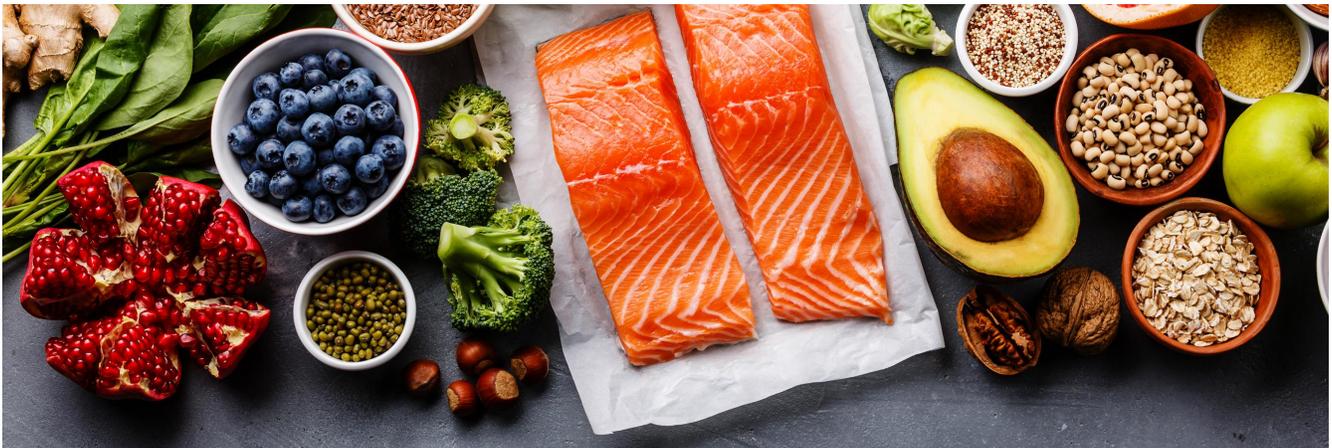


VIS CLINIC NEWSLETTER

The Science of Nutrition



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Using the Mito-Keto Food Plan to Promote Mitochondrial and Brain Health

Vis Clinic is launching the Mito-Keto Food Plan Series this Summer. The plan focuses on supporting healthy mitochondria using therapeutic foods that improve energy production. The Mito-Keto Food Plan uses food for optimal energy while preventing accelerated aging in our most susceptible tissues.

Mitochondria are structures in every cell that make energy by using oxygen and nutrients from food. The cells in the brain, heart, nerves, muscles, and organs all have higher concentrations of mitochondria. These parts of the body are also more susceptible to a premature decline in function caused by a host of common insults. Harmful food choices can contribute to this decline, leading to poor health and chronic illness. Healthy mitochondria are pivotal for cellular survival, overall vitality, and graceful aging. Research has shown that diet and lifestyle interventions can be

helpful in providing support for healthy mitochondria. When the mitochondria are working well, they help to reduce fatigue, pain, and cognitive problems while supporting muscle mass and burning excess fat. Damage to the mitochondria can be the result of eating foods that encourage generalized inflammation and pain. This damage increases the risk of developing diabetes and various neurological conditions such as Parkinson's disease, Alzheimer's disease, multiple sclerosis (MS), and amyotrophic lateral sclerosis (ALS; often called Lou Gehrig's disease).

