

Smart Life Forum

SmartLifeForum.org

presents

Ellen W. Cutler, DC

Freedom from Asthma & Allergies Using Enzymes & Detoxification

Thurs, June 19, 2008, 7 PM

NEW LOCATION: Unity Palo
Alto Community Church
3391 Middlefield Rd btwn East
Meadow and Loma Verde
Palo Alto, CA

FUTURE SPEAKERS

July 17, **Phil Jacklin, PhD**
Low Cost Life Savers
August 21, **Mike Nichols, MD**
Preventing Heart Disease
September 18, **Sherrill Selman**
October 16, **Larry Roberts &
Tedde Rinker, DO, The
Renegade Patient:**
November 20, **John Gray**

Short Presentation by Dr. Bernd Friedlander on fatty acids, including saturated and polyunsaturated fats, and their effects on aging and disease. He will describe which fats reduce the risk of major diseases like diabetes, and which are detrimental to your health.

He will also be giving a lecture and workshop on Chronic Cellular Inflammation Leading to Aging and Disease, in San Francisco, on June 22. For more information, see www.HERClub.net or call 415-371-0333.

Meet Ellen Cutler



Dr. Ellen Cutler is the author of four books, an internationally recognized teacher, public speaker and media spokesperson. She received her chiropractic degree from Western States Chiropractic College in Portland, Oregon, and specializes in enzyme therapy for chronic disease and conditions that have perplexed the traditional medical establishment. Many patients have come to Dr. Cutler as a last resort, only to find that their condition could be traced to their inability

to digest what they were eating.

During the past 25 years in clinical practice and subsequent to successfully addressing her own health condition, Dr. Cutler found that food sensitivities and improper digestion contribute to a surprisingly extensive number of ailments. These include overweight and obesity, skin problems, chronic fatigue syndrome, immune disorders, asthma, some forms of cancer and of course digestive diseases such as colitis.

In the United States alone, ninety million people suffer from illnesses related to food and environmental allergies, representing a personal and public health issue of great significance. Dr. Ellen Cutler's clinical research resulted in the development of some of the most potent formulas of plant-based enzymes available. She formulated these products to be sure that her patients were getting products that are pure, safe and effective.

In 1998 Dr. Cutler established the BioSET™ Institute and it is here where she focuses on the treatment of allergy-

related conditions such as overweight and obesity, digestive disorders, immune dysfunction, and many other types of chronic illness. Since then thousands of patients around the world have been successfully treated with the BioSET™ method and have found relief without relying on drugs – drugs that sometimes carry dangerous side effects along with their benefit. Dr. Cutler’s treatment approach incorporates her profound knowledge of both conventional and natural wellness. Her 25 years of clinical practice are a testimony to her in-depth experience and dedication.

Dr. Cutler is dedicated to the development of scientific research on enzymes, teaching, writing, and ongoing clinical practice. She consults with clients from around the world. In addition, Dr. Cutler also provides training to other health care practitioners through BioSET™ seminars, public workshops, books and videos. Dr. Cutler has written three books on the prevention and treatment of allergies, obesity and chronic health problems, including *Live Free From Asthma and Allergies: Use the BioSET System to Detoxify and Desensitize Your Body*, published by Celestial Arts and *The Food Allergy Cure: A New Solution to Food Cravings, Obesity, Depression, Headaches, Arthritis, and Fatigue*, published by Harmony Books and distributed by Random House. Her clinical work with enzymes is reflected in her co-authored book released by Rodale Press, Oct. 2005, *MicroMiracles: Discover the Healing Power of Enzymes*.

Dr. Cutler has been featured on CNN, the Discovery Channel, Extra, Fox News, Knowledge TV, KRON-TV in San Francisco, Lifetime, MSNBC, and QVC, as well as numerous national magazines including Body and Soul, Town & Country and Family Circle Magazine. She also has

been a featured guest on dozens of radio talk shows and internet health sites.

Despite a hectic travel schedule, Dr. Cutler continues to consult with patients. Her ongoing access to clinical data enables Dr. Cutler to continually improve new ground-breaking information on enzyme therapy.

She shares her life with her son, Aaron, 29, now a second year resident in Neurosurgery, and her 18-year-old daughter Gabrielle, already a talented violinist and swimmer. She lives in Marin County in Northern California.

Main Presentation

Why Enzymes?

Most people do not realize the central importance that enzymes play in maintaining healthy immune function. Nor the vital role that enzyme therapy can play in reducing or alleviating the painful and debilitating symptoms of chronic immune disorders.

In 25 years of working with enzyme therapy, it has become clear that enzymes not only prevent disease but also heal chronic health problems for which many doctors believe we have no medical solutions. This experience has convinced her that no other supplements can offer such dramatic improvements.

What is BioSET?

