

## *Patient Fact Sheets*

### **LOVING YOUR JOINTS WITH NATURE'S ANSWER TO PAIN, SWELLING, OVERACTIVE IMMUNE REACTIONS AND JOINT REBUILDING**

By John Brimhall, D.C., and Stephan Cooter, Ph.D.

#### **TOTAL CMO™**

Each tablet contains CMO (cerosomal-cis-9-cetylmyristoleate) 250mg. 90 tablets.  
Product # 2711

**NOTE: Total CMO and Total Inflamm are designed to be taken together at the same time**

CMO is nature's answer to normalizing an overactive immune system. The researcher H.W. Diehl made a startling discovery: Swiss Albino mice carried a near miraculous substance, CMO, which prevented them from getting arthritis! Diehl found that CMO also prevented arthritis in animals susceptible to arthritis, cured his own arthritis, and helped hundreds of friends and members of his congregation with improvements in rheumatoid arthritis, low back pain, tendonitis, bursitis, fibromyalgia, carpal tunnel syndrome, and many other conditions.

The researcher, Siemandi, found that 58% of patients taking CMO showed 75% improvement. Drs. Levy and Brimhall achieved even greater results with the addition of natural liver detoxification, digestive enzymes, and natural anti-inflammatories raising CMO's success rate from 58% to 76-80% of the patients taking CMO.

CMO helps normalize the immune system and stop the body's attack on its own healthy tissues no matter what the trigger for the autoimmune attack is, whether it is a food allergy, excessive fat, or infection. CMO also has a lubricating effect helping stiff joints move more easily.

#### **TOTAL INFLAM™**

90 tab size Product # 2712

Each tablet contains: Boswellia Serrata (70% acids standardized) 50mg, Turmeric (95% curcuminoids standardized herb) 30 mg, Ginger (5% Gingerols, standardized-herb root) 20mg, Cayenne 1mg, Lemon Bioflavonoids 20mg, Lipoic Acid 1mg, Quercetin 5mg, L-glutathione 2 mg, Silymarin Extract 80% (20% Silybin standardized) 5mg, Milk Thistle (leaf, seed) 50mg. 90 tablets.

Special herbs and nutrients are nature's answers to swelling and pain. Drugs for inflammatory pain relieve symptoms at the cost of side effects that can damage not only the stomach, but also destroy joints.

**Boswellia Serrata** helps reduce pain/swelling and mobility, without side effects of irritation.

**Turmeric** has natural anti-inflammatory properties and protects against free-radical damage.

**Ginger** has anti-inflammatory action in arthritic disorders. Ginger also contains powerful anti-candida factors that help eliminate this trigger for inflammation.

**Cayenne** relieves pain by depleting nerves of substances that communicate pain sensations.

**Lemon Bioflavonoids, Lipoic Acid, and Quercetin** are powerful antioxidants that decrease inflammation, remove irritants, which cause inflammation, and stabilize membranes.

**L-Glutathione** helps prevent damage leading to poor circulation and stiffness.

**Milk Thistle** helps protect and regenerate the liver and reduce inflammation.

#### **TOTAL LIVER D-TOX™**

Each tablet supplies: Glucuronic Acid 10mg, Liver 5mg, Vitamin A 1000i.u., Vitamin C 25mg, Vitamin B1 5mg, Vitamin E Succinate (natural) 10i.u., Black Currant Seed Oil 5mg, Cellulase 50mg, Amylase 50mg, Lipase 50mg, Protease 50mg, Lipoic Acid 2mg, Phosphatidyl Choline 5.75mg, Choline Bitartrate 15mg, DL Methionine 5mg, Calcium Chelate 50mg, Magnesium Chelate 50mg, Zinc Chelate 5mg, Selenium Chelate 25mcg, Manganese Chelate 1mg, Milk Thistle 10mg, Silymarin Extract 5mg, (standardized), Garlic (odorless) 50mg, Beet Root 25mg, Beet Leaf 25mg. 60 tablets.

The liver must be able to handle the fatty acid ester, CMO. The typical American diet can be damaging to the liver, resulting in allergies, digestive problems, and an inability to detoxify harmful substances. Poor liver function has

been linked to accumulated poisons from body waste, preservatives, insecticides, drugs, alcohol, and other toxins that build up and impair the liver.

Total Liver D-Tox™ supplies nutrients that strengthen and support the liver's many purification, detoxification, digestive, assimilation, and storage functions.