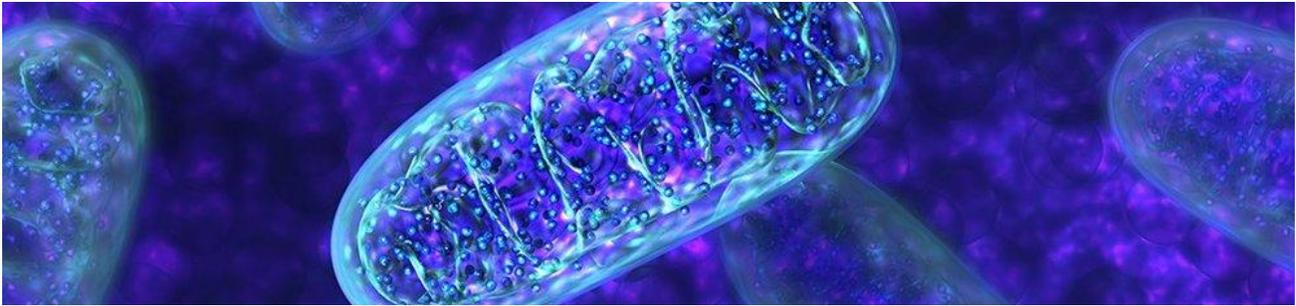
Brain-derived neurotrophic factor (BDNF) is a protein that protects neurons and plays a role in creating new neurons. Neurons transmit information to each other in the brain. BDNF acts like a growth hormone for neurons.

It is vital for thinking, learning, and a higher level of brain function. It turns out that levels of BDNF are lower in those with Alzheimer's disease and Parkinson's disease. Increasing one's levels of BDNF is a first line of defense against these neurological diseases. How can a person do this? A state of ketosis, brought on by following the Mito- plan that is lower in carbohydrates, appears to provide the most efficient fuel for the mitochondria and activate BDNF. The gene that turns on BDNF production is activated by several factors. These include calorie restriction and intermittent fasting, which are core components of the initial Mito-Keto plan. Conversely, the standard American diet (SAD), obesity, and elevated blood sugar lower levels of BDNF.

Apolipoprotein E4 (ApoE4) is involved in cholesterol transport and has been suggested as the primary genetic risk factor for Alzheimer's disease. Dietary fat composition seems to be an important factor in blood-brain barrier function and cholesterol levels, both of which are involved in the neuropathology of many neurological diseases including Alzheimer's. In carriers of the ApoE4 gene, metabolism of DHA (fish oil)—which is important for healthy neurons in the brain—may be disrupted. It is important for those with ApoE4 genes to follow a lower saturated fat and higher plant /grass/fish based fat diet. The low dairy higher plant-based fat Mito-Keto diet is perfect for those with the ApoE4 gene who still want to enjoy some animal-based foods.

Food provides a complex message to the body, and the goal of personalized nutrition plans is to ensure that message is one encouraging health and wellness. Leading experts have found that there are key foods that support mitochondrial health and delay the aging process. These foods are highlighted in the list of Therapeutic Foods in the Mito-Keto Food Plan.





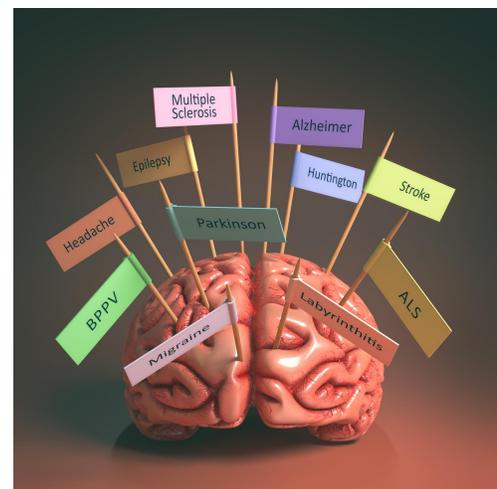
Ketosis and the Brain

It is believed that Ketosis was first introduced by clinicians as a treatment for epilepsy in the 1920s. Over the last decade, researchers have been studying the effect of ketosis on other neurological and mitochondrial disorders with great results.

Mitochondria, often called the powerhouse of cells, are structures in every cell that make energy by using oxygen and nutrients from food. The cells in the brain (as well as the heart, nerves, muscles, and organs) all have higher concentrations of mitochondria. These parts of the body are more susceptible to a premature decline in function caused by poor nutrition, high stress, and toxin exposure. When the mitochondria are working well, people are less likely to have symptoms of fatigue, pain, and cognitive problems. The brain accounts for around 20% of total energy used throughout the body and cannot directly use fat for energy. Once the liver is depleted of glycogen (glucose), the brain needs a backup energy source. This is where ketones come in handy. Ketones are released into the bloodstream and taken up by the brain and other organs, then carried to the mitochondria and used up as fuel.

