



Natural Solutions to Allergy ProblemsTM



**Allergic conditions
have been
increasing
dramatically in
industrialized
countries around
the world.**



(Modern Allergies, www.healthy.net/scr.article)

More than 50
million Americans
suffer from
allergies, and more
than 100 million
Americans
experience allergy-
like symptoms.



(Allergy Statistics, www.niaid.nih.gov/factsheets/allerystat.html; American Academy of Allergy, Asthma, and Immunology, The Allergy Report: Science Based Findings on the Diagnosis & Treatment of Allergic Disorders, 1996-2001; Allergy Categories, www.isitallergy.com/consumer/acatagories.asp.)



Allergies are the 6th leading cause of chronic disease in the U.S., costing the health care system over \$18 billion annually.



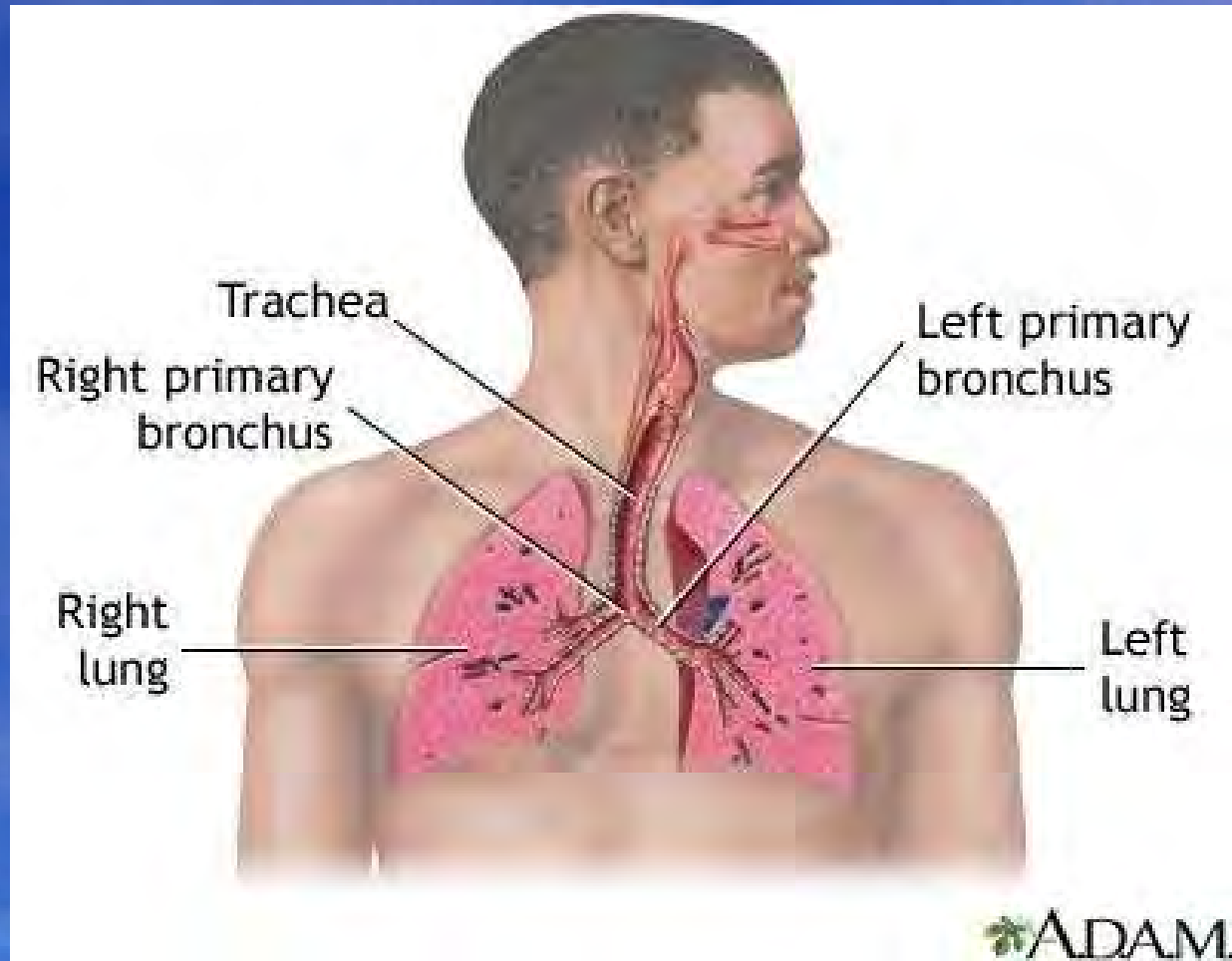
(Allergy Statistics, www.niaid.nih.gov/factsheets/allerystat.html; American Academy of Allergy, Asthma, and Immunology, The Allergy Report: Science Based Findings on the Diagnosis & Treatment of Allergic Disorders, 1996-2001)

