



"Nutrition That Really Works"™

The 5 Steps to Great Health

A Revolutionary New Approach to Overcome Illness

The Quest For Ideal Health

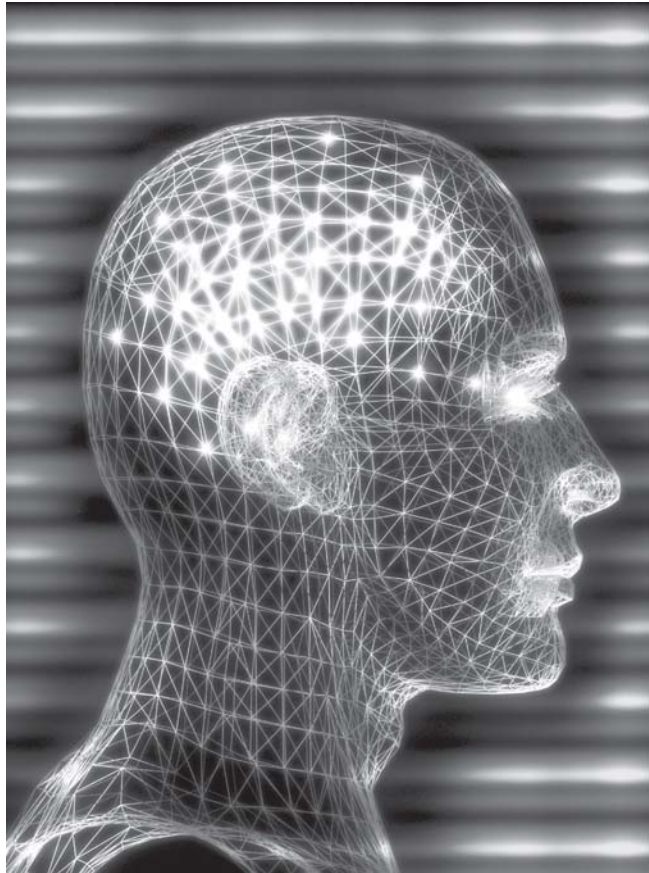
To reach a state of great health, most people must first overcome their chronic health problems, such as joint stiffness, muscle aches, asthma, allergies, headaches, high blood pressure and all the "itis's" such as arthritis, prostatitis, urethritis, cystitis, diverticulitis, hepatitis, sinusitis, etc. According to the Center for Disease Control, as of the year 2000, more than 1 out of 2 Americans are termed chronically ill and that figure gets worse as each year passes.

Our Mission

"To empower every person to attain their own *limitless* healing potential through the use of quantum resonance nutraceutical formulations, spectacular detoxification techniques and premier therapeutic strategies."

Developing the 5-Step Protocol

After working clinically with thousands of people over the past 30 plus years, we gradually developed an effective protocol that focuses first on the recovery from chronic illness, then on the attainment and maintenance of great health. Through the course of our experience, we have distilled five key steps which we have discovered to be essential to the healing process and have engineered and developed our premier line of nutraceuticals to make it easy for you to accomplish each of these five steps. They are as follows:



1. Restore an Alkaline Body pH

Indicated by a consistent, first morning and evening urine pH between 6.4 to 7.0

2. Normalize Hormone Balance

Quantum Reflex Analysis™ (QRA) or Indicated by Saliva Hormone Assay, Meridian Stress Assessment (MSA).

3. Detoxify the Body

- a) Identify current toxic body burden and begin appropriate detoxification protocols.
- b) Identify and eliminate sources of toxic body burden.
- c) Reset biofield to eliminate stored emotional/physical trauma, which may suppress the body's healing and detoxification functions.

4. Eliminate Chronic Infections

By using targeted nutraceuticals concurrent with detoxification.

5. Rejuvenate the Body's Systems

By using key nutraceuticals chosen for their ability to nourish the cellular matrix and perform comprehensive DNA repair.

Step 1: Restore an Alkaline Body pH

As indicated by a first morning urine pH of 6.4 to 7.0

The first goal on the way to great health is to restore the body's pH to the alkaline range. Almost all chronic illness takes place in a body that has become acidic due to the gradual depletion of its mineral reserves.

Testing Urine pH

It has been clinically established that the urine's pH is an accurate reflection of the whole body's tissue pH. The state of the body's acid/alkaline balance can be easily measured by testing the urine using hydrazine paper (also called pH paper).

The urine pH is directly correlated to both tissue oxygen levels and soft tissue levels of minerals, such as calcium, magnesium and trace elements. These minerals are the basic currency of exchange for literally every cell in the body.

Testing the First Morning Urine pH

First, the first morning urine is tested to determine whether the pH is acid or alkaline (the "first morning urine" is defined as the first urination after 5 AM).

If the first morning urine pH is acidic (a pH below 6.4), this indicates the body is in a state of physiological dysregulation and distress due to lack of sufficient minerals which are needed to adequately carry out thousands of basic cellular functions. Therefore, our immediate goal is to restore a consistently alkaline first morning urine pH (within the range of 6.4 to 7.0) by using fast-acting coral minerals (which are highly ionized and easily absorbed).

Testing the Evening Urine pH

Once the pH of the first morning urine stays consistently in the alkaline range (for a period of at least 2 weeks), the next step is to begin testing the evening urine pH (best measured just before the dinner meal around 5 or 6 PM).

The Quantum Trio

To rapidly replete and maintain soft tissue mineral reserves, the best method we've seen in our 30+ years of clinical practice is the use of either the Quantum Trio (3 synergistic products to promote an alkaline pH) or Quantum Coral Complex capsules.

When the client's first morning urine pH is below 6.0 and he/she presents with bone loss symptoms, usually larger amounts of calcium, magnesium and trace minerals are needed. In this case, the Quantum Trio is the best recommendation.

The Quantum Trio consists of:

- **Coral Legend**, the first product of the Quantum Trio, consists of 100% Sango marine coral powder which contains highly ionized calcium, magnesium and trace elements.

