

Duchenne MD

Supplements & Nutrition

FREE REPORT

Top 6 Healthy
Muscle Checklist

Good Foods

Bad Foods

Why Your Doctor
Doesn't Know Best



Misty VanderWeele



“The word Dystrophy means, lack of nutrition to the body, so why not give the body everything it needs?”

Welcome to the Duchenne MD Supplements and Nutrition Report,

Eighteen years ago, after my son, Luke was diagnosed with Duchenne MD I got my first taste of the healing properties of Essential Oils and chemical free cleaning with a company called Melaluca. This is also when I learned retail health products aren't created equal to high quality science based manufacture.

You could say Luke being in my life made me want to do everything in my power to do the right thing by him. His life directed mine. Then I went onto a whole food nutrition company called Brain Garden with their food, essential oils and probiotic. I was very successful since Luke and I had so much success in our own health with them. Then they merged with another company called Forevergreen, where I was introduced to marine phyto-plankton as nutrition. After all the whales eat it and live long lives. And oh, did I mention I live on Alaska's largest producing vegetable farm? All of which ended my life long issues with sinus infections, strep and tonsil issues.

I also found out I was gluten intolerant 3 years ago which melted the fat tire around my midsection. Although my health improved dramatically I was getting reoccurring shingles and chronic pain left behind from them. Luke was already doing Doctor Rhodes Vecter electrical stimulation treatments which by the way heals chronic pain in 90% of patients. I have no nerve pain left. Sometimes I feel twinges when the weather changes but that's about it.

Also losing Luke the grief has taken its toll on me. I do have my up and down days but staying asleep was an issue until the Youngevity 90 for Life Muscular Dystrophy Lifestyle and Supplement protocol. I am incredibly happy to say I'm sleeping like a baby and I am so much more satisfied with my meals. It doesn't take as much to fill me up.

Supplementation is for the whole family. I sure wish I would have learned about supplementation for MD while Luke was still alive.

Amity



Our Foods are Grown in Depleted Soil

People are fed by the FOOD industry which pays no attention to Health. And are treated by the Health industry which pays no attention to FOOD.



There is no way possible to get all your nutrition from the foods we eat because our plants can only get minerals from the soil they grow in. And our bodies can't make minerals. Also due to centuries of mining, farming, irrigation and acid rain has robbed our soil of its life-giving minerals. Since our soils have been depleted and there are different minerals we need from around the globe, from country to country and state to state. It's impossible to get all you need from the "good" food you eat let alone from the bad foods which shouldn't be called food at all.

You think this is bad, our Medical Doctors aren't trained in nutrition. They are only trained to manage symptoms with drugs. For the last 100 years the only medicine we know about is the Medical way of doing things. We don't know there is a better way, we don't know that there are actually science based, clinically proven safe and effective alternatives for our medical and surgical needs delivered and provided by licensed doctors even for our so called incurable genetic diseases like Muscular Dystrophy.

Did you know? that mineral, vitamin, amino and essential fatty acid deficiencies leads to chromosomal damage which in turn causes the majority of our diseases, including Muscular Dystrophy? I know I didn't believe it at first either.

Healing is all about giving the body everything it needs to operate all the bodily functions that keep us alive and well.

Since Duchenne attacks muscle and muscle is a crucial part of a healthy functioning body especially digestion we need to not only give it the right diet we **MUST** give the body all 90 essential nutrients not found in our food alone. The sooner you can start the better off you will be.

With our Duchenne children we don't have the luxury of time, so dipping your toe in just a little of this and a little of that won't work. We must take on a completely different lifestyle, one that includes a super clean eating and supplementation regime.

This means you **CAN** do something about it if you so choose.

Do you know what the 3rd leading cause of death is in the united states as published in the Journal of American Medical Association is? If you guessed cancer or heart disease you'd be wrong. Its from MD/ doctor related treatments, 15,000 Medicare patients a month die from medical treatments but no one goes to jail. But a handful of terrorist fly two planes into the twin towers and kills 3500 people which we go to war over. Yes, doctors can put us back together if we are broken cut and bleeding but our nation is going getting sicker doing the medical way.