Many neurological diseases share one major problem, lack of energy production. Ketones are an alternative energy source to maintain normal brain cell metabolism. A keto diet approach may be therapeutically used in many neurological disorders, including Alzheimer's disease, Parkinson's Disease and many other neurodegenerative diseases.

Vis Clinic is offering a 3-part nutrition series on the Mito-Keto Food Plan. This plan focuses on supporting healthy mitochondria through the use of therapeutic foods that improve energy production. By eating the right quantity of proteins, fats, and carbohydrates, the Mito-Keto Food Plan will help fuel energy production, decrease oxidative stress, and support blood sugar balance.



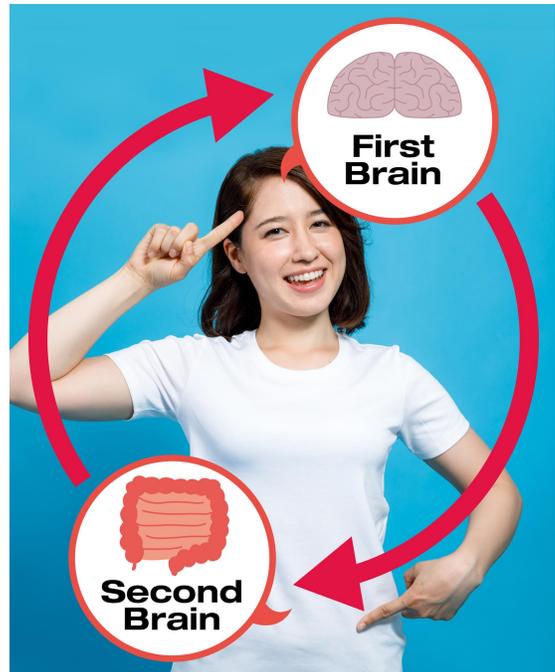


Who can benefit from the Mito-Keto Food Plan?

- Do you struggle with chronic disease?
- Do you have risk for type 2 diabetes, Cardiovascular disease, or Alzheimer's disease?
- Do you have a family history of neurological diseases such as Parkinson's disease, multiple sclerosis or Alzheimer's disease, amyotrophic lateral sclerosis (Lou Gehrig's Disease)?
- Are you experiencing chronic fatigue?
- Are you experiencing high stress and low energy?
- Do you have Sarcopenia?
- Are you dealing with chronic pain?
- Are you in early stages of neurological disease?
- Or do you have diabetes or insulin resistance?
- Are you experiencing cognitive problems?

Save Your Brain with Butyrate

Our brains and our gut are highly connected, so much so that often the gut is referred to as “the second brain”. We have known this for nearly centuries, but it has not been until recent years that the science community has been able to provide proof of the workings behind this interconnection. In this article, we will discuss the role butyrate plays in this gut and brain connection and how you can begin to investigate your butyrate levels and save your brain! First, you must understand that our brains continue to grow after birth. It was once believed that you had all your brain cells you will ever form the day you were born.



The good news is this was all wrong! Now we know all about ‘neurogenesis’ and how the hippocampus which is part of our limbic system can grow new neurons. This is the part of our brain that controls learning and memory, spatial navigation, mood, amongst other things. This is also the part of the brain that gets most severely affected in many neurological disorders including Alzheimer’s, Huntington’s disease, Parkinson’s disease, and epilepsy. Exercise, eating a healthy plant-based diet, meditation, and sex are the main tools we know of that can improve this neurogenesis. The opposite is true with aging, drug addiction, depression, high fat/high sugar diets. The question is HOW? How do these practices promote growth of new brain cells? One answer is Butyrate. Bacteria in the gut break down fiber in our diet, yielding a variety of substances, including butyrate.

