

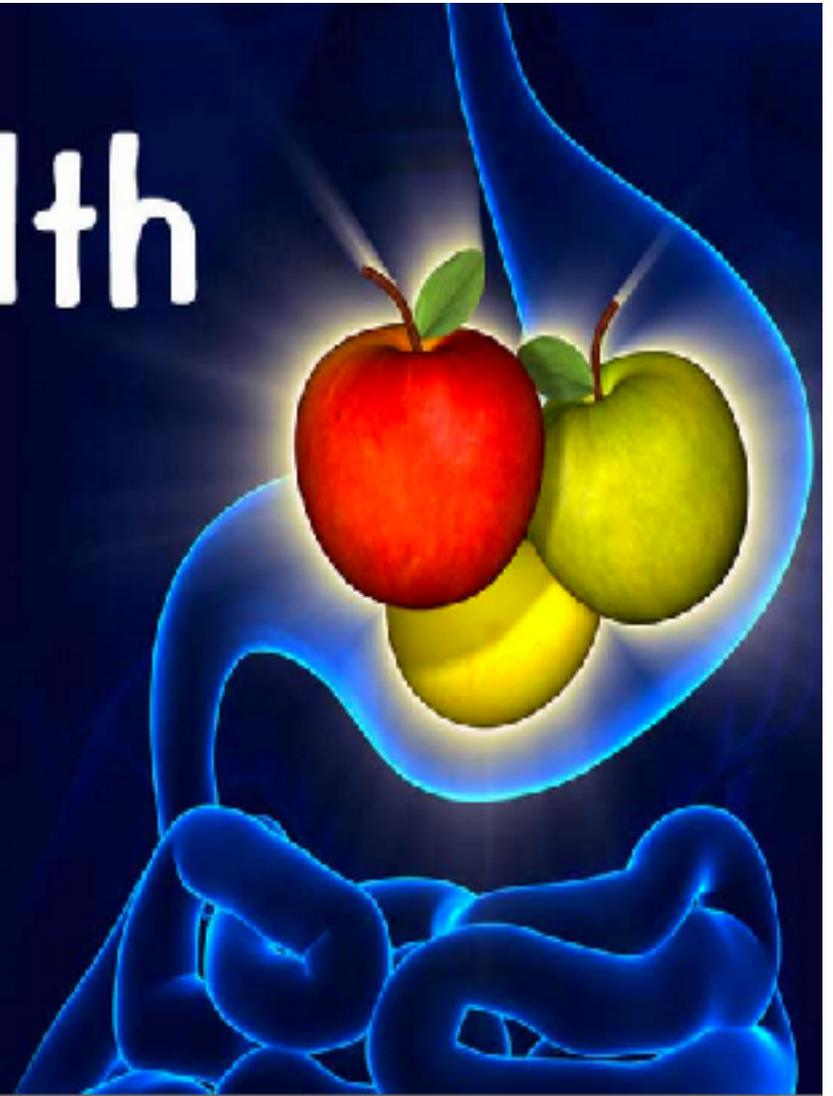


**BRMI**  
**CONFERENCE 2018**

**The Digestive System:**  
A key to your biological optimal  
performance

**May 11, 2018**

# Good Health Begins In Your Gut

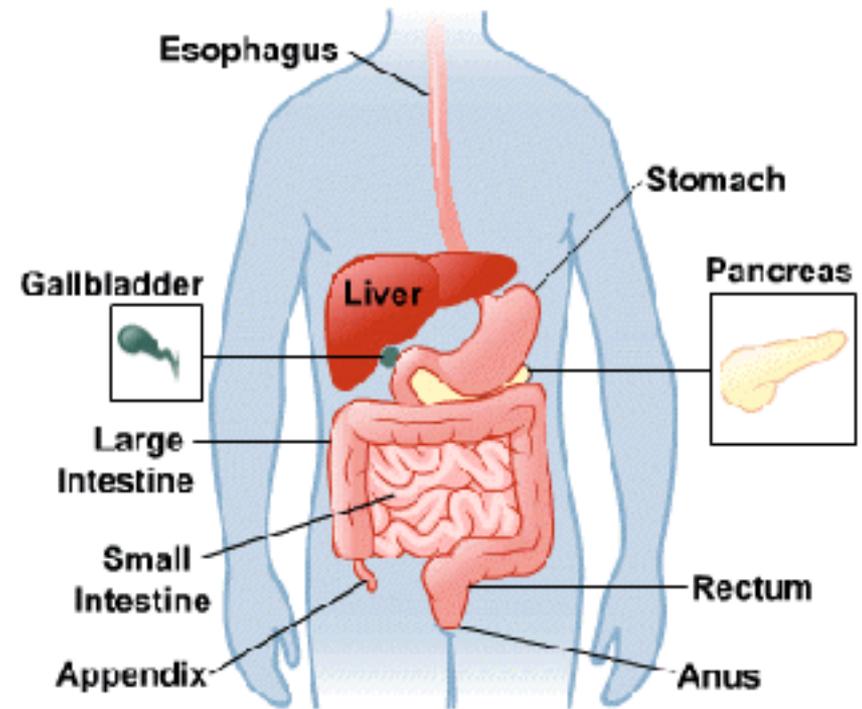


# The Digestive System

## Functions

- Ingest food
- Break down food into nutrient molecules
- Absorb molecules into the bloodstream
- Rid the body of indigestible remains

## Components



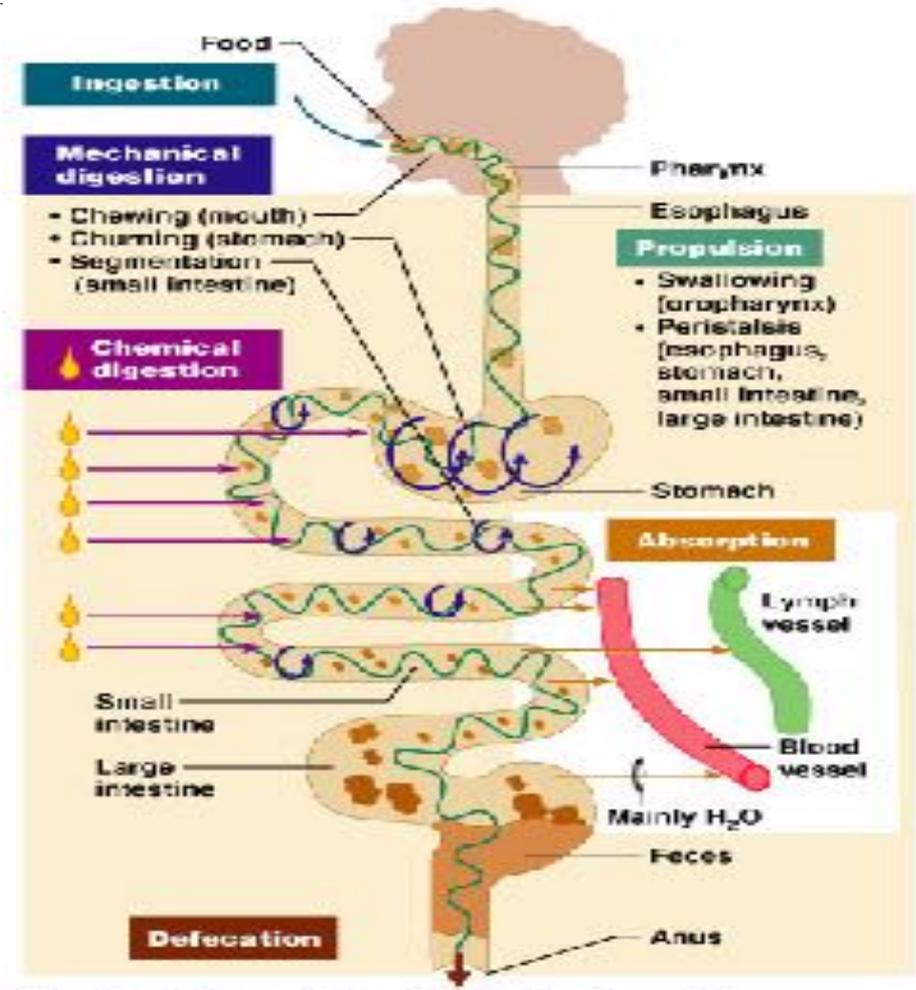
# Two Divisions of the Digestive System

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- Alimentary Canal
  - Continuous, ~30 foot long muscular digestive tube winding throughout the body
  - Digests and absorbs food particles
  - Contains the following organs:
    - Mouth, Pharynx, Esophagus, Stomach, Small and Large Intestine
- Accessory Digestive Organs
  - Contains the following organs:
    - Teeth, Tongue, Salivary Glands, Liver, Gallbladder, Pancreas and Microbiome

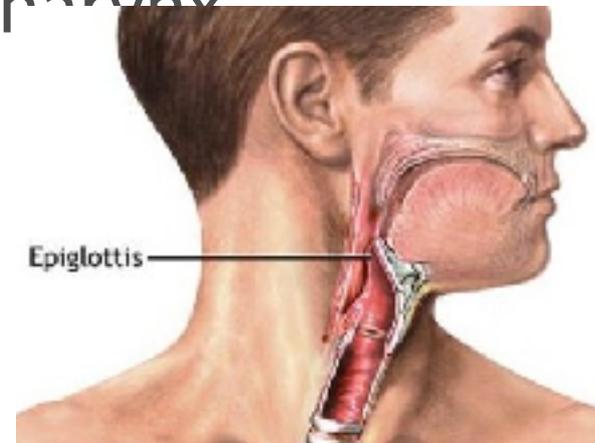
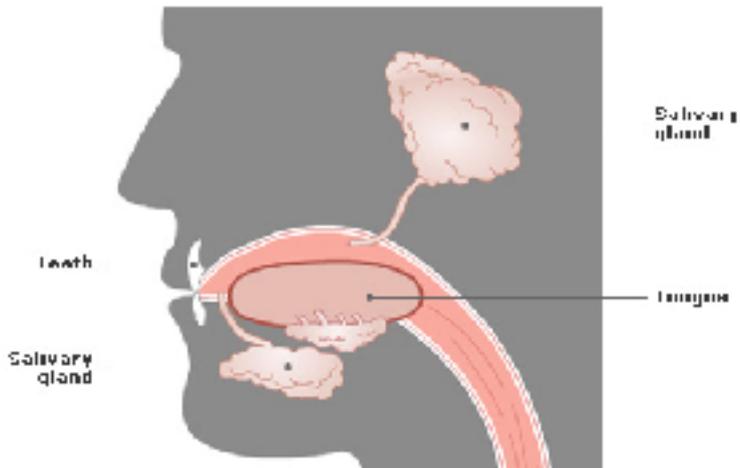
# Digestive Processes

- Ingestion
- Propulsion
- Mechanical digestion
  - Chewing (mouth)
  - Churning (stomach)
  - Segmentation (small intestine)
- Chemical digestion
- Absorption
- Defecation



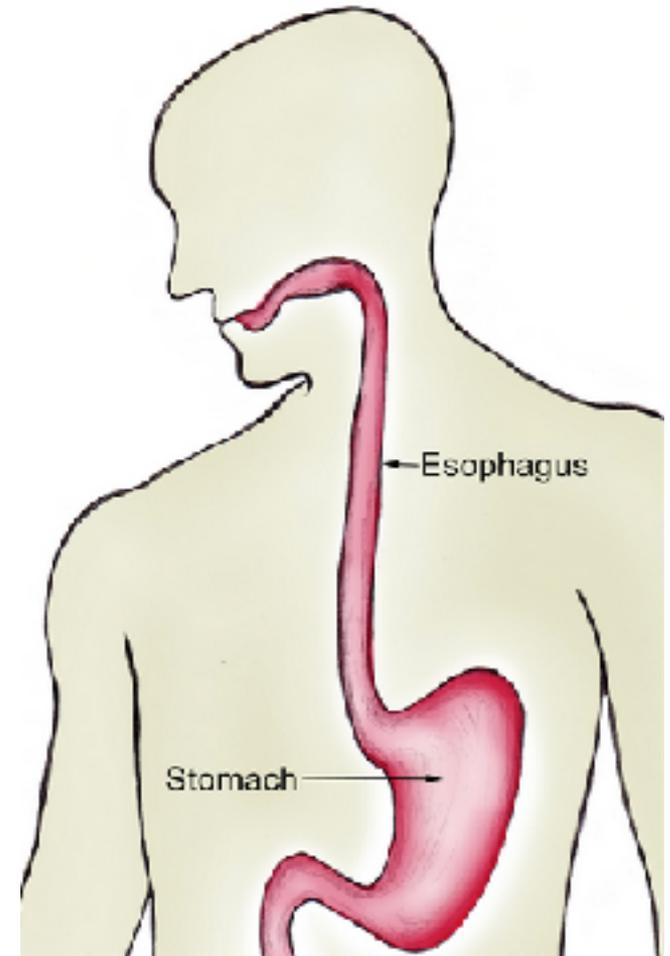
# Mouth

- Teeth mechanically break down food into small pieces. Tongue mixes food with saliva (contains amylase, which helps break down starch).
- Epiglottis is a flap-like structure at the back of the throat that closes over the trachea preventing food from entering it. It is located in the Pharynx.



