



## How Does RHMEDY fit into a Comprehensive Immune Support Protocol?

By [The Nutrition Ninja Doc](#) aka Dr. Max MacCloud (DO, ND, Ph.D.)

The immune system is extremely complex, and we have A LOT to learn about how it does what it does. The 'holy grail' is to find something to enhance immune function without screwing things up.

Certainly, there are several nutritional & lifestyle recommendations that help; however, there is one major factor that is mostly ignored, proper HYGIENE and Immune Function! Sure, everyone knows that hand-washing is essential to prevent the spread of infection, BUT there's a LOT MORE to proper hygiene than frequent hand-washing.

The immune system relies on specialized proteins in the blood for proper function. **Immunoglobulins** rise in response to pathogen exposure as part of the immune response. When they are elevated, it forces blood **Albumin** levels to drop to prevent the blood from becoming too thick, which upsets its ability to flow freely. **Increased immunoglobulins & decreased albumin** are excellent for SHORT periods when actively responding to a new pathogen. However, when it becomes prolonged or chronic, it presents some serious challenges to BOTH, the immune system, and every other vital bodily process.

**Albumin is perhaps the most important, most plentiful, and most diversified protein in the body.** For decades it has been known as **THE most important indicator of survival** among seriously ill or injured patients. The higher the albumin level, the greater the likelihood of surviving and recovering from ANY health challenge. So, what can a person do to increase their blood albumin levels? Based on extensive research, many things will decrease it, and only a few can increase it.

**Albumin levels are decreased by:** STRESS of all kinds, Infections, Inflammation, Elevated Immunoglobulins (typically due to microbial assault, allergies, &/or poor hygiene), Malnutrition, Poor Liver &/or Kidney Function, and Smoking. To Boost Albumin levels, first, reduce the above factors, then focus on Enhanced Hygiene and Nutrition. The liver makes albumin from ingested protein, learn more on the website.

**Enhanced Hygiene is the most effective way to boost Albumin** levels as it reduces Immunoglobulin levels. Enhanced Hygiene helps to minimize microbial assault and therefore reduces many unnecessary reactions by the immune system that drive immunoglobulin levels up and albumin down.

**Enhanced or High-Performance Hygiene consists of:** Proper hand-washing (of course), Proper nasal & sinus cleansing & irrigation, Proper oral hygiene, Proper eye & face cleansing, Proper gastrointestinal & colon cleansing, & Proper skin cleansing including restoration of the proper pH (acid mantle).

**RHMEDY's role** is that it is an ideal solution to use for all the above. **Nasal & Sinus cleansing & irrigation** is top priority practice to add to your daily enhanced hygiene regimen. Start with 1/3 to 1/2 strength RHMEDY solution. This can also be used as a **mouth rinse, gargle, or in your waterpik®** (be sure to flush with straight water afterward), as a **face & eye cleanse or rinse, & topically on the skin.**

Numerous Progressive and Integrative Physicians recommend using H<sub>2</sub>O<sub>2</sub> via a nebulizer as well. **RHMEDY** is perfectly suited for this use as well as in a humidifier, Neti Pot, Neil Med Rinse squeeze bottle, nasal spray bottle, eyedropper, or simply snuffled from your palm. See the website for suggested uses.

**We suggest beginning with RHMEDY to add safe & effective Sinus & Nasal Irrigation as part of your regular Enhanced Hygiene habits.** Any new habit is best performed daily. **RHMEDY** at full strength will sting a bit for several seconds and then subside. It is VERY effective at clearing out all kinds of nasty irritants. Using RHMEDY frequently will continue to cleanse the sinuses of pathogens & toxins before they have the opportunity to wreak havoc. For those with more sensitive tissues, we recommend diluting RHMEDY with 1 to 3 parts of purified water to 1-part RHMEDY.

### Suggested uses:

- **Nebulizer:** Full strength, approximately 3cc's added to reservoir, or enough to complete a 10 minute breathing regimen.
- **Nasal Spray Bottle:** (1 part RHMEDY to 1 part Saline or \*Distilled Water)
- **Humidifier:** Full Strength for Short periods 10 - 30 minutes or Dilute 1:2 for extended periods, or during sleep. (1 part RHMEDY to 2 parts \*\*Distilled/Purified Water)
- **Neti Pot:** Dilute 1:1 (1 part RHMEDY to 1 part Saline or Distilled Water)
- **Neil Med Rinse Bottle:** 1:1 (1 part RHMEDY to 1 part Saline or Distilled Water)

\*For any type of nasal irrigation, rinse or nebulizer mist, a saline diluted solution that is PH balanced will always be the easiest on sensitive nasal mucosa. Distilled or purified water can be used as a second option.

\*\*For diluting any humidifier or vaporizer, distilled water will work fine, as the H2O2 concentration will be much lower, avoiding nasal irritation, and the distilled water, will keep the machine cleaner, and avoid minerals build up.

Diagram Provided Courtesy of: [NutritionNinjaDoc.com](http://NutritionNinjaDoc.com)

## Vital Functions of Albumin & How RHMEDY Can Help Boost it.

by The Nutrition Ninja Doc aka Max MacCloud, DO, ND, PhD (See [NutritionNinjaDoc.com](http://NutritionNinjaDoc.com) for more info)

Albumin is perhaps the most important, most plentiful, and most diversified protein in the body.