NOW WE KNOW ALL ABOUT 'NEUROGENESIS' AND HOW THE HIPPOCAMPUS WHICH IS PART OF OUR LIMBIC SYSTEM CAN GROW NEW NEURONS.

Butyrate serves as the main energy source for colonocytes, the cells that make up the gut lining of the colon. In return for this fuel, the colonocytes maintain an oxygen-free environment to keep the gut bacteria happy. This beneficial relationship has been shown to help in the absorption of electrolytes in the colon (large intestine), and a disruption of this relationship has been shown to cause damage and inflammation in the intestinal lining (mucosa), which has been linked with obesity and type II diabetes as well as other immune disorders. Butyrate keeps the colon working efficiently and has strong anti-inflammatory properties suppressing colonic and liver inflammation. Butyrate has also been established as a neurogenesis regulator. Research has shown that it will increase the levels of fibroblast growth factor 21 (FGF21), an anti-ageing signaling protein, that in turn has a positive effect on other longevity signaling proteins. This FGF21 can cross the blood brain barrier and activate Brain-derived neurotrophic factor (BDNF), which is the protein that encourages neurogenesis.

Butyrate can also help initiate sleep. There is prior evidence that the liver is involved in peripheral sleep signaling, which now we believe may be due to butyrate concentration. Butyrate acts on the liver and/or the portal vein to promote Non-rapid eye movement sleep (NREMS). I bet you didn't know your GI bacteria actually help you sleep – how cool is that? Butyrate is one of the many reasons why our dietary habits are so incredibly important for our health. If you do not have plenty of dietary fiber in your foods, you are not going to have enough butyrate for your body to stay healthy. Selective species of probiotic bacteria in your gut produce butyrate by feasting on soluble dietary fiber components in our foods such as resistant starches, pectins and inulin.

Butyrate is amazing. If you have any of the following symptoms or diseases you may be low in butyrate: inflammatory bowel diseases, epilepsy, constipation, diarrhea, gas/bloating, fatigue, brain fog, insomnia. The best news is you can find out your level by testing! Through stool sampling we can measure the average level of butyrate in your gut to access if low butyrate is playing a role in your health concerns.





If you are low, there are many ways you can start to help your friendly bacteria make more. First step is increasing your intake of resistant starches, pectins and inulin.

- Foods high in resistant starch include beans, oats, and potato salad or pasta salad (potato and pasta that are eaten cold).
- Foods high in pectin include apples, peaches, and apricots. Citrus fruits are high in pectin, but most of it is in the peel.
- Foods high in inulin include chicory root fiber, Jerusalem artichoke, onions, and leeks.

Secondly, you can take 'prebiotic' supplements to feed these bacteria. This is especially useful for those with certain food intolerances or other gastrointestinal concerns that the above foods may exacerbate. The prebiotic supplement Vis clinic practitioners recommend is **Biotagen**.

Thirdly, you can consider a good probiotic supplement. Here at Vis Clinic we often recommend the refrigerated multistrain **Therbiotic capsules** or powder or **Prodegin** which is our chewable blend. In addition, we offer freeze dried **ProbioMax** strains.

Sometimes it is necessary to take oral encapsulated Butyrate. Vis Clinic uses **Cal-Mag Butyrate** especially on those individuals who are experiencing cell membrane dysfunction due to microbial insults. Oral butyrate can aid in the removal of 'renegade' fats that accumulate in our cell membranes and cause inflammatory diseases. In those with significant colon inflammation, there is also the option of using butyrate enemas and suppositories!

So many great ways to begin to help our little friends in our guts SAVE OUR BRAINS!

