

ACNE



Acne vulgaris is the most common inflammatory pilosebaceous disease of the skin and is believed to be caused by a defect in lipid metabolism resulting in a deficiency of vitamin B-5 (Pantothenic Acid). It is characterized by pustules, inflamed nodules and cysts.

Clinical Trial: 100 hundred patients of Chinese descent were included in a study, 45 males and 55 females. They were given 10 grams of pantothenic acid (Vitamin B-5) a day in four divided doses. The patients were also asked to apply a cream consisting of 20% by weight of pantothenic acid to the affected area, four to six times a day. With this treatment regimen, the response was prompt and impressive.

There was a noticeable decrease in sebum secretion on the face usually 2-3 days after initiation of therapy. The face became less oily. Normally, the condition is in complete control in about eight weeks. For those patients with severe acne lesions, complete control may take months. In some cases it may be necessary to step up the dose to 15-20 grams a day.

With this form of treatment, another striking feature is the size of the facial skin pore, which becomes noticeably smaller. Like sebum excretion, the pores will continue to shrink until the skin becomes finer.

A maintenance dose will not only act as a preventative measure against sporadic eruption, and likely improve the general health of the patient.

Suggested protocol

- Take ½ teaspoon (2 ½ grams) of **Vitamin B-5** four times daily.
- Apply **Vitamin B-5 cream** four to six times daily to affected area.
- Take three **FISHOL E.C.** (Omega3) daily (an essential fatty acid).
- Take 1 **Tin-N-Zinc** capsule 3 times daily. Use **Solu-Zinc** on affected areas.
- Take two "**BEST**" Vitamin and Mineral supplement daily.
- **Biotin** 1 mg and Niacin 100 mg three times daily
- Exercise and drink plenty of fluids.

Prepared by Dr. Edward Thorpe, PhD.

Kripps HealthCare Rx

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AUTISM



The improvement of some autistic people on secretin has been nothing short of miraculous. No one knows exactly how secretin, which is active in the brain on many levels, is working to bring about behavioral changes.

One thing is clear; autistic people have some very strange compounds in their urine that do not appear in the urine of normal people. One such compound is dermorphin, a very powerful mu-opioid agonist that is known to decrease gastric acid secretion. One theory as to the apparent "secretin deficiency" seen in many autistic patients is that the pH of the contents in the upper duodenum never gets low enough (not enough Hydrochloric acid) to cause the mucosal cells to release secretin.

Many autistic people have been found to have low levels of amino acids, even though their diet is sufficient to support normal levels. There are break-down products of proteins that cannot be broken down completely because the enzyme that cleaves certain peptide bonds is either missing or inactivated. Gluten and casein are two of

the proteins from which these opioids can be produced due to incomplete digestion.

A strict gluten-free and casein-free diet does in reality appear to be essential in avoiding further damage by these opioid peptides. It does appear also that early institution of the diet is critical if one has a chance of recovery via dietary means.

There is therefore very strong indication that improvement of the digestive process could be very beneficial. The following program deserves serious consideration. Also normal thyroid function is very important.

Increase the hydrochloric acid contents of the stomach. Strong acid chyme is needed to release secretin in the duodenum.

Supplement enteric coated alkaline salts. Bicarbonates are essential to activate the pancreatic enzymes.

Avoid fluids during eating so as not to dilute the HCl.

Supplement glutathione as low levels have been demonstrated in autism.

Other supplements include **zinc, selenium, vitamin E Ascorbyl Palmatate** and **Omega-3 (FISHOL E.C.)**

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BELL'S PALSY



Methylcobalamin treatment of Bell's Palsy:

Bell's Palsy is a temporary paralysis of the facial nerve. A person with Bell's Palsy may not be able to open their eye or close one side of their mouth. Since this condition involves nerves, and vitamin B12 is critical for nerves, the vitamin was tested as a treatment for this nerve condition.

Sixty patients with Bell's Palsy were included in an open randomized trial. Patients were assigned into three treatment groups: steroid (group 1), **methylcobalamin** (group 2) and **methylcobalamin** + steroid (group 3).

Comparison between the three groups was based on the number of days needed to attain full recovery, facial nerve scores, and improvement of concomitant symptoms.

The time requirement for complete recovery of facial nerve function was significantly shorter in the methylcobalamin and methylcobalamin plus steroid groups. The improvement of concomitant symptoms was better in the methylcobalamin treated groups than the group treated with steroids alone.

Methods Find Exp Clin Pharmacol 1995 Oct;17 (8):539-44

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B-GONE



Transdermal cream containing **F.E. Arnica**, **Vitamin K2**, **Stay Vitamin C**, **PPC** (poly-enylphosphatidyl choline) & **PLO** (Premium Lecithin Organogel).

Use

To reduce the appearance of dark circles and chronic puffiness surrounding the orbital eye area and for spider veins.

Directions for use

Apply twice daily to clean dry skin using light circular motion.

As with all cosmetics, test it on a small area of your forearm. If extreme redness/rash or itching occur, discontinue use.

For external use only.

If product comes in contact with eyes, flush with warm water.

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CHOLESTEROL



Cholesterol is a type of fat soluble steroid found in many foods that come from animals. It is also produced by the human body. Cholesterol is needed for the production of some hormones, vitamin D, and for healthy nerves, cells, and for the production of bile acids. Excessive intake of cholesterol has been linked with several diseases, including cardiovascular disease and atherosclerosis. One way the body removes excess cholesterol is by hooking it to Omega-3 and shipping it via the bloodstream to our liver to be changed into bile acids. Bile salts are then excreted into the intestines to help digest fats and then removed from the body as solid wastes, provided adequate fiber is present to prevent reabsorption.

Cholesterol is unique in that our body can make it but, once made, cannot break it down. If fiber is absent, up to 90% of the cholesterol and bile acids are reabsorbed and recycled.

The following program helps to lower cholesterol:

- Follow Nutritionally Improved Dietary Program
- Follow a program of regular exercise
- Flaxseed is an excellent source of fiber (Grind, immediately freeze and take one to two tablespoons daily)
- Use only Virgin Olive oil (Eliminate all other vegetable oils, margarine, Trans Fatty Acids. Use butter in moderation)
- **Fishol E.C. Omega-3** capsules up to two three times daily
- **Garlic E.C.** Enteric coated 3X up to two three times daily
- **Guggulipid** capsules up to two three times daily
- **Lecithin** capsules up to two three times daily
- **Niacin** start with 100 mg three times daily and increase up to 500 mg three times daily
- **Beta Glucans**, 2 capsules, 3 time daily

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CHRONIC FATIGUE SYNDROME (CFS)



A great number of fatigue-related conditions may start with some type of viral infection. CFS is still another disease characterized by fatigue in which a viral origin seems to be implicated.

Chronic fatigue is like having the flu all the time. The body has some reserve capacity to fight the eicosanoid damage brought on by a viral infection, but that capacity is not infinite. Once this reserve capacity for making eicosanoids is exhausted, fatigue sets in. That fatigue will continue unless something intervenes to change the situation.

In a clinical study done at the University of Glasgow, patients with postviral fatigue syndrome who were given supplements of activated essential fatty acids (**FISHOL E.C.**) had a statistically significant reduction in their fatigue compared to controls who were given placebo capsules. Other researches have confirmed this study. Other proposed causes of CFS include anemia, chronic mercury poisoning from amalgam dental fillings, hypoglycemia, hypothyroidism, infection with the fungus *Candida albicans*, and sleep problems. Intestinal parasites are also comparatively common in people with CFS. It is likely that there are different combinations of factors that result in CFS in susceptible individuals.

SUGGESTED NUTRIENTS

- **FISHOL E.C.** 1000 mg capsules two three to four times daily
- **Primrose oil** 500 mg one three times daily
- **Mega-Vitamin Kit** containing oil soluble, water soluble and minerals (3 bottles) One of each daily.
- **Vitamin C** 5 Grams to 10 Grams daily in divided doses.
- For a quick check of your thyroid function use a basal glass thermometer every 3 hours for one day. If you average below 36.7 C ask your physician to do a thyroid blood test. CFS patients respond well to slow release T3 medication (Rx)
- Follow a hypoglycemic diet to reduce the level of arachidonic acid (AA).
- **Mega-Zyme** a digestive enzyme and **Carbase E.C.** is strongly recommended.
- **Niacin** start with 100 mg and gradually increase to 500 mg three times daily.
- **Zinc** 100 mg take 50 mg twice daily.
- **Vitamin E** 400 IU twice daily
- **Selenium** 200 mcg daily
- **Glutathione** 100 mg three times daily

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CHRONIC INFLAMMATION PROTOCOL



Kripps Pharmacy has developed a program to help protect against excessive or chronic inflammation.

1. Whatever you eat plays an important role: be nutrition-conscious, daily.
2. Reduce consumption of foods high in arachidonic acid (a polyunsaturated, Omega oil), such as beef, egg yolks or dairy products.
3. Generally, completely avoid trans-fat unsaturated fats (used in preparation of commercial junk foods), reduce consumption of long-chain saturated fats (the fats that are solid at your body temperature), and increase consumption of superunsaturated oils (those that are liquid at your body temperature), such as those found in Omega-3 foods (e.g. walnuts, flax seeds, pumpkin, hemp & canola oils, salmon, sardines, haring, dark green leafy vegetables).
4. Avoid consumption of foods – whether proteins, sugars, or fats – cooked at high temperatures, such as junk foods or fried foods, which cause glycation. Glycation causes arterial shifting, cataracts, neural impairment, aging skin, and is implicated in DNA damage.
5. Consume lower glycemic index foods, such as complex grains, versus products made from refined flours. Reduce all forms of refined, or otherwise concentrated sugars.
6. Exercise regularly, drink lots of water, and get a genuinely restful amount of sleep.

