

Slide 1

*Bio-Energetic Foods For An  
Epidemic Of Obesity*

Weight Control with Gluten Free Fun Food,  
For Peak Bio-energetic Potential

**Dr Debi Drake**  
Presented at Royal Body Care Convention  
Travelodge Hotel, Keele Str & Hwy #401, Toronto, Ontario  
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Notice to User

- This information is designed to provide clinical & navigational instruction only.
- It reflects suggestions of the author, and is designed for clinical teaching for health consumers and professionals.
- It is not intended to diagnose or treat any condition, and no claims of cure whatsoever have been made or intended.
- Use at your own discretion. Good Luck.

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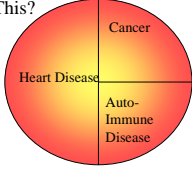
Part A

Is There An Obesity Epidemic?

#### Slide 4

Only 3 Main Causes of Death

- What Predictable Central Mechanism can Explain This?



The diagram is a circle divided into three equal parts. The top-right quadrant is labeled 'Cancer', the bottom-right quadrant is labeled 'Auto-Immune Disease', and the left half (top-left and bottom-left) is labeled 'Heart Disease'.

#### Slide 5

Obesity Claims

- In a new study published in New England Journal of Medicine, 2003,
- 20% of cancer deaths in women
- 14% in men are related to being overweight or obese.

#### Slide 6

Obesity Risk for Cancer

- Being overweight or obese substantially increases the risk of dying from cancer, according to the American Cancer Association<sup>1</sup>.

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Cancer Prevention=Weight  
Maintenance

Over 90,000 cancer deaths  
could be prevented each year if  
Americans could only maintain  
a healthy body weight.”<sup>1</sup>

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65% Obesity Rate is Epidemic

- In the year 2000, about 65% of US adults were overweight or obese, according to the Center of Disease Control and Prevention, and 31% were obese.<sup>1</sup>

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Men's Cancer Risk

- In this study the heaviest men had 52% more deaths from cancer than normal weight men.(1).

Slide 10

Women's Cancer Deaths

- In this study the heaviest women had cancer death rates 62% higher than normal weight women.<sup>1</sup>

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Breast Cancer Risk Rises with Obesity

- Obesity increases a women's risk of developing breast cancer and her risk of dying from it.<sup>1</sup>

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Obesity Epidemic In United Kingdom

- Obesity has reached epidemic proportions in UK. National Obesity Forum of the United Kingdom stated, that "Action is needed by the government, the food industry, and society as a whole".

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22 Million Obese Children

- Childhood obesity has reached epidemic proportions; worldwide, approximately 22 million children under five years of age are overweight.<sup>2</sup>

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Obesity in Children Doubles in USA in 30 years

- During the past 3 decades the number of overweight children in the United States has more than doubled. By the year 2002, 22% of preschool children were overweight and 10% were obese.<sup>2</sup>

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References

1. CA Cancer J Clinical. Excess Weight Linked to 90,000 US Cancer Deaths 2003;53;4;203-4
2. New England Journal of Medicine, 2002, Childhood Obesity and a Diabetes Epidemic. vol 346:854-855.

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**Nutritional Strategies for the  
Correction of Obesity, Leaky  
Gut Syndrome and Celiac  
Disease**

Dr. Deborah Drake  
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Part B

What Causes Obesity?

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Obesity's Cause & Solution?

- What is Going On in Society?
- What is the Mechanism for this recent Epidemic of Obesity?
- What are the simple keys to reversing this ominous trend?

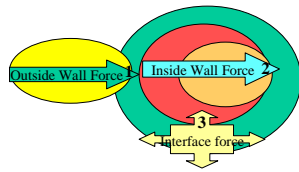
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### Are You Obese Or Swollen?

- The solution is difficult if you don't have the facts and are ascribing incorrect blame
- Infection and toxin induced change in bioterrain impairs gut filtration, causing swelling, malabsorption, resulting in a leaky gut interface
- Leaky gut syndrome precipitates autoimmune disease, cancer cascading, and metabolic changes leading to heart disease risks.

## Slide 20

### Only 3 Ways to Obstruct Health

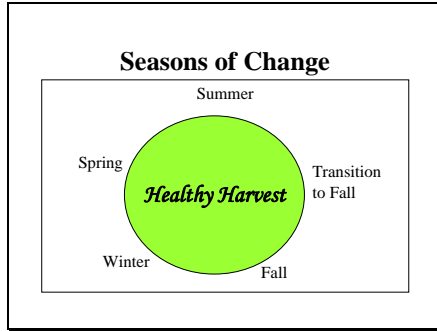


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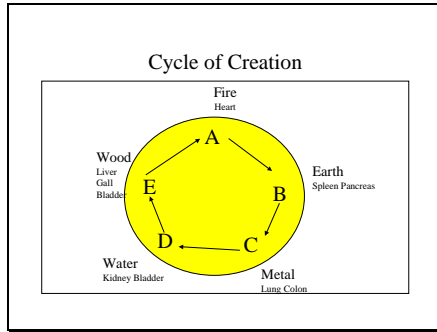
### Multi-Modalities Needed

- Leaky gut syndrome needs variety of modalities to prevent relapse
  - Digestive repair
  - Blood sugar Regulation
  - Chelating Mineralization repair for metals
  - Antioxidants for energy, detoxification, increased oxygenation
  - Treatment addictive cravings and behavior

