



Gordon Research Institute

Information Catalog

2013

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GORDON RESEARCH INSTITUTE

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F.I.G.H.T. For Optimum Health and Anti-Aging Program

by Dr. Garry F. Gordon

These are my thoughts on how to more effectively help EVERY patient better by using my F.I.G.H.T. for health program which is further outlined on www.gordonresearch.com. I also want to help move us into anti-aging testing, such as offered at www.imhealth.com. As testing will increase compliance, and the better the compliance the better the results you will have in treating anyone.

Briefly, F.I.G.H.T. is an acronym that stands for:

F=**Food** related aspect and leaky gut

I= **Infections**

G=**Genetics** and epigenetics and methylation issues needed for detoxing

H= **Heavy Metals** and **Hormones**

T=**Toxins**

Using F.I.G.H.T. as a protocol for health, you want to be sure you are doing something for your patients in EACH category.

FOOD

With Food is it hard to identify all sensitivity reactions so, at minimum, serious rotation is advised but building a healthy gut flora is vital or we become sensitive to other foods anyway. Since few want to be told to *eliminate* foods, we can encourage them to eat foods that are in the books by Peter D'Adamo ND, author of *Eat Right For Your Blood Type* and *Live Right For Your Blood Type*. For example, if you are blood type A, you want to eat a largely vegetarian diet, and if you are blood type O you'll do better with meat-based diet like Atkins; if you are B or AB you are more in the middle of these.

The food issue is never resolved adequately with any one test available, so some will rely on strict avoidance of known foods like corn, soy, wheat, and dairy. Others can learn to eliminate some foods by counting their pulse before and after eating single foods, as described by **Dr. Arthur F. Coca**, the Chief of Allergy at Columbia, in his book *The Pulse Test* (available through Amazon for about \$15). We could do some food sensitivity testing using methods like ALCAT or Elisa testing for food reactions, as usually there will be some food sensitivity blunting the healing response we need.

But since leaky gut is unavoidable with the GMO soy and corn in everyone's diet providing a pesticide effect in our intestines and altering our flora. I place anyone hoping to have high health on a daily probiotic for life but this will not work optimally without Inuflora, a food derived from the Jerusalem artichoke that is in "Beyond Fiber" which provides the ultimate PREBIOTIC.

This is NOT FOS. This is a huge molecule that alone lowers Candida counts over just a few months time, ensuring healthy flora to flourish while harmful pathogens are choked out. Beyond Fiber is part of my POWER DRINK, which I create by adding the following FOUR main ingredients to juices:

- 1) Beyond Fiber
- 2) MACA powder
- 3) Dr Gordon's Best of Organic Greens
- 4) BioE'nR-G'y C

Amounts required are around 1 tsp of each ingredient at least once a day; but some will do better with bid building up slowly. Start with an even ½ tsp of these once a day, as we MUST rebuild the flora for all this to work optimally.

The Power Drink is best sipped over 2 hours ideally bid so you need well tolerated, neutral PH forms of Vitamin C with Methylation Support like TMG AND MSM, as found in BioEn'R-G'y C (or Vitality C). BIOE'NR-G'Y C is key to recovery of all patients; I like about 4 tsp a day giving 16 GM of ascorbic acid. But this must be taken with a quality acidophilus, ideally for life. I am using Kyodophilus or UAS Probioplex DDS caps.

INFECTIONS

Infections are hard to adequately handle unless you routinely offer a short series of 3-6 UVB and OZONE treatments over a couple of days or 2 weeks. The alternative is to use 50-80+ gm IV ascorbic acid drips ideally followed the same day with HBO treatments. This goes to H202.

Also there are reasons to look on my website under INFECTIONS and use natural things like ACS 200 (microbial silver), short courses of antibiotics like Azithromycin, or even a week or so of oral Alinia. All of this is needed, as we try to lower the total pathogen load. I do that without spending a fortune trying to identify all the pathogens, as literature shows we all carry pathogens. Chlamydia is just the tip of the iceberg and we all will have to deal with some CMV and Mycoplasma, etc.

We know there is infection and generally we do not need to spend \$5k plus with Garth Nicolson's lab in Huntington Beach or others to attach some name to his pathogen burden. We can safely assume that some stealth organisms are present and the program is not adequately handling them. I have heard of patients using 1 ounce of ACS 200 a day (150 sprays in divided doses) for over a year slowly improving but still not being hit hard enough so we may need more aggressive oxidative therapies like 100 GM IV ascorbic acid or UVB/Ozone.

