NEUT	4.4	1.8-8.6
ABS LYMPH	1.3	0.5-5.4
ABS MONO	0.5	0.0-1.3
ABS EOS	0.2	0.0-0.8
ABS BASO	0.0	0.0-0.3
NEUT %	68.00	37-80
LYMPH %	20.20	10-50
MONO %	7.60	.01-12
EOS %	3.50	.01-7.0
BASO %	0.50	.01-2.50
FERRITIN	25.20	6.24-137
IRON	132	37-170
TIBC	339	265-497
TRANSF SAT	38.9	20-50

Test	Result	Reference range
GLUCOSE	76	65-100
BUN	8	7-23
A1C	4.5	4.5-6.1
CREATININE	0.57	0.52-1.04
BUN/CREAT	14	7-25
SODIUM	141	137-145
POTASSIUM	4.3	3.6-5.0
CHLORIDE	104	98-107
CO2	29	2-30
ANION GAP	8.0	5.0-15.0
CALCIUM	9.3	8.4-10.6
TOTAL PROTEIN	6.8	6.3-8.2
ALBUMIN	4.1	2.6-5.2
A/G RATIO	1.5	1.1-1.8
ALK PHOS	72	38-126
AST	26	38-126
ALT	36	5-40
BILIRUBIN	1.1	0.2-1.3
GGT	12	3-40
eGRF	>60	>60
CHOLESTEROL	144	<200
HDL	74	>40
LDL	60.8	<130
TRIGLYCERIDE	46	<150
CARD RISK	1.95	<4.44

Test	Result	Reference range
URIC ACID	2.8	2.5-6.2
MAGNESIUM	2.0	1.7-2.2
CRP	<5	<10
HOMOCYSTEINE	5.7	5.4-11.9
TSH	0.973	0.500-4.700
T4, free	1.00	0.78-2.19
T3, free	3.07	2.77-5.27
VIT D3 25OH	33	30-100
DHEA	239	102-1185
CORTISOL	8.71	4.46-22.7
ESTRADIOL	45	19-144 (Day 2)
PROGESTERONE	0.4	<1.0
FSH	4.3	1.5-9.1
TEST. TOTAL	33	2-45
TEST FREE	1.3	0.1-6.4



22 Year Old Female: Fatigue, Headaches & Insomnia



Energy Support

- Vitamin D₃K₂
- Magnelevures
- Active B complex
- Active B₆ Pyridoxal
- HMF Replete – gut health
- Super Lipoic acid – glucose metabolism, antioxidants
- Chlorogen – glucose metabolism
- Super Flavonoids – antioxidants
- Liv complex – liver support
- Ichol – factor in good health

- New moon - full moon
Flax/ chia/ hemp
Super EFA – cardiovascular, cognitive and brain health
- Full moon - new Moon
Sunflower/ Sesame/ Pumpkin
Super EFA
GLA 130 (EPO) – good health

New moon - Hypophysinum 200k
Day 8 - Folliculinum 200k
Full moon - Ovarinum 200K
Day 22 - Luteinum 200K



22 Year Old Female: Fatigue, Headaches & Insomnia



- Unda
- Rosmarinus officinalis - hepatic, metabolic, digestive, nervous, immune, cardiovascular systems
- Dtx- gen (Canada only) – immune health
- CuAuAg
- Hepatinum 4CH
- Nat Phos 6x

Bedtime

- Magnelevures – energy metabolism, heart muscle function, electrolyte
- Biotone EFA - lowers cholesterol, antioxidant
- Intest-gen - digestive

Other

- Nebulizer (NAC, NaCl, glutathione + unda 2, 5, 710)

Lymph massage

Meyers IV



22 Year Old Female: Fatigue, Headaches & Insomnia



- Unda **3** (gastrointestinal, cutaneous, entero-hepatic), **20** (digestive), **226** (digestive)
- Rosmarinus officinalis
- Dtx- gen (Canada only)
- CuAuAg
- Hepatinum 4CH
- Nat Phos 6x

Bedtime

- Magnelevures
- Biotone EFA
- Intest-gen

Other

- Nebulizer (NAC, NaCl, glutathione + Unda 2, 5, 710)

Lymph massage

Meyers IV



22 Year Old Female: Fatigue, Headaches & Insomnia

2nd visit



- Shocked in a good way, to bed at 10:00 or earlier, fall asleep
- No night sweats in quite a while, waking up 8:00 , still exhausted in the AM
- Napping 5x/week in the afternoon
- So much more energy, back to work T and Th and been good
- Went to my community group and nice to get out, also to a movie
- Walked 1 mile last week and really big, had to stop ½ through but did it
- Appetite is so so, some days is back, other days is low
- GI did not have the cramps
- Nausea is up and down, last week was great, took a Zofran T and W this week
- Last week went 6 days with no Zofran



22 Year Old Female: Fatigue, Headaches & Insomnia



2nd visit

- No dizziness, less h/a, even during the menses no migraine
- Had a normal menses, doing all the supplements, seeds, ACV
- Also not very anxious, overall is quite good
- Itch on legs is also gone and is fine
- The nebulizer, still getting stuff out, more stuffy if I miss it
- Is congested some days and never realized it
- Very encouraging the changes happening this quickly



22 Year Old Female: Fatigue, Headaches & Insomnia



- Unda
- Rosmarinus officinalis
- Dtx- gen (Canada only)
- MnCu
- Hepatinum 4CH
- Kali Mur 6x

Bedtime

- Magnelevures
- Biotone EFA
- Intest-gen

Other

- Nebulizer (NAC, NaCl, glutathione + Unda 2, 5, 710)

Lymph massage

Meyers IV



22 Year Old Female: Fatigue, Headaches & Insomnia



- Unda **13** (hepato-digestive), **48** (endocrine, respiratory, cardiovascular, urinary), **295** (digestive)
- Rosmarinus officinalis
- Dtx- gen (Canada only)
- MnCu
- Hepatinum 4CH
- Kali Mur 6x

Bedtime

- Magnelevures
- Biotone EFA
- Intest-gen

Other

- Nebulizer (NAC, NaCl, glutathione + Unda 2, 5, 710)

Lymph massage

Meyers IV



22 Year Old Female: Fatigue, Headaches & Insomnia



3rd visit

- Everything was going well until this week is doing too much, then realized doing too much
- So stopped going out with friends, to bed on time
- Sleep - to bed early at 10, last night 9:30, falling and staying asleep
- No night sweats either and not waking me up; wake at 9:30AM
- Been feeling good except the h/a the past week
- Energy- very tired by 3:00PM
- Nausea last week, needed Zofran a few times
- Appetite is up and down , not hungry for dinner
- GI has been ok, no cramps in the stomach as the GI cramping
- This past week upset stomach that comes with the menses



22 Year Old Female: Fatigue, Headaches & Insomnia

3rd visit



- Lymphatic massage weekly is great, working on shoulders when R knee pain and know it is out
- Not taken a Fiorinol still since started all this
- Skin is fine, no itchiness on legs, no rashes
- Sitting to standing will notice for a few seconds and then stop and it is equalize after that aspect
- This past week all the sx of menses-h/a, and continued to have but not started siense so of body temp has been fine also, no fever at all
- Been smiling and laughing a lot, back to work and is good
- Went 1 week with no nebulizer, was so congested without the unda
- Still doing Meyers IV 2x/week



