

Nutritional Support and Chronic Illness

August 18th, 7:00-8:00 PM EST

Susan Wynn, CVA, CVCH, AHG, DVM

Geoff D'Arcy, Lic. Ac., D.O.M. (Doctor of Oriental
Medicine)

These slides are compiled by Geoff D'Arcy.
All errors or inaccuracies are mine.

Updated August 4th

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HOST:

Geoff D'Arcy, Lic. Ac., D.O.M.

Geoff has been a practicing Traditional Chinese Medicine (TCM) Herbalist and Acupuncturist for over 30 years. He started Herb-for-Pets over ten years ago at the request of veterinarians looking for herbal pet care options. With his commitment to wellness and natural healing, he has trekked around the world discovering native herbs that have powerful healing properties. With his knowledge he has developed an excellent, well-balanced line of herbal formulas for pets effective for common conditions and nutritional support, as well as formulas for serious disease and chronic conditions.

Geoff has authored and co-authored several books on holistic medicine and herbs, including “The Veterinary World Herb Handbook” and “The World Herb Handbook”. He has also co-founded two large integrative medical centers in Massachusetts and is now Director of the D'Arcy Wellness Center in Natick, Massachusetts. He is president of D'Arcy Naturals, Inc., a company that produces all natural herbal formulas for people. Geoff's Herbs-for-Pets line of herbs is now rebranded into NaturalPetRx, offering the same and improved formulas, and offering educational support for Veterinarians. NaturalPetRx is dedicated to providing current information to vets and their clients via newsletters and free webinars, as well as an ongoing blog site.



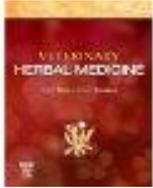
Guest:

Susan Wynn, CVA, CVCH, AHG, DVM

Dr. Wynn is a graduate of the University of Georgia's College of Veterinary Medicine. She completed a clinical internship in Washington, D.C., and a fellowship in viral immunology at the Emory University School of Medicine. She is co-author of 4 books on holistic medicine, including *Veterinary Herbal Medicine*, *Manual of Natural Veterinary Medicine: Science and Tradition*, and *Complementary and Alternative Veterinary Medicine: Principles and Practice*. After 20 years of clinical practice, she recently completed a nutrition residency with the University of Tennessee's College of Veterinary Medicine. Dr. Wynn also writes, teaches and speaks on the subject of clinical nutrition and integrative medicine. She is also certified in acupuncture, Chinese herbal medicine, and in western herbal medicine through the American Herbalist Guild.

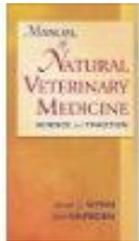
Dr. Wynn has served as the executive director of the Veterinary Botanical Medicine Association, president of the American Holistic Veterinary Medical Association, and on the boards of the American Academy of Veterinary Nutrition, the American Academy of Veterinary Acupuncture, and the Georgia Veterinary Medical Association. She is a native of Atlanta and after many years, is again living in Sandy Springs GA. She lives with 2 cats and a part-time dog. When spare time can be carved out of her schedule, she enjoys hiking, cooking, riding horses, travel and gardening.

Books by Dr. Susan Wynn



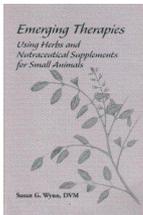
Veterinary Herbal Medicine

Susan G. Wynn, DVM, Barbara Fougere, BVSc BVMS (Hons)



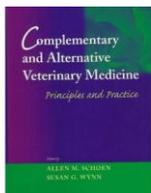
Manual of Natural Veterinary Medicine: Science and Tradition

Susan Wynn, DVM, Steve Marsden, DVM



Emerging Therapies: Using Herbs and Nutraceuticals for Small Animals.

Susan Wynn, DVM



Complementary and Alternative Veterinary Medicine: Principles and Practice.

Allen Schoen, DVM, Susan Wynn, DVM.,

www.susanwynn.com



- Formulating balanced homemade diets for well and ill pets
- In depth counseling on food and nutrition issues, including raw diets
- Advice on nutritional supplements: nutraceuticals and herbs
- Providing nutrition support for ongoing medical and surgical patient issues: Obesity, kidney and liver disease, bladder stones, pancreatitis, diabetes, arthritis, cancer, food allergy, anorexia, weight loss, and other problems
- Designing feeding programs for multi-pet households
- Education for pet owners and veterinarians
- Detailed analysis of owner supplement choices for overdoses, imbalances and deficiencies
- Investigating and implementing current nutrition research information into hospital protocols