We just know we need something oxidative, even HBO with high dose IV ascorbic acid followed by HBO almost at the same time, which is another way to lower total body burden of pathogens.

Also, look at my www.gordonresearch.com website and search to review my INFECTION protocol using things in addition to ACS 200. High dose Garlic (like Kyolic liquid) will help the immune system, as well as short-term high dose vitamin A drops, 5-8 days of ½ million units a day.

I find that most patients are not holding their pathogens under adequate control, so I help support their immune function. My program uses Longevity Plus products, along with others from companies

that I respect and recommend, that are comprehensive and truly a bargain for high quality immune support products. These products will help your patients deal with the infection aspect of F.I.G.H.T.

GENETICS

Many labs offer gene testing today and the price will come down and accuracy will increase. But I am confident there will be issues around things like MTHFR and METHYLATION so that helps explain why some patients cannot get optimal response without addressing the need for methylation support.

So I advise all 3 forms of folic acid and sublingual B12. Preferably both adult males and females will receive H.R.T Plus (Herbal Remedy from Thailand), which provides estrogen receptor treatment with the amazing herb Pueraria mirifica. This does many things like protecting against bone loss. Combined with my total F.I.G.H.T. program for osteoporosis including Beyond Chelation-Improved (BC-I), this is a vital step in allowing us to live long and still have soft arteries and hard bones, even when you are 90.

Ideally, we need to move into anti-aging medicine and select some patient to use, as a test case, for learning how to use international anti-aging systems (IAS) new program that Phil Mican helped develop with the help of Ward Dean.

So go to www.imhealth.com website and ask for a test sample to learn how to analyze your patients BIOLOGICAL AGE. That is a great way to show over the next 6-12 months that we are getting real benefits. The program will show your patient who complies with all of this getting younger, as the red dots it uses to highlight problem areas will start to become green over time. This is a great way to increase compliance, as the report highlights areas of concern that over the coming years we will see improve!

If we stick to my FIGHT concept we can do this without using genetic testing. The Agouti mice research conducted by Randy Jirtle at Duke University shows we have epigenetic changes occurring due to environmental toxins, which may help explain today's epidemic of obesity and diabetes due to things like BISPHEENOL-A (BPA). You can safely assume most people have been exposed to BPA and that has resulted in methylation defects.

So using the BioE'nR-G'y C with TMG AND MSM, at least 1 slightly heaping tsp 2-4 times a day, i.e. taking 8-16 gm a day, preferably with all the other three ingredients found in my Power Drink, for optimal results. Nothing beats the Beyond Fiber formula for lowering toxins particularly when taken along with ACZ Nano (liquid zeolite). It seems that the zeolite formula is helping move some of the toxins that even BC-I, high dose vitamin C with Fiber, and sweating are moving around - but we need lots of assistance to usher all of these toxins out of the body!

HEAVY METALS & HORMONES

FIGHT means lots of detoxing is MANDATORY and that means more than a year of intensive work, which can never be discontinued, as we continue to breathe in toxins and drink and eat them. This detox can be helped with homeopathies for drainage; consider, for example, HEEL has their detox kit and I often add 10 drops of each of the three bottles to each glass of my Power Drink.

For heavy metals the goal is get them as low as possible. Lead is in the bones in everyone at 1000+ times greater quantities than was present 400 years ago. Bones take 15 years to remodel so I recommend some of my short or push Calcium EDTA IV s weekly to start (ideally follow with IV MYERS). After 20 or so switch to perhaps monthly for another 20-30 or more. But ALWAYS with the full Oral Chelation Program (Beyond Chelation-Improved plus my Power Drink). And, of course, ideally patients can join a gym and sweat in their sauna and/or steam room or get their own FIR sauna. They now have the new portable versions that you sit in with head out costing less than \$500 but sweating frequently is crucial, as this is the ideal way for mercury and many other toxins to get out.

For Hormones, I use topical Testosterone – Progesterone Chrysin 150-5-200 per cc, the full 15 years.

TOXINS

So we still must deal with the T for toxins. To prove to patients that they need this you might use US BIOTEK lab and get their urine test for 5 toxins and have the interpretation of their \$120- \$140 urine stick test interpreted by Mark Schauss. They will test for Phthalates, styrene, benzene, toluene, etc. This is useful so that patients know they are not wasting their time and money on all this detoxing.