22 Year Old Female: Fatigue, Headaches & Insomnia



- Unda
- Rosmarinus officinalis
- Dtx- gen (Canada only)
- ZnCu
- Surreninum 4CH
- Nat Sulph 6x

Bedtime

- Magnelevures
- Biotone EFA
- Liv-gen

Other

- Nebulizer (NAC, NaCl, glutathione + Unda 2, 5, 710)

Lymph massage

Meyers IV



22 Year Old Female: Fatigue, Headaches & Insomnia



- Unda **1** (gastrointestinal, hepatic, renal), **14** (digestive, urinary, respiratory, endocrine), **258** (digestive, urinary)
- Rosmarinus officinalis
- Dtx- gen (Canada only)
- ZnCu
- Surreninum 4CH
- Nat Sulph 6x

Bedtime

- Magnelevures
- Biotone EFA
- Liv-gen

Other

- Nebulizer (NAC, NaCl, glutathione + Unda 2, 5, 710)

Lymph massage

Meyers IV



22 Year Old Female: Fatigue, Headaches & Insomnia



14th visit

- Moved to Boston after 3 years of having to live at home, almost finished college
- Sleep – stopped the Remeron 6 months ago after using for 3 years and sleeps well
- Energy- still not ideal, working as a nanny for a 2 and 7 yo, doing some exercise
- Appetite – ok, still some bloating, nausea at times
- M skel – neck tension at times (chiro helps) for h/a
- Skin – acne at times, not hormone related
- Menses- about every 6 weeks
- Allergies- minimal
- Mood – very good, reducing her Prozac dose very slowly with her psychologist



22 Year Old Female: Fatigue, Headaches & Insomnia



- Active B complex – energy metabolism
- 5-HTP – mood balance
- HMF Replete – IBS support
- KMg Plus – muscle function
- Red gen – source of calcium for bones and teeth support
- Liquid iron – red blood cell support
- Super Oxi Formula – antioxidants, thyroid support
- HMF Multi strain – intestinal support
- Vitamin D₃ mulsion – bones, teeth, helps in absorption of calcium and phosphorus
- Ichol Plus – liver support

- New moon - full moon
Flax/ chia/ hemp
Super EFA
- Full moon - new Moon
Sunflower/ Sesame/ Pumpkin
Super EFA
GLA 130 (EPO)

New moon - Hypophysinum 200k
Day 8 - Folliculinum 200k
Full moon - Ovarinum 200K
Day 22 - Luteinum 200K



22 Year Old Female: Fatigue, Headaches & Insomnia



- Unda
- Sequoia gigantean – endocrine, musculoskeletal, hepatic systems
- Spm-gen – nervous system
- ZnCu
- Chelidonium Plex
- Ferrum Phos 6x
- Flower Essence

Bedtime

- Magnelevures
- Biotone EFA
- 5-HTP

Other

- Lymph massage
- Chiropractic
- Liver injections



22 Year Old Female: Fatigue, Headaches & Insomnia



- Unda **1** (gastrointestinal, hepatic, renal),
48 (endocrine, respiratory, cardiovascular, urinary),
74 (digestive, cardiovascular, endocrine)
- Sequoia gigantea
- Spm- gen
- ZnCu
- Chelidonium Plex
- Ferrum Phos 6x
- Flower Essence

Bedtime

- Magnelevures
- Biotone EFA
- 5-HTP

Other

- Lymph massage
- Chiropractic
- Liver injections



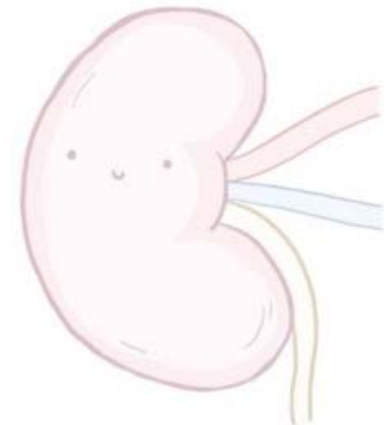
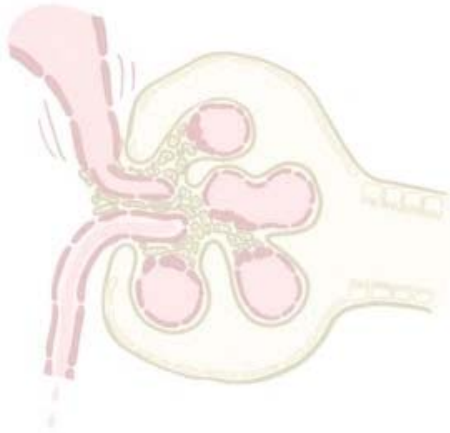


Renal System





CHRONIC KIDNEY DISEASE



Definition of CRF



- Structural or functional abnormalities of the kidneys for ≥ 3 months
- CRF may be defined as a condition characterized by anemia, acidosis, osteodystrophy, neuropathy and general debility frequently accompanied by edema and infection resulting from a significant reduction in the excretory, homeostatic, metabolic and endocrine functions of the kidney



Definition of CRF (continued)



- It is characterized by a progressive deterioration in renal function ultimately leading to irreversible structural damage to existing nephrons
- A substantial decline in renal function leading to azotemia
- GFR <60 ml/min/1.73 m², with or without kidney damage



Etiology of CRF



- Diabetes
- Hypertension
- Glomerulonephritis
- Interstitial nephritis
- Cystic kidney disease
- Myeloma

- Chronic pyelonephritis
- Congenital abnormalities
- Metabolic diseases
- Urinary obstruction



Classification of CKD by Diagnosis



- **Diabetic Kidney Disease**
- **Glomerular diseases** (autoimmune diseases, systemic infections, drugs, neoplasia)
- **Vascular diseases** (renal artery disease, hypertension, microangiopathy)
- **Tubulointerstitial diseases** (urinary tract infection, stones, obstruction, drug toxicity)
- **Cystic diseases** (polycystic kidney disease)
- **Diseases in the transplant** (Allograft nephropathy, drug toxicity, recurrent diseases, transplant glomerulopathy)



Clinical Features



- Hypertension
- Proteinuria
- Anemia
- Nocturia
- Renal osteodystrophy
- Myopathy

- Neuropathy
- Uremia
- Neurological changes
- Metabolic acidosis
- Infections



Prevalence of CKD and Estimated Number of Adults with CKD in the US (NHANES 88-94)



Stage	Description	GFR (ml/min/1.73 m ²)	Prevalence*	
			N (1000s)	%
1	Kidney Damage with Normal or ↑ GFR	≥ 90	5,900	3.3
2	Kidney Damage with Mild ↓ GFR	60-89	5,300	3.0
3	Moderate ↓ GFR	30-59	7,600	4.3
4	Severe ↓ GFR	15-29	400	0.2
5	Kidney Failure	< 15 or Dialysis	300	0.1

*Stages 1-4 from NHANES III (1988-1994). Population of 177 million with age ≥20. Stage 5 from USRDS (1998), includes approximately 230,000 patients treated by dialysis, and assuming 70,000 additional patients not on dialysis. GFR estimated from serum creatinine using MDRD Study equation based on age, gender, race and calibration for serum creatinine. For Stage 1 and 2, kidney damage estimated by spot albumin-to-creatinine ratio ≥17 mg/g in men or ≥25 mg/g in women in two measurements.



