

In our July 2008 newsletter, I discussed neuron nutriture. The vagus-organ interface is the core physiological issue underlying toxicity, maldigestion, immunosuppression, and prolonged inflammation. Shifting our focus to nourishing and strengthening neurons can halt the inflammation behind the tsunami of chronic diseases and the typhoon of acute inflammatory disorders like fibromyalgia that are afflicting mankind. If you fail to RESTORE hypovagal function you are practicing symptomatic treatment. In retrospect it seems that the total preoccupation with symptomatology has created a clinical and intellectual blindness to the fact that NON-POLAR omega EFAs, stimulatory vitamins/minerals and immunomodulators and anti-infectives disrupt the fidelity of neural communication and wipe out commensal cell microbionics. Regaining control of physiologic processes can turn off the electrochemistry of stress and restore vagus control of TH-1/TH-2 immune responses to upregulate regeneration far beyond that of stem cells alone. A new breakthrough in cultured green microalgae rich in organic protein that is flash preserved is discussed in this newsletter as a way to nourish repair and regenerative processes. – Dr. Paul Yanick

Cultured Protein, Polar Lipids and the Vagus Nerve

The brain and autonomic nervous system (ANS) have life-essential functions that perform the speeding up or slowing effects on heart rate and on digestion and liver detoxification in the celiac plexus. The physiology is simple and straightforward. Each organ in the digestive tract is possessed with the ability to oppose and balance the effect of the other through the ANS. And, these organs are vital to our survival and health.

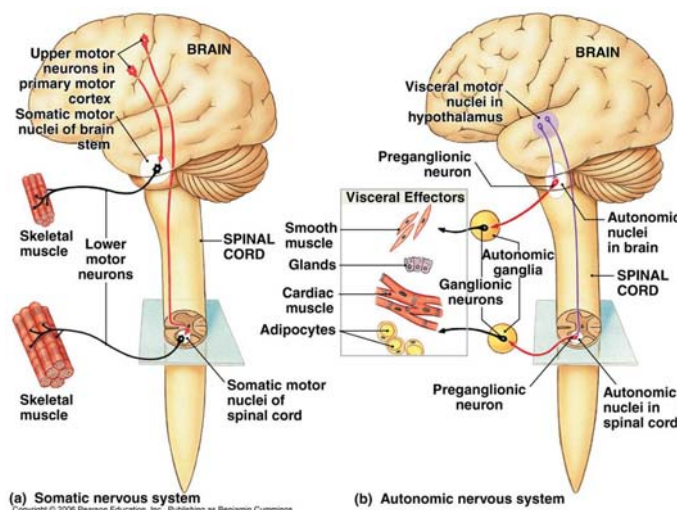
The ANS divisions constrict or dilate blood vessels, contract or relax the intestines and even regulation the production of bile and vital digestive enzymes. Toxins and stress disrupt ANS balance, limiting the cooperative activity of the two divisions so we maldigest and store toxins excessively.

Anxiety, nervousness, phobias, and insomnia are hypovagal issues as the body cannot remain calm and tranquil or cleanse itself adequately. Sadly, few practitioners actually recognize the unlimited potential and superior innate intelligence associated with the brain-vagal interface. This extraordinary, unacknowledged potency and range of powers is awe-inspiring and prodigious. It provides the ultimate anti-stress therapy and nourishes both human and commensal cells.

Scientific study of the celiac plexus has been a disorganized effort, never taken too seriously by physicians trained in the art of pharmaceutically blocking nerve receptors. Alternative medical practitioners are not, on the whole, well educated in the physiologic mechanism of the vagal celiac plexus and typically treat the end results of yeast and fungal infections rather than the causative factors.

MultiNutraFood™ describes and identifies specific neuro-synbiotic polar lipids with vagal strengthening effects and superior cultured protein that is flash-preserved with cultured *Haematococcus pluvialis* in a CO2 strong concentration ratio. Rich in astaxanthin, known as the most powerful of all antioxidants because it dead stops age-accelerating singlet oxygen type free radicals and modulates powerful anti-inflammatory, reciprocal immune responses (*Nutr Cancer* 1996;26). Unlike ordinary green powders or un-preserved microalgae like blue-green algae or spirulina, the CO2 concentration of fresh microalgae into a soft tablet resolve the nutrient degradation and abnormal growth of mold that occurs just months after microalgae is harvested.

