

# Regenerative Nutrition

## How to make the most of our service



## Introduction

Welcome to our guide to the Regenerative Nutrition service and website. It is a very large website, and some people find it difficult to navigate and find the information that they need, even though we have laid it out as simply and logically as we could, given such a large database of information. We aim, by means of this document, to fully inform you of the full range of our service so as to help you get the most from your association with us.

## The aim of this document is to guide you to the information you need as effortlessly as possible

### Why we suggest e-mail as the best way to get support from Regenerative Nutrition



It enables you to lay out the details of your needs fully

it enables us to have input from a number of sources when considering your information

it gives you a permanent source of reference to our response

You can find [here](#) a simple online form, by which you can submit your information to us, which also gives guidance on the type of information we need to be able to offer you our best advice.

We are committed to bringing you the most effective remedies to resolve your health problems in the simplest supplemental regimes possible. We aim to provide you with all of the tools to treat the actual root causes of health problems holistically rather than supply remedies that will give temporary or partial relief from only the symptoms. This has been our mission since the founding of Regenerative Nutrition in 1994. As we uncover more fundamental truths about the causes, and therefore the relief, of diseases and health problems we update and revise our product range and recommendations.

### Regenerative Nutrition strives not to be just another supplement supplier

We aim to provide a comprehensive service and to offer support with the fullest, most relevant, information possible; not only about our supplements, but about your health in general. We also task ourselves with providing comprehensive information about specific health conditions, some common, some not so common. Our aim is to provide the support you need to get as healthy as possible, not just by selling you supplements but with advice on many related issues such as diet, lifestyle and environment.

### How do we achieve this?

We offer an extensive online database of research regarding both health conditions and the supplements that can improve them. If we do not have the information to cover your situation we will do our absolute best to research and find it for you. If we don't carry supplements that will help you, we will recommend supplements that you can find with other suppliers. We also offer extended support, where needed, by either telephone or email. We suggest that email is a far more efficient way to get this support, for a number of reasons.

# Where to start?

This is often the most difficult point (and for many, a sticking point that they can't get beyond).

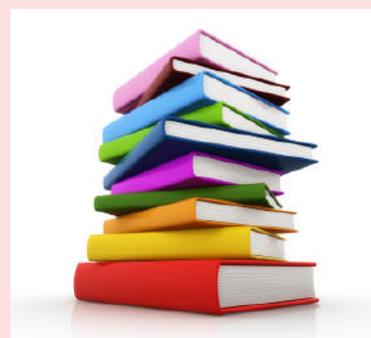
Very broadly speaking there are two distinct groups we aim to support; firstly, those who are already suffering from a specific health condition, or conditions and, secondly, those who are intent on maximising their health and avoiding health problems down the road. We have a set of advice for each of these broad groups, and one or the other will always apply to any situation. Now, of course, it's not as simple as that, as there are obviously sub-divisions within these groups, but these should **always** be the starting points. So, what are these two starting points, and where can they be found?

**The Core Regime** - intended for those with moderate to good health aiming to improve and/or maintain their well being and for those with common "minor" conditions, such as lesser infections (colds, sore throats) physical injuries etc., and some more serious conditions such as Type 2 diabetes, arthritis and asthma to name but a few.

**The Autoimmune Protocol** - intended for those with compromised immune systems and suffering one of the many "autoimmune" conditions, too numerous to list here, but for example ME, MS, Type 1 Diabetes etc.

A lot of supplements are recommended within both of these articles, so it is important to stress that not all are necessarily needed, some are needed only for a certain period of time, those needed would be implemented incrementally over time and some can be switched in and out (rotated) with others. So never feel daunted by the large number of recommendations, feeling that it would be impossible to purchase and maintain them all.

So, where can this information be found?



In The Library

Home Online Store Customer Support **Library** Search Contact Us [Subscribe to our Newsletter](#)

A world of Health Information...  
...here at your fingertips

- ▶ Health Conditions
- ▶ Product Information
- ▶ The Core Regime
- ▶ The Auto-immune Protocol
- ▶ News Archive
- ▶ Pregnancy

A tablet computer displaying a website page titled "Regenerative Nutrition" with a sidebar for "Asthma". The page shows text and a product image. In the background, there is a stack of colorful books.

The Library is the access gateway to all of the information that we have posted regarding health conditions and related topics. Here you will be able to access the following major resource areas, and a few more besides.

- **The Core Regime**
- **The Auto-immune Protocol**
- **Health Conditions**
- **Product Information**
- **Essential Reading**



## The Core Regime

The reason for the Core Regime is to provide, as simply and elegantly as possible, all of the nutrients, as far as is practicable, that are required to achieve optimum health.

The healing power of the correct nutritional supplements is exceptional, and if understood and pursued with diligence can, in the vast majority of cases, result in significant improvement to health, and often the elimination of disease. Even with the best possible diet, the use of correct nutritional supplements is still extremely important for achieving optimum health.

## A note on our library

We maintain many articles in our online library, and as our knowledge grows, so we add to those articles, but it is simply impossible to rewrite the whole article every time we have some new information, so sometimes that information is simply appended to an article. This can sometimes interrupt the flow of the original article and possibly sometimes even offer seemingly conflicting advice. We are always happy to clarify points if you do not understand anything fully. We do have an ongoing programme of article updating, but with over 500 extensive entries on our database, some running to many pages, it will always be an ongoing exercise.