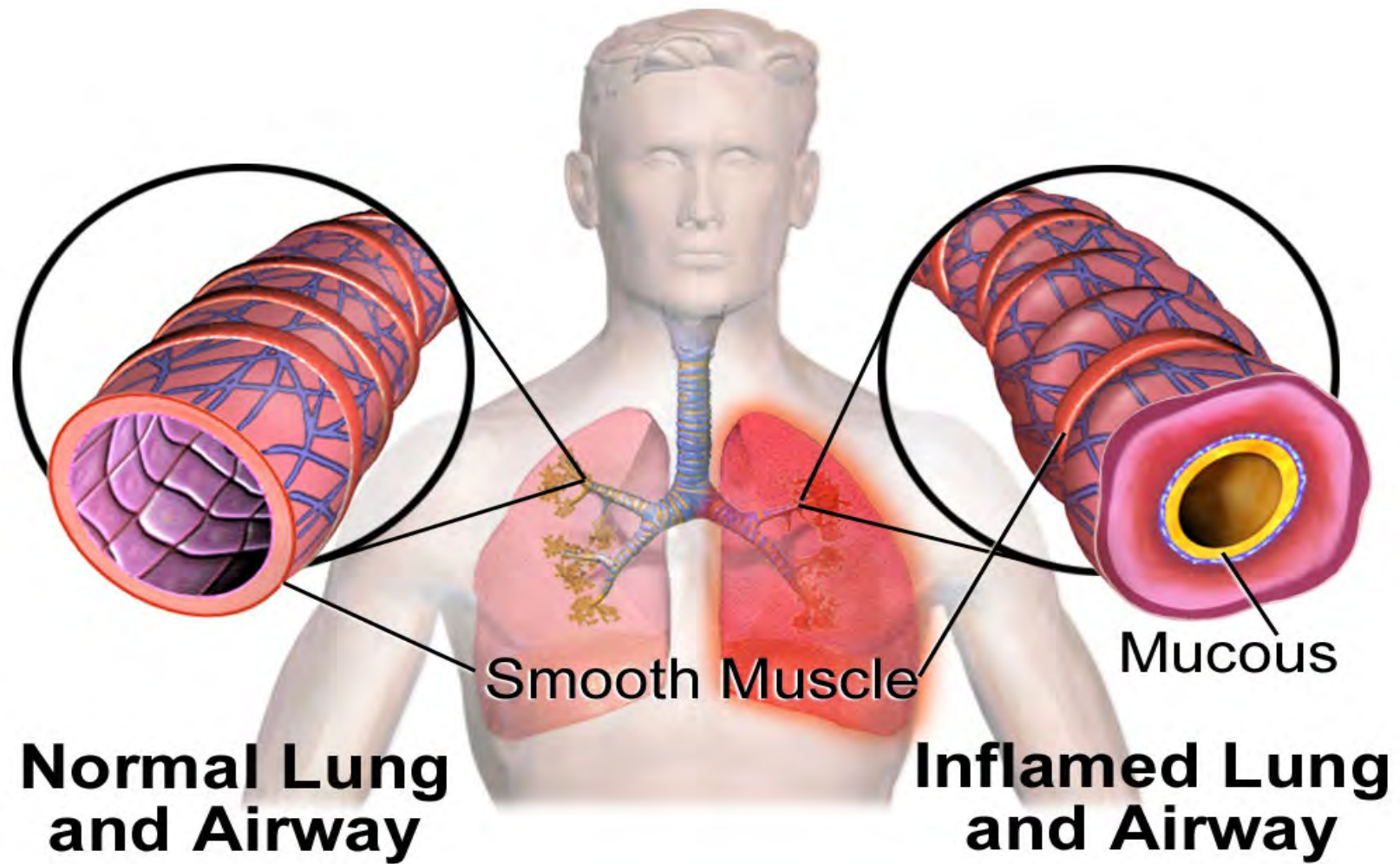
Allergy symptoms can reduce the quality and enjoyment of your life and some can even be life-threatening.

Many diseases such as migraines, diabetes type II, rheumatoid arthritis, colitis and others can be caused by allergic response.

(Patient/Public Education: Fast Facts: Myth vs. Reality, American Academy of Allergy, Asthma and Immunology, www.aaaai.org/patients/resources/fastfacts/mythvsreality.stm; Nutritional Programs for Allergies, E.M. Haas, M.D., www.healthy.net/templates/article.asp; "Allergies and Headaches," Health Square, www.healthsquare.com; American College of Allergy, Asthma, & Immunology; "Q&A: Diabetes Type 2- Diet and Lifestyle," B.B. Carter, The Pulse of Oriental Medicine, www.pulsemed.com.)







Some of the more common symptoms or problems that one might experience due to allergies include:

Runny nose

Burning, watery eyes

Sinus congestion

Postnasal drip

Sore throat

Skin rash

Ear infections

Chest congestion

Coughing

Headaches

Fatigue

Asthma

(Nutritional Programs for Allergies, E.M. Haas, M.D., www.healthy.net/templates/article.asp.)

Other, less common symptoms or problems that one might experience due to allergies include:

Learning problems

Hyperactivity

Mood swings

Weight loss or gain

Appetite changes

Arthritis

Joint swelling and pain

Heart palpitations

Seizures

Heartburn

Ulcers

Urinary tract problems

Let's take just a moment to fill out the *Allergies & Stress Survey:*



Name _____ Age _____

Address _____

City _____ State/Prov. _____ Zip/Postal _____

Phone (Home) _____ (Work) _____

E-mail address _____

Occupation _____ # Hours per week currently working _____

Spouse Occupation _____ # Hours per week currently working _____

CHECK OFF ANY OF THE FOLLOWING SYMPTOMS YOU HAVE EXPERIENCED IN THE PAST 6 MONTHS:

☐ Fatigue	☐ Rheumatoid Arthritis	☐ Hay Fever
☐ Headaches	☐ Hives	☐ Ulcerative Colitis
☐ Neck Pain	☐ Eczema	☐ Weight Trouble
☐ Back Pain	☐ Heart Palpitations	☐ Frequent Hunger
☐ Digestive Disturbance	☐ Sinus Congestion	☐ Coughing
☐ Dizziness	☐ Mood Swings	☐ Sore Throat
☐ Nervousness	☐ Difficulty Sleeping	☐ Dark Circle Under Eyes
☐ Numbness in Arms and Hands	☐ Depression	☐ Other Pain
☐ Numbness in Legs and Feet	☐ Anxiety	☐ Other Symptoms
	☐ Chest Congestion	
	☐ Asthma	

Which of the above bothers you the most? _____

How long have you been bothered by the condition? _____

Describe how it feels or affects you when it is at its worst. _____

DOES THIS CAUSE YOU TO BE:

☐ Moody
☐ Irritable
☐ Interrupt Sleep
☐ Restricted on Daily Activities

DOES THIS AFFECT YOUR WORK:

☐ Decision Making
☐ Poor Attitude
☐ Decreased Productivity
☐ Exhausted at End of Day
☐ Unable to Work Long Hours

FOR OFFICE USE ONLY

There are several alternatives available to you. Please check the item most appropriate for you.

☐ I would like to come to the Doctor's office for a consultation and screening at no charge to find out how to improve my health.

☐ I would like to have a phone consultation with the Doctor to discuss my health problems before making an appointment.

If possible, I would like to see the doctor on:

☐ Monday ☐ Tuesday ☐ Wednesday ☐ Thursday ☐ Friday ☐ Saturday

The following times may or may not be available. Please select two options. Our office will call to confirm your appointment.

☐ 9 a.m. ☐ 10 a.m. ☐ 11 a.m. ☐ 12 noon ☐ 2 p.m. ☐ 3 p.m. ☐ 4 p.m. ☐ 5 p.m. ☐ 6 p.m.

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Allergies are an over-reaction of the body's immune system to such normal substances as dust, mold, pollen, animals, and even foods.

These substances only affect those persons who are overly sensitive to them.



One develops these over-sensitivities due to a genetic predisposition, or may be due to your body malfunctioning due to damage resulting from accumulated stress.



(Allergies, www.health-nutrition.fsnet.co.uk/allergies.html; 'Stress may lead to food allergies,' nbc4columbus.com, Health, www.nbc4columbus.com/health/1406559/detail.html.)

According to a study published by *The Davidson College*, stress can inhibit the function of the nervous system and the adrenal glands where adrenaline and cortisone-like hormones are produced. It is no wonder then, that these two areas are directly involved with the development, prevention and treatment of allergy problems.