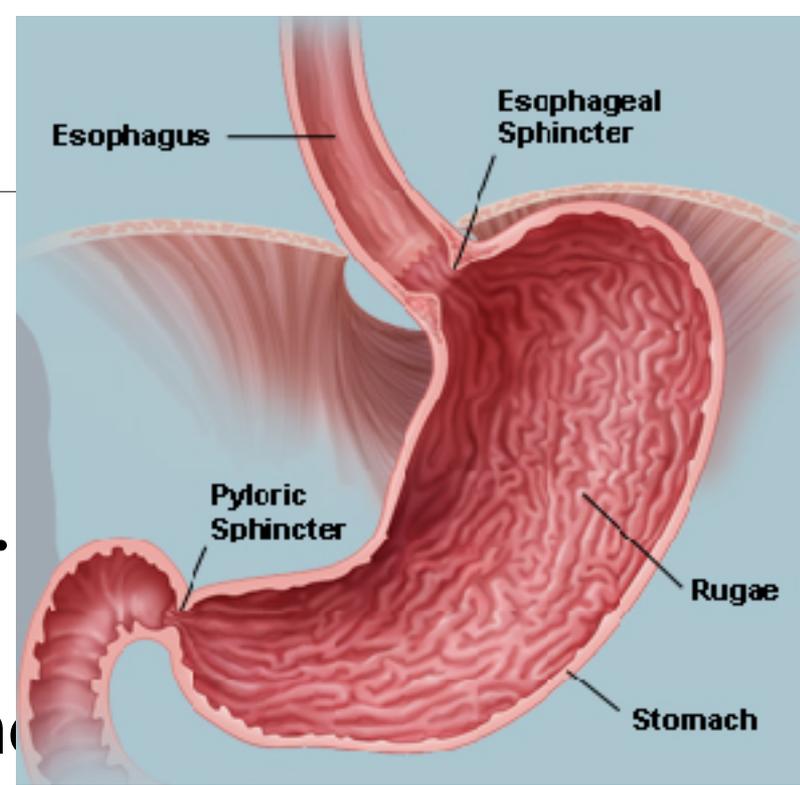
# Esophagus

- Approximately 20 cm long.
- Functions include:
  1. Secrete **mucus**
  2. Moves food from the throat to the stomach using muscle movement called **peristalsis**
- Acid from the stomach can reflux and cause **heartburn**.



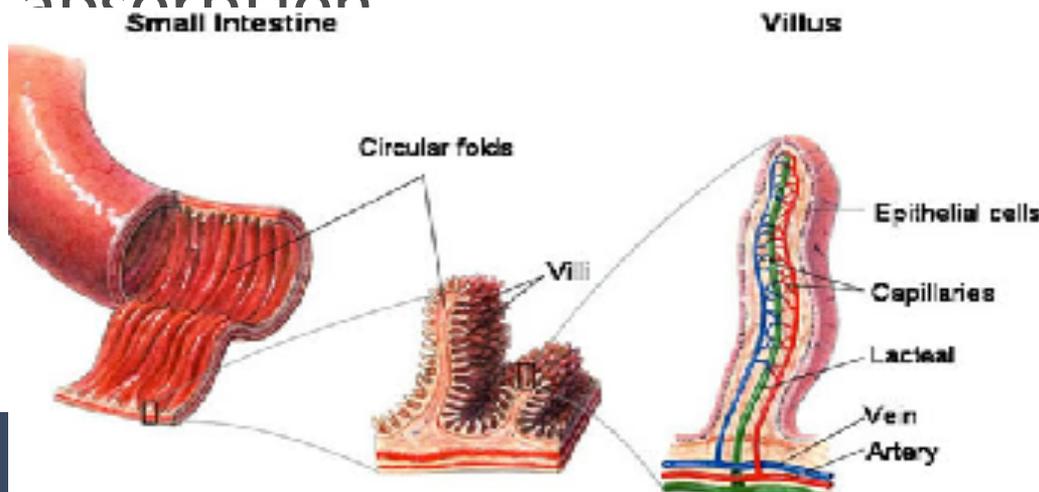
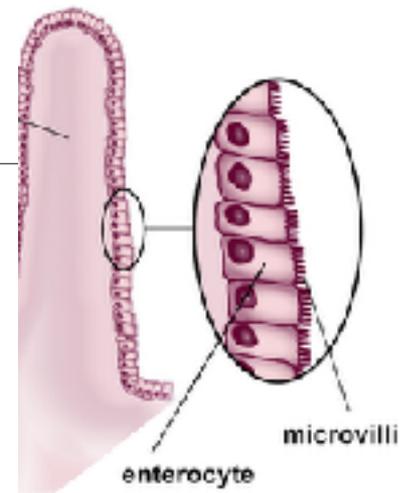
# Stomach

- J-shaped muscular bag that stores the food you eat, breaks it down into tiny pieces.
- Mixes food with **Digestive Juices** that contain enzymes and HCl to break down Proteins and Lipids.
- **Acid (HCl)** in the stomach kills bacteria.
- Food found in the stomach is called Chyme.



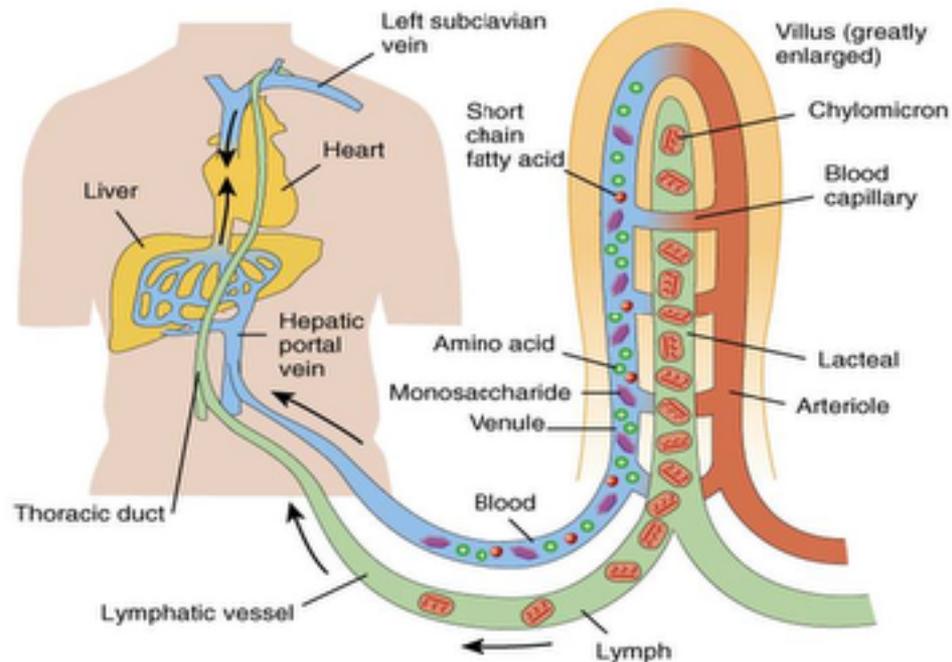
# Small Intestine

- Small intestines are roughly **7** meters long
- Lining of intestine walls has finger-like projections called **villi**, to increase surface area (laid out ~ a tennis court)
- The villi are covered in **microvilli** which further increases surface area for absorption



# Small Intestine

- Nutrients from the food pass into the **bloodstream** through the small intestine walls.
- 90% of absorption occurs here
- Absorbs:
  - 80% ingested water
  - Vitamins
  - Minerals
  - Carbohydrates
  - Proteins
  - Lipids
- Secretes **digestive enzymes**



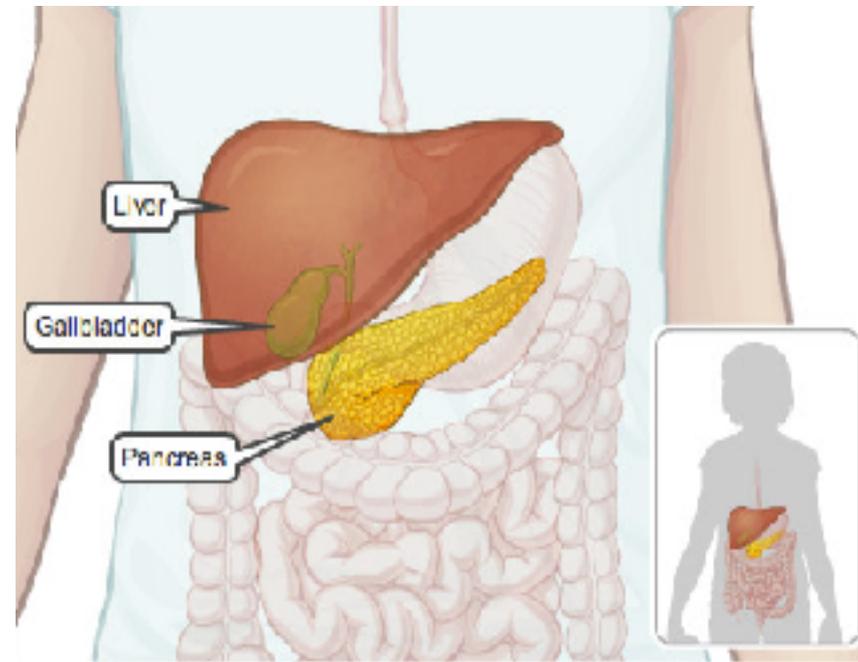
# Large Intestine

- About **1.5 meters** long
- Functions:
  - Absorption of vitamins B and K produced by bacteria (the microflora)
  - Reabsorption of **water** & electrolytes
  - Concentrate **wastes**
  - Storage of fecal material prior to **defecation**



# Accessory Digestive Organs

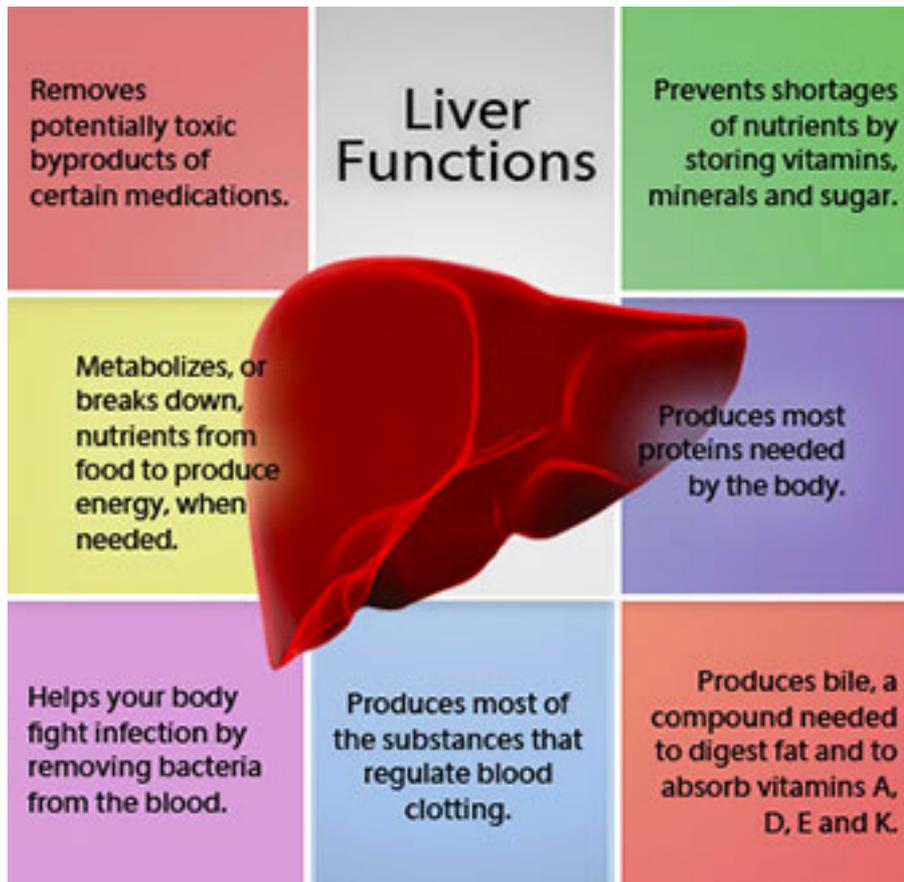
- Not part of the path of food, but play a critical role in the entire digestive process
- Includes: Liver, gall bladder, and pancreas
- Not yet considered an organ, the **microbiome** has all the functions of one



# LIVER has so **MANY** functions

- filters out anything the body does not want to keep including **drugs**, **alcohol** and **any toxin**.