Phospholipid Exchange Therapy For Optimal Cell Membrane Health

Phospholipid Exchange Therapy is an intravenous technique for supplying the correct proportion of fats and oils in a bioavailable form to replenish cell membranes and membranes within cells. Lipid infusion is a technique that has been practiced for decades, especially in Eastern Europe, and is a form of anti-aging medicine that has been shown to combat cellular oxidation and oxygen radicals (especially important now with coronavirus concerns).

Dysfunction in the brain, nervous system and immune system can be caused by a host of factors, including all of the harmful chemicals we are exposed to on a daily basis – from preservatives in food, to prescription drugs and pesticides – which may get stuck in cellular membranes, causing havoc in the body. Providing an abundance of clean oils helps to displace bad oils in the brain which hold these polluting toxins.

Phospholipid exchange therapy has the ability to dramatically improve the outcomes of patients in a wide range of neurologic, psychiatric and immune disorders such as Alzheimer's, ALS, multiple sclerosis, Parkinson's disease, fibromyalgia, epilepsy, Lyme disease, chronic fatigue, autism, bipolar disorder, seizures, cardiovascular disease, and many more.

BENEFITS OF PHOSPHOLIPID EXCHANGE THERAPY

Clinical experience has shown that phospholipid exchange therapy may be used for a number of conditions and issues, and that the benefits include:

Restores the appropriate balance and content of lipids in fatty cellular membranes.

Enhances the cellular activities of the liver, nervous system, cardiovascular system and the immune system.

- Assists in metabolism and replication of genetic molecules
- Rectify disturbances in methylation due to toxic exposure





HERE'S HOW IT WORKS...

Lipids serve as the basis of every cell membrane in our body. These lipids, which include phospholipids, glycolipids, and cholesterol, are essential for a host of functions and necessary to maintain health. However, when exposed to external factors like toxins, pathogens, heavy metals, and different stressors, your DNA, cell membranes and mitochondria can become incredibly dysfunctional. This allows toxins to be absorbed and fatty lipid rafts to accumulate, resulting in deranged cells that are unable to restore themselves and function properly.

This dilemma is also known as neurotoxicity and fat imbalance in cell membranes, one of the causative factors for many neurodegenerative diseases.

The process of phospholipid exchange therapy **enables membranes to effectively eliminate stored toxins and regain stabilization of membrane function.**

Phospholipid Exchange Therapy involves intravenous infusions of three substances: **Phosphatidylcholine (PC), Glutathione and Folinic acid.** Each of these occurs naturally in the body.

- **Phosphatidylcholine (PC)**

The outer membrane of all cells is made up of a double layer of lipid (fat) molecules. Phosphatidylcholine (PC) is the largest and most abundant of these lipids. The composition of the membrane is very important to the health and function of a cell. PC is particularly important to the activities of cells in the liver, nervous, cardiovascular and immune systems, and for proper hormone function.

As we age, and in disease, the proportion of PC in membranes declines. Cells are then less able to carry out their normal metabolic activities and eliminate toxins. PC, given intravenously, is incorporated into cell membranes, restoring the balance of lipids, and improving cellular function, energy and detoxification.

"Of the tens of thousands of molecules that make up the life of a cell, Phosphatidylcholine (PC) stands apart...PC is the largest concentration in the membrane and reigns supreme of all cell components...the pinnacle of the marvelous membrane and all metabolism"



- **Glutathione**

The glutathione molecule is the main antioxidant in all cells, and it is the foundation of the liver's primary detoxification pathway, as the liver is the main site of glutathione synthesis. Glutathione can bind to foreign substances and toxins so that they can be eliminated from the body. Stores of glutathione in the liver may be decreased by environmental toxins, heavy metals, infections and drugs. Glutathione given intravenously helps to restore the liver's glutathione levels.

- **Folinic Acid**

Folinic acid, a form of the B-vitamin folic acid. It is important in the metabolism of amino acids (the building blocks of protein), and in the synthesis and replication of genetic molecules. Folinic Acid is included in the lipid exchange to boost the metabolic pathways that cells use to eliminate toxins.

IV PHOSPHOLIPID EXCHANGE INFUSION

The infusion is given via IV over a 20-minute period while the patient sits comfortably in a recliner.

Frequency is dependent on the patient's condition. It can be given up to twice daily five times per week. Most patients would require infusions two to three times weekly. Phospholipid exchange generally requires at least 20 sessions to notice some improvement. Chronically ill patients will require more long-term infusions to see benefit.

DOES PHOSPHOLIPID EXCHANGE WORK BEST WITH A CERTAIN DIETARY PATTERN?

Vis Clinic recommends using the Mito-Keto Food Plan for best results in optimizing Phospholipid recovery in the cell membranes. The Mito-Keto diet is full of beneficial anti-inflammatory dietary fats that are crucial for repairing and rebuilding cell-membrane health critical for optimal neurological functioning. In addition, Intermittent Fasting coupled with the Mito-Keto Food Plan can provide a jump-start for promoting brain function. For more information check out Vis Clinic's 3-part nutritional webinar series on the Mito-Keto Food Plan.

DOES PHOSPHOLIPID EXCHANGE WORK WITH OTHER THERAPIES?

We often use the Phospholipid Exchange protocol along with IV EDTA Chelation to promote systemic detoxification along with membrane restoration. Methyl B12 injections and B complex injections can augment therapy in some cases. The 25 Day or 10 Day Vis Cleanse can augment the Phospholipid exchange by decreasing toxic burden in fatty tissues.

Oral Nutritional Therapy: PhosphaLine 100% Pure Polyenylphosphatidylcholine Concentrate, CDP-Choline, Cal-Mag Butyrate, Intracellular Glutathione, Essential Fatty Acids, Active B vitamins, Active minerals and Methylation support may be recommended.

SCIENCE & SAFETY

In a recent study, results indicated significant and sustained clinical neurological improvement within the first few weeks after initiation of oral and intravenous treatment of the PK Protocol in a patient population of 300 subjects.

Source: The PK – Membrane Stabilizing – Protocol For Neurological Disorders

Collected evidence suggests that even a small deficiency in the lipid content of neurons and myelin can interrupt their function. Phospholipid therapy can stabilize the membrane and organelles on the cellular level within the central nervous system. According to the research conducted by Neurolipid Research Foundation, a significant neurological improvement was documented in patients who followed six months of an oral and intravenous lipid regime.

source: MEMBRANE STABILIZATION FOR SEIZURES AND NEUROLOGICAL DISEASE WITH NEUROMETABOLIC PHOSPHOLIPID INTERVENTION
Neurolipid Research Foundation, 2012-2015

VIS CLINIC RECOMMENDS USING THE MITO-KETO FOOD PLAN FOR BEST RESULTS IN OPTIMIZING PHOSPHOLIPID RECOVERY IN THE CELL MEMBRANES.



Supplement Spotlight

Cal-Mag Butyrate

Oral butyrate plays a critical role in repairing the lining of the gut and all the cells within your Gastrointestinal tract. Keeping a healthy intestinal barrier is important for maintaining healthy inflammation. If the barrier is compromised harmful bacteria and bacterial substances called lipopolysaccharides (LPS) can break through the lining of the GI tract into the blood stimulating an inflammatory cascade. While you are working on proper butyrate production through better microbial balance, oral butyrate can aid as a supplement until your friendly bacteria are healthy enough to produce their own. Moreover, butyrate has been shown to protect the brain and enhance plasticity in neurological disease models. Vis Clinic uses Cal-Mag Butyrate which provides 600 mg of Butyric Acid buffered with a small amount of calcium and magnesium. It should be taken with food.



BiotaGen

BiotaGen is a distinctive formulation of soluble dietary fiber with prebiotic activities to help stimulate the growth of your colonic beneficial bacteria and enhance gastrointestinal and systemic immune function. This formula combines chicory inulin with larch arabinogalactan and beta glucans. Chicory derived inulin is known for increasing populations of bifidobacterium, lactobacillus and eubacterium which are all important butyrate-producing species of gut bacteria. This fiber is not digested and absorbed in the small intestine, so it arrives intact into the colon (large intestine) ready to be feasted on by the good colon bacteria. In addition, this fiber can promote normal colon transit time, enhance absorption of calcium and magnesium, modulate lipid levels and support gut mucosal barrier and immune function.