Ideally a few of your wealthy patients should spend the \$4900 and send the 20 vials of blood to Mt Sinai School of Medicine to get all 240 toxins measured. See www.ewr.org to learn more about that blood test for toxins, which even Bill Moyers test revealed that in spite of eating and living organically he too is loaded with endocrine disruptors, carcinogens and neurotoxins and he has lived all organic for years.

I hope what I have written here will prove useful in your practices. If we can broaden our approach to every patient by utilizing the F.I.G.H.T. concept and covering even more issues, you will be getting better results in all patients.

*For More Information on Dr. Gordon's FIGHT Program or
Informaton on Any Product Mentioned Here, Please Email
Info@GordonResearch.com*

Energy Medicine

Energy Medicine is emerging as not only a powerful tool in the quest for holistic health & wellness, but an affordable one as well. Dr. Gordon is seeing amazing results with Laser and PEMF Therapy. These cutting edge therapies, when paired with a healthy diet and proper supplementation, are producing amazing results.

Intra-Nasal Laser

633 Red (formerly “Qi-Light”)

A **non-laser** based intranasal light therapy product. The basic specifications include a diode (LED) releasing light with wavelength in the red spectrum powered by a managed dosage of energy to illuminate the nasal cavity. It stimulates the body to restore systemic homeostasis through its response to the signals generated by the light, resulting in a number of possible healing events.

655 RadiantLife LT (655 Prime)

This is a premium version of the Qi-Light intranasal light therapy product that uses a low level laser diode to release coherent light of wavelength in the red spectrum powered by a managed dosage of energy to illuminate the nasal cavity. The energy generated with this phototherapy version is substantially lower than that for Qi-light resulting in a more power-efficient and compact design.



810 VieLight Infrared

The latest **non-laser** model, 810 Infrared is specifically targeted to helping people with brain issues. The wavelength of 810 nm penetrates deeper into the brain and is expected to stimulate response from more areas of the brain. This near-infrared red light is invisible to the naked eye. The photons may reach deep-lying areas such as the gland that affect Parkinson's disease to deliver therapeutic effects. In addition, it pulses at 10 Hz, which has been found to draw the greatest neurological healing. Compromised brain cells have been found to have a healing response to these specifications, giving hope to arrest Alzheimer's disease, vascular dementia, cognitive impairment, and post-stroke conditions even more strongly. Initial reports suggest that it may stimulate the pituitary gland to restore deficient release of growth hormone.

Natural Healing with Intranasal Light Therapy

The latest reports are showing that energy medicine, such as lasers, is imperative to optimal health. Dramatic testimonials are being received from customers using the intra-nasal light. New research has documented major changes in blood viscosity and lipid metabolites in patients with coronary heart disease.

Dr. Douglass, M.D., who was voted 'Doctor of the Year' by the National Health Federation, has said "...a proven therapy that uses the healing power of light to perform almost miraculous cures."

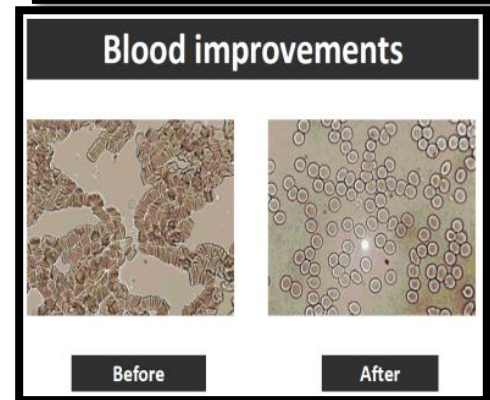
This is a medical breakthrough in self-healthcare which consists of a small light inserted into one nostril for 25 minutes per day during almost any other activity.

Intranasal light therapy is emerging as a prominent alternative to drugs for many diseases. Users have reported improvement with high blood pressure, high LDL cholesterol, sinusitis, hay fever, immune deficiencies and asthma, just to name a few.

This low-intensity intra-nasal laser is smaller than a deck of cards, lighter than a deck of cards, tougher than your mobile phone, and conveniently clips to your shirt so it can be used anywhere to aid in the restoration and balance of your body.

With more than 300 studies and 30 years of research, low-intensity laser therapy is being recognized and respected as a natural way to promote self-healing and allows for the identification and removal of the cause of illness, rather than the treatment and suppression of the symptoms.