We have been lead into a false belief that the medical doctors know all. However, medically speaking, we don't know what we don't know. This is downright scary!.....

How can we heal and restore health in muscles when we are told there is nothing we can do, it's incurable and that MD is genetic?

Implement what you read on the following pages.

Health & Healing Quotes

“Let food be thy medicine and medicine be thy food”

~ Hippocrates

“It’s no coincidence that four of the six letters in health are “heal””

~Ed Northstrum

“True healthcare reform starts in the kitchen, not in Washington.”

There is another way...

Start by eating a proper diet along with all high quality...

60 Minerals, 16 Vitamins, 12 Amino Acids, 2 Fatty Acids

Youngevity
ESSENTIAL LIFE SCIENCES

Item #
10252



Healthy
Start Pak 2.0

Item #
20971



Ultimate
Selenium

Item #
21252



Ultimate
Gluco-Gel

Item #
50223



H.G.H. Youth
Complex

Item #
3026



ZRadical



“If the human body can grow itself, all by itself, from a single celled organism, I’m thinking it can heal itself.” Dr. Peter Glidden

Top 6 Healthy Muscle *list*

- 1 Eat a Clean Gluten Free / Grain Free Diet.** Gluten clogs up the villa in the intestine and leads to inflammation and low nutrition absorption. The body also needs lots of protein and high quality dairy.
- 2 Eat Salt and Cholesterol,** WHAT? You heard me right. Salt isn't bad. Ever tasted your own blood? Its salty. You actually at all times have around 8.5 teaspoons of salt in your blood, give or take depending on how much you weigh. This means we need salt every day. Why do you think farmers put salt licks out in the pasture? As far as Cholesterol. It is a vital part of the bodies chemistry. You need it to make many hormones in the body like estrogen and testosterone. Plus many more.
- 3 Bad Foods Don't Eat Them,** Which means NO Wheat Barley, Rye or Oats. No fried foods, no oils, no mayo, margarine, no processed full of nitrates deli lunch meats, hot dogs, jerky etc. No carbonated drinks during meals, they neutralize the stomach acid you need to digest and absorb nutrition.
- 4 Get All 90 Vital Life Sustaining Nutrients,** This means supplement your Minerals, Vitamins, Amino Acids and Fatty Acids from high quality clinically verified supplements.
- 5 Drink Water** I'm not talking about drinking a gallon of water a day, But a good 16 oz when you wake up in the morning and 3 or 4 8oz. though out the day.
- 6 Get off the drugs...** ei. Steroids and Heart medication. Drugs only cover up what is really going on and in most cases can create bigger devastation in the body. I'm not going to bash drugs here. Just to say what we already know, drugs hurt the body in other ways. They may help temporarily with the symptoms but they do nothing to keep it from happening or getting worse in other ways. Excluding Insulin in Type 1 Diabetes.**(DO NOT stop any medications without your doctors approval first)**

“Get'em started while they are young to give them a fighting chance!”

So, What Do I Eat?

One of the biggest questions I get about Gluten Free eating is, "What do you eat?" All though at first challenging like it is to learn anything new but now I find it easy. --*I don't eat any bread, roll, crackers, cookies, cakes and pie made with wheat, barely, rye or oats. I eat plenty of meat, nuts, beans, a little rice and sprouted grains and very high quality eggs and dairy.* For quick reference for you here is a good food, bad food list. You will also find gluten free options in the health food sections and stores. But don't rely to heavily on these products. Because empty nutrition is just that, empty of nutrients your body needs.

GOOD FOOD BAD FOOD

 FIRE YOUR MD NOW

The Official Website of Dr. Peter Gladden

GOOD FOOD

- Eggs
- Butter
- Salt
- Veggies
- Fruit
- Nuts
- Rice & Beans
- Meat
- Poultry
- Fish
- Gluten-Free grains

BAD FOOD

- Wheat
- Barley
- Rye
- Oats
- Fried Food
- Oil in a bottle
- Well-Done Red Meat
- Meat + nitrates
- Baked Potato SKINS
- Carbonated drinks during a meal

Parents need 90 for life too!