Clinical Practice Guidelines for the Detection, Evaluation and Management of CKD

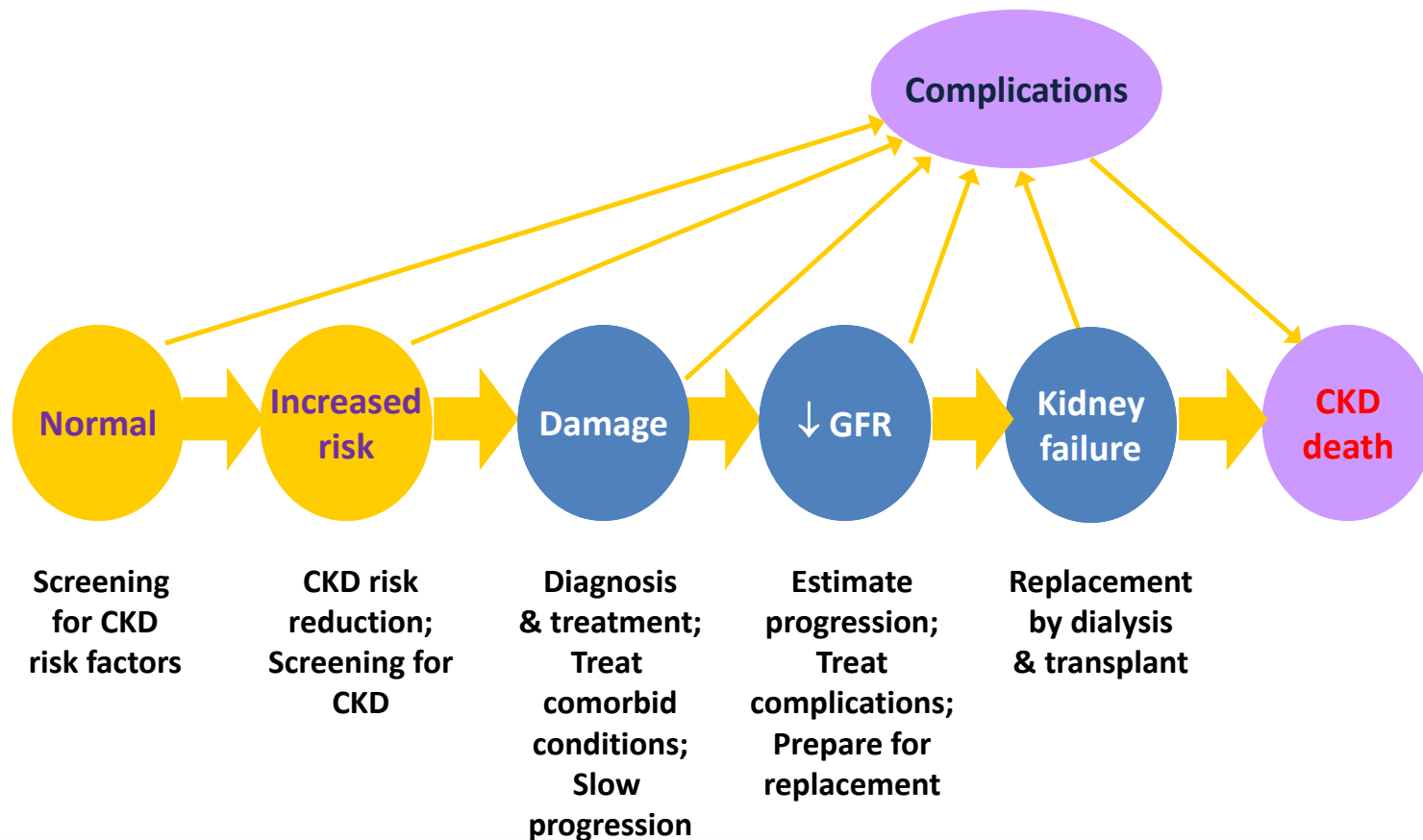


Stage	Description	GFR	Evaluation	Management
	At increased risk		Test for CKD	Risk factor management
1	Kidney damage with normal or ↑ GFR	>90	Diagnosis Comorbid conditions CVD and CVD risk factors	Specific therapy, based on diagnosis Management of comorbid conditions Treatment of CVD and CVD risk factors
2	Kidney damage with mild ↓ GFR	60-89	Rate of progression	Slowing rate of loss of kidney function ¹
3	Moderate ↓ GFR	30-59	Complications	Prevention and treatment of complications
4	Severe ↓ GFR	15-29		Preparation for kidney replacement therapy Referral to Nephrologist
5	Kidney Failure	<15		Kidney replacement therapy

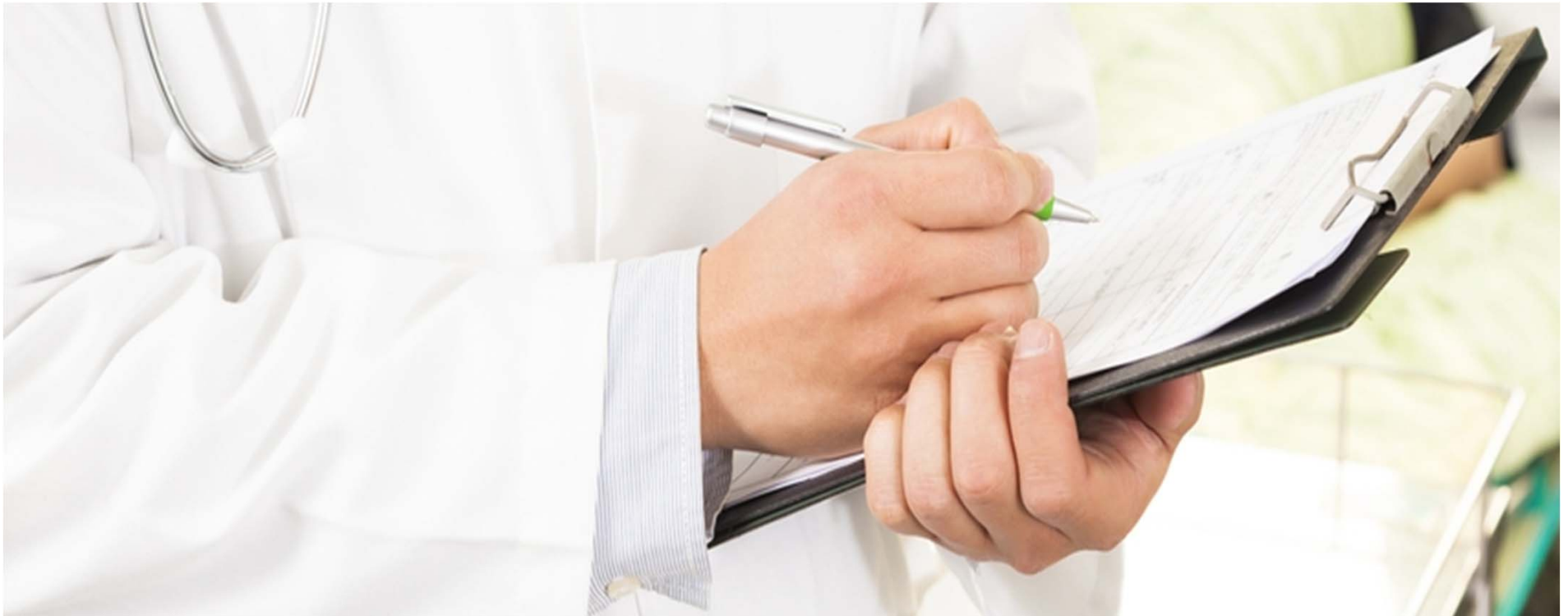
¹Target blood pressure less than 130/80 mm Hg. Angiotension converting enzyme inhibitors (ACEI) or angiotension receptor blocker (ARB) for diabetic or non-diabetic kidney disease with spot urine total protein-to-creatinine ratio of greater than 200 mg/g.