(Stress, The Davidson College, www.bio.davidson.edu.)

Your nervous system controls all of the functions in the body.

When the brain is notified by your immune system that a virus, bacteria or particle you are allergic to enters your body, it sends a signal for your body to fight back.

It is the fight against these allergic substances known as allergens that produces many allergic reactions.

(Stress, The Davidson College, www.bio.davidson.edu.)

Doctors at *John's Hopkins School of Medicine* have found that hay fever [allergies] and asthma originate from events, not only in the respiratory system, but from the nervous system overreacting to stimuli.



("New Nervous System Theory on Allergy Emerging" John's Hopkins University, May 2000.)

Scientists call the connection between the brain, your hormones, and your immune system, the *neuro-endocrine immune system*.

This system and its reactions are what cause the manifestation of allergic symptoms.



There are three approaches to handling allergy problems.

The first is to avoid contact with substances that you are allergic to, if you know what they are.



There are several tests that can help you determine what substances you may be allergic to including skin tests, blood tests, or an Allergy Pulse Test that you can do at home.

Your results

Foodscan 113 Food Intolerance Test

25 YEAR

Client Na
Contact
Sample I
Results
Print Da

KEY: ● Level of reaction identified for each individual food, from 0 (no reaction) to 4 (the highest reaction).

	4	3	2	1	0	
	← MOST REACTION				→ NO REACTION	
Cashew			●			Lamb
Cows Milk			●			Lemon
Egg White			●			Lentils
Yeast			●			Lettuce
Egg Yolk				●		Lime
Gluten (Gliadin)				●		Melon Mix
Oily Fish Mix				●		Millet
Tuna				●		Mint Mix
Almond					●	Mollusc Mix
Apple					●	Mushroom
Apricot					●	Mustard Mix
Asparagus					●	Mustard Seed

When you are exposed to an allergen (something that you are allergic to), one of the symptoms is an increase in heart rate.



(Allergy Testing with the Caveman Diet & Pulse Test, P. Bate, PhD, www.alternate-health.com/pulse.)

The way to do this test is to take your pulse, at rest, for one minute. That is your “base” pulse.



(Allergy Testing with the Caveman Diet & Pulse Test, P. Bate, PhD, www.alternate-health.com/pulse.)

When you eat a food that is suspect or are exposed to a substance that is suspect, check your pulse again in 15, 30 and 60 minutes.

If your heart rate accelerates more than 10 beats per minute over your base pulse, it indicates that you may be allergic to that particular substance.

(Allergy Testing with the Caveman Diet & Pulse Test, P. Bate, PhD, www.alternate-health.com/pulse.)

Another method for handling allergy problems is to take medications to suppress your allergy symptoms.





wiseGEEK

**Unfortunately,
even over-the-
counter allergy
medications can
cause serious side
effects.**



(Pharmacy Network Group, Benadryl Side Effects/ Diphenhydramine (oral), www.pharmacynetworkgroup.com/benadryl-side-effects-1.html.)

For example, the popular, over-the-counter allergy medication Benadryl® (diphenhydramine), has been found to cause:
drug rash, anaphylactic shock, photosensitivity, excessive perspiration, chills, hypotension, headaches, palpitations, sleepiness, dizziness, disturbed coordination, fatigue, confusion, restlessness, nervousness, tremors, irritability, insomnia, euphoria, blurred vision, vertigo, convulsions, anorexia, gastrointestinal problems, urinary dysfunction, thickening of bronchial secretions, respiratory and sinus problems.

(Pharmacy Network Group, benadryl Side Effects/ Diphenhydramine (oral), www.pharmacynetworkgroup.com/benadryl-side-effects-1.html.)

**All other allergy medications
have been found to produce similar
or even more severe side effects.**



(Side effects of Prescription Allergy Drugs- Symptoms that are not allergic reactions,
www.allergies.about.com/library/weekly/aa061101a.html.)

A third solution, and one without side effects, involves helping your nervous system and your immune system handle allergens more effectively.



Research at *Nassau University Medical Center* has shown that when an allergen enters the body, the immune system reacts as if it were a bacteria.

The immune system in turn notifies the brain which then causes the secretion of certain hormones in response.

("Neuroimmunology and inflammation: implications for therapy of allergic and autoimmune diseases, M. Frieri, Division of Allergy Immunology, Department of Medicine, Nassau University Medical Center, PubMed, National Library of Medicine, www.ncbi.nlm.nih.gov.)



As stated earlier,
scientists call this
combined interaction
the *Neuro-endocrine
Immune (NIE)*
network.



(“Neuroimmunology and inflammation: implications for therapy of allergic and autoimmune diseases, M. Frieri, Division of Allergy Immunology, Department of Medicine, Nassau University Medical Center, PubMed, National Library of Medicine, www.ncbi.nlm.nih.gov.)

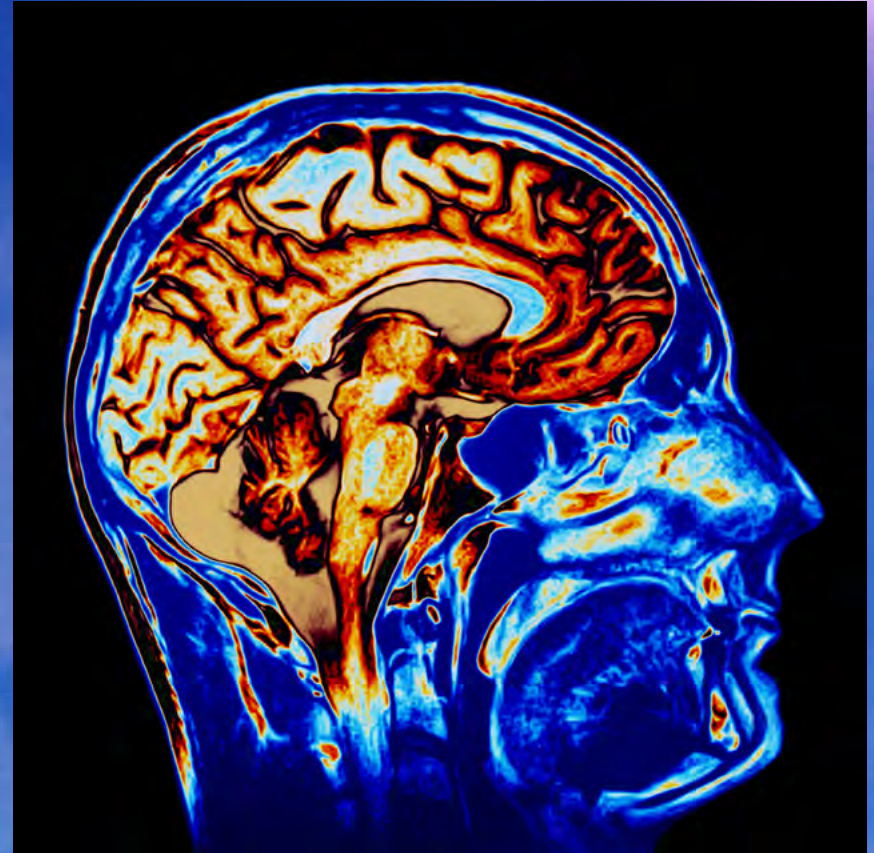
This system has been found to be the key factor in immune system disorders including allergies, auto-immune disorders and immune deficiency disorders.

