

Unlocking the Power of NutraMedix

Presented by W. Lee Cowden MD, MD(H)

March 12, 2025

Dr. Cowden's Background

- MD - University of Texas Medical School in Houston 1975-78
- Internal Med. Residency & Cardiology/Critical Care Fellowship- St.Louis Univ. Hospital Group 1978-1984
- Have been Board Certified in Internal Medicine & Cardiology
- Licensed as a Homeopathic MD in Arizona by exam since 2005
- Studying & using integrative med on family & friends since 1975
- Practicing & teaching integrative medicine 1985-2019 & teaching integrative medicine from 1985 to present (38 years)
- Co-author of 6 books & contributor to many other books
- Consultant to, but no ownership in, Nutramedix in Jupiter, Florida
- Chairman of the Scientific Advisory Board of [ACIMconnect.com](https://www.acimconnect.com)
- Personal website: [DrLeeCowden.com](https://www.DrLeeCowden.com)



“Dirty-water” faucets =
Nutrient depleted foods,
Electromagnetic fields,
Radiation pollution,
Toxic relationships,
Toxic emotions,
Heavy metals,
Polluted air,
Antibiotics,
Pesticides,
Biotoxins,
Allergens,
Microbes,
Toxic foci,
Jewelry,
Scars,
Drugs*

“Drains” =
Bowel
Liver
Kidneys
Lymphatics
Evax, NET
Prayer !

Health is like a Bathtub **(Bechamp’s Terrain)**



“Clean-water” faucets =
Healthy foods & nutrients,
Purpose & will to live,
Sunshine & exercise,
Good relationships,
Peace, joy & love,
Great attitude,
Restful sleep,
Pure water,
Fresh air,
Bible

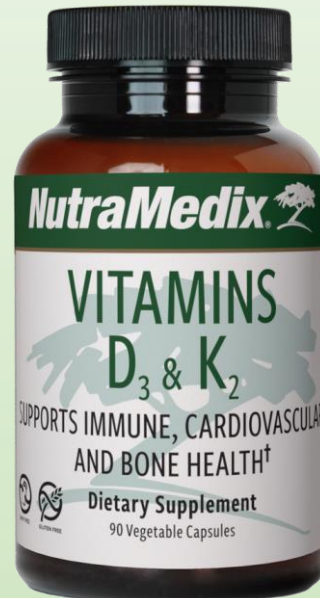
Disease is a
Bathtub full of
Dirty Water =
High Total Load

To resolve disease, close dirty faucets, open clean ones & open the drains

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4334623/>

Essential NutraMedix Products

- **Mag.malate** essential for producing ATP, muscle action, nerve function
- **Vitamin D3** codes for 2000 genes (immunity, bones, sugar control...)
- **Vitamin C** quenches free radicals
- **Dandelion** excellent especially before an infrared sauna: detoxes liver, kidney & lymph



Increase Mag. Malate & Vit.C until having 2-3 bowel mvmts/day

Large-scale Homeoprophylaxis (HP) Trials

Authored by Isaac Golden PhD, Dhom, ND

- Homeoprophylaxis tested in government sponsored trials in 3 countries with more than 250 million patient-years evaluated in >91million patients (India=65mil, Cuba=25mil, Brazil=1million)
- 8 diseases in which HP provided preventative support: Leptospirosis, Dengue, Hepatitis A, Swine Flu, Pneumococcal pneumonia, Japanese Encephalitis, Meningococcal meningitis, Epidemic Fever
- Average HP effectiveness: 89% in preventing 8 severe illnesses
- Average side effects = 2% (mild and of short duration)

<http://drsharif.com/wp-content/uploads/2019/06/Large-Scale-Homoeoprophylaxis.pdf>

- **NutraMedix Dandelion** appears to work like a homeoprophylaxis



Portable infrared detox sauna \$190

<https://pubmed.ncbi.nlm.nih.gov/21951023/>
<https://pubmed.ncbi.nlm.nih.gov/21057782/>



After 30-40min.of sauna, shower in lukewarm water with soap.

DETOX

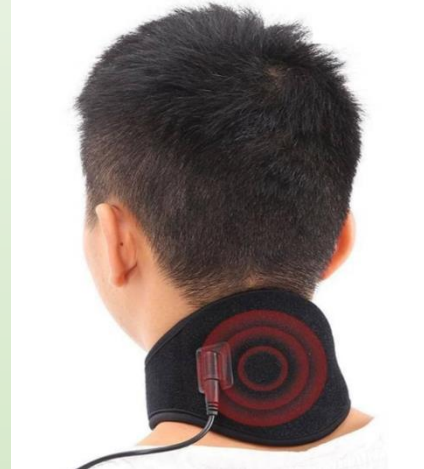


25 drops just before each sauna

\$190 Infrared Mat 24"x72" for IR Lie-down sauna



When you detox the body "terrain", microbes leave!



\$13

IR Neck-Heating Pad for head or "IR sandwich"

Pulsing Vibration Plate, Rebounder & Pretend Cycling

Use with **Burbur+Pinella**
to open Lymph system



LifeproFitness.com 15"x30"
Turbo 3D Vibration Plate
Only on **pulsing** mode, low Hz
Head on a box & feet on a chair
<https://lifeprofitness.com/products/lifepro-3d-vibration-plate-exercise-machine>



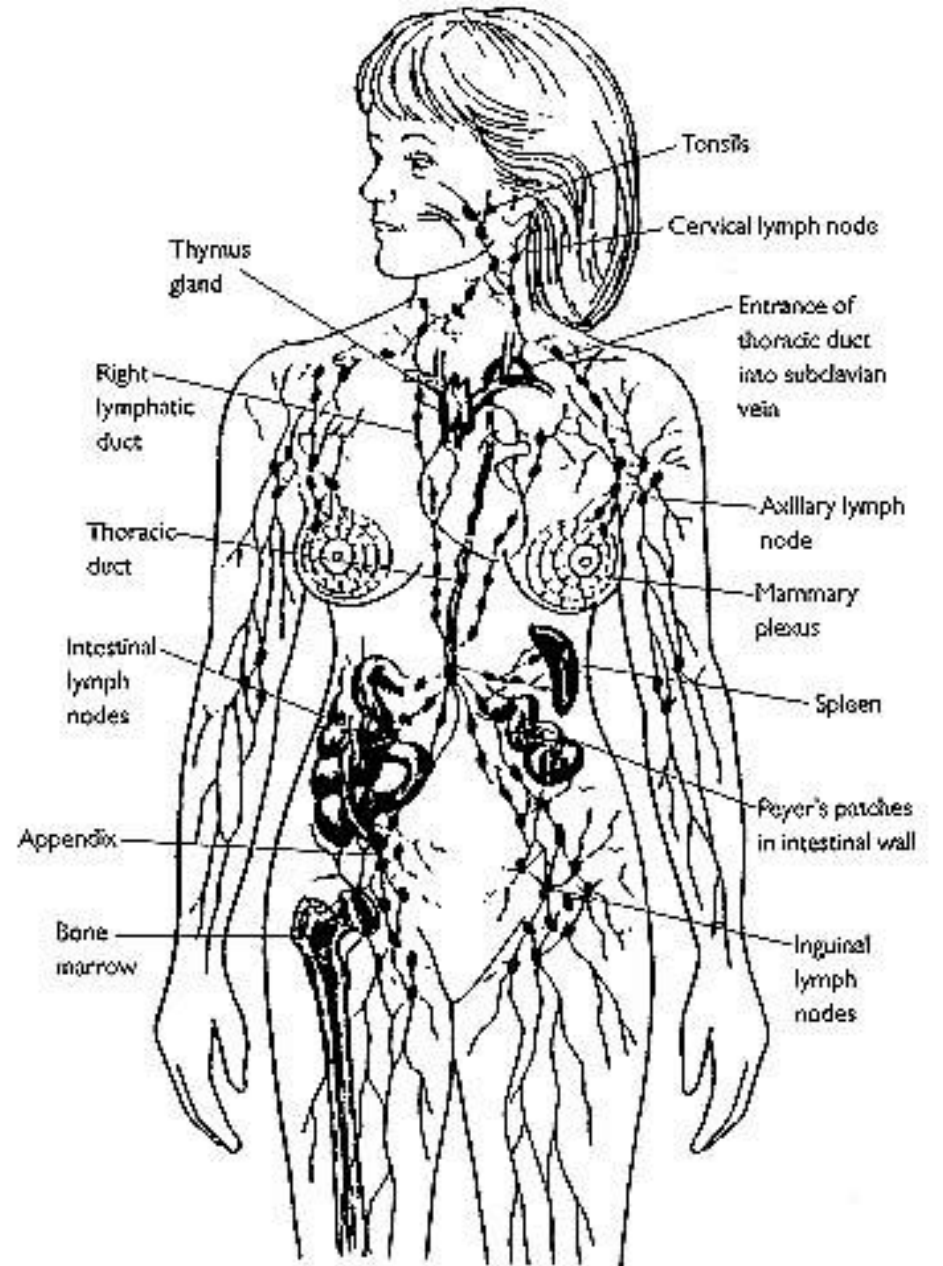
Avoid ALL dairy products & gluten grains, because they clog lymph vessels!