Stages in Progression of Chronic Kidney Disease and Therapeutic Strategies



Clinical Case # 19



Granulomatosis with Polyangiitis (GPA)



- A rare multisystem **autoimmune disease** of unknown etiology
- Granulomatosis with **polyangiitis** is an uncommon disorder that causes **inflammation** of the blood vessels in your nose, **sinuses**, throat, lungs and **kidneys**. Granulomatosis with **polyangiitis**, formerly called **Wegener's granulomatosis**, is one of a group of blood vessel disorders called **vasculitis** in small- and medium-sized blood vessels



62 Year Old Male – Wegner's Symptoms, Stress, Fatigue



Initial visit- Oct 28, 2012

- BPH for 5 years, on June 7 had laser tx. Blood work prior to June was great for annual PE
- Claimed to have “perfect health” before Wegener’s dx
- Had an infx that was not going away. Tried Tamiflu and antibiotics
- Had Kidney biopsy because BUN was elevated
- At time of Wegener’s dx, Creatinine 5.3, BUN in 50s, BP was 189/90
- Dx w/ Wegener’s crescent kidney disease, 20-30% scarring.
- Told he may regain kidney function w/Prednisone
- Has done 7 plasma tx
- Then needed dialysis. At home w/dialysis, BP 120/80, BUN in 90s. Dialysis every 2nd day
- Meds-Flomax, Finestrade, Ramipril for stress, L hypertrophy to control size of heart



62 Year Old Male – Wegner's Symptoms, Stress, Fatigue

Initial visit- Oct 28, 2012



Kidneys

- Dialysis is life altering for him, “hit me hard”
- Most people receiving the dialysis are older than him and fighting the tx. Made yesterday a downer day
- Dealing with the dialysis: dehydration vs edema
- Had several extreme dialysis situations. So weak and dehydrated he could not lift his arm
- Yesterday saw the nephrologist and he was not optimistic. Will take longer than expected to recover
- Measured urine output 25-32oz
- Urinated normally for the last 10 days



62 Year Old Male – Wegner’s Symptoms, Stress, Fatigue

Initial visit- Oct 28, 2012



Sleep – is a problem

- Prednisone causes him to be wired and mind to race
- In bed at 10:30. Sleeps 11-6am
- Never naps but rests a lot
- Experiences strange dreams, hallucinatory
- Feels wonderful when wakes up. Does meditation and starts his day

Energy- lack of energy and fatigue

- Needs to rest a lot
- Low energy all day long, never get a burst of energy
- Starts day w/stretching
- Yoga needs to be low impact



62 Year Old Male – Wegner's Symptoms, Stress, Fatigue



Initial visit- Oct 28, 2012

GI - Nauseous from the cytoxin and other drugs

- Appetite is not great
- Does not have taste buds
- Forces 3 meals down because weight is so low
- No color in diet
- Regular BM. Normal color
- Natural fiber in AM. 2 Colace (docusate) at night. No need for the laxative the last 10 days
- Weight loss - 5 weeks ago was at #198, now at #158. Muscle mass going away

M/S – Sore back and buttocks from too much lying and sitting. Feeling stronger every day

Exercise - small amount of activity and then SOB 1x



62 Year Old Male – Wegner’s Symptoms, Stress, Fatigue

Initial visit- Oct 28, 2012



Mood/Emotions/Mental

- Problem is stress related. Happened with sale of a local business, stressful time in his life
- Has been a roller coaster ride
- He lives in the future
- Does not care about the cause
- Stress on marriage, doing counseling
- Loses patience, snappy
- Anemia, prednisone, lack of sleep all cause agitation
- Memory is OK



62 Year Old Male – Wegner's Symptoms, Stress, Fatigue



Initial visit- Oct 28, 2012

CV- Infx in chest catheter

- Will have a curtailed lifestyle w/chest port
- Has been charting BP 130-140/80

Social-Business was sold at end of September

- Boss let him down by cutting off his access to the company after forced medical leave
- Wrong time for him to deal with work stress, needs to focus on his health
- Health and medications are his goals. Proactive

Gums-very painful and bleeding. No flossing. Does not use electric toothbrush. Gums and teeth were really sensitive. Cytotoxin SE

- Now soft toothbrush and is okay



62 Year Old Male – Wegner's Symptoms, Stress, Fatigue

Initial visit- Oct 28, 2012



- BP:142/88mmHg LAS, HR:70 bpm, RR: 14 rpm, Pulse O2: 98%, Ht: 5'10", Wt: 160.9 lbs
- NAD, yawning by end of consultation
- No lid-lag, non injected, non icteric sclera, no DC
- Dark circles under eyes
- Normal external pinna, hearing grossly intact
- 1+ pitting edema bilateral on ankles
- Alert and Oriented to time, person and place
- Patient is pleasant with appropriate affect throughout visit
- Conversation, affect and judgment are appropriate



62 Year Old Male – Wegner's Symptoms, Stress, Fatigue

Initial visit- Oct 28, 2012



	June 27, 2012	October 11, 2012
BUN	121	56
Creatinine	4.3	3.4
Potassium	4.3	3.4
Sodium	143	138
RBC	4.46	2.66
HgB	14.3	8.1
Hct	42.8	24.4
Ferritin		1199
A1C	5.7	



62 Year Old Male – Wegner's Symptoms, Stress, Fatigue



- BTGs
- Flax/Chia/Pumpkin Seeds
- Super EFA
- HMF Replete
- Active B-complex
- Vitamin D3
- Magnelevures
- L-carnitine (500mg) –helps to reduce fatigue, supports cognitive function in the elderly
- CoQ10 (100 mg) – cardiovascular health, reduces frequency of migraine headaches and associated nausea and vomiting when taken as a prophylactic
- Super lipoic acid (350 mg)
- Biotone EFA

- Unda
- Fagus Sylvatica
- Ilex aquifolium
- Reninum 4CH
- Nat mur 6x

Take before bed

- Biotone EFA
- Magnelevures
- Melatonin



62 Year Old Male – Wegner's Symptoms, Stress, Fatigue



- BTGs
- Flax/Chia/Pumpkin Seeds
- Super EFA
- HMF Replete
- Active B-complex
- Vitamin D3
- Magnelevures
- L-carnitine (500mg) -
- CoQ10 (100 mg)
- Super lipoic acid (350 mg)
- Biotone EFA