It is our only organ that will grow back if a piece is removed



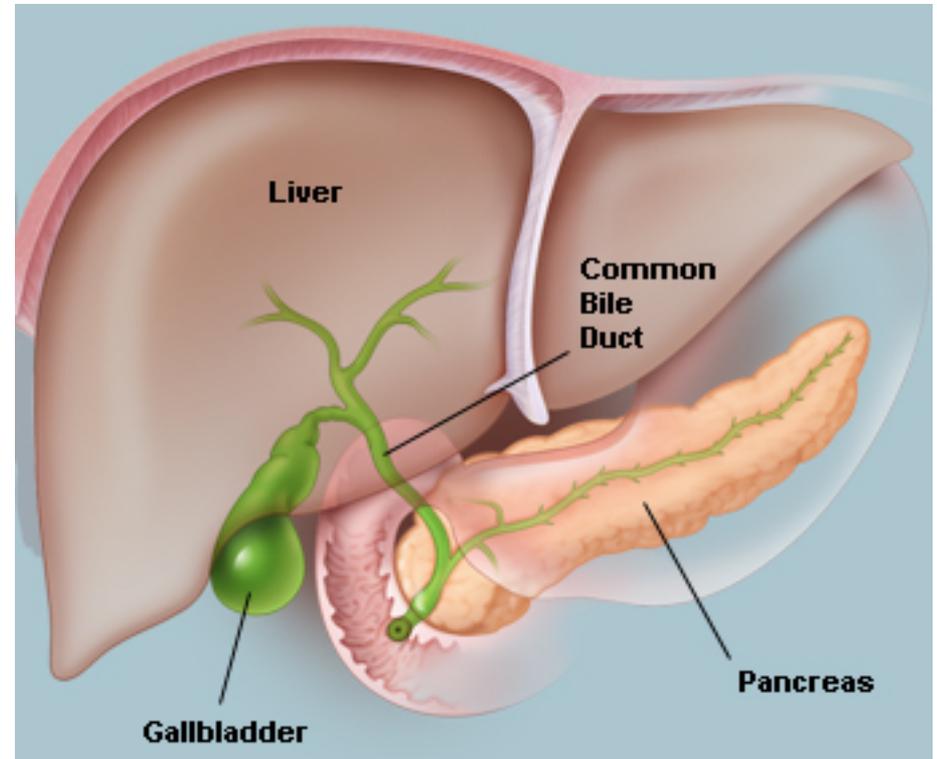
# Digestive Functions of the Liver

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- Filters and processes nutrient-rich blood of carbohydrates, proteins, and lipids from intestine
- Production and regulation of cholesterol
- Production of *bile* which emulsifies fats
- Removes drugs and hormones from circulation
- Storage of vitamins and minerals

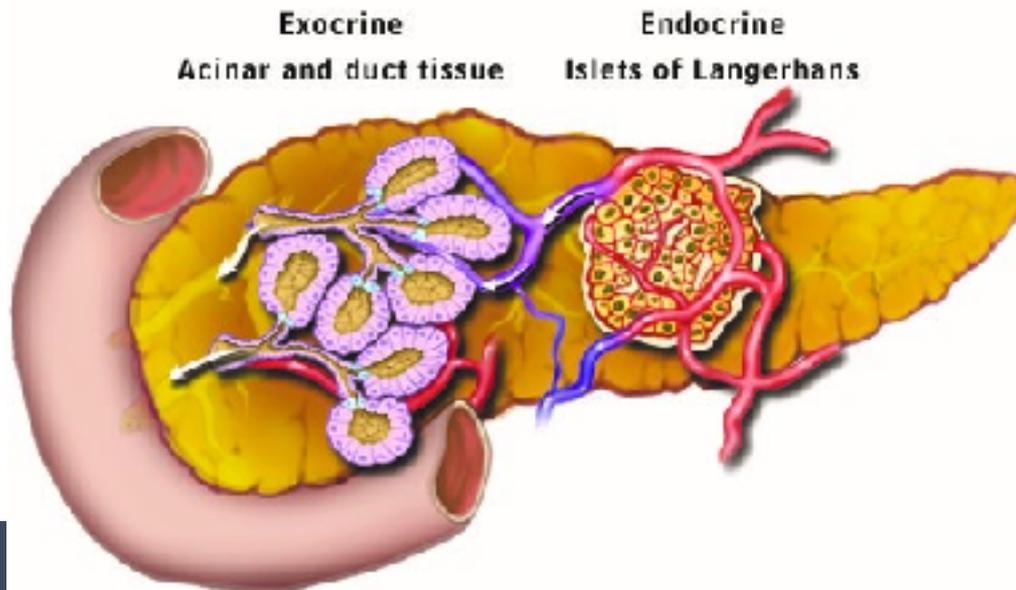
# Gall Bladder

- **Stores bile** produced in the liver, releases it into the **small intestine** to help digest fats
- **Gallstones** are a common problem
- Cholecystectomy is one of the most common surgeries done in the US



# Pancreas

- Unique gland with both exocrine and endocrine functions
- Exocrine produces digestive enzymes to digest **fats, carbohydrates** and **proteins**
- Endocrine produces glucagon and insulin to regulate



# Human Microbiome

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- Without our microflora we would become ill and not likely survive beyond 5 years
- Intestinal flora weighs about 1.5 kg (~3.5#)
- ~ 50-60% of fecal mass is bacterial biomass
- Microflora produces about 2 liters of gas daily
- Acquisition of resistance to antibiotics occurs in the intestine
- You can change the microbiome with:
  - prebiotics
  - antibiotics
  - probiotics
  - fecal transplant

# Probiotics

8 facts you should know

70%

of our immune system resides in our gut.

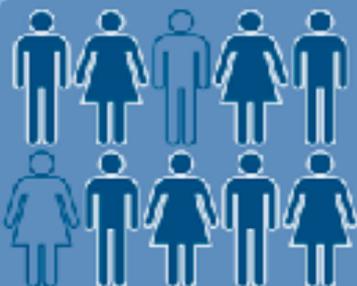


Probiotics in our body outweigh our brain.

The typical human brain weighs about 3 pounds, and a healthy human body will have over



**3.5 pounds** of probiotic bacteria and organisms.



Between **60** and **70 million** Americans are affected by digestive issues.

**8 out of 10**

adults reported having a digestive issue for which they purchased a product.



Americans invested more than **\$2 billion** on digestive health supplements in 2014.

Our digestive system is home to **500+** different types of microorganisms.

The majority of these contribute positively to human health and are called "probiotics".



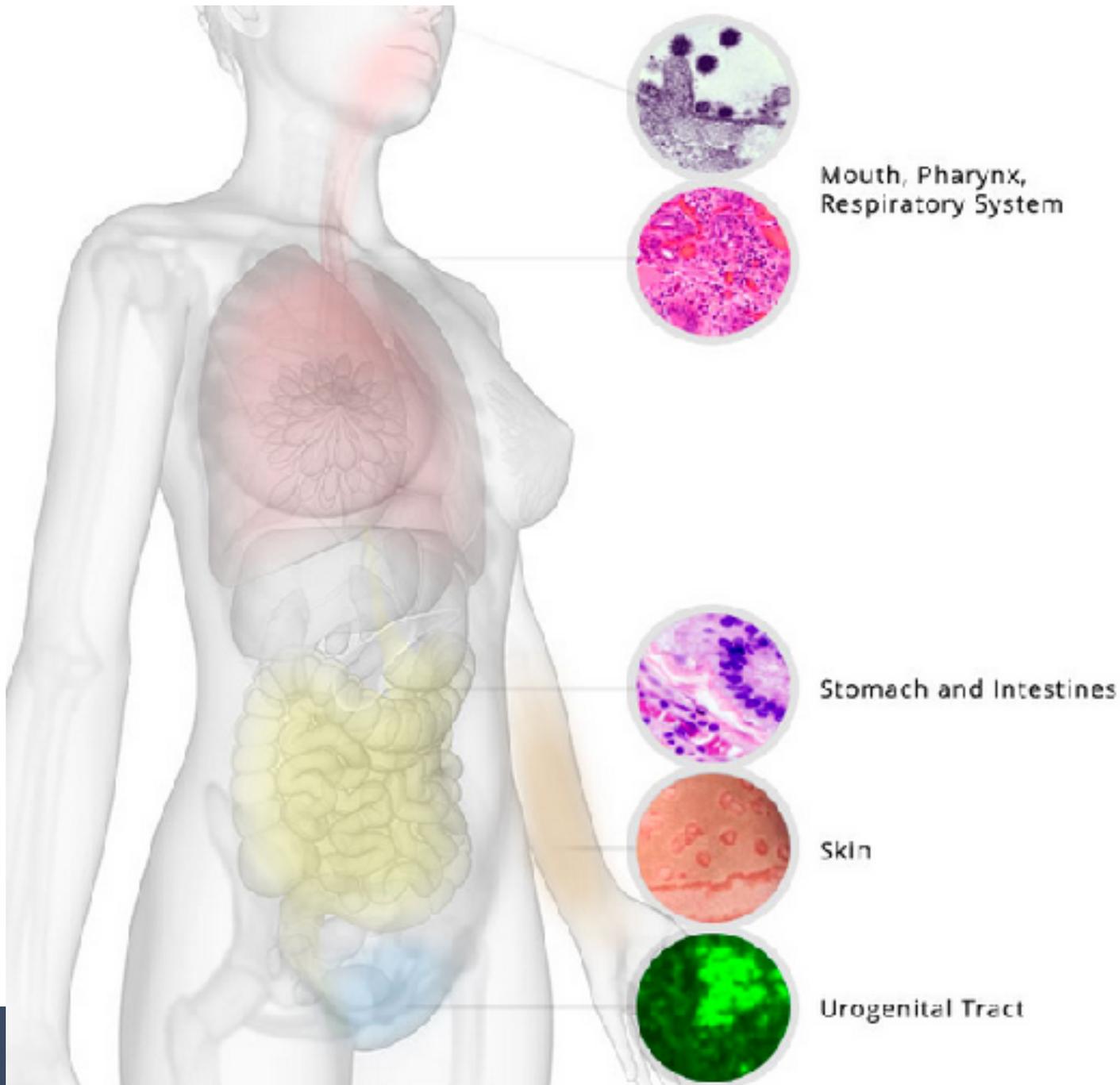
Up to **10%** of an individual's daily energy needs can be derived from the byproducts of the good bacteria in our gut.



There are **10x** more intestinal microorganisms than human cells in the body (10 trillion microorganisms vs. 10 billion human cells).

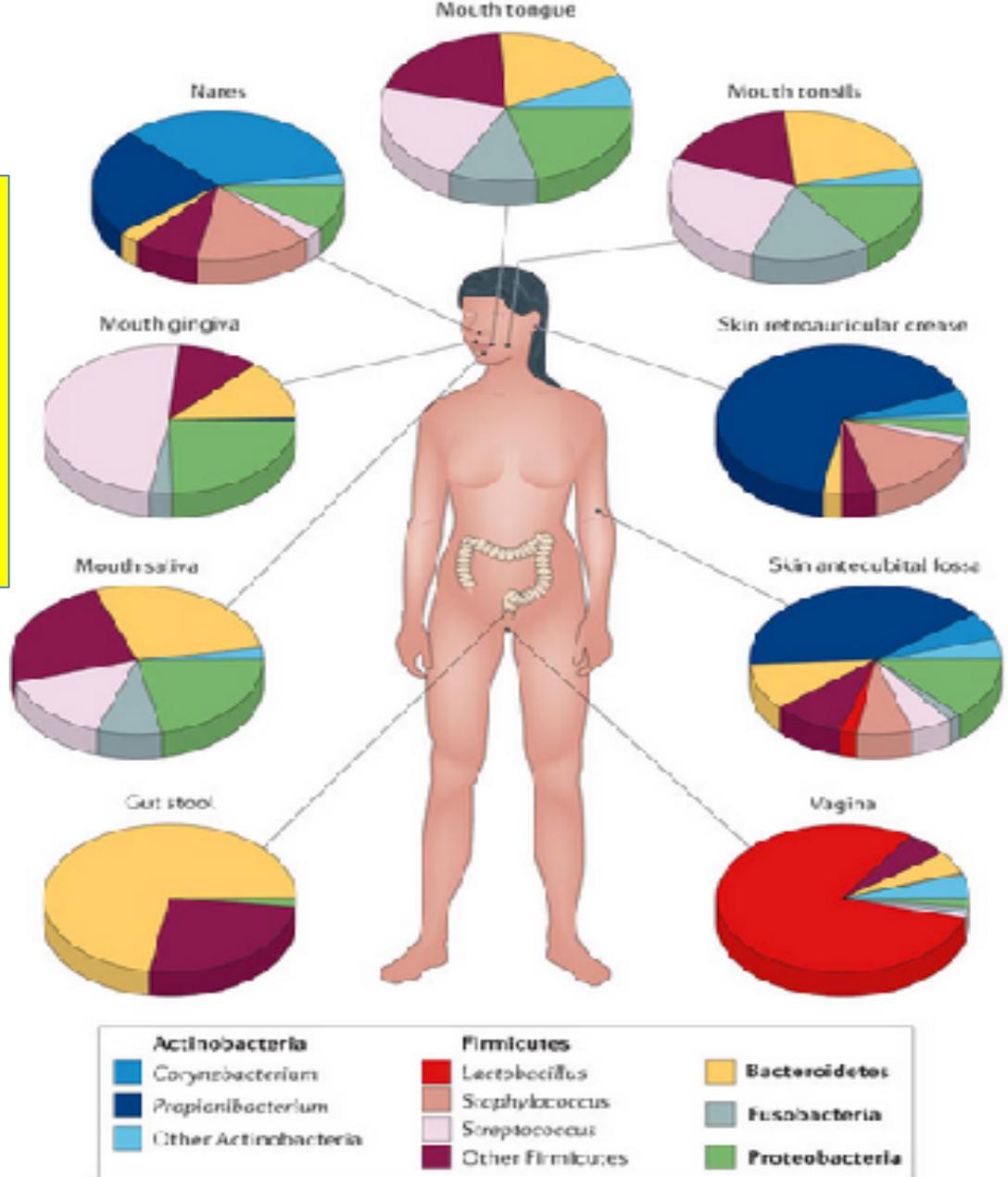


# Location of the Microbiome

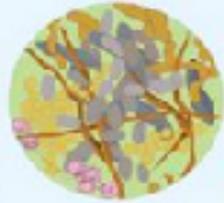


# Different composition in different parts of the Body

There are  
~ 2000 species  
7000 strains



**Mother**



**Vaginally born/Breast feed**



**Vaginally born/Bottle feed**

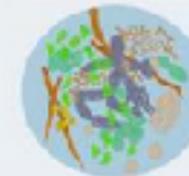
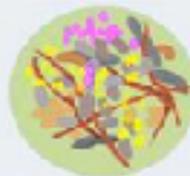


