

June 12, 2023

APLGO Conference Call with Mary Esther Gilbert and Host Ruth Mayne

Questions for PM SLD

- **SLD is a favorite for so many people, as it helps fight inflammation. Before we get into the ingredients, I want to get your insight: some people think that inflammation only occurs in your joints, can you get inflammation anywhere in your body?**
 - Biomarkers in medical tests reveal:
 - Activated monocytes, cytokines, chemokines, various adhesion molecules, adiponectin, non-specific markers such as C-reactive protein, fibrinogen, and serum amyloid alpha.
 - **Causes of inflammation:**
 - **Injury, infection (bacterial, viral, parasitic, fungal).**
 - **Stressful emotions, psychological stress.**

Reference:

Chen, L., Deng, H., Cui, H., Fang, J., Zuo, Z., Deng, J., Li, Y., Wang, X., & Zhao, L. (2017). Inflammatory responses and inflammation-associated diseases in organs. *Oncotarget*, 9(6), 7204–7218.

<https://doi.org/10.18632/oncotarget.23208>

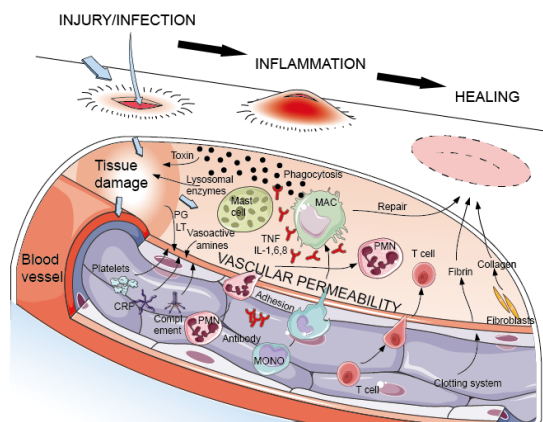
Summary of cytokines and their functions

Cytokine	Family	Main sources	Function
IL-1 β	IL-1	Macrophages, monocytes	Pro-inflammation, proliferation, apoptosis, differentiation
IL-4	IL-4	Th-cells	Anti-inflammation, T-cell and B-cell proliferation, B-cell differentiation
IL-6	IL-6	Macrophages, T-cells, adipocyte	Pro-inflammation, differentiation, cytokine production
IL-8	CXC	Macrophages, epithelial cells, endothelial cells	Pro-inflammation, chemotaxis, angiogenesis
IL-10	IL-10	Monocytes, T-cells, B-cells	Anti-inflammation, inhibition of the pro-inflammatory cytokines

Cytokine	Family	Main sources	Function
IL-12	IL-12	Dendritic cells, macrophages, neutrophils	Pro-inflammation, cell differentiation, activates NK cell
IL-11	IL-6	Fibroblasts, neurons, epithelial cells	Anti-inflammation, differentiation, induces acute phase protein
TNF- α	TNF	Macrophages, NK cells, CD4 ⁺ lymphocytes, adipocyte	Pro-inflammation, cytokine production, cell proliferation, apoptosis, anti-infection
IFN- γ	INF	T-cells, NK cells, NKT cells	Pro-inflammation, innate, adaptive immunity anti-viral
GM-CSF	IL-4	T-cells, macrophages, fibroblasts	Pro-inflammation, macrophage activation, increase neutrophil and monocyte function
TGF- β	TGF	Macrophages, T cells	Anti-inflammation, inhibition of pro-inflammatory cytokine production

Reference:

Eskandari, F., Webster, J. I., & Sternberg, E. M. (2003). Neural immune pathways and their connection to inflammatory diseases. *Arthritis research & therapy*, 5(6), 251–265. <https://doi.org/10.1186/ar1002>



<https://nutrition.org/inflammation-what-is-it-and-how-can-my-diet-and-behavior-affect-it/>

- **And now to the joints! what are the root causes of joint problems? What causes stiffness and limiting ranges of motion?**
 - Obstructions and impediment of circulatory pathways:
 - Uric acid crystals, hardened plaque deposits.
 - Micro scarring of tissues of organs and muscles
 - Sluggish circulation and poor fluidity due to poorly hydrated cells and tissues, resulting in higher blood and lymph fluid viscosity, causing friction and heat.
- **Ginger**, we all know is known for fighting inflammation, I have heard it also helps with things like morning sickness, cramps, arthritis, what can you tell us about this?
 - Protects stomach lining against intestinal parasites
 - Contains asparagine, amino acid contained in many body proteins.
 - Contains silica, found in bones, tendons, kidneys, liver, hair, nails, the aorta artery.
 - Helps clear the kidneys, liver, gallbladder and bile ducts.