- Unda **2, 7, 44** - urinary
- Fagus Sylvatica
- Ilex aquifolium
- Reninum 4CH
- Nat mur 6x

Take before bed

- Biotone EFA
- Magnelevures
- Melatonin



62 Year Old Male – Wegner's Symptoms, Stress, Fatigue



Medications:

Renvela (800mg)	1 cap 3x/day
Protonix (40mg)	1 cap daily
Cytosan (100mg)	1 cap daily before meals
Prednisone (40mg)	2 caps AM, 1 cap noon
Diflucan (100mg)	1 cap daily
Bactrim DS	1 tab every 2nd day
Tamsolusin (0.4mg)	1 cap nightly
Vytorin 10/20	½ tab nightly



62 Year Old Male – Wegner's Symptoms, Stress, Fatigue

2nd visit- December 5, 2012



Sleep - melatonin helped somewhat

- Not a good solid sleep
- 6 hr with interruptions
- staying asleep even with the CPAP
- BPH 2-3x nocturia, prednisone and mind spinning
- Too alert to the slightest distraction
- Rest and not sleeping

Energy - is low

- Energy is guarded and will rest and will tire out but need to be easier on myself than I am so need to deal with this
- This affects the day to day the most
- Walk of 2 blocks is the most



62 Year Old Male – Wegner's Symptoms, Stress, Fatigue

2nd visit- December 5, 2012



GI - proactive with the diet

- Wt was down to #146 (from 198 on Sept 21)
- Now is #160-162
- Appetite is improved, eating more each meal
- Some things taste good now
- Normal BM

Emotionally - rewarding to see it happening

- Stress of the work community is gone and focus is the health
- Better frame of mind today
- Mind is there, body is not



62 Year Old Male – Wegner's Symptoms, Stress, Fatigue

2nd visit- December 5, 2012



Other improvements

- Edema in the R ankle, L is gone
- Rarely short of breath (SoB), if not eaten and push it and will be short winded overall
- No palpitations at all
- No headaches (h/a)
- No skin rashes
- No nausea at all
- Adapted to supplements and not enjoying taking them but it is ok to do this for me now



62 Year Old Male – Wegner's Symptoms, Stress, Fatigue

2nd visit- December 5, 2012



- Recent blood work shows improvement
- Creatinine, 4.4 → then 3.3, → today is 2.2
- BUN also dropped
- Output of urine is about 34 oz in 24 hr period
- Tomorrow is the last scheduled dialysis
- Will do 1 more set of labs and then decrease the Rx drugs



62 Year Old Male – Wegner’s Symptoms, Stress, Fatigue



- BTGs
- Flax/Chia/Pumpkin Seeds
- Super EFA
- HMF Replete
- Active B-complex
- Vitamin D3
- Magnelevures
- L-carnitine (500mg)
- CoQ10 (100 mg)
- Super lipoic acid (350 mg)
- Biotone EFA

- Unda
- Fagus Sylvatica
- Ilex aquifolium
- Renal-gen
- Hepatinum 4CH
- Nat mur 6x
- Ferrum phos 6x

Take before bed

- Biotone EFA
- Magnelevures
- Melatonin



62 Year Old Male – Wegner’s Symptoms, Stress, Fatigue



- BTGs
- Flax/Chia/Pumpkin Seeds
- Super EFA
- HMF Replete
- Active B-complex
- Vitamin D3
- Magnelevures
- L-carnitine (500mg)
- CoQ10 (100 mg)
- Super lipoic acid (350 mg)
- Biotone EFA

- Unda **7, 23, 45** - urinary
- Fagus Sylvatica
- Ilex aquifolium
- Renal-gen
- Hepatinum 4CH
- Nat mur 6x
- Ferrum phos 6x

Take before bed

- Biotone EFA
- Magnelevures
- Melatonin



64 Year Old Male – Wegner’s Symptoms, Stress, Fatigue

18th visit- September 22, 2014



“This is the best I’ve looked in 2 years”

The kidney doc says he is doing fine and it’s not an issue anymore

Sleep - IBS or dogs may wake him. Otherwise sleep is okay

Energy - feeling good, energy is back to where it was before

- Playing tennis competitively 2-3x/week
- Golfing again

GI - Appetite is excellent, needs to watch his food

- IBS-present when the deposition started at his job
- GI doc worked him up, had not had it in a few years
- Gas cramping and pressure. Diarrhea and urgency with BM. May cause him to feel run down. Increases fluids when IBS is bad
- GP and kidney doc said to do the colonoscopy



64 Year Old Male – Wegner's Symptoms, Stress, Fatigue

18th visit- September 22, 2014



Mental/Emotional

- Court case is ongoing. Stressful. Feeling weak
- Wondering if it is worth it if the stress will set him back. Decided to keep going with the court case
- Deposition of boss was last week. Handled it well, but it was stressful to hear him lie under oath

M-skel

- The elbow bursitis resolved in ~2 weeks with the COP

Urine flow is good or not at times

- PSA is at 6.4. It was at this # last year. Urologist said the drugs are likely affecting PSA reading. Check again in 6 months



64 Year Old Male – Wegner's Symptoms, Stress, Fatigue



- BTGs
- Flax/Chia/Pumpkin Seeds
- Super EFA
- HMF Replete
- Active B-complex
- Vitamin D3
- L-carnitine (500mg)
- CoQ10 (100 mg)
- Super lipoic acid (350 mg)
- Biotone EFA
- Col Sterol – reduces LDL and total cholesterol)

- Unda
- Ficus Carica – digestive, nervous, metabolic and immune systems
- Trauma- gen – nervous, mental/emotional
- Nervinum vagum 4CH
- Nat phos 6x

Take before bed

- Biotone EFA
- Magnelevures



64 Year Old Male – Wegner's Symptoms, Stress, Fatigue



- BTGs
- Flax/Chia/Pumpkin Seeds
- Super EFA
- HMF Replete
- Active B-complex
- Vitamin D3
- L-carnitine (500mg)
- CoQ10 (100 mg)
- Super lipoic acid (350 mg)
- Biotone EFA
- Col Sterol

- Unda **3** (gastrointestinal, cutaneous, entero-hepatic), **24** (nervous, digestive), **219** (nervous, cardiovascular, endocrine)
- Ficus Carica
- Trauma- gen
- Nervinum vagum 4CH
- Nat phos 6x

Take before bed

- Biotone EFA
- Magnelevures



64 Year Old Male – Wegner's Symptoms, Stress, Fatigue



Medications:

- Sodium bicarbonate
- Simvastatin 20mg
- Lisinopril 5mg
- Valacyclovir 1 gram
- Dicyclomine 10mg (IBS)

Eye medication

- Prednisolone acetate oral 1 drop of 1% suspension 2x/day
- Combigan 1 drop 2x/day



65 Year Old Male – Wegner’s Symptoms, Stress, Fatigue

23rd visit- October 30, 2015



“Continues to get better and better”

The kidney doc says he is doing fine, EKG stable, eyes status quo (wearing progressive lenses)

Sleep- is fine, has a new CPAP unit

Energy- feeling good. Energy is back to where it was before

- Playing tennis competitively 3x/week, golfing 1-2x/week
- Yoga 2x/week, meditation 2-3x/week