Arabinogalactan derived from the Western Larch tree is a soluble dietary fiber that enhances immunity by increasing the number of natural killer cells. This fiber is indigestible by human enzymes so exerts prebiotic properties including stimulating Lactobacillus species. Arabinogalactan is metabolized to short chain fatty acids, including butyrate. Beta-glucan enhances monocytes and macrophages which help with immune responses to a wide spectrum of fungal and other undesirable microorganisms. BiotaGen is recommended to nutritionally support optimal gastrointestinal function, promote healthful colonic bacteria, and enhance GI and systemic immune function. BiotaGen works synergistically with probiotics to assure healthy intestinal microbiota balance. To optimize gut microbiota and support bowel and immune system function you can take 4 capsules with food 1-2 times daily or as directed by your Vis Clinic Doctor.



KetonX

KetonX is a refreshing, cucumber-lime-flavored, easy-to-use powdered drink mix featuring an exogenous source of the ketone (BHB beta-hydroxybutyrate) and medium-chain triglycerides. These ingredients provide direct carbohydrate-free fuel for the brain and muscles to support energy, performance, and focus.

- Provides carbohydrate-free fuel for muscles and brain
- Helps promote ketosis
- Supports energy, performance, and focus

Works great for those on the Mito-Keto diet. Dissolve the powder in water according to taste. Works great as a pre-workout drink or as a brain booster first thing in the morning.



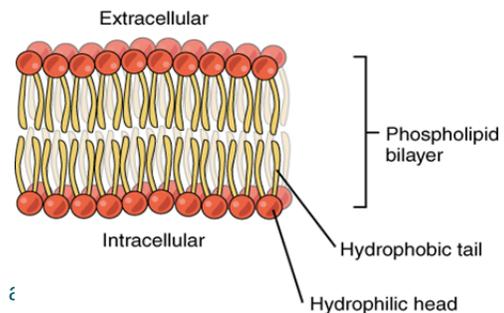
Support Your Cell Membranes with oral PhosphaLine and Cholacol

PhosphaLine's main ingredient is phosphatidyl choline, an incredibly important molecule for the cell, as it comprises more than 50% of the cell membrane. This phospholipid is made up of a phosphorus containing "head" that is hydrophilic (water loving) and two fatty acid lipid tails that are hydrophobic (water-fearing). It is due to this structure that millions of phospholipids align together forming a lipid bilayer. This membrane creates a protective outer layer for the cell and for the organelles inside it. Within this membrane are many ion channels, proteins, and receptors that allow the cell to maintain its regular housekeeping functions. This membrane is critical because without it our cells would not survive.

Phosphatidyl choline is most numerous in tissues and organs with higher volumes of fat; therefore it is highly beneficial for the human brain. The dry weight of the brain is 60% fat, and all neurons are also composed of this phospholipid bilayer. The relaying of messages within the neuron is only made possible by this important lipid membrane.

Phosphatidyl choline has many health promoting effects including:

- 1) Healthy cell membrane composition and function
- 2) Improves brain function and memory capacity
- 3) Slows down aging-related processes
- 4) Supports optimal liver function
- 5) Supports detoxification
- 6) Fat metabolism and weight loss support
- 7) Maintains integrity of the intestinal lining
- 8) Helps promote healthy skin elasticity
- 9) Support for neurological diseases such as Alzheimer's &



PhoshaLine is NOT Lecithin

Phosphatidyl choline and lecithin are names that are occasionally used interchangeably; however, they are not the same. Lecithin is composed of many other phospholipids and oils. It is not a pure form of phosphatidyl choline. When lecithin is taken internally it is broken down into its building blocks by lipases from our digestive tract. The cells then have the job of re-assembling phosphatidyl choline from its individual components. As we get older the process of making phosphatidyl choline in the body decelerates.