BioSET™ (Bio-energetic Sensitivity and Enzyme Therapy) is an innovative healing system founded by Dr. Ellen Cutler, D.C., that incorporates acupuncture, energy medicine, immunology, enzyme therapy and nutrition to assist the body’s natural healing process. The BioSET™ system encompasses three branches of healing:

1. Organ-specific detoxification
2. Enzyme therapy, including nutrition and proper diet
3. A revolutionary, noninvasive acupressure technique for eliminating food and environmental sensitivities

BioSET Benefits

All over the world, BioSET practitioners are treating patients of all ages who want to conquer their asthma and their food and environmental sensitivities. Not only do these patients reduce or often overcome their need to use asthma medication through BioSET, but many of them say farewell to the disease permanently. The victory is sweet indeed.

"As an acute asthma sufferer," wrote one patient, "I've had to fight daily battles, using medication and avoidance to foods and substances that cause me to react. But with BioSET I've been able to win not only the battles, but the war forever." The road to complete recovery is short and easy for some patients, long and arduous for others, but it is a journey that is well worth every challenge.

More than 20 million Americans suffer from asthma, nine million of them children. In the last twenty years, despite advances in medical treatment and medication, the incidence of asthma among women and children and the number of fatalities caused by asthma have more than doubled. When she hears these statistics, she wants to shout, "There is an answer! There is a way to conquer asthma!" *Live Free from Asthma and Allergies* is her declaration to everyone who struggles with asthma that there is a complimentary therapy that can defeat this life-threatening disease.

Her work with food and environmental sensitivities started almost 20 years ago and eventually led her to write this book. In her clinical experience with all types of chronically ill patients, three contributing factors have repeatedly presented themselves: toxicity, poor digestion and dietary stress, and sensitivities.

BioSET can reduce your risk of death from asthma by helping you to identify and eliminate its true causes. It can enable you to see yourself not as an average asthmatic, but as an individual with your own unique biochemical makeup, sensitivities, and needs. Most asthmatics have been told that asthma is a chronic problem they will have to contend with for the rest of their lives. Her book *Live Free from Asthma and Allergies: Use the BioSET System to Detoxify and Desensitize Your Body* shows that asthma can be defeated, not miraculously and instantaneously, but gradually and permanently, once the sensitivities that cause it have been eliminated, the diet restructured, digestion restored, and as many toxins as possible eliminated from the body.

Every asthmatic should be able to lead a normal life. If you're an asthma sufferer who wants to take control of your condition and your children's asthma, then she would encourage you to tell others about BioSET and to form support groups where you can share information, test each other, and even clear sensitivities. BioSET Institute would be very willing to help with support and answers to any questions you may have. Refer to her website, www.bioset.net, for more information on support and guidance. If you're a health practitioner dealing with the asthma and sensitivities of your patients and/or loved ones, check out the website for courses in your area and online. You may even wish to

become a BioSET practitioner yourself.

As we approach the 21st century, the growing incidence of asthma reflects three factors:

- an increase of chemical pollutants in our environment and food
- a decline in adequate nutrition, caused in large measure by poor absorption of vitamins, minerals, and other nutrients
- an exponential rise in the use of pharmaceutical drugs that may, over time, weaken and suppress the immune system.

At the same time, the 21st century heralds a new awakening to drug-free complimentary approaches to chronic health problems. People are disillusioned with the conventional establishment and are demanding remedies that enliven their bodies and minds and encourage, rather than suppress, their own innate healing force. We all need a chance to reclaim control and responsibility for our health. BioSET offers an empowering new understanding of the symptoms and causes of asthma and a complimentary approach to overcoming it—now and forever.

BioSET can help overcome asthma, sinusitis, and allergies, but it can also be extremely successful in other chronic immune problems, arthritis, chronic fatigue and children's disorders as well as all the myriad of digestive maladies. The key to health and longevity is freedom from allergies. BioSET offers that freedom.

Background Definitions

Asthma is a chronic condition involving the respiratory system in which the airways occasionally constrict, get

inflamed, and become lined with excessive amounts of mucus, often in response to one or more triggers. These episodes may be triggered by such things as exposure to an environmental stimulant such as an allergen, environmental tobacco smoke, cold or warm air, perfume, pet dander, moist air, exercise or exertion, or emotional stress.

In children, the most common triggers are viral illnesses such as those that cause the common cold. This airway narrowing causes symptoms such as wheezing, shortness of breath, chest tightness, and coughing. The airway constriction responds to bronchodilators. Between episodes, most patients feel well but can have mild symptoms and they may remain short of breath after exercise for longer periods of time than the unaffected individual. The symptoms of asthma, which can range from mild to life threatening, can usually be controlled with a combination of drugs and environmental changes.

Public attention in the developed world has recently focused on asthma because of its rapidly increasing prevalence, affecting up to one in four urban children.