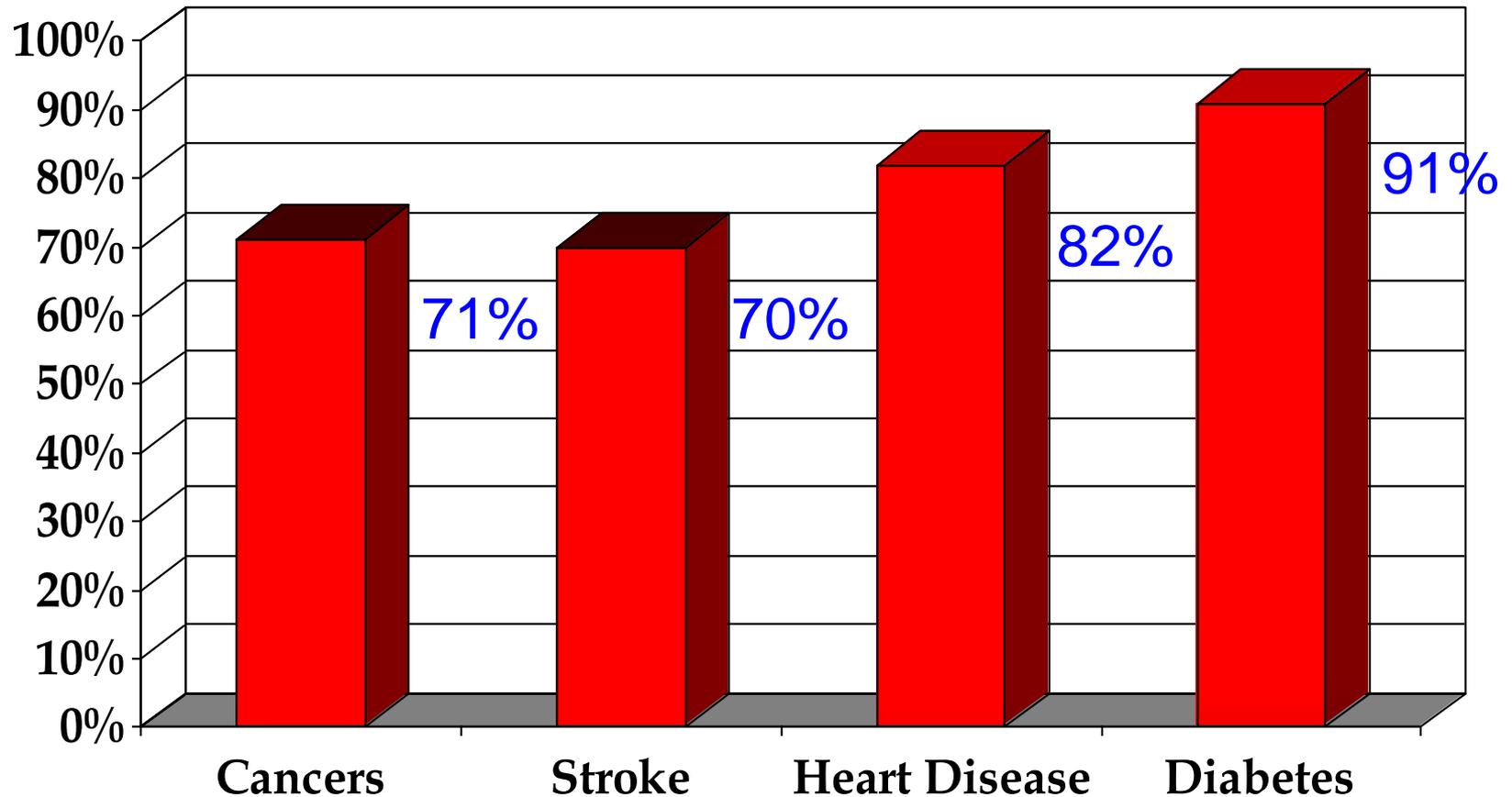
Nutritional Deficiencies



- *“Nutritional deficiencies or imbalances as well as exposures to various **chemicals, drugs and toxins** present a continual immunological challenge which can suppress immune function.”*
- *“... Wholesome nutrition is the key to maintaining a healthy immune system and resistance to disease. ... The requirement for essential nutrients increases during periods of rapid growth or reproduction and also may increase in geriatric individuals, because immune function and the bioavailability of these nutrients generally wanes with aging.”*

THE IMMUNE SYSTEM, [W. Jean Dodds, DVM](http://www.hemopet.com) www.hemopet.com
<http://www.itsfortheanimals.com/THYROID-ARTICLES.HTM>

Percent of Chronic Diseases That Are Caused by an Unhealthy Lifestyle



Whole Food quality Diets Options

Quality of the ingredients and the impact of processing

The following table shows the loss of nutrients when whole wheat is refined to white flour. Losses ranging from 16 - 95% of nutrient value of whole wheat.

Mineral	Loss (%)	Other Nutrients	Loss (%)
Calcium	60	Strontium	95
Chromium	40	Zinc	78
Cobalt	89	Vitamins B1, 2 & 3	81
Copper	68	Vitamin B6	72
Iron	76	Pantothenic acids	50
Magnesium	85	Folacin	67
Manganese	86	Linoleic acid	95
Phosphorous	71	Alpha- linoleic acid	95
Potassium	77	Protein	33
Selenium	16	Fibre	95

Whole Food quality Diets Options

Quality of the ingredients and the impact of processing

the nutrient losses associated with other foods.

The following table shows losses of minerals and vitamins when food is processed from what constitutes its whole food form to its refined form. Thus we can conclude that highly processed refined foods are deficient of many nutrients. A proper Holistic Diet therefore should contain high quality whole foods and avoid chemicals like emulsifiers, flavours, colours and preservatives.

Whole Food	Refined Food	Loss (%)
Brown Rice	White rice	26 – 83
Corn	Corn Starch	31 – 100
Sugar	White sugar	83 – 100
Milk	Fat Free Milk	80 - 100

Why Organic?



Studies show that vegetables grown in organic soil have many more vitamins and trace elements than conventionally-grown food and, of course, are not treated with any noxious chemicals. The health benefits we need.

Many fruits and veggies especially during the winter are grown out of the U.S. where many of the herbicides and pesticides are not considered safe by our FDA and are even banned for use in the U.S. Yet they can be used in Costa Rica or Chile and then shipped to the U.S.



- **Rice.** Many persistent water-soluble herbicides and insecticides have been found to contaminate the ground water near major rice fields.