**C-section**

**4 days**



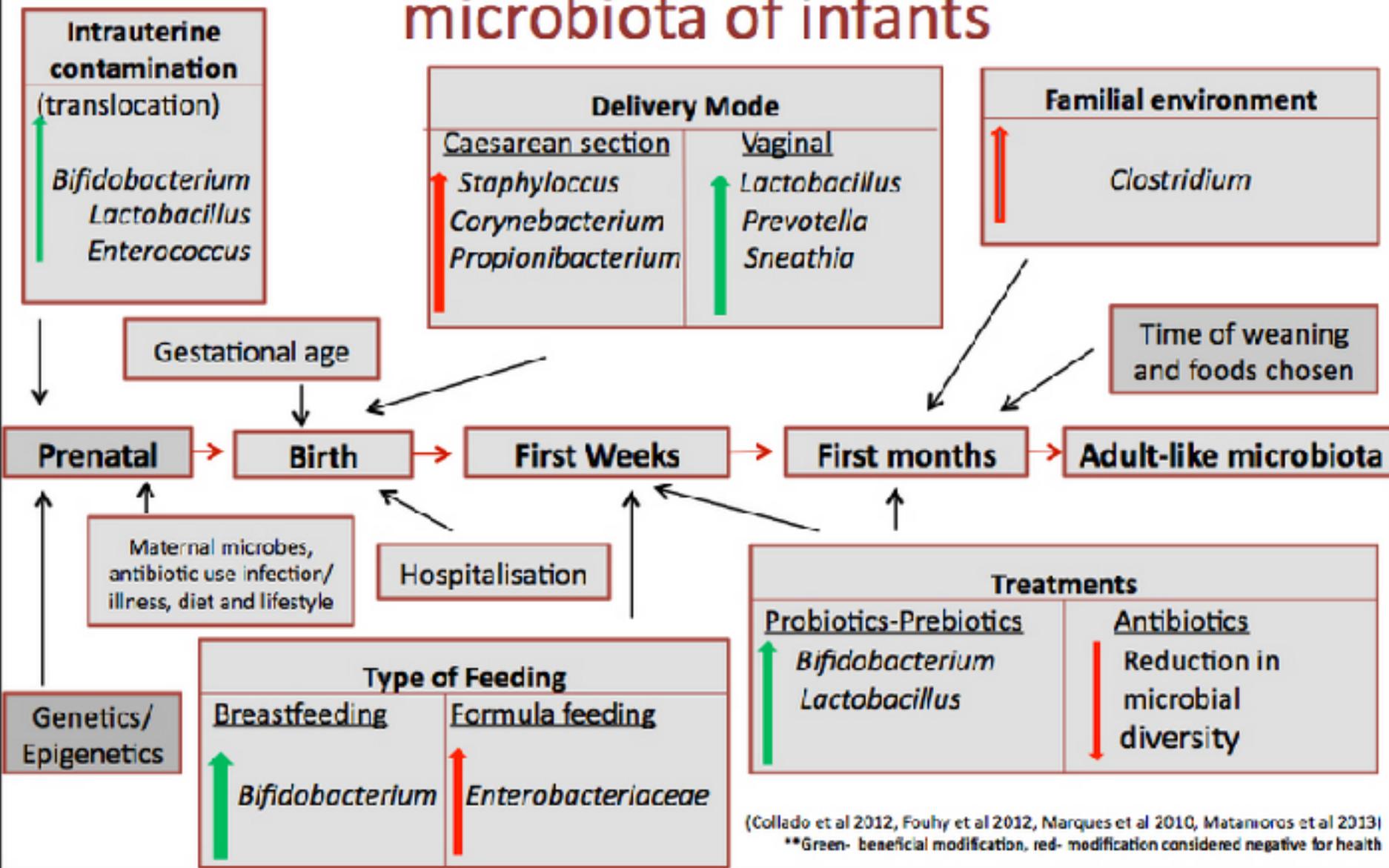
**4 month**



**12 month**



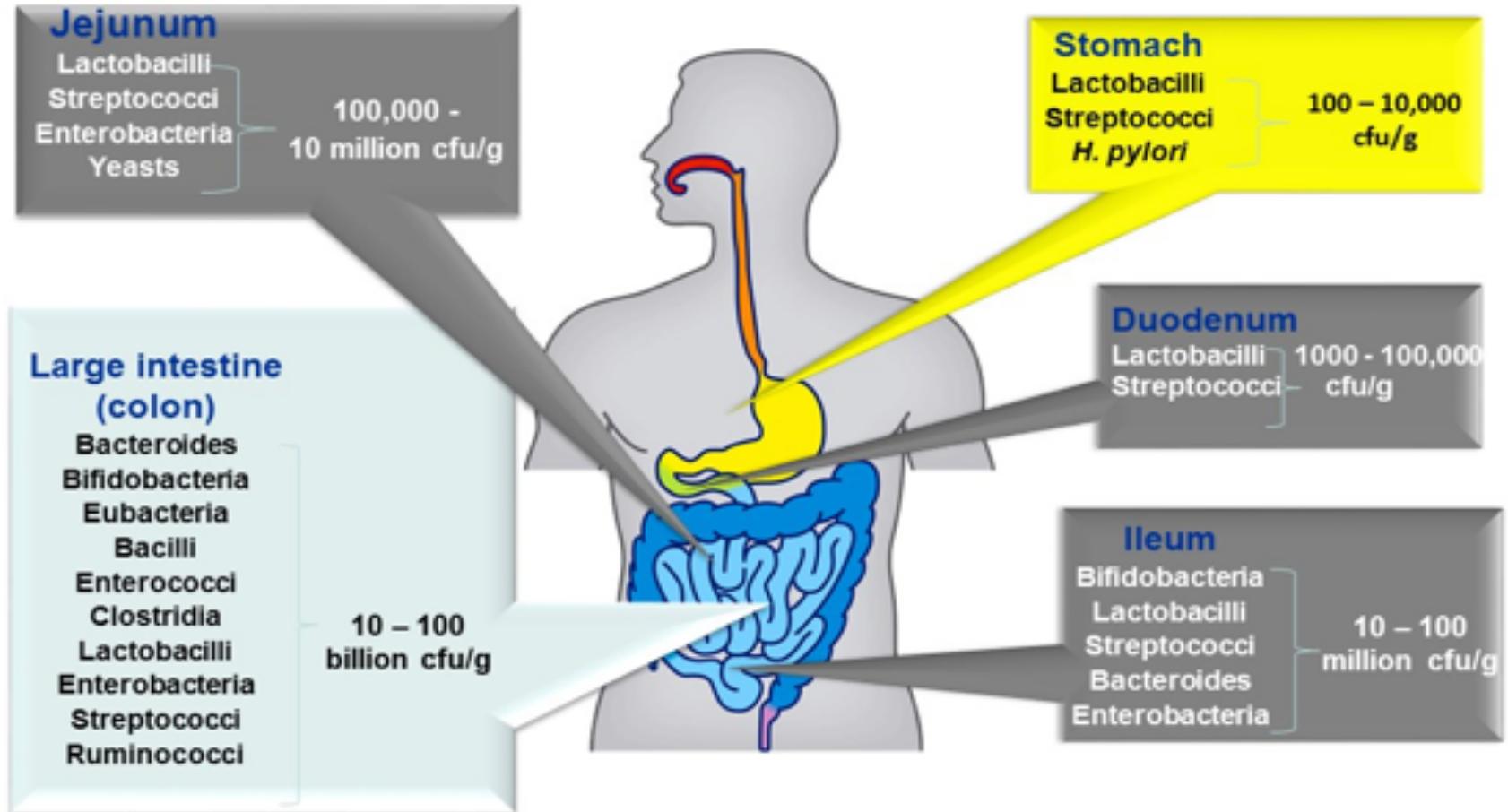
# Influence of external factors on intestinal microbiota of infants



(Collado et al 2012, Fouhy et al 2012, Marques et al 2010, Matamoros et al 2013)  
 \*\*Green- beneficial modification, red- modification considered negative for health

# Typical Microflora of GI tract

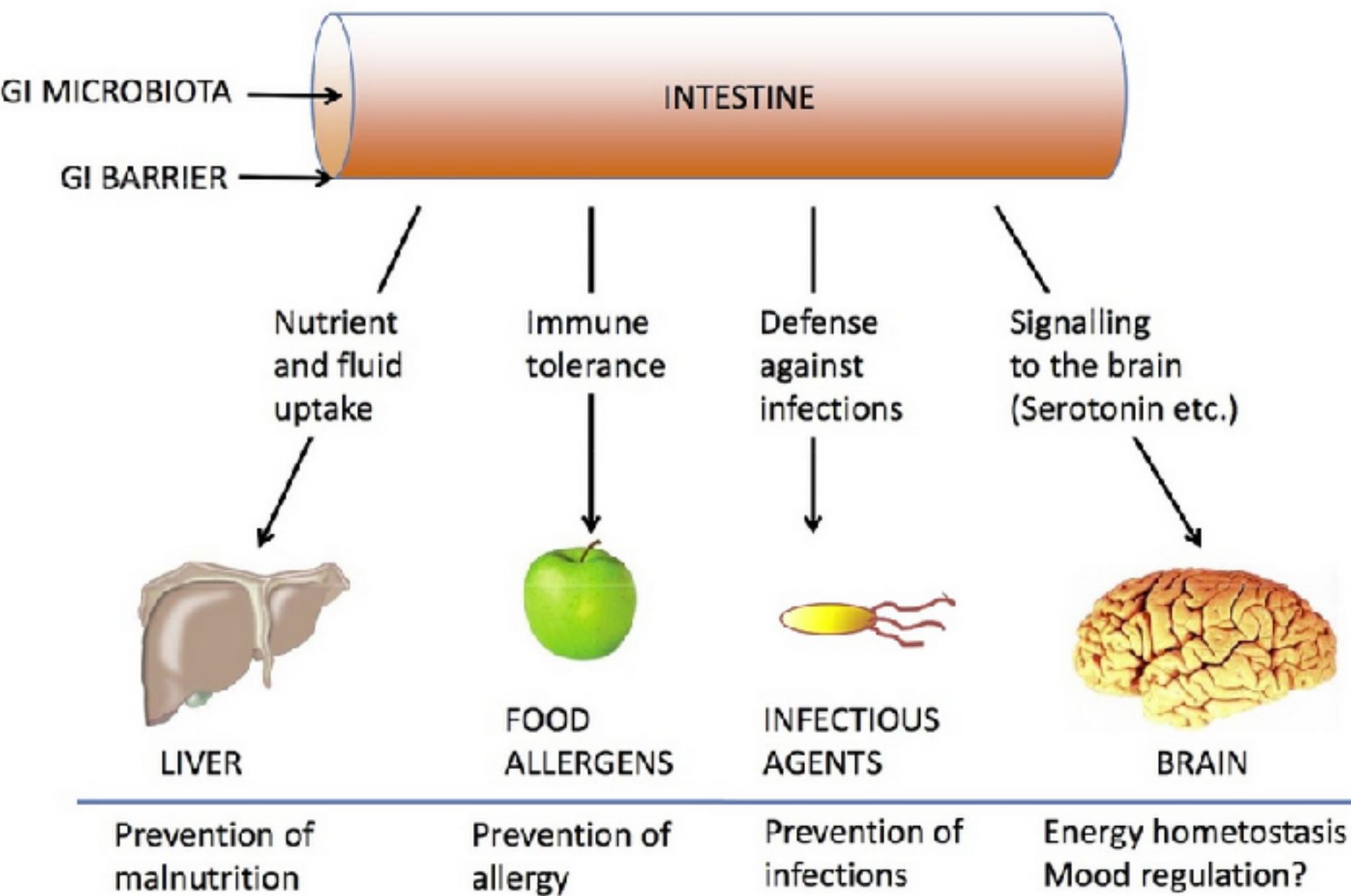
Fewer organisms in the upper GI (aerobic) vs the lower GI (anaerobic)



