

DOCTOR'S CALL #2

IMMUNE SUPPORT FLUS AND COLDS

DOSAGES

CHRONIC FATIGUE

Identified Callers:

Dr. Cole, chiropractor in the Nathansburg, Pennsylvania, area.

Chris Morris, Naturopath in Southern Calif.

Dr. Jeff Marrongelle, Naturopath in Pennsylvania.

Lynette, Santa Fe, New Mexico

Dr. Steve Davis, Redding, Calif.

Linda Griffith, Boise, Idaho

Dr. Mark DeDupobay?, Long Beach, CA

Dr. John Cole, Aiken, S. Carolina

CONSTANCE: Jeff, do you want to talk about how you address the cold and flu season with your patients?

JEFF MARRONGELLE: Sure. A lot of you have been on this call before, a lot of you haven't. But I'm going to just explain a little bit about how we take a multi-disciplinary approach to wellness in our clinical setting here.

I'm a certified clinical nutritionist, and I've been doing that and electro-acupuncture for about 15 years. We utilize high-grade nutritional products, we use homeopathy, we use very high-grade herbal preparations; and in the last few years we've utilized the Vital Force products. I always call them the missing link in energy medicine, because over the years, we've had the opportunity to use many, many wonderfully prepared, well-thought-out, well-researched products, but when a person is what we call hypo-ergic, having low energy, or an-ergic, having less than no energy, as with people with geriatric debilitating diseases, we find they can't respond to even the best medicine, or physical treatment, because the energy isn't there to respond, and to have an appropriate predictable response.

I've always said that the best thing I've seen with the Vital Force products is that they increase the predictability of response in my patients, because the energy is there to have an appropriate response. So as regards the Acute Immune response, we've had our best results with juveniles. Let's go from that age group to regular patients and then to geriatrics because each group has unique needs energetically.

In the pediatric group, teenagers down to small infants, we have felt free to utilize these products in newborns and preemies. We have utilized the Vital Force products with no ill effects, and in fact, quite dramatic positive effects. In the kids we've only utilized the Thymus and Acute Immune, but more frequently, believe it or not, the Golden Warmer. The Golden Warmer supports the gastrointestinal organs and their function energetically, and of course, the thymus speaks for itself providing energetic support to the thymic response.

CONSTANCE: May I jump in here one moment to say the Golden Warmer is now GI Aid, but the guys who have been using it awhile, it's still Golden Warmer.

DR. MARRONGELLE: Okay, GI Aid. Well, let's go with why that concept. In most of us who have a naturopathic or integrative bend realize, of course, the significance of the gastrointestinal tract to health. But it's also of primary significance to immune response, as most things are run through the GI mucosa, are identified, and initiate immune response from there. So in any case of an acute symptomatic situation it's always good to pump some energy towards the GI tract and also toward the thymus in the pediatrics. We have a chewable bovine colostrum that we like to use in a lot of cases, and probiotics are always our first line. We actually designed one just for kids with probiotics included in a 22% IgC first-12-hour-bovine colostrum. But using the Vital Force Thymus and GI Aid, we have very good results in our younger patients with that, and also with the Acute Immune.

CONSTANCE: Okay, talk about the dosage?

CALLER: Jeff, could you also talk about--for us who use a lot of these modalities--what herbs or minerals or energies are actually being put in to some of these things, so it will help us to know how to synergistically balance it with other remedies we're using.

MARRONGELLE: One of the things we do use, and I know a lot of people use, is Echinacea.

I want to answer the dosage question. I just went through this two days ago with a 13-year old with acute gastroenteritis. Actually, we found out the well was polluted where they were living, and it was more likely than not an Ecoli infection, or the beginning of one. Their well water tested at 38 parts per million of the Ecoli, which is extremely high. One or two is not good, but in the thirties like that is just totally not potable for human consumption.

We used five drops every hour of the GI Aid with Thymus and the Acute Immune--five drops of each hourly. I had him doing 500 milligrams of colostrum every half hour, along with one of MarcoPharm (sic) Triple Echinacea--not a really great name for that product. It has Echinacea, Aconitum, hydrasis, chamomilis, calc carb, calcium phosphate, silicea, lachesis, and which is great for sore throat. It really is a head, neck and lymphatic drainage remedy and works very, very well in acute cases. But we hit it hard and heavy and frequently. What was interesting is their family physician was not overly concerned about the child having a 103 fever, some malaise and not eating well. We did this for eight, nine hours straight. The fever broke at around six hours, and at the end of eight hours doing this pretty intense regimen, he was just starving, he told me, and he ate quite a bit of food. He gave me this laundry list of pork chops, mashed potatoes, some vegetables, and everything else that he ate at dinner that night. His mom was pretty amazed. In acute situations we do slightly lower dosages, but very high frequency until the result you're looking for is observed. And then, move on to just TID or QID for the

following two or three days. Try to follow up and not allow the offending microorganism, or the weakness, to pick up a head of steam again.

The ingredients or energies per se of each of the formulas are unique. I think Yury or Constance would have to address the specifics of them. What I know is that they are elemental in nature. Some of the formulas I'm privy to, and some of them I'm not. I just know that they work. But I can say that synergistically they are very compatible with the other appropriate remedies that we would use for that organ or system. What we have to keep in mind is that the Vital Force products are really giving us an energy boost. It's a jump start. It's like hooking somebody up to a trickle charger, or even a heavier charger depending on the dosage or frequency. They provide an energetic boost to utilize the biochemical and physiological modalities that we use.

In the next class of patients, what we've been seeing--and I don't know about the rest of the country--but I know here in Pennsylvania for the last few years, we have been seeing very unique types of infective processes during the cold and flu season. We've come to see more gastroenteritis--things that start in the gastrointestinal tract symptomatically and then move and settle into the upper respiratory tract, even into the lungs, or wind up as bronchitis or pneumonias in some cases. They are more persistent and a little tougher to get rid of. Especially in the last couple of years, we found that initiating a therapy you have to hit it hard on the front end, and you've got to stay with it for longer than a five, seven or ten day period. So, in fact, a lot of my patients, instead of them getting flu shots or special things like this, we encourage them to start before the cold and flu season to get into a preventive protocol. It always includes the regular immune support formula, and again, I stay with the GI Aid.

In a lot of people that we started in September and October--higher risk patients, patients that have chronic stress to their immune systems and so forth--the adult population, when they are acute, I follow a similar pattern that we do with the kids, only go about every two hours. I usually test by EAV. There's always a stress component with adults that you don't really have so much with kids. So I look for which of the stress-related, or hormone-related in some cases, formulas that are more synergistic with adults: Stress Relief or Tranquility, or Harmony, especially with people who have recently had any dental work, or have a history of cavitations, root canals, etc. I'm always looking at Harmony as being in combination with the Acute Immune--really excellent for our dental conditions. But the adults will usually have an emotional component, too, because they not only get sick, they get stressed out because they're not feeling well, and that component needs to be addressed.

In the geriatric population--which I'm going to say today is usually vigorous 70-year olds and over--we see a lot of people in our area that are pretty healthy in their 60's yet, and I don't consider them "geriatric population"--but 70-75, the immune response isn't as strong and it isn't as rapid. By the time somebody presents to you and decides, well, I better go see the doctor because I haven't been feeling good for a while--it's usually more than a few days down the road. I take these cases the most seriously of all because in kids, they have usually very vital and capable immune systems and can rebound. But a lot

of times in our older population they're already debilitated and may have other nutritional needs. They may have dehydration as an issue. We always address those two things right out of the gate. Their vitality is just not what it should be, and so I'm always looking at Revive or Restore or Rejuvenation as a first thing to test for, and secondarily look for the immune response. If they are presenting with some symptomatic infective situation, of course, we do regular physical examination and evaluation to see what level they're at. Even if a person is on a course of antibiotic therapy, whatever, we do co-treat people all the time that do need their medical protocol. But we will really push Revive or Restore hourly again for four to five days, maybe a week, with a very high frequency, low dose stimulation. Just imagine doing a trickle charge. Well, the older the battery, it doesn't respond to doing a 25 amp or 12 amp jump, or even five amps. Sometimes you just have to trickle it at two amps for days on end to revitalize the battery. That's pretty much how the Vital Force products work in people. You look at the amp meter and see where people are, and if they need to be revitalized, then put in low doses--three to five drops hourly--for a few days on end. It's a great way to re-hydrate the person, too, because we find in geriatrics that doing four ounces of water an hour for three to four days while they're awake is much better than drinking large volumes of water once in a while. It stimulates the hypothalamus, it slowly simulates the lymphatic system, the circulatory system, gastrointestinal system, and it's necessary for mucous production.

Winter season comes and people dehydrate unbelievably. More so, I believe, in our winter climes, than they do in the summer. They have indoor air that is usually forced hot air, and you can lose 2-3 quarts of water a night just breathing--exhaling the vapor that comes off the lungs. So the sinus passages tend to dry out. There's a tremendous need for fluid in the winter, and yet we don't have our thirst mechanisms up and running the way they should be. So we feel that another side benefit of dosing this way is to increase and promote hydration. Once that's done and the hypothalamus has kicked back in, people now start to feel the need to drink water because they're now getting appropriate responses from the hypothalamus. So those are the highlights of how we dose some of these things through this period of time.

CONSTANCE: Thanks, Jeff, for sharing that with us. Does anybody have any questions about what Jeff has just talked about, or comments?

Dr. Davis, do you want to share information regarding chronic fatigue you've been working with?

DR. DAVIS: Sure, be happy to. To bring everybody up to speed just a little bit, I know we're pressed for time here, but in my particular focus, I've been at this about 15 years. I know Dr. Cheney fairly well, I also know several others that are within the chronic fatigue phenomena as far as trying to get an answer to these riddles. Just as Jeff has started with, I believe these Subtle Energy supplements have the ability to actually fit that missing link. So from my perspective as I've seen it over the last 15-20 years, working with folks who are chronically ill, is that we have stress combined with hormonal failure. Most of them are female, their pituitary axis is rattled, their adrenal glands are failed, there's usually a thyroid component, and as a result of good or bad medicine, they have or

have lost their uterus and ovaries. So what you have is the de-synchronization of the hormonal axes, as well as a chronic dysbiosis of the bowel related to the loss of the secretory IGA, and also a handful of microorganisms that just don't seem to want to go away, and what you have is the challenge of bringing up the digestive tract. Lastly, of course, the immune system has failed because of the compromised hormonal system, compromised digestive tract, and the persistent ongoing stress and failure in life and all the emotions that go with that. You also have an upset of the apple cart, or complete failure of the killer cells, T-cells and those things, so what you have is a complete array of what we call the three viral cocktails: Epstein-Barr, human herpes virus 6, and the cytomegalovirus.

So when we see these types of patients, they are very difficult because they are multi-causal, and they have multiple systems failure. As Jeff mentioned earlier, and I like his terminology, the an-ergenic and the hypo-energetic individual is that classic chronic fatiguer who has gone through a number of challenges. In the process of working with the Subtle Energy--I was introduced to it approximately seven, eight months ago--and had the basic companion of supplements such as Stress Relief. I found it to be very effective in helping to re-regulate the sympathetic and parasympathetic rhythms. We allowed them to take ten drops a night, an hour before bed, which allowed them to get into a little deeper sleep without modulating or pushing them down. We also found that when we put the Balance with the Stress Relief--I would just have them combine them into about an ounce of water about an hour, half-hour before bed--two things took place with them: they got a deeper, more restful sleep--we didn't have the periodic hour-and-a-half wake up with panic attack and those kinds of things; and we found during daytime, when they first woke up, they had a better sense that the new day was going to be better.

Also I use muscle-testing, I use Vega, electro-acupuncture, biological terrain, conventional lab work, a variety of other things in an attempt to assess these patients as they are moving through. When we found that they had thyroid imbalances--classically, just to make a giant generalization--their thyroid is down and their adrenal glands have failed. We initially started to use the Revive and Rejuvenation just based upon gut feeling and muscle testing. But it did not have the benefits that I wanted to see for energetics during the day. What I found, with the work of Constance and Yury, is that we have a new combination that some of you may not be familiar with--a wonderful combination called Fatigue 1, 2, 3 and 4 has been created as well as Adapt 1, 2, 3, and 4. The Fatigue 1, 2, 3, and 4, for those of you familiar with muscle-testing, an easier way to approach this is that the true failed chronic fatiguer--the ones who are laid out in bed and you can't stimulate their energy because they do not have the energy to recover--Fatigue 4 I'm finding can be the one we start with. We use 10 drops in the morning, 10 drops at noon, and 10 drops just in that mid-afternoon 2-3 PM period during the daytime. Try not to have them miss any of those. Do not have them take them after dinner because they have a tendency to keep the sympathetic system, the adrenal function, up.

So what we're trying to do is harmonize the daytime energy and also harmonize the nighttime recovery, and up-regulate the parasympathetic system. I have found that by using the Fatigue and the Adapt in their quadrants--such as Fatigue 4 with Adapt 4--

allows the hormonal system to regulate a little better during the day, and during the night, the parasympathetic comes up. If we do have thyroid maladaptation going on, we'll also use the Thyroid as well in the midst of this.

We have found that just by switching to these particular components it helps, and then if they have a viral component underneath that, such as, say, the Epstein-Barr, Human Herpes cocktail going on, I will also add the Acute Immune Thymus. For those of you that have been around this Chronic Fatigue world long enough to know you can put anybody on Adaptogen, you can put anybody on a mineral mix, you can put them on any kind of support system of sublingual B-12, the whole variety of things to try to get that energy up, and what happens is they'll do okay for a day or two, but they'll crash again. Or, they do fine for a week or two--you prop them up, and they'll crash again. What we find is--and this is what is very exciting--is that they begin two to three days sensing that their energies are coming. They are also getting a deeper sleep at night, and their regulatory systems for energy--the cravings for the caffeine and the stimulants, and those things for those who are just trying to get through and are still working--are not having that craving phenomenon happening. What we're finding is a sense of healing deep down inside.

Now, to share a little bit of the success we've had. We had a gentleman who was 32 years old. At work as a millwright he lost his arm from the elbow down. It just got yanked off in a machine. They were able to attach it, and had a metal plate in his arm because of the post-surgical activity. So he suffered with the surgical phenomenon, but also the post-surgical phenomenon, and then the post-traumatic stress. This gentleman, when doing his blood pressure analysis, his blood pressure was 118/70 when laid down. When we stood him up and took his blood pressure again, it dropped from 70 to 40. He felt weak and thought he was going to pass out. Of course, he was about ready to. By starting this protocol--and we've tried all kinds of things, and have been working with him for about four months--what we now have is he's talking about going back to work. He's actually playing basketball with his sons--he has high school kids--he's chasing them around, going hiking. So we have seen a profound shift in his energy, and more importantly his blood pressure stabilized, became more normal, and it didn't bottom out when he stood up. Previously, if he stayed in an upright postural position for a half-hour or hour, he'd say he couldn't stand up and needed to lie down. So we are seeing a re-regulation in these individuals in a very profound way.

Just looking at a very fundamental thing that I work with and that Jeff shared with us on our last conference call. We're constantly looking for those things that work, and we keep hoping that the things we read about and the things that we're involved with really do work, then we start using them clinically--some do, and most don't. This new energy protocol is allowing us the opportunity to take those that have somehow defused their battery packs, or somehow have lost their energy because of several metabolism failures, and they are able to regain that. And that is what I think is very, very exciting.

CONSTANCE: Well, thanks a lot Dr. Davis. I really appreciate that. Dr. Tran?

DR. TRAN: I want to ask Dr. Davis a question concerning the chronic fatigue and fibromyalgic complex he mentioned. Dr. Davis, in your experience, is the toxicity from amalgam fillings play any role, and what do you do about that?

DR. DAVIS: Well, basically, here's the phenomenon. We have hundreds of thousands of individuals with amalgams in their mouths, and what you have is this ongoing stress. Is it really a problem? Well, we know that amalgams outgas at 72 degrees, and the average mouth is at least 97 degrees to 98 degrees, and some are up to 100 degrees. So we know we have out gassing of mercury on a regular basis. The actual component--the amount of mercury that was used 40 years ago as compared with today is inverted--they're using more mercury in the filling today than they're using of the silver component. So we know that there is an out gassing. We know that there is a contaminant, and we know that we have an auto- ongoing poisoning.

But it's actually even more complicated than that. Their food is devitalized. What I mean by that is we have about one-twentieth of the nutrient value in our food chain. Mineral content? I just did a study chasing some things down. The Hunzicuts and the Okinawans consume approximately 10 grams of calcium per day in their food. So we have a demineralization, and it's much more than what I thought it was. I push it a lot as far as minerals. And lastly, is that the air and the water chain has been poisoned. We've got 2100 chemicals floating around in our water supplies, and so we have pesticides, herbicides and we have heavy metal contaminations, as well as the self-indulgence of the behaviors of the things we have in our mouths, plus the things that we eat in our food chain.

So what I see is that it's almost like--the visuals that I give my patients--is that it's little errors along the way over the last 18-20 years that have allowed their system to fail. So when we get them down to the point where they show up in my office, when they can barely crawl out of the car and into my office, what we seeing is a total auto-immune disarray, a hormonal failure, the digestive tract is shot, so everything is a problem.

We do urine analysis, hair analysis, look for heavy metal toxicities and those things. We have a couple of biological dentists in our community, some are at most about three hours away--we'll send the clients to them who are in the process of accessing and improving their health. I used to, ten years ago, have [the amalgams] be a focus up front, I don't do that anymore. What I do is I use it as kind of the icing on the cake for those individuals moving forward. I don't know if that makes any sense, but if you take a devitalized, non-energetic person and you remove the amalgams, those two meridians that run through each tooth get de-regulated again. Since they're already devitalized, it will really shut them down hard in some cases. Rather than have them do the "what we do now?" motion which I went through with several patients, what we're now doing is we're trying to energize them, and this is where the subtle energy is so powerful. We energize them so they can improve. Then we start to do these other applications later.

DR. TRAN: Thank you, sir.

DR. MARRONGELLE: Our new protocol, as we've been doing this a long time, we do the most sophisticated things, and then you come back to these simple things. What we're doing before we move any toxins, whether it's chemical, heavy metal, anything, is watering the patient, oxygenating them, feeding them whole foods, probiotics, whole fruit juices--peach and Noni juice--things like that, and energizing them. We do that for a minimum of 30 and usually 60 days, and let the body build enough energy to start to automatically detox the way it ought to. If it doesn't, then maybe we consider intervening. But our whole philosophy here has changed with these products. Vitalize, water them, oxygenate, feed them, and let the organism do what it's going to do for awhile.

I'm very interested in that protocol because we just had a boy today that started with chronic fatigue when he was nine. On heart-rate variability he showed the classic orthostatic hypotension tachycardia syndrome. We got it with this Thymus and Acute Immune, and began with a staph-strep, and he responded very well. We dropped the heart rate. His standing heart rate was 123 beats per minute when he came in--65 resting, 122 or 123 standing. He was fainting and then having seizures. so the neurologist had him on Dilantin. He was really having hypoxia attacks because of the orthostatic hypotension. Then he'd pass out. He concussed himself one time, so now he had a closed-head injury on top of it.

Regarding that, and I'm talking about the chronic fatiguers, and this is something you brought out that I wanted to mention. There are different types of CFIDS people, and a lot of times their case history will spit something out to you. The closed-head injury CFIDS people--the people that haven't been right ever since they had the car accident, or they hit their head ice skating, or they slammed into the wall making a flip turn or something. Any kind of closed-head injury, the Clear Mind coupled with the Balance--if you measure the hypothalamus point above the ear on right and left with the EAV, or you check them for switching with the AK, whatever you're doing--the combination of Clear Mind reunites the right and left hemispheres, and with the Balance, puts the energy there. Then once the HPA access gets enough energy and starts to reactivate, it will again respond to normal therapeutics in a predictable way instead being a paradoxical responder.

DR. DAVIS: Thanks! I appreciate that one.

DR. MARRONGELLE: Yes, that's a good one. Check that one out for your closed-head injury patient. Regardless of whether they're CFIDS or not, if there's history of closed-head injury and you can measure right-left brain activity by EAV or AK, or whatever method you guys use, check out the Clear Mind coupled with Balance, and put them on that for a month and watch what happens.

CONSTANCE: Great! Does anyone else have anything they want to talk about regarding Chronic Fatigue? And just to let everyone know, we'll be putting out a newsletter and a tape that will have these protocols on it. So those of you who are interested, we'll be shipping that out to you.

DR. DAVIS: Sure, just a quick note, Constance. With the chronic fatiguers, they all have an emotional component, stress, depression and anxiety. What I have found is that by using the Tranquility along with the Stress Relief really clears an awful lot of this pent up depression, which is circumstantial. What I have observed over the years of doing this, is that chronic fatiguers are not malingerers. Chronic fatiguers are truly sick people, who were well-motivated, worked, and were highly productive. What they find is that the harder they work at getting well, the worse they are. So, therefore, their circumstantial depression is actually overwhelming them. What's happening is they're losing their houses, they're losing their cars, they're losing their relationships, wives and kids. So what we found recently is that by bringing in the Stress Relief and Tranquility it really helps dampen that and bring their energies up, and has brought their brain up.

CONSTANCE: Great. Great. Well, Dr. Tran, I was going to have you talk about some of your cases, but it looks like we're running out of time. So, on the next call, we'll lead off with you, because you've had some very remarkable results with animals, and with some incurable types of situations where you've restored muscle and regenerated bone. I don't want to short change you by having just a few minutes to be able to talk about that.

DR. TRAN: I also had some wonderful results to report to you on the trial of the new thing that you sent me for testing.

CONSTANCE: Okay...you mean on the MSM...

DR. TRAN: MSM rub.

CONSTANCE: Okay, well that's probably fast. Why don't you share that one.

DR. TRAN: Yes. We have an MSM rub with the energized MSM that Constance sent me for trial for animals because they have hair and it's very difficult to use the lotion. Especially with this formula, I use it for skin infections, and they heal so fast you wouldn't believe it. I have a case of an animal that was dragged behind a car around a neighborhood, and it had severe skin damage all over the body from head to tail. It healed in less than a week! I spent about four hours on the pet in surgery, and I've never seen a healing that happened so quickly.

CONSTANCE: That particular formula has Stress Relief, Acute Immune, and Harmony mixed in it with a combination of MSM, water and Willard Water. So it's a pretty simple formula, but I had a feeling it was really going to do something on an external application.

DR. TRAN: With no complication, no divisions of suture lines, no infection, no nothing. It healed from the first day on, and I removed the sutures after about one week.

CONSTANCE: Well, great. I thank you for sharing that. For any of you that have external types of problems, I'm happy to ship that out. You just use a spray bottle, and it

works like a liniment. It doesn't burn or anything, so it's totally non-invasive, and I think we're going to see some good things with it.

DR. TRAN: On eczema, also, mastitis and infections where it oozes with pus and there is liquid on the skin. It's very good for that.

CONSTANCE: Well, thank you so much for sharing that. We've run out of time and I very much appreciate everybody on the call. I hope that you found this was a useful spending of your time. Again, I will be sending out a newsletter and will be making a tape from this. So any of the protocols discussed on this, you'll be able to have access to them.

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