Recent studies also suggest that this illumination reduces inflammation and changes the expression of genes responsible for the production of inflammatory cytokines. Low Level Light Therapy, Such as with the intra-nasal laser, induces healing and regeneration actions, amongst which include stabilizing the cellular membranes, enhancing ATP production and synthesis which contribute to cellular healing, vasodilatation, acceleration of leukocyte and lymphocyte activities to remove damaged cellular components and allowing for more rapid repair, and regenerating blood capillaries.



*For More Information on the Intra-Nasal Laser
Please Email Info@GordonResearch.com*

PEMF Pulsed Electro-Magnetic Frequency

Pulsed Magnetic Field Therapy re-energizes damaged cells by inducing electrical changes within the cell that restore it to its normal healthy state. Because of this, cellular metabolism is boosted, blood cells are regenerated, circulation is improved and oxygen carrying capacity is increased.

Ultimately, the immune system becomes healthier, the nervous system relaxes, bones and joints become stronger and vital organs, such as the liver, kidneys, and colon are able to rid themselves of impurities, thus detoxifying the body.

Pulsed Magnetic Field Therapy can reduce pain and improve the quality of your life by allowing your body to function as it was designed to.

Cellular Effects of PEMF

Cellular pH alkalinity increases allowing for better oxygen uptake and suppression of harmful toxins and infection.

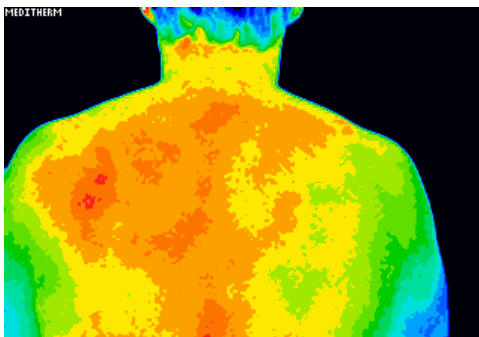
Cell viscosity shifts on the order of 16 fold, allowing liquids to flow into cell gates, and lymph to thin and flow.

Red blood cells separate (in response to restored electrical charge) allowing for smoother flow and more surface area to transport oxygen.

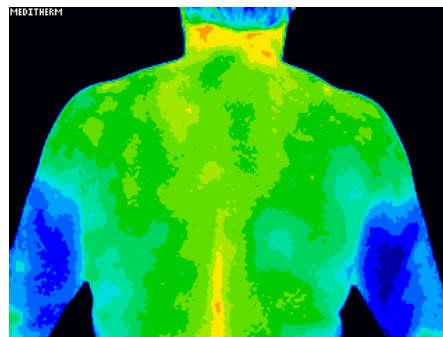
Relaxing of the vascular system with reduction of blood pressure by 20-30% within minutes of treatment.

Electroporation increases allowing greater passage of solvent (H₂O) to dissolve and excrete toxins, and allow greater uptake of supplements, medicines and herbs.

Sodium potassium exchange is restored, reducing pain and increasing wound healing and bone mending up to 30%.



Back Pain Before PEMF



Back Pain After 9 minutes PEMF

Benefits of PEMF

Clinical evidence shows that PEMF therapy reduces pain associated with trauma from accidents, sports injuries, surgeries and burns as well as from disease and degeneration.

PEMF therapy improves these conditions in many different concurrent ways including mechanical, chemical, electrical and magnetic processes within the cells of the body.

In 1995, Siskin and Walker provided a summary of clinical results on soft tissue damage. They observed no adverse effects and the following positive effects were reported:

- Reduced pain
- Reduced inflammation
- Increased range of motion
- Faster functional recovery
- Reduced muscle loss after surgery
- Increased tensile strength in ligaments
- Faster healing of skin wounds
- Enhanced capillary formation
- Accelerated nerve regeneration
- Reduced tissue necrosis.

For most individuals, aside from the multiple benefits of the therapy, one of the most relevant effects of PEMF therapy is the improvement of painful conditions regardless of their origin. Pain mechanisms are complex and have peripheral and central nervous system aspects.

Many studies have demonstrated the positive effects of PEMF therapy on patients with pain, even as opposed to receiving traditional treatment as well as against a placebo group getting no treatment. Some studies focused on the rapid, short-term relief while others demonstrate the long-term effects. The effectiveness of PEMF therapy has been demonstrated in a wide variety of painful conditions.

PEMF Therapy reduces Inflammation. Several factors may contribute to inflammation including injury, tissue damage, a poor localized circulation with the formation of edema. Inflammation causes pain. Swelling and bruising is an inflammation and discoloration of soft tissue caused by an impact injury or trauma. It can also result from surgery.

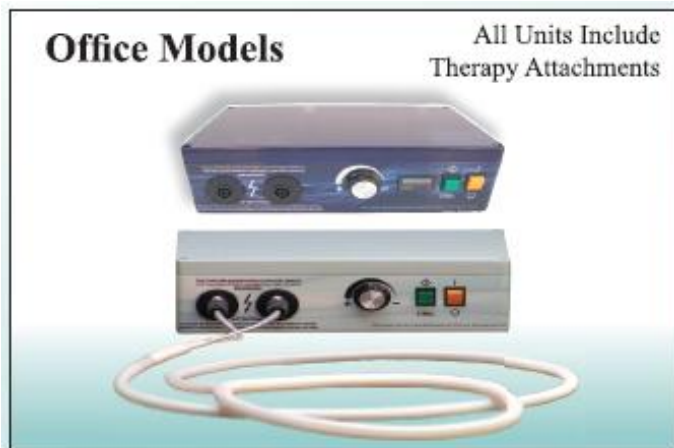
Tissue cells are inherently like tiny electrically charged machines. When a cell is traumatized, the cell's electrical charge is diminished; this causes normal cell functions and operations to shut down. Cells that are scarred or fibrotic with adhesions have a TMP charge of approximately -15 mV, degenerative or immune-compromised cells average -30 mV, both low TMPs. With the raised TMP, the body releases chemical signals that cause inflammation swelling and bruising resulting in pain and inhibiting the cell communication pathways necessary for healing to begin.

PEMF Therapy increases blood and lymphatic circulation. The arterial and venal blood vessels are intimately associated with the lymphatic system.. As the blood and lymphatic vessels bring oxygen and nutrients to the cells and remove their waste products, they are nourishing and detoxifying the cells, tissues and body.

As PEMF therapy mechanically stimulates blood vessels and blood flow, the blood vessels pump blood and oxygen into the cells. Simultaneously, PEMF therapy mechanically stimulates the lymphatic vessels and waste products are hauled away from the cells more efficiently. PEMF therapy supports immune health by mechanically stimulating lymphatic drainage and blood flow.

PEMF Therapy increases cellular membrane permeability. As early as 1940, it was suggested that magnetic fields affect the TMP and the flow of ions in and out of the cells and might therefore influence cellular membrane permeability. It has since been established that magnetic fields can influence ATP (Adenosine Tri-phosphate) production; increase the supply of oxygen and nutrients via the vascular and lymphatic systems; improve the removal of waste via the lymphatic system; and help re-balance the distribution of ions across the cell membrane.

PEMF Therapy increases energy storage and cellular activity. At the sub-atomic level, as the pulsed fields expand and collapse through a tissue, the protein molecules, such as the cytochromes in the cells' mitochondria, gain electrons and, in doing so, store energy. Even though the instantaneous peak magnetic energy amplitudes are very high, the average magnetic amplitudes generated by PEMF therapy remain low, the average total energy transmitted to the tissues is not powerful enough to create heat within the cells, nor for the cells' atoms to vibrate much and cause a thermal increase, nor for an electron to jump to a higher orbit and emit heat as it returns to its orbit of origin. There is only sufficient average energy for the electron-spin to be increased, thus, energy gets stored in the cells' mitochondria by converting ADP (Adenosine Di-Phosphate) to ATP molecules more rapidly by the addition of the phosphate radical to the ADP. The ATP molecules store and transport the energy that is then used in the many chemical processes within the cell that participate in all the metabolic functions of living cells.



*For More Information on PEMF, Please Contact
Gordon Research Institute at
Info@GordonResearch.com*

Formulations, Recommendations, and Protocols

Dr. Garry Gordon has painstakingly researched and studied the effects of vitamins, minerals, herbs and foods, as well as many other substances that may effect the health of the human body. Through research and carefully study, Dr. Gordon has formulated some of the finest quality products available today. He also only recommends those products that he understands have the highest health benefit.

Bio En'R-G'y C

Specially formulated by Dr. Gordon, Bio En'R-G'y CTM is an exciting new form of Ribose Nucleotide Activated (RNA) Vitamin C containing Riboperine Metabolites that safely allows patients to take daily high doses without stomach upset, cramping or diarrhea. Bio En'R-G'y CTM can be mixed with water or juice, offering a pleasant tasting drink.

Vitamin-C is an antioxidant that can protect our body from free radicals, which may cause heart disease and cancer.*

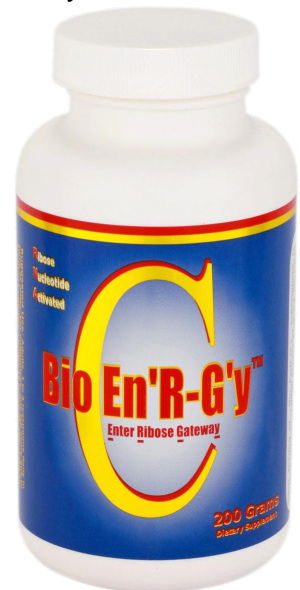
Vitamin-C may boost the immune system, help heal scrapes and bruises, keep gums healthy, produce collagen and more.*

It appears from reliable literature that most body functions are improved with the assistance of higher levels of Vitamin-C.*

Leaving the body, Vitamin-C acts as a chelator, removing lead and other toxins.*

Vitamin-C is essential for infinite health and wellness.

Bio En'R-G'y C™ offers many advantages over other products including increased tolerability and better absorption.*



THURSDAY, FEBRUARY 16, 2006

High-Dose Vitamin C Eradicates Cholesterol From Artery Walls

Researchers in New Delhi, India now demonstrate the cholesterol-eradicating effect of high-dose vitamin C in animals. Using rabbits that were **force fed a high-cholesterol diet, or a highcholesterol diet plus low or high-dose vitamin C, the researchers conclusively showed the power of vitamin C to prevent narrowing of arteries with cholesterol plaque.**

The low-dose group of rabbits were given the human equivalent of about 350 milligrams of vitamin C, and the high-dose group the human equivalent of 11,000 milligrams of vitamin C per day. The chart below shows the percentage of arterial narrowing by cholesterol. Group II was fed cholesterol, no vitamin C. Group III was fed cholesterol + low-dose vitamin C. Group IV was fed cholesterol + high-dose vitamin C. Arterial narrowing declined from about 40-50% to ~10% with high-dose vitamin C.

The study was published in the advanced online Feb. 14 issue of Molecular & Cellular Biochemistry 2006

BCI (Beyond Chelation Improved)

Beyond Chelation Improved has K-2, Resveratrol, the purest available Omega-3 oils, EDTA, Tocotrienols and more. This exciting new synergistic formula may remove heavy metals to help prevent the aging process.

BCI is comprised of 9 pills packaged as a one month supply of well-being and detoxification. Includes: 3 Beyond Any Multiple capsules, 3 Essential Daily Defense capsules, 1 Ginkgo Biloba capsules, 1 Omega-3 softgel, and 1 Primrose softgel.

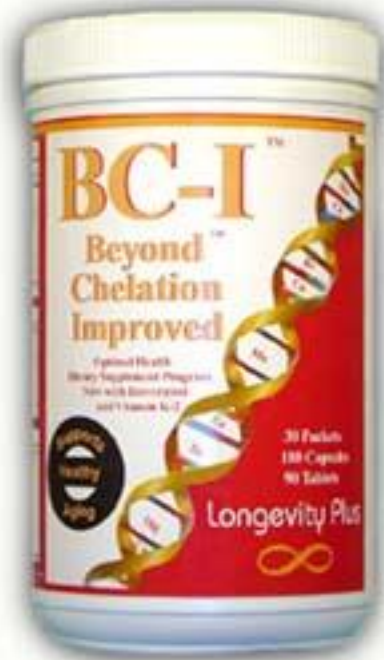
Beyond Any Multiple: This formula includes the addition of Resveratrol, Tocotrienols and, for the first time in any multiple anywhere, Vitamin K2.

Essential Daily Defense Capsules: No other garlic-based product comes close to the powerful combination of the natural chelating and detoxifying activity in this unique formula. EDD is formulated to support the body's excretion undesirable toxins, heavy metals and lipids, while supporting the control of excessive blood clotting.

Ginkgo Biloba: Ginkgo is believed to have a regulating effect on entire vascular system of veins, arteries and capillaries. Ginkgo may promote blood flow in the brain by working with the body to improve the use of oxygen and glucose, enhancing mental performance.