GI - Appetite is excellent, no cravings, no IBS, wt stable at 168#

M–skel – soreness after tennis, massage helpful

Skin – various bumps, bruises

Mood - even, very good



65 Year Old Male – Wegner’s Symptoms, Stress, Fatigue



- BTGs
- Flax/Chia/Pumpkin Seeds
- Active B-complex
- HMF Replete
- Active B6 pyroxidal
- TAD+ - macronutrient metabolism, eyesight, skin, membranes and immune support
- Vitamin D3 mulSION
- Super EFA
- Super Flavonoids
- Amino NAC – antioxidant support

- Fagus Sylvatica
- Ener-gen - tonification
- Hepatinum
- Kali mur 6x

Take before bed

- Biotone EFA
- Magnelevures



65 Year Old Male – Wegner's Symptoms, Stress, Fatigue



Medications:

- Sodium bicarbonate 650mg
- Simvastatin 20mg
- Lisinopril 5mg
- Valacyclovir 1 gram
- Rocaltrol 0.25 mcg
- Opopatadine 0.6/ nasal 240

Eye medication

- Prednisolone acetate oral 1 drop of 1% suspension 2x/day in L eye
- Combigan 1 drop 2x/day in L eye



66 Year Old Male – Wegner's Symptoms, Stress, Fatigue

27th visit- October 3, 2016



Nephrologist testing q 4 months, creatinine 1.7

eyes status quo, exam q 6 months

Sleep- is fine, nocturia, rested

Energy- good. Energy is back to where it was before

- Playing tennis competitively 2x/week, golfing 2x/week
- Yoga 2x/week, meditation 2-3x/week

GI- Appetite is excellent, no cravings, no IBS, wt stable at 171#

GP now focusing on cholesterol (230)

M –skel –tennis elbow, massage helpful, (> castor oil in 3 days)

Skin – actinic keratosis, blue light helped

Mood- very good



66 Year Old Male – Wegner’s Symptoms, Stress, Fatigue



- BTGs
- Flax/Chia/Pumpkin Seeds
- Active B-complex
- HMF Replete
- Active B6 pyroxidal
- Super EFA
- Super Lipoic acid
- Col Sterol
- Methylation Support – supports homocysteine levels and liver function
- Vitamin D3 mulSION

- UnDa
- Olea Europaea – nervous, cardiovascular, metabolic systems
- Liv-gen - hepatic
- Hepatinum
- Silica 6x

Take before bed

- Biotone EFA
- Magnelevures



66 Year Old Male – Wegner's Symptoms, Stress, Fatigue



- BTGs
- Flax/Chia/Pumpkin Seeds
- Active B-complex
- HMF Replete
- Active B6 pyroxidal
- Super EFA
- Super Lipoic acid
- Green Tea Plus
- Col Sterol
- Methylation Support
- Vitamin D3 mulsion

- Unda **1** (gastrointestinal, hepatic, renal), **20** (digestive), **243** (digestive, endocrine)
- Olea Europaea
- Liv-gen
- Hepatinum
- Silica 6x

Take before bed

- Biotone EFA
- Magnelevures



66 Year Old Male – Wegner's Symptoms, Stress, Fatigue



Medications:

Sodium bicarbonate 650mg

Lisinopril 5mg

Valacyclovir 1 gram

Rocaltrol 0.25 mcg

Opopatadine 0.6/ nasal 240 as needed for allergies

Eye medication

- Prednisolone acetate oral 1 drop (1%) 2x/day in L eye
- Combigan 1 drop 2x/day in L eye



67 Year Old Male – Wegner's Symptoms, Stress, Fatigue

33rd visit- Sept 10, 2017



Nephrologist testing q 4 months, creatinine 1.63

eyes status quo, pressure 12 (was 39), exam q 6 months

Sleep- is fine, nocturia, rested

Energy- good, steady, active and busy

- Playing tennis competitively 2x/week, golfing 2x/week
- Yoga 2x/week, meditation 2-3x/week

GI- Appetite is excellent, no cravings, no IBS, wt stable at 172#

M –skel –tennis elbow, massage helpful, (> CO in 3 days)

CVS - cholesterol (243), stress test @Mayo fine, CPET meets biological age for lungs and heart, calcium score –mild risk of CV issue

Skin – fine

Mood- very good



67 Year Old Male – Wegner’s Symptoms, Stress, Fatigue



- BTGs
- Flax/Chia/Pumpkin Seeds
- Active B-complex
- HMF Replete
- Super EFA
- Scorbatate – nutrient metabolism, bones, cartilage, teeth, gums support, connective tissue formation, antioxidant, vitamin deficiency, glucose metabolism, immune and proper muscle function
- CoQ10 100mg
- Super Lipoic Acid
- Col Sterol
- Methylation Support
- Vitamin D3 mulsion

- Unda
- Fagus Sylvatica
- Crab Apple Bud – musculoskeletal, articular
- Pancreatinum 4CH
- Nat Mur 6x

Take before bed

- Wobenzyme – joint health
- Magnelevures



67 Year Old Male – Wegner’s Symptoms, Stress, Fatigue



- BTGs
- Flax/Chia/Pumpkin Seeds
- Active B-complex
- HMF Replete
- Super EFA
- Scorbatate
- CoQ10 100mg
- Super Lipoic Acid
- Col Sterol
- Methylation Support
- Vitamin D3 mulSION

- Unda **13** (hepato-digestive), **34** (digestive, endocrine), **243** (digestive, endocrine)
- Fagus Sylvatica
- Crab Apple Bud
- Pancreatinum 4CH
- Nat Mur 6x

Take before bed

- Wobenzyme
- Magnelevures



67 Year Old Male – Wegner's Symptoms, Stress, Fatigue



Medications:

- Sodium bicarbonate 650mg
- Lisinopril 5mg
- Valacyclovir 1 gram
- Rocaltrol 0.25 mcg
- Opopatadine 0.6/ nasal 240

Eye medication:

- Prednisolone acetate oral 1 drop (1%) 2x/day in L eye
- Combigan 1 drop 2x/day in L eye



68 Year Old Male – Wegner's Symptoms, Stress, Fatigue

39th visit- November 19, 2018



Sleep- is fine, nocturia every 2 hours, but still feels rested

Energy- good, steady, active and busy

- Playing tennis competitively 3x/week, golfing 1x/week
- Yoga 2x/week, meditation 2-3x/week

GI- Appetite is excellent, no cravings, IBS 1 episode, wt 169#

M –skel –no issues

CVS - Has been dealing with irregular, low HR, seen 2 cardiologists, stress test no problem, dxed with bradycardia, one doc said to do pacemaker, the other said not needed as episodes irregular and respond to relaxing, deep breathing, not affected by exercise

Skin – fine

Mood- very good



68 Year Old Male – Wegner’s Symptoms, Stress, Fatigue



- BTGs
- Flax/Chia/Pumpkin Seeds
- Active B-complex
- HMF Replete
- Super EFA
- KMG Plus – muscle function, tissue formation, nutrient metabolism, Vitamin B6 deficiency
- Adreno Restore – relieves symptoms of stress such as mental fatigue and sensations of weakness, helps support cognitive function such as mental focus and mental stamina, used in herbal medicine as a tonic to help relive general debility and to aid during convalescence
- Niavasc
- CoQ10 100mg
- Carnitine
- Col Sterol
- Flavonoids
- Chewable B12 + folate
- Bergamot
- Vitamin D3 mulsion