Recommended use for adults or children (age 2 and up): ½ to 1 teaspoon/once to twice per day.

- **Quantum Aloe Powder**, the second product of the Quantum Trio, combines an inner-leaf aloe concentrate with organic pomegranate. When mixed with Coral Legend, the amino acid structure of the aloe powder ideally targets the coral minerals to the soft tissue for greater metabolic efficiency.

Recommended use for adults or children (age 2 and up): ½ teaspoon/day mixed with the Coral Legend in water or juice.

- **Quantum Cod Liver Oil**, the third product of the Quantum Trio, provides U.S.P. grade, mercury-free cod liver oil which is rich in Vitamin D3, an essential nutrient for calcium utilization at the cellular level. It also contains rich amounts of EPA and DHA which are critical for the brain's growth, repair and maintenance.

Recommended use for adults or children (age 2 and up): 2 Vcaps or ½ teaspoon/day.

Coral in Capsule Form

Quantum Coral Complex is ideal for those who prefer to take the coral minerals in capsules. It contains coral minerals (with its highly ionized calcium, magnesium and trace elements) and special mycelial mushroom extracts which naturally contain provitamin D for calcium transport into the cell.

Recommended use for adults or children (age 2 and up): 2 to 6 Vcaps/day.

pH: *What to Expect*

How To Start Using PRL Products

The most important first step for every person is to balance the first morning urine pH, which is a reliable indication of the body's acid/alkaline status. Next, begin to support key detoxification organs, especially the kidney and liver.

- **"The pH Story"**

This 6-page color article explains how pH works, how to measure your own pH at home, why ionized mineral coral supplementation is so important, and how to balance your pH to alkalinize your body.

- **Kidney and Liver Support**

It is important to support the kidneys and liver with broad-spectrum premium quality nutrients. Quantum Kidney Complex helps to purify the blood and minimize adverse/detox overload and possible side effects. Quantum Liver Complex helps detoxify and support the liver, gallbladder and digestion.

- **Special Support in Advanced Acidosis**

In advanced acidotic states (a first morning pH below 6.0), mineral status is always poor. In osteoporosis (actually an infection of the bone) and extensive bone loss, the problem is sick bone as well as bone loss. Quantum Bone and Joint Complex (2 to 3 Vcaps/meal) can be added to the Quantum Trio to boost bone building and anti-infective support for the bones.

Should you expect every person with a low pH to respond to PRL's revolutionary pH products?

The overwhelming majority of people in the U.S. are very mineral deficient but are still typically able to respond rapidly and favorably to our highly ionized coral products, the Quantum Trio and the Quantum Coral Complex. However, there are special cases where additional considerations are needed, such as the following:

- **Kidney Disease**

Coral products should not be taken until at least 15% of kidney function has been restored. When kidney function is below 15%, the urine pH typically will not respond and/or kidney symptoms may worsen if any concentrated mineral supplements are taken.

- **Infection**

In acute infections, the body is rapidly using up available mineral stores to fight the infection. In addition to taking PRL pH-balancing products, immune support should be used to help the body rapidly resolve the infection. (See PRL's immune support products listed below.) In chronic infections, our pH-balancing products will help; however,

special targeted immune support should be used as well.

- **Chronic Carbon Monoxide Poisoning.**

In carbon monoxide poisoning, the patient often presents with a first morning urine pH below 5.0. The pH will not return to normal range until the carbon monoxide exposure is stopped. Common examples of chronic carbon monoxide exposure: auto mechanics who work indoors with engines running; taxi service personnel who stand near running engines for long periods of time; people who breathe air from burning wood in fireplaces with improper ventilation; and people breathing heavy cigarette smoke in enclosed areas.

How long does it take to achieve a stable, ideal pH (measured by first morning urine)?

Rapid improvement of the pH is seen in most cases when no infection is present. However, many Americans over age 30 often have low-grade, chronic infections (from dental infections and other sources).

Americans often consume high-protein diets (protein helps to upregulate immunity and energy because it increases immunoglobulins), but heavy protein diets also rapidly exhaust the body's mineral reserves. The result is a much greater need for minerals, especially calcium, magnesium and trace minerals, which are well supplied by coral.

Often, those on high-protein diets show an erratic urine pH in the evening, even though the first morning urine pH may be within range, which can be a marker of chronic infection. The best approach is to gradually decrease protein consumption to normal levels while assessing a baseline pH and then eliminating all infections.

When a consistent pH in the ideal range (6.4 to 7.0 pH) is achieved in both the morning and evening (measured before breakfast and before dinner), then much smaller amounts of supplementation are needed.

HCL Detox Therapy

One of the least expensive and most effective methods to help the body overcome and eliminate chronic infections and immune exhaustion is HCL Detox Therapy. Natural-source HCL combined with live-source potassium together act as a cellular powerhouse for deep-seated detox at the cellular level. Usually 1 or 2 Vcaps of Q. Betaine HCL and 1 to 2 Vcaps of HCL Activator are emptied in 4 to 8 oz. water, mixed and drunk immediately after meals, 1 to 3 times per day.

Step 2: Stabilize Hormone Balance

Identified by Quantum Reflex Analysis (QRA), Saliva Hormone Assay
or Meridian Stress Assessment (MSA)

The hormone balance of the body is a complex, interactive symphony of different regulating compounds. These hormones are internal messengers which are necessary to control and regulate the body's processes. Since chronic illness typically leads to hormonal exhaustion, the next step is to identify and support the glands which need more support to produce a sufficient amount of their hormones. Hormone deficiency can lead to global body symptoms such as sleep dysregulation, difficulty with the bowels, chronic fatigue or even inability to exercise. The most common areas which may need support are:

Pituitary/Hypothalamic Support

Quantum Adaptogen Complex, general support for the pituitary neuro-endocrine axis. Often, it alone is enough support to rebalance the entire brain and adrenal neuro endocrine system. Typical dose 2 to 3 Vcaps/day.