Omega-3 Marine Lipids Softgel: The American Heart Association reports that Omega-3 fatty acids reduce heart disease, high blood pressure, and stroke. Omega-3 may also promote healthy cholesterol and triglyceride levels, normal heart rhythm, healthy brain and memory functions, and easy joint movement.

Primrose: Evening Primrose Oil is especially popular with women and active people seeking nutritional support for their personal health requirements. Gamma-Linolenic Acid (9% GLA) and Cis-Linoleic Acid are essential polyunsaturated fatty acids. They naturally occur in Evening Primerose Oil. These essential fatty acids are necessary components of all body cells, but not found in commonly consumed foods.



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HRT (Herbal Remedy Thailand)

Herbal Remedy from Thailand containing Pueresterol from Pueraria Mirifica for Bioidentical Hormone Replacement Therapy.

HRT Plus is a product designed to promote healthy hormones in both men and women. It has a natural way of providing the body with a balance that it can cope with in such a healthy manner that it has also been shown to promote very healthy immunity towards breast cancer.

The Pueraria Mirifica root is found only in Thailand. Dr. Gordon discovered upon visiting Thailand that it had the lowest rate of breast cancer in the world. The people who eat the Pueraria Mirifica root have been examined to show no signs of breast cancer or any early signs of cancer development.

With this information, Dr. Gordon and Longevity Plus come together once again to bring you H.R.T. Plus - Herbal Remedy from Thailand, a new product that contains the Pueraria Mirifica root for an all natural product that can be used to delegate healthy hormones.

Pueraria mirifica (PM)-Also known as Thai kudzu, PM has been shown to be very effective at relieving menopausal symptoms, including vaginal dryness, hot flashes, insomnia, and irritability. Thirteen different species are native to Thailand, but only one has been used for seven millennia by both men and women for its hormone-like effects.

The standardized form of PM contains a potent plant sterol known as miroesterol, which is particularly effective for relieving menopause symptoms safely and effectively.

Miroesterol has estrogen like effects on bone and vaginal tissue, while also protecting the breasts and endometrium from the adverse effects of excess estrogen.

In one study, that compared PM to conjugated equine estrogens (Premarin), PM had an estrogenic effect that was similar to Premarin but without the side effects. Research has further shown that PM can halt the growth of breast cancer cells in vitro.

Christine Northrup, M.D. - 'Women's Bodies, Women's Wisdom'



ZeoGold (Zeolite)

Zeo Gold is a natural ENHANCED Zeolite with a Golden color, consisting of uniquely formed Hydro colloidal zeolite particles surrounding the larger crystals of clinoptilolite Zeolite. It forms in the petrified bubbles of the clinoptilolite volcanic rocks with a crystallite sieve size of less than a micron and is considerably smaller than the normal clinoptilolite with the same cage opening size.

This previously unavailable scarcer Hydro colloidal particle is an enhancement over other clinoptilolite zeolites as it provides Ultra high surface area for more effective absorption

without nano sizing (Over 10 times the effective surface area) and has higher cation exchange capacity for metal removal than any of the clinoptilolites we can find information

on. This uniquely shaped material of smaller size although not a nano particle provides a larger surface area, a higher porosity and permeability, a higher rate of CEC cation exchange and effective adsorption than any clinoptilolite.

It is listed as GRAS for human consumption and it is the only source of Supplemental Zeolite that we are aware of that already has a Certified National Safety Foundation (NSF) Standard 60 listing as non toxic for use with drinking water.

Because this product is natural; truly a micro particle of rock that makes a colloid when hydrated, you may see some heavier suspension. Shake Gently to mix and the little you see goes back into suspension.

To get full activation and benefits, open and hydrate a individual pre-measured serving (capsule) in 4 ounces of high quality water or liquid of choice. It will give some benefit if consumed directly but full benefits of this product are only available if hydrated before consuming.



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*For Information on These or Any Other Products
Recommended by Dr. Gordon, Please email*

Info@GordonResearch.com

Dr. Gordon's Personal Daily Protocol

Revised 2012

I have developed, tested, refined AND practiced my F.I.G.H.T. Program for over 15 years. I personally use the superior supplements offered by Longevity Plus, in addition to several others. I no longer have heart disease and I have NO DETECTABLE LEAD in my bones. I am healthier now at 77 years than I was in my 20's, and I have never felt better! Listed below are all the supplements that I use myself to attain and maintain optimal health and vitality.