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Supplement your diet with these Kripps products:

- **Fishol 1000 mg E.C.** (Enteric Coated) Omega-3 essential fatty acid: take two capsules, twice daily, at any time.
- **Rx Acetyl-L-Carnitine** 500 mg – take 1 capsule, twice daily. Prescription required.
- **R(+) alpha Lipoic Acid Slow Release** 100 mg – take 1 capsule, twice daily, with food. Prescription required.
- **Mega Vitamin Kit** – take 1 of each capsule, once daily, with food.
- **D3** 1000 iu – take 1 capsule, three times, daily.
- **Super PhytoGenol Forte** – take 1 capsule, 3 times daily, with vitamin C.
- **Turmeric**, 500 mg – take 1 capsule, three times daily.
- **Carnosine E.C.** 500 mg – take 1 capsule, twice daily.
- **Glutathione E.C.** 250 mg – take 1 capsule, twice daily.
- **N-Acetyl Cystein** 500 mg – take 1 capsule, 3 times daily.

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COLON CANCER



The following supplements may have beneficial effects and may be used concurrently with other therapies.

Co Enzyme Q10 30 mg one to three times daily- improves cellular oxygenation.

Garlic 3x Enteric coated- improves the immune system

"FISHOL E.C." Omega-3 activated essential fatty acid is an excellent source of good eicosanoids, essential for good health.

Proteolytic enzymes (bromalains and chymotrypsin) One of each three times daily.

Selenium 200 mcg daily- improves immune system function.

Mega-Vitamin Kit contains all essential vitamins & minerals a kit of three bottles, 90 capsules in each. One capsule of each daily.

Resveratrol: 3 capsules, 3 times daily

Calcium Ascorbate powder (Vitamin C) ½ teaspoon three times daily.

Mega-Dol-mite (Calcium, Magnesium and Potassium- may prevent precancerous cells becoming cancerous.

Zinc- 50 mg daily- promotes a healthy immune system.

Medicinal Mushrooms: 1 capsule, 3 times daily.

Have an adequate intake of protein, 3 parts protein and 4 parts of carbohydrates, which includes fruits and vegetables. Use only virgin olive oil. Use no trans-fats or hydrogenated oils.

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COPPER



As Copper Peptide Complex with Hyaluronic Acid.

Copper is very important in wound repair, because it creates proper cross-links in the collagen and elastin [elements that give the body structure, such as bone, tendon, and skin] which gives connective tissue proteins resiliency and strength.

The body also needs copper to make an important antioxidant known as copper-zinc superoxide dismutase [SOD], which is key to proper wound healing. In particular, SOD encourages new tissue to grow, enhances collagen production, and reduces swelling, in order to heal wounds more effectively and rapidly.

Copper peptide combined with Hyaluronic acid is ideal for healing scar tissue, stretch marks and unwanted wrinkles.

Hyaluronic acid: Youthful skin contains an abundance of hyaluronic acid. This viscous protein forms part of the structural support scaffold beneath the skin. In the epidermis, hyaluronic acid helps the skin retain moisture.

By combining Copper Peptide Complex with Hyaluronic Acid you can significantly remove the appearance of scars, stretch marks, wrinkles, and loss of firmness that are associated with aging.

Available as serum in 15 ml and 50 ml drop-per bottles.

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CROHN'S DISEASE



Irritable bowel syndrome and ulcerative colitis—an inflammatory disease

The New England Journal of Medicine, June 13, 1996 states "EFFECTS OF AN ENTERIC-COATED FISH-OIL PREPARATION ON RELAPSES IN CROHN'S DISEASE". Because fish oil (Omega-3) has **anti-inflammatory** actions, its use has been proposed in patients with several inflammatory diseases, including inflammatory bowel disease. "In this study, we investigated the effects of the new, enteric coated fish-oil preparation in the maintenance of remission in patients with Crohn's disease". In Canada the product is called "**FISHOL E.C.**" *Conclusions:* "In patients with Crohn's disease in remission, a novel enteric-coated fish-oil preparation is effective in reducing the rate of relapse". (N Engl J Med 1996; 334:1557-60)

Crohn's disease is characterized by chronic and long-lasting ulceration of a section or sections of the digestive tract. Symptoms of Crohn's disease include chronic diarrhea, pain in the upper and lower abdomen, fever, headaches, malabsorption (and consequently malnutrition), steatorrhea - the presence of excess fat in stool, loss of energy, appetite, and weight. Chronic bleeding may cause iron-deficiency anemia.

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Microscopic intestinal **villi** produce enzymes that break down disaccharides (double sugars) to monosaccharides (single sugars). If **villi** are damaged undigested disaccharides that remain in the small intestines cause reversal of normal digestive and nutritional process. These double sugars provide a perfect medium for growth of undesirable microorganisms, both aerobic and anaerobic including bacteria, yeast and protozoa causing overgrowth in the small intestines and damage to tiny **villi** and **toxins**. This overgrowth may cause degradation of intestinal brush-border (disaccharides) and pancreatic enzymes. These enzymes may be replaced by Enteric Coated disaccharides (Carbase E.C.)

SUGGESTED NUTRIENTS and ANTI-INFLAMMATORIES

1. **FISHOL E.C. (Omega-3)** as anti-inflammatory: Two capsules 3 to 4 times daily.
2. **CARBASE E.C.** enteric-coated disaccharide enzymes Sucrase, Lactase, Maltase and Isomaltase)
3. **L-Glutamine** powder ½ to 1 teaspoon three to four times daily.
4. **Zinc** up to 50 mg daily and glutathione 100 to 250 mg up to 3 times daily
5. **N-acetylcystine** 500 mg three times daily (promotes healing and iron absorption)

tion)

6. **Lipase** if steatorrhea present also Alkaline Salts E.C. help to activate pancreatic enzymes
7. **BEST Multiple Vitamin** and Mineral chewable tablet- two daily
8. Special attention should be paid to food allergies and intolerance, thyroid function, parasites and H.Pylori.
9. Proper diet is very important- low in disaccharides
10. **Mega-B12-5000** orally active B12 (Methylcobalamin) One capsule daily and Lipoic acid capsules 100 mg to 250 mg up to 3 times daily.

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DAMAGE CONTROL



KRIPPS synergistic skin care formulation contains:

- 20% Stable Vitamin C
- Hyaluronic Acid
- Resveratrol
- Co-Enzyme Q10

This powerhouse of anti-oxidants significantly decreases the appearance of:

- Fine Lines
- Loss Of Firmness
- Dryness & Dehydration
- Age Spots & Discoloration

KRIPPS synergistic skin care formulation increases:

- Radiance & Suppleness
- Combats Inflammation
- Assists Collagen Repair

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DEMENTIA, ALZHEIMER'S & PARKINSON'S



In October 2000 at the annual conference of the American College for Advancement of Medicine the role of **chronic inflammation** was emphasized as a causative factor in the development and progression of host of degenerative diseases.

For Parkinson's and Alzheimer's, the following anti-inflammatories are recommended:

Glutathione: 600 mg per day or injections if available

FISHOL E.C.: Two capsules three times daily
R(+)-alpha- lipoic acid: 500 mg per day, in divided doses

N- acetyl-cystine: 500 mg, up to three times daily

Co Q 10: 150 mg twice daily

Vitamin B 12 as Methylcobalamin 5000 mcg: One capsule daily

Carbase E.C.: One capsule before each meal, to prevent toxins originating in the gut from overgrowth of harmful intestinal flora

Idebenone: Take one capsule three times daily

Other useful products include:

Magnesium 500 mg per day (elemental),
Ibuprofen 600 mg per day, **Silymarin Extract** 3 daily, **Bilberry Extract** 3 daily, **Vitamin C3** grams per day, **Vitamin E** 400 IU twice daily, **Best Multiple Vitamin & Mineral**, and reduce intake of sugar. Coffee is OK.

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DEW DROPS WITH HYALURONIC ACID & NaPCA



Aging skin needs to be replenished with its natural moisturizer complex to attract and retain water. **Hyaluronic acid** [HA] is a natural component of healthy skin. The network of collagen fibers below the skin is filled with a composition of water, protein complexes and hyaluronic acid. This jelly-like mixture is necessary for transportation of essential nutrients from the bloodstream, via the capillary network, to the living cells of the skin.

Hyaluronic acid is found in a great abundance in young skin, but overtime, free radical production destroys our hyaluronic acid reserves. By the time we reach our 50th birthday, we've already lost close to half of the hyaluronic acid that we had in our youth. Replenishing the skin with hyaluronic acid can help facilitate healing, repair and antioxidant capacity.

Without proper moisture, nutrients can't be delivered to the skin, compromising the entire process of cell renewal. One of the natural humectants (agents that attract and hold water) in young skin is **NaPCA** (the

sodium salt of pyrrolidone carboxylic acid). The ability of the skin to hold moisture is directly related to its NaPCA content. Aged skin is depleted of the compound, as well as other humectants, needed to retain water, NaPCA, which is manufactured in human skin by an amino acid conversion, functions to naturally draw moisture and hold it in place within the skin. It is the most powerful, non-toxic humectant known and the most important humectant in the skin.

Dew Drops, combines two natural powerful humectants, [HA & NaPCA] -true moisturizers that address the needs of aging skin by effecting a change, both in its texture and appearance.

Available in 15 mL and 50 mL dropper bottles and also for clinicians in 125 mL container.

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ECZEMA/DERMATITIS



Eczema/Dermatitis, a superficial inflammation of the skin, is characterized by vesicles, redness, edema, oozing, crusting, scaling and usually itching.

The term dermatitis and eczema are used synonymously.

Several underlying problems can lead to eczema. Low hydrochloric acid in the stomach, faulty digestion, allergies and contact dermatitis are a few. Triggers vary from person to person.

Eczema should be treated internally and externally for best results.

Internal:

1. Good multivitamin such as **Mega-Vitamin Kit**
2. **FISHOL E.C. Omega-3 Enteric Coated** capsules 3 to 6 daily as anti-inflammatory
3. **Primrose Oil** 500 mg 3 capsules daily
4. **Zinc** 25 mg slow release one every 8 hours
5. Check for low thyroid function
6. **Biotin** 1000 mcg daily

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External:

1. **Tin-n-Zinc** lotion apply as needed
2. **Vitamin B 6** Cream and **Vitamin D 3** cream
3. **Omega-3** cream

Avoid allergens or irritants such as caustics, strong soaps, detergents, organic solvents, vacuum cleaner dust and certain topical medications.

Treatment should be directed to removing the cause wherever possible

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EYE - ZONE



Eye-Zone provides a complete eye therapy.

- **Eye-Zone** contains Idebenone which behaves like the anti-oxidant **Co-Enzyme Q10** and the potent depigmenting agent hydroquinone but is more effective without the skin sensitizing action.
- **Eye-Zone** is gentle enough for most skin types. It works without any signs of irritation or sun or environmental vulnerability.
- **Eye-Zone** delivers super anti-oxidant and anti-inflammatory action that impedes the skin's free radicals. Combined with **7 peptide complex, micronized soluble Collagen**, stabilized **Vitamin C** and **Hyaluronic Acid**, **Eye-Zone** helps the skin relax and look smoother and brighter.

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FACIAL MASK #2

Nutrient-rich mask for home use that will help nourish and restore the skin's healthy appearance. Facial Mask #2 contains a unique combination of scientifically proven ingredients that not only reduce the appearance of fine lines and wrinkles, but also hydrates, moisturizes, and protects your skin from age-accelerating free radicals.

HYALURONIC ACID is found in every tissue of your body. It plays a particularly significant role in your skin's cellular matrix, the vital jelly-like mixture which transports essential nutrients from your bloodstream. The ability of hyaluronic acid to attract and retain 1000 times its own weight in water is unmatched by any other substance in nature. This makes hyaluronic acid absolutely crucial for maintaining your skin's moisture and softness. Hyaluronic acid is vital to increased cell renewal and rejuvenation, and can help restore healthy texture, color, and moisture to your aging skin.

ZINC OXIDE is an essential trace mineral found in virtually every cell of your body, is highly therapeutic because it supports your immune system and provides important anti-oxidant protection against damaging free radicals. Zinc is anti-inflammatory and has the ability to decrease the impact of topical toxins and other irritants on your skin.

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SULFUR when applied to your skin interacts with cysteine present in the outermost layer of your epidermis to form hydrogen sulfide. This hydrogen sulfide effectively breaks down tough, keratin-containing dead skin cells that comprise this outer layer and gently removes them. In addition to this exfoliating action, sulfur also inhibits the growth of bacteria involved in acne.

TEA BLEND helps reduce the production of inflammatory agents that promote new acne infections. Facial Mask #2 also contains trans-Resveratrol, an anti-inflammatory, and vitamin Niacin to increase circulation.

ARNICA in this preparation works by improving blood circulation to promote the healing of injured tissue. Arnica's ability to speed wound recuperation and reduce pain, as well as its anti-bacterial and anti-inflammatory qualities, makes it a valuable part of Facial Mask #2.

USE: Apply a layer to skin. Leave on up to 20 minutes and wash off. May be used as frequently as desired. Keep container tightly closed.

CAUTION: As with all cosmetics, when used the first time, do a skin patch test.

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FIBROMYALGIA



Fibromyalgia is a rheumatic disorder characterized by chronically aching muscles that have no obvious physical cause. Possible causes that have been proposed include infection with the Epstein-Barr virus, or with fungus *Candida albicans*, chronic mercury poisoning from amalgam dental fillings, anemia, parasites, hypoglycemia, and hypothyroidism.

Because many of the symptoms are those of low thyroid function, it is of utmost importance to evaluate the thyroid function. Blood tests are not always conclusive. A very accurate test could be done at home. Take a basal glass thermometer, and 3 hours after you are awake take your temperature orally for 5 minutes. Your temperature should read 37 degrees C or 98.6 F. If your temperature is below 36.7 C, (or 98.2) and you have cold hands and feet, gastrointestinal disorder and hypoglycemia, then this is very indicative of low thyroid function. This must be corrected first.

If sleep quality can be restored, most patients experience a reduction in their pain and levels of fatigue, and an increase in their cognitive abilities. 5-Hydroxytryptophan (5-HTP) can significantly improve deep sleep. Usual dose is 100 mg for 2 days and increase every 2 days until appropriate dose is found. Melatonin (3 mg),

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1-3 capsules, taken 1 hour before bedtime may also improve sleep.

NUTRIENTS

Because malabsorption problems are common in people with this disorder, higher than normal doses of all supplemental nutrients are needed.

- **Mega-Vitamin Kit** containing 3 bottles. Take one of each with food
- **Coenzyme Q10** 30 mg three times daily
- **Mega-Dophilus Enteric Coated** (for candida) one three times daily
- **Garlic 3x Enteric Coated** (for candida) one three times daily
- **Mega-Dolomite** (Calcium, Magnesium, and Potassium) 3 daily
- **Manganese** 25 mg daily and Selenium 200 mcg daily
- **Omega-3 (FISHOL E.C.)** Two capsules three times daily, (very important) essential fatty acid
- **Vitamin B12** injection; 1 cc weekly or methylcobalamine 5000 mcg capsules daily
- **Zinc** 50 mg daily and **grape seed extract** 100 mg twice daily
- **Vitamin C** as Calcium Ascorbate 5 to 10 Grams daily
- **Mega-Zyme**, a digestive enzyme. Take one just before food and increase to two, or three capsules before each meal. Take one **Carbase E.C.** before food. This will help digestion and absorption of essential nutrients to your body. Avoid fluids with food. Use only virgin olive oil and no margarine. Certain herbs help with depression if needed.

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FIRM DEFENSE



This remarkable hydrating cream/serum calms the skin and prevents moisture loss.

It empowers the skin's defenses against the signs of aging. With regular use, the skin stays healthy and more vibrant. The light-weight cream/serum easily penetrates the skin's outermost layer.

The special mix of 7 natural mushrooms (Zingiber Sofficinale, Ganoderma lucidum, Lentinus, Curcuma Longa, Ocimum Sanctum Linn, Codryceps Sinensis and Hypsizugus u Marius) fights inflammation, the key cause of dryness, redness, lines and wrinkles. Your skin will feel calmer and less stressed.

Available in 15 mL and 50 mL sizes.

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FISHOL E.C. OMEGA-3



Fishol Enteric Coated Omega-3 capsules 1000 mg Pharmaceutical Grade Concentrate, all Natural

Key uses of **Fishol E.C.** Omega-3

- Systemic anti-inflammatory agent
- Supports heart and cardiovascular health
- Supports the circulatory system
- Supports proper immune function
- Promotes brain-hormonal sense of positive mood and well being
- Supports health joints and tissue (mobility and flexibility)
- Lowers harmful homocysteine levels
- Improves blood viscosity
- Increases insulin receptors
- Balances systemic hormonal levels
- Nourishes eyes, hair and skin

Kripps **Fishol E.C.** is a pharmaceutical grade omega-3 concentrate, and an all-natural product.

- It is molecularly distilled ultra purified and has no mercury, lead, PCBs or heavy metals. **Fishol E.C.** is safer than eating fish.
- Each 1000 mg capsule delivers 630 mg of active Omega-3
 - EPA (eicosapentaenoic acid) 480 mg
 - DHA (docosahexaenoic acid)..... 240 mg
 - DPA (docosapentaenoic acid)..... 30 mg
- E.C. (Enteric Coated) for maximum absorption. Enteric coating is a unique process that allows Fishol E.C. to pass through the stomach into the intestines where it dissolves resulting in the greatest bioavailability; there is no loss to the Fishol by stomach acid or digestive enzymes. Enteric coating means no fish taste and no after taste therefore everyone benefits.
- No side effects have been reported when using Fishol E.C. at recommended levels.

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GREEN TEA SERUM



Green tea contains a unique blend of chemicals with a variety of health-enhancing properties. Catechin polyphenols, for instance, are potent antioxidants and antiinflammatory compounds. The best known of these is epigallocatechin-3 gallate (EGCG), a chemical credited with benefits such as protecting the skin from ultraviolet radiation-induced skin damage. Green tea catechins scavenge oxygen free radicals restoring skin cells to health and reducing inflammation.

Numerous studies have shown that topical applications of green tea cream confers broad-spectrum protection against photo-damage, one of leading causes of visibly aged skin.

For example, in a study at Case Western Reserve University, volunteers had areas of their skin treated with green tea extract, thirty minutes later, they were exposed to simulated solar radiation at a dose high enough to produce inflammatory redness, or erythema. The portion of the skin treated with green tea extract had a reduced number of sunburn cells, and immune cells just below the skin surface were protected from the effects of the radiation. Green tea also protected against radiation-induced DNA damage. The photoprotective benefits of topical green tea have also been reported in other studies as well.

Green Tea Serum is effective in reducing appearance of redness caused by rosacea.

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HEART ATTACK



A heart attack occurs when a blood clot forms in an artery in the heart and blocks the blood supply to the heart muscle. The part of the heart deprived of blood then becomes damaged.

Risk Factors for a Heart Attack

- High blood pressure, cholesterol & homocysteine levels
- Over the age of 55
- Diabetes (can increase risk two to seven times)
- High blood homocysteine levels
- Being physically inactive and overweight, poor dental hygiene
- Chronic Stress and/or poor social supports in your life

Symptoms

- Lingering pain or tight feeling in the chest
- Shortness of breath, nausea, vomiting, or sweating
- Fainting
- Increasing episodes of angina (short episodes of chest pain)

Prevention

- Quit smoking, lose weight
- Get regular physical activity
- Lower high blood pressure

Kripps Protocol

Kripps **Resveratrol**

1 capsule 3 times a day

Kripps **Fishol E.C.**

2 capsules 3 times a day

Kripps **Idebenone**

1 capsule 3 times a day

Kripps **Vitamin C 1000 mg S.R.**

2 times a day

Kripps **Vitamin D3 1000 I.U.**

3 times a day

Kripps **Carnosine E.C.**

1 capsule 3 times a day

Kripps **Lipoic Acid S.R.**

1 capsule 3 times a day

Sublingual B12 1 capsule daily

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HIGH BLOOD PRESSURE (HYPERTENSION)



If blood pressure is elevated, the heart must work harder to pump an adequate amount of blood to all the tissues of the body. Ultimately, the condition often leads to kidney failure, heart failure, and stroke. In addition, high blood pressure is often associated with coronary heart disease, arteriosclerosis, kidney disorder, obesity, diabetes, hyperthyroidism, and adrenal tumors.

Because high blood pressure usually causes no symptoms until complication develops, it is known as the "silent killer". Warning signs associated with advanced hypertension may include headaches, sweating, rapid pulse, shortness of breath, dizziness, and visual disturbances.

Normal blood pressure readings for adults vary from 110/70 to 140/90, while readings of 140/90 to 160/90 indicate borderline hypertension. Any pressure over 180/115 is severely elevated.

RECOMMENDATIONS

- Seek professional help.
- With or without medication it is important to loose weight where indicated. Decrease salt intake and increase fiber intake. Freshly ground flaxseed, a tablespoon twice daily provides good fiber.
- Mega-Dolemite (Calcium, Magnesium and Potassium) one tablet three times daily.
- Coenzyme Q10 – 30 mg one three times daily.
- "FISHOL E.C." (Omega-3) essential fatty acid, enteric coated one capsule three times daily.
- Vitamin C Slow Release 10000 mg three times daily.
- Selenium 200 mcg daily.
- Two "BEST" Vitamin and Mineral tablets daily.
- Mega-GARLIC E.C. (triple strength enteric coated) One three times daily.

Avoid all animal fats; use only virgin olive oil, plenty of fruits and vegetables. Get regular to moderate exercise and be sure to get sufficient sleep. Have your blood pressure checked every four to six months by a professional, especially if you are in a high-risk category.

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HYALURONIC ACID (HA)



Hyaluronic acid is a component of connective tissue whose function is to cushion and lubricate. HA occurs throughout the body in abundant amounts in many of the places people with hereditary connective tissue disorders have problems such as joints, heart valves, eyes and prematurely wrinkled skin.

In human and animal studies, hyaluronic acid abnormalities occur in heart valves, TMJ, joint instability, osteoarthritis, detached retinas, glaucoma, acrogeria (premature wrinkled skin) and premature aging syndromes.

Hyaluronic acid has been nicknamed by the press as the "key to the fountain of youth" because it has been noted that at least some people who ingest a lot of it in their diets tend to live to ripe old ages. ABC News had a show on a village in Japan and hyaluronic acid entitled "The Village of Long Life: Could Hyaluronic Acid Be an Anti-Aging Remedy?" Hyaluronic acid is being use commercially or

experimentally to correct a large portion of problems found in connective tissue disorders such as fractures, eye disorders, poor wound healing and prematurely wrinkled skin. It would be highly logical to consider the possibility that hyaluronic acid works to correct these problems because defects or deficiencies of hyaluronic acid are what cause these problems in the first place.

Proper diet, adequate supplementation, controlling environmental factors and optimizing hyaluronic acid levels would be helpful in treating many inherited connective tissue disorders and premature aging syndrome.

Hyaluronic acid is available for external use as DEW-DROPS, Creams, lotions and capsules for internal use. There are no known adverse side effects with the use of hyaluronic acid supplements.

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IDEBENONE 1% CREAM



Idebenone (eye-deb-e-known) is a revolutionary anti-aging pharmaceutical that alters the chain reaction that can result in visible signs of aging. Idebenone helps to protect and restore skin. It is the most powerful anti-oxidant for correcting and preventing degenerative cellular damage by harmful environmental assaults.

In its topical application; a recent clinical trial showed a 47% improvement in skin tone, 77% improvement in the appearance of rough/dry skin, and a 55% improvement in the overall appearance of sun damaged skin after only 2 months of use.

Idebenone markedly improves skin tone and texture, significantly decreases the appearance of fine lines and wrinkles, decreases dryness, reduces the appearance of age spots and discoloration, increases radiance, and stimulates the skin's natural collagen.

Idebenone is available in a 1% moisturizing cream base with Hyaluronic acid, and comes in 15 ml, 50 ml and 100 ml sizes.

Use once or twice daily on face and neck and around eye area.

Store at room temperature.

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IO-PLEX SR Rx



Inorganic, Non-radioactive Iodine/ iodide

Supplementation may be useful in the following conditions:

- "Iodine Supplementation Markedly Increases Urinary Excretion of Fluoride and Bromide"¹ This has detoxification effects of the toxic halogens, bromide and fluoride.
- Fibromyalgia
- **Thyroid disorders**
- Chronic fatigue immune deficiency syndrome
- Autoimmune disorders
- Cyst and nodules of thyroid gland
- **Fibrocystic breasts** disease and tender breasts
- Anti-infective agent
- And many other illnesses improve with iodine therapy

Iodine deficiency is wide-spread. The National Health and Nutrition Survey undertaken by the CDC showed iodine levels falling over 50% in the last 30 years. All patients with chronic illness need to be assessed for iodine status.

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Dr. Brownstein tested 500 patients and found 94.7% were deficient in inorganic iodine.

Adverse reactions to inorganic iodine-*iodide* supplementation are rare:

The most common side effects encountered are; acne, metallic taste in mouth, sneezing, excess saliva and frontal sinus pressure. These reactions are relatively rare, occurring in less than 5% of patients and are easily rectified by adjusting the dose. An allergy to organic iodine does not imply an allergy to inorganic non-radioactive iodine.

Io-Plex is available in 12.5 mg S.R. [slow release] each capsule contains 5 mg of elemental iodine and 7.5 mg of iodide. Usual dosage is one to four capsules daily for 3 to 6 weeks taken with food and or plenty of water or as directed by a health professional .

Store in cool dry place out of reach of children.

References: Dr. David Brownstein M.D. and Dr Guy Abraham¹

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K-DERMA #3



Anti-wrinkle preparation with MATRIXYL 3000. Matrixyl contains the matrikines acting in synergy to repair the cutaneous damages of age. Matrikines are messengers of cutaneous restructuring and repair. They activate the neosynthesis of extracellular matrix macromolecules providing K-derma #3 with a visible anti-wrinkle efficacy.

1. Matrikines are messenger peptides capable of regulating cell activities by interacting with their specific receptors. They activate certain genes involved in the process of extracellular matrix renewal and cell proliferation. These mechanisms become weaker and weaker with age. K-derma #3 contains Palmitoyl Oligopeptide-Palmitoyl Tetr peptide-3.
2. **K-derma #3** also contains soluble collagen (**Solu-gen**). Solu-gen is one of the most effective moisturizers available and helps skin recover its elasticity.
3. **K-derma #3** contains I-CARNOSINE, a dipeptide. I-Carnosine appears to ex-

tend the period of time that cells will continue to divide in a youthful manner. I-Carnosine is one of the most effective anti-glycating agent known and has been shown to specifically protect against age-related degradation of protein. In vitro tests indicate 44.9 % anti-wrinkle efficacy with twice daily application improving skin tone and elasticity. I-Carnosine is used in prevention as well as rejuvenation of skin.

K-derma #3 is available in moisturizing cream base with hyaluronic acid in 15 ml, 50 ml and 100 ml sizes. STORE in cool place below 28 degrees Celsius. Apply once or twice daily around orbital area of eye, also face and neck.

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KRIPPS 555 CREAM



Often referred to as a “face lift in a bottle” the appearance of sagging skin will efficiently and effectively be improved by the use of **DMAE**. Increasing the appearance of firmness of the skin will be achieved.

DMAE boosts the effectiveness of other anti-oxidants increasing the appearance of smoothness and brightness of the skin, and significantly reducing the appearance of lines. The skin reflects a luminous new light, delivering immediate and long-term benefits.

BEST RESULTS for:

- Loss of firmness on face & body
- Fine lines around the lips
- Stressed and tired skin
- Gives thin lips a fuller pout

KRIPPS 555 Cream

Wrinkle Skin Modifier & Rejuvenator,

Contains: **DMAE 5%**

DMAE increases the appearance of toned skin. Provides a healthy supply of nutrients that assist in the production of neurotransmitters. Helps to maintain tone and firmness to face and neck. Enhances access of

Vitamin C ester and R+ alpha lipoic acid
Face, eye area, neck appear firmer
Benefits are extended by repeated twice daily use

Vitamin C Ester 5%

This stable Vitamin C provides readily available form of Vitamin C to the skin
Can be use by those with sensitive skin
Helps to protect from damage by free radicals and inflammation

R(+) alpha lipoic acid 5%

R(+) alpha lipoic acid is able to reach and protect both water and lipid portions of skin with potent antioxidant benefits
Protects levels of other antioxidants, like Vitamin C and E from depletion and works to increase their levels.

Dual solubility enables R(+) alpha lipoic acid to be available rapidly to the skin.
Moisturizes the skin so that complexion looks radiant when treated with R(+) alpha lipoic acid.

These active ingredients are incorporated in a special trans-dermal cream.

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KRIPPS SILK



For our customers over 25 years old who insist on maintaining youthful skin, we offer this unique combination in a clear, non-oily serum containing:

DMAE [dimethylaminoethanol] 5.5%. DMAE helps stabilize cell membranes; this process is especially crucial to skin's supporting foundation of collagen and elastin. It helps maintain and increase the appearance of toned skin.

R(+) alpha lipoic acid which helps to reduce the appearance of fine lines, wrinkles, under-eye puffiness, acne scars, and enlarged pores. R(+) alpha lipoic acid is a potent antioxidant that helps to inhibit an inflammatory messenger called nuclear factor-kappa which can severely damage skin. As we grow older, the accumulation of glycated collagen can result in visible skin aging.

Hyaluronic acid Youthful skins contains an abundance of hyaluronic acid. This viscous protein forms parts of the structural support scaffold beneath the skin. In the epidermis, hyaluronic acid helps the skin retain moisture.

By combining DMAE, R(+) alpha lipoic acid [R(+) is 100% active], and hyaluronic acid you can address almost every sign of aging, and significantly, if not completely remove the appearance of lines, wrinkles, discoloration, and loss of firmness that are inevitable. The changes that are associated with aging are unavoidable, but they can all be successfully treated, with few or no side effects or allergic reactions.

Note: Do a skin Patch test before use.

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MAGIC MASK

(ALL PURPOSE)



Nutrient-rich Magic Mask for home use that will nourish and restore the skin's healthy appearance. Magic Mask contains a unique combination of scientifically proven ingredients that not only reduce the appearance of fine lines and wrinkles, but also hydrate, moisturize, and protect your skin from age-accelerating free radicals.

HYALURONIC ACID: Is absolutely crucial for maintaining your skin's moisture and softness.

ZINC OXIDE: Is an essential trace mineral. Zinc is anti-inflammatory and provides important antioxidant protection against damaging free radicals.

SULFUR: Effectively breaks down tough, keratin-containing dead skin cells and gently removes them, sulfur also inhibits the growth the bacteria involved in acne.

ARNICA: In this preparation works by improving blood circulation to promote the healing of injured tissue.

LUTEIN: Plays a positive role in promoting skin health and appearance by increasing hydration, elasticity, and lipid content.

VITAMINS A: Stimulates cell renewal.

VITAMIN E: Provides significant free-radical protection.

VITAMIN C: Quenches skin-damaging free radicals

I-CARNOSINE: Promotes new cell growth and is a potent antioxidant.

PROCEDURE: Apply a thin layer (thick enough that the skin is not visible) about 1/16 of an inch or 2 mm. Apply to face, around eyes, neck and decollete. Spray **Aqua-Akila** over the mask and repeat the spray in about 5 minutes (keep eyes closed when spraying) Leave on for 20 to 30 minutes and peel off and or wipe off.

NOTICE THE DIFFERENCE!

Recommended use: Once weekly, but may be used daily.

Aqua-Alka is a safe alkaline (pH 8.80) fixing solution. **Aqua-Alka** when sprayed over the mask forms an impervious film, only on the outside of mask.

This allows the active ingredients to penetrate the outer layer of the skin effectively.

Note: As with all cosmetics, do a skin patch test before use.

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MENOPAUSE



Menopause, also known as the “change of life,” is the natural stage when a woman’s body changes from having menstrual periods, with the ability to become pregnant, to no longer having periods and no longer being able to become pregnant. Menopause occurs because the ovaries stop producing estrogen.

Who is Affected by Menopause?

Most women experience menopause between the ages of 45 and 55. It is a gradual process that takes anywhere from a few months to several years to complete. Menopause is considered complete when a woman has not had a period for 12 months in a row.

Symptoms:

- Hot flashes – a sudden reddening of the face and feeling of warmth.
- Vaginal dryness, itching or irritation.
- Urinary discomfort or bladder infections.
- Nervousness, depression, or irritability.
- Disturbed sleep.

Managing Menopause

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1. Get regular physical activity
2. Limit caffeine and alcohol
3. Stop Smoking
4. Low-fat, high fibre foods
5. Get enough calcium and **Vitamin D**
6. 1500 mg of calcium per day and 2000 I.U. of **Vitamin D3** daily, **Mega Dolemite** 1 tablet 3 x day, **Vitamin D3 Cream** or **Vitamin D3 SR** capsules 1 capsule 2 x day
7. **Soy Products Isoflavones** – 1 cap 2 x day
8. **Menopause 7** 1 cap 2 x day
9. **Fishol E.C.**, 2 capsules 2 x day
10. **Melatonin** 3 mg, 1 capsule or more before bed of Melatonin 3 mg. 1 capsule **Melatonin SR** for continued sleep
11. Natural Hormone Replacement Therapy (HRT)

HRT involves taking the female hormone estrogen daily, usually with the hormone progesterone. Available in prescription only HRT can be taken as capsules by mouth.

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MENOPAUSE - 7



Menopause-7 contains a blend of fluid extracts that have been shown to:

- Reduce hot flashes and symptoms of PMS
- Restore emotional balance and premenstrual cramps
- Stimulate the production of progesterone
- Reduce vaginal dryness
- Calm the nervous system

Menopause-7 contains standardized fluid extracts (fluid extracts are 10-12 times more concentrated than tinctures) of 2 parts of black cohosh, vitex berry, North American ginseng, orange peel and one part of licorice root and motherwort leaves.

Dosage: ½ dropper full under the tongue or with water twice daily.

If needed, take a three-day break every month during the week before ovulation. Store away from heat or direct Sunlight.

Also available in 400 mg capsules.

Black Cohosh (*Cimicifuga racemosa*) [100mg] Scientifically speaking, black cohosh suppresses the secretion of luteinizing hormone (LH); sudden bursts of LH have

been linked to the occurrence of hot flashes, night sweats, heart palpitations, and drying and thinning of the vagina.

Vitex berry (*Agnus-castus*) [100mg] stimulates the production of progesterone (progesterone levels decrease during menopause, contributing to hot flashes, dizziness, and vaginal dryness).

Ginseng (North American) [100mg] reduces fatigue and can be applied as a general tonic.

Licorice (*Glycyrrhiza glabra*) [50 mg] contains compounds that help reduce estrogen levels when they are too high and increase them when they are too low.

Motherwort (*Leonurus cardiaca* L.) [50 mg] is traditionally used to reduce painful periods, especially associated with anxiety and nervous tension and orange peel provides flavor.

Other Considerations: Primrose oil 500 mg 3 daily, **Vitamin E** 400 IU daily, **Vitamin B Complex (Mega-13)** One daily and Two **FISHOL E.C.** (Omega-3 daily). Reduce sugar and refined carbohydrates, take 3 parts of protein and 4 parts of carbohydrates (including fruits and vegetables) and use only virgin olive oil.

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MIGRAINE



Riboflavin (Vitamin B2)

Riboflavin (Vitamin B2) is used as a prophylactic treatment for migraine. In a study conducted at the University of Leige (Belgium), Department of Neurology, it was postulated that since the brain of migraineurs were characterized by reduced mitochondrial phosphorylation, riboflavin could be used because of its potential to increase mitochondrial energy efficiency, and that a prophylactic effect may be realized.

A group of 49 patients who have migraine were studied: 45 had common migraine and 4 had classic or "aura" migraine history. Patients were given 400 mg of riboflavin as a single oral dose for at least 3 months. Mean global improvement between the groups was 68.2%.

It was concluded that high-dose riboflavin could be effective, low-cost prophylactic treatment for migraine devoid of short-term side effects.

(Schoenen et al.1994)

Human riboflavin deficiency symptoms include, among others, **dermatitis and red, itching eyes**; perhaps riboflavin has anti-inflammatory properties that may also help

prevent migraines. Riboflavin has also been reported to be useful therapy in some cases of **muscle cramps** due to circulatory instabilities, which cause some circulatory disturbances (such as "**hot flashes**" in menopausal women).

Note that riboflavin has rather low solubility in the gut and its absorption is relatively inefficient for doses over about 50 mg. Moreover, high levels of riboflavin in the bloodstream results in rapid loss via the urine. If you want to try this, you should take 50 mg. of riboflavin eight times per day, not 400 mg. once per day. Note, too, that very high doses of riboflavin can be photosensitizer, so be sure to use a sunscreen and wear sunglasses,

Suggested Protocol:

1. Take one **riboflavin** 50 mg tablet 8 times per day (total 400 mg)
2. Take one **CoQ10** 150 mg daily
3. Take two **magnesium aspartate** 500 mg daily
4. Take one B-Complex (**Mega-13**) daily
5. Take one **Nianate** twice daily
6. Take two "**FISHOL E.C.**" daily

Prepared by Dr. Edward Thorpe, PhD.

Kripps HealthCare Rx

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MULTIPLE SCLEROSIS (MS)



Multiple Sclerosis is a slowly progressive CNS disease characterized by disseminated patches of demyelination in the brain and spinal cord, resulting in multiple and varied neurologic symptoms and signs, usually with remissions and exacerbations. The cause is unknown but an immunologic abnormality is suspected.

Increased Vitamin D3 intake may reduce the risk of developing MS, according to a recent Harvard Study "White adults in the highest quintile of serum Vitamin D3 levels had a 62% lower risk of developing MS" To help slow the progression the following supplementation is recommended:

1. **Vitamin D 3** capsules 1000 IU up to 5 daily
2. **Vitamin D 3** Cream ¼ teaspoon up to 3 times daily
3. **Lecithin** capsules 1200 mg up to 6 daily
4. **Mega-Vitamin Kit** One of each daily
5. **FISHOL E.C.** (Omega-3) Two capsules three times daily
6. **Zinc Slow Release** 25 mg One every 8 hours
7. **Vitamin B 12** sublingual 5000 mcg daily
8. **R (+) Lipoic acid Slow Release** 100 mg three times daily
9. **Phosphatidyl Serine** 100 mg three times daily
10. **Carnosine E.C.** 400 mg capsules. One three times daily

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NUTRITIONALLY IMPROVED DIETARY PROGRAM



The success of any program of nutritional therapy is often founded upon a sound daily diet. In the case of disease or deficiency conditions, this is especially important since the body must receive substantial quantities of high quality "building blocks" such as protein to facilitate the vitamins and minerals in their action. The principle underlying the following nutritional recommendations is the elimination of food items which contribute little to no benefit to your nutritional or physical status and placing emphasis upon those which are beneficial.

Items to eliminate

Sugars: White and brown refined sugars, sugar substitutes such as saccharin or cyclamate. Use natural source sugars such as honey or molasses sparingly.

Refined Flours: White, partially refined flours, and products such as pastries, cookies, cakes or breads containing such flours.

Refined Grains: Hot and cold breakfast cereals, and any other cereal products not made from unprocessed whole grain. Moderate use of granola or multi-grain breads is acceptable. White rice and bleached or de-germed grains are unacceptable.

Pasta: Macaroni, spaghetti, and related items

Dried Fruits: Eliminate all dried fruits such as raisins, dates.

Other Fruits: Bananas, grapes, cherries, mangoes and avocado. Canned fruits with syrup should be completely eliminated.

Vegetables: Whole potatoes, corn, beans other than green or wax, peas and brown rice need not be removed from your diet, but used sparingly.

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Desserts: Virtually all prepared desserts with the exception of specially prepared dietary items or homemade preparations containing no refined sugar, such as fresh fruit cups

Miscellaneous: All snack foods, chips, candy products, ice cream and related items, deep fried items such as french fries should be removed.

Items to increase or feature

Dairy Products: Milk (2% or skimmed, raw, powder) buttermilk, yogurt (unflavored), cottage cheese, cheddar and other non-processed cheeses.

Grain Products: Wheat germ, bran, wholegrain cereals and bread, full fat soy flour, and other items prepared from whole oats, rye, barley, brown or converted rice.

Meat: All forms may be consumed liberally provided all visible fat is trimmed prior to cooking. Organ meats, poultry and eggs are excellent. Ham, sausages and most canned meat should be avoided.

Seafood: All types of fish excluding salmon, herring and fish canned in oil. Clams and other shellfish are excellent.

Nuts & Seeds: Nuts and seeds of all varieties may be consumed daily in moderate amounts provided they are unroasted, unsalted, and have no added oil. Especially good are toasted soybeans, raw almonds, cashews, pumpkin and sunflower seeds.

Vegetables: All vegetables except those under "eliminate". Should be used regularly and in abundance. Maximum benefit obtained from fresh or frozen foods,

rather than the canned variety. Emphasis should be placed on green, leafy vegetables, and the regular use of salads.

Fruit: All types except those listed under "eliminate", use regularly.

Beverages: All fruit and vegetable juices except grape, prune and those with added sugar. Weak tea, herbal tea, decaffeinated coffee and beverages listed under "dairy"

Note: Food should be well-chewed, eaten slowly and consumed in smaller amounts. Light between-meal and before-bed snacks are recommended. Avoid as much as possible any "instant" foods and products with chemical additives, colorings, or personally allergenic compounds. Care should be exercised in the preparation of foods; fry only in polyunsaturated vegetable oils and minimize consumption of fried foods. Vegetables retain maximum nutrients if quick-steamed or prepared in a wok. Brewer's yeast, wheat-germ oil, lecithin and bone meal are very useful supplements which may be liberally and imaginatively added to enhance the nutritional value of many foods. Medications should only be taken on the advice of a physician. Follow a program of regular exercise and drink plenty of water.

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OBESITY & TYPE 2 DIABETES



Fourth major risk factor

Hyperinsulinemia is also the clinical definition of Type II diabetes. This form of the disease, is also known as adult-onset diabetes, because it generally appears after age forty, and accounts for more than 90 percent of the diabetic population.

Type II diabetic patients are among those at the highest risk for heart attacks because of their elevated insulin levels. Elevated insulin is why people get fat in the first place. Elevated insulin levels also cause the body to increase the production of arachidonic acid, which is very bad for a cardiovascular patient. Type II diabetics have a condition known as insulin resistance. Even though their insulin level is already high, they are given drugs or injections of insulin to further increase the insulin level. This results in high levels of triglycerides, low blood levels of HDL, and hypertension. This is a deadly combination, a prescription for a heart attack.

Elevated insulin levels also cause the body to increase the production of arachidonic acid (AA), which also increases the chances of a heart attack.

On the other hand, good eicosanoids (from Omega-3) are powerful vasodilators. They inhibit the platelet aggregation that leads to blood clots, and they slow the proliferation of smooth muscle cells that can contribute to atherosclerosis.

Suggested Treatment

- Reduce your body's excess fat.
- Follow a strict hypoglycemic diet, no sugar or refined carbohydrates.
- Increase intake of omega-3 (**Fishol E.C.**) to reduce arachidonic acid levels. If the over production of bad eicosanoids (thromboxane A₂) is reduced, the likelihood of heart attack is greatly reduced.
- Stop smoking and drinking.
- Use only virgin olive oil and use freshly ground flaxseed.
- Regular cardiovascular exercise.
- Control homocystiene levels. Over and above taking a multiple vitamin and mineral supplement a daily intake of 2.5 mg of **folic acid**, 500 mcg of vitamin **B₁₂** and 25 mg of vitamin **B₆** daily is recommended.

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OSTEOARTHRITIS



Arthritis is a condition of pain and stiffness in any joint in the body. The two most common are osteoarthritic and rheumatoid arthritis.

OSTEOARTHRITIS

Osteoarthritis is the gradual loss of the soft smooth covering on the ends of bone (called cartilage) where two bones come together at the joint. It is caused by wear and tear on the joints.

Risk Factors for Developing Osteoarthritis

- Other family members with osteoarthritis.
- Excess weight.
- Repeated overuse of joints.
- Weak quadriceps (upper front of thigh) muscles.
- Health conditions such as diabetes, gout or bleeding disorders.

Symptoms

At least 2 weeks of pain in the joint while moving around that is usually relieved by rest, or stiffness when the joint is not being used that improves once the joint is moving again.

Managing your Osteoarthritis

1. Increase physical activity but limit high impact sports
2. If you are overweight, lose weight
3. Use hot and cold therapy
4. Use relaxation techniques
5. Pain relievers such as Anti-inflammatory medications (ibuprofen). Herbs: **Kripps Boswellia** 1 capsule 3 x day, **Kripps Turmeric** 1 capsule 3 x day, **Kripps Devil's Claw** 1 capsule 3 x day.
6. **Glucosamine HCL Chondroitin Sulphate** and **MSM** 1 capsule of each 3 x day
7. **Kripps Joint Cream/Kripps Vitamin D3 Cream**. These creams can be rubbed onto the skin to reduce pain in affected joints.
8. **Kripps Fishol E.C.** - 2 capsules 3 x day

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PEPTIDE PLUS



Thymosin beta 4 with HA

Rejuvenating, powerful anti-inflammatory, as well as stimulating production of collagen and elastin in trans-dermal moisturizing cream.

Although there have been dozens of biologically active peptides isolated from the thymus gland, early studies were carried out with an extract of the thymus gland known as Fraction Five. Fraction Five contains more than forty different peptides, many of which have powerful biologic activity.

One important peptide found in Fraction Five is called **thymosin beta 4**. What makes this molecule so important for youthful and beautiful skin is its function in healing wounds. As we age, it is more difficult for wounds to heal. A wrinkle can be considered a wound and Peptide plus can also accelerate wound healing and reverse the appearance of skin aging, especially wrinkles around eyes and mouth.

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Peptide plus also contains HA [Hyaluronic Acid], a natural humectant, which is a component of connective tissue whose function is to cushion and lubricate. HA occurs throughout the body in abundant amounts. People with hereditary connective tissue disorders have problems such as joints, heart valves, eyes and premature wrinkled skin. Peptide plus also contains natural moisturizer and is vitamin enriched.

Apply to face and neck once or twice daily.

Do skin patch test before use.

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PPC - 10% CREAM



Polyenylphosphatidyl Choline (PPC)

Function:

- Natural emollient
- Powerful anti-inflammatory
- Replaces phospholipids with self-repairing molecules
- Enhances delivery of other Compounds

Characteristics:

- Double bonds on molecule provide anti-oxidant capability
- Unsaturated; can rapidly penetrate skin and cell plasma membrane

Benefits:

- Enhances liver function when taken orally
- Increases cognitive function when taken orally
- Helps heal dry, chapped, inflamed skin when applied topically

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PROSTATE CANCER



A link between Diet and Prostate Cancer: One idea being evaluated is adoption of a low-fat diet. Conceivably, nutritional intervention might also prevent the development of symptomatic primary tumors.

Epidemiological studies comparing the eating habits of populations having high and low rates of prostate cancer indicate that a fatty diet, particularly one featuring a lot of red meat, favors the growth of prostate tumors. High consumption of fat is already infamous for promoting breast and colon cancers, but these studies indicate the effect is even stronger in prostate cancer. The U.S. and western European nations, which ingest the most fat, also have the highest prostate cancer mortality rates.

Laboratory experiments offer even more convincing evidence of a link between fat intake and prostate cancer. Fair and his co-workers at Sloan-Kettering have transplanted human tumors into mice and divided the animals into groups fed different amounts of fat. The tumors grew fastest in the groups having diets highest in fat.

Another dietary component that seems to influence prostate cancer-this time as an inhibitor of growth-is soy protein. Soy reduces the amount of testosterone circulating in the blood and also inhibits an enzyme that converts testosterone to its more potent form in prostate cells.

Summary:

1. Reduce red meat, eat more cold water fish. Supplement Omega-3 with **Fishol E.C.** and freshly ground flaxseed.
2. Eliminate all vegetable oils except virgin olive oil and no margarine.
3. Increase Soy products, especially **Soy-Isoflavone.**

Supplement **Vitamin E, Selenium, Zinc,** increase tomato products and take two **Lycopene** capsules daily.

For more details talk to our pharmacist.
Saw Palmetto, 1 capsule, 3 times daily
Pygeum, 1 capsule, 3 times daily
Nettles, Infusion, tincture, extract, capsules.

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PSORIASIS



Psoriasis is a chronic, inflammatory disease associated with a hyperproliferation of the skin. It may also affect some joints. Psoriasis can affect anyone at any age, but it is usually seen in patients between the ages of 20 to 60 years.

It has been shown that psoriatic cells grow sevenfold faster than normal skin cells. The duration of the cell in psoriasis is 36 hours compared to 311 hours as seen in the normal cell. The result is increased epidermal cell production and growth with new cells forming faster than old cell can be sloughed off.

Some psoriatic lesions contain 30 times the normal levels of arachidonic acid and Prostaglandin E2 levels are 50% higher than normal. There are eight types of psoriasis. Plaque Psoriasis, Guttate Psoriasis, Erythrodermic Psoriasis, Inverse Psoriasis, Postular Psoriasis, Scalp and Face Psoriasis, Nail Psoriasis and Psoriatic Arthritis.
Treatment of Psoriasis

Consult with a dermatologist. Topical glucocorticoids tend to stabilize levels of arachidonic acid and prostaglandins.

Suggested further protocol

1. To reduce arachidonic acid take two **FISHOL E.C.** four times daily and eliminate all vegetable oils and hydrogenated fats. Use only virgin olive oil.
2. Take one capsule of **Slow Release Zinc-n-Tin** every 8 hours
3. Apply **Sunshine Vitamin D Cream** twice daily
4. **Mega-Vitamin Kit** one of each daily
5. **Fumaric Acid Cream** apply twice daily

Some practical tips: Do not rub, scratch, pick, exfoliate or irritate your psoriasis. Use steroid medication sparingly. Do not rub in medication vigorously – gently dab in on. Sunshine Vitamin D Cream is also a moisturizing cream – a good time to apply is after bathing while your skin is still wet.

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R(+) Lipoic Acid + Biotin



Beauty Cream

Anti-Inflammatory & Anti-Wrinkle

"Lipoic acid inhibits Nuclear Factor Kappa B (NFkB) better than anything else," states Dr. Nicholas Perricone. The ability to inhibit NFkB seems a key to anti-inflammatory action. And if inflammation plays a central part in skin aging, as Perricone believes, then an effective anti-inflammatory cream makes perfect sense.

Lipoic acid cream has been found to significantly reduce the appearance of fine lines and shallow wrinkles. The surprising discovery made by Dr. Perricone (Feb 2001 Life Extension p. 43) was that lipoic acid can also help reduce the appearance of acne scars.

Another benefit of topical **lipoic acid cream** is that it improves the appearance of tone and texture of skin around the eyes. This puffiness, or swelling, is technically called edema, and is one of the visible signs of inflammation (redness is another: since inflammation is pro-aging, beware of products that irritate your skin to the point of redness).

The greatest enemy of youthful looking skin is probably smoking. "There is a 15 to 20 year difference in appearance between smokers and non-smokers," Dr. Perricone asserted. Over exposure to sun also causes skin damage.

The effective concentration of **lipoic acid cream** is 5% with **Biotin** 1000 mcg/gram. Applied once or twice daily, or as directed by a health professional. Although allergy to lipoic acid cream is very rare, a skin patch test is recommended.

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REFLUX



All natural alternative to gastric distress

D-limonene has been shown to provide fast-acting, long-lasting relief from gastric distress. All natural standardized extract d-limonene derived from orange peel oil is thought to coat the esophagus and guard against caustic stomach acid, while helping to reduce the amount of gastric juices regurgitated back into the esophagus.

Gastric distress poses far greater dangers than painful burning sensations. Constant regurgitation of harsh stomach acids from the stomach into the esophagus can damage the delicate lining of the esophagus and increase the risk for problems of the upper digestive tract.

In one study, an astounding 89% of participants reported resolution of gastric distress after taking 1000 mg (1 gram) of orange peel extract every other day. 83% reported significant relief after only 2 weeks.

No adverse side effects were reported, and some participants reported relief lasting up to six months.

D-limonene does not contain any harmful compounds and does not shut down the natural production of stomach acid that is need-

ed for normal healthy digestion.

The recommended intake of one level teaspoon of Refluxx emulsion (containing 1000 mg of standardized orange peel oil) every other day for 20 days. Refluxx should be taken 1/2 hour before food or one hour after meals with water or another beverage.

Refluxx is available as an emulsion in 60 ml bottles (12 doses). Store in a cool place out of reach of children. SHAKE BEFORE USE.

CAUTION: Do not use Refluxx if you have, or suspect you have, an ulcer.

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RHEUMATOID ARTHRITIS



Rheumatoid arthritis is a condition of on-going swelling of the inner lining of joints. The body's immune system mistakenly starts to attack the lining of a joint and causes it to become inflamed. Rheumatoid arthritis can also affect other organs such as the heart, lungs or eyes.

Risk Factors for Developing Rheumatoid Arthritis:

1. Family History

Managing your Rheumatoid Arthritis:

1. Increase physical activity
2. Stop Smoking
3. Consider fasting and vegetarian diets
4. Eat more fish oil
5. Kripps **Fishol E.C.** 2 capsules 3 x day
6. Pain relievers such as acetaminophen and anti-inflammatory medications.
7. Kripps **Boswellia**, Kripps **Turmeric** and Kripps **Devil's Claw**
1 capsule 3 times a day of each
Kripps **Joint Cream/Vitamin D3 Cream**
Apply on joints liberally.

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ROSACEA



Rosacea is the fifth most common diagnosis made by dermatologists and is estimated to affect 5% of the population. It is a chronic and progressive cutaneous vascular disorder and is often misdiagnosed as adult acne.

A high percentage of patients with cutaneous rosacea have some signs or symptoms of ocular involvement (mild conjunctivitis, grittiness, complaint of "dry eyes")

The underlying cause or causes of rosacea are not understood, but certain factors are known to aggravate the condition, including the consumption of alcohol, hot liquids, and/ or spicy foods; exposure to sunlight; extremes of temperature; and the use of makeup and skin products containing alcohol; stress, vitamin deficiencies, inflammation and infection can be contributing factors. The things that aggravate one person's rosacea may have no effect on another person.

Rosacea is most common in white women between the ages of thirty and fifty. When it does occur in men it tends to be more severe. In rare cases, rosacea may affect the skin in other parts of the body as well as the face. It is not a dangerous condition, but it is chronic and can be distressing for cosmetic reasons. Without proper care, it can develop into a disfiguring condition. Consult with a dermatologist.

Suggested protocol

Protect from the sun with use of proper clothing and use an effective sunscreen [SPF 30]

Chronic use of sunscreen may produce vitamin D3 deficiency. Use **Vitamin D3 cream** daily.

Avoid trigger factors [see above]

Take **Tin-n-Zinc SR** [slow release]: One capsule three times daily and decrease to one daily after improvement. [30 to 60 days]

Take Two **FISHOL E.C.** [anti-inflammatory] three times daily and reduce to one three times daily after 30 to 60 days.

Take **R(+)** alpha lipoic acid capsules **100 mg** each twice daily

Take 2 Horse Chestnut capsules twice daily

Pantothenic acid [vitamin B5] powder. Take ½ teaspoon 4 times daily and gradually reduce with improvement.

Use **pantothenic acid and biotin cream** freely

Take one **biotin** capsule 1000 mcg up to three times daily

Apply **Copper Peptide Serum, Green Tea Serum.**

Use **Kripps Rosacea Mask.**

Reduce intake of sugar and refined carbohydrates. No hydrogenated fats - use only extra virgin olive oil

Avoid the use of topical corticosteroids; they can precipitate or worsen Rosacea, avoid the use of astringents or alcohol based cosmetics. For females green-tinted foundation works well at camouflaging the erythema of Rosacea.

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SARCOPENIA



Loss of Muscle Mass

Sarcopenia is the age-related loss of muscle mass, strength, and functionality. It generally appears after age of 40 and accelerates after the age of approximately 75.

Although most often seen in physically inactive people, sarcopenia is also common in those who remain physically active throughout their lives. Therefore, while engaging in regular physical activity is essential to avoid sarcopenia, inactivity is not the only contributing factor to this condition. Like osteoporosis, sarcopenia is a multifactorial disease process that may result from sub-optimal hormone levels, inadequate dietary protein, other nutritional imbalances, lack of exercise, oxidative stress, and inflammation.

Sarcopenia and osteoporosis are related conditions, and one often accompanies or follows the other. Muscles generate the mechanical stress required to keep our bones healthy. When this muscle activity is reduced, it increases our susceptibility to loss of bone mass, often initiating a vicious circle of declining health and functionality.

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Moreover, this loss of muscle mass can have additional far-ranging effects beyond an obvious loss of strength and functionality. Muscle acts as a metabolic reservoir. After a traumatic event, for example, muscle produces proteins and metabolites required for survival and recovery.