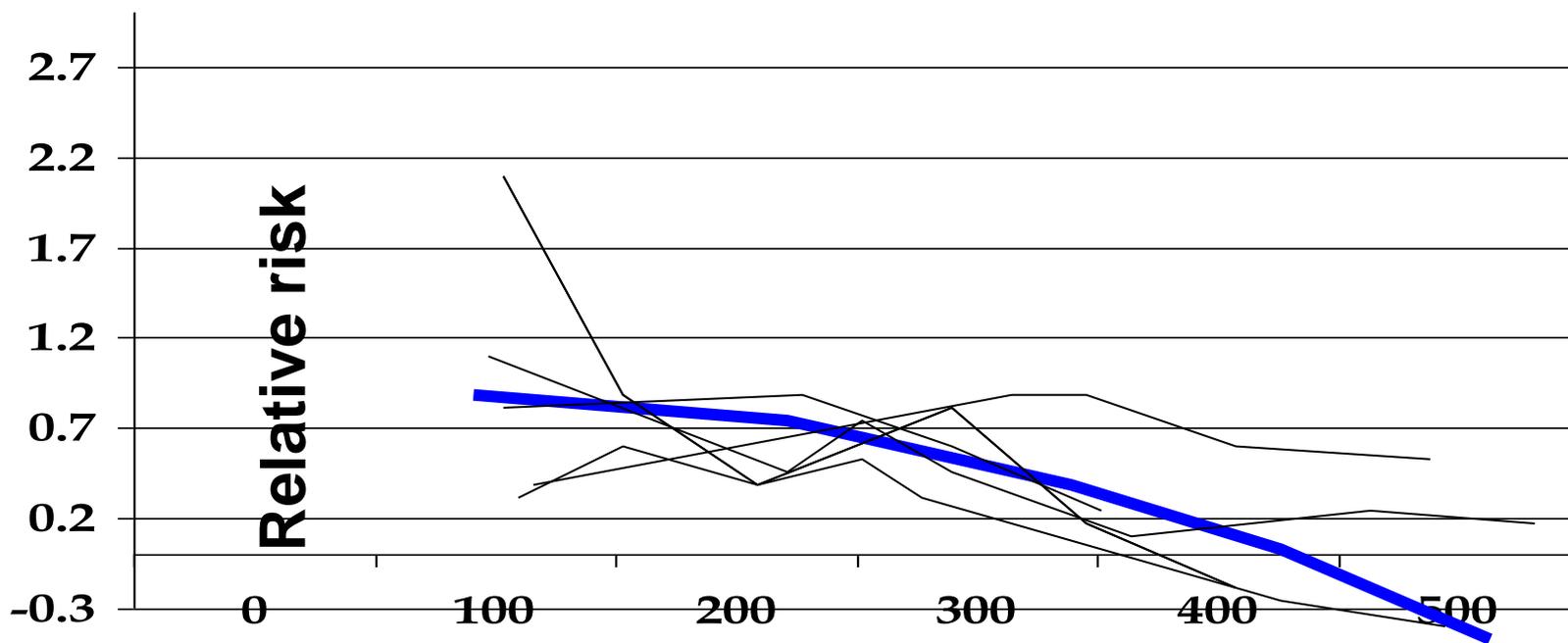


- **Corn products.** Corn is typically heavily treated; **50% of all pesticides**, are used on corn. Also, GMO contamination is a great cause of concern. **100% GMO** of the corn in this country grown conventionally is GMO – 80% of our foods contain some version of corn.

Lung Cancer and Vegetable Intake



(each line is the results of a different study, the blue line is the average)