Amla Royale (a rejuvenative tonic from India, ayurvedically grown and processed herbs). In long-term chronic illness, the pituitary gland and its interactive pathways with the hypothalamus are often exhausted, which can lead to global dysregulation of the body's hormone production. In these cases, many are non-responsive to any type of therapy since even the body's basic hormone pathways are "off line."

The use of an amla-based, rejuvenative tonic (grade 10, India-source) can supply abundant phytochemical resources to dramatically help re-establish hormone competence. This ancient herbal tonic has a centuries-old track record in many countries for normalizing the pituitary/hypothalamic axis by stabilizing the endocrine meridians and replenishing mineral stores.

Amla Royale, an overall rejuvenative tonic for the hormones, is especially helpful in cases of hypothalamic exhaustion. It is also a rich source of natural vitamin C and an ideal DNA repair tonic. Typical use is ½ tsp. per day.

It can be used along with Quantum Adrenal Complex and Quantum Adaptogen Complex as needed with no fear of contraindications.

Adrenal/Pituitary Support

Quantum Adrenal Complex (cordyceps extract), often used together with Quantum Adaptogen or alone, is ideal for adrenal and spleen rejuvenation and support. The most common hormonal imbalance is adrenal dysfunction. Quantum Adrenal Complex contains both the whole raw concentrate and the fermented mycelial extract of cordyceps, proven to be the most potent cordyceps delivery system. Typical dose is 4 Vcaps/day at breakfast. Severe cases and/or for more rapid response, 6 Vcaps at breakfast and 6 Vcaps or more at lunch. Best given before 2 p.m.

Vitamin B Nano-Plex, the world's first, live-source for the super end-chain, high energy forms of each type of the B vitamins.

Quantum Nutritional Flakes. The natural vitamin B complex is needed for adrenal hormone synthesis as well as for production of energy and Phase II liver detoxification in the body. The best source of natural B complex vitamins and glutathione is primary-grown nutritional yeast (grown on molasses, not petrochemical sludge). It is an ideal functional whole food (at a low price) with a rich, nutty flavor that can easily be added to many foods.

Quantum Tomato Concentrate. A great-tasting nutritional support for the adrenals is a toxic-free, non-hybrid South American tomato powder. It naturally contains high levels of potassium (450 mg./tbsp.) which helps maintain electrolyte balance. It also contains very high levels of lycopene (270 mg./tbsp.), a powerful antioxidant which supports the prostate and breast.

Reproductive Hormone Support

Quantum Multi-Pollen Extract provides 18 different pesticide-free, European pollens for maximum effect. These pollens have had the mold spore removed to eliminate allergy risk and support female and male reproductive hormone balance, including brain endocrine hormones. This multi-pollen extract works so well that most of the time no other hormone support is needed.

European multi-pollen extract (heavy metal and pesticide free) supports brain and reproductive hormonal function and often is all the help about 85% of all men and women need to balance their hormones in their advancing years.

Recommended Use: Adults or children (age 4 and up): Usually 1 to 2 Vcaps at breakfast and lunch.

Progesterone Support

Since progesterone is a key hormone which the body uses in detoxification, the body's progesterone levels are often depleted in chronic illness. To replete progesterone, the use of a natural progesterone cream such as Quantum Gesterone™ Cream, can quickly rebuild the progesterone levels to help cellular detoxification as well as re-establish a healthy estrogen-progesterone balance provided that there is good adrenal function.

Quantum Natural Gesterone Cream delivers U.S.P. grade natural progesterone (2%), free of toxic tagalongs. The recommended use for most women is ¼ tsp. daily, the ideal dose according to Dr. Lee. Our Natural Gesterone™ Cream contains progesterone made from wild yam (which has been

converted in a laboratory to natural progesterone). It is free of toxic chemicals such as PEG-8 stearate, propylene glycol and methyl paraben so it can be used on the face continuously without clogging the pores.

Premier Rejuvenation Cream. In many cases, the best choice is the use of a broad-spectrum 3-hormone cream which contains natural progesterone (2%) to help rebalance the estrogen/progesterone ratios, DHEA (5%) for adrenal support and pregnenolone (5%) to support all steroid hormone synthesis. Our cream is free of toxic tag-alongs that can create liver toxicity and further compromise hormonal balance. Premier Rejuvenation Cream is ideal for those who are older and/or suffering with low cholesterol, etc. Typically, ¼ tsp. per day, facially applied, is used.

Quantum Fem PMS is ideal support for PMS and healthy menstrual cycles. Typical dose is 1 to 3 Vcaps at breakfast and lunch.

Quantum Fem Balance is ideal support for menopause. This can also be used with Quantum Fem PMS for extra support in difficult cases. Typical dose is 1 to 3 Vcaps at breakfast and lunch.

Quantum Isoflavone Complex helps eliminate xenoestrogens from composite dental restorations and other aromatic chemical exposures that may be blockading hormone receptor sites. Typically, 3 to 6 Vcaps are taken at breakfast and lunch.

Thyroid Support

Quantum Natural Gesterone™ Cream. In chronic illness, the thyroid gland often becomes exhausted and the production of thyroxin, the chief hormone of the thyroid, may become chronically low. In many cases, thyroxin levels become depressed, secondary to low progesterone levels. Often, the use of this non-toxic, natural progesterone cream for 1 to 3 months (or more) will help normalize the thyroid's thyroxin production.

Quantum Thyroid Complex. You will find the best success in supporting the body's recovery of normal thyroxin production by using 3 to 6 Vcaps, breakfast and lunch, for 8 to 12 weeks. Often heavy metals, infection and/or radiation damage may complicate the thyroid's recovery. Heavy metal detoxification and/or an anti-infective formula may be used along with Quantum Thyroid Complex as needed to rapidly recover ideal function. In addition, Super Nano-Green Tea™ is proven support for rapid body recovery from radiation damage.



Step 3: Detoxify the Body

A) Identify current toxic body burden and begin appropriate detoxification protocols.

So great is the exposure and bio-accumulation of toxic chemicals, such as heavy metals, pesticide/insecticide residues and industrial chemicals, that we recommend “detox” nutritional support individualized for each person.

1). Deep Cellular Detoxification

For broad-based, deep cellular detoxification and re-methylation, use the HCL Detox Kit. Simply open 1 or 2 Vcaps of Q. Betaine and 1 or 2 Vcaps of Q. HCL Activator mixed in 4 to 8 oz. water after meals, 1 to 3 times daily.

2). Heavy Metal Detoxification

To help cleanse heavy metal deposits from the brain, kidney and bowels, key support agents are:
Quantum Heavy Metal Detox. 2-3 Vcaps, breakfast and lunch.

Heavy Metal Nano-Detox. 1/2 to 1 1/2 tsp upon arising and 1 hour after dinner.

Chlorella (grade A, Japanese, ocean-grown source) as found in Quantum Chlorella; 2 Vcaps, 3 times daily and Quantum Heavy Metal Detox Vcaps; 2 Vcaps, 3 times daily.

Grasses (non-hybrid, South American young grasses of barley, wheat and oat) such as found in Quantum Greens Mix; 3-6 Vcaps at breakfast and lunch or 1 to 2 tsp powder at breakfast.

3). Pesticide/Insecticide Detoxification

To help eliminate the stubborn residues of pesticides, insecticides and other chemical toxins, a key support agent is:

Modified Citrus Pectin (solvent-free) as found in Quantum Chem Detox; 3 to 6 Vcaps, breakfast and lunch.

4). Kidney Support

During detoxification kidney support has become one of our key recommendations:

Agaricus Bisporous Extract (Chinese, grown in rich, non-chemicalized soil). Research confirms the powerful blood purifying properties of this extract which helps download the toxic burden on the kidneys and bowels. See Quantum Kidney Complex. Typical use is 3 to 6 Vcaps at breakfast and lunch.

5). Liver/Gallbladder Detoxification

For powerful liver detoxification (Phase I, II and III), see the Master Liver/Gallbladder Flush.

6). Liver/Gallbladder Support

Liver Nano-Detox, Gallbladder Nano-Detox, Quantum Liver Complex, Quantum Gallbladder Complex, Quantum Reishi Complex, Vitamin B Nano-Plex, Quantum SOD (superoxide dismutase), Quantum NADH, Quantum Turmeric, Quantum Propolis Complex, Quantum Digest.

7). Functional Foods For Liver/Gallbladder Support

Medi-Aminos (Bean/Grain), Medi-Aminos (Rice), Lean-Body Whey™ Protein Blend, Tocotriene Complex, Quantum Whey Protein Powder.

8). Deep Lymphatic Drainage

Devil’s Claw Nano-Detox degranulates the rock-hard type lymph deposits. Using Quantum Castor Oil Packs (with highly effective Indian castor oil): critical especially for kidneys, liver and gallbladder. Best initial site for packs is the kidneys (check by QRA testing). See Quantum Castor Oil instruction sheet for directions. Medi-Dental Pack can be used for dental concerns (tooth and gum areas including submandibular glands).

9). BRT Therapy (Biofield Repolarization Technique)

can rapidly restore coherence to the body’s biofield and eliminate the effects of emotional/physical trauma. When reinforced daily (self home care) for 21 days, BRT can achieve resolution often not possible by any other means. Used together with Medi-Body Packs, it can permanently re-establish energy flow through scars in 21 days or less -- even the most severe interference fields caused by hidden scar reflexes.

10). Reopen 4 Key Download Sites

through use of the Medi-Body Pack applied (palm size area) to palms of the hands and the bottom of both feet which can rapidly open and cleanse the four key download sites which are essential for complete whole body detoxification. (See Medi-Body Pack instructions).

B) Identify and eliminate sources of toxic body burden.

It is essential to identify and eliminate the most apparent inducers and promoters of chronic illness for each person.

To uncover these hidden enemies, ask each person to complete a thorough Dietary and Lifestyle Questionnaire. Our summary article, “The Instant Cure,” lists 26 of the most common inducers and promoters of chronic illness.

1). Non-Toxic Body Care Products. What you put on your skin, you are actually eating, since the ingredients are typically absorbed through the skin into systemic circulation.

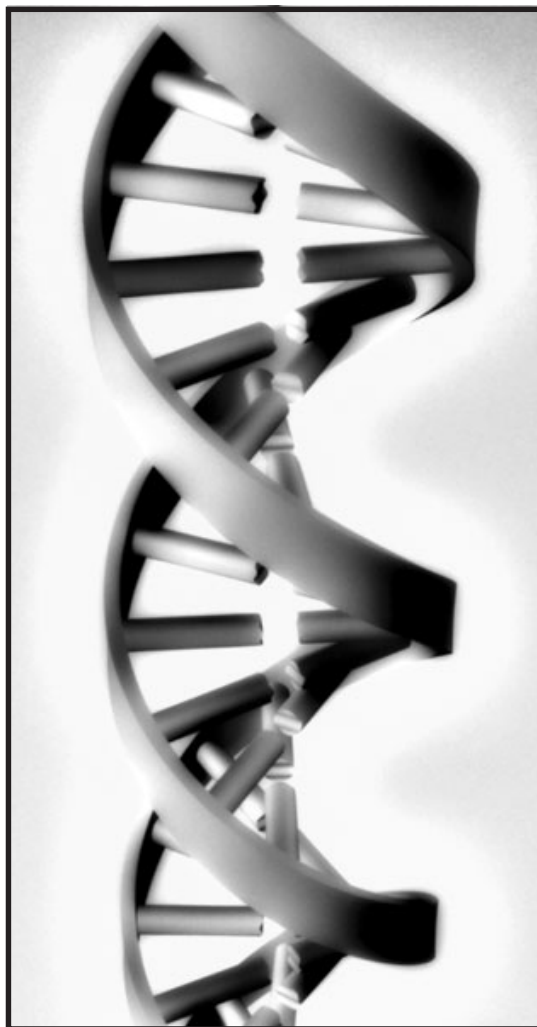
Therefore, a critical step for each person is to discontinue using all toxic body care products and replace them with 100% toxic-free, body-friendly products, including both skin care and hair care products.

