

**APL Zoom Meeting Hosted by Mishel Stonely with
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1. Our drops are called *beyond* organic. What does this mean and why is it important?

- Unofficial term in any food production process, but refers to the extent of soil nutrient density as the result of individual farming methodologies.
- Not USDA certified in the U.S.
- Are certified as organic in other countries.
- Are Halal and Kosher certified.
- Potent supplements begin with nutrient-dense soil.
- Optimal harvest times when peak nutrient density is reached in plant development, soil nutrient uptake and plant metabolism are most active.
- The more nutrient dense a plant is, the healthier the plant and the healthier the individual.
- Plant material processing – enzymes and light energy-active, negatively charged ions at the atomic level should remain intact.
- Electric storm simulation applied to plant materials elixir puts more negatively charged electrons into atoms.
- More electrons than protons = negatively charged atoms = more effectively neutralizing free radicals in the body.

2. We use the phrase, “direct to cell nutrition” to describe the delivery system of our drops. Can you explain how that is achieved?

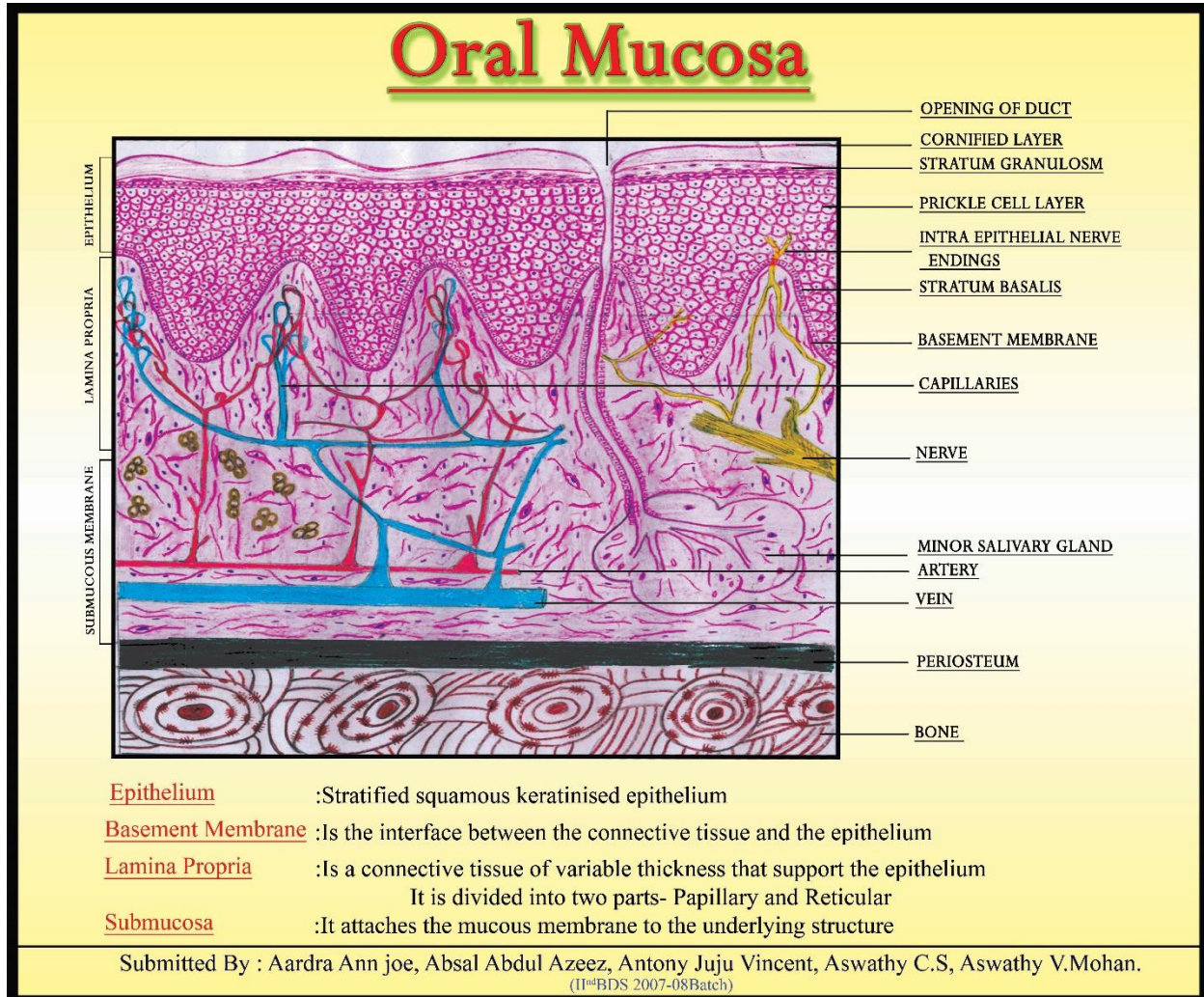


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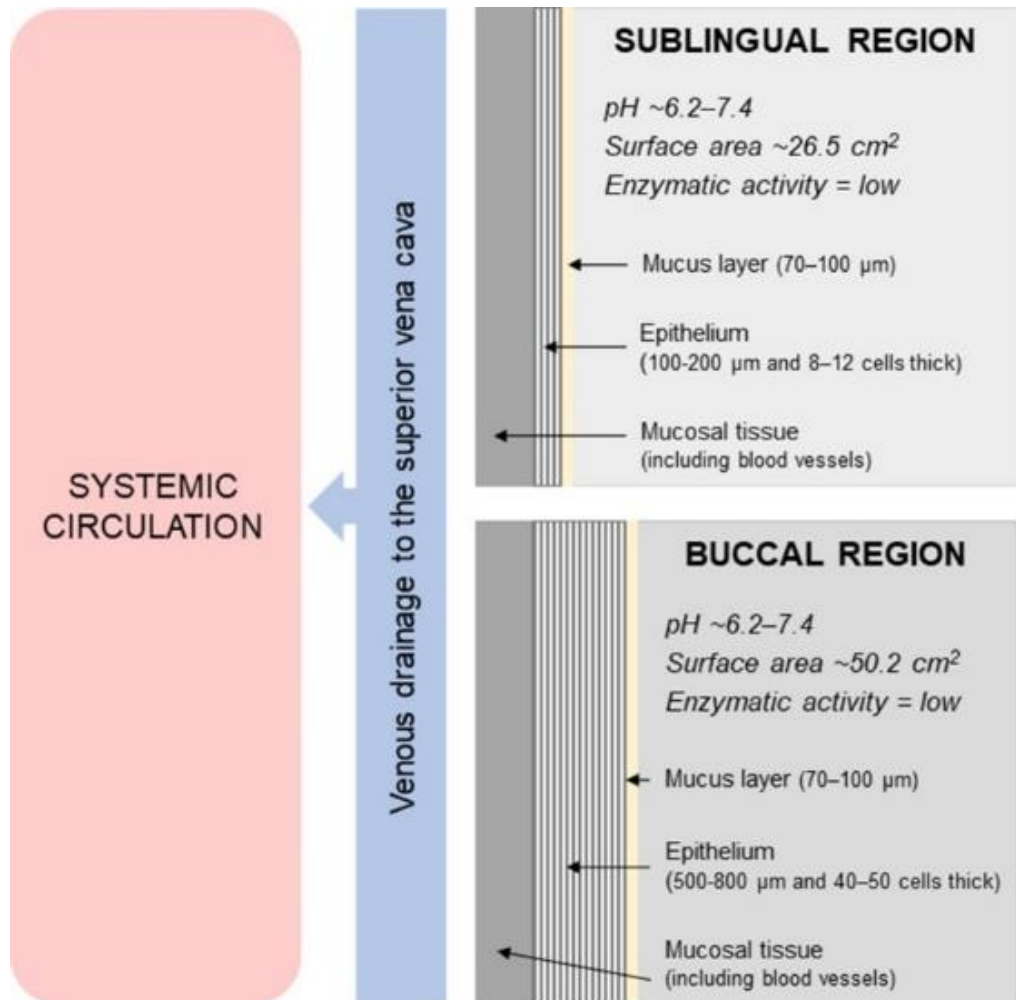


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3. What part do the negative ions play in the delivery of the plant dna to the cells?