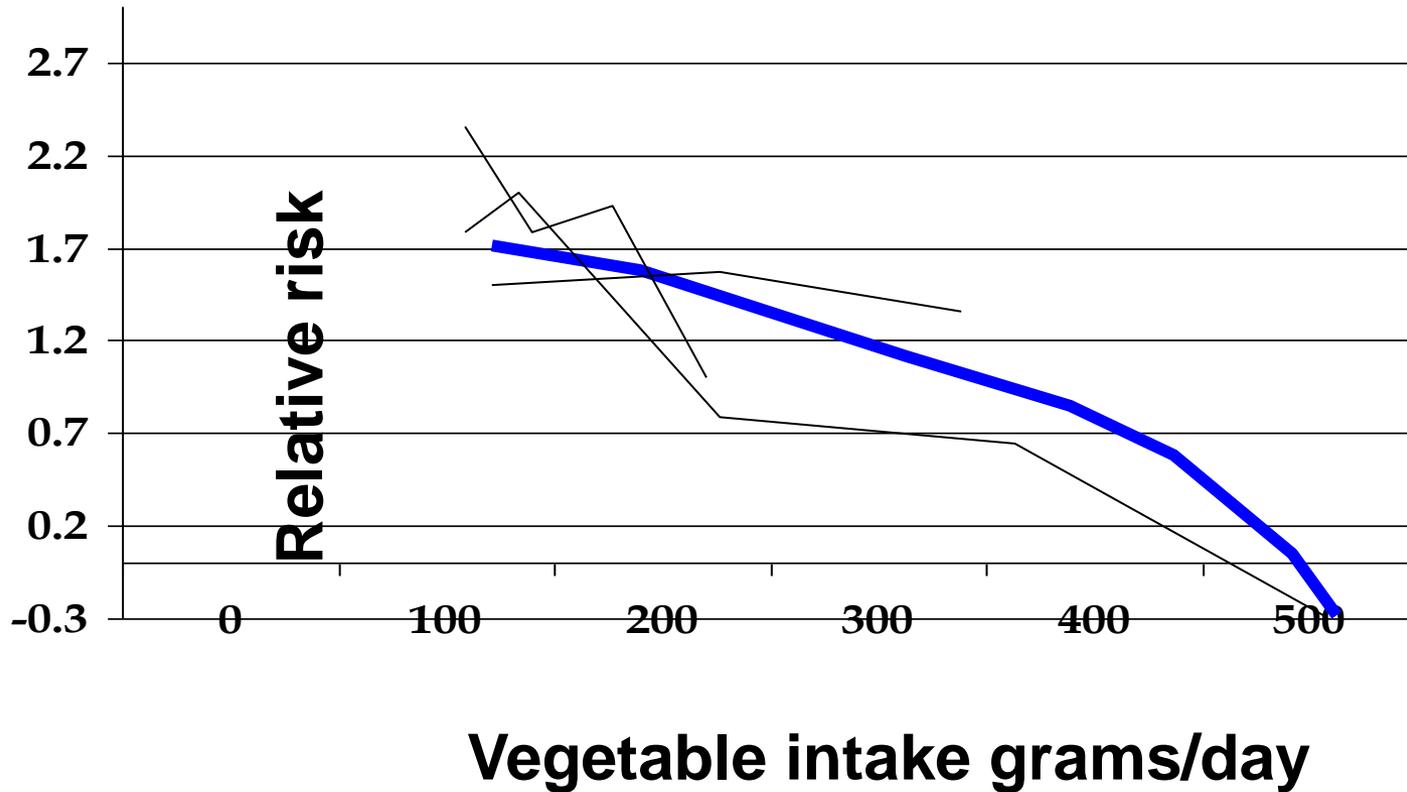


Vegetable intake grams/day

<http://www.welcoa.org/freeresources/index.php?category=20>

Wellness Council of America

Stomach Cancer and Vegetable Intake

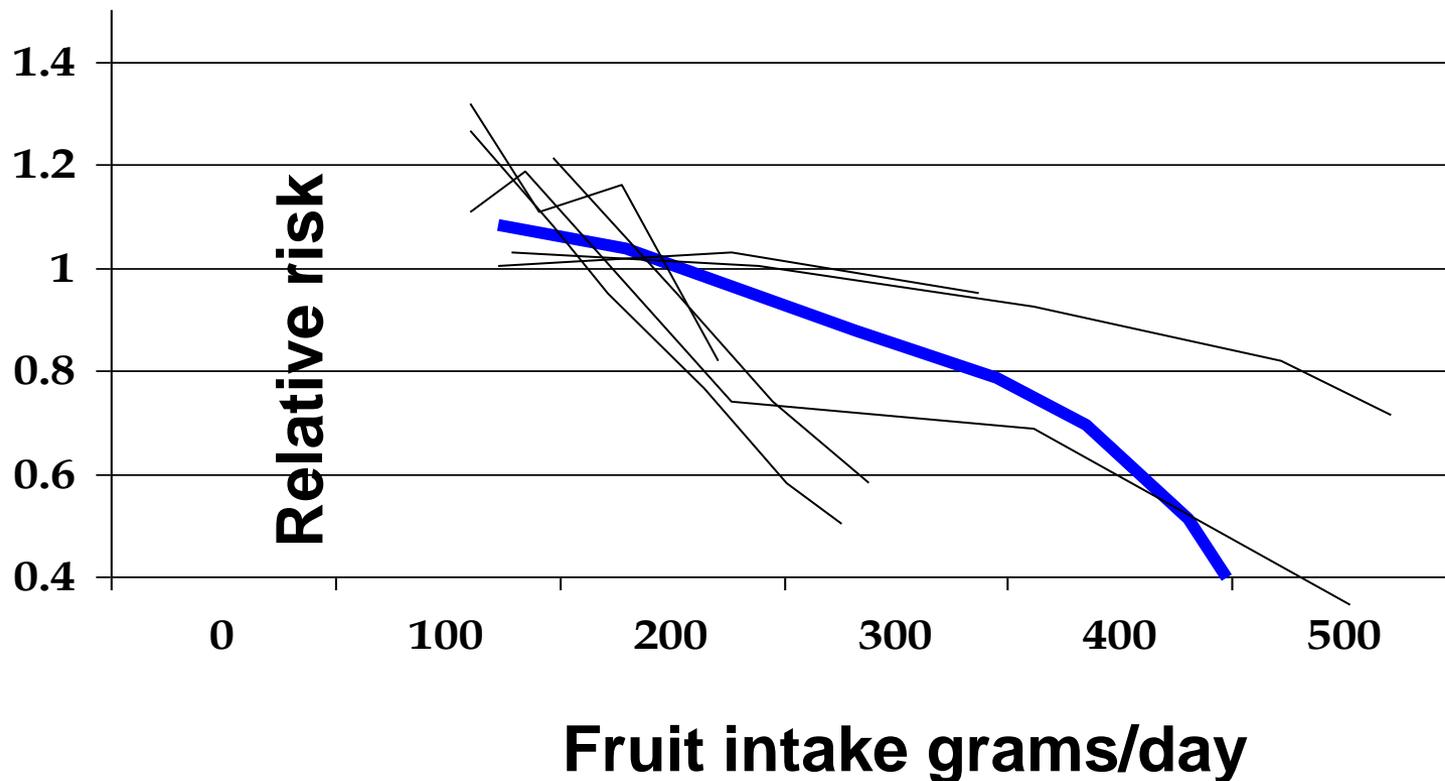


Vegetable intake grams/day

<http://www.welcoa.org/freeresources/index.php?category=20>

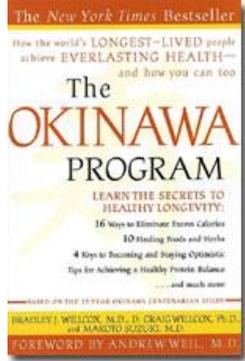
Wellness Council of America

Stomach Cancer and Fruit Intake



<http://www.welcoa.org/freeresources/index.php?category=20>

Wellness Council of America



Okinawa Diet

30 year Research



- **80% less Heart Disease**
- **80% less estrogen receptive cancers** (breast, ovarian, prostate) than the U.S.!!!!
- **9 to 12 portions of vegetables** a day. The Okinawan diet is very heavy in vegetables in fact an astounding 36% of their diet are vegetables.
- **Highest amounts of protective antioxidants** flowing through their blood.