(“Neuro-immune (Allergies) and Neuro-Emotional Dysfunction,” www.naturalchiropractic.com/neurophysio.html.)



**Let us now look at how
the nervous system and
the endocrine system can
malfunction.**

Scientists have found that the brain requires sensation or stimulation from the nerves in your body to function properly.



(“New Discoveries in Neurophysiology Reinforce and Change the Concept of Chiropractic Neuro-receptor Integration Theory of Bio-kinetics” www.naturalchiropractic.com/neurophysio.html.)

**Just as exercise
makes your
muscles stronger,
nerves sending
messages into the
brain make your
brain stronger.**



A reduction of nerve signal activity to the brain can be caused by an interruption in the nerve pathways.

These interruptions can be caused by injuries, scar tissue, surgery, cuts, dental work, or even negative emotional experiences.

The result of these interruptions can cause a decrease in brain activity and decreased neurological function.

("New Discoveries in Neurophysiology Reinforce and Change the Concept of Chiropractic Neuro-receptor Integration Theory of Bio-kinetics" www.naturalchiropractic.com/neurophysio.html.)

Receptors in the joints and muscles are some of the most powerful stimulators of brain function.

Movement of those joints and muscles causes the largest and most powerful stimulations of the brain.



(“New Discoveries in Neurophysiology Reinforce and Change the Concept of Chiropractic Neuro-receptor Integration Theory of Bio-kinetics”
www.naturalchiropractic.com/neurophysio.html.)

**This may help
explain the benefits
that people experience
from exercise and
Chiropractic
manipulation of
the spine.**



**Certain joints
produce more
stimulation to the
brain than others.**

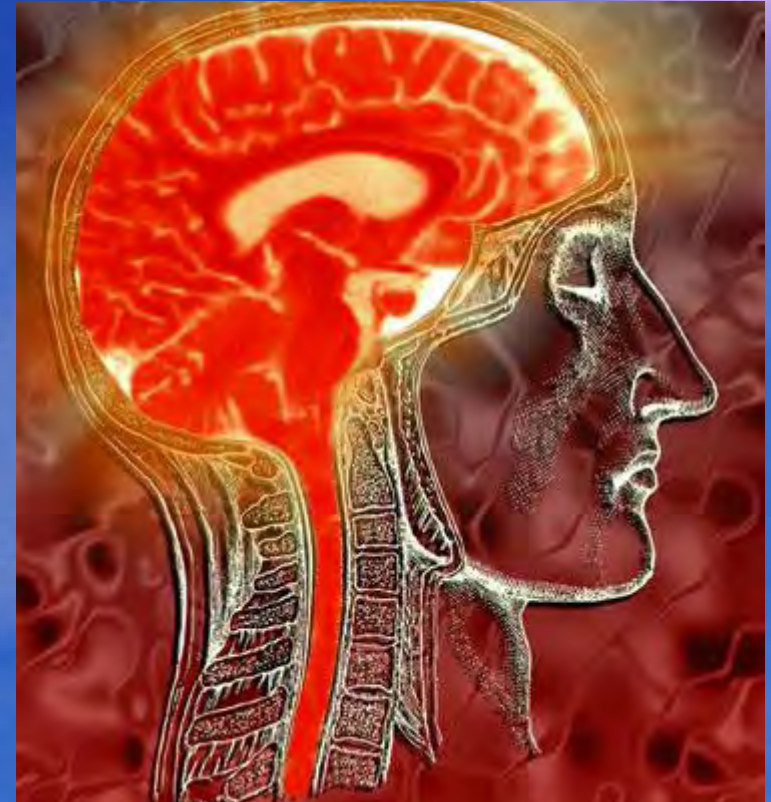
**Movement of these
joints can stimulate
different responses in
the brain.**



("New Discoveries in Neurophysiology Reinforce and Change the Concept of Chiropractic Neuro-receptor Integration Theory of Bio-kinetics"
www.naturalchiropractic.com/neurophysio.html.)

When the brain lacks stimulation, it cannot control your body properly.

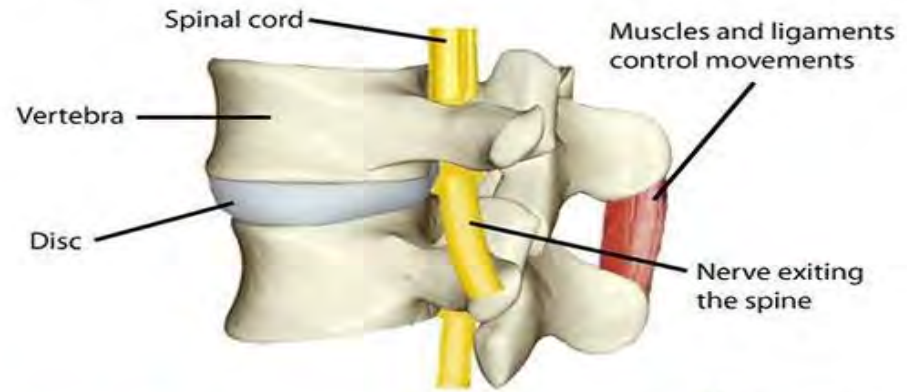
This is the beginning of the breakdown of the neuro-endocrine immune system.



Spinal Subluxation

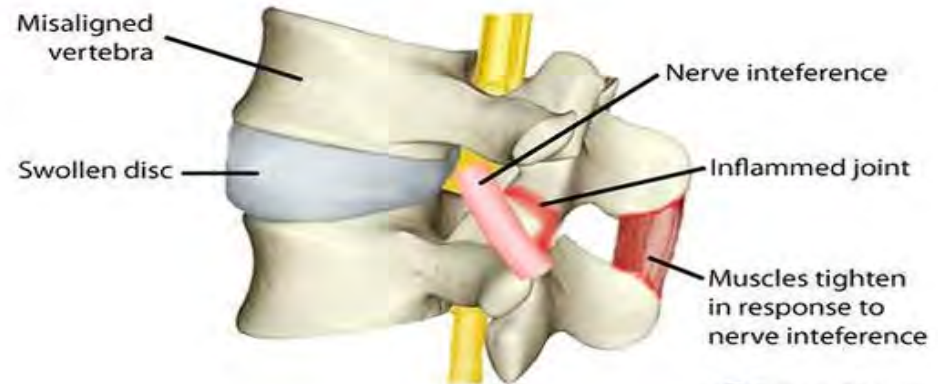
A mis-alignment of a vertebrae causing irritation to a nerve and a loss of normal function.