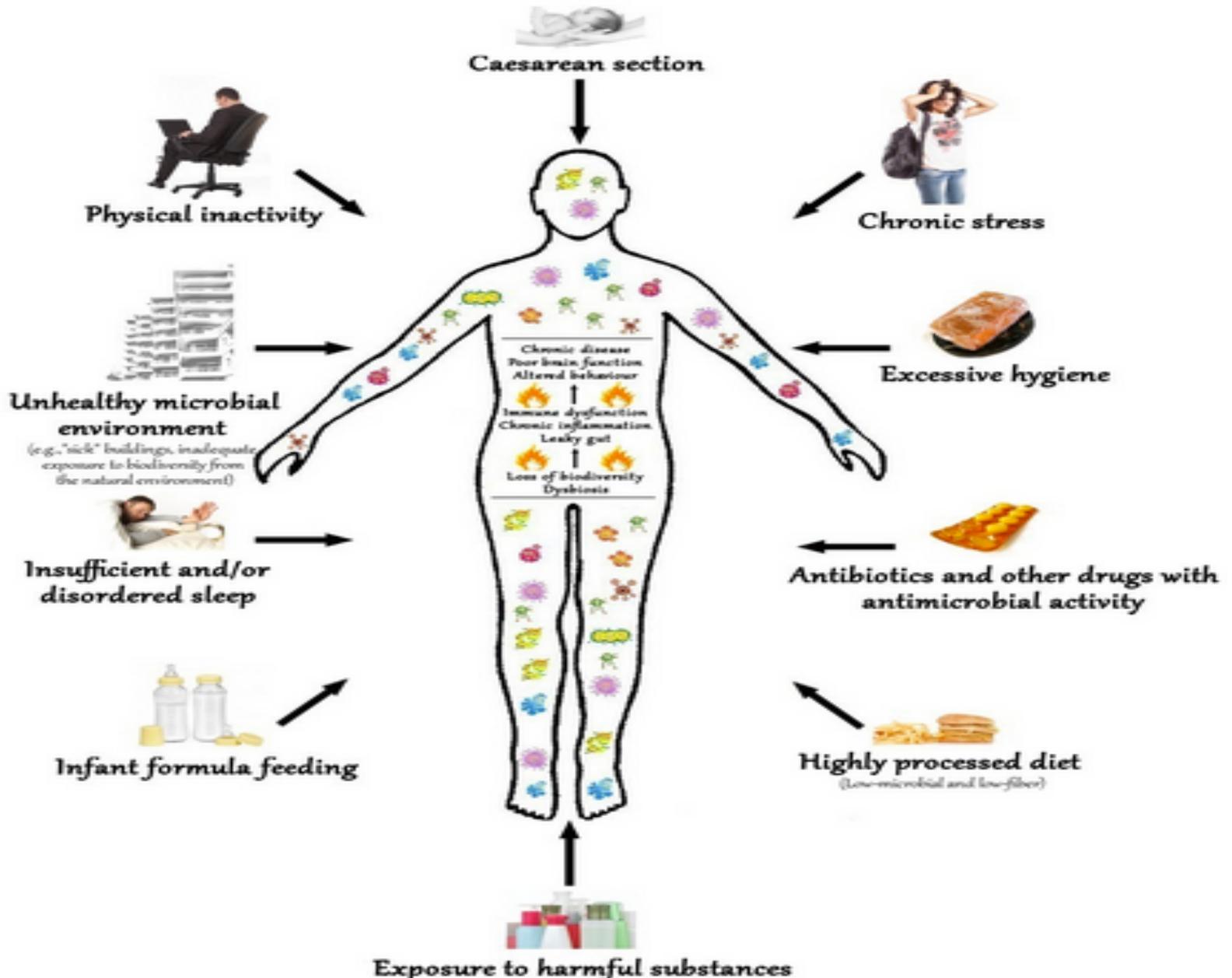
# Functions of the Microflora

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1. Essential to normal anatomical and physiological development
2. Provides non-immunological protection against infection
3. Stimulates maturation and balancing of the immune system at birth and then regulates and primes the immune system throughout life
4. Facilitates a wide variety of metabolic functions to the host. These have profound implications on human health.
5. Also far more reaching effects including:
  - metabolic disease
  - mental health
  - CVD-various mechanisms



# How the Modern Lifestyle Wreaks Havoc on the Microbiome



# GUT BRAIN CONNECTION



*butterflies  
in my  
stomach*

\*bubbo-tubbo

Gut Instincts

Knot in my  
Stomach

My heart is  
in my throat

# Microbiota & the Gut-Brain Axis

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- Germ Free Mice: Gut Microbiota affects
  - Anxiety
  - Learning and Memory
  - Mental Health and Mood
  - Appetite and Satiety
  - Autistic behavior
  - Neurological disorders such as MS, Parkinson's

Mazmanian, Hsiao et al

# Microbiota & the Gut-Brain Axis

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- Germ free animals have increased turnover of anxiety related neurotransmitters such as noradrenaline, dopamine, and 5-hydroxytryptamine (5-HTP)
- Influences risk and symptomology of diseases modifying anxiety, mood, cognition, IBS and IBD

# Anxiety and Depression in People with GI Diseases

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- 1641 patients from GI practices
- 84.1% reported anxiety
- 67% trait anxiety
- 27% depression

Addolorato G, et al. 2008. Int J Clin Pract. July;62(7);1063-69

# Psychiatric Co-morbidity with IBS

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- IBS in 10-20% of US adults
- 70-90% of patients with IBS who seek treatment have psychiatric co-morbidity, mainly mood and anxiety disorders.
- 19% IBS in schizophrenia
- 29% IBS in major depression
- 46% IBS in panic disorder

Am J Ther. 2003 Jan-Feb;10(1):61-7

# Leaky Gut = Leaky Brain

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- Mental Disorder
- Mood swings
- Nervousness
- Aggressive behavior
- Fatigue/ malaise
- Poor memory
- Difficulty to focus
- Confusion
- Food sensitivities
- Environmental allergies
- Addictive behavior

# Obese Vs. Lean Microbiota

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- It was first demonstrated in mice research that the differences in gut microbiota could be a factor in obesity
- Obesity has been associated with reduced bacterial diversity and an altered representation of bacterial species
- Transfer of obese flora to lean produced obesity but the opposite not found
- More study will tell us more in the future

# Typical problems

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- Borborygmus - rumbling noise caused by gas through intestines
- Bloating, gas
- GERD (heartburn)
- Constipation, diarrhea (SIBO, IBS)
- Peptic ulcers - gastric and duodenal, caused by *Helicobacter pylori*, NSAIDS, HCl hypersecretion

# Typical problems

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- Cholecystitis - inflammation of gall bladder
- Colitis - inflammation of colon
- Dysphagia - difficulty in swallowing
- Enteritis - inflammation of the intestines
- Biliary calculi - gall stones
- Hepatitis - A, B, C, D, and E
- Cirrhosis - scarred liver due to chronic inflammation

# Evaluation of GI Concerns

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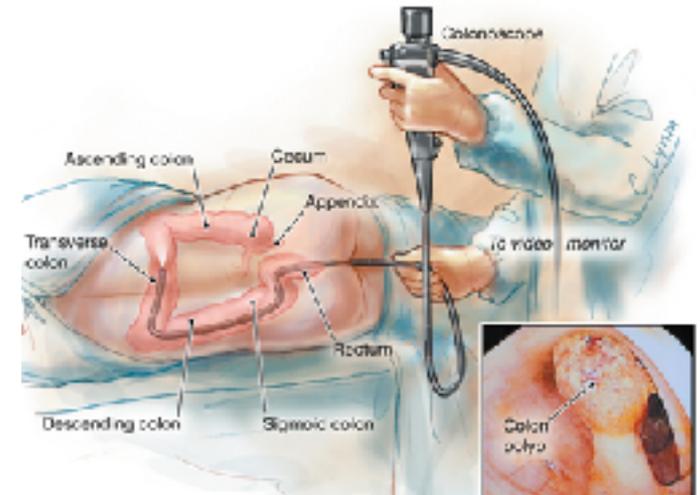
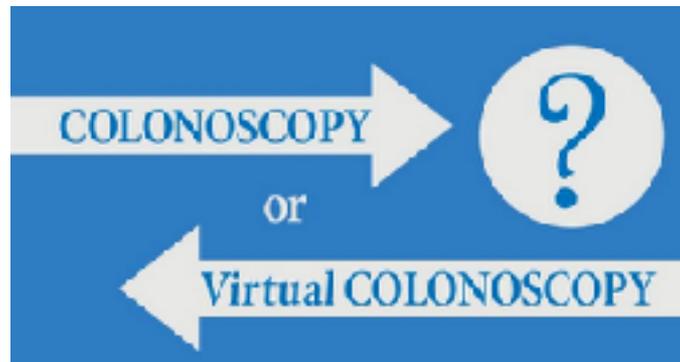
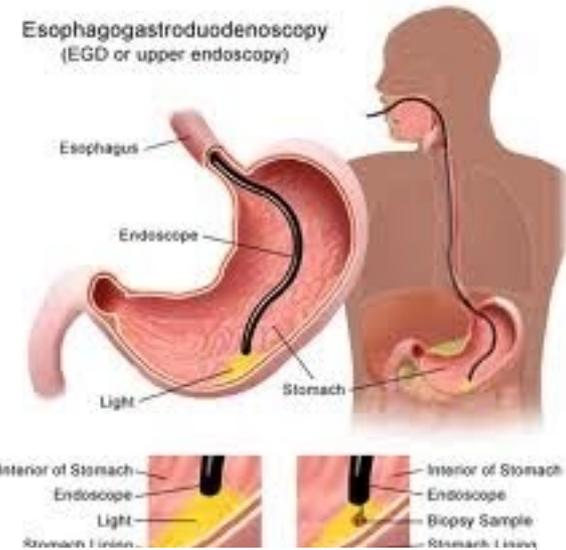
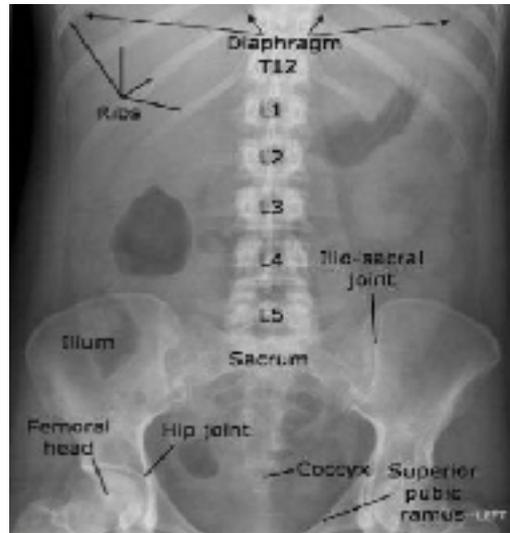
# “Routine” Blood Tests

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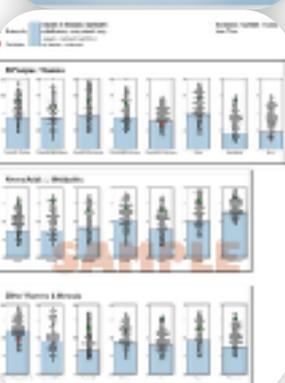
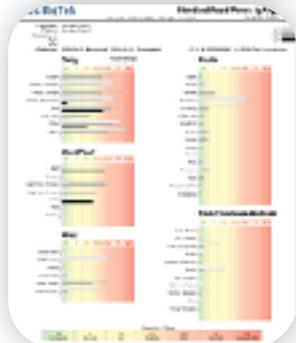
- CBC
- Ferritin
- Chem screen
- Liver function tests
- Lipid Panel
- CRP
- Homocysteine
- Vitamin D3 (25-OH)

- These tests are not very specific for digestive problems and usually only provide a very cursory screening evaluation

# Conventional Imaging



# Specialized Tests



1. Complete Digestive Stool Analysis
2. Food Allergy Tests
3. Micronutrient testing
4. Heart rate Variability
5. Contact Regulation Thermography (CRT)
6. Zyto scan
7. BioResonance Testing



