

Specific Regulat® Protocols:

We are all different. For those that are sensitive or have health issues, to avoid a detoxification process that is too rapid, start slowly.

Protocol 1: Sensitive Individuals

Week 1 - 2.5 mL (½ tsp) Regulat® in the morning with 100mL water

Week 2 - 2.5 mL (½ tsp) Regulat® in the morning and evening in 100mL water

Week 3 - 5 mL (1 tsp) Regulat® in the morning/ in the evening

Week 4 - 10 mL (2 tsp) Regulat® in the morning/ in the evening

Protocol 2: Hypersensitive Individuals

For those with any of the following:

- High toxic load (heavy metals, pesticide residues)
- Systemic Candida (die off causing release of stored cellular toxins)
- Multiple chemical hypersensitivity
- Hyperacidity
- Chronic Inflammation: Auto-Immune Disease (Crohn's, MS, Diabetes)

Week 1 - 5 drops Regulat® in the morning with 100mL water

Week 2 - 5 drops Regulat® in the morning/ in the evening in 100mL water

Week 3 - 10 drops Regulat® in the morning/ in the evening

Week 4 - 5 mL (1 tsp) Regulat® in the morning and evening

Week 5 - 10 mL (2 tsp) Regulat® in the morning and evening

NOTE:

- Increase the dose of Regulat® to the next "Week" when current dose is tolerated
- When strong symptoms of cleansing occur, stop taking Regulat® for 1-2 days until reactions subside. In rare cases, Regulat® may be discontinued for 1 week. If symptoms are mild, reduce Regulat® dose and continue treatment.



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Regulat® and Children:

AGE	QUANTITY	INSTRUCTIONS
Infants up to 3 months	2 x 1-3 drops	Directly into the mouth or mixed with mother's milk or water
Infants up to 6 months	2 x 3-5 drops	Directly into the mouth or mixed with mother's milk or water
Infants between 6 and 12 months	2 x 5-7 drops	Directly into the mouth or mixed with mother's milk or water
Small children between 1 and 5 years	2 x half a teaspoon	Pure or diluted in juice or water
Children between 5 and 10 years	2 x teaspoons	Pure or diluted in juice or water
Children between 10 and 14 years old	2 x 1½ teaspoon	Pure or diluted in juice or water
Teenagers and adults over 14 years	2 x tablespoon	Pure or diluted in juice or water

Learn More:

Regulat®: Live Cell Microscopy

<http://www.youtube.com/watch?v=CbuF0hUxWgM>

Regulat®: PH balance and the GI system

<http://www.youtube.com/watch?v=qGMaz2ELgsM>

Regulat®: The Balance of Intestinal Flora

<http://www.youtube.com/watch?v=pa47EBP3OTs>

Regulat®: Dark Field Microscopy and Healthy Blood

<http://www.youtube.com/watch?v=DY0RF881L1A>

Regulat®: Rebuilding Healthy Gut Microflora

<http://www.youtube.com/watch?v=5GTU4rbF6ac>

Regulat®: Intestinal Immunity & Lyme Disease

http://www.youtube.com/watch?v=v5bt3Ui_xM&feature=relmfu

Regulat®: Joint Health & Arthritis

<http://www.youtube.com/watch?v=NapMhM3mj-4&feature=relmfu>

Regulat®: Irritable Bowel

http://www.youtube.com/watch?v=SjBDNT_s4vA

Regulat®: Detoxification

<http://www.youtube.com/watch?v=RqnuKeCgO7E&feature=relmfu>

Ingredients:

Proprietary blend (5.07 g per 10 ml serving):

Lemons (whole), Dates (whole), Figs (whole), Walnuts (kernel), Soybeans (bean), Coconuts (meat), Onions (whole), Glycerin (plant origin), Celery (bulb), Soybean Sprouts (whole), Acerola Extract (fruit), Artichokes (flower head), Peas (whole), Millet (whole).

Other Ingredients:

Water, Spices (Bitter Orange, Anise, Fennel, Caraway, Allspice, Curacao, Cloves, Cinnamon Bark, Ginger Root, Cubeb Pepper), Turmeric, Saffron.

Contains Soy and Walnuts.

Naturally free from colouring, preservatives, alcohol, gluten, and milk.

Do not use if you are pregnant or breastfeeding. Do not use if seal is broken. Shake before use. Contents to be consumed within one month after opening bottle. Protect against heat and direct solar irradiation.

Regulat® Pro Bio

Energy
Antioxidant Protection
Vitality

A Whole Food Liquid
Supplement Created
Through Live
Cascade Fermentation™

Fermented multiple times with several
strains of beneficial probiotic
bacteria with Certified Organic
Fruits, Vegetables, Nuts and Herbs

Certified Organic • Gluten Free • Dairy Free
Preservative Free • Alcohol Free • Vegan



The Importance of Fermented Foods

If we look at different diets around the world, there is one unifying element. All cultures consume some form of fermented food in the daily diet. Most of us in the West are not that familiar with fermented food and if we are, we probably don't consume a variety of fermented foods with enough regularity. We may have the odd bowl of Miso soup or Sauerkraut now and then, but few of us consume a large enough variety of these important foods on a daily basis.

The Healing Power of Fermentation

Fermentation is a powerful form of food preparation that breaks down the food into its smallest components assuring optimal bioavailability and digestibility of those key nutrients. More importantly though, fermented foods are healing foods in that new beneficial and protective compounds are created through the fermentation process that support numerous biological functions of the body.