Normal



© Chiropractic Solutions

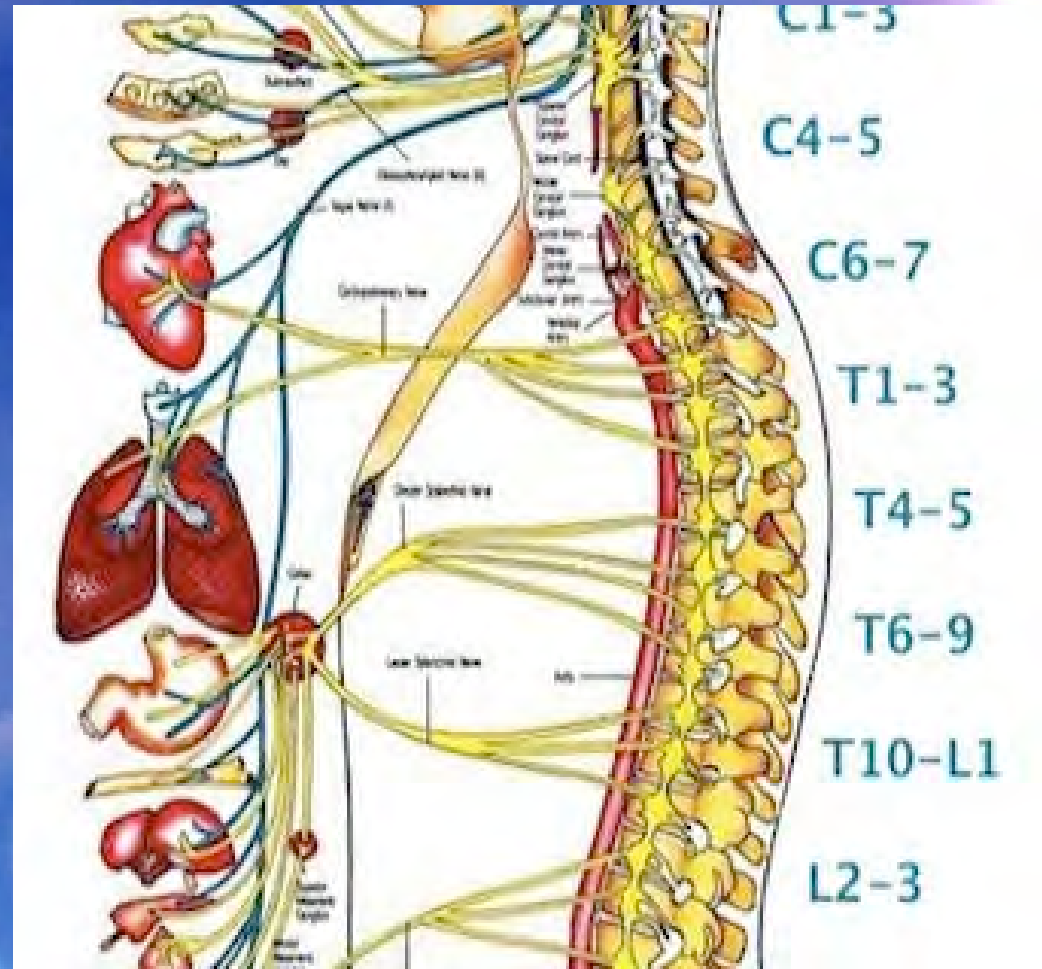
Subluxated



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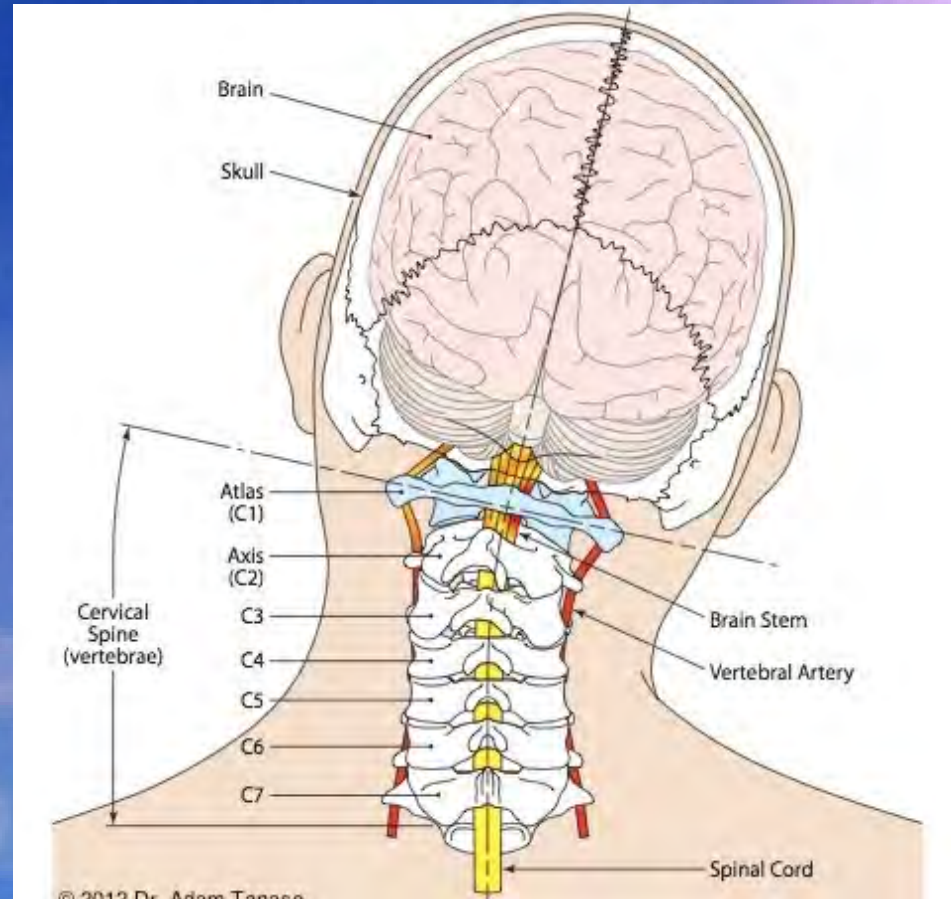
Nerve supply to the lungs

The sympathetic nervous system affects the lungs via the spinal nerves exiting out of the upper thoracic spine. This will include regulation of smooth muscle contraction in the lung tissue.