LAB #: P00000-0000-0  
 PATIENT: Sample Patient  
 ID: PATIENT-S-00011  
 SEX: Male  
 AGE: 2

CLIENT #: 12345  
 DOCTOR:  
 Doctors Data, Inc.  
 3752 Illinois Ave.  
 St. Charles, IL 62114 USA

Bacteriology Profile, stool

BACTERIOLOGY CULTURE		
Expected (Beneficial) Flora	Commercial (Imbalanced) Flora	Dysbiotic Flora
4+ Bacteroides fragilis group 4+ Bifidobacterium spp. 3+ Escherichia coli 4+ Lactobacillus spp. 2+ Klebsiella spp.  NS - No Growth	2+ Staphylococcus aureus	4+ Klebsiella pneumoniae (Klebsiella) 4+ Proteus mirabilis

CLOSTRIDIUM CULTURE	
Clostridium spp. 2+  Clostridia are transient inhabitants of the human intestine. Although most are not studied, many species produce potentially harmful products, including toxins, enzymes, gases, and ammonia. Clostridia in the intestine change the redox status of the colon; they also produce molecules such as short chain fatty acids. These bacteria exert effects on host immunity, which affect host health of the intestine.	2+

BACTERIOLOGY INFORMATION
<p><b>Expected (Beneficial) bacteria</b> move as a significant portion of the total microbes in a healthy &amp; balanced GI tract. These beneficial bacteria have many health-boosting effects in the GI tract, including manufacturing vitamins, fermenting fibers, digesting proteins and carbohydrates, and propagating antimicrobial and anti-inflammatory factors.</p> <p><b>Commercial (Imbalanced) bacteria</b> are usually neither pathogenic nor beneficial to the host GI tract. Imbalances can occur when there are insufficient levels of beneficial bacteria and increased levels of commercial bacteria. Certain commercial bacteria are reported as dysbiotic at higher levels.</p> <p><b>Dysbiotic bacteria</b> consist of harmful, pathogenic bacteria and those that have the potential to cause disease in the GI tract. They can be present due to a number of factors including consumption of inappropriate diet or food, exposure to antibiotics that are toxic to beneficial bacteria, the use of antibiotics, oral contraceptives or other medications, poor fiber intake and high stress levels.</p>

YEAST CULTURE	
Normal flora not ordered	Dysbiotic flora

MICROSCOPIC YEAST	
<b>Result:</b> <input type="checkbox"/> N/A	<b>Expected:</b> None - Rare
The microscopic finding of yeast in the stool is useful in identifying whether there is proliferation of yeast. Many yeast may be normal, however, yeast covered in higher amounts (low, moderate, or many) is abnormal.	

YEAST INFORMATION
Yeast normally can be found in small quantities in the skin, mouth, intestines and mucocutaneous linings. Overgrowth of yeast can infect virtually every organ system, leading to an epidemic of oral candidiasis. Fungal diarrhea is associated with broad-spectrum antibiotics and alteration of the colon's mucosa. Candida may include abdominal pain, cramping and bloating. When investigating the presence of yeast, observe how and where bloating and discomfort sensations, yeast can not uniformly respond throughout the tract, this may not be uncomfortable or low levels of yeast identified by microscopy, despite a cultured amount of yeast. Carewatch, microscopic examination may reveal a significant amount of yeast present, but no yeast cultured. Yeast does not always survive through the intestine rendering it invisible.

Comments:  
 Date Collected: 12/19/2019  
 Date Received: 12/23/2019  
 Date Completed: 12/31/2019

\* Aeromonas, Campylobacter, Clostridium, Salmonella, Shigella, Shiga, Yersinia, & Yersinia enterocolitica have been specifically tested for and found absent unless reported.

Complete  
 Digestive  
 Stool  
 Analysis



LAB #: F000000-0000-0  
 PATIENT: Sample Patient  
 ID: P000000-00000-0  
 SEX: Male  
 DOB: 01/01/2001 AGE: 12

*Comprehensive Stool Analysis / Parasitology x3*

DIGESTION / ABSORPTION			
	Within	Outside	Reference Range
Elastase	463		> 200 µg/mL
Fat Stain	None		None - Mod
Muscle fibers	None		None - Rare
Vegetable fibers	Rare		None - Few
Carbohydrates	Neg		Neg

Elastase findings can be used for the diagnosis or the exclusion of exocrine pancreatic insufficiency. Correlations between low levels and chronic pancreatitis and cancer have been reported. **Fat Stain:** Microscopic determination of fecal fat using Sudan IV staining is a qualitative procedure utilized to assess fat absorption and to detect steatorrhea. **Muscle fibers** in the stool are an indicator of incomplete digestion. Bloating, flatulence, feelings of "fullness" may be associated with increase in muscle fibers. **Vegetable fibers** in the stool may be indicative of inadequate chewing, or eating "on the run". **Carbohydrates:** The presence of reducing substances in stool specimens can indicate carbohydrate malabsorption.

INFLAMMATION			
	Within	Outside	Reference Range
Lysocyme*	117		<= 800 ng/mL
Lactoferrin	< 0.5		< 7.3 µg/mL
White Blood Cells	None		None - Rare
Mucus	Neg		Neg

**Lysocyme\*** is an enzyme secreted at the site of inflammation in the GI tract and elevated levels have been identified in IBD patients. **Lactoferrin** is a quantitative GI specific marker of inflammation used to diagnose and differentiate IBD from IBS and to monitor patient inflammation levels during active and remission phases of IBD. **White Blood Cells (WBC):** in the stool are an indication of an inflammatory process resulting in the infiltration of leukocytes within the intestinal lumen. WBCs are often accompanied by mucus and blood in the stool. **Mucus** in the stool may result from prolonged mucosal irritation or in a response to parasympathetic excitability such as spastic constipation or mucous colitis.

IMMUNOLOGY			
	Within	Outside	Reference Range
Secretory IgA*		17.7	51 - 204mg/dL

**Secretory IgA\* (sIgA)** is secreted by mucosal tissue and represents the first line of defense of the GI mucosa and is central to the normal function of the GI tract as an immune barrier. Elevated levels of sIgA have been associated with an upregulated immune response.

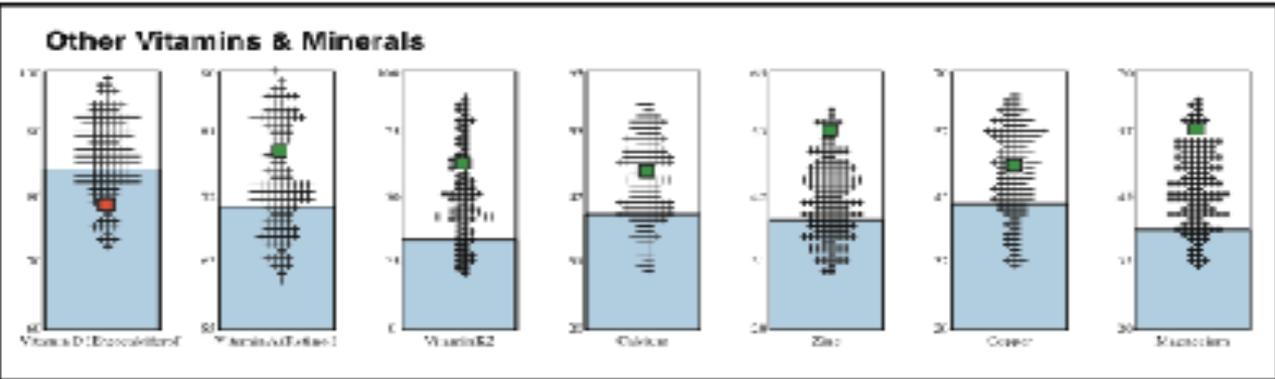
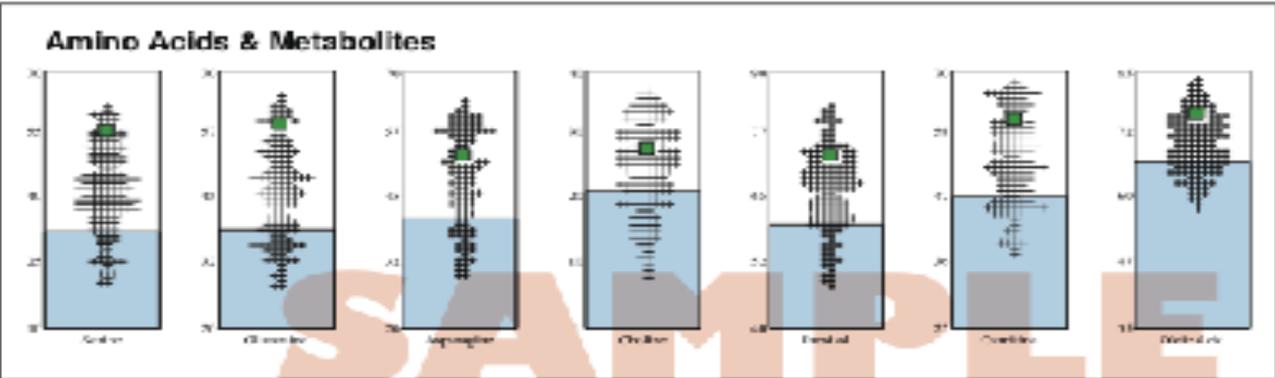
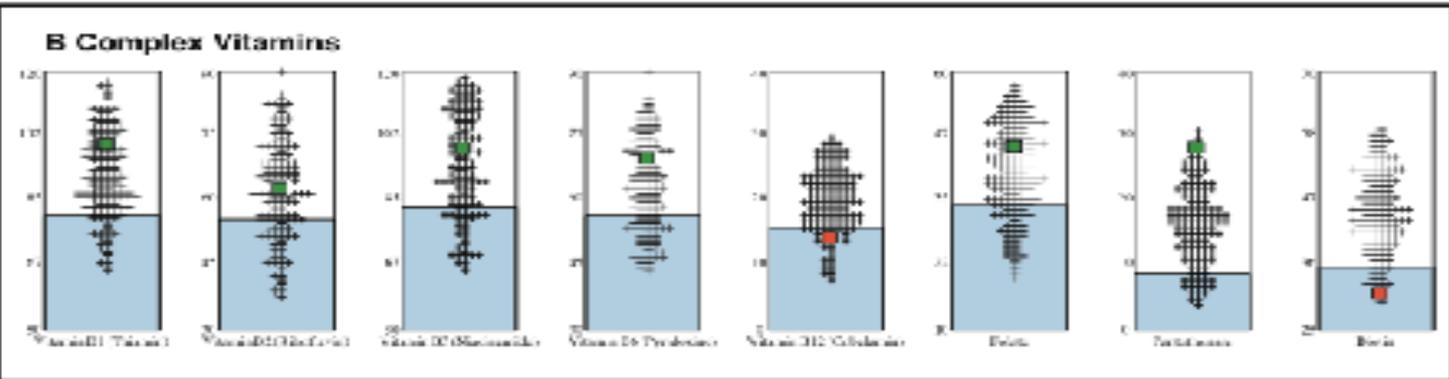
Complete  
 Digestive  
 Stool  
 Analysis





■ Adequate  
■ Deficient

Values in this area represent a deficiency and patient may require nutrient repletion or dietary changes