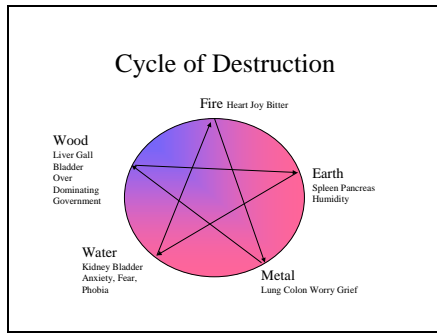
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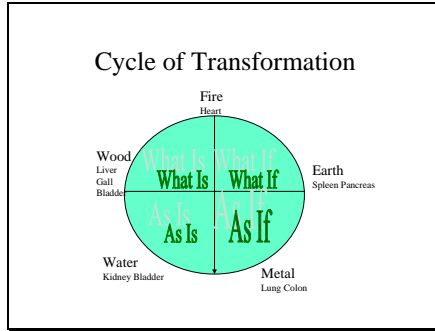


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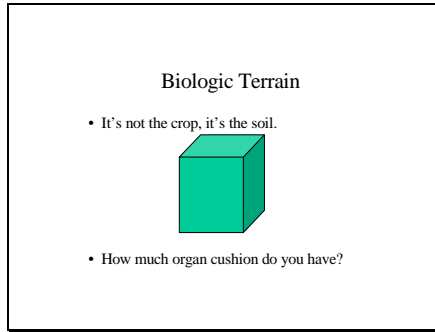




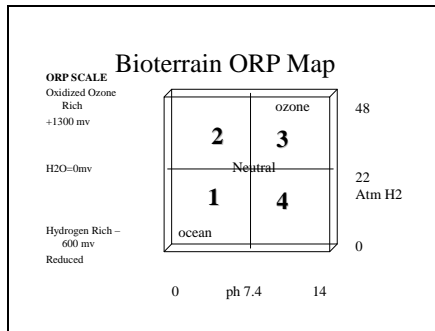
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**Index of Gut Dysbiosis Issues**

- Bioterrain and Immune system Anatomy
- Immune & Endocrine system Physiology
- Gut Anatomy & Leaky Gut Conditions
- Celiac Disease Induction & Cross Reactions
- Food Poisoning Co morbidity to Celiac Dis.
- Auto-Immune Disease Induction
- Solutions for Obesity & Leaky Gut Syndrome

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**Introducing “Slim Shake”**



**10 Days of Chocolate Provides:**

- Multi-faceted Weight Loss Tool
- Rapid, Precise Reproducible Results
- Hypo-allergenic Non-Invasive Food
- Measurable Normalization of Terrain
- Results Improves Compliance & Fun

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**Immune System Anatomy**

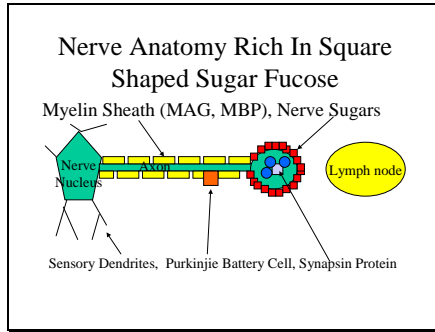
- Thymus Gland makes one Plasma Cell for Each frequency or each bug or invader
- Thymus gland provides master library of defense
- Humoral Immunity Flags enemy by shape recognition (Frequency = Digital Shape)
- Flagging of enemy with antibodies to lectins induces immune cascade to assist capture
- WBC Cellular Immune defenses follow up to destroy invader, then turn off once finished

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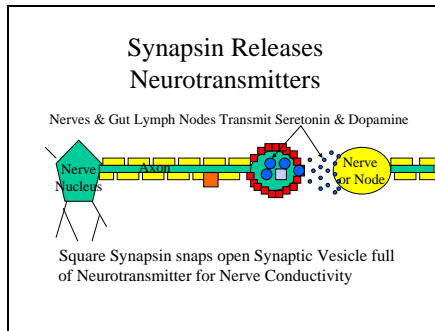
### Immune system physiology

- Many human structures are coated with square sugar Fucose
- Human immune structures are defended with anti Fucose & anti-celiac antibodies
- The brain, endocrine, gut lining, blood and electrical systems rich in Fucose are vulnerable to anti Fucose anti-gliadin (anti-gluten) like antibodies.

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### Fucose Rich Human Switchboard

- » The Brain & endocrine system is rich in Square fucose sugars in nerve endings, myelin sheaths, synapsin, purkinjie,
- » The heart wiring is rich in square Pukinjie sugars
- » The lymph glands are rich in Square fucose sugars
- » The gut lining is rich in Square fucose sugars
- » The Red Blood Cell is rich in Square fucose sugars

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### Vulnerable Body Locations

Body Locations  
Rich in  
Purkinjie  
Fibers  
Vulnerable to  
Celiac Antibodies

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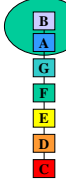
### Endocrine Glands

Brain Switchboard has an endocrine system as an extension for neuro-endocrine regulation ( the electro-chemical junction box)

- » Pineal
- » Pituitary
- » Thymus, thyroid
- » Heart
- » Liver, gallbladder
- » Spleen, Kidney
- » Gonads (Ovary, Testes)

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### Frequency Imparts Function

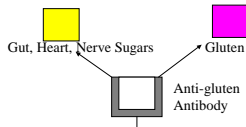


- » The frequencies of the glands & Charkras match the frequency of the notes of the piano scale & the frequency of rainbow colors
- » Different frequencies impart different organ tuning functions
- » Different octaves impart different functions body functions (ie lower octaves for vibrational body, middle octaves for chemical body, upper octaves for spiritual body)

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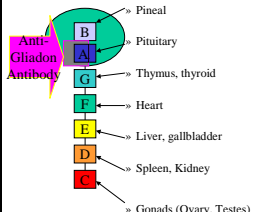
### Anti Gliadon Antibodies

- Anti-gliadon antibodies attack the brain, endocrine glands, RBC & gut lining due to similar shape to gluten




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### Endocrine Glands

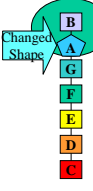


- » Pineal
- » Pituitary
- » Thymus, thyroid
- » Heart
- » Liver, gallbladder
- » Spleen, Kidney
- » Gonads (Ovary, Testes)

Gluten Shape  Similar to Endocrine & Nerves & Charkas can cause cross reacting auto antibodies to attack the glandular switchboard, gluing up cellular, hormonal and neurological communication

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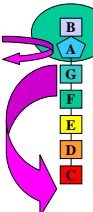
### Frequency Imparts Function



- » The endocrine glands are extensions of the brain, which are also rich nerves, therefore rich in Square sugars
- » The pituitary gland hormone rings 440 hertz, the same frequency as the note A on the piano
- » If the pituitary hormone is bent out of shape and rings 336 hertz, it won't match it's receptor site, causing pituitary illness.