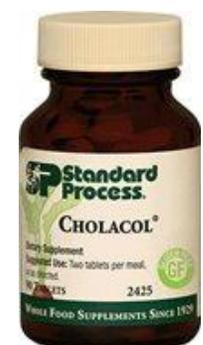
The pure form of phosphatidyl choline in PhosphaLine enters the body as tiny “micelles” or “liposomes” which traverse the gut without being dismembered.

“A healthy cell membrane leads to healthy cells and then healthy tissue and then to healthy organs or body systems and finally, healthy bodies and minds.” – Krosnjar et al.

It is generally best to take [PhosphaLine](#) with [Cholacol](#) for optimum absorption.

Cholacol is a source of bile salts that support healthy fat digestion. This is especially important for those with liver issues or absence of a gallbladder.

PhosphaLine is great therapeutic adjunct for those following the Mito-Keto Food Plan for Optimal Cell Membrane, Immune, and Neurologic Support.



Our Functional Nutrition Webinar Series Coming in July features the Mito-Keto Food Plan!

To support your health, Vis Clinic is offering a Functional Nutrition 3-part webinar series called The Mito-Keto Food Plan. This webinar series will provide the concepts, strategies, and tools to maximize health and reverse disease using the specific Mito-Keto Food Plan.

Mito-Keto Food Plan 3-Part Webinar Series: \$60

Session 1, July 7: Background and science of the food plan with Dr. Chad Krier

Session 2, July 8: Diving into the food plan and implementing, organizing, and taking into action with Dana, Vis Health Coach

Session 3, July 15: Problem-solving, understanding the caloric plan, and meal planning with Dana, Vis Health Coach



The Mito-Keto Food Plan (also referred to as the Mitochondrial Energy Food Plan) may be described as an anti-inflammatory, low-glycemic, gluten-free, low-grain, high-quality fats approach to eating. The plan focuses on supporting healthy mitochondria through the use of therapeutic foods that improve energy production. Mitochondria are structures in the cell that make energy by using oxygen and nutrients from food. The brain, heart, nerves, muscles, and organs all have higher concentrations of mitochondria. These parts of the body are also more susceptible to a premature decline in function by a host of common insults. Harmful food choices can contribute to this decline, leading to poor health and chronic illness. The Mito-Keto Food Plan will support your body in the production of energy, restore a sense of vitality, and help you use food to support a graceful and healthy aging process. The Mito-Keto Food Plan can assist in preventing the development of chronic neurological disease by helping patients make specific food choices that enhance mitochondrial function.



Not available on these dates? Our webinars are recorded and available to anyone who registers.

Who can benefit from the Mito-Keto Food Plan?

- Do you struggle with chronic disease?
- Do you have risk for Type 2 Diabetes, Cardiovascular Disease, or Alzheimer's Disease?
- Do you have a family history of neurological diseases such as Parkinson's Disease, Multiple Sclerosis or Alzheimer's Disease, Amyotrophic Lateral Sclerosis (Lou Gehrig's Disease)?
- Are you experiencing chronic fatigue?
- Are you experiencing high stress and low energy?
- Do you have Sarcopenia?
- Are you dealing with chronic pain?
- Are you in early stages of neurological disease? Or do you have diabetes or insulin resistance?
- Are you experiencing cognitive problems?

[REGISTER HERE](#)





The Cardio-Metabolic Food
Plan 3-Part Webinar Series



The Anti-Inflammatory ReNew
Food Plan 3-Part Webinar Series

Our past 3-part Functional Nutrition Webinars are also
available to you.

*Note-Session 3 of each webinar will take place monthly with Dana,
Vis Health Coach. Date and time to be announced each month

Webinars are available for purchase in our online store
and are \$60 each.