**Virtually EVERY body process depends on Albumin including an efficient Immune System Response.** A few keys to supporting high Albumin levels include **Good Nutrition with plenty of quality protein plus the full array of essential nutrients AND proper stress management.**

**Cellular Health, Homeostasis, Maintenance, & Growth:** Albumin is ‘the protein’ that the body pulls from to **repair damaged tissues & build new tissues including muscle.** Loss of muscle mass is directly related to aging.

**Longevity:** The higher the Albumin level the longer an individual or a species lives.

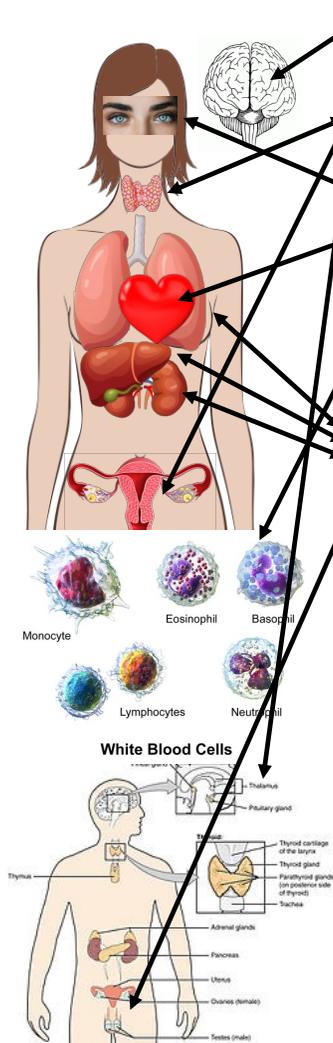
**Vital for the Regulation of pH, Osmotic Pressure, Blood Viscosity, Resonance, Zeta Potential, & RBC Repulsion:** Each of these processes is of fundamental importance to our health.

**Vital for Detoxification & Purification:** Albumin binds & transports all kinds of toxins for elimination.

**Vital for the Transport of Many Nutrients, Hormones, Fatty Acids, & Cholesterol:** Helps regulate overall metabolism & body temperature via effects on **Thyroid** hormones. Crucial roles in production, use, & function of **Growth Hormone.** Mops up & clears elevated **Cortisol**, thereby preventing the damage associated with excess. Binds & transports excess **sex hormones.** Helps maintain proper **Electrolyte Balance** via transport of **Aldosterone.** Binds most ‘excess’ hormones which prevents their rapid elimination and maintains a ‘longer-term’ reserve. Helps to regulate & balance **Calcium** availability.

**Vital for Electromagnetic Effects:** Albumin has a strong negative charge that helps to push nutrients from the blood into the tissues. Also helps protect the body from radiation injury.

### More Specific Functions of Albumin:



**The Brain & Nervous System:** Albumin is the most abundant protein in the Cerebro-Spinal Fluid (up to 80% of total) having many vital functions. Higher albumin is associated with increasing intelligence of a species & individuals within a species.

**The Endocrine (aka hormonal) System:** Extensive beneficial functions due to its ability to bind, transport, release, & modulate hormones.

**Eyesight:** Albumin purifies the fluids in the eyes thereby ensuring clear vision.

**The Cardiovascular System:** It's the main fat transporter in blood, Albumin helps regulate the liver's cholesterol production, stabilizes HDL/LDL ratios, & prevents LDL oxidation thereby preventing atherosclerosis & general blood vessel damage while stabilizing acute phase reactants. Albumin is also crucial for red blood cell stability.

**The Immune System:** High Albumin is associated with **enhanced immune function** while low albumin is associated with poor, sluggish immune function..

**Liver, Kidney, & Lung Health:** Albumin is vital for the proper function of all organs!

**Skin:** The skin serves as the **major storehouse of albumin** and also relies on it for its maintenance, repair, and integrity.

**Sexual Function & Reproduction:** Protects egg and sperm. Modulates sex hormones.

**Cancer:** High albumin associated with low cancer risk & good prognosis (& viceversa).

**Uric Acid Sequestration & Transport:** Uric acid is a metabolic waste product that builds up in conditions like Gout thereby causing significant inflammation & pain.

**The ONLY Documented Ways to Increase & Maintain Higher ALBUMIN** levels are to **Manage Stress** of all kinds, **Optimize Nutrition** including Protein Assimilation, **Avoid Smoking & other Toxins, Minimize Excess Inflammation, & Minimize Immunoglobulin levels.** This last item is one of the MOST Important & overlooked. It's also the one we can influence the most. **The ONLY documented way to decrease Immunoglobulin levels & thereby Increase Albumin is via IMPROVED HYGIENE.** That's where **RHMEDY** comes in. By incorporating RHMEDY into your DAILY hygiene practices, you will have a major impact on reducing the toxin & pathogen load on your immune system, thereby reducing the production of excess, unnecessary Immunoglobulins. **Your properly-nourished liver will then produce more Albumin naturally.**

**Use RHMEDY as suggested to Upgrade your Hygiene Practices.**