

Histidine discontinued --- better alternatives...

There are 3 benefits from Histidine supplementation:

1. Histidine is an alkaline amino acid, and therefore is extremely beneficial for Dysaerobic patients, particularly those with rheumatoid arthritis. The amount of Histidine and other alkaline amino acids in Oxygenic D, along with what is in ACTIVATOR, is enough in most cases to handle the Histidine needs of a Dysaerobic patient.
2. Histidine is a powerful singlet oxygen scavenger. Now that we have therapeutic doses of other anti-oxidants in Oxygenic D and Diphasic AM and Diphasic PM, buying Histidine as a separate supplement is no longer cost effective for your patients. [If you have had a patient on Histidine and the patient was doing well on the Histidine tell the patient to take Go Power instead. If the patient has rheumatoid arthritis or other autoimmune disease, add 3 Go Power, or, if the patient is already on a DNP, increase the Diphasic A.M. from 3 to 5, and increase the Diphasic P.M. from 3 to 5.]
3. Histidine is beneficial in many cases of nausea of pregnancy. Nausea during pregnancy indicates one or more of 3 problems:
 - Dysaerobic Imbalance
 - Parasympathetic Imbalance
 - Low progesterone

The Histidine helps in all 3 cases. Since Histidine by itself helps the symptom of nausea without entirely correcting whichever of the 3 causes is involved, you are better off more aggressively and completely correcting those 3 causes than using the Histidine as a remedy.

If the pregnant patient is Dysaerobic as a cause of the nausea, then supplementation with Proton Plus (which is very high in histidine and chloride --- both beneficial in correcting the Dysaerobic Imbalance) is a valuable adjunct to the Oxy D and Oxy D+ (as long as there is not a concomitant Acidosis).

In those pregnant women with nausea who are strongly Parasympathetic, Phos Drops will very often control the nausea as an adjunct to Complex P and the Parasympathetic diet. ----- Many of these Parasympathetic women make the huge mistake of responding to their nausea by not eating meat, fish, poultry, eggs, or cheese since the appetite is lacking, and instead munch a little something like crackers. All that does is exacerbate the Parasympathetic Imbalance, thus maintaining the nausea as a

Parasympathetic symptom. These women must eat meat, fish, poultry, eggs, or cheese 3 times daily, even if it is only two bites.

Women who are low in progesterone during the first trimester are virtually always Dysaerobic as well. These are the women who not only experience nausea of pregnancy, but also frequent spontaneous abortions. Often a little Progest E every evening during the first 2-3 months will not only minimize the nausea, but also preserve the pregnancy if it was viable to start with.