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## Welcome to Wintertime!

Tis the season to cleanse again. Regular cleansing is your best cancer prevention and anti-aging. Clean blood is always the goal. The holiday season most likely threw you off of your good habits with diet and lifestyle. All the more reason to clean that blood. Choose whatever you wish to empty your bowels out to get some good diarrhea happening. Then your liver, kidneys and lungs will want to cheer. Next, for 30 days, cleanse these 3 filters of the blood. Most cleansing kits will have a laxative bottle and one bottle of herbs to cleanse all 3 filters. However, that is not enough to be really effective. If you are really into health, you will TARGET CLEANSE. That means one bottle of herbs for each of the 3 filters. Here are some suggestions:



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## CLEANSING KIT

**Bowel:** Magnesium Oxide (Mag Citrate by SISU 4 or more capsules), Epsom Salts (approximately 1 rounded teaspoon), Prunes (whatever works), Herbal Laxative (CLC by Elite 2-4 capsules) Flush out the bowels at the beginning of the 30 day cleanse and possibly again in the middle of the cleanse.

**Liver:** IRIS by Elite (will cleanse liver, lymph, blood, skin)

**Kidneys:** VIAFORCE PM by Elite (will cleanse kidneys and bladder)

**Lungs:** PFY by Elite (will cleanse lungs and bronchial)

- You can give your body a break by stopping some of your other supplements while cleansing, so that you can afford this complete TARGET CLEANSE.
- I can tell if you cleaned enough out of the bowel if you describe your experience by using the words “Wow, Oh my God, did I ever get a lot out!”

## COLDS & FLU

This is sniffle time. How strong is your immune system? If you want to make it stronger, I would suggest **Immuno-Care** by Celt.

See [www.immuno-care.com](http://www.immuno-care.com) It is a therapeutic product to reprogram your immune function. 1 capsule once a day for the whole winter season is great. It has great research for the immune system in general, as well as many autoimmune diseases. It will modulate or balance the system. It builds strong white blood cells. It has a great



track record at my clinic for environmental allergies and asthma. I take Immuno-Care myself on a regular basis to prevent many immune diseases of today.

Occasionally, it may be necessary for you to boost or stimulate the immune system just as soon as the body has been attacked by a virus or bacteria. At first signs of a flu or cold, immediately take 2 capsules of **WEL by Elite**. Then every hour or two, take another 1 capsule during your waking hours. If you wake up during the night, take another 2 capsules. You can safely take up to 12 capsules per day. Do this for a couple of days and it will help to jumpstart your immune system to knock out the bug. Depending on how quickly you start this will determine if it will knock it out immediately, or reduce the severity of the symptoms and the duration of the illness. This is called frequent or therapeutic dosing for a cold or flu. If you already got the cold or flu, still do the frequent dosing for a couple of days anyhow to reduce the severity of the condition. **WEL** works like a charm. If you have a pattern of getting colds and flu, take **Immuno-Care** for a long time to reprogram and strengthen your immune system.

## ARTHRITIS HELP

Arthritis is irritation and inflammation of the joints from too much acid build-up in the joints. Arth means joints and itis means inflammation. These acids are from stress, wrong eating and toxic



blood due to a slow functioning detoxification system of the 3 filters called the liver, kidneys and lungs. The worst acids are sugar, coffee, pop and alcohol. Starches and meat are unfortunately acids. Fruits and vegetables are alkalizing to the blood that will reduce acids. An antioxidant in your diet helps to reduce the damage to the red blood cells from these acids. Firstly, cleansing is important to do seasonally.



Eat more fruits and vegetables. One of the best alkalizers is matcha green tea. Matcha green tea also has powerful antioxidants and catechins to prevent cancer. I would suggest **DoMatcha Green Tea** powder. The word matcha means powder. DoMatcha Green Tea reduces inflammation in the joints and builds healthy red blood cells.

See [www.domatcha.com](http://www.domatcha.com)

I have been getting a 90% success rate with my clients with a new joint product called **Reparagen** by Cadna Nutritionals. It is fast-acting within 2 weeks or less. One bottle over the course of 30 days will tell you if you are in that 90% range.

Take close note of your symptoms before stating the product to get a baseline of symptoms. Then take note again after 2 weeks and another 2 weeks again. You should not be disappointed. It is a patented process of Cats Claw and Maca Root. 1 capsule twice daily or 2 capsules twice daily for more chronic issues such as Fibromyalgia. I must tell you that I am 90% out of low back pain that I have had for 20 years. Yeahhhh.



It will rebuild the joints, and reduce swelling, stiffness and inflammation. Give me a phone call if you would like to try a free bottle of **Reparagen** for a month's supply. All that is required is that you write a very short testimony about your experience with the product.

See [www.reparagen.com](http://www.reparagen.com)

The best results, I would recommend taking both supplements:  
Reparagen and DoMatcha Green Tea.

## NASAL CONGESTION,



The wintertime can bring dry irritated sinuses. It is best to have a humidifier running in your bedroom during the months of January and February because the heat dries out the air in our homes. This creates dry irritated nasal tissues making it less effective for the protection of bacterial and fungal invasion. That means colds. Whenever your nose feels congested, try **Nasal Spray** by NutriBiotic. See [www.nutriBiotic.com](http://www.nutriBiotic.com) Two sprays in each nostril 2-3 times per day will decongest the sinuses. It has grapefruit seed extract in it as an anti-bacterial and anti-fungal.