Instead of buying a device, lie on your back on the bed with your legs up, pretending to pedal a bicycle in the air (can do 1 leg at a time) or someone can help you "pedal"

Shallow & Deep Lymphatics Carry Toxins Away From Tissues

Physical Inactivity
Clogs Lymphatics but
NMx Burbur+Pinella
drain lymphatics &
detox LV,GB,KI,brain



Herxheimer Reaction

- Die-off of toxin-producing micro-organisms, or other sources, releases toxins into the body and as one takes treatment to get better, they feel temporarily worse (described first by the German physician Karl Herxheimer)
- Herxheimer is most common adverse reaction to the **Cowden Support Program**
- **Herx can cause nausea, fatigue, confusion, pain in head/abdomen/joints/muscles...**
- Water-fast or modified juice fast or an infrared sauna can cause spontaneous release of toxins from the tissues, resulting in a Herx-like reaction!!!
- Herx reactions resolve rapidly using **Burbur-Pinella** (8 drops of each in 60ml water or 15 drops of the combination) or **Dandelion** or **Parsley+Mapalo** &/or **Liposomal Glutathione** every 15 min. for 1-2 hours
- Can try 1 cup **organic coffee enema** retained for 10 minutes to resolve Herx
- 3 caps of **activated charcoal** or **Binder Plus** with water is last resort because it binds vitamins, herbs & drugs (must re-dose drugs 2-3 hours later)
- **Draining the lymph system can also reduce Herx reactions**



NutraMedix **Binder Plus** Constituents

- **Agave inulin**-100mg- is a prebiotic fiber that also binds certain toxins in the gut
- **Zeolite**-200mg- is a volcanic clay with copious negatively-charged binding sites to attract positively-charged heavy metals so they can be carried into the toilet
- **Bentonite clay**-50mg- is an edible clay that binds various toxins in the bowel
- **Activated charcoal**-200mg- binds man-made toxins, biotoxins and even nutrients & pharmaceuticals, so the drugs & nutrients must be re-dosed 2-3 hours after
- **Aloe Vera** leaf-100mg- helps to heal leaky gut & improves immunity
- **Fulvic minerals**-100mg- help to replace trace minerals that are lost from the body escorting lactic acid out; these minerals push heavy metals off cell receptors
- **Baby Portobello** mushroom (*Agaricus bisporus*) **chitosan**-50mg- is a hypoallergenic vegetarian binder of mycotoxins but you can't remove mycotoxins until you first remove mold/fungi from your home, workplace & body!!!