## The Autoimmune Protocol

Autoimmune diseases result from the body's immune system being incorrectly activated to defend against organs, tissues or substances that are naturally present in the body. Essentially, the body attacks its own cells. Regardless of what organ or part(s) of the body come under attack there are common underlying contributing factors to all autoimmune diseases. It is these underlying factors that we seek to address in this article.

## Health Conditions

Where the Core Regime and Autoimmune protocol, above, outline the basic underlying regimes to help with almost every health challenge imaginable and give an excellent starting point on a journey to better health, the *Health Conditions* section provides an A-Z listing of health condition articles, each of which contains recommendations for remedies that are of specific use in that particular condition in addition to the remedies initially recommended in either of the two basic starting point regimes.



To achieve overall good health and long term resolution of health problems the recommendations found here should be combined with the starting point remedies for the best results. It may well be that there is some overlap and that many of the remedies in the core regime or autoimmune protocol are listed in the condition articles also. If you need any assistance in selecting the most suitable remedies, or have any questions, please [Contact Us](#)

## Product Information

Detailed information on each product can be found in this section. When you select a product from the A-Z list, or via a product search, you will land on a page of brief information regarding that product, but the information doesn't stop there. Each page has tabs, usually four or five of them. These contain such information as ingredients and directions, further reading, health uses and in some instances, customer comments.

▶ Information

▶ Ingredients / Directions

▼ Further Reading

▶ Comments

▶ Health Uses

The *further reading* tab on each product page is where you will find in depth information about the product, including clinical study summaries, links to external information and much anecdotal evidence. We suggest that any one planning to introduce a new remedy reads all of the information about it first to ensure it is suitable for their regime.

## In summary...

When first looking at an association with RN to identify and implement a natural solution to your health issues these would be the best steps to take.

- Read, as applicable, the Core Regime or the Auto Immune Protocol
- Refer to the A-Z of Health Conditions list for information specific to your conditions
- Read about each remedy you will consider in the Product Information
- Read, as a minimum, the two recommended articles from the Essential Reading list
- Seek clarification/support if needed
- Embark on your journey to better health

## Essential Reading

You will find many tips here on diet, environmental factors, special regimes etc. However at this stage the 2 most important articles in this section, that should be read prior to embarking on your journey to better health, are:-

[Adapting To The Regenerative Process](#)

[The Incremental Introduction of Nutritional Supplements](#)

The first article will give you an indication of what to expect as your health starts to turn around. It deals with changes in your body, such topics as the expulsion of toxic material from the body and during this process how one can feel quite ill. This article will give you the reassurance that this is normal and a good sign that things are changing.

The second article discusses how to gradually introduce nutritional supplements over time, how the body may go through an adaptation phase, and how it is important to never be bombarding your body with too many supplements at any one time. It offers strategies and suggestions on alternating supplements, when to have a break and such related topics.



**Cinnamon** *Cinnamomum Verum*  
 'True Cinnamon'  
 with one of the oldest traditions of medicinal use  
**400mg - 120 VegeCaps - £11.95**  
 includes worldwide shipping

One of the oldest spices known, Cinnamon has a vast array of applications including; heart disease, arthritis, hair loss, bladder infections, toothache, diarrhoea, nausea, vomiting, colds, infertility, upset stomach, flatulence, immune boosting, indigestion, longevity, skin infections, fatigue, bad breath, hearing loss and weight loss. Cinnamon may also hold the key to prevent and treat Alzheimer's disease, and much scientific research is taking place with this focus. It acts as a digestive aid and can relieve gas and bloating. Most intriguing of all is the recently touted cinnamon diabetes treatment.

This medicinal herb is known as *Cinnamomum verum*. It is not the same as the Cinnamon that is generally sold in supermarkets as a cooking ingredient, known as *Cinnamomum aromaticum* (Cassia or Chinese cinnamon). Cassia contains high amounts of a moderately toxic component called coumarin that has been linked to liver and kidney damage when taken in high concentrations. European health agencies have recently warned against consuming large amounts of Cassia. Click on the banner above to read more, including details of studies, research and benefits.

**Ginkgo Biloba**  
 the most widely used phytomedicine in Europe  
**120mg\* - 120 VegeCaps - £13.95**  
 \* high quality extract equivalent to 6000mg per capsule  
 includes worldwide shipping



Ginkgo Biloba has many useful applications that include; glaucoma/diminished vision, impairment to memory/ability to concentrate, arterial obstruction, Reynard's disease, Alzheimer's disease, diabetes, vertigo, high blood pressure, tinnitus, poor libido (male & female) and migraine to detail but a few. Ginkgo is also a neuroprotective agent. Please click on the banner above for details of the many conditions that Ginkgo is useful for. Ginkgo Biloba is an herb derived from the maidenhair tree. It is well known for its Antioxidant and detoxifying properties. It has been used for many years as a remedy for various conditions. Both the leaves and seeds are used in extracting this valuable medicinal herb.

Ginkgolic acid-rich Ginkgo biloba can cause serious allergic skin reactions. Ginkgo extracts registered in Germany are not allowed to contain more than 5 ppm (0.0005%) ginkgolic acids. In the USA and other countries in which Ginkgo preparations are sold as food supplements, such limit values do not exist. Because of the health-damaging properties of ginkgolic acids it is urgently recommended not to take ginkgolic acid-containing products of poor quality. The Ginkgo Biloba supplied by Regenerative Nutrition is of the highest quality and exceeds the recommendation with only 3.42 PPM (0.000342%) ginkgolic acid.



**King of Bitters**  
*Andrographis paniculata*

Used in Chinese and Ayurvedic medicines to treