

# The Nutritional Essentials

Issue Nine

**Pam Stalzer, D.C., dhom**  
3862 Piedmont Ave.  
Oakland, CA 94611  
**510-333-8211**

## From the Pen of Dr. Royal Lee

(1895-1967) Inventor,  
Scientist, Genius, Founder of  
Standard Process, Inc.

*"A patient has a part of his heart muscle become (damaged) and proteins (of the damaged) heart were absorbed into the blood stream. They now act as any foreign protein would do, and the victim becomes allergic to his own heart muscle protein. That means . . . antibodies . . . will impair and reduce the rate of repair of the heart tissue (and) recovery will be slower than usual." Dr. Royal Lee 1956*

## A Partial List of Conditions Related to Nutritional Deficiencies

Allergies - Hay Fever  
Ankle Swelling  
Arthritis  
Back Pain  
Blood pressure - High or Low  
Bronchial Conditions  
Bursitis  
Circulation, Poor  
Colitis  
Colon, Spastic  
Constipation  
Cough, Chronic/Allergic  
Diarrhea  
Disc Problems  
Diverticulitis  
Dizziness (Vertigo)  
Emphysema  
Fatigue, Chronic  
Feet, Cold or Burning  
Feminine Problems  
Gall Bladder Disorders  
Gas  
Glandular Troubles  
Headaches  
Heart, Fast or "Nervous"  
Hemorrhoids  
Impotence  
Injuries to Soft Tissues  
Insomnia  
Joint Pain  
Kidney Problems  
Knee Pains, Chronic Leg  
Pains, Cramps, Tingling,  
Numbness  
Liver Problems  
Nervousness  
Neuralgia  
Prostate Trouble  
Sciatica  
Shingles  
Sinus Trouble  
Throat, Sore / Hoarse /  
Congested  
Thyroid Conditions  
Ulcers -- Stomach,  
Duodenum, Skin  
Yeast Infections

## Autoimmune Disease – PMGs to the Rescue!

✓ **Heart Problems**  
✓ **Lung Conditions**  
✓ **Immune Deficiency**  
✓ **Thyroid Problems**

✓ **Joint Problems - Fibromyalgia**  
✓ **Liver Conditions**  
✓ **Fertility Conditions**  
✓ **Nervous System Conditions**

## **A**s these chronic serious conditions are on the rise, are we looking for solutions in all the wrong places?

Today's scientists might look back to a genius of the 20<sup>th</sup> century, Dr. Royal Lee, for simple answers to a complicated subject. What is autoimmune disease, can it be stopped, and more importantly, can it be prevented?

### What is Autoimmune Disease?

Autoimmune disease is best described as an allergy to oneself. The body actually becomes allergic to its own tissue. When human tissue enters the blood stream, the immune system believes that the tissue is a "foreign protein" and creates an antibody to destroy and eliminate it. (Read TNE-1.7 on Immune system and TNE-1.8 on Allergies for more details.)

This tissue enters one's blood stream from some traumatic event. The "trauma" not only includes injuries such as slips and falls, but also trauma caused by overwork, infection, injurious chemicals in our environment and foods, heart attacks, ulcers, smoking, trauma to your mouth and other organ and glandular systems.

When your body attacks its own tissue, **you are the "victim."** As your immune system is directed to protect you from this "foreign protein," your own body is broken down. The result of this autoimmune reaction can be any number of conditions depending on which tissue is being attacked.

Autoimmune reactions can be the cause of many common conditions. (See sidebar

for a partial list of possible conditions.) Low energy, impaired health and lack of vitality may be the result of your immune system spending its energy protecting YOU from YOU when it fact it does need to.

Do you or a loved one suffer chronic fatigue?  
**YOU MAY HAVE AUTOIMMUNE DISEASE AND NOT EVEN KNOW IT!**

Let's summarize and consider some examples:

1. Your own injured tissue, due to some type of trauma, infection, or stress from overwork, enters your blood stream.
2. Your immune system believes this is "foreign protein" and creates an immune reaction to protect you.
3. Your own tissue is broken down from the attack.
4. The function of that tissue to your whole body is then impaired.
5. Your health suffers with resulting fatigue, pain and disability.

### Autoimmune disease examples:

- When firefighters, smokers or anyone in a polluted environment breathes smoke or chemicals, lung tissue may be damaged and enter the blood stream – the result is reduced health of the lungs and lung diseases can begin – chronic bronchitis, emphysema and chronic allergies.
- Injured people whose muscles and ligament tissue enters the blood stream - the result can be conditions such as fibromyalgia, muscle pains and joint problems.
- Any gland or organ which suffers injury, overwork or infection may release damaged tissue into the blood stream which will similarly cause the development of an autoimmune reaction to that tissue. Diseases relating to that organ or gland can set in.

Continued other side

**Pam Stalzer, D.C., dhom**  
3862 Piedmont Ave.  
Oakland, CA 94611  
**510-333-8211**

Return Service Requested

Share this information  
with a friend - Thank You!

## Protomorphogen™ - A Health Care Breakthrough

### Autoimmune Disease? PMGs to the rescue!

#### What if:

**We could interrupt this autoimmune reaction** between the damaged tissue entering the blood stream and the antibody reaction to it?

**We could provide the body with something** that helped it to shut off the autoimmune attack and help it to heal the injured tissue?

Those are the questions Dr. Royal Lee answered early in the 20<sup>th</sup> century. That's right! In the 1940s Dr. Lee developed a unique method of deriving extracts from specific organs and glands for clinical use in this process.

To the end of his life, Dr. Lee fought the battle to bring to the health care profession the awareness that properly prepared whole food concentrates could be the answer to neutralizing this autoimmune response. He used the term Protomorphogen™ (PMG) to describe this immune modulating factor.

### Protomorphogen™ (PMG)

Protomorphogen™ preparations neutralize the autoimmune response! Listen to Dr. Royal Lee tell the stories of a few actual patients in his experience;

"One interesting patient had found that his heart (disease) was relieved as long as he ate a pound or so of beef or lamb heart per day. He was much gratified to get far better results with one or two small tablets of the protomorphogen heart extract and to be able to drop his special diet (of heart.)"

"Most cases of chronic bronchitis are due to failure of the lung to repair itself at the normal rate."

"In another case, we find a patient who has had a skull fracture at one time in his life, say 25 years ago may still have antibodies to brain and may still have a slower than normal mentality; (we found) that the brain protomorphogen extract restored their mental processes to normal."

"One of our first experiences with these (PMG) extracts was with bone – raw veal bone – extract. We found that patients with a history of pyorrhea (gum disease) had apparently developed antibodies, which inhibited the recovery and repair of the supporting tissues of the teeth. You can actually see in x-ray pictures regeneration of the bone."

In the decades since Dr. Royal Lee's discovery and his development of PMG extracts, tens of thousands of health care providers have offered their HealthBuilding benefits to patients to help them with conditions of autoimmunity and TO PREVENT THESE CONDITIONS FROM DEVELOPING.

Over the course of your care here I may offer you the opportunity to benefit from these "miraculous" PMGs. We have over 25 Protomorphogen™ specific products to choose from. Let's review just a few important ones.

**Cardiotrophin PMG™** – Developed in 1952 this PMG helps to maintain healthy heart and muscle tissue.

**Pneumotrophin PMG™** – Developed in 1952 this PMG helps to maintain healthy lung tissue.

**Hepatrophin PMG™** – Developed in 1952 this PMG helps to maintain healthy liver tissue.

**Paraplex** – Developed in 1965 this PMG™ combination product includes support for pancreas, adrenal, pituitary and thyroid. Paraplex is known to support blood sugar problems.

**Symplex F or Symplex M** – Developed in 1965 this PMG™ combination product includes support for gonadal (sex glands), adrenal, pituitary and thyroid. The Symplex combination PMGs are known as essential support for endocrine related health concerns for Females and Males respectively.

**The great news about taking PMG™ daily is that you get support for autoimmune issues if you need them but if you do not have an autoimmune condition they are assimilated into your body as protein. PMGs are a win – win product for your health and health maintenance.**

† These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. They are to support your health.

**Ask me which Protomorphogen may help protect and build your health!**

# **Autoimmune Diseases**

**Breakdown Health -- consider adding**

**Protomorphogens™**

**to your supplement program and  
prevent them from developing.**

**Ask me what might help you!**