Daily Routine:

- Acetyl L-Carnitine (558 mg) 1 BID *
- Adrenal Support, 1 BID *
- Advanced Cellular Glutathione 10 sprays BID *
- Advanced Cellular Silver (ACS) 200 – 25 sprays at nite
1st swish through teeth for 1-2 minutes - more for infection *
- ACZ 25 sprays at nite FIRST swish through teeth for 1-2
minutes *
- Aloe Immune (4R Health) 500 mg one BID *
- Beyond B12 Sublingual, one at night *
- Beyond Chelation Improved (BCI) 2 packs daily *
- Beyond GHS With Resveratrol, three at night *
- Best Lithium Orotate, 1 BID *
- Best Brain Enhancer, 1 BID *
- Boluoke (Canada RNA) 20 mg caps, one nightly *
- D' Ribose, 1 tsp prior to exercise 3 s'x per week *
- DHEA 50 Milligram, one daily *
- Doctor's Best Benfotiamine 80 mg, one daily *
- 100% Chelated Magnesium Glycinate/Lysinate Chelate, 100
Milligram, 1 BID
- Doctor's Best FibroBoost, 1 BID
- Doctor's Best Meriva Phytosome Curcumins, 500 mg, 1 BID
- CoQ10, 100 mg one daily *
- Vitamin K2, 45 mcg, one daily
- Doctors Best Quercetin Bromelain, 1 BID *
- Doctors Best Trans Resveratrol 200, 1 BID *
- HRT (Herbal Remedy from Thailand) Plus, one daily *
- Hyal-Joint, 20 mg, one daily *
- Immune System Support, 2 taken in the evening *
- Kyodophilus 9, one daily *
- L-5-HTP, 2 at bedtime *
- Master AntiOxidant, 2 BID *
- Maximino, 1 BID *
- Melatonin 10 mg, nightly
- N-Acetyl Cysteine (NAC) 500-600 mg, one BID *
- Omega 3, 1 BID
- Perfect E, 1 BID *
- Power Drink – Bio En'R'Gy C, Maca, Organic Greens, and
Beyond Fiber, one slightly heaping tsp twice a day *
- Pregnenolone, 50 mg Micronized, one at night
- QuintEssential 3.3, 1 Vial BID *
- Secretropin, 6 sprays nightly

- Stabilized R-Lipoic Acid 100 mg, one daily or more if schedule is causing lack of sleep *
 - Testosterone/Progesterone/Chry-H 150/5/200 (Apothecure -Topical Application)
- [Dr G alternates with testosterone cypionate 1 ml (200 mg) injection every 2 weeks]

- Thyroid 2 Grains, once daily (Westroid)
- Thyroid Support, 1 BID *
- Vitamin D3, 5,000 Units, one daily *
- Zeo Gold, zeolite capsules, 2-3 daily *

Additionally, I sleep on my 400# king-sized MAGNETICO Sleep device developed by Dr. Dean Bonlie in Calgary, Canada. I have access to a Magnopro OMT, pulsed magnetic field device, and the Hyperphoton 3D Photon therapy unit. For local applications I use the Anodyne Therapy System from Medassist. Everyone should have a laser pointer and a small neodymium magnet in the home at all times, to quiet a hot tooth or relieve minor localized pains. Finally, I firmly believe everyone needs 30 minutes of ACTIVE EXERCISE daily (I ride my bike in the Arizona hills for at least one hour, four times or more per week) AND sweating several times per week, either in a sauna or steam room, for a minimum of 15 minutes per session.

For the occasional emergency:

Bach Rescue Remedy – homeopathic for calming/centering energy. My ideal program also includes an IV of Calcium EDTA by push followed by a Myers cocktail twice a month, and a couple of UV Blood Irradiations with ozone every 2 to 3 months. When I've pushed my body too hard, I like to add 50-100 gm IV of ascorbic acid. Also consider 1-2 colonics a year, and 1-2 massages a month.

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You can research all of the above mentioned products / supplementson my website, or if you prefer, call Longevity Plus at 800-580-7587 or 928-474-3684 in Payson, Arizona

Sincerely,
Garry F. Gordon MD, DO, MD(H)
President, Gordon Research Institute



Gordon Research Institute

For information on anything contained within this information catalog, please contact Gordon Research Institute at 928.472.4263 or Info@GordonResearch.com.

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