(Gilbert, 2021)
- **Licorice root**, what a great ingredient! I know this has been used for centuries for all kinds of issues, as well as anti-inflammation. Things like respiratory issues, antimicrobial effects and much more.
 - Neutralizes toxic effects of toxins released by illness-causing bacteria.
 - Blood-sugar balancing effects.
 - Inhibits replication of bacteria, viruses, fungi, parasites.
 - Prevents viral integration into the host cell's DNA.

(Gilbert, 2021)
- **Green tea leaf** is another ingredient known for its health benefits in tea, what are the health benefits of its use in our lozenges.
 - Antioxidant phytochemicals many times more potent than vitamins C and E.
 - Suppresses the cancer-forming process.
 - Accelerates the breakdown of cholesterol and fats in the blood.
 - Helps prevent damage to blood vessels, strengthens blood vessel walls.
 - Contains several essential amino acids needed for cellular repair.
 - Helps bind to and eliminate heavy metals.
 - All preventive actions prevent the above inflammatory effects.

(Gilbert, 2021)
- **Turmeric** has long been known for its health benefits for inflammation, can we talk a little on that as well as its benefits in helping boost your immune system.
 - Helps break down fats for better use (energy production, cell structure maintenance, assembling thousands of hormones) other than simply storing and accumulating them in the body.
 - Improves circulation, helping to clear out cellular debris (non-absorbable particles, spent cell fragments, synthetic toxins, destroyed illness-causing microbials).

- Helps the brain produce its important chemical, Neurotropic Factor, preventing loss of learning and memory.
(Gilbert, 2021)
- **Wild Strawberry is another of our ingredients, I know it contains lots of antioxidants, does this also help the inflammatory response?**
 - Antioxidants is a general term describing how the many inflammatory responses of the body are neutralized, calmed, or averted altogether.
 - By this elimination of all that does not belong in the body, antioxidants are critical for the resulting alleviation of inflammation.
 - Help decrease LDL cholesterol, increase HDL cholesterol for lowering cardiovascular risk factors (high blood pressure, hyperglycemia, dyslipidemia, all associated with obesity).
(Gilbert, 2021)
- **Balsam Pear, it's my understanding that pears have lots of health benefits that are actually backed by science and also help with chronic conditions, can we discuss that for a few moments.**
 - Contains a vast variety of polyphenols, the class of phytochemicals found to assist many cellular process that maintain functions of the immune, digestive, respiratory, endocrine/glandular, urinary, muscular, skeletal, lymphatic, and nervous systems.
 - Polyphenols protect against free radicals (rogue molecules) that damage cells that may lead to heart disease, stroke, diabetes, and cancers.
 - Contains a variety of cinnamic acids that protect tissue cell linings of the stomach, intestines, esophagus.
(Gilbert, 2021)
- **Our lozenges are awesome! I know that from 1st hand experience, and SLD has helped so much! Can SLD help long term?**
 - Yes, all nutrient factors are 100% welcomed into our cell environments at any time for maintaining better functioning and preventing malfunctions in the body's cell environments.
 - The body requires its important nutrient factors for maintaining the body's response to any inflammatory problem.
- **Can you take SLD more than 1x per day?**
 - Since SLD is a food supplement, it is safe to absorb its nutrient and plant cell components more than once per day.
 - The body has trillions of cells and processes trillions of functions every moment of life; it will always find use for the molecular "information" of the viable plant cell components and phytochemicals from the botanicals in the SLD and other drops.

- **I know from experience that pairing lozenges together can really compound their effect. In fact, many people pair SLD with STP and RLX. Lets talk about that and if there are any other good pairings with SLD.**
 - Virtually every APLGO drop contains different viable, anti-inflammatory components in the wide array of botanicals, which provide the fundamental materials to aid body's immune and nervous system monitoring mechanisms that help restore inflammatory responses.
 - In particular, however, the GRW, HPR, MLS, BRN, and BTY provide a larger array of botanicals with anti-inflammatory properties such as cell repair and detoxification, and help the body have better appropriate immune responses.