Increase antioxidants

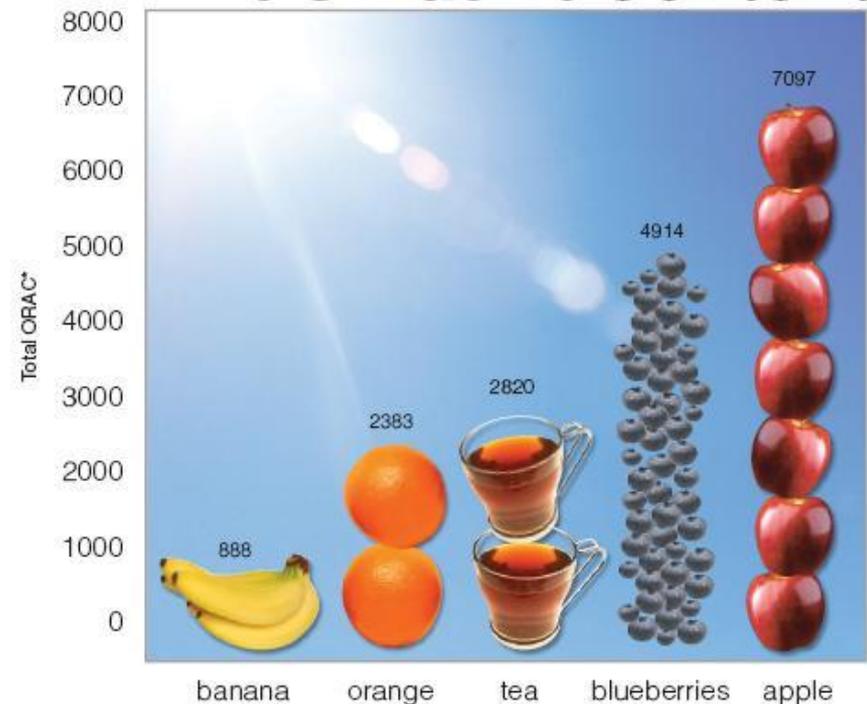
Antioxidants Vs. Free Radicals

- Able to donate electrons or hydrogen ions without having to replace it
- **Vitamins C and E**
- **Phytochemicals** (health promoting plant chemicals)
 - React with radical species
 - Don't become radicals themselves

Some Good Phytochemicals to combat “Bad” Free Radicals

- Sulforaphane
- Carotenoids
- Beta-carotene
- Lycopene
- Allinin
- There are over 100,000 different phytochemicals, we know of 5,000 in Foods and Nutritional Supplements.

Antioxidant content



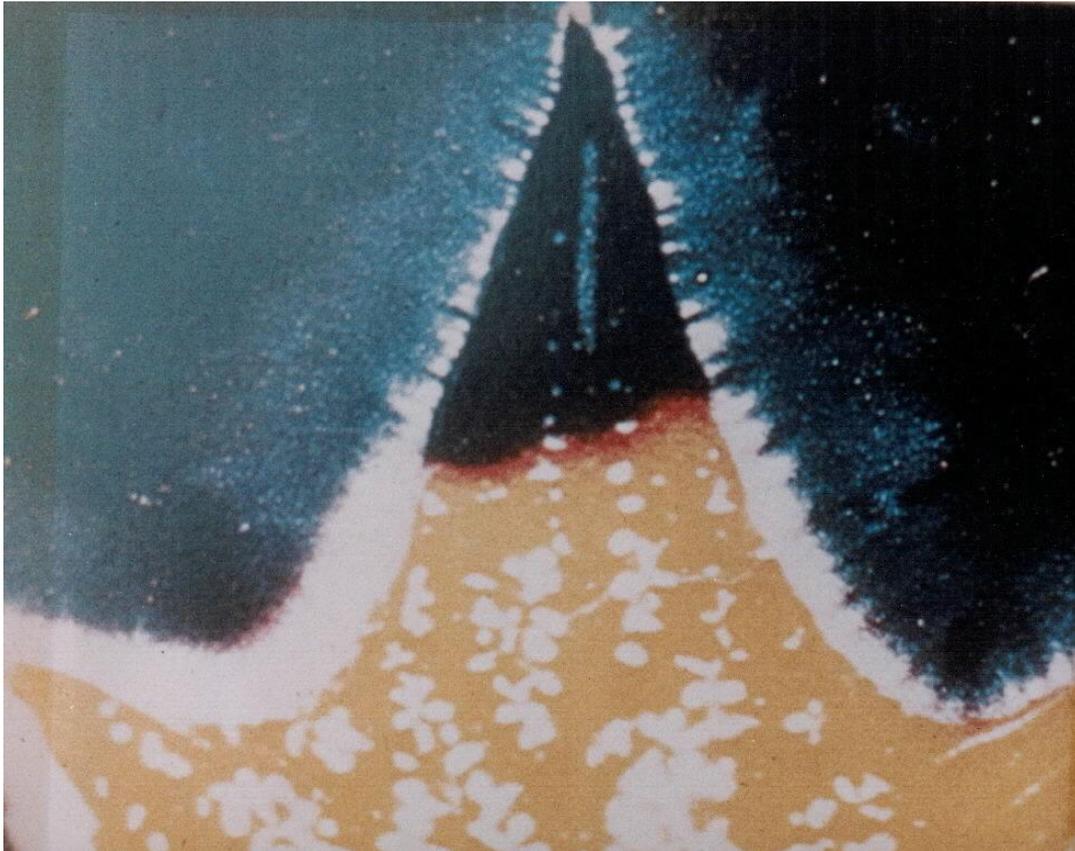
Based upon medium size apple, banana and orange**, 75 g of blueberries and 250ml cup of tea.

*Total ORAC (Oxygen Radical Absorbance Capacity) US Dept. of Agriculture, ORAC of Selected Foods, November 2007.