Examples of Toxic Ingredients To Avoid: SLS (sodium lauryl sulfate), methyl paraben, propylene glycol, fragrance, peg-8 stearate and most ingredients with chemical names.

2). Non-Toxic Cleaning Products. Once again, whatever you touch or breathe has the potential to be absorbed into the body and bio-accumulate if the body's detox pathways are inadequate. The best course of action is to avoid chemical-based cleaning products and use 100% toxic-free cleaning agents.

3). Protection From Electromagnetic Pollution. Unseen electromagnetic field (EMF) pollution is considered to be the most dangerous type of pollution today. Many types of man-made EMFs can disrupt every known biological system in the body such as the proper functioning of the hormonal system or the generation of brain waves. Therefore, the use of EMF protection devices is critical.

4). EMF Protection Devices. Our unique, hi-tech EMF diodes can offer protection from common disruptive EMFs by converting the harmful EMFs into biologically harmless fields. We offer a range of protective devices: the Computer Protector, Phone Protector, Cell Phone Protector, TV Protector, Circuit Protector and others.



Step 4: Eliminate Chronic Infections

Most Americans are chronically ill (more than 1 in 2 according to the Centers for Disease Control as of 2000). The latest PCR (polymerase chain reaction) DNA test research at U.C. Irvine and University of Pennsylvania suggests most chronic illness is really due to infection. As a consequence, we list the fourth step to great health for most Americans as the elimination of chronic, often hidden infections.

A new medical paradigm is needed. We must first identify specific nutritional deficiencies, and then provide therapeutic amounts of quality nutrients to enable the body to heal itself. Next, we must remove as many sources of toxic exposure as possible, detoxify the body of bioaccumulated toxins and use specialty upregulating nutrients to help the body rapidly overcome infections.

Essential Nutrient/Immune Specific Support

The Super Food Trio

When the body is fighting infection, all the nutrients essential for life need to be generously supplied. The Super Food Trio delivers an abundant amount of these nutrients economically.

The Super Food Trio contains the following 3 products:

- 1) Quantum Coral Complex (2 Vcaps/meal)
- 2) Quantum Greens Mix (5 Vcaps or 1 tsp. at breakfast and lunch)
- 3) Quantum EFA Oil Blend (2-3 tsp/day or 6 Vcaps/day, take with protein-rich food)

Targeted Nutrients/Immune Specific Support

The Quantum Trio provides broad-spectrum nutritional support. As the Quantum Trio is used as a firm nutritional foundation, we are ready to provide the following for more immune-specific support:

- Immune Specific Support for Nerve Meridian Pathways and/or Lymphatics
Immune Specific Support for the nerve and lymphatics are often overlooked especially in conditions like Alzheimers, Parkinsons, diabetes, etc. Quantum Nerve Complex can be used to pinpoint target the nerve and it can be coupled with immune specific support such as:
 - 1) Quantum Hyssop Complex (1-3 Vcaps/ meal): for a gentle, yet comprehensive, whole-body response without increasing kidney load.
 - 2) Quantum Soma Complex (1-2 Vcaps/meal): faster acting; works synergistically with kidney support, especially Quantum Kidney Complex (1-2 Vcaps/meal). Quantum Hyssop Complex and Quantum Soma Complex are ideal to rapidly promote calmness and sense of well being.
- Brain Immune-Specific Support
Quantum Maitake Complex (3-6 Vcaps at breakfast and lunch)
Quantum Brain Complex (3-6 Vcaps, twice daily)
- Ear and Throat Immune-Specific Support
Ears: Quantum Neem Oil (1-2 drops in ear canal, 2-3 times a day)
Throat: Quantum Neem Oil or Quantum Carvacrol Oil, topically and internally (1 to 3 drops in water, 3 to 4 times/day) and/or InfectoStat (1-3 Vcaps/meal).
- Chronic Immune-Specific Support
NeemaStat (1-2 Vcaps/meal), Quantum Neem Oil (2-4 drops in water, 3-6 times/day), InfectoStat (2-3 Vcaps/meal)
- Yeast Immune-Specific Support
Use the Super Food Trio, but replace the Quantum Coral Complex with the more therapeutic Quantum Trio (since there is a more acidic state and thus a greater mineral need).
Also add Quantum Propolis Complex (3 Vcaps/meal) and Quantum Probiotic Complex (chew 2 Vgels for uptake into the mouth and small intestine) and also swallow 2 Vgels for large intestine delivery.
If you suspect that bowel immune support is needed, add ParaStat (2-3 Vcaps/meal).
- Bowel Concerns
Immune-specific support is needed in leaky gut syndrome, ulcerative colitis and in loss of intestinal motility. Suspect parasite infection. Add ParaStat (2-3 Vcaps/meal). Note: always support the kidneys to ensure adequate waste product detox capacity.
- Broad-Based Immune Support
Quantum Colostrum (2 Vcaps/meal). Colostrum is immune specific support across the broadest range of possible problems. It also helps to rest the immune system.
Quantum Nucleotide Complex (3-6 Vcaps at breakfast and lunch) or in acute cases, 6 Vcaps/meal. Dramatically boost nucleotides compromised in illness and especially when chronic dental problems are present. Can dead stop colds/flu. Can reduce injury recovery time by 67%.
- Acute Immune Specific
Generally, Quantum Coriolus (2-3 Vcaps/meal) is recommended.
- Chronic Immune Specific
Best supported by InfectoStat (2-3 Vcaps/meal), Allicidin™ (1-2 Vcaps/meal) is recommended, Quantum Oleuropein (2-3 Vcaps/meal), Quantum Propolis Complex (usually 2-3 Vcaps/meal).