**It's TRUE what they say,
It's what's on the inside that matters.**

If you don't take care of yourself how are you suppose to take care of anyone else?

The stress factor of the Duchenne roller coaster alone, not to mention our foods not having all the essential raw nutrients can cause us to not sleep well, weight gain, weight loss, high blood pressure, diabetes etc. Why do you think they tell you to put on your oxygen first then help others if the airplane loses cabin pressure?

The point is take care of you so you can take care your family the best way you can.

Start by eating a proper diet along with all high quality...

60 Minerals, 16 Vitamins, 12 Amino Acids, 2 Fatty Acids

What causes Muscular Dystrophy?

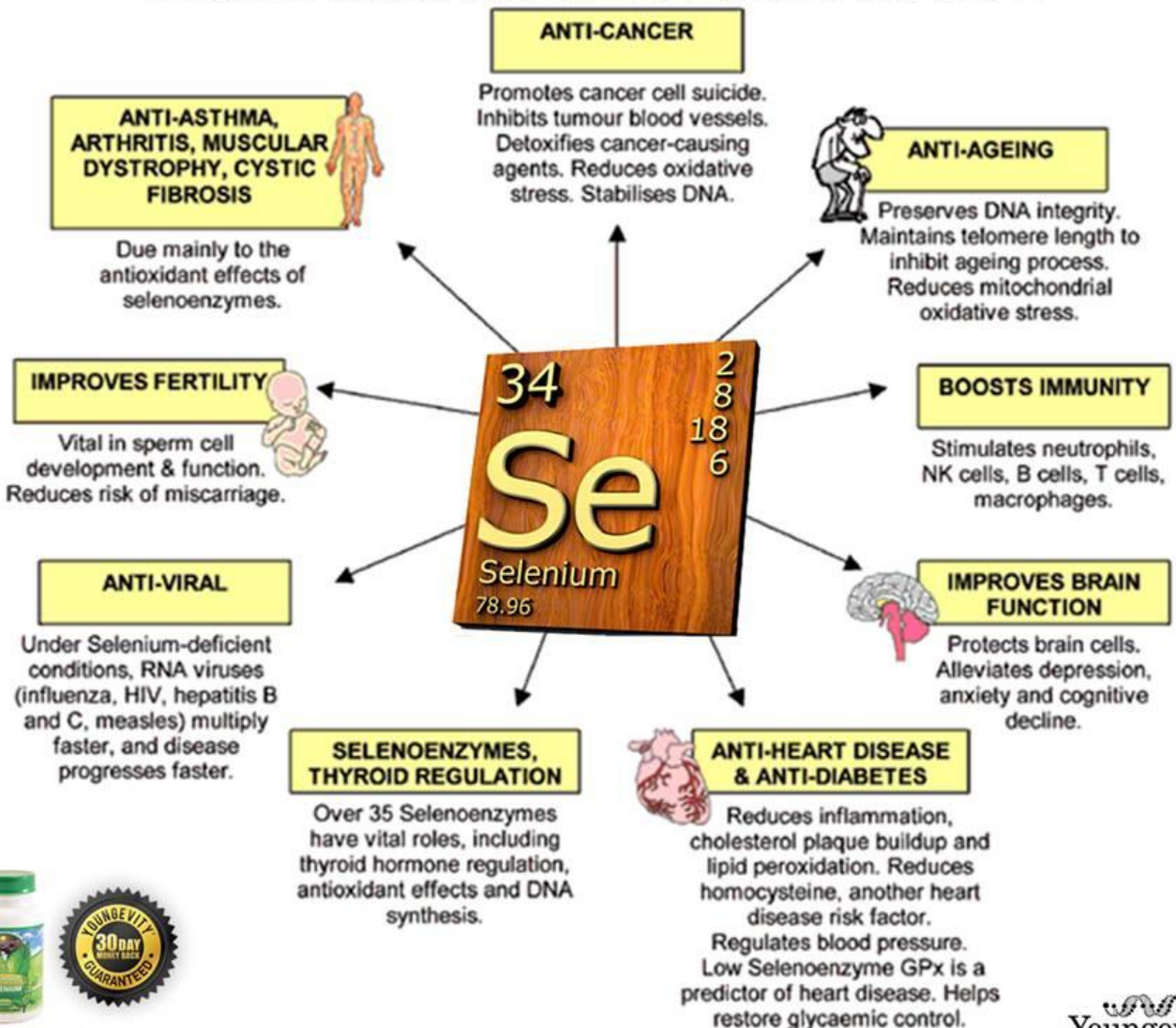
*Duchenne Muscular Dystrophy is caused by a mutated broken gene.