- Unda
- Zea Mays – cardiovascular, hepatic, urinary
- Betula Pendula bud – urinary, musculoskeletal, metabolic, digestive, immune
- Nervinum vagum 4CH
- Nat Mur 6x

Take before bed

- GABA 700 – helps to temporarily promote relaxation
- Prostate Flo
- Magnelevures



68 Year Old Male – Wegner’s Symptoms, Stress, Fatigue



- BTGs
- Flax/Chia/Pumpkin Seeds
- Active B-complex
- HMF Replete
- Super EFA
- KMG Plus
- Adreno Restore
- Niavasc
- CoQ10 100mg
- Carnitine
- Col Sterol
- Flavonoids
- Chewable B12 + folate
- Bergamot
- Vitamin D3 mulsion

- Unda **2** (urinary), **14** (digestive, urinary, respiratory, endocrine), **48** (endocrine, respiratory, cardiovascular, urinary)
- Zea Mays
- Betula Pendula bud
- Nervinum vagum 4CH
- Nat Mur 6x

Take before bed

- GABA 700
- Prostate Flo
- Magnelevures



68 Year Old Male – Wegner's Symptoms, Stress, Fatigue



Medications:

- Sodium bicarbonate 650mg
- Lisinopril 5mg
- Valacyclovir 1 gram
- Rocaltrol 0.25 mcg
- Opopatadine 0.6/ nasal 240

Eye medication:

- Prednisolone acetate oral 1 drop (1%) 2x/day in L eye
- Combigan 1 drop 2x/day in L eye



68 Year Old Male – Wegner's Symptoms, Stress, Fatigue

44th visit- May 7, 2019



Sleep- is fine, nocturia only 1-2x, some rumination as mind active

- had a 3rd TURP procedure, recovered

Energy- good, steady, active and busy, yoga 2x/week, meditation 2-3x/week

- Playing tennis competitively 3x/week, golfing 1x/week

GI- Appetite is excellent, no cravings, regular BM, wt 173#

M –skel – no issues

CVS - bradycardia, irregular, not a concern

Thyroid – L lobe Hurthle cells, surgery scheduled

Skin – fine

Mood- very good

Labs – lipids have dropped, GFR 42



68 Year Old Male – Wegner’s Symptoms, Stress, Fatigue



- BTGs
- Flax/Chia/Pumpkin Seeds
- Active B-complex
- HMF Replete
- Super EFA
- Ascorbyl- C + Bioflavonoids
- Adreno Restore
- Super Lipoic acid
- Kidney Complex – helps to prevent UTIs, relieve symptoms associated with minor UTIs
- Liv Complex - supports liver function, increases bile flow and relieves digestive disturbances
- Col Sterol
- Neurogen Cognition – cognitive function, reduce fatigue and improve the psychological effects of stress on mood, memory enhancement
- Active Chewable B12 + folate – red blood cells formation, nutrient metabolism
- Bergamot
- Vitamin D3 mulsion

- Un da
- Zea Mays
- Uri-gen – urinary, musculoskeletal
- Nat Mur 6x

Take before bed

- GABA 700
- Prostate Flo
- Magnelevures



68 Year Old Male – Wegner's Symptoms, Stress, Fatigue



- BTGs
- Flax/Chia/Pumpkin Seeds
- Active B-complex
- HMF Replete
- Super EFA
- Ascorbyl- C + Bioflavonoids
- Adreno Restore
- Super Lipoic acid
- Kidney Complex
- Liv Complex
- Col Sterol
- Neurogen Cognition
- Chewable B12 + folate
- Bergamot
- Vitamin D3 mulsion

- Unnda **16** (endocrine, respiratory), **21** (endocrine), **48** (endocrine, respiratory, cardiovascular, urinary)
- Zea Mays
- Uri-gen
- Nat Mur 6x

Take before bed

- GABA 700
- Prostate Flo
- Magnelevures



68 Year Old Male – Wegner's Symptoms, Stress, Fatigue



Medications:

- Sodium bicarbonate 650mg
- Lisinopril 5mg
- Valacyclovir 1 gram
- Opopatadine 0.6/ nasal 240

Eye medication:

- Prednisolone acetate oral 1 drop (1%) 2x/day in L eye
- Combigan 1 drop 2x/day in L eye





Nervous System





Introduction



It is possible to return a person back to the natural evolutionary process and overcome some of the emotional traumas they may have experienced during their lifetime and thus impact chronic dz to “cure”, not just palliate

Age of the person is not a factor for starting a program

Programming of the organism leaves us with distinct memories which can be “taped over”

The hippocampus is the site of new memories and about 1400 new hippocampal neurons are produced daily. Their life span is 20-30 years



Introduction



Because of “life experiences” if some “data” was incomplete then one goes through life without this data e.g. If certain gland did not “mature”, the brain-organ connection was not well programmed This lack of information may then have prevented the proper functioning of any of the downstream organs or endocrine glands

The goal is to “re-program” the brain, create new memories, but NOT to erase memories and re-set organ functions throughout the body



Introduction



So we must look at the maturation of:

1. The brain
2. The endocrine system
3. The immune system
4. The various organs

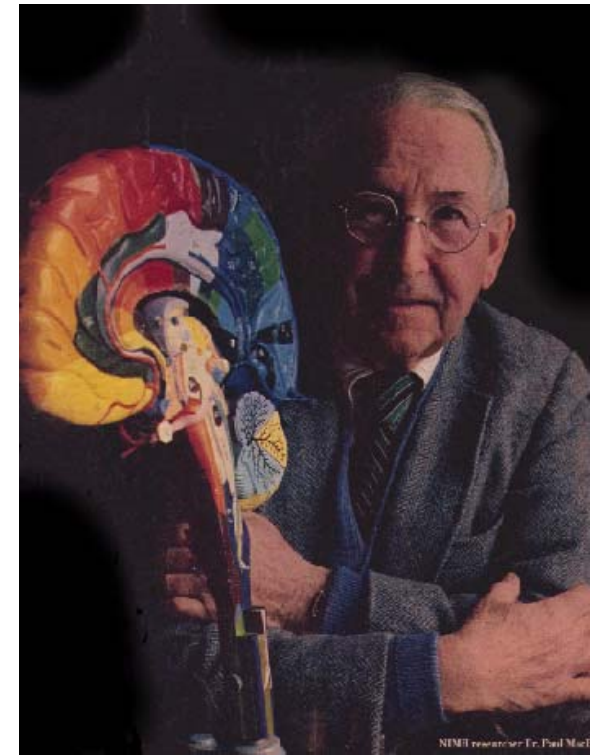


Paul D. MacLean's TRIUNE BRAIN



MacLean's evolutionary triune brain theory proposed that the human brain was in reality three brains in one:

- The reptilian complex
- The limbic system
- The neocortex



May 1, 1913 – Dec. 26, 2007



The Triune Brain

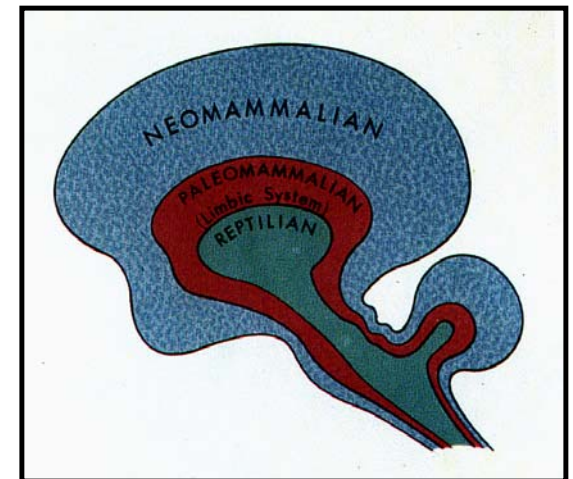


Paul D. MacLean's "**triune**" view of the mammalian brain called attention to the modular substrate of behavior.