Clot Prevention Would be Wise for Everyone

- Most people who are chronically-ill have various microbes in their body causing excess cytokine & fibrin production, which increases vascular clotting; those who have suffered Covid may also have **amyloid clots** (<https://pubmed.ncbi.nlm.nih.gov/33203441/>; peer reviewed)
- **Clot prevention** – some enzymes help break down intravascular clots that are forming including **fibrin & amyloid in arteries, veins & capillaries** (which restrict oxygen diffusion into tissues)
- Best to take the following enzymes rotationally to reduce the chance of developing an allergic reaction to the enzyme:
 - Nattokinase (4000-6000FU 30 min. before food 2-4x/day); **NMx brand made in Japan & not China**
 - Bromelain (1000-1500mg 30 min.before food 2-4x/day) is least expensive clot-dissolving enzyme
 - Nutramedix Serrapeptase (3 capsules 30 min.before food 2-4x/day)
 - Lumbrokinase (80mg 30min.before food 2-4x/day) very effective thrombolytic but most expensive
- **Research on Nattokinase:** <https://www.ncbi.nlm.nih.gov/pubmed/28264497> <https://pubmed.ncbi.nlm.nih.gov/19117402/>
- **Research on Serrapeptase:** <https://pubmed.ncbi.nlm.nih.gov/33134103/> <https://pubmed.ncbi.nlm.nih.gov/27770948/>
- **Research on Bromelain:** <https://www.hindawi.com/journals/btri/2012/976203/> ; <https://www.ncbi.nlm.nih.gov/pubmed/11577981> ; <https://pubmed.ncbi.nlm.nih.gov/29359669/>
- **Research on Lumbrokinase:** <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3876685/> <https://pubmed.ncbi.nlm.nih.gov/35694981/>

Other Important NutraMedix Products

- **Algas** can remove heavy metals & radioactive elements
- **Stevia** should be used instead of sugar to sweeten (can also address fungi)
- **Takuna** addresses viruses (resolves Flu in <8hours if started immediately)
- **Glucomedix** supports to counter hypertension, diabetes, obesity & metabolic syndrome (& improves immunity)
- **ImmuneMedix** supports a healthy immune system



BMC STUDY

BMC Complimentary Medicine and Therapies (Published, 2022)

GlucMedix[®], an extract of Stevia rebaudiana and Uncaria tomentosa, reduces hyperglycemia, hyperlipidemia, and hypertension in rat models without toxicity: supportive therapy for metabolic syndrome (which is 30-35% of population of Europe)

Villegas Vilchez et al.
BMC Complementary Medicine and Therapies (2022) 22:62
<https://doi.org/10.1186/s12906-022-03538-9>

BMC Complementary
Medicine and Therapies

RESEARCH

Open Access

GlucMedix[®], an extract of *Stevia rebaudiana* and *Uncaria tomentosa*, reduces hyperglycemia, hyperlipidemia, and hypertension in rat models without toxicity: a treatment for metabolic syndrome

León F. Villegas Vilchez^{1,2}, Julio Hidalgo Ascencios² and Thomas P. Dooley^{3*}

Abstract

Background: The objective of this in vivo study is to evaluate in five rat models the pharmacologic effects and toxicity of a commercial hydro-alcoholic extract, GlucMedix[®], derived from *Stevia rebaudiana* and the pentacyclic chemotype of *Uncaria Tomentosa* (Wild.) DC, for use as a treatment for metabolic syndrome. The extract contains phytochemicals of *Stevia* (e.g., steviol glycosides) and *Uncaria* (e.g., pentacyclic oxindole alkaloids, but lacks tetracyclic oxindole alkaloids).

Methods: The pharmacologic assessments in three rat models include reductions in chemically induced hyperglycemia, hyperlipidemia (cholesterol and triglycerides), and hypertension, all of which are comorbidities of metabolic syndrome. Acute toxicity and 28-day subacute toxicity were assessed in rat models at doses higher than those used in the efficacy models.