Haematococcus pluvialis increases proliferation rates and protect cells from toxin-induced free radical damage, having a reduced incidence of coronary heart disease and certain cancers, macular degeneration, and increased resistance to viral, bacterial, fungal and parasitic infections has been reported (*J.Am. Med. Assoc.*, 272:1994; *Cancer Res.* 52:1999, *Nutr. Cancer.* 33(2):1999; *Eur J Gastroenterol Hepatol* 11(3):1999; *Cancer Epidemiology, Biomarkers and Prevention.* 2:: 1993). Researchers claim that it even reduces the number and size of liver lesions in aflatoxin-induced carcinogenesis



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(*Xenobiotica*. 26: 1998). Researchers have documented the powerful anti-inflammatory and immune-regulating activities (*Nutr Cancer* 1996;26; *Physiological Chemistry and Physics and Medical*, 1990; *Nutrition of Cancer*, 1996: 26:3) of *Haematococcus pluvialis*.

Our understanding of lipids and these kind of synbiotic antioxidants continues to be suppressed by false propaganda and unproven theories on EFA metabolism, inflammation and nerve transmission. For example, researchers at the Imperial College of Medicine and the University College of London state "Though fish oils possess cardio-protective, anti-inflammatory, and anti-cancer properties, their molecular and biochemical mechanism of action is lacking." (*Chemistry & Biology*, 2006,13:11). Thus the action and mechanisms of EFAs are side-tracked when lipids are oxidized and non-polar and chasing after only cyclooxygenase-2 (COX-2) and 5-lipoxygenase (5-LOX) inflammation and not using polar lipids fails to turn off over 80 % of all inflammation in the body.

As I explained in the July 2008 newsletter neurons change in thickness and temperature during a soliton nerve transmission process (*J Phys Chem* 2007,111; *Biophys Rev Lett* 2007, 2; *Biochem Biophys Acta* 2007, 1768; *Proc Natl Acad Sci USA*. 2005, 102; *J Mol Biol* 2004, 336; *J Phys Chem* 2004, B 108). Since vagovagal reflex control circuits in the dorsal vagal complex of the brain stem provide precise coordination of digestion and detoxification at the lipid bilayer of neurons (*Am J Physiol Gastrointest Liver Physiol* 268: 995) should we not aim our nutritional efforts at the cell membrane? The ANS directly innervates the hepatic parenchyma and has powerful metabolic control over regenerative activities in the body that exceed stem cells dramatically. Aging causes hypovagal function (*Am J Gastroenterol* 2002, 97); liver dysfunction, an increase in mortality (*Lancet* 1992;339; *Am J Gastroenterol* 1994;89), and liver cirrhosis (*J Auton Neurosci* 2000, 85; *J Hepatol* 2000; 32; *Hepatogastroenterology* 1999;46; *J Gastroenterol Hepatol* 2001;16; *Hepatology* 2001;34; *Cell Tissue Res* 1978;195; *Neurosci Lett* 1981;23; *J Auton Nerv Syst* 1983;7).

Restoring the Normal Mode and Range of ANS Functioning

In the bustle and stress of modern life, the average practitioner reaches for palliative remedies and has little time to reflect on what underlies the stress response. These intangibles of life are not alien and remote because new avenues of regulating soliton nerve transmission are now available for the first time in medical history. If we fail to take these precautionary steps in clinical practice, researchers have documented that sudden death, increased morbidity and mortality has been linked to hypovagal function (*Am J Cardiol* 1998;82; *Jpn Circ J* 2000;64; *Am J Cardiol* 2002;90; *Med Sci Monit* 2004;10; *Curr Atheroscler Rep*. 2002;4; *Cell* 2006, 124; *Immunity*, 2007, 27:4).

The entire spectrum of a patient's physical, mental and emotional well being can be influenced when we restore ANS balance. The ANS is our personal survival health kit and rather than attack the errant body behavior or symptoms of its dysfunction, we need to nourish and restore its reciprocal balance.

The ability to restore the state of well-beingness of the entire body and maintain a greater vitality in a toxic world has impelling implications for preventive medicine and increasing life-span. Most illnesses today require extensive repair and regeneration that can only be accomplished with cultured protein and polar lipids.

It makes no sense to use non-polar lipid that are known to produce toxic compounds of different molecular weight and polarities (*Trends in Food Sci. Technol* 1993,. 4: 220-25; *J. Sci.Food Agric* 2000, 80: 1925-41); cause death & liver failure in experimental animals (*J Oleo Science* 2008 57); and that have been linked to degenerative diseases in humans (*Curr Opin Lipidol*. 8 1997; 312; *JAMA* 219 1972 1307; *J Biol Chem* 272,1997; *Prostaglandins, Leucotrienes and Essential Fatty Acids*. 68:6, 2003; *Vascular Pharmacology* 68:6, 2003). Non-polar lipids alter "cellular switchboard" routines and stunt hormone reception, hindering cellular housekeeping routines that make all our detoxification attempts ineffective. PITs or positive ionic toxins disrupt the frequency-dependent polarization abilities of ions at the cell membrane level and block deep lymph drainage. Since lipids in the neuron's lipid bilayer have conductive crystalline structures and properties, we need to be fully aware of the negative ramifications of disturbing cellular switchboard activities and cell-to-cell communication (*Modern Bioelectrochemistry*. Plenum Press, NY 2001, *Biosci Rep* 210, 1986).