** Go for 2 and 5 web site.



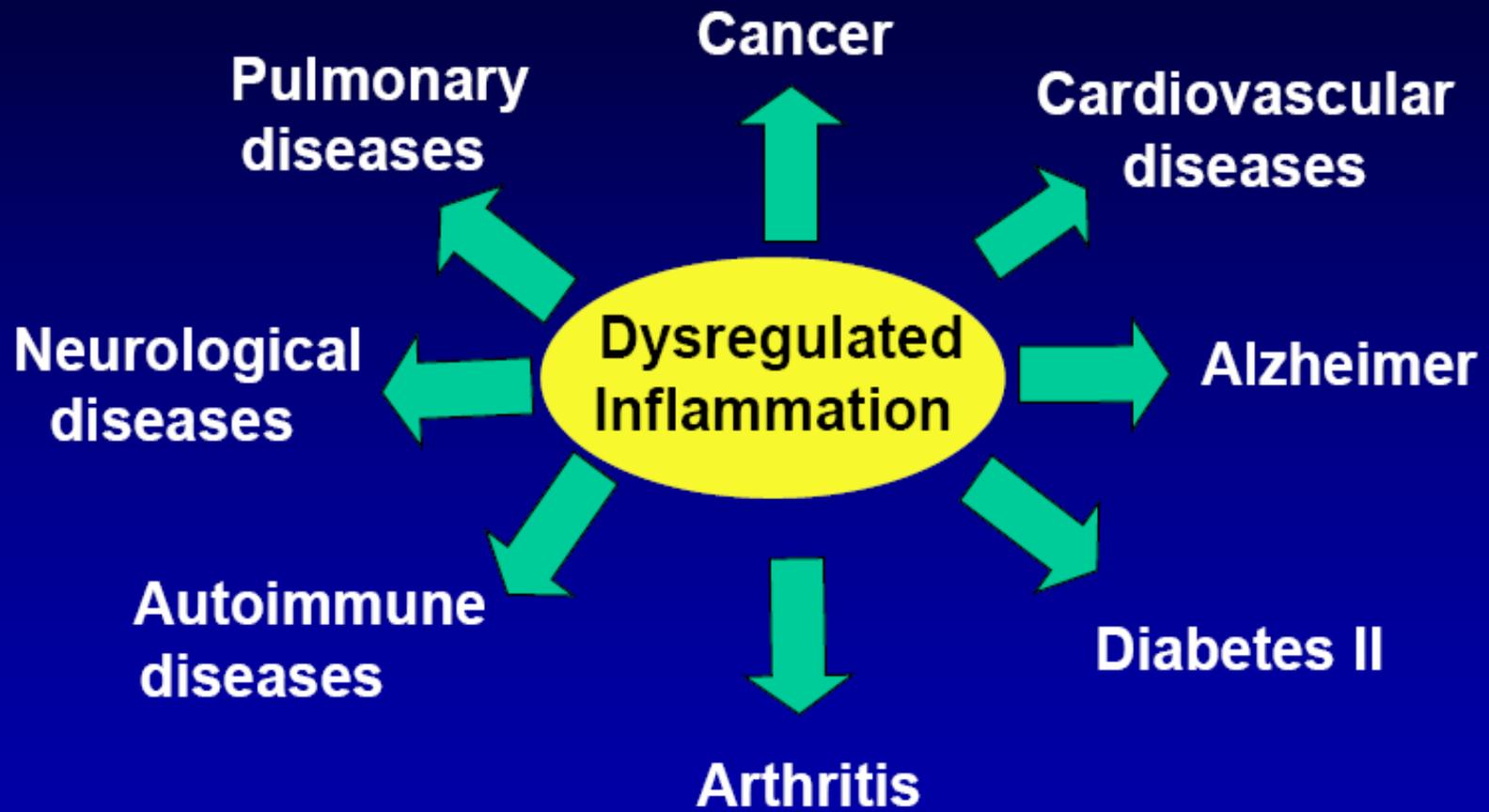
FOOD AS ENERGY – an energy perspective....



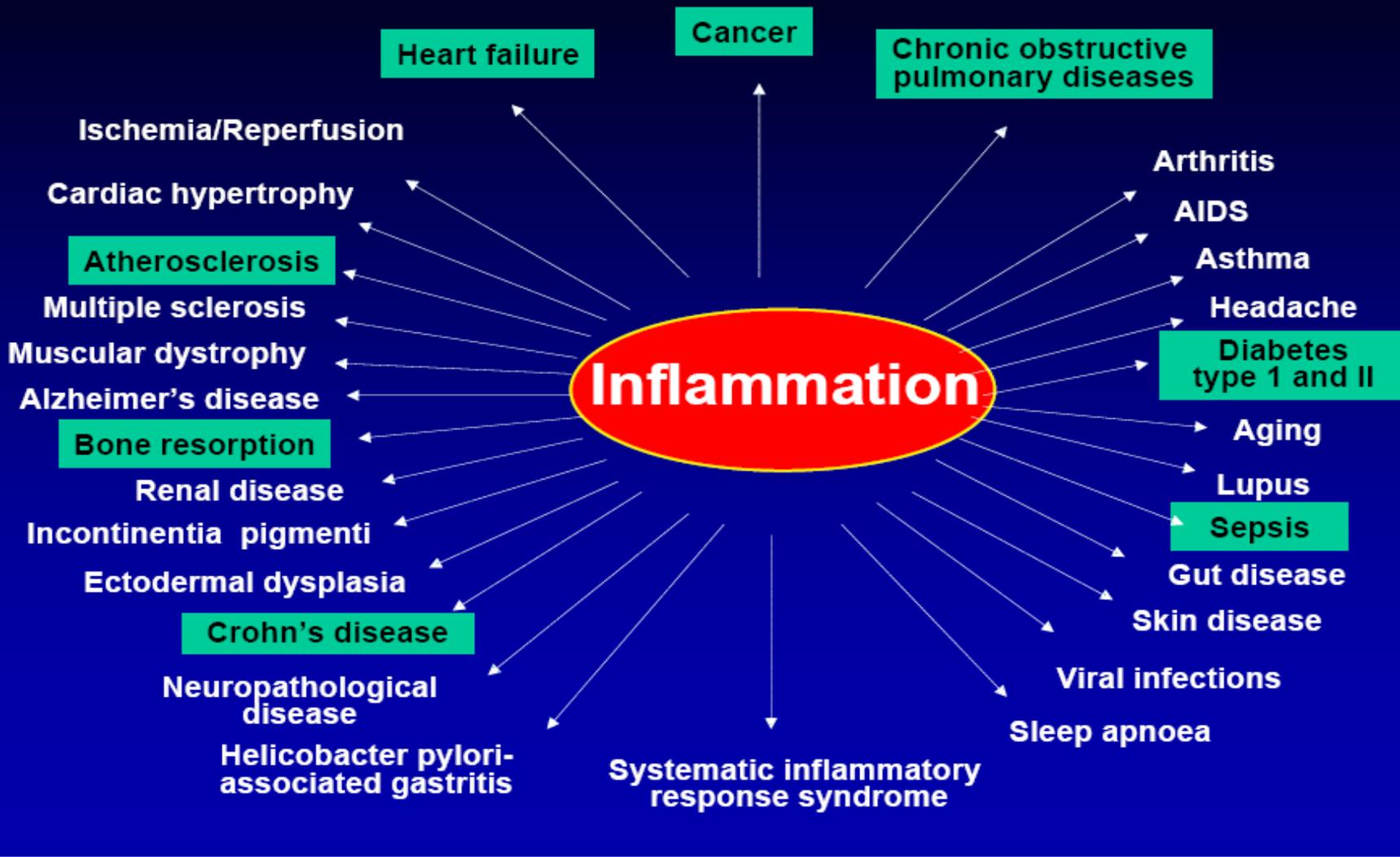
The photograph captures the “corona discharge” that represents millions of electrons streaming from the leaf. The upper portion of the leaf is cut off yet one can clearly see the “phantom leaf” or “energy body” that remains.

