THE TUESDAY MINUTE

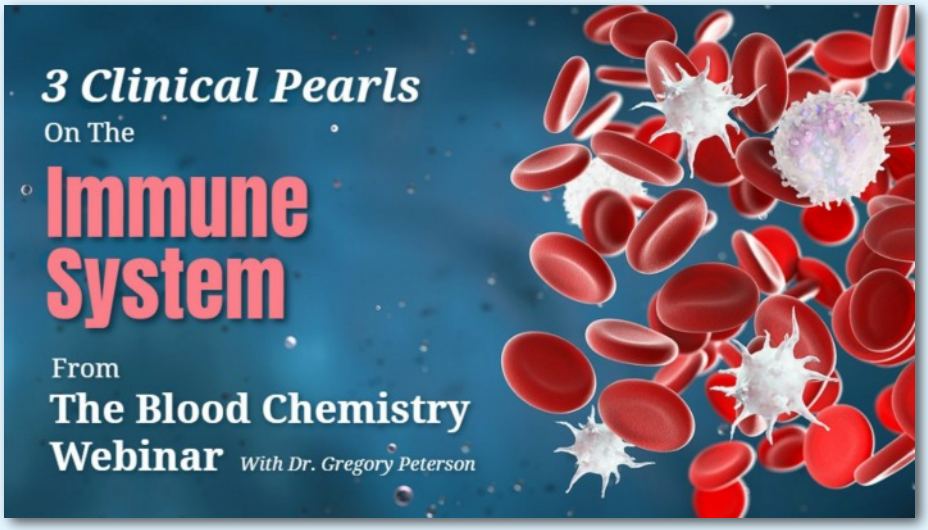
IT'S TIME TO FEEL GOOD AGAIN

THIS WEEK'S TOPIC

Blood Chemistry: Part 2

"If you understand this information, you will be light years ahead of the average clinician, and I am talking about medical doctors as well."

I hope by now you've had a chance to watch the complimentary blood chemistry webinar that we commissioned Dr. Peterson to present for us. I know it's filled with corny jokes, but wow, there are so many clinical pearls. I'll come back to part 2 of his webinar, but in this video, I want to highlight some aspects of immune support from part 3.



In part 3, Dr. Peterson gives clinical insights into why homocysteine may be elevated. We all know the standard ways to reduce it using B12, B6, folate, and betaine. Occasionally, B2 may be needed for tough cases, but in a few sentences, he discusses how dysbiosis may lead to high homocysteine. I've never heard anyone discuss that.

Next, he gives an overview of one of my favorite topics, thyroid metabolism. And one of the first things he discusses is to make sure to address excess cortisol because it inhibits the conversion of T4 to T3 which is the most active form at the cellular level.

Some of you might be familiar with Dr. Berkson's work. She has frequently shared that cortisol likes to sit in multiple receptor sites blocking multiple hormones. So, hormones from the thyroid, pancreas, thymus, etc. can be blocked by excess cortisol.

At the 32-minute mark, Dr. Peterson starts a great discussion of the CBC with differential and how to determine if the condition is acute, chronic, bacterial, or viral, and what to do about it. After reviewing the basics, he goes into how to identify stealth infections and how to treat them. You can jump ahead to the one hour and seven-minute mark if you need to get these clinical pearls quickly. Equally important as blood tests are some of the questions to determine if the problem is bacterial, viral, fungal or parasitic.

As a reminder, there are two arms to the immune system, the innate or non-specific and the adaptive, which is highly specific. I like to think about the innate as hand to hand combat as natural killer cells and phagocytes fight harmful

substances and germs that enter the body whether through the oral cavity, the skin, or digestive tract. They fight bacterial and viral invaders. They also signal the body to fight cancer cells. Part of the innate immune system's role is to call or signal the adaptive immune system to action. The adaptive immune system makes antibodies and uses them to specifically fight certain germs that the body has previously come into contact with.

Dr. Wally Schmitt, now deceased, spent years studying these two parts of the immune system to understand autoimmunity. Years ago, he taught us that the two systems should be in balance. He described they are like a teeter totter. When one goes up or is forced up, the other one goes down.

One of the primary functions of vaccines is to drive or upregulate the adaptive immune system. What is rarely understood or considered is the simultaneous downregulation of the innate immune system. Many experts are suggesting this is a major cause of the rise in what researchers call "turbo cancers" seen in the last few years. Knowing this relationship, Dr. Peterson ran out of time on his presentation but shared a valuable slide that I wanted to comment on. Since our immune system is challenged on multiple fronts, the innate arm of the immune system should be supported, especially with unresponsive health challenges.

Bio-Immunozyme Forte provides all the foundational supplements in their most bioavailable form for general support including glandular extracts of thymus, spleen, adrenal, liver, pancreas, and parotid. We've had earlier discussions emphasizing the importance of T regulatory cells and that vitamins A, D, as well as probiotics, support their upregulation. Cytozyme-THY, short for Thymus, supports our thymus gland and has been valuable for resistive viral conditions. Adult or Children's ENT Pro support the oral biome. They have been shown to activate natural killer cells, part of the innate immune system, and as a bonus, taste great. IAG has also been shown to in-crease natural killer cells. These are my go-to products to support the innate immune system, and products I personally use on a daily basis, not every day, but consistently.

As a reminder, here's how to find this free resource. Go to metabolicmanagement.com, and you will see a section called seminars and webinars across the top. Click and scroll down past the seminars to webinars. On the far right, you will see Dr. Greg Peterson's Functional Blood Chemistry Webinar. As you click through, you will see parts one, two, and three. You can download the notes or purchase full page diagrams if you wish.

Let me suggest that you plan to listen to this seminar in small pieces, especially if you haven't studied blood chemistry for a while. Again, the jokes are corny, but the information is solid. Please take time to stop and read the slides he provides even if he skims over them. If you understand this information,you will be light years ahead of the average clinician, and I am talking about medical doctors as well.

Thanks for taking time to be with me today. I look forward to being with you again next Tuesday.