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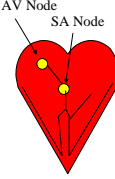
### Disease Definition=Out of Tune



- » The digital frequency of a substance is defined by the angles in the molecule
- » A hormone out of shape imparts a different angles so different frequency and cannot then attach to its receptor frequency, causing disease (a gland out of tune)
- » Impairing the Switchboard communications with anti gliadin antibodies to the Square sugars in the endocrine systems impairs body tuning (homeostasis)

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### Heart Wiring Rich in Purkinjie

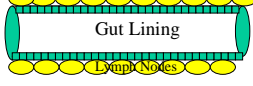


- Heart Wiring is rich in nerves rich in gluten like Purkinjie cells
- Celiac antibodies can attack heart wire >induce arrhythmias
- Heart electronics are Vulnerable at AV node to SA node to Bundle of His to R+L Endocardial Bundle Branches

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### Gut Lining Rich in Fucose

- The gut lining is rich in square sugar
- Lymph nodes are rich in Square sugars
- Lymph nodes harbor 95% serotonin and dopamine as modified nerves called gut lymph nodes (Enterochromaffin Cells)

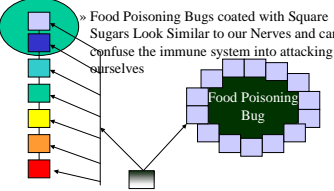


The diagram shows a cross-section of the gut lining, represented by a row of yellow circles. Below it, a row of yellow circles is labeled 'Lymph Nodes'.

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### Food Poisoning Mimics Gluten

» Food Poisoning Bugs coated with Square Sugars Look Similar to our Nerves and can confuse the immune system into attacking ourselves



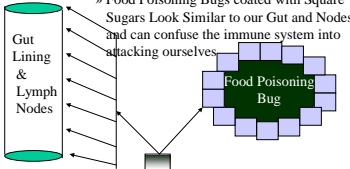
The diagram shows a green circle labeled 'Food Poisoning Bug' with a cluster of blue squares on its surface. To the left, a vertical stack of colored squares (purple, blue, green, yellow, orange, red) is shown. An arrow points from the blue square in this stack to the blue squares on the bug. Below the stack, a small grey square is labeled 'Anti Gliadon'.

Anti Gliadon  
AntiBody Induces Acquired Celiac Disease

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### Food Poisoning Mimics Gluten

» Food Poisoning Bugs coated with Square Sugars Look Similar to our Gut and Nodes and can confuse the immune system into attacking ourselves



The diagram shows a green circle labeled 'Food Poisoning Bug' with a cluster of blue squares on its surface. To the left, a vertical stack of colored squares (purple, blue, green, yellow, orange, red) is shown. An arrow points from the blue square in this stack to the blue squares on the bug. Below the stack, a small grey square is labeled 'Anti Square'.

Anti Square  
AntiBody Perforated Gut Lining

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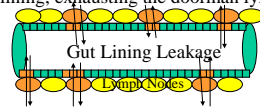
### Food Poisoning Impact on Filtration

- Anti-gliadin antibodies in search of similar shaped foreign infections, cross react and damages the gut lining, nerves, nodes, RBC
- Elevated SGPG antibodies attack gut lining
- Injured gut lymph nodes loose serotonin and dopamine for peristalsis and defense
- Myelin Associated Attack weakens nerves
- Peristalsis impairment furthers gut dysbiosis

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### Leaky Gut Syndrome

- The gut lining is rich in square sugar and rich in square sugar rich Lymph nodes vulnerable to attack by cross reacting SGPG & anti-gluten antibodies, puncturing the lining, exhausting the doorman lymph nodes



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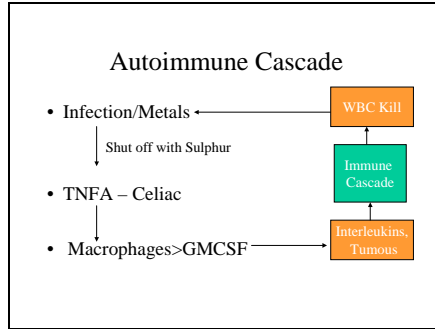
### Autoimmune Disease Induction

- Once TNFA induced to call on immune system, the neighboring gene for celiac and other neighbor for autoimmune disease are co-activated until the invasion is settles.
- Chromosome 6 carries three gene neighbors