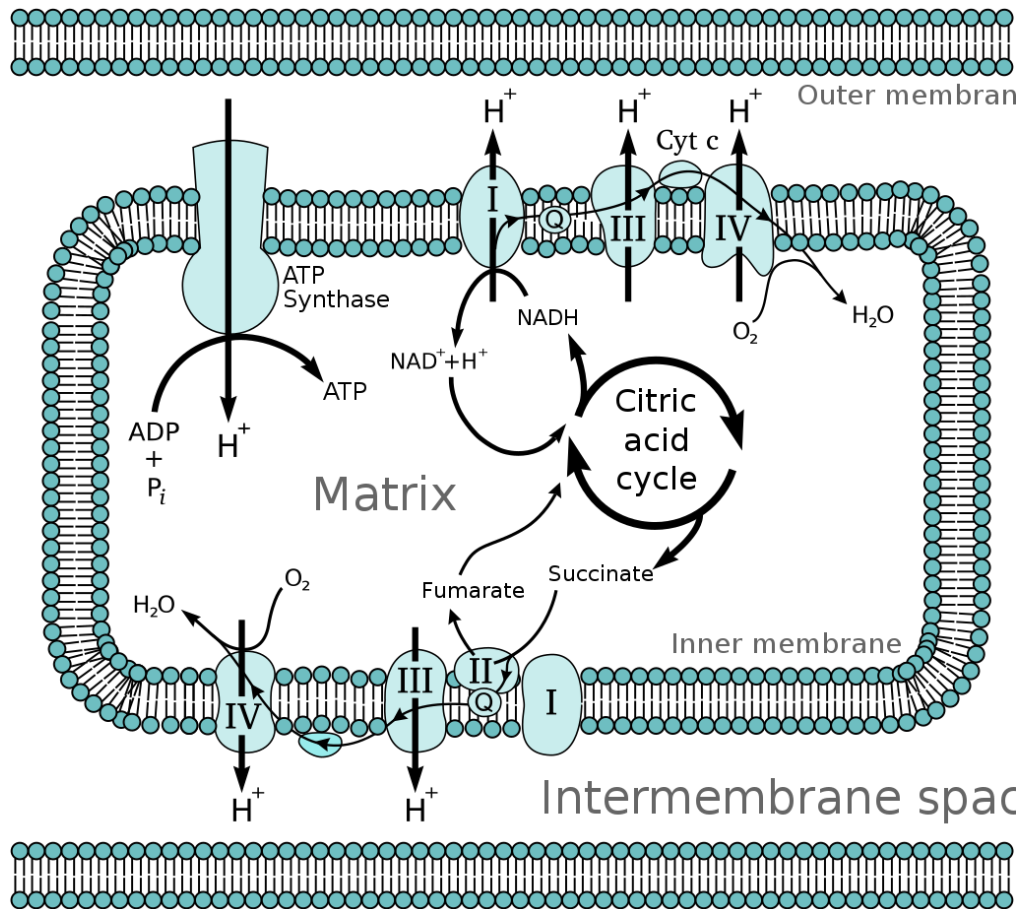


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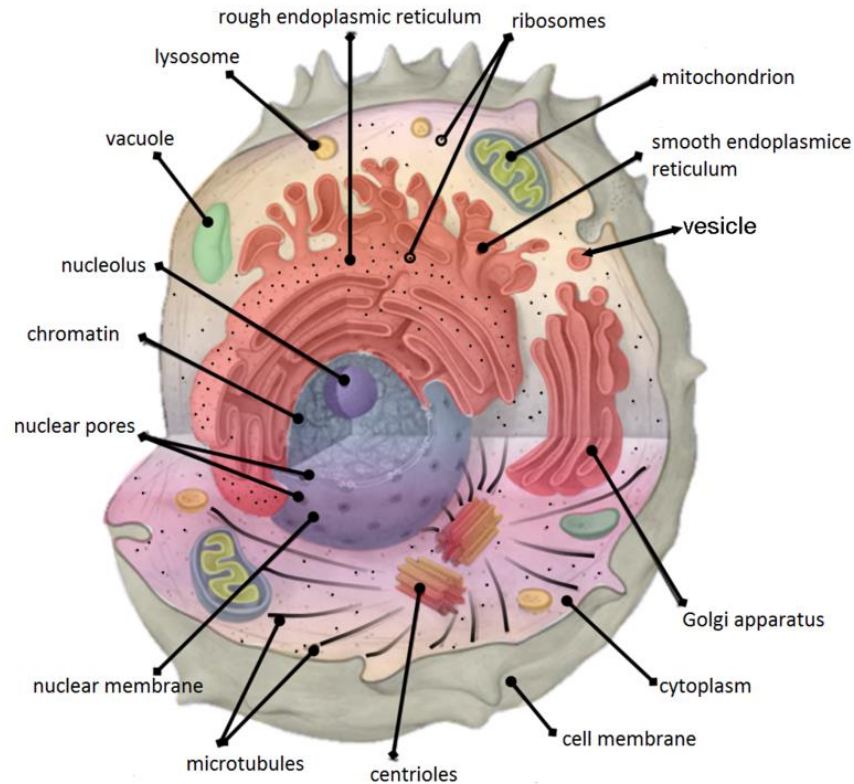


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- Negatively charged atoms in molecule complexes are the key to energy production in the cells and therefore fuels all body systems.
- Many system malfunctions are the result of energy-deficient mitochondria.
- Electron transport chain (ETC) or respiratory chain occurs in the mitochondria, the energy-producing organelle within the cells that also require oxygen.
- The ETC is a series of protein complex molecules or enzymes that transfer electrons from electron donors to electron acceptors via redox reactions.
- Redox reaction electron transfers involve the transfer of protons (H^+ ions) across a cell membrane.
- Food molecules contain carbon, hydrogen, and oxygen, and water contains H_2O , all used for energy production as energy production requires molecules to be reduced to water.
- Higher energy molecules (food molecules) must be reduced to Hydrogen and Oxygen to continue to perpetuate energy production in the mitochondria.
- One molecule of NADH provides energy to generate 3 ATP molecules from ADP.

4. We often get asked how much of a specific vitamin or mineral is in our drops, ie. 500mg Vitamin C or Iron, etc. We know the drops are very different from conventional supplements or vitamins. What is the best explanation for why we can't give a unit measurement for the quantity of vitamins and minerals in the drops?

- Large doses of vitamins and minerals are added into vitamin/mineral supplements to up the dosages because consumers want high potencies of those nutrients, but they are not 100% absorbable.
- Whole foods contain lower amounts of those nutrients, but are much more absorbable.
- Supplements that contain whole foods and include active enzymes are therefore more absorbable than supplements that do not contain whole food with active enzymes.
- The drops contain a high variety of micro nutrients known as the phytonutrients, plus the DNA, mitochondria and protein-producing endoplasmic reticulum and Golgi complex organelles.
- During digestion, the body breaks down whole foods to this level. Some micro minerals measure in micrograms and normal amounts of smaller amounts of minerals may be in the drops, but is quite small compared to minimal labeling requirements.
- An organic, whole foods diet including 50-75% of the plant kingdom is the best way to get enough vitamins and minerals in the diet, with a good supplement to ensure full range essential nutrient intakes daily and added health protection.
- The strong point of the drops is their cell organelle and the phytonutrient content.
- There are no labeling standards or studies that have measured phytonutrient content in supplements, so are therefore not listed on labels.

5. What foods are best to eat? What is the best way to get protein in every day? How do I determine how much protein is enough?

- The body is made almost entirely of protein: cells, organ and connective tissues, bone structures, blood, lymph fluids, etc.
- It therefore requires the presence of all 8 essential amino acids: tryptophan, valine, threonine, isoleucine, leucine, lysine, phenylalanine, methionine, to generate the other 12 amino acids.
- If an amino acid is missing, cellular processes come to a halt while the body catabolizes itself to obtain the needed missing amino acid, resulting in protein deficits that lead to system malfunctions.
- Only animal-derived foods contain all 8 essential amino acids that the body cannot make and must be derived from those foods, and are called complete proteins.
- Plants contain some of those 8, but not all, or not in adequate amounts, and are called incomplete proteins.
- Level of activity, gender, age, and state of health all depend on protein needs.