SpectraCell  
Micro-  
Nutrient  
Testing

# HRV - A Stressed Nervous System is a Stressed Digestive System

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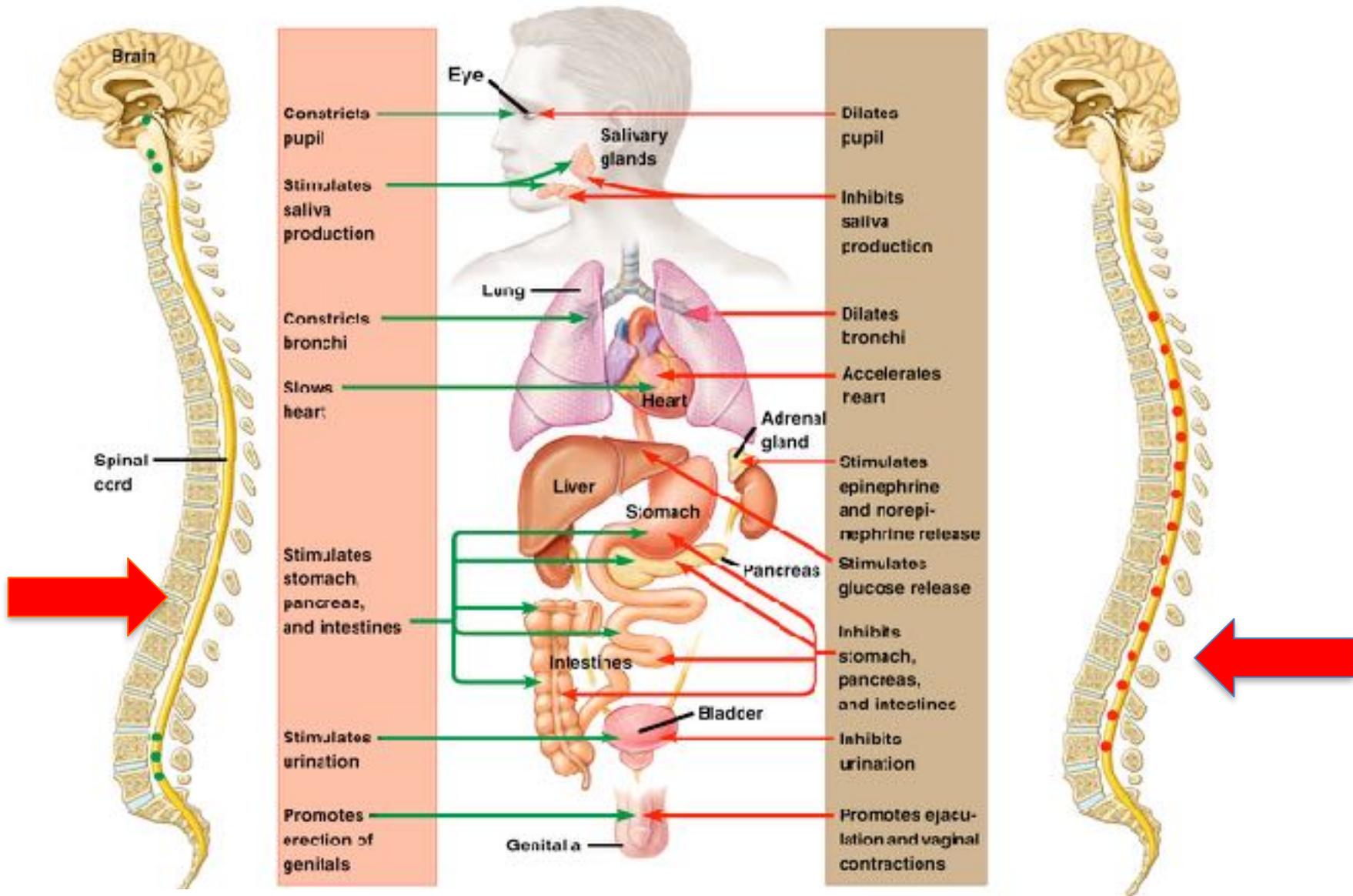
# The Heart Rate Variability (HRV)

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- A quick electrophysiology study of the **stress** on your **autonomic nervous system (ANS)**.
- Evaluates heart rate variability at rest and gives an assessment of the **adaptability** of the sympathetic and parasympathetic branches of the ANS.
- To achieve health and balance, the body needs to maintain a proper balance between the **sympathetic**, “fight or flight” and **parasympathetic** nerves “rest & digest” which is increasingly difficult due to the daily demands of the world.

Parasympathetic division

Sympathetic division



# Autonomic Assessment Report



## Patient Information

Chart No.	10		
Name	Craig		
Sex	M	Age	40
Birthday	1981-10-16	Visit	2008-03-23

## Diagnosis

Major Complaint

## Analysis Data

### Time Domain Analysis

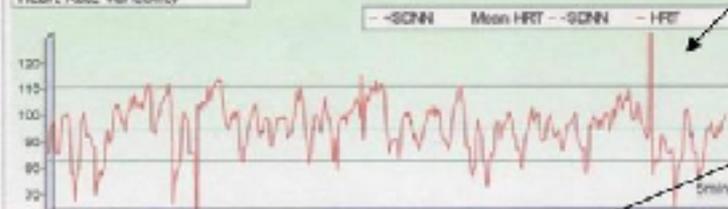
	Result	Ref
MeanHR (bpm)	94.17	[88.5 - 96.5]
MeanHRV (ms)	637.14	[1006 - 629.2]
SDNN (ms)	88.47	-
RMS-SD (ms)	31.51	-

### Frequency Domain Analysis

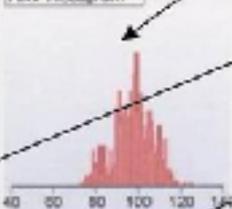
	Res(Power)	Res(log)	Ref
TP (ms <sup>2</sup> )	6399.84	8.79	[7.2-9.1]
VLF (ms <sup>2</sup> )	1676.35	7.38	[6.6-8.0]
LF (ms <sup>2</sup> )	2873.01	7.96	[5.5-8.7]
HF (ms <sup>2</sup> )	1949.87	7.59	[5.5-7.1]
LF Norm (%)	50.58	-	-
HF Norm (%)	40.42	-	-
LF/HF Ratio	1.47	-	[0.6-2.4]

## Analysis with Diagram

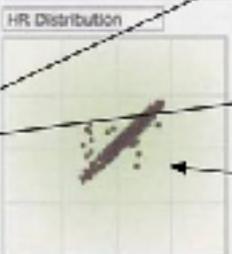
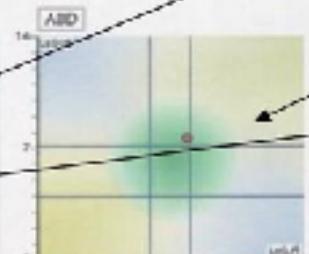
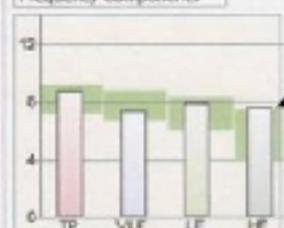
### Heart Rate Variability



### HRV Histogram



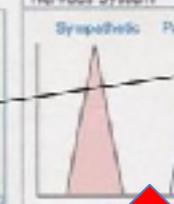
### Frequency Components



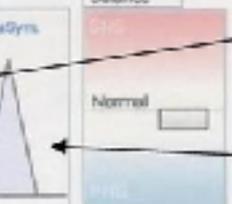
### PSD



### Nervous System



### Balance



# The HRV report

standard deviation normal to normal beat is the most common index of HRV

histogram of heart beats shows heart variability distribution

power frequencies shows vitality across all frequencies

autonomic balance diagram indicates status of autonomic nervous system indicative of stress levels or health state

low frequency/high frequency balance

distribution of each heart beat

frequency spectrum graph

sympathetic/parasympathetic nervous system balance shows "fight or flight" response

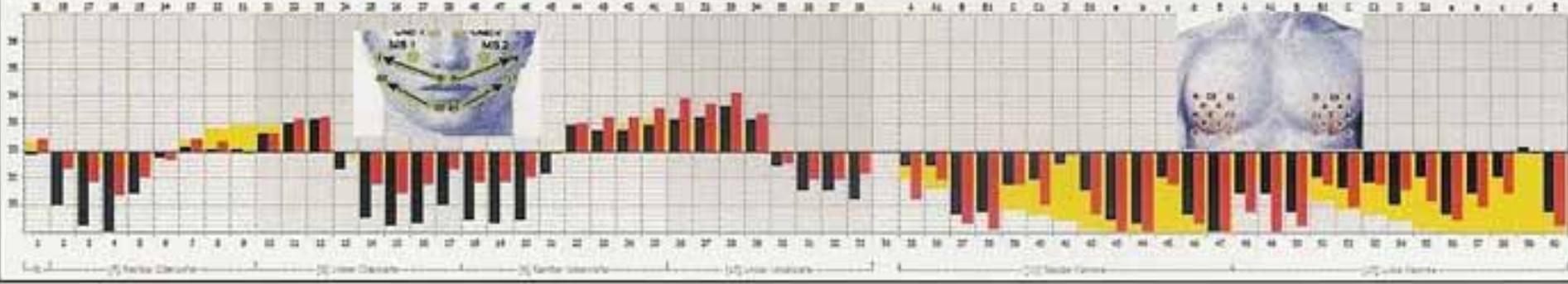
# Contact Regulation Thermography

## (CRT)

- Functional analysis of 15 major organ systems in the body  
Helps detect indications of early disease processes or imbalances including:
  - Identify **blocked** organ systems
  - Evaluating **lymphatic** health
  - Functionally looking at **GI health**
  - Assesses ability to **adapt** to **stress**



# Thermogram Report

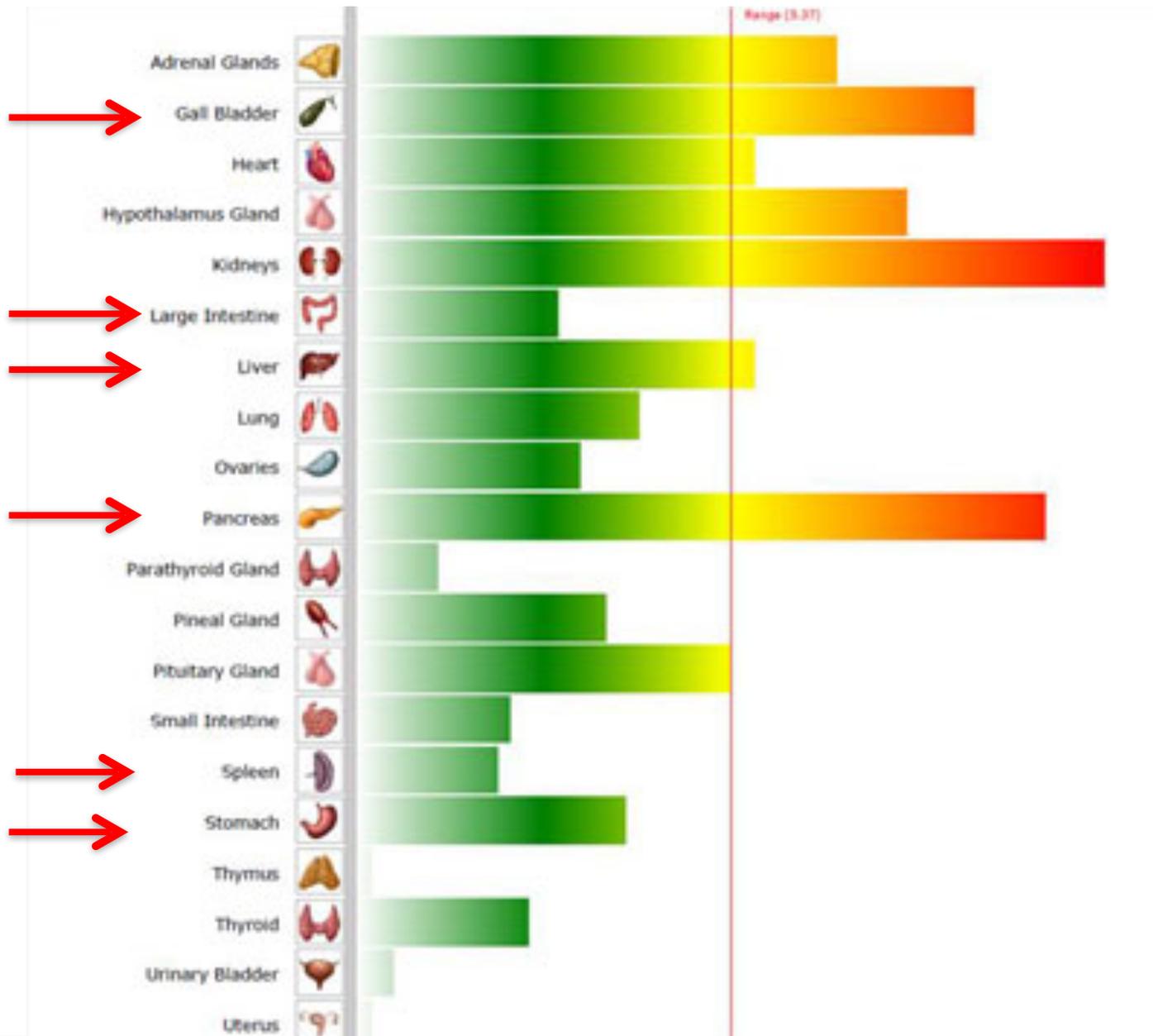


# ZYTO SCAN

[http://livinganointed.net/ZYTO\\_Body\\_Scan.html](http://livinganointed.net/ZYTO_Body_Scan.html)