Reference:

Gilbert, M. E. (2021). Potent Superfoods for Lifelong True Health. Tucson, AZ: Holistic Choices Publishing.

- **And how important is the right diet if you have an inflammatory issue? ***

*** Critical Dietary Factors for Avoiding Inflammatory Responses in the Body**

1. Drink purified spring water; expose it to beautiful music, kind, loving words, express love and gratitude—shown to increase its hydrating qualities.

Research showing water has memory and retains information:

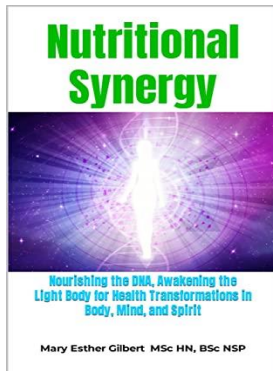
<https://www.resonancescience.org/blog/Scientists-Show-That%20Water-Has-Memory>

A beautifully explained video on Professor Bernd Kroeplin's research on the amazing healing qualities of water.

<https://youtu.be/dz179ucfXR8>

2. Organically grown foods (found to be higher in vital minerals and phytochemical compounds).
3. 50-75% raw fresh fruits, berries, leafy greens, herbs, brassica vegetables (enzyme-active, light energy vibrant).
4. Root vegetables, beans and other legumes, 100% whole grains.
5. Raw nuts and seeds high in omega 3 fatty acids: walnuts, pumpkin seeds, flaxseeds, chia seeds, grape seeds, avocado, olive oil, Arctic fish oil.
6. 50/50 plant oils/animal-derived fats, 25-30% daily calories from unaltered fats.
7. Animal-derived complete proteins.
8. Eggs, enzyme active, live cultured dairy (unsweetened yogurt, buttermilk, cottage cheese, cheese, raw milk products).

- I think we can take up 45-50 mins on these questions and give a few moments for Q&A and of course talk about your book!

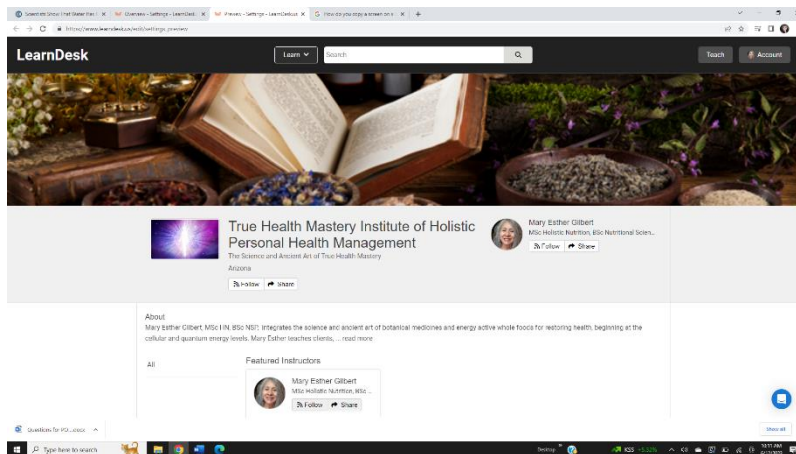
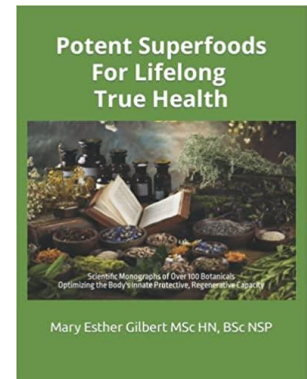


Learn how to master your nutritional health management through Mary Esther Gilbert’s proven nutritional system renowned for restoring the body’s own protective, recovery, and anti-aging capacity.

<https://www.holisticchoices.com/books-by-mary-esther-gilbert>

Learn how the plant kingdom’s vast “farmacopaea” can help prevent the degenerative and rapid aging effects of inflammation, toxicity, and deficiencies. Scientific monographs detailing 109 botanicals, including those in the APLGO formulations.

Note: any monographs of botanicals in the new APLGO formulations not included in this reference will be offered free to APLGO associates. To receive notifications when they become available, provide your contact information at <https://www.holisticchoices.com/contact>



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