A Kirlian photograph on the wall of my office pictures a leaf with the top part cut off and thrown away.

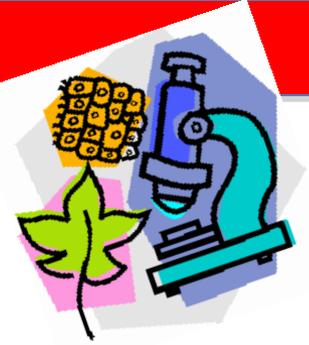
Inflammation plays a major role in development of most diseases



Inflammation has been linked to several diseases



Why Nutritional Supplementation?



- Even with good quality commercial pet food Nutritional Supplementation is great nutritional insurance, protecting pets from poor brand choices and imbalanced foods.

POSSIBLE SUPPLEMENTS

- Greens concentrated
- Broccoli Sprouts 7-10 day old: High SGS
- Medicinal Mushrooms
- Maqui, polyphenols

Nutritional Support Ingredient Quality

- Organically grown or wildcrafted, where possible.
- Non -irradiated
- No excipients, flowing agents or fillers of any kind, 100% natural
- Always "full spectrum" whole ground herbs
- Chinese herbs are pharmaceutical quality 5:1 concentrated extract powders which enter the U.S. in vacuum-sealed packages. Must have TLC & HPLC tests
- 100% Vegetarian – including the capsules. No TCM dirty secrets or objectionable or endangered animal parts



Protective ingredients in plants protect us and our pets



- **Flavonoids** have profound effects on the function of immune and inflammatory cells, as determined by a large number and variety of in vitro and some in vivo observations..
- **Berry fruit extracts** and their bioactive compounds, when isolated, significantly inhibited activator protein-1 (AP-1), nuclear factor-KappaB (NFkB) and mitogen-activated protein kinases (MAPKs) signaling induced by UV or 12-tetradecanoylphorbol-13-acetate (TPA). Berry extracts specifically induced apoptosis and differentiation” “The chemopreventative effects of berry fruits might be through their antioxidant properties by blocking reactive oxygen species-mediated AP-1, NF-kappaB and MAPK activation.²² “
- **Anti-angiogenic effects:** modulation of cell signaling pathways by flavonoids could help prevent cancer.
- **Delphinidins inhibit EGFR kinase inhibitors downstream.** It's the delphinidin aglycone in the anthocyanidin group of compounds that recently has captured the attention of the French and produced a November 2005 NIH overview on delphinidins in brain cancer research (Quebec study).²³

The Powerful Protection of Greens

Daily dietary protection

*I recommend concentrated greens from land and sea, are best 100% organic.
All the protection of greens without the gas causing fiber.*



Greens provide the nourishment that most modern companion animals lack in their commercially-processed diets. Dogs eating grass or cats eating houseplants may well be desperate attempts to seek out green nutrition. Chlorophyll (the green in greens) is the molecule that absorbs sunlight and uses its energy to synthesize carbohydrates from CO₂ and water (photosynthesis). Chlorophyll is an internal antiseptic, a cell stimulator, red blood builder, and rejuvenator. It relieves respiratory conditions; it nourishes the blood and is beneficial for heart conditions. Chlorophyll is a powerful detoxifier and tonic. It cleanses the blood and builds red blood cells while doing it.

Researchers in the early 1980's discovered that chlorophylls and related chemicals can inhibit the ability of certain DNA-damaging chemicals to cause mutations in bacteria. Another experiment by the U.S. Army showed that animals fed chlorophyll-rich greens survived twice as long as other animals when all were exposed to fatal levels of radiation.

Combination: Greens are recommended for long-term nutrition.

The Powerful Protection of Daily Greens



20:1 concentration of Organic nutrients from Greens

Alfalfa Leaf
Wheat Grass
Oat Grass
Barley Grass
Spirulina
Chlorella
Dulse
Parsley
Spinach
Kale
Dandelion Leaf
Broccoli
Cilantro

Laboratory research on the health benefits of cereal grasses increased over the past two decades in the United States and Japan. At the same time, the use of wheat grass as an alternative therapy for chronic diseases became popular.

Medicinal Mushrooms (Organically grown)

nourishment for immune system support.

“Mushroom-derived polysaccharides are now considered as compounds which are able to modulate animal and human immune responses.”



Reishi



Maitake

Shiitake



Medicinal mushrooms: their therapeutic properties and current medical usage with special emphasis on cancer treatments."

Download the extensive literature review monograph

http://www.icnet.uk/labs/med_mush/med_mush.html

Sulforaphane (5,500 ppm) in 7-10 day-old Organically Grown Broccoli Sprouts

Protection and detoxification support.

Scientists at the American Health Foundation discovered that sulforaphane inhibited the formation of pre-malignant lesions in the colons of rats, and researchers in France found that sulforaphane induced cell death in human colon carcinoma cells. This study suggests that "in addition to the activation of detoxifying enzymes, induction of apoptosis [cell death] is also involved in the sulforaphane-associated chemo-prevention of cancer." These results have not yet been validated in humans, but are making a lot of scientists sit up and take note.