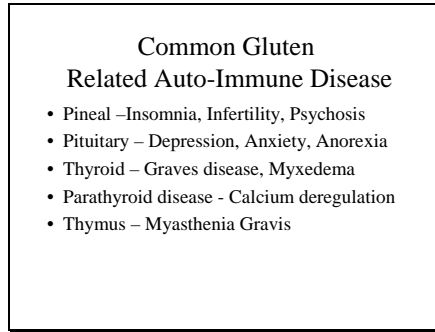




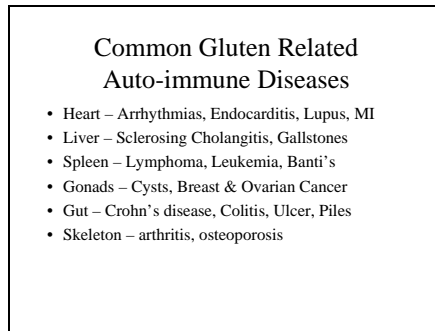
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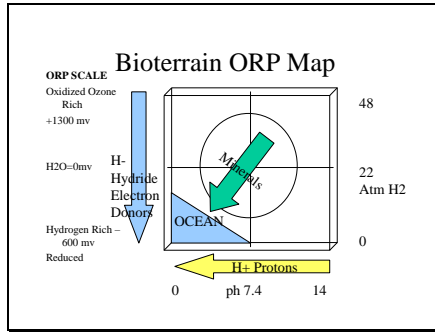


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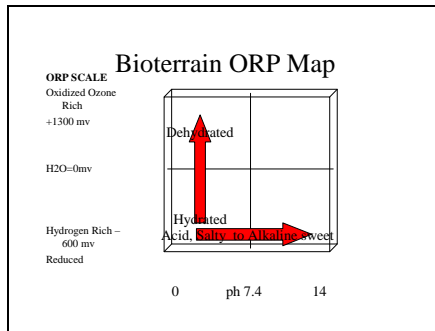
**Overall Goal is Clean Organ Function**

- Clean the Cleaning Organs - the body cleans itself
  - Choose Weight Program that is designed to reduce fat & swelling of leaky gut syndrome
  - Clean Lymphatic, Liver, Spleen, kidney, bladder, skin, lung
  - Clean Small intestine, Large intestine, Oral Pharynx
  - Support Endocrine, Thymus

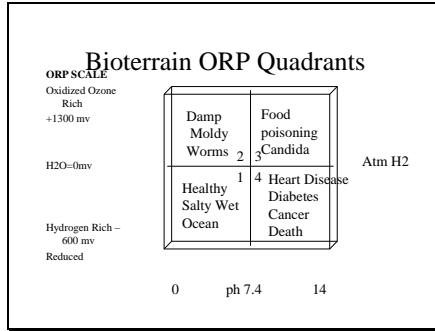
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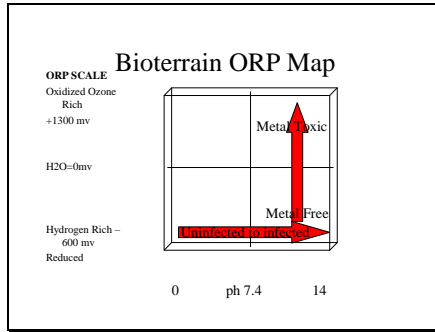
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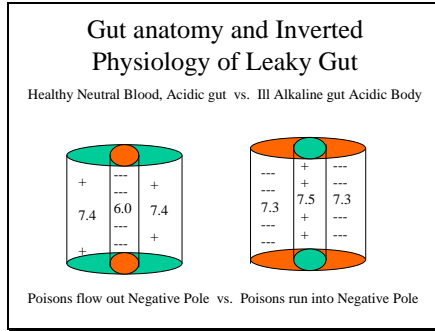
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- ### Bioterrain
- Predictors of Illness = Shift in Bioterrain:
    - Shifting from acid gut to alkaline gut (L>R)
    - Shifting from mineralized to sweet and demineralized (Lower L>Upper R)
    - Shifting from metal free to toxic
    - Shifting from hydrated to dehydrated
    - Shifting from Hydrogen rich reduced glacial water to hydride depleted oxidized rust

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- ### Leaky Gut Historical Risks
- Immunity Disturbance
    - Post operative anesthetic history causing 72 hours cessation of bowel sounds indicating peristalsis
    - Antibiotic history disturbing bowel flora
    - Steroid Drug use, anti-inflammatory medication, diuretics
    - Malnutrition, Anorexia, Bulimia
    - History of severe injury or debilitation

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- ### Leaky Gut Nutritional Risks
- Sugar (fermentation substrate for infections)
  - Morphine (caso-morphin, gluto-morphin)
  - Cocaine (Opioid, serotonin, GABA)
  - Hashish, Marijuana (dopamine, ACh, GABA)
  - Coffee (Adrenal stimulator, Diuretic, Homeopathic)
  - Carbohydrate Bread, pasta etc. (gluten)
  - Alcohol (suppresses awareness of infection)

## Slide 61

### Leaky Gut Social Risk Factors

- Emotional Disturbances
  - Stress, Anger, Colitis, Appendicitis, CFS,
- Social Risks
  - Childbirth ( high hormone and demanding nutritional state)
  - Child rearing (toddlers mouthing, Diapering)
  - Institutional meals
  - Poverty, Malnourishment, Drug Abuse

## Slide 62

### Leaky Gut Occupational Risk Factors

- Occupational Risks
  - Caregivers (childcare, teachers, Politicians)
  - Food handlers
  - Health care workers, Senior citizen assistants
  - Dental workers,
  - Police & correctional Officers
  - Industrial workers, (Steel, perfume, Dust Chemicals)
  - Farmers (pesticide exposure)

## Slide 63

### Leaky Gut Syndrome Features

- QXCI Features of High Risk for Leaky Gut
  - Low Resistivity due to Demineralization, Low reactivity, High heavy metal toxicity or spiritual superimposition
  - Low Amino Acids due to malabsorption
  - High in Perverse Energy since ungrounded
  - Exhausted Selyer Stress Response
  - High Resonance due to anxiety
  - High risk spiritual attack since ungrounded