## SKIN MOISTURIZER See [www.bioplama.com](http://www.bioplama.com)

To have beautiful, radiant facial skin, a good moisturizer really helps. I like **Vitamin E Cream** by BioVera. It is a rich, natural emollient cream that is made with cold pressed oils as a base. I enjoy also the **Liquid Organic Cleanser** for my body and face that is made with the old fashioned plant called soapwort. Then I moisturize my whole body with **Lotion Naturelle** with a light rose scent. They are both by BioVera and completely natural.



## SUGAR IS THE ENEMY

Sugar is the biggest enemy that we have in our diet. It is the most insidious liar. It tricks our tongue, taste buds and mind. It is called the “love drug” and addictive it can be. I hate to rain on your sugar parade, but we all need reminding that it is a “thief” as it robs us silently of our health. I am sure that you spend a lot of money and effort at building up the nutrients in your body. But it all gets wasted because sugar is a bad acid that washes them out of your body. Try and read through this very long list.

- ❑ Sugar can suppress your immune system and impair your defences against infectious disease and cancer.
- ❑ Sugar upsets the mineral relationships in your body: causes chromium and copper deficiencies and interferes with absorption of calcium and magnesium.
- ❑ Sugar can cause tight, tense muscles anywhere in the body.
- ❑ Sugar can cause a rapid rise of adrenaline, hyperactivity, anxiety, difficulty concentrating, and crankiness in children.

- ❑ Sugar can produce a significant rise in total cholesterol, triglycerides and bad cholesterol and a decrease in good cholesterol.
- ❑ Sugar causes a loss of skin tissue elasticity and function causing aging.
- ❑ Sugar feeds cancer cells and has been connected with the development of cancer of the breast, ovaries, prostate, rectum, pancreas, biliary tract, lung, gallbladder and stomach.
- ❑ Sugar can increase fasting levels of glucose and can cause reactive hypoglycemia.
- ❑ Sugar can weaken eyesight.
- ❑ Sugar can cause many problems with the gastrointestinal tract including: an acidic digestive tract, indigestion, malabsorption in patients with functional bowel disease, increased risk of Crohn's disease, and ulcerative colitis.
- ❑ Sugar can cause premature aging in general.
- ❑ Sugar can lead to alcoholism.
- ❑ Sugar can cause your saliva to become acidic, tooth decay, and periodontal disease.
- ❑ Sugar contributes to obesity due to its high caloric content.
- ❑ Sugar can cause autoimmune diseases such as: arthritis, asthma, multiple sclerosis
- ❑ Sugar greatly assists the uncontrolled growth of Candida Albicans (yeast infections).
- ❑ Sugar can cause gallstones, appendicitis, varicose veins, and hemorrhoids.
- ❑ Sugar can elevate glucose and insulin responses in oral contraceptive users.
- ❑ Sugar can contribute to osteoporosis by depleting calcium.
- ❑ Sugar can cause a decrease in your insulin sensitivity thereby causing an abnormally high insulin levels and eventually diabetes.
- ❑ Sugar can lower your Vitamin E levels.
- ❑ Sugar can increase your systolic blood pressure.
- ❑ Sugar can cause drowsiness and decreased activity in children.
- ❑ High sugar intake increases advanced glycation end products (AGEs)(sugar molecules attaching to and thereby damaging proteins in the body).
- ❑ Sugar can interfere with your absorption of protein.
- ❑ Sugar causes food allergies.
- ❑ Sugar can cause toxemia during pregnancy.
- ❑ Sugar can contribute to eczema in children.
- ❑ Sugar can cause atherosclerosis and cardiovascular disease.
- ❑ Sugar can impair the structure of your DNA.
- ❑ Sugar can change the structure of protein and cause a permanent alteration of the way the proteins act in your body.
- ❑ Sugar can make your skin age by changing the structure of collagen.
- ❑ Sugar can cause cataracts and nearsightedness.
- ❑ Sugar can cause emphysema.
- ❑ High sugar intake can impair the physiological homeostasis of many systems in your body.
- ❑ Sugar lowers the ability of enzymes to function.
- ❑ Sugar intake is higher in people with Parkinson's disease.
- ❑ Sugar can increase the size of your liver by making your liver cells divide and it can increase the amount of liver fat.

- ❑ Sugar can increase kidney size and produce pathological changes in the kidney such as the formation of kidney stones.
- ❑ Sugar can damage your pancreas causing diabetes.
- ❑ Sugar can increase your body's fluid retention and weaken kidneys.
- ❑ Sugar is enemy #1 of your bowel movement causing both constipation and diarrhea.
- ❑ Sugar can compromise the lining of your blood capillaries.
- ❑ Sugar can make your tendons more brittle causing arthritis and gout.
- ❑ Sugar can cause headaches, including migraines.
- ❑ Sugar can reduce the learning capacity, adversely affect school children's grades and cause learning disorders.
- ❑ Sugar can cause an increase in delta, alpha, and theta brain waves that can alter your mind's ability to think clearly and sleep properly.
- ❑ Sugar can increase your risk of Alzheimer's disease.
- ❑ Sugar can cause hormonal imbalances such as: increasing estrogen in men, exacerbating PMS in women, and decreasing human growth hormone.
- ❑ Sugar can lead to dizziness, anxiety and depression.
- ❑ Diets high in sugar will increase free radicals and oxidative stress.
- ❑ High sucrose diets of subjects with peripheral vascular disease significantly increases platelet adhesion.



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.**

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BioMatrix Clinic eDose brought to you by Joanne Brophy.

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