Allergy is a disorder of the immune system often also referred to as atopy. Allergic reactions occur to environmental substances known as allergens; these reactions are acquired, predictable and rapid. Strictly, allergy is one of four forms of hypersensitivity and is called type I (or immediate) hypersensitivity. It is characterized by excessive activation of certain white blood cells called mast cells and basophils by a type of antibody known as IgE, resulting in an extreme inflammatory response. Common allergic reactions include eczema, hives, hay fever, asthma, food allergies, and

reactions to the venom of stinging insects such as wasps and bees.

Mild allergies like hay fever are highly prevalent in the human population and cause symptoms such as allergic conjunctivitis, itchiness, and runny nose. Allergies can play a major role in conditions such as asthma. In some people, severe allergies to environmental or dietary allergens or to medication may result in life-threatening anaphylactic reactions and potentially death.

A variety of tests now exist to diagnose allergic conditions; these include testing the skin for responses to known allergens or analyzing the blood for the presence and levels of allergen-specific IgE. Treatments for allergies include allergen avoidance, use of anti-histamines, steroids or other oral medications, immunotherapy to desensitize the response to allergen, and targeted therapy.

Source: Wikipedia, accessed 5/20/08

What Is an Enzyme?

The majority of us never even give a thought to enzymes, yet without them our bodies could not carry out their most basic functions. In their role as organic catalysts, enzymes make possible the millions of biochemical reactions that take place within us daily. They are the powerful engines that drive every bodily process, including breathing and circulation. They digest food, transport nutrients, carry away toxic wastes, purify the blood, deliver hormones, balance cholesterol and triglycerides, nourish the brain, build protein into muscle, and feed and fortify the endocrine system. On a larger scale, enzymes slow the aging process and support wellness and homeostasis (the body's ability to

achieve balance among its many functions).

Enzymes are especially important for healthy immune function. White blood cells are especially rich in enzymes, which help them to digest and destroy any foreign substances - such as viruses and bacteria - that invade the body. Researchers have identified more than 3,000 types of enzymes in the human body, with each one performing a unique function. Every day literally millions of enzymes help to renew, sustain, and protect us, and they themselves renew and change at an incredible rate.

While the body uses its enzymes over and over again, the enzymes can perform only a certain amount of work before they become exhausted and must be replaced. Poor diet, digestive stress, illness, and trauma deplete these enzymes. In addition, aging reduces the number of enzymes our body produces. This is why we must constantly replenish our enzyme supplies. If we don't, our bodies suffer. When we do not have sufficient enzymes, this takes a toll on virtually every system that depends on enzyme support, especially digestion, immunity, and tissue repair after injury or inflammation.

Source: "Why Enzymes Are Essential to a Healthy Immune System" by Dr. Ellen Cutler, *Townsend Letter* June 2006 #275

Smart Life Forum

SmartLifeForum.org
presents

Ellen W. Cutler, DC

**Freedom from Asthma & Allergies
Using Enzymes & Detoxification**

Thurs, June 19, 2008, 7 PM

NEW LOCATION: Unity Palo
Alto Community Church
3391 Middlefield Rd btwn East
Meadow and Loma Verde
Palo Alto, Ca

FUTURE SPEAKERS

July 17, Phil Jacklin, PhD

Low Cost Life Savers

August 21, Mike Nichols, MD

Preventing Heart Disease

September 18, Sherrill Selman

October 16, Larry Roberts &

Tedde Rinker, DO, The

Renegade Patient:

November 20, John Gray

Sandra Goebel
855 Fremont St. #4
Menlo Park, CA 94025

Board of Directors

Phil Jacklin, President
Effie May Buckley, Secretary
Sandy Goebel, Treasurer
David Asprey
Laurel Garwin, Publicity
Michael Korek, Programs
Dick Motta, Operations
Larry Weissenborn

Founder

Kathryn Grosz

Advisory Board

Alan P. Brauer, M.D.
Bernd Friedlander, D.C.
Tim Gallagher, D.D.S.
Bill Grant, Ph.D.
Philip Lee Miller, M.D.

Meeting Moderators

Dave Asprey, Effie Mae Buckley,
Stan Durst, Phil Jacklin,
Mike Korek

Volunteers

Rob Baum, Assistant Editor
Stan Durst, Expo Project Leader
Steve Fowkes, Technical Advisor
Sandy Goebel, Records/Printing/Mailings
Phil Jacklin, Corporate Office Manager
Jim Karnstedt, Video Producer
Michael Korek, Editor & Program Director
Harvey Miller, Asst. to Program Director
Don Southard, Reception
Larry Weissenborn, Audio Engineer

For further information, call:
Phil Jacklin at 408.867.1945
Mike Korek at 650.941.3058