Upper Cervical Subluxation Pattern

This will exert additional influence on the Vagus nerve -among its many functions, is oversight of heart and lungs via the parasympathetic nervous system.

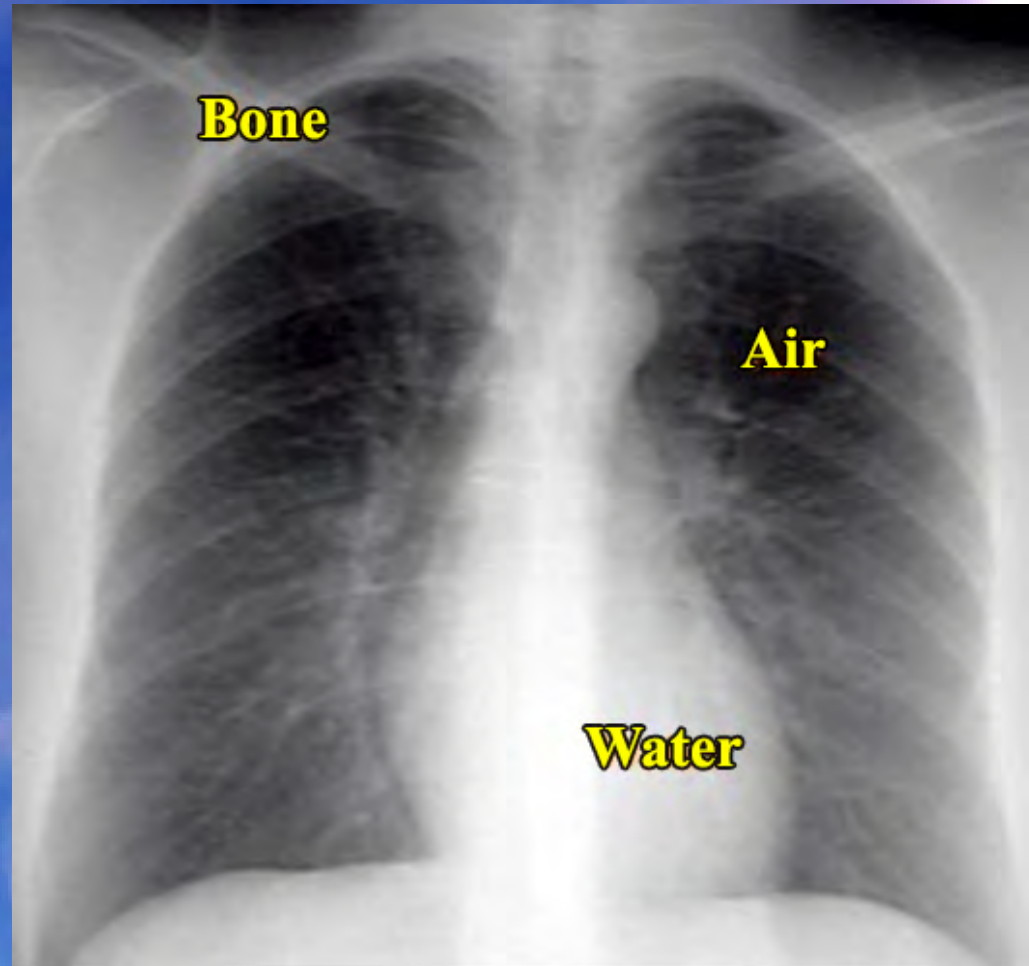


Chest X-Ray

Notice the subluxation patterns on this patient.

Left shoulder is lower

Left lateral malposition of the mid and upper vertebrae

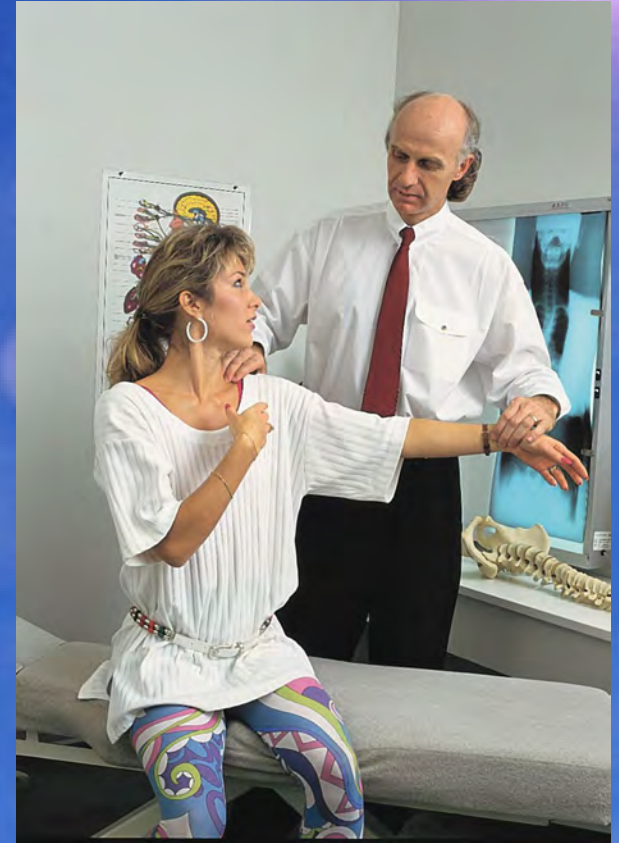


X-Ray of Thoracic Spine

An example of a subluxation, which in this case also includes a scoliosis.



Chiropractors can evaluate your nervous system and determine which areas and joints to manipulate to stimulate and improve brain function and, as a result, help eliminate one of the causes of allergic reaction.



It is also important to know that the principal endocrine (hormone) glands in your body involved in stress are the adrenal glands.

(Stress, The Davidson College, www.bio.davidson.edu.)

When under stress, these glands are told by the brain to secrete adrenaline to prepare the body to fight or run away. This is called the “*Fight or Flight Response*.”

Adrenaline, along with other hormones, holds back your immune system’s response and suppresses your body’s ability to fight bacteria, viral infection or allergens.

Adrenaline is designed to put all other bodily functions on hold as your body prepares to fight or run away.

Digestion and immune system responses are stopped when adrenaline and other related hormones are produced in your system.

(Stress, The Davidson College, www.bio.davidson.edu.)