## Slide 64

### Homotoxicology Miasms

- Correct Familial Risk ( Miasms )
  - Chronic Fatigue Syndromes
  - Sexually Transmitted Diseases, esp. syphilis
  - infections esp. food poisoning, amoeba,
  - Vaccination, Esp. Measles = Tyrosine
  - Mental Issues in family
  - Cancer prions, esp Lymphoma

## Slide 65

### Homotoxicology DNA

- Correct DNA Map
  - Healing must occur in 3 dimensions (x,y,z axis)
  - Alter DNA Frequency Structure of to prevent aging and diseases or infections with Hydrogen bonding (Microhydrin) which aids in chromosomal Hydrogen bonding and proper folding of DNA helix
  - Correct DNA repair enzymes with Mineralization
  - Use Hydride for Teliomere repair to lengthen chromosome for anti-aging effect

## Slide 66

### Homotoxicology Dental

- Remove Heavy Metal Toxins which Alter Terrain
  - Remove top toxins with Microhydrin Plus (Vitamin C and Microhydrin are metal detoxifiers, Chlorella is metal mobilizer, spirulina is metal neutralizer)
  - Pay extra care to those with dental fillings, which promote growth of Food Poisoning, Worms, Candida and Pyrogenium etc. & leaky gut syndrome
  - Use Co Q Enzymes and OPC for liver cleanse
  - Boost immunity with Colostrum (First Food)

## Slide 67

### Homotoxicology-Food Poisoning

- Many infections are hidden since Candida Eats IgA antibodies that signify other invading organisms
- Biofeedback testing reveals a huge amount of long term occult infections
- Commonly missed infections: Pinworm, Roundworm, Pyrogenium, Salmonella, Shigella, Campylobacter, Helicobacter Pylori, Yersinia Bubonic Plague, Cholera, Taenia Tapeworm

## Slide 68

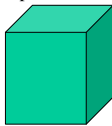
### Changing Terrain Heals

- Microhydrin, Spirulina, and Green Phyto Power change the pH & ORP, which helps all enzymes function automatically
  - Degeneration
  - Immune repair
  - Endocrine repair
  - Psychological repair
  - Neurological repair

## Slide 69

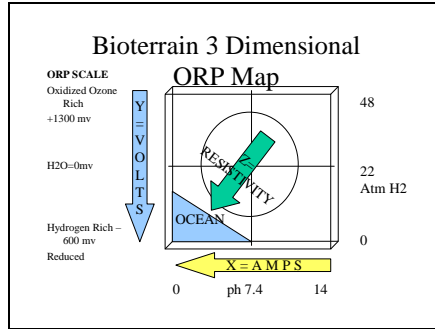
### Biologic Terrain Therapies

- It's not the crop, it's the soil.



- How much organ cushion do you have?

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- Multi Level Approach to Obesity**
- Leaky gut syndrome needs variety of modalities to prevent relapse
    - Digestive repair, Blood sugar Regulation
    - Chelating with algae repairs metal toxicity
    - Mineralization to Restore Magnesium, Calcium and Mineral Pool for Mood, Sleep, Oxygenation, bones
    - Amino Acid neurotransmitter therapy to Feel good, increase motivation & address bad behavior

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**Part C**

Lasting Solutions for Obesity Depend  
on Changing the Bioterrain



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### Change Terrain-Change Weight

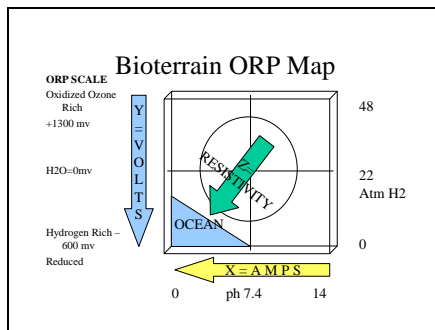
- Summary: Dilute>Clean>Kill>Restore
  - Treat the metal toxicity which shifted the terrain, causing infectious overgrowth
  - Treat the sugar addiction & food sensitivity during infection or detoxification
  - Treat the mood for serotonin and dopamine depletion from the gut lymph node infections
  - Treat with fun and spiritual love, not blame

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### Goal of Bioterrain Therapy

- Determine Goal Weight, Height, BMI
- Use Electron Meter to monitor ORP
- Use Saliva or Urine pH testing to monitor until excretory organs pH is 5-6
- Navigate to Zero Point at center of Bioterrain for good oxygen exchange and a large organ cushion for flexible physiology

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### Global Repair Over Time

- Leaky gut syndrome repair will impact over time the healing of many degenerative diseases by improving:
  - Immune repair
  - Endocrine repair
  - Psychological repair
  - Neurological repair

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### Motivate the MOOD

- Piggy Back Therapies to clean gut lymph nodes and improve serotonin and dopamine for mood balance, and peristalsis and motivation
  - Clean liver, gall bladder, spleen, kidney, lymphatic, lung, heart, small intestine, large intestine, gonads, nerves, connective tissue, oral (ie Colovada)
  - Prevent depression (serotonin), psychosis (tyrosine), anxiety (Acetyl Choline) with amino acid rich foods esp turkey or mozzarella cheese or supplements such as RBC's Bioshape/Protivity

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### Bioterrain ORP:1. First Dilute

**ORP SCALE**

Oxidized Ozone Rich +1300 mv

H2O=0mv

Hydrogen Rich - 600 mv Reduced

0      ph 7.4      14

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### Royal Body Care Essentials

- Microhydrin, Spirulina and Hydra-cel can maximize the volts, amps & resistance, improving the three dimensional size of your body's organ cushion
- Microhydrin electrifies and prevents infections of mold, virus, worm, food poisoning & fungus
- A large hydrated, antioxidant rich, mineral rich, electrified ocean-like pool in our bodies will prevent dysfunction in almost all diseases