- **Immune-Specific Support:**

Skin: For acne, Allicidin™ (1-2 Vcaps/meal), Quantum Propolis Complex (1-3 Vcaps/meal)

Eye: Quantum Eye Complex (3-6 Vcaps at breakfast and lunch), Quantum Hyssop Complex (2-4 Vcaps/meal), Quantum SOD (open 3 Vcaps under tongue between breakfast and lunch and between lunch and dinner) and let dissolve under tongue then swallow, Quantum Soma Complex (1-2 Vcaps/meal)

Ear: Quantum Neem Oil (2-4 drops in ear canal, 2-4 times/day)

Heart: Heart Nano-Detox (1/2 to 1 tsp arising and 1 hr after dinner)

Breast, Lung, Ovary, Pancreas: Quantum Wild Yew Complex (2 – 3 Vcaps/meal). In special cases, use Immune Stimulant I (1-2 Vcaps/meal) but use cautiously. Frequently check for kidney tolerance: support kidney with Quantum Kidney Complex (2-3 Vcaps/meal).

Brain, Nerve, Blood: Quantum Brain Complex (3-6 Vcaps/breakfast and lunch), Quantum Nerve Complex (3-6 Vcaps/lunch), Quantum Maitake Complex (3-4 Vcaps/meal), Quantum Coriolus (2-4 Vcaps/meal), Quantum Soma Complex (2-3 Vcaps/meal)

Lymph: Quantum Hyssop Complex (2-4 Vcaps/meal)

Stomach: Quantum Stomach Complex (1–3 Vcaps/meal)

Liver (Chronic): Quantum Reishi Complex (6-18 Vcaps/meal)

Intestine and Poor Motility:

ParaStat (2-3 Vcaps/meal), Quantum Noni (2-20 Vcaps/meal)

Biofilm Growth: Quantum Allicidin™ (2 Vcaps, 3 times daily), Biofilm Enzyme Spray (2-4 sprays in mouth, upon arising and at bedtime)

Note: Quantum Stomach Complex has its own immune specific support built in which is often sufficient unless there are special needs.

Super Food/ Enzymatic Support

- Quantum Nutritional Flakes

Need a natural vitamin B complex to achieve the Quantum Nutrition Effect? Try Quantum Nutritional Flakes – loaded with natural B vitamins, naturally-occurring glutathione (105 mg./tbsp), beta 1,3-glucans (1,150 mg./tbsp) and contains 50% complete, bio-available protein. This “once living” food delivers the Quantum Nutrition Effect, all at an extremely low cost.

- Medi-Aminos (Bean/Grain), Medi-Aminos (Rice)

Need a great source of easily absorbable, free-form amino acids to boost immunoglobulins and more? These two functional food products are loaded with 95% high quality, free-form amino acids.

They are easy to absorb and are excellent for those with poor digestion, often seen in those with fibromyalgia, Chronic Fatigue Syndrome, etc. These products have the most economical delivery system for free-form amino acids – a delicious way to build power and strength – while achieving the Quantum Nutrition Effect.

- Digestive Enzymes

Main Action: Key support for the digestive process, especially after eating cooked food; helps download the unnecessary immune burden of poorly digested food.

Quantum Digest contains highly purified, full spectrum digestive enzymes (including all the main classes: lipase, amylase, protease, lactase, maltase, cellulase, invertase) with an organic substrate support for easy absorption.

- HCL Detox Therapy: This provides premier immune support and remethylation of the cell, one of the most powerful detoxification methods ever discovered which in turn functions to help the body overcome infection. It is proven to activate tumor suppressor genes and suppress oncogenes (cancer-causing genes). Avoid when there is a high white cell count (such as leukemia) and for those with marginal kidney function.

Procedure: Q. Betaine HCL (1 to 2 Vcaps) and Q. HCL Activator (1 to 2 Vcaps) are emptied in 4 to 8 oz. water, then mixed and drunk immediately after meals, 1 to 3 times daily.

Organ/Gland Targeting

Immune support can be enhanced by targeting the above products to an organ or gland using our unique, animal-free, organ-targeting products such as Quantum Brain Complex, Quantum Nerve Complex, Quantum Kidney Complex, Quantum Prostate Complex, Quantum Pancreas Complex, etc.

Modular Products: Easy to Combine

Each PRL phytonutrient complex contains its own essential co-factors and transporters. Therefore, each complex can be taken with or without other formulas and without interfering with the effectiveness of one another. Each formula can be taken with or without food.

Step 5: Rejuvenate the Body's Systems

PRL offers the first functional foods that contain Quantum Quality nutrients, and are therefore able to deliver the Quantum Nutrition Effect. They promote high energy, anti-aging, immune-boosting and DNA repair.

1. Lean-Body Whey™ Protein Blend

A truly quantum functional food and delicious advanced meal replacement drink. Simply mix the powder with water or juice. Contents: advanced whey protein (free of synthetic hormones and pesticides), organic South American blueberry fruit powder, "beyond organic" Himalayan pine pollen, organic greens blend, CLA (Conjugated Linoleic Acid), calcium pyruvate, arabinogalactan, FOS (fructo-oligosaccharides) from chicory, organic Argentine raw cane juice, real organic vanilla, guar gum.

Lean-Body Whey™ Protein Blend has undergone laboratory analysis proving it delivers an antioxidant effect far greater than the sum of its individual components: this is the magnificent Quantum Nutrition Effect. (See Table 2, below.)

What Lean-Body Whey™ doesn't contain:

- "Natural flavors"
This is an FDA-approved term for "MSG," a neurotoxin which can burst brain cells.
Example: "Natural vanilla flavor"
- Pesticided ingredients
If an ingredient is not listed as pesticide-free, then it probably is not pesticide-free.
- Toxic preservatives
Many common preservatives are carcinogens.
Example: methyl paraben

2. Quantum Adaptogen™ Complex:

The first adaptogenic destresser with Quantum Quality ingredients. Every component provides immune-boosting support, while simultaneously de-

livering increased energy, DNA repair, premier antioxidant protection and peak performance. Great for those with "adrenal burn-out" syndrome.