Amino Acid	Requirements, mg/kg per day, by age group			
	Infants, Age 3–4 mo ^b	Children, Age ~2 yr ^c	Children, Age 10–12 yr ^d	Adults ^e
Histidine	28	?	?	8–12
Isoleucine	70	31	28	10
Leucine	161	73	42	14
Lysine	103	64	44	12
Methionine plus cystine	58	27	22	13
Phenylalanine plus tyrosine	125	69	22	14
Threonine	87	37	28	7
Tryptophan	17	12.5	3.3	3.5
Valine	93	38	25	10
Total without histidine	714	352	214	84

National Institutes of Health <https://www.ncbi.nlm.nih.gov/books/NBK234922/>

6. Because many of the herbs, fruits and vegetables in the drops are used for medicinal reasons, is it okay to take multiple drops daily? Do they need to be spaced out or can they be taken together. Can I take too many in a day? Would there be harmful side effects if I take multiple drops at a time?

- Whole foods do not fall under the medical industry's coveted definition of "medicinal", although they have been referred to it as such by the holistic healing community dating back to the time of Hippocrates, 440 BC.
- Hippocrates, the father of medicine: "Let food be thy medicine and let medicine be thy food."
- Nutrients are the only things that restore proper cell functioning. When cells in a body system are restored to normal functions, people can make that connection reasonably.
- The nutrients in the drops will always be utilized fully, as the contents are 100% compatible with the multiple trillions of human cells and multiple trillions of cellular actions.
- Too many drops likely only refers to the amount of sucrose they contain, which can add up. This can affect the pancreas and sugar uptake out of the blood.
- Moderation is the key; even one drop makes a difference in assisting the body's energy-producing and DNA repairing actions.
- Balancing protein, whole food carbohydrates, and plant and animal fats are important to maintain proper blood sugar levels. Eating too much refined sugar throws off that balance.

7. We often hear people ask, “How do I know I am getting all the vitamins I need to maintain my best health? And how many drops will it take to achieve that? Without a unit of measurement to track, how do we know if the drops are delivering an adequate amount to our cells?”

- The amounts of nutrients the highly complex body uses is difficult to measure, as exact nutrient needs change day to day, hour by hour.
- If energy levels are consistent, you don't fatigue easily, can focus and concentrate on mental tasks for sustained periods, sleep soundly, and are generally positive, and no health-threatening problems, then you're getting the nourishment your body needs.
- As amazing as the drops are for helping your cells function properly, there is no supplement in the world that will meet 100% of your health maintenance requirements.
- In addition to light, oxygen and water, the body requires a variety of whole foods that contain the full array of essential nutrients: amino acids, fatty acids (omega 3's and 6's), unrefined carbohydrates, vitamins, minerals, active enzymes, and a wide range of phytonutrient compounds in the plant kingdom.

8. Can pregnancy or nursing women safely take the drops?

- The only precaution is to avoid balsam pear in the GRW. The fruit has been shown to stimulate fetal abortions.

9. Our manufacturing process stays below 80 degrees. Why is this important? And how does this affect the active/living status of the plants?

- Active enzymes are destroyed at 117 Fahrenheit, 47 Centigrade.

10. We know we need to eat a well-balanced diet for optimal health. Why are these drops important in that equation? How do they simplify our nutritional needs?

- The DNA, mitochondria and other cell components, as well as the wide range of vital phytonutrients play significant roles in returning the body systems to normal functioning.

11. What services do you offer and how do we set that up?

- Although I retired my full time professional practice 11 years ago, I have been providing nutritional consultations to APL associates at a discount from what was my normal rate.
- I am almost ready to publish two more books, which will be available through my website and Amazon. <https://www.holisticchoices.com>
- I will be offering courses and live Q & A sessions at my online True Health Mastery Academy this year, to be announced. Subscriber memberships will also be available for access to more nutritional health and healing information on a regular basis.