Results: The acute oral toxicity was evaluated in Holtzman rats and the extract did not produce acute toxic effects or lethality, with the LD₅₀ > 5000 mg/kg (extract wet weight). Furthermore, subacute oral toxicity was evaluated in rats for 28 days at daily doses as high as 2000 mg/kg without toxicity or abnormal clinical chemistry or hematological effects. Daily oral doses of 250 - 1000 mg/kg were used to evaluate the treatment effects in hyperglycemic (alloxan-induced and glibenclamide-controlled), hyperlipidemic (cholesterol-induced and atorvastatin-controlled), and hypertensive (L-NAME-induced and enalapril-controlled) rat models. Alloxan-induced hyperglycemia was reduced in a dose-dependent manner within 28 days or less. Cholesterol-induced hyperlipidemic rats exhibited dose-dependent reductions in cholesterol and triglycerides at 21 days. Furthermore, GlucMedix[®] produced a dose-dependent decrease in systolic and diastolic arterial blood pressure in L-NAME-induced hypertensive rats at 28 days.

Conclusions: The five in vivo rat models revealed that the all-natural phytotherapy GlucMedix[®] is a safe and effective treatment for hyperglycemia, hyperlipidemia, and hypertension. This extract is expected to affect multiple comorbidities of metabolic syndrome, without any acute or subacute oral toxicity in humans. Although multiple prescription drugs are well known for the treatment of individual comorbidities of metabolic syndrome, no drug monotherapy concurrently treats all three comorbidities.

CLINICAL PHYTOSCIENCE

Published in 2022

Stevia and Uncaria Extract (GlucoMedix®) Reduces Glucose Levels and the Need for Medications in Type 2 Diabetes: An Open Label Case Series of Six Type 2 Diabetic Patients

<https://clinphytoscience.springeropen.com/articles/10.1186/s40816-021-00332-x>

Dooley et al. *Clinical Phytoscience* (2022) 8:2
<https://doi.org/10.1186/s40816-021-00332-x> Clinical Phytoscience

ORIGINAL CONTRIBUTION **Open Access**

Stevia and Uncaria extract (GlucoMedix®) reduces glucose levels and the need for medications in type 2 diabetes: an open label case series of six patients

Thomas P. Dooley^{1*}, Johnny Martin Paredes Pérez² and Carlos Rengifo Rodriguez³

Abstract

Background: GlucoMedix® is an all-natural phytotherapy consisting of a hydro-alcoholic extract of *Stevia rebaudiana* (Bertoni) Bertoni and pentacyclic chemotype *Uncaria tomentosa* (Willd. Ex Schult.) DC. The nutraceutical product has potential for the treatment of hyperglycemia in type 2 diabetes and Metabolic Syndrome.


Methods: Six adult Hispanic type 2 diabetic patients were included in an outpatient retrospective open label physician-sponsored case series study. GlucoMedix® extract of *Stevia* plus pentacyclic chemotype *Uncaria* was administered orally at doses of 2 mL, diluted in water, two or three times daily. The patients' blood glucose levels were recorded historically, at baseline, and thereafter while taking GlucoMedix® orally.

Results: When treated with GlucoMedix®, with or without coincident advice to modify diet, all six patients manifested reductions in blood glucose levels. At baseline four of the six patients were administering one or more prescription treatments for hyperglycemia, e.g., Glibenclamide, Metformin, Vildagliptin, or Insulin. Two patients displayed substantial reductions in glucose of 50 and 70 mg/dL, and in conjunction with the removal of their prior drug treatments of Glibenclamide plus Metformin or of Vildagliptin. An Insulin-treated patient experienced a 50 mg/dL reduction while ceasing Metformin and was subsequently able to reduce the dose of Insulin by half. Thus, in three patients GlucoMedix® abrogated in whole or in part the requirement for pharmaceutical or biologic therapies to achieve substantial beneficial reductions in glycemic levels.

Conclusions: In this proof-of-principle study oral GlucoMedix® was an effective treatment for hyperglycemia in type 2 diabetic individuals. This all-natural phytotherapy can be used beneficially in conjunction with existing pharmaceutical or biological therapy regimens, and in some cases can replace in whole or in part the requirement for pharmaceutical or biologic therapies. These in-life results suggest that this natural product approach can serve as an alternative to prescription monotherapies or multimodal therapies for the regulation of hyperglycemia.