The efferent neural signaling pathway is termed the *cholinergic antiinflammatory pathway*, known to inhibit cytokine-driven inflammation and restores TH-1/TH-2 immunological reciprocity (*Nature*. 2002;420) needs nourishment in specific formats. These new understandings of inflammation bring to the fore breakthrough nutrient strategies for inflammatory disease, suggesting that many of these diseases are actually a vagus nerve deficit (*J Intern Med* 2005 257:2; *J Leukoc Biol* 2008 ;83:3).

Researchers report that microalgae can prevent or inhibit cancers in humans and animals. In vitro studies suggest the unique polysaccharides of microalgae enhance cell nucleus enzyme activity and DNA repair synthesis. This may be why

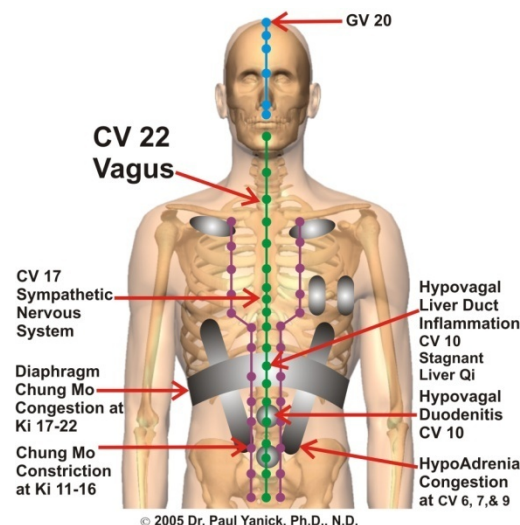
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several scientific studies, observing human tobacco users and experimental cancers in animals, report high levels of cancer suppression when subjects ate microalgae (*Nutrition and Cancer* 24:2: 1995; *Marine Sciences* %:1991; *Acta Genetica Sinica (Chinese Journal of Genetics)*,15:5:1988).

Cultured protein from fresh microalgae that is instantly preserved with CO2 *Haematococcus pluvialis* seems to be the ideal clinical answer for patient that are non-compliant, on prescription medications or that are too far advanced clinically to benefit from aggressive detoxification strategies employed in our clinical protocols that were outlined in our December 2008 newsletter. So in spite of stresses from environmental toxins and infectious agents (*Journal of Nutritional Sciences and Vitaminology*, 40, 431-441, 1994 *Journal of Nutritional Immunology* V.3(4) 1995; *Immunopharmacology*, 1996), cultured protein with polar lipids may be the ideal “stand alone” nutriture to provide for the majority of economically distressed and non-compliant patients.

Counteracting abnormal chronic and hyper-activated inflammatory responses (*Life Sciences*, 2007, 80) other than cyclooxygenase-2 (COX-2) and 5-lipoxygenase (5-LOX) can put the lid on the unrestrained inflammation behind depression, arthritis and neurodegenerative disorders (*Rheumatol Int* 2005, 24; *J Intern Med* 2005, 257). Researchers say the ANS “plays a role in a wide range of somatic and mental diseases” (*J Clin Invest*, 2007, 117:2) and that the polarity of cell’s lipid bilayer regulates permeability and nerve transmission (*Proceedings of National. Academy Sciences* 2001, 98) and is essential for life. Indeed, a vast array of cellular processes (cell adhesion, ion channel conductance and cell signaling) depends on ANS balance. For example, fibromyalgia involves damage to the deeper lymph drainage channels is rarely addressed. Chronic inflammation leads to neuropathy which is rarely assessed in clinical practice and commonly increases risk of a heart attack or stroke. “We believe that inflammation is a strong risk factor for cardiovascular disease among rheumatoid arthritis patients,” says Hilal Maradit Kremers, M.D. (Mayo Clinic Department of Health Sciences Research). Exaggerated inflammatory reactions damage deeper lymph channels and the gastro-duodenal juncture where excretion channels must be open to detoxify the body completely.

NOTE: MultiNutraFood and other polar lipid products are sold at www.quantafoods.com



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