Surrounding the "**reptilian**" basal ganglia --controlling habit-- we find . . .

The "**paleomammalian**" limbic system -- substrate of our passions-- embraced by the cingulate gyrus

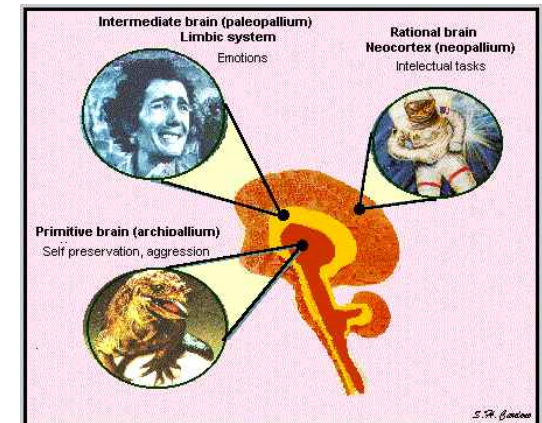
The "**neomammalian**" brain based in the neocortex then coordinates inner and outer representations with projections of the future consequences of alternative actions --foresight



The Triune Brain



- Archipallium brain (reptilian brain)
- Paleomammalian brain (limbic system)
- Neopallium brain (neocortex)



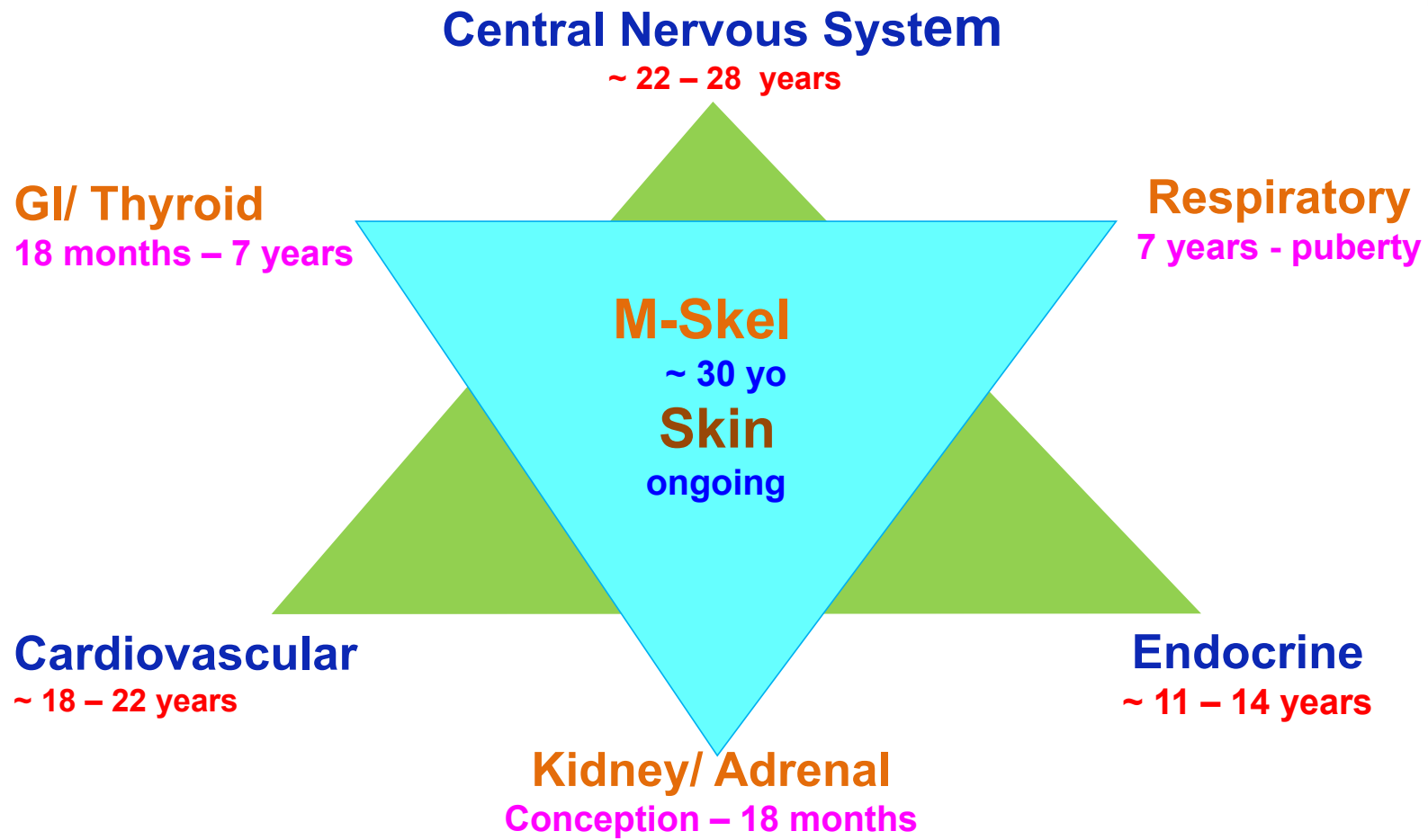
Maturation of the
Endocrine system parallels
the maturation of the
Immune System
and the **Brain**



At the same time, the various **ORGAN** systems are developing and maturing



All Systems are Inter-Related



Why this Brief Introduction?



- I have been writing a book concerning how the body deals with trauma, the learned perceptions that have resulted in the increasing incidence of chronic disease throughout the world
- Using drainage, organotherapies, tissue salts in a methodical and deliberate way, we have been able to allow a person to rewrite their learned experiences from their past. As we are aware, the conscious mind is about 10% of our brain and the the subconscious rules about 90% of our day to day activities
- So watch for this upcoming publication as a way to enhance any and all of your patients' health journey



Conclusion



- We have truly become the specialists in the management of chronic conditions
- Over the course of these 7 teleconferences, it is hoped that you have been able to grasp the potential that drainage therapy offers to each and every one of your patients. It is almost a disservice to not include these powerful remedies in your treatment protocols
- Once you have utilized the therapies for a time (if you have not already), you will be able to understand how biology, physiology and physics is the basis of treatment for all our patients
- While pharmaceutical medications have their place, they can never replace the need to use Drainage formulas, especially the UnDa numbers, to provide critical support and therapy for any and all types of health challenges



Achieve Sustained Treatment Outcomes



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Thank you for your participation!