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### Avoid Food Allergies

- Piggy Back Additional Therapies
  - Avoid aggravating or allergic foods (sugar, alcohol, shellfish, night shade veggies, milk, gluten, MSG)
  - Avoid liquid with meals, avoid bad food combining
  - Follow rules of the stomach (ie fruits before noon)
  - Avoid Sugar and gluten induced dental cavities necessitating insertion of toxic metals, which cause mental retentions of toxins
  - Avoid moldy foods (cashews, peanuts pistachios, blue cheese, stored food)
  - Avoid food poisoning in eggs, pork, chicken, fish

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### Bioterrain ORP : 2. Second Clean

ORP SCALE

Oxidized Ozone Rich +1300 mv	48
H2O-0mv	22 Atm H2
Hydrogen Rich - 600 mv Reduced	0

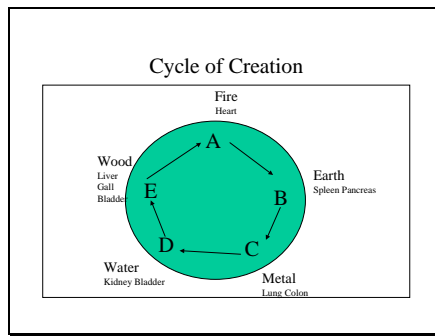
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## Slide 82

### Repair Begins with Dilution & Cleaning Toxins

- Repair Organs over Time with Hydration
  - Use Cycle of Creation to determine the priority sequence of organs and seasons
  - Dilute toxins and clean the cleaning organs routinely, and especially before any detox (“Strip the dance wax before repolishing”)
  - Pay special attention to Lymphatic, liver, spleen, kidney, adrenal, thyroid, pancreas, large and small intestine, skin and sinus

## Slide 83



## Slide 84

### Clean Toxins from Leaky Gut

- Society = High Risks of Toxicity > Detox for
  - Drug use, environmental Toxins, Heavy metals or mercury toxicity, Asbestos, Radiation
  - Industrial Pollution, Food Additives, Chlorine
  - Leaky gut syndrome, Stomach Violation, Constipation, Addictions
  - Allergy, Milk Allergies, Pork Sue Toxins
  - Mental Retention of Toxins
  - Metabolic error/heredity

## Slide 85

### Therapies for Leaky Gut

- Piggy Back Green Phyto Power Drink
  - Green Phyto Power Contains:
    - Mineral and Magnesium rich Chlorophyll in Algae to regulate blood sugar and muscle
    - Detoxifying Broccoli to balance liver processing of hormones
    - Metal Mobilizing & Neutralizing Chlorella

## Slide 86

### Gluten Free Menu

- Use Strict Gluten Free Menu during Detox
  - Supply Diet Alternative, Good Food List
  - Restore Amino Acids, especially Tyrosine and Serotonin plus zinc with Turkey
  - Avoid Chicken (wheat fed muscles resemble gluten)
  - Use Gluten Free pastas, breads, flours
  - Use Rice milk

## Slide 87

### Gluten Desensitization

- Supportive Tactics
  - Mineralization, EFA, AA, enzymes
  - Microhydrin Plus 2 caps twice per day for Trivector with DNA repair, especially Chromosome 6 (TNFA, Autoimmune, celiac)
  - Repair Scalar Spin to Left for Endocrine system balance with living (L-spin) foods
  - Ignite Enzymes with whole food minerals

## Slide 88

### Gluten Desensitization

- Strategies to Reduce Gluten Autoimmunity:
  - Gluten Allergy Avoidance & Desensitization
  - Eat Right For Your Blood type
  - Improve Organ Filtration with Hydration, Enzymes, whole food minerals, exercise, rest
  - Cleanse (ie ColoVada) Gut, Brain, Lymphatic, Endocrine, Blood, Bone, intestine, spleen, liver et al.

## Slide 89

### Prevention of Gluten Damage

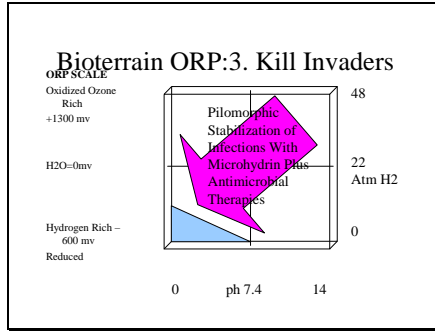
- Benefits of Gluten Free Designer Foods
  - Repairs organs at Risk (Small & Large Intestine, lymphatic, adrenal, brain, endocrine, liver, spleen, heart)
  - Repair Liver and Gallbladder emptying and disrupt Hypothalamus Gallbladder connection, preventing addictive eating, indigestion and overuse of antacids

## Slide 90

### Healing Nerves & Glands Improves Immune Communication

- Myelin Repair gives Reduced Stress in Nerves,
- Balance improves in Heart rhythm, Cerebellar & ovary/testes repair, all rich in Purkinjie fibers
- Hormones balance with reduces bowel overgrowth
- Magnesium promotes Corpus Collosum cross talk
- Immune Repair Reduces Auto Immune Disorders
- Released Toxins helps to motivate & reconnect

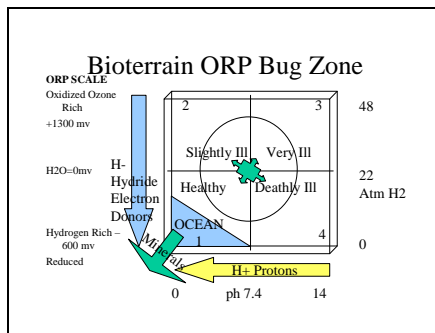
Slide 91



Slide 92

- ### Gut Dysbiosis Culprits
- Treat Gut & Blood for Comorbid infections
    - Correct Bioterrain to Ensure Pilomorphie Stabilization with probiotics, not antibiotics
    - Treat Blood toxicity and infections Epstein Barr Virus, Rickettsial or Lyme's Disease,
    - Treat gut for Food Poisoning, Worms, Amoeba, Tapeworm, Parasites, Molds
    - Treat Lymphoma and Leukemia for the Worst Fungal Coinvaders (Candida, Mucor, Aspergillus, Nocardia)