### **TOTAL ENZYMES™**

Each capsule supplies: Amylase 4500 DU, Protease 15,000 HUT, Lipase 65 i.u., Invertase 0.25 IAU, Malt Diastase 150 DPI, Lactase 200 LacU, Cellulase 60 CU, in a base of pure beet root fiber. 60 capsules.

Rheumatoid arthritis is linked to food allergies and sensitivities. Allergies can be triggered by partially undigested foods and digestive enzymes help digest foods completely. Protein digesting enzymes also have anti-inflammatory activity and help improve the immune system.

Total Enzymes™ provides a full spectrum of enzymes to help digest and assimilate CMO, proteins, fats, carbohydrates, refined sugars, and dairy. Most cooking leaves foods devoid of enzyme activity.

### **TOTAL PROBIOTICS™**

Each capsule supplies: Jerusalem Artichoke (rich source of fructooligosaccharides) 200mg, Cellulase 1200 CU, Lactobacillus Acidophilus 4 million, Acerola Extract 25 mg, Rose Hips 25mg, Bifidobacterium Bifidum 200 million, Bifidobacterium Longum 200 million, Protease 7500 HUT, Lipase 52 LU, Lactobacillus Casei 100 million, Lactobacillus Plantarum 100 million, Lactobacillus Rueteri 100 million, Lactobacillus Salivarius 100 million, Amylase 275 DU, EDS Mineral Mix (Kelp, Calcium Ascorbate, Magnesium Citrate, Zinc Gluconate, Manganese Gluconate in a base of pure plant fiber). 60 capsules: *Refrigerate after opening.*

Probiotics are nature's answer to excessive use of antibiotic drugs. Probiotics promote good digestion, strengthen the immune system, and increase resistance to infection naturally without drugs.

### **GLUCOSAMINE PLUS™**

Each tablet supplies: Glucosamine Sulfate 100mg, N-Acetyl Glucosamine 50mg, L-Glutathione 2mg, N-Acetyl Cysteine 5mg, L-Cysteine 50 mg, L-Glutamic Acid 50mg, L-Glycine 50 mg, L-Taurine 25mg, Vitamin C 50mg, Vitamin E Succinate 25 i.u., Pantothenic Acid 50mg, Soluble Trachea (16^pure Chondroitin-A) 25mg, Silymarin 5 mg, Milk Thistle 100 mg, Green Lipped Mussel 25 mg (Natural source of Mucopolysaccharides and Superoxide Dismutase). 50 and 120 tablet sizes.

The synergistic blend of all nutrients in Glucosamine Plus™ is nature's answer to protecting cartilage, repairing damage, and rebuilding healthy bone, cartilage, tendon, ligament, and joint fluid.

#### Three-Month Program

##### **Step 1: Before Taking TOTAL CMO**

*The liver must be able to successfully handle the special fatty acid, CMO.*

1. Total Liver D-Tox: Take 1 tablet with meals 3 times/day for 2 to 3 weeks before starting Dr. Brimhall's CMO program. *Very important:* remain on Total Liver D-Tox throughout the entire duration of the CMO treatment: After starting CMO, take 1 tablet in the morning and 1 tablet at night on an empty stomach.

##### **Step 2: TOTAL CMO Supplement Program for 60 to 90 Days**

1. Total CMO: Take 2 tablets in the morning and 2 tablets at night on an empty stomach.
2. Total Inflammation: Take 1 tablet 3 times daily with meals.
3. Glucosamine Plus: Take 1 tablet 3 times daily with or between meals for joint rebuilding support.
4. Total Enzymes: Take 1 tablet 3 times daily with meals for digestive and enzyme support.
5. Total Probiotics: Take 1 tablet 3 times daily between meals for bowel support.

##### **Dietary Support while taking CMO**

Do not smoke, use tobacco, drink alcohol, carbonated beverages, citrus juices, or anything containing caffeine or artificial sweeteners. Reduce fat consumption, red meat, and dairy.

AVOID white sugar and chocolate in drinks and foods.

Avoid foods in the nightshade family: tomatoes, white potatoes, paprika, most peppers except black pepper and cayenne, and eggplant. Significant improvements can take place with avoidance of these foods alone.

With this protocol, 80% of Dr. Brimhall's patients respond well; 65% show significant to major reduction in pain, swelling, and other symptoms, with significant improvements in mobility.