Keywords: Diabetes, Glucose, *Stevia*, *Uncaria*, cat's claw, Insulin, Alternative medicine, Natural product

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GlucoMedix[®] Improved Type 2 Diabetes in 6 Humans

<https://clinphytoscience.springeropen.com/articles/10.1186/s40816-021-00332-x>

- NutraMedix **GlucoMedix[®]**, as a reminder, is a combination of **Stevia** & **Samento** (a pentacyclic chemotype of *Uncaria tomentosa*)
- 60% of U.S. people have **metabolic syndrome**, so **GlucoMedix[®]** was created
- A case series of 6 adult-onset type 2 diabetic patients (3M&3F age 50-65) were given **GlucoMedix[®]** 2ml 2-3x/day by 2 doctors in Lima, Peru
- On day 1 of the study, before starting **GlucoMedix[®]**, 4 of 6 patients were on one or more pharmaceutical meds for blood glucose control
- Blood glucose decreased substantially in ALL patients by days 7-12
- 5 of the 6 patients reduced average blood glucose by at least 50mg/dl
- 2 pts came OFF all pharmaceuticals & another reduced from 2 to 1 drug
- All 6 patients had better blood glucose control on **GlucoMedix[®]** than meds

- “In this informal research case series oral GlucoMedix was an effective treatment for hypertension.”
- **Glucomedix** dose: 30 drops 3X/day
- Systolic BP came down in ALL; avg. reduction: **32 mmHg**
- Avg. Diastolic BP reduction: **8 mmHg**
- **2 of the 11 patients stopped BP drugs completely!**

Hi-Frequency EMF-Shielding Canopy or Blushield Phi-2

Canopies must be grounded with a toothed alligator clip & an insulated copper wire attached by a pipe-clamp to a metal stake in the earth & **bed must not be on a geopathic line.** If bed is not on 1st floor, must have similar cloth on floor under bed.



Can buy this EMF shielding canopy on <https://safelivingtechnologies.com>

It blocks EMF 99% up to 10 GigaHertz
Blushield.com Phi-2 reduces EMF harm by 85% if canopy not possible



- In order to get deep healing sleep, our brain must have delta waves (0.1-3 Hz)
- Electropollution entrains our brains into higher frequencies (>50Hz) so we can't get into parasympathetic dominance at night to regenerate
- If we don't get delta-wave sleep, we also don't get Rapid-Eye-Movement dream sleep to heal our psyche & correct the spin direction of all 7 energetic vortices (EVs)
- If EV spin is counterclockwise, muscles will not recharge the organs via a muscle's acupuncture meridians
- **Ezov** will correct EV spin if sleeping in an EMF-shielded bed & bedroom electric breakers are off

Effects of EMF Pollution on VGCCs

- VGCCs are Voltage-Gated Calcium Channels on most of our cell membranes
- EMF exposure causes calcium to flood into cells via VGCCs
<https://www.researchgate.net/profile/Martin-Pall> (especially June 2013 forward)
- Calcium in cells increases nitric oxide, superoxide & peroxynitrite which are **free radicals** that damage mitochondria, cell membranes & DNA
- Also EMF-activated VGCCs release excess neurotransmitters & hormones
- Since we are electrochemical beings, all our normal bodily functions rely on a very subtle, intricate cascade of electrochemical signals
- In addition to EMF canopy, may need NutraMedix **Amantilla** or **RelaxMedix**
- Electromagnetic fields bombard us & overstimulate our VGCCs, causing **calcium channel flooding** and cellular free-radical damage, NutraMedix **Magnesium Malate** & Mag.sulfate foot baths **reduce calcium flooding**

5200 articles on EMF harm on www.bioinitiative.org



ElectroPollution & Mold/Fungi

- Dr. Klinghardt in 2008 described research in Switzerland where mycotoxins produced by a fungal culture inside a Faraday cage were measured, then the Faraday cage was removed & the fungus was then exposed to WiFi, a computer nearby, a cellphone tower down the street & then produced 600 times more mycotoxins <https://agoodhealthadvocate.com/health/mold-produces-600-times-more-bio-toxins-with-emf/>
- EMF pollution makes fungi in our body or our home more virulent
- **Mycotoxins are immuno-suppressive, neurodegenerative & can be genotoxic**
- Since we cannot get rid of 100% of fungi in our body or our home, we need to decrease EMF in our homes and workplaces as much as possible
- Turn off electric breakers that go to your bedroom area every bedtime
- If you live in a city/town, sleep inside a Faraday canopy grounded to earth