Adding a variety of fermented foods into one's daily diet is crucial for maintaining optimal gut health, immune health, enzyme regulation, acid/ alkaline balance, detoxification, reduction of inflammation, antioxidant support and so much more.

Regulats: A New Class of Fermented Preparations

Most fermented foods involve one type of food that is fermented once. Sauerkraut is a great example of this: cabbage is fermented using Lactic Acid Bacteria. While this is beneficial it can not compare to the complexity of fermenting a variety of healing super foods in a unique combination using multiple stages of fermentation.

Regulat®, developed by a food chemist and pharmacist in Germany, Dr. Hans Niedermaier, is a special preparation of numerous Certified Organic fruits, vegetables and nuts that involves multiple series of fermentations using Lactic Acid Bacteria.

Certified Organic super foods such as Coconuts, Lemons, Walnuts, Celery, Artichoke, Millet, Peas, Soy, Figs, Dates, Mung-bean sprouts and Onions are selected for the synergistic array of compounds created during the fermentation process. Protective herbs such as Turmeric, Saffron, Fennel, Cloves, Cinnamon and Ginger are added after the fermentation process is complete.

This whole food liquid tonic offers unique biologically active compounds that are precursors for many of the body's intracellular functions. This liquid is absorbed directly through the mucous membrane. It is Certified Organic, Gluten Free, Dairy Free, Preservative Free, Alcohol Free and Vegan.

The Many Benefits of Regulat®

This innovative fermented liquid whole food supplement provides many benefits.

- Provides support for healthy innate immune regulation
- Increased energy, vitality, and stamina
- Provides protection from free radical damage through increased antioxidant support
- Increases intracellular reduced Glutathione
- Assists with the body's own natural detoxification processes
- Decreases LDL-Oxidation
- Reduces inflammation through the reduction of soluble vascular cell adhesion molecule-1 and soluble intercellular adhesion molecule-1

References

Elstner EF, „Regulates“: Cascade fermentation of fruit and vegetables produces functional food with innovative, cooperative properties. *OM & Ernährung* 2006; 114: F2-F4.

Hippeli S, Janisch K, Kern S, Ölschläger C, Treutter D, May C, Elstner EF. Antioxidant and immune modulatory activities of fruit and vegetable extracts after “cascade fermentation”. *Current Topics in Biochemical Research* 2007; 9: 83- 97.

Schoen C, Schulz A, Schweikart J, Schütt S, von Baehr V. Regulatory effects of a fermented food concentrate on immune function parameters in healthy volunteers. *Nutrition* 2009 May; 25(5):499-505.

Regulat® In Clinical Practice

Regulat® is being used in some of the finest clinics in Europe for biological medicine.

“Paracelsus Clinic Lustmühle is the largest clinic for biological medicine and dentistry in central Europe and has a healing tradition of over 50 years. We have intensively used Regulat® for several years for the following purposes:

- Acid base regulation: Acid base regulation occurs due to the (dextro-rotary) lactic acid in Regulat® stimulating the anaerobic intestinal flora. Regulat® stimulates this anaerobic flora (lactofilus/bifidus/bacteroides bacteria) to multiply. Anaerobic flora of the intestines improve deacidification and detoxification.
- Probiotic effect: Darkfield examination of Regulat® shows that there are Prosympiotic stages of bacteria present in Regulat®. These can develop like Probiotics in the intestines, into life-supporting bacteria.
- Enzymes: Regulat® contains Proteolytic and digestive enzymes, produced and extracted by the fermentation process. Therefore Regulat® has a local intestinal anti-inflammatory effect.

“All in all, Regulat® is one of the most active products for rebuilding intestinal harmony, especially the intestinal flora and acid base metabolism.”

~ Dr. Thomas Rau MD, Chief Physician, Paracelsus Clinic

“Regulat® which is an enzyme rich extract of fermented fruits and vegetables has outperformed heparin in our own trials. Lumbrokinase is far more effective than Nattokinase. Both appear weak when compared to Regulat®.”

~ Dr. D. Klinghardt Lyme Disease: A Look Beyond Antibiotics

“I have been using Regulat® in my practice for about 1 year with great satisfaction of my patients. I use it as a free radical neutralizer for cancer and autoimmune system diseases. After using Regulat® for about 1 week many patients are noticing increased energy and a sense of well-being. I am pleased to have the opportunity to add this wonderful phytonutrient to my practice.”

~ H. Chandler Clark, M.D., Cardiology, Internal Medicine and Nutrition

How To Use Regulat®

Internal Use:

Start with one 10ml (2 tsp.) dose of Regulat® once a day and build to 2-3 times daily. Regulat® encourages the body's natural detoxification processes. Begin with the 10ml dose and build gradually. Take the liquid straight or diluted in water or juice first thing in the morning on an empty stomach. A second dose can be taken before lunch, dinner or in the evening before bed. Leave Regulat® in the mouth for 30 seconds before swallowing.

External Use:

Regulat® can be used externally on the body, but should not be used in the eyes.

Use Regulat® on eczema, psoriasis, dandruff, athlete's foot, acne, canker sores, cuts, gums, wounds and as a poultice on diabetic sores.

For healthy gums, swish Regulat® in the mouth for 60 seconds.

Apply it into the nose diluted using a spray bottle in a 1:4 Regulat® to water ratio for sinus congestion, allergies or colds.

For vaginal yeast infections, use a tampon soaked or sprayed with a 1:4 Regulat® to water ratio.

For optimal skin care, dandruff or itchy scalp, apply to the skin or scalp using a cotton pad again in a diluted 1:1 or 1:2 Regulat® to water ratio. Regulat® may also be used as a diluted toner or may be added to skin creams.