**Long-term stress
creates a constant
stimulation to the
adrenal glands, which
in turn, suppress
your immune system.**



(Stress, The Davidson College, www.bio.davidson.edu.)

Cortisol, another adrenal hormone, acts like cortisone and reduces swelling.

It is the body's natural antihistamine.

Cortisol will not be secreted in proper amounts to stop allergic reactions if the adrenal glands are exhausted from stress.

(Mednote.com, Pathology/Inflammation, www.mednote.co.kr; "Food Allergies," E. Kane, N.D., HealthWorld Online, www.healthy.net;
"Neuroimmunology and inflammation: implications for therapy of allergic and autoimmune diseases, M. Frieri, Division of Allergy Immunology, Department of Medicine, Nassau University Medical Center, PubMed, National Library of Medicine, www.ncbi.nlm.nih.gov.)

Neuro-endocrine
function can be
checked by
comparing your
blood pressure
from a seated and
a standing
position.



("Hypoadrenia Self-Test," DrDavidWilliams.com, www.drdauidwilliams.com; "Blood Pressure Monitoring," Biological Terrain and Live Blood Analysis Courses, www.bioterrain.co.uk/bioterrain/bp.html.)

If your system is performing well, your blood pressure should rise slightly when you stand up.



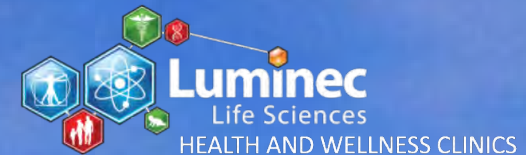
("Hypoadrenia Self-Test," DrDavidWilliams.com, www.drdauidwilliams.com; "Blood Pressure Monitoring," Biological Terrain and Live Blood Analysis Courses, www.bioterrain.co.uk/bioterrain/bp.html.)

If all is in good working order, the brain will notify your heart to beat faster by secreting hydro-cortisone from the adrenal glands to increase your blood pressure so that you don't get dizzy when you stand.

(“Blood Pressure Monitoring,” Biological Terrain and Live Blood Analysis Courses, www.bioterrain.co.uk/bioterrain/bp.html.)

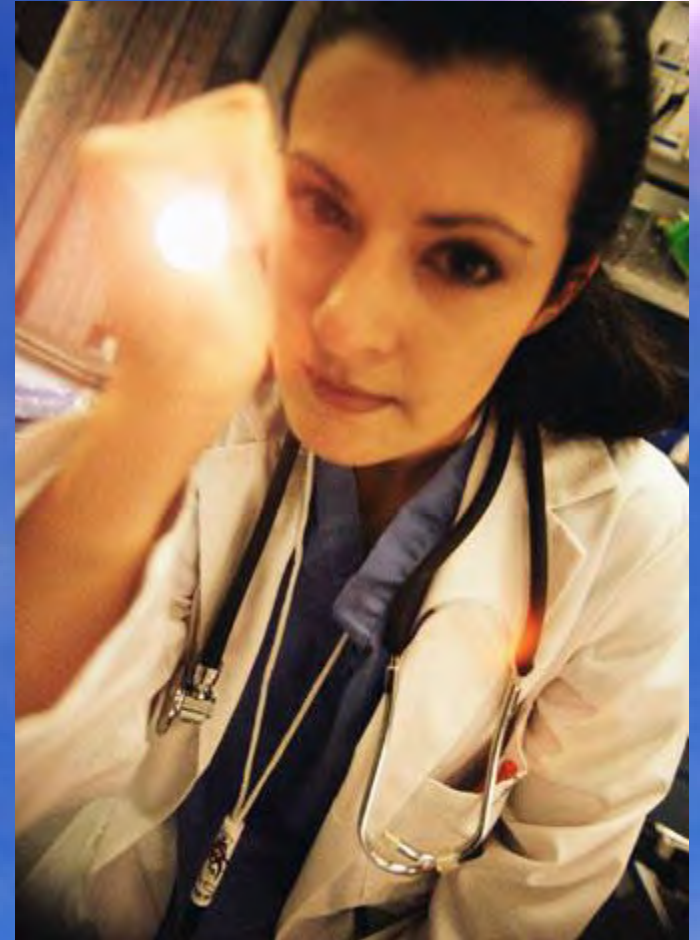
If your blood-pressure does not rise at least 4-10 points when you stand, we can see that the joints, brain, and adrenal glands are not functioning properly.

(“Hypoadrenia Self-Test,” DrDavidWilliams.com, www.drdavidwilliams.com; “Blood Pressure Monitoring,” Biological Terrain and Live Blood Analysis Courses, www.bioterrain.co.uk/bioterrain/bp.html.)



Another test used by many doctors is called the *Paradoxical Pupillary Response Test*.

If you shine a light in the pupil, the brain, through the nervous system, contracts your pupil to let less light in.



**Adrenal hormones
are not only
involved in
allergies, but are
related to proper
energy levels and
proper sleep.**



A combination of Chiropractic care to improve brain and neurologic function along with our *new* “enhanced breathing program”, proper rest, exercise, and nutrition, to strengthen your adrenal glands can produce an improved overall state of health and well-being and reduce or even eliminate allergy problems.



The Future of Healing



“The Future of Healing” is a core driver behind the founding of Luminec Life Sciences Corp. Devoted to developing and commercializing revolutionary health care solutions through the application of innovative molecular technology

New Molecules

Luminec's technology is based on the Free Amino Ion Theory of Cell Stabilization, delivered through Tri-Amino™ and Tri-Amino Fulvate™ molecules. These unique molecules release free amino ions which by the process of biosynthesis, stabilize troubled cells and facilitates those cells return to healthy function.

Inventor of Tri-Amino™ and TAFA400™

Scientist and Luminec
co-founder Steven R.
Schutt – visit our
website to hear him
discuss the discovery
and applications of his
revolutionary cellular
regeneration formulas
Tri-Amino™ and
TAFA400™.



www.lumineclifesciences.com

Tri-Amino™

This unique and revolutionary amino ion-releasing hydrogen bonded molecule is a water-soluble blend of amino acids using nature-based healing agents delivered through oral, inhalant, topical, and both inter and intra (arterial or venous) administration. The structure of the Tri-Amino™ molecule is based on a proprietary formula that facilitates healing across a broad spectrum of medical ailments and health conditions.



TAFA400™

Unique Formula that combines the Tri-Amino™ molecule with a chemically pure pharmaceutical grade Fulvic Acid (Carbohydrate Derived Fulvic Acid).