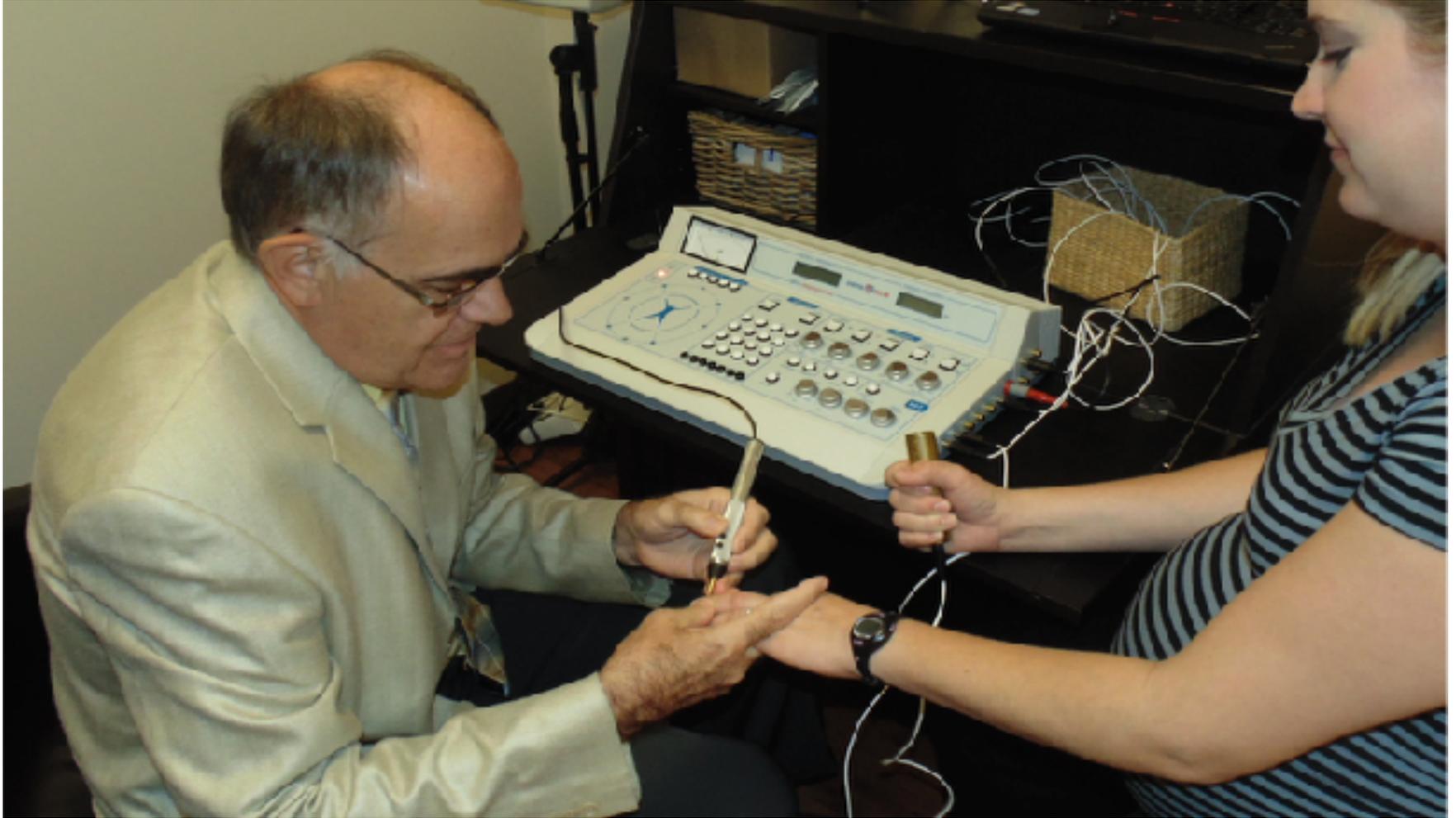
ZYTO technology uses quantum physics as well as frequency response technology to measure fluctuations in electrical output (energy) of your cells.





# BioResonance testing

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# Basic Support for your Digestive System

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- It is essential that your digestive system be ready to digest the food you are eating.
- Regular meals and NOT grazing is important to follow. Include the following:
  1. Apple Cider vinegar ½-1 tsp in a glass of water 15 minutes before meals
  2. Smell the food cooking
  3. Think about the food you are about to eat
  4. Chew extremely well (31 times for eat bite is preferred)
  5. Put down your fork between each bite of food
  6. Do not drink with meals, NEVER drink anything cold
  7. Give thanks before eating.
  8. Eat is a peaceful place, no outside distractions, no TV, play relaxing music if possible
  9. After eating, sit and relax for 10-15 minutes

# Organic Apple Cider Vinegar (ACV)



## To start the DIGESTION Process

- An acidic solution produced by the fermentation of apples. Organic Apple Cider Vinegar contains pectin and the perfect balance of 19 minerals, including potassium, phosphorus, chlorine, sodium, magnesium, calcium, sulfur, iron, fluorine and silicon. The cider is made from apples and then turned into vinegar where acetic bacteria convert the alcohol in the cider to acetic acid.

1/2 - 1 tsp of ACV in water 15 minutes before eating

# Healthy Choices include



**LOTS** of Prebiotic and Probiotic  
foods

# Prebiotics



# Prebiotic Rich Foods

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- Jerusalem artichokes
- Onions
- Chicory
- Garlic
- Leeks
- Bananas
- Fruit
- Soybeans
- Burdock Root
- Asparagus
- Honey
- Maple syrup
- Chinese chives
- Peas
- Legumes
- Eggplant
- Green tea
- Yogurt
- Cottage cheese
- Kefir

# Probiotic Rich Foods



# Probiotic Rich Foods

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- Yogurt/ Kefir
- Miso
- Natto
- Tempeh
- Sauerkraut
- Kim Chee
- Raw Pickles
- Anything fermented
- Root and Ginger beers
- Olives
- Honey
- Kombucha
- Fermented vegetables
- Buttermilk
- Raw Whey
- Raw vinegars
- Fermented sausages
- Sourdough
- Beer
- Wine

# Bright colors, rich diet

most health-enhancing fruits and vegetables are bright red, orange, yellow and green.

## A simple guide: Go for color

Dark and intensely-colored plant foods usually contain more chemically active antioxidant pigments than pale ones.

Some of the best:

Pumpkin, winter squash

Sweet potato, yams

Fresh corn

Grapes, blueberries

Kale, spinach, dark greens

Sweet peppers, all colors

Plums, prunes

Mango and papaya

Oranges, other citrus

Watermelon, other melons

Tomatoes

Strawberries

Carrots

Your fave ?

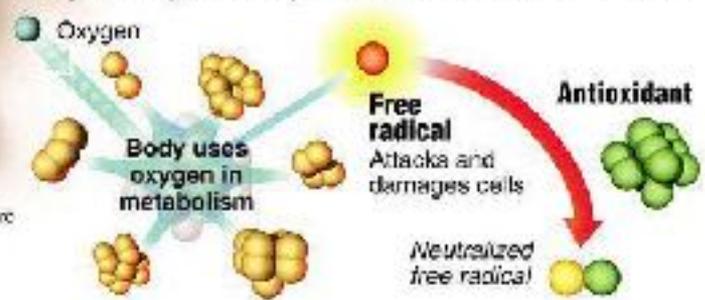
- Anthocyanidine
- Apigenin
- Hesperetin
- Luteolin
- Proanthocyanidin
- Myricetin
- Quercetin
- Lycopene
- Beta carotene

### Magic chemicals

The most important chemically active nutrients

## What do antioxidants do?

"Free radicals" are small, cell-damaging molecules produced by the body as waste products; antioxidants neutralize them"



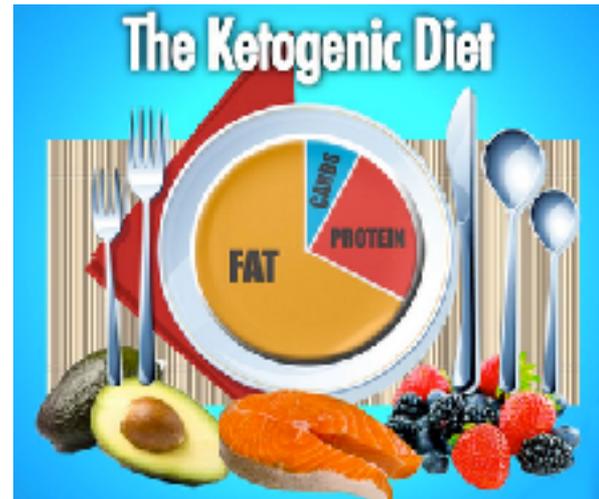
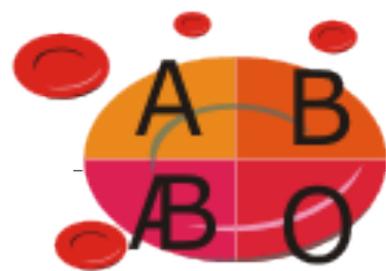
\*Environmental factors like pollution, sunlight, X-rays and smoking also create free radicals.

© 2007 MCT  
 Source: Produce for Better Health Foundation, Duke Food Company, Florida Department of Agriculture and Consumer Services, Oregon State University, "Understanding Free Radicals and Antioxidants" Graphic: Cindy Jones-Hultforth, Sun Sentinel

The goal is now 10 colors EVERY day

# Eating Ten Portions Of Fruit And Vegetables Daily Can Prolong Life

- 2/23/2017 A study published by the International Journal of Epidemiology suggests that “eating 10 portions of fruit and vegetables a day could significantly reduce the risk of heart attack, stroke, cancer and early death.” Specifically, consuming about 800 grams of fruit and vegetables daily, twice the World Health Organization’s current recommendation, “was associated with a **24% reduced risk of heart disease**, a **33% reduced risk of stroke**, a **28% reduced risk of cardiovascular disease**, a **13% reduced risk of total cancer**, and a **31% reduction in dying prematurely**,” compared to not eating fruits and vegetables at all.



Gluten-free

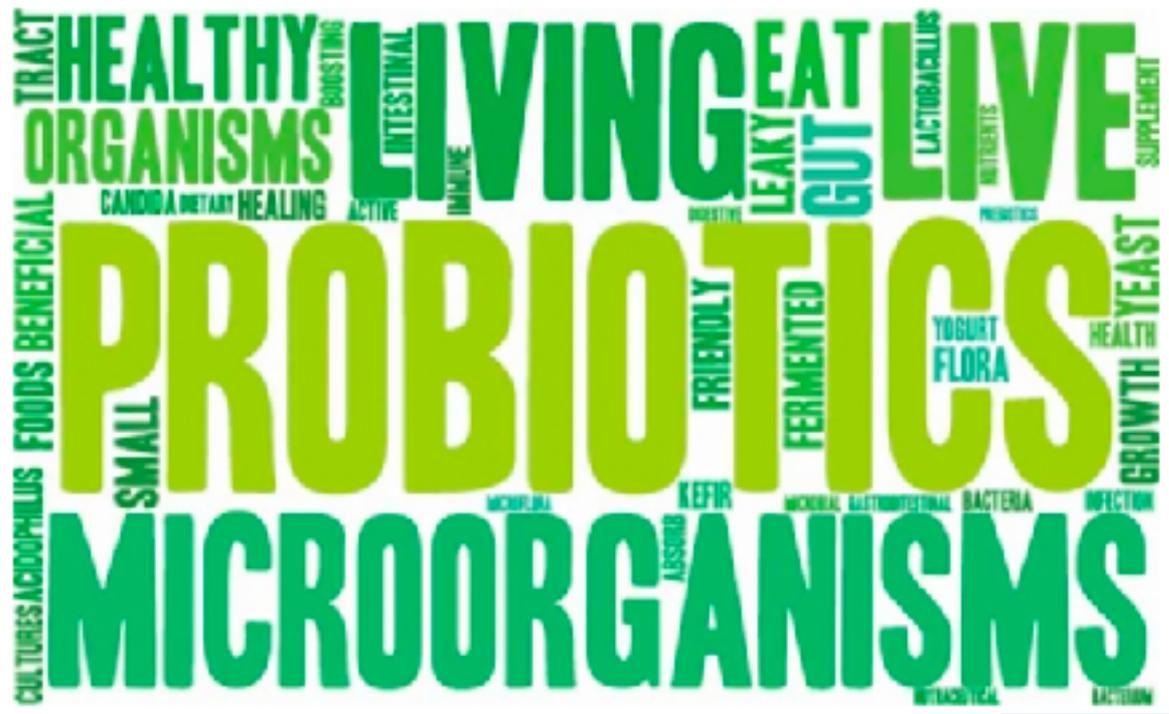
What is the  
**BEST** diet  
For **YOU?**





**ESSENTIAL  
SUPPLEMENTS  
FOR GI health FOR  
THE ENTIRE  
FAMILY**





Kids	10-20 billion
Adults	25-50 billion
GI issues	100-250 billion
IBD	500 billion

An **ABSOLUTE** must  
for **EVERYONE**



# ESSENTIAL FATTY ACIDS

## Linoleic Acid

B3  
B6  
Vit C  
Zn  
Mag

Sesame  
Sunflower  
Pumpkin



Flax  
Chia  
Hemp



## Alpha-Linolenic

B3  
B6  
Vit C  
Zn  
Mag

GLA (Borage, EPO)

DGLA

PGE1



EPA (Marine Lipids)

PGE3  
PGI3



# HEALTH BENEFITS OF MINERALS

**Pottassium-** Manages diabetes and boosts brain function

**Iron-** Aids in formation of hemoglobin and prevents anemia

**Magnesium-** Treats high blood pressure, lowers anxiety and stress

**Phosphorous-** Reduces muscle weakness and corrects sexual weakness

**Zinc-** Manages skin care, eczema, acne, heals wound and nights blindness

**Calcium-** Boosts bone health, relieves insomnia and improves dental health