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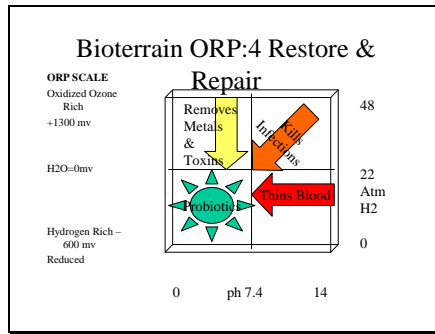


## Slide 94

### Sulphur Strategies for Infection

- Reduce Celiac Disease and Autoimmune Cascade with Sulphur loading
  - Supply Sulphur to shut off TNFA and Celiac
  - Use Garlic, Onions, Apricots in foods
  - Use MSM, NAC, Lipoic Acid, Glutathione
  - Microhydrin Plus contains all these sulphurs and is 26x stronger than the original Microhydrin Plain for the same cost.

## Slide 95



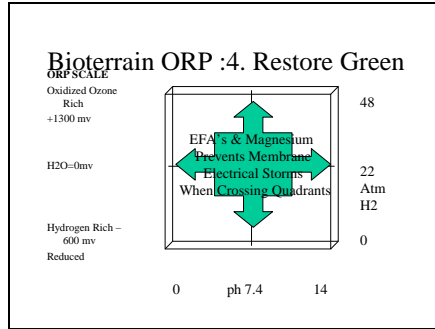
## Slide 96

### Encourage Normal Gut Flora

- Probiotics use for life
  - Restore lifelong Bowel Flora
  - Use Spirulina microclusters 3 caps 3x/day
  - Use Multistrain Lactobacillus to max of 30 billion bacteria /day) to produce vitamin K to thin the blood and kill pathogens
  - Use cultured yogurt regularly after meals when travelling to prevent food poisoning



Slide 97



Slide 98

**What's so Good About Chocolate?**

- Chocolate is Rich in Magnesium for insulin regulation, peristalsis of bowel motility, left to right brain cross connections, muscle tone, heart rhythm, bone cement, mood and immune regulation
- Chocolate is rich in EFA's and Amino Acids which will augment healing nerves, nodes, glands and building muscle and nerve transmitters

Slide 99

**Why "Slim Shake" Works**

- Leaky gut syndrome is addressed by a variety of modalities to prevent relapse, including encouraging of hypoallergenic repair of filtration
  - Digestive repair and infection prevention
  - Blood sugar and food craving regulation
  - Chelating Mineralization repair for enzymatic function and metal detoxification
  - Antioxidants for energy, detoxification, increased oxygenation

## Slide 100

### Integrated Weight Loss System

- Benefits
  - Unconsciously we need a fun, rewarding treat as a choice of therapy – Chocolate is universally loved.
  - Green foods are Magnesium rich gluten free, amino acid repleting foods which promote Normal Bowel flora, Increased Diffusion, Osmosis, Oxygenation, appropriate transit time, for correction of malnutrition.
  - Improved energy gives momentum for activity

## Slide 101

### Weight Loss Tips

- Follow a biologically correct system for success
  - Avoid aggravating or allergic foods (sugar, alcohol, shellfish, night shade veggies, milk, gluten, MSG)
  - Avoid liquid with meals, avoid bad food combining
  - Follow rules of the stomach (ie fruits before noon)
  - Avoid Sugar and gluten induced dental cavities necessitating insertion of endocrine toxic metals
  - Avoid moldy foods (cashews, peanuts pistachios, blue cheese, melons, stored food dead in enzymes)
  - Avoid food poisoning in eggs, pork, chicken, fish

## Slide 102

### Motivate the Mood

- Piggy Back Therapies to clean gut lymph nodes and improve serotonin and dopamine for mood balance, peristalsis and motivation
  - Clean liver, gall bladder, spleen, kidney, lymphatic, lung, heart, small intestine, large intestine, gonads, nerves, connective tissue, oral (ie Colovada)
  - Prevent depression (serotonin), psychosis (tyrosine), anxiety (Acetyl Choline) with amino acid rich foods esp turkey or mozzarella cheese or supplements such as RBC's Bioshape/Protivity

## Slide 103

### Repair of Nerves

- Nutritional Therapies for Nerves
  - Myelin Repair with Essential Fatty Acids
  - Nerve transmission repair with gluten Free Diet rich in Amino Acids
  - Improve Hormone attachment with zinc
  - Corpus Collosum Repair with Magnesium & Manganese and Molybdenum minerals
  - Repair Auto Aggressive disorder with sulphur

## Slide 104

### Global Repair Over Time

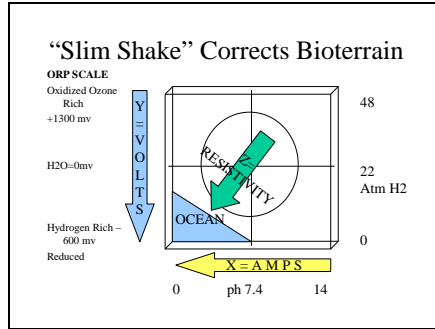
- Leaky gut syndrome repair will impact over time the healing of many degenerative diseases by improving:
  - Immune repair
  - Endocrine repair
  - Psychological repair
  - Neurological repair
  - Digestive repair

## Slide 105

### Slim Shake


- Royal Body Care's new product "**10 days of Chocolate**" using "**Slim Shake**" is an immune boosting, mineral & fibre rich, low fat, highly absorbable designer meal replacement
- It offers an uncomplicated, yet scientifically correct formulation, free of gluten, lactose and sucrose
- It is an excellent entry point into weight loss and weight management system using a highly palatable, user friendly, sustainable style of eating.