Contents: Grade 10 Indian soma latha, grade 10 Siberian maral root, Grade 10 arctic root, grade 10 rhodiola crenulata, grade 10 fo ti tieng, grade 10 nopal cactus, grade 10 European thyme, calcium montmorrillinite, pesticide-free oat bran.

This truly synergistic phytonutrient complex also delivers the Quantum Nutrition Effect, and just three Vcaps per day delivers a powerful boost regardless of body size.

What Quantum Adaptogen™ Complex doesn't contain:

- Herbs that are poorly grown, old or incorrect species
- Isolated or fractionated extracts
In contrast to whole phytonutrient concentrates
- Toxic flowing agents
Example: magnesium stearate, a hydrogenated oil
- Toxic lubricants
Example: talcum powder, a suspected carcinogen
- Animal gelatin capsules with toxic prion risk
The superior choice is Vcaps (vegetable capsules)

In short, Quantum Adaptogen™ Complex contains nothing that would detract from helping the body sustain or achieve its ideal cellular resonance. This is especially true in long-

term use where products with toxic agents can slowly create toxic bio-accumulation in the body.

Lean-Body Whey™ Protein Blend & Quantum Adaptogen™ Complex

These two products together support easy, steady, lasting elimination of body fat, and when combined with exercise support, can also help increase muscle mass.

Independent laboratory test results Feb., 2002	
Lean-Body Whey™ Protein Blend	VEA (Vitamin E Analog) (umol/L)
Individual Ingredients	
Whey Protein Isolate	33
Organic Blueberry Fruit	2332
Himalayan Pine Pollen	54
CLA (Conjugated Linoleic Acid)	2
Calcium Pyruvate	38
Arabinogalactan	28
Quantum Greens	400
Guar Gum	22
FOS (fructooligosaccharides)	12
Organic Raw Cane Juice	48
Organic Vanilla	- 19
Total	2950
Lean-Body Whey™ Protein Blend (Contains all the above)	5289

Daily Rejuvenative Products

By using key nutraceuticals chosen for their ability to nourish the cellular matrix and perform comprehensive DNA repair

If an herb is anti-viral, this means it is also capable of DNA repair. Any anti-viral nutrient can begin the process of DNA repair. However, to proceed to a more comprehensive DNA repair, the body must first be rid of infection.

Try this clinically proven 5-step system for faster recovery with simpler and less costly supplement expense through the recovery phase and especially through the maintenance phase.

Daily Maintenance Program

We recommend the Quantum Trio (3 key products) to deliver every nutrient essential for life, each in their most biologically available forms and at a cost of about \$60 per month (retail) per person.

The Quantum-Trio

This kit includes:

- 1.) **Quantum Coral Complex** capsules. Typical use: 2-4 Vcaps/day
- 2.) **Quantum Greens Mix** capsules. Typical use: 4 Vcaps, 1-2 times/day
- 3.) **Quantum EFA Oil Blend**. Typical use: 1-2 tsp./day

The Quantum Trio is able to effectively deliver every nutrient the body needs for optimal health.* It contains premier, whole, non-GMO food/herb phytonutrient complexes that are convenient to use and without any insecticide, pesticide, herbicide residues, fumigants or irradiation. Each formula is available in 100% pure vegetable capsules or as powders or liquid.

Whole Body Support

For additional DNA protection and rejuvenation, choose from the following:

- **Quantum Digest**
Don't eat cooked food without it. It spares your digestive power as well as your vital organic acid tissue reserves.
- **Quantum Colostrum**
Broad spectrum DNA protection and immune upregeneration. Good tasting, economical use as power or vegetable capsules.
- **Lean-Body Whey™ Protein Blend**
The Lean-Body Whey Protein drink supports 5 key nutrient categories: 1) a broad range of world-class antioxidants, 2) easy-to-digest nontoxic whey protein, 3) complex carbohydrates, 4) essential fatty acids and 5) world-class, state-of-the-art, immune-boosting fiber.
- **Quantum Adaptogen™ Complex**
This formula contains maximum-performance, adaptogenic herbs, including the rare and exotic, grade 10 Indian Soma Latha, Siberian Rhaponticum, Himalayan Rhodiola Rosea, Rhodiola Crenulata, Chinese Fo Ti Tieng, European

Opuntia and more, with a full spectrum of natural phytonutrients, such as alpha-amyrin, lupeol, 20-hydroxyecdysone, rosavin, salidroside and more. **Benefits:** maximum whole-body performance, including increased energy, improved exercise endurance, enhanced oxygen and nutrient uptake, optimal neurotransmitter, memory and mental support, and broad range endocrine and immune support*

- **Tocotriene Complex**
World-class, stabilized rice bran formula with over 100 known antioxidants, in a good-tasting, inexpensive powder form.
- **DHLA Nano-Plex**
The ultimate, living-source DHLA (dihydrolipoic acid), a potent antioxidant with superior, anti-aging protection. Now with 5 mg. resveratrol per serving. DHLA delivers maximum antioxidant protection and even repair of DNA strand breaks. Now with resveratrol, the cell repair mechanism will have much more time to repair itself before activation of apoptosis (or the cell death mechanism) which is a natural consequence of DNA damage.
- **Melatonin Nano-Plex**
The ultimate living-source melatonin; superb anti-aging protection at the micro-cellular support level where other compounds may not reach.
- **Amla Royale**
A 51-herbal tonic formula for premier DNA repair of the brain and endocrine systems; herbal rejuvenator for the whole body.*
- **Power Foods: Natural-Source Amino Acids.** A quantum leap in the performance of functional foods. Medi-Aminos (Bean/Grain) and Medi-Aminos (Rice) are made from premier grown, "beyond organic" non-GMO food grains and beans. They are the first of a new generation of foods rendered extraordinarily bio-available. Through special, low temperature processing, 95% of their amino acid content is converted to the free amino acid form while retaining 90% of their enzymes in the raw state.
- **Quantum Reishi Complex**
Supports DNA repair of the liver.*
- **Quantum Brain Complex**
Supports brain function, nerve cell growth and memory.*
- **Quantum Nerve Complex**
Supports superior nerve growth and rejuvenation.*
- **Quantum Daily**
For those who want to take only one nutritional supplement but with all the benefits, we recommend the ultimate, multi-nutrient product, Quantum Daily. Take 2 to 3 Vcaps/day and feel the difference for yourself.