*What are genes made of? Minerals...

*How are genes repaired? With Minerals. In particular Selenium.
(remember our foods are being grown in mineral depleted soil)

HEALTH BENEFITS OF SELENIUM

Youngevity Ultimate Selenium - 90 CAPSULES Item #20971



Why Your Doctor Doesn't Know Best...

I urge you not to wait a minute longer for a cure. Get started before it's too late, your Duchenne children need your help to get all the proper nutrition they need. **Remember. Medical Nutrition Can't Hurt You.**

I am neither a doctor nor a licensed Nutritionist but I can't sit by and watch family after family lose their DMD kids and say nothing.

Don't wait around for someone to prove it to you. Go out and find out this very important information and prove it to yourself. After all we all know eating better is good for us.

I know this all is hard to absorb. I've cried a river wishing, and wishing I could have given Luke all the nutrition his body needed. I remember looking at his pictures and thinking he looked like a starved holocaust victim. I see so clearly now the deficiency Duchenne causes especially as the DMD children age. And in my opinion steroids only seem to mask what is really going on.

Is Muscular Dystrophy reversible?

Dr. Wallach stated, “We believe we know the cause, prevention and cures for both cystic fibrosis and all forms of muscular dystrophy, and after many years of investigative work with families, individuals, and communities, we now feel we are prepared to eliminate these devastating childhood diseases rather quickly on a world scale.”

Yes this is a bold statement and one that I don't take lightly. To back this statement up Dr. Wallach and Defying MD just announced a reimbursement program for Muscular Dystrophy patients to get started on a supplement protocol for Muscular Dystrophy. If you are interested please contact me. See my contact info on last page of this report.



100% Proof is in HISTORY!

For the last 27 years the majority of the research has been focused on drugs such as prednisone and more recently exon skipping. 1986 marked the year of the gene discovery and every since than the world has forgotten about all the **breakthroughs regarding supplementing with essential nutrients for Muscular Dystrophy.**

At MD Truth you will go back in time and learn all the things you didn't know you didn't know about Muscular Dystrophy...

'Cautious' Breakthrough In Muscular Dystrophy

THE NEWS, Frederick, Maryland
Wednesday, March 6, 1979

For the first time, hereditary muscular dystrophy has been reversed in laboratory animals at the Institute of Muscle Disease, a research center sponsored by the Muscular Dystrophy Associations of America.

Until now, various types of the disease, where muscles seem to

The new observations suggest that muscle repair can occur even when damage by the disease is grossly advanced—practical-

ly to the point of complete destruction of the muscle.

The specific agent used on the animals was not identified in the announcement.

In reporting the breakthrough, the National Society for Medical Research cautioned that there may be obvious differences be-

If you've gotten anything from reading this report I hope you will do your own research then get back to me so I can properly assist you in obtaining all 90 essential nutrients your body needs. Give it 90 days and see.

The “I” in illness is isolation, and the crucial letters in wellness is “we; Unknown



Let's work together to snuff out the green candle flame. We can do something about it.

Visit the **Nutrition** Tab at MistyVanderWeele.com for more information.



OR

Please feel free to email me at mistyvanderweele@gmail.com