Read a review of studies on SGS:

<http://www.darcynat.com/Article.asp?strsessionguid=F0E7294D759469E&fArticleID=47>

Organic Broccoli Sprouts. 5,500 ppm of sulforaphane. 2.75 mgs. of sulforaphane per 1/2 scoop.

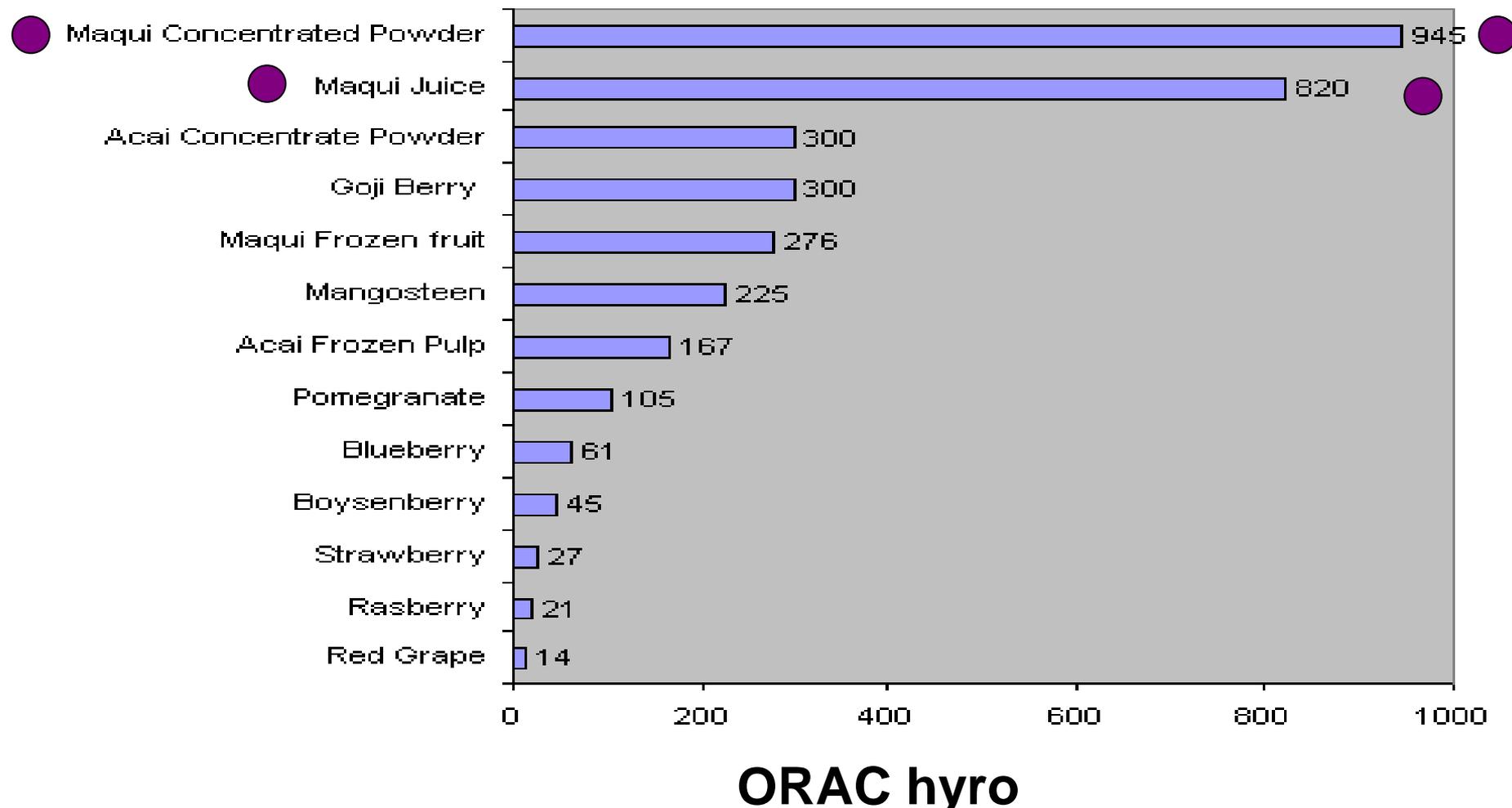


The harsh climate of central and southern Chile, together with recent high solar radiation (50% increase in the last 30 years) have increased the anthocyanins in the fruits and berries that are grown in that region. Especially Maqui.

Anthocyanins are antioxidant flavonoids that protect many body systems and have some of the strongest physiological effects of any plant compounds

Anthocyanins are produced by plants for self-protection against, sun, irradiation, diseases, and biological enemies.

ORAC Value of Various Fruits



Maqui Berry

(Aristotelia chilensis)



- **Maqui is a deeply purpled berry** from the Patagonia region, that stretches from Central/Southern Chile to Antarctica, one of the cleanest place on this planet.
- **Extraordinary high concentration of anthocyanins**, contain high content of phenolic compounds and anthocyanins that exhibits high antioxidant activity.
- **Delphinidin**, a major anthocyanidin present in many pigmented fruits and vegetables, possesses antioxidant, anti-inflammatory, and antiangiogenic properties.

Maqui Research at Universidad Austral de Chile

directed by Juan Hancke, PhD.



- **Supports healthy blood sugar levels**
- **Anti-inflammatory**
- **Boosts immune system**
- **Neutralize enzymes that destroy connective tissue**, prevents oxidants from damaging connective tissue, and repair damaged proteins in the blood-vessel walls
- **Lightens allergic reactions and increase capillary permeability**
- **Promotes cardiovascular health** by preventing oxidation of low-density lipoproteins (LDL), and protecting blood vessels wall from oxidative damage
- **Maintain small blood vessel integrity** by stabilizing capillary walls
- **May improve eyesight**

If you would like a PDF of this webinar or if you have further comments or suggestions,

please email me at:

darcygeoff@yahoo.com

Next month, please join us for our next webinar

Thank you for joining us!