Slide 106



Slide 107

**Introducing “Slim Shake”**



**10 Days of Chocolate Provides:**

- Multi-faceted Weight Loss Tool
- Rapid, Precise Reproducible Results
- Hypo-allergenic Non-Invasive Food
- Measurable Normalization of Terrain
- Results Improves Compliance & Fun

Slide 108

**Slim Shake Ingredients**

- Hydrolyzed proteins removes allergic potential
- Improved glycemic control with fructose as carbohydrate source
- No allergic gluten, whole milk or sucrose
- Contains metabolically important vitamins
- Rich in fibre, low in fat, Balanced nutrition

Slide 109

### Slim Shake™ Ingredients

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,500	2,500
Total Fat	Less than	65g	50g
Sat Fat	Less than	25g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

**Ingredients:** Protein blend (soy & whey protein isolates), fructose, **CocoaCluster™ Blend** (cocoa, lecithin, natural & artificial flavors, sunflower oil, potassium citrate, potassium carbonate, silica, purified-ionized water, magnesium sulfate), maltodextrin, dicalcium phosphate, xanthan gum, potassium chloride, ascorbic acid, vitamin E acetate, vitamin A palmitate, niacinamide, zinc oxide, iron electrolytic, copper gluconate, calcium pantothenate, cholecalciferol (vitamin D3), pyridoxine hydrochloride, riboflavin, thiamin mononitrate, cyanocobalamin (vitamin B12), biotin, potassium iodide

Slide 110

Nutrition Facts		
Serving Size 2 scoops (41g)		
Amount Per Serving		
% Daily Value*	Scoop	Scoop
<b>Total Fat</b> 15g 30%		
<b>Saturated Fat</b> 10g 20%		
<b>Trans Fat</b> 0g 0%		
<b>Cholesterol</b> 0mg 0%		
<b>Sodium</b> 240mg 10%		
<b>Total Carbohydrate</b> 115g 23%		
<b>Dietary Fiber</b> 25g 50%		
<b>Protein</b> 25g 50%		
<b>Vitamin E</b> 100%		
<b>Vitamin A</b> 100%		
<b>Iron</b> 100%		
<b>Vitamin B1</b> 100%		
<b>Vitamin B2</b> 100%		
<b>Vitamin B3</b> 100%		
<b>Vitamin B6</b> 100%		
<b>Vitamin B12</b> 100%		
<b>Niacin</b> 100%		
<b>Pantothenic Acid</b> 100%		
<b>Phosphorus</b> 100%		
<b>Calcium</b> 100%		
<b>Zinc</b> 100%		
<b>Copper</b> 100%		

Slim Shake™

Ingredients

Slide 111

## Appendix I

### Nutritional Benefits and Safety of Whey Protein Isolate and Fructose in Slim Shake

Slide 112

Studies have shown that proteins derived from the whey fraction of cow's milk are known to modulate and enhance immune responses.<sup>1,2</sup>

Slide 113

Oral supplementation with cysteine-rich whey protein formulas were evaluated on plasma glutathione levels in glutathione deficient patients. It was shown that whey tends to increase glutathione levels. Glutathione is an important antioxidant that affects immune status.<sup>3,4</sup>

Slide 114

Studies on infants showed that whey protein with correct caloric ratios for ample energy, provide safe and affective nutrition for normal growth. Body weight and length were similar to babies fed with breast milk.<sup>5</sup>

Slide 115

Animal studies show that soy and whey proteins in the diet support mechanisms that may protect compromised liver and breast tissue.<sup>6</sup>

Slide 116

A study published in *Journal of Nutrition* observed considerable protection to intestinal tissue with the use of whey as compared to diets of red meat, casein, or soybean. Glutathione measured within liver cells was higher in whey protein fed animals. Whatever the mechanism, dairy proteins and whey protein in particular, seem to offer considerable protection to the intestine.<sup>7</sup>

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Protein sources such as whey protein concentrate, insoluble dietary fiber from barley grain, and high calcium intake seem to be very promising for protecting the colon.<sup>8</sup>

Slide 118

Whey formulas fed to very low birth weight infants showed less predisposition to metabolic acidosis and its adverse effects than other casein formulas.<sup>9</sup>

Slide 119

Whey hydrolysate has been shown to be a safe alternative in most infants studied with gastrointestinal symptoms of cow milk and/or formula intolerance.<sup>10</sup>

Slide 120

A serving of Slim Shake contains only about 2.6% of the amount of lactose in a cup of regular skim milk.



Slide 121

Studies indicate that small amounts of fructose included in a carbohydrate meal, activate metabolic processes in the liver helping stabilize and balance glucose levels in the blood. Fructose initiates the liver to convert blood glucose into stored glycogen, removing glucose from circulation.<sup>11,12</sup>

Slide 122

A serving of 2 scoops of Slim Shake blended in water provides 1.5 exchange of carbohydrate and 1.5 exchange of protein according to the American Diabetes Association Exchange list of food portions. ( Howard Center/ Diabetes Education and Nutrition Information, Baylor Medical Center Irving, Tx)

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**Other Publications of Dr Drake**

- **Quadrant Meal Plan**
  - Dr Drake has designed a meal plan to structure and guide anyone back to healthy quadrant 1, using all the known science about digestion, timing and substance of food, plus the desire for variety & fun.
- **Healthy Harvest Recipes**
  - Gluten free & Turkey recipes are appended at the back, to highlight their healing capacities and to give an example of how creative and easy holistic nutrition can be in guiding our inner terrain to health.