From a Florida realtor

**Half of all homes have mold problems (but most not this bad).
Mold mycotoxins are immune-suppressive, and can be
neurodegenerative, liver-toxic & genotoxic.**

6 Steps to Eliminate Mold

1. Test using Sabouraud dishes – so you can see the mold yourself (read “Mold Testing” on www.DrLeeCowden.com OR do ERMI or HERTSMI-2 test <https://www.envirobiomics.com/product/hertsmi-2/?v=7516fd43adaa>)
2. Clean up the building air with a hydroxyl generator, then Retest; Can't get well living in, or working hours per day in, toxic mold
3. Eat antifungal, ketogenic diet (with meat or vegan) for 12 weeks; read “Anti-Fungal Ketogenic Diet” on www.DrLeeCowden.com
4. Irrigate mold/fungi out of your paranasal sinuses 1x/day x12wks ; read “Saline Sinus Irrigation” on www.DrLeeCowden.com
5. Take antifungal herbs 2x/day (**Cumanda/Tangarana**) x12wks
6. Get mold & mycotoxins out of gut and use binders (**Binder Plus**)
7. **Can't fully resolve Lyme until mold issues are resolved !**



FOCAL INFRARED THERAPY

- 48 infrared LEDs (light-emitting diodes) can penetrate 2-3 inches (5-7cm) into the body (850nm wavelength)
- Attach 1cc homeopathic “toxin” or **Algas** vial with rubber band in front of the LEDs, which can mobilize those toxins from those tissues (=photonic focal detox)
- IR light stimulates nitric oxide release, which dilates arteries to bring more NMx **herbs** into affected tissues
- If an herb, etc. is in the blood, it will go much more to where the arteries are dilated (=photonic focal uptake)
- <\$20 on Amazon.com but buy with 12 VDC, 1A, 2.1mm Coax. Power Plug

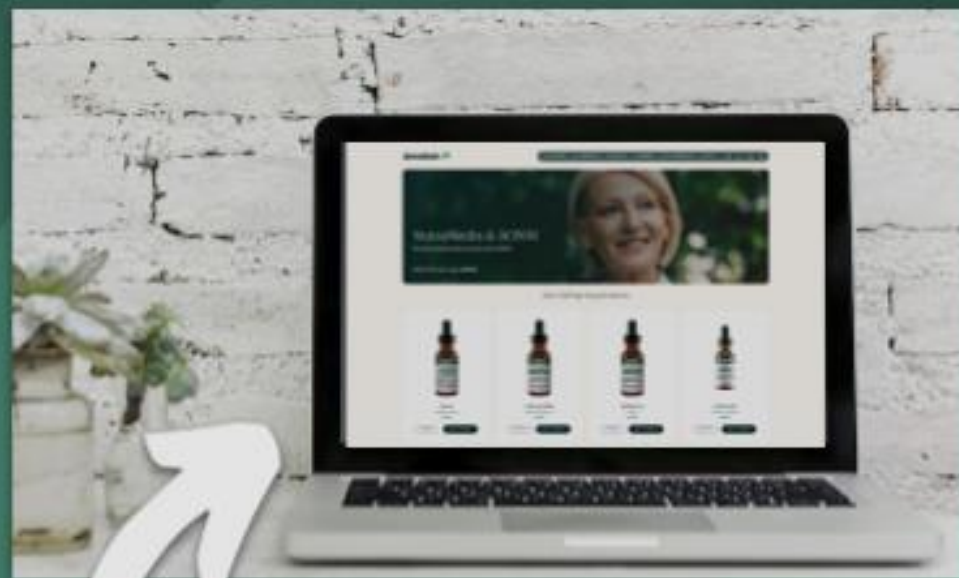


48 Infrared
LED Cluster



Power Plug

Thank you for joining us!



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(valid for the next **30 days!**)

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www.nutramedixuk.co.uk/AONM

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