Factors to consider in preventing loss of muscle mass

1. Adequate intake of quality protein and proper digestion and assimilation. Amino acid supplementation may be indicated.
2. High quality Vitamin Mineral capsules (**Mega-Vitamin Kit**)
3. **FISHOL E.C.** 1000 mg Omega-3 capsules 3 daily
4. **Vitamin D3** 1000 iu daily and or **Vitamin D3 cream**
5. Regular exercise, particularly weight training
6. Hormonal factors
7. **Creatine** may be indicated in muscle atrophy

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SOLU-GEN



Soluble Collagen

Our beautiful, youthful skin is chiefly composed of collagen. When collagen breaks down the result is micro scars that lead to wrinkles.

Soluble Collagen one of the most effective moisturizers available is characterized by a triple helical structure. It is the reservoir-like shape of this triple helix that gives the material its high capacity for moisture retention. Given this high affinity for water, Soluble Collagen helps skin recover its elasticity. Collagen itself is the main constituent of connective tissue, comprising about 90% of the dermis of the skin.

When **Solu-gen** (Soluble Collagen) is combined with **Hyaluronic acid** or **Kripps moisturizing cream**, the films they form have an immediate effect and help produce a smooth, velvety after feel that remains persistent on the skin.

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STORAGE: Solu-gen must be stored below 28 degrees Celsius to prevent the loss of the native helical structure.

USE: Solu-gen may be applied freely to any part of the skin where hydration is needed one or twice daily.

AVAILABLE: In drops in 15 ml and 50 ml dropper bottles.

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STROKE



A stroke is defined as brain damage caused by disruption of blood flow to the brain. A stroke may occur when blood flow to the brain is reduced. A blood clot blocks a blood vessel in the brain. A stroke may also be caused when a blood vessel ruptures in the brain, and blood leaks into brain tissues.

Risk Factors for Strokes

- High blood pressure
- Ongoing irregular electrical rhythms in part of the heart, diabetes, high cholesterol, previous heart attacks
- Previous reversible "warning strokes"
- History of a parent having a stroke
- Infrequent physical activity
- Overweight, drinking

Symptoms

- Sudden weakness, numbness and/or tingling in the face, arm or leg, usually on one side of the body
- Sudden blurred or decreased vision, particularly in one eye, or double vision
- Temporary loss of speech
- Sudden, severe, and unusual headaches
- Unsteadiness or sudden falls

Prevention

- Stop smoking
- Reduce alcohol and table salt intake
- Get regular physical activity
- Eat more vegetables, fruits and whole grain foods
- Reduce high blood pressure and cholesterol
- Control diabetes

Kripps Protocol

- Kripps **Resveratrol** 1 capsule 3 times a day
- Kripps **Fishol E.C.** 2 capsules 3 times a day
- Kripps **Idebenone** 1 capsule 3 times a day
- Kripps **Vitamin C** 1000 mg S.R. 2 times a day
- Kripps **Vitamin D3** 1000 I.U. 3 times a day
- Kripps **Carnosine E.C.** 1 capsule 3 times a day
- Kripps **Lipoic Acid S.R.** 1 capsule 3 times a day
- **Sublingual B12** 1 capsule daily

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THYROID WORK SHEET



Medication: Use as prescribed by your physician. We recommend that your medication be taken in divided doses. (Eg., ¼ dose every 6 hours) If you are taking slow release T3 it should be taken ever 12 hours. Note: "NEJM" article Feb 11,1999 states "The ideal replacement regimen when thyroid-gland function is absent or nearly absent might consist of 10 mcg of T3 daily in sustained-release form along with enough thyroxine to ensure euthyroidism" (5 mcg every 12 hours). Also, read "Thyroid Awareness", available at the pharmacy. Note: an excessive serum Mercury measure almost always affects the thyroid gland.

Hypoglycemic Diet: Carefully follow this diet. It is designed to prevent hyperinsulinemia (high insulin levels) High insulin levels produce bad eicosanoids. Do not get hungry, if you do- it is too late. Have 3 parts of protein to 4 parts of unrefined carbohydrates including fruits and vegetables. Use only virgin olive oil.

Digestive Aid: If you are prone to gas, bloating or constipation use Mega-Zyme capsules and Carb-ase E.C. To start, take one capsule of each just before food and increase Mega-Zyme only to 2,3 or 4 capsules . Avoid taking liquids ½ hour before, during or after food. But, drink plenty of liquids between meals. Always eat protein first at every meal.

Prepared by Dr. Edward Thorpe, PhD.

Kripps HealthCare Rx

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Tyrosine: The amino acid tyrosine is an essential constituent of both thyroid hormone and the brain chemicals noradrenaline and dopamine. Recommended: Tyrosine supplements, 500 mg, three times daily with meals.

Chromium: Take one 250 mcg capsule daily. This helps to stabilize the sugar level.

Ashwaganda: Take one to four capsules daily, with food.

Guggulipid: Take one capsule twice daily and increase to two capsules twice daily. It is a natural herb which has been shown to exhibit thyroid-stimulating activity by sensitizing thyroid receptors. Guggulipid has significant ability to lower serum cholesterol and triglyceride levels.

Io-plex: Take one to four 12.5 mg capsules daily for 3-6 weeks, with food.

Multi-Vitamin Supplementation: Take a multiple vitamin and mineral supplement such as two "BEST" tablets daily, or one of each "Mega-Vitamin Kit" supplement daily.

Omega-3: This essential fatty acid produces good eicosanoids and is extremely low in our diet. Take two "FISHOL E.C." daily. This is the best source of activated Omega-3 and it is protected from stomach acids by enteric coating.

Flaxseed: Freshly ground. Use one or two

tablespoons daily. Contains Omega-3 and good fiber also read Nutrition Alert, available at the pharmacy.

Vitamin B 12 injection: Ask your physician for a few injections. Or take one capsule daily of Mega-B12 1000 to 2000 mcg (methylcobalamin with folic acid) sublingual SR.

Avoid undue stress, environmental pollution, alcohol, coffee, tea and sugar and white flour. Exercise regularly in moderation

Body Temperature: Normal is 98.6F or 37 C. Use a glass thermometer, preferably a Basal Thermometer three hours after awake.(If below 36.7 or 98.2, have your thyroid checked) Your physician may want to test for Free T4, Free T3 and TSH.

1.Dr.Guy Abraham. For more information, read Thyroid Awareness, by Stephen Kripps, available at Kripps Health-Care Rx.

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WEIGHT MANAGEMENT



- Insure adequate intake of Vitamins and Minerals (**Two BEST daily**) and two **FISHOL E.C. Omega-3**. (for more information on Omega-3 see Nutrition Alert publication by Steven Kripps Ph.C. Pharmaceutical Chemist)
- Eat a balanced diet (Nutritionally Improved Dietary Program (available upon request))
- Freshly ground flaxseed is a good source of fiber, keep in freezer part of your fridge. Keep a two weeks supply or less to retain freshness, take two table-spoons each morning
- Eliminate all vegetable oils except virgin olive oil. Use a little butter and no margarine
- Have plenty of exercise and reduce stress
- Take one **Chromium** 250 mcg daily
- Take 5 **Amino-Grams** two to three times daily
- Take **WEIGHT-GO *HCA** two to four capsules 30 to 60 minutes before each meal. (Weight-Go contains Garcinia cambogia Desr. A rich natural source of (-)-hydroxycitric acid.)
- **Pantothenic Acid Powder** 1/2 tsp up to 4 x daily

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WEIGHT REDUCTION



With pantothenic acid (Vitamin B5) so closely related to lipid metabolism, the question is raised if it has anything to do with obesity, and hence weight reduction.

Regarding negative calorie balance and dieting, the only guiding principle behind weight reduction is that calorie intake must be less than the calorie output, so that there is a negative calorie balance. The body will try to make up for this negative balance by burning the fat that is stored in the fat cells, the so-called depot fat. In this process, fat in the body is consumed, and the individual loses weight. This sounds rather simple and the goal should therefore easily be achieved. In practice, however, this is quite a different story. By taking in less than what is actually needed, the dieter in fact faces two hurdles that may prove too difficult to overcome. There is the problem of hunger. It takes enormous self-restraint and determination to keep the appetite in check. But more troublesome and difficult to manage is the weakness, sweating, dizziness and fainting episodes that follow the sensation of hunger.

The solution: When 10 grams of Pantothenic Acid (Vitamin B5) are added daily in divided doses the body burns the fat for energy without producing ketones. It is these ketones that produce all the undesirable side effects such as weakness, sweating, dizziness, hunger and bad

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breath. One can just fast or semi-fast and all the energy will be converted from the body's stored fat. The stored fat will be steadily depleted, and the individual will gradually and slowly lose weight.

One hundred participants were given 1000 calories a day together with 10 grams of pantothenic acid a day, in four divided doses four hours apart between meals. The average weight loss was about 1.2 kg per week. Ketone bodies in the urine were monitored and were found absent. The patients exhibited no weakness. Daily activities were carried out normally. In a few cases Vitamin B5 had to be increased to 20 grams per day. There are no toxic effects with high doses of Vitamin B5, there is actually improvement of the general state of health for those taking large amounts of pantothenic acid every day.

Ref: Journal Orthomolecular Med. Vol 12, No.2, 1997

Suggested Protocol:

- Take one-half teaspoon **Vitamin B-5** four times daily between meals, more if needed.
- Follow Nutritionally Improved Dietary Program; reduce calorie intake. Take two **"BEST" Vitamin and Mineral tablets**
- Take two **FISHOL E.C.** to provide Omega-3 essential fatty acid
- Take 1 tablespoon of freshly ground flaxseed for fiber
- Take plenty of fluids and exercise in moderation. After desired weight loss is achieved, reduce intake of Vitamin-B-5 to two grams per day.

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