How Effective Are Your Testing Methods?



- Do you have a way to assess your patients' special needs quickly and accurately?
- Do you know exactly what nutrients and how much to use to help the body eliminate symptoms?
- Or how to rapidly overcome infections at their root cause?



----Now you can.

The Problem: Toxic Supplements

As a practitioner, it is critical to have an accurate way of assessing supplement efficacy. A landmark study (JANA, 2000) showed that 97.5% of randomly selected herbal products were either toxic or ineffective or both. In other words, only 2.5% of supplements tested were nontoxic and effective.

Unfortunately, toxic tagalongs are now commonly found in many nutritional supplements, such as magnesium stearate, talcum powder, "natural flavors" (a disguised term for the neurotoxin MSG, monosodium glutamate) and others. Although the supplement label may alert you to some toxic ingredients, it is impossible to tell from the label if a nutraceutical ingredient has been fumigated, irradiated or solvent extracted.

Supplements with toxic tagalongs may provide some initial benefit. However, taking them long-term can be a potential problem due to toxic its ingredients that could end up blocking recovery and cost you the patient's confidence. The need for a simple, yet highly accurate in-office testing system is now greater than ever.

The Solution: Quantum Reflex Analysis™ (QRA)

A Simple, Proven Testing System

Now you can determine for yourself what products work the best and what products will work poorly. QRA™ (Quantum Reflex Analysis) empowers you to efficiently pinpoint the quickest, most accurate and most inexpensive supplement program for your patients.

QRA is based on the Omura Bi-digital O-Ring Muscle Reflex Test, a simple muscle testing system proven in dozens of research studies to be reliable and accurate. (Study references available upon request)

QRA allows you to quickly assess any nutritional supplement to see if it directly balances a deficient main control point of an organ or gland.

Secondly, using QRA, you can then test the supplement against the liver and kidney control points for toxicity (a toxic supplement will weaken one or both of these points). Even if a supplement is able to balance a control point, if it also fails the toxicity test, then taking that supplement may lead to a toxic condition over time.

Welcome to QRA- the cutting edge in rapid nutritional analysis.



Dr. Bob Marshall performing the simple, yet highly accurate Omura Bi-digital Muscle Reflex Test.

Advanced Patient Testing

Quantum Reflex Analysis™ (QRA)

Revolutionary Kinesiological Technology
For Assessment of Key Imbalances

“These techniques have profoundly amplified the scope of clinical response, accelerating results, deepening effects and have worked consistently well. It would be called magic if it were not explainable by quantum physics.”

--Stuart White, DC, DACBN, CCN
Houston, TX



QRA™: *The Seminar That Changes Lives*

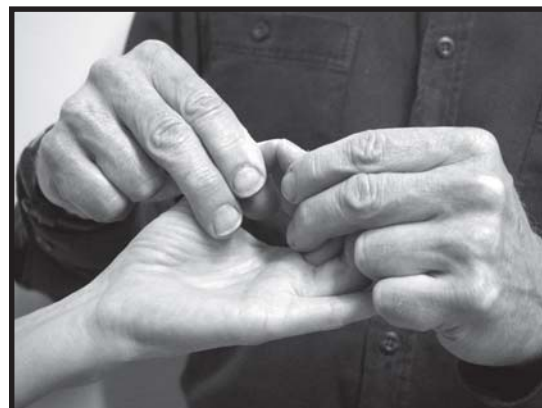
Join us for the life-changing QRA™ (Quantum Reflex Analysis) seminar that will forever change how you think about treating your patients. Enjoy a whole new level of effectiveness with the most satisfying results and the best “waiting-list” practice.

- Learn 3 Levels of QRA™. Use QRA™ to identify 3 levels of muscle reflex responses:
 - Light Touch
 - Deep Touch
 - Stress Tapping
- Product Testing. Many practitioners who have learned QRA™ have told us how *amazed* they were to find that some nutritional products they had been using did not pass Level 2 or 3 in QRA™ testing. In fact, some practitioners were surprised that some of their products could not even pass Level 1 QRA™ testing.
- 8-Point Quick Scan. Learn a simple 8-point muscle reflex protocol to rapidly identify the body’s major imbalances in just a few minutes per patient.
- Objectivity. QRA™ provides an objective way for you to rapidly identify key imbalances and test precisely what supplements are needed to balance them.
- Practitioner Successes. John Hernandez, MD, of San Antonio, Texas has shared his experiences using this advanced method of testing and how it has enhanced his clinical practice beyond his expectations.

BioField Repolarization Technique™(BRT)

BRT is a key component of QRA™ and is the most advanced technology yet devised to help rebalance the body’s dynamic biofield, the key to rapid healing.

- Rebalancing. BRT helps rapidly rebalance and strengthen the main control points on literally every patient within seconds.
- Clear Embedded Trauma. BRT helps quickly and permanently eliminate the effects of trauma (physical or emotional) and scars that can block normal energy flow in the body, thus impeding complete healing and the recovery process of affected organs and glands.



Dr. Bob Marshall performing the simple, accurate Omura Bi-digital Muscle Reflex Test.

“The best time to gain the best skills that you’ll use for a lifetime... is right now. What a difference the QRA Seminar can make for you and your practice.”

-- Dr. Bob Marshall