



**BioMatrix Clinic eDose**  
 your regular dose of health news  
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*"Living the Natural Lifestyle"*

[www.biomatrixclinic.com](http://www.biomatrixclinic.com)

**Welcome to Springtime!**

It's time to get rid of that heavy wintertime feeling by cleansing your body. The spring season is a time to clean out your car, your house and your body. Enlighten and enliven your energy. Start by opening up the back door and emptying out your colon (large intestine).

Then cleanse the 3 filters of your blood: liver, kidneys and lungs. Take **IRIS** for the liver (& blood), **Viaforce PM** for the kidneys, and **PFY** for the lungs. These products are by Elite and can be found at Fiddleheads Health and Nutrition. They are not like a regular cleansing kit. Instead, they will target each of these organs because there is one bottle of herbs specifically for each of the 3 organs. But of course, they also cleanse the whole body detoxification system: blood, liver, lymph, skin, kidneys, bladder, and lungs.

See info about these Elite products on my website [www.biomatrixclinic.com](http://www.biomatrixclinic.com)

They can be purchased at Fiddleheads Health & Nutrition store.



**Joanne Brophy**

Registered Nutritional  
 Consulting Practitioner



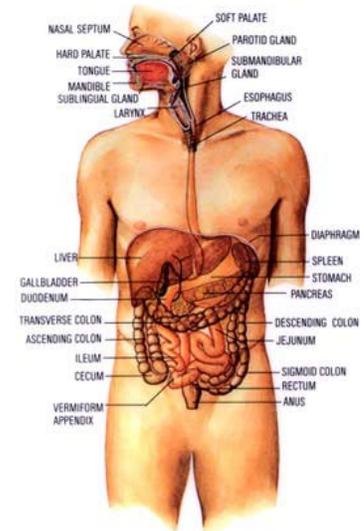
61 John St.  
 Waterloo, ON  
 519-576-0564

**ORGAN CLEANSE OR CELLULAR CLEANSE**

What is the difference between an Organ Cleanse and a Cellular Cleanse? An **Organ Cleanse** is a draining and detoxifying of the blood and its filtering system. We are only as healthy as our blood. The organs that make up this Detoxification System are liver-gallbladder, lymph, skin, kidney-bladder, and lungs. But of course there is also the garbage tank called the colon. Empty out the colon and then take the herbs for the filters of the blood as stated above.

A **Cellular Cleanse** is deeper on a cellular level. The cells continually consume nutrients and give off waste, so they do get congested. Basically, you are doing an Organ Cleanse as well as fasting. It is necessary to fast from all forms of food to give a rest to the Digestive System. During the 3<sup>rd</sup> day of fasting, the cells will release their toxic material and send it out the exit doors. So you will still want to be taking the above herbs at this time to cleanse the organs. How do you fast? Plan a program that is actually a 5 day program. The 1<sup>st</sup> and 5<sup>th</sup> days you will eat only raw fruits and vegetables. (No fruit if you have Candida). This prepares the body for fasting, and at the end of the fast, to go back to regular eating. The 3 days in between can be done in several ways. Suggestions: At meal time drink a veggie broth, even with a spoon so it feels like a meal. Drink only Herbal Teas on the 2<sup>nd</sup> and 4<sup>th</sup> days. On the middle day, the 3<sup>rd</sup> day, drink vegetable juice. Or... you can do 2 days of vegetable juice and one day of Herbal teas. Of course you can also drink water. Changing the pattern every day helps to get through the fast. You can also do Epsom Salt baths, skin brushing, saunas, and jumping on the mini trampoline.

**LOCATION OF DIGESTIVE ORGANS**



## TESTIMONIES

I am sure I must have helped a lot of you people over the years with your health. If you wish to share a short testimony with me for my website, I would greatly appreciate it. Just email me. You can either have your whole name on it or initials. Thank you.