All New Program to Help Breathing

**Luminec Life Sciences
Health and Wellness
Clinics-Enhanced
Breathing Program**
Featuring Tri-Amino™ and
Tri-Amino Fulvate™
(TAFA400)



Program Overview

- Doctor-supervised nebulizer protocol
- Sessions are in home or in clinic and take approximately 20 minutes per session.
- Three programs to choose from: 1-week, 1-month, or 3-month
- Products are all natural, and safe as distilled water, as verified by LD50 testing at a major university.

First Visit

- The first visit is in office to determine if you are a candidate for this therapy.
- Includes history and consultation with the doctor; blood pressure, heart and lung auscultation; spirometry; palpation of the cervical (neck), thoracic (upper back), and lumbar (low back) regions for presence of subluxation patterns as may relate to stress and breathing, and spinal range of motion testing
- Additional testing may be recommended based on the initial findings.

Required For All Programs

- A nebulizer with 2.5 microns or less particle size
- Pari sprint PC mouthpiece for optimum breathing
- Three products will be used: TAFA400™, Triamino™, and upper respiratory inhalant
- One-time training with the Doctor
- First breathing session always done in office
- Once trained you can use the program at home
- We will provide all necessary equipment.

7-Day Acute Respiratory Relief Program

This program allows the patient to recover from the adverse affects of inflammation due to an acute/chronic respiratory issue, such as a recent cold or virus. This program consists of 15 measured doses of our proprietary products. The material is used in a nebulizer and a typical session is 20 minutes.



Children Can Benefit

Brielle, age 7, using Tafa400™ in the nebulizer



30-Day Lung Rejuvenation Program

This program extends the plan to 30 days with a total of 39 breathing sessions.



90-Day Extended Care Program

This program includes 71 measured doses over a 90-day period. The goal of this program is to help improve the overall function of your lungs and body.



Upper Respiratory Inhalant

All programs include our proprietary sinus treatment.



Five-year-old Tripp is using the TAF400 Upper Respiratory Inhalant.

Phase 1 Trials

We have treated over 460 patients suffering from various lung and respiratory issues with the nebulizer protocol. The preponderance of evidence is indicating that it helps lung function and we look forward to phase 2, (double blind research study) to further validate the effectiveness of our protocols.

Testimonial: Upper Respiratory Spray

I was somewhat skeptical of the many claims regarding the beneficial results following use of the Tri-Amino fulvic acid spray. I have been a PhD chemist and a patent attorney for more than a decade and have seen more than my share of inventions that over claim and under provide. My wife suffers from seasonal allergies although I never have. I obtained a sample bottle of the aforementioned nasal spray prior to a trip to a small east-Texas town. Many local Texans warned me that because of the abundant late winter storms, we should bring extra allergy medicine. I ignored their gentle warning! The discomfort was both new to me and never to be forgotten; thankfully my wife and I had the nasal spray to try. Although I truly did NOT expect it to work, I sniffed my first “hit” and almost dared the spray to work! Which it did. The relief was almost instantaneous. I was so amazed I took another “hit.” Needless to say the nasal spray became our best friend for the season. I went from non-believer and skeptic to grateful believer and advocate.

—Dr. Kenneth Tarbet, PhD, JD



Case Study: End Stage COPD

Date: 7/25/11

Patient: Vern Hunt

Condition: End Stage COPD

Several months ago Mr. Hunt was placed on a trial program for approximately 3 weeks. Unfortunately there was only so much product available at the time of the study, so this was meant to be a limited study of the affects of Tri-Amino and TAFA400 on COPD over a short duration.

He used a nebulizer and took the TAFA400 orally. No IV's were used. He used a little of the Tri-Amino at first then switched to TAFA400. The results were remarkable at the time. His peak flow scores doubled, his need for oxygen was reduced, and he was walking better and was able to go farther without stopping to catch his breath. His pulse oximetry numbers were better. His quality of life was improving and his own pulmonologist even said he looked better with healthier coloring. Less wheezing in the lungs was also noted. He was pleased with the results.

Testimonial: COPD, Emphysema

Subj: **Regarding COPD Emphysema**
Date: 11/6/2006 10:12:23 P.M. Pacific Standard Time
From: srschutt@msn.com
To: sumpton@aol.com, john.everding@gmail.com

John:

My brother in law has been on constant Oxygen supplementation for the last four and a half years as a result of Chronic Obstructive Pulmonary Disease (COPD). This disease is medically thought to be a one way street with no known cases of reversal.

On 10/03/06, he started to use the Rx version of Tri-Amino Inhalant in a small volume nebulizer (model obtained from Liberty Medical). His dosage was 7 minutes per use three times a day. On 10/06/06, I spoke with him and he reported that in the day before (10/05/06), when he had completed the second session of the day he felt a burning pain in the chest, began spasmodic coughing and later coughed a large mass (approximately 1/4 cup) of greenish yellow mucous. There after he had other coughing sessions but all the mucous came out as white or clear. The following week he traveled to Palm Springs, CA for a medical appointment and spent the night in a motel. He didn't use the Oxygen Inhalator all night which was the first time in the four and a half years that he was without supplemental Oxygen all night.

When we discussed this a few days later we both thought that the lack of need for supplemental Oxygen was due to the greater air pressure at sea level. It should be noted that Prescott is at 5600 feet and he has lived there for several years and has become acclimated to the altitude.

He told me that after the expectoration of the large mucous mass his breathing was much easier and he needed less supplemental Oxygen (with an average metering number of 4), the metering number gradually decreased to 3, then to 2, and on down to 1. On or about 11/02/06, the metering was running at between .5 to .75 and his time exclusively on room air had increased from a daily total of one to two hours to three to four hours.

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On 11/04/06, he told me that on the night of 11/03/06 he went to bed setting the supplemental metering at .75. When he awakened in the middle of the night to go to the wash room, he discovered that he had not turned the supplemental Oxygen on. He said that he felt like he didn't need the supplemental Oxygen so he did not turn it on when he returned to bed. When he awakened the next morning he said he felt fine, and was breathing normally.

My brother in law has stated: "Only the Tri-Amino inhalant could have been responsible for this reversal of the COPD". I have checked with medical experts (both Sherwin Raymond and Tom Beatrous) and they both agree that this is a highly significant breakthrough.

As we gather more data my brother in law has agreed to put all of this in letter form to the Tri-Amino corporation.

Incidentally, Tom Beatrous has a patient suffering from colon cancer. The cancer has traveled to her lungs. She has been on the capsules and has started on the inhalant. Tom told me today that the patient has reported that her breathing was much easier since starting the inhalation of Tri-Amino. She will be evaluated by pet scan in two weeks and we will know at that time if he tumor mass has decreased.

Regards,

Steven R. Schutt

**“I have tried this program and found
it to be very effective and safe.”**

—Joe Starkman, D.O., Chicago, IL, 2018

A Gift