## SANTEVIA WATER FILTER SYSTEM

Drinking clean, purified is absolutely a must today. However, there is another important issue. The most ideal purified water is not distilled or reverse osmosis water. The pH of purified water should be alkaline. Distilled and R/O water removes the minerals along with the toxic chemicals, but results in acidic water. There have been water systems that put the minerals back into the water, but quite expensive. Now there is a portable system that makes alkaline, purified water at 8.0 to 8.5 pH called the Santevia Water System. We want to consume alkaline water to alkalize the tissues of our body. When they are alkaline, they can carry oxygen. That is why people consume vegetable juice and green drinks to alkalize. So, drinking alkaline water is ideal. It will not over alkalize though, as it is always a challenge for us to alkalize. The water brings my pH up to 7 and up to 7.2 with an additional cup of DoMatcha green tea. Santevia has mineral stones in its system that causes the alkalinity. It is an affordable, portable system that you will want to check out at [www.santevia.com](http://www.santevia.com) where you can also watch the video for information. It stands 24" high. Take it to the cottage. It is great for apartment living. It removes chemicals and heavy metals. Replacement filters are affordable. See it in person at Fiddleheads and experience the great taste. Read the articles on my website for more information on alkalinity. It is sold in your local health store.



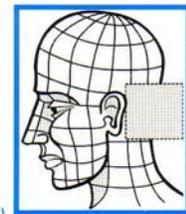
## HYDROGEN PEROXIDE FOR TEETH & TOOTHBRUSH

3% Hydrogen Peroxide can be purchased from your local pharmacy. It is similar to bleach only natural and friendly to the body and environment. I use it every evening to gargle before bed. I have done this for many years. It is a good way to keep the mouth clean for 8 hours while sleeping. When gargling, it will foam up in the mouth as it kills off the bad bacteria in the mouth. Then rinse with water. I have spoken with dentists and dental hygienists who confirm that it is helpful to maintain whiteness of the teeth and not harmful to the enamel. By pouring some over your toothbrush, it will sterilize it from bacteria. Fill a spray bottle half full of 3% and then fill the remainder with water. This is excellent for spraying down the bathroom or kitchen counter to kill germs as a disinfectant.



## HAIR MINERAL ANALYSIS & HEAVY METALS

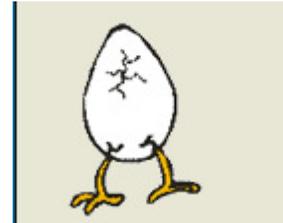
It is good to have a Hair Analysis done every couple of years. It is often found today that heavy metals are accumulating in the body. We are exposed to them daily from our toxic environment. Some of us are able to release them from our bodies while others cannot. Many of us have had the toxic mercury amalgams removed from our teeth. But lead, cadmium and aluminum are commonly found in our tissues. This can be detected by a laboratory test done on the hair from the back of the head. A Hair Tissue Mineral Analysis can provide pertinent information about your mineral reserves. It can tell if you have any heavy metals gathering in your tissues. Contact my clinic if you wish to have this test done at \$85 which also includes a telephone consultation with me when the results are in. I personally have been retaining lead the last few years. I have had it quickly removed by 2 Intravenous IV Sessions by Dr. Francesco Anello MD. The only, absolute place I have found lead is in my lipstick, but we are easily exposed to it in many ways, such as the air we breathe and the water we drink.



See my website for sample report and cutting of hair etc., or [www.doctorsdata.com](http://www.doctorsdata.com) under Tests...Hair Elements.

## FREE RUN EGGS

Eggs are one of the most nutritious foods on the planet. Three or four eggs per week should be in your diet every week. Cholesterol is not made in the body when the yellow yolk and the white part are eaten together. Eggs are very healthy for you. Free run eggs are laid by hens, housed in state of the art cage-free, weather-sheltered barns. Each hen is allowed to roam, feed, perch, scratch and lay their eggs in nest boxes. This is comforting reminder that not everything has changed. Enjoy your eggs, and don't worry about the myth of cholesterol in eggs. How should they be eaten? Any way you wish. Well, not too much better. How often? Even 4-6 per week is good.



## SUPPORT YOUR LOCAL HEALTH FOOD STORE

Every time you buy health food or supplements from your local grocery store or big box store you are supporting that business so that it grows. If you continue to do that, we will not have our local health food stores. At big box stores you will not get the same educational information and support. They do not have the same kind of integrity, committed to you the customer. The more you support them, the less chance the small health food store will be able to compete and survive. We must stick together or the Codex movement will take over as in Australia and Germany where you have to go to a pharmacy to buy product, pay 3x the amount, and even have a prescription to buy Vitamin C. You might be saving a dollar, but losing a lot in the long run. This is the same for Internet shopping. It is not the same as a real person helping you with your health. Imagine that as the only way to shop. Where would our holistic health community be? Stay plugged into your community. Show your support to your local health food store.

## ALLERGY SEASON

In 1950 one in seven people had allergies, by 1970 one in five, and by this present time, almost one in three have allergies. The trees are budding and the pollens will be flying. Be prepared for a plan of allergy protection for yourself.

While some allergic responses are little more than a nuisance, others affect the entire body and can develop, if untreated, into more serious problems as we age. Allergic reactions can range from severe hives, hay fever, skin allergy, sneezing, wheezing, asthma, shortness of breath, runny nose, itchy and watery eyes, and more.

I get excellent results with people in my clinic by strengthening the immune system with a product called **Immuno-Care from Celt Naturals** in Alberta. It is sold in your local health store. One capsule per day on an empty stomach is taken all through allergy season. It reprograms the immune system. Why suffer? Give it a try. [www.immuno-care.com](http://www.immuno-care.com)



## MENOPAUSE RELIEF

Maybe you are now entering the phase of menopause. It's a great time of your life but can bring some uncomfortable symptoms. I have gone through it twice. The first time was when I had a complete hysterectomy and the symptoms were exceptionally difficult. However, I took a Herbal formula that eliminated all of my symptoms in 6 weeks. I never did any drug hormone therapy, thank goodness for what we know today. Then when I turned 50 my pituitary gland in my brain kicked into menopause again. Once again herbs did the trick. The insomnia symptoms took a little longer to recover from. A similar formula of herbs that I once used is getting great success with my clients today. It is called **Meno-Concept by Herb-e-**



**Concept** from Quebec, sold in your local health store. Why experience those uncomfortable hot flushes and mood swings etc. when you can support your body with nature's herbs? You will get some results definitely within the first 2 weeks, but continue. You can stay on this product as long as you are going through menopause. You can even double dose for a couple of days if needed. [www.herb-e-concept.com](http://www.herb-e-concept.com) Foods that aggravate symptoms are sugar, chocolate, tea, coffee, soft drinks, spicy foods and smoking.

## HERBS FOR MEN

Men too, go through hormonal changes as they age. They can stabilize their mood and support their hormonal health. Most men are interested in relieving stress, restoring vitality, building immunity, improving memory, relieving fatigue, and of course improving **virility**. They also don't want to eventually have prostate problems like their fathers. All of the men who have tried **Testoster'homme by Herb-e-Concept** in my clinic have been pleased. It is from Quebec and sold at your local health food store. You will know if you like it probably after the first bottle. [www.herb-e-concept.com](http://www.herb-e-concept.com)



## HAIR SKIN & NAILS

Silica is essential for hair, skin and nails. It is even important for tendons, joints, ligaments, bones and collagen. It helps to keep the joints flexible. It helps to absorb calcium into the bones. Silica relieves symptoms of eczema, herpes, psoriasis, and dermatitis. It reduces fat in the bloodstream creating elasticity of the arteries. Most people are interested in silica because they are annoyed with problems with their fingernails that break or tear easily. Silica strengthens them. Until now, we have always used silica made from rock crystal or horsetail. Now we can get a more concentrated form from bamboo plant. It can be 30-50x more concentrated, and that is good. Even 1 capsule a day can greatly help. I recommend **Bam-Bu by Herb-e-Concept** from Quebec at your local health food store.



Most products that are mentioned in this newsletter can be purchased at Fiddleheads Health & Nutrition Store at: 438 Highland Road, Kitchener 519-749-8473  
450 Columbia Street West, Sobey's Plaza, Waterloo 519-342-1682  
480 Hespeler Road, Winners Plaza, Cambridge 519-624-6879

Thanks for taking the time to read this newsletter.

Email me if you have any questions or feedback. [joanne@biomatrixclinic.com](mailto:joanne@biomatrixclinic.com)

Joanne Brophy RNCP

Registered Nutritional Consulting Practitioner

Holistic Health Educator

BioMatrix Clinic eDose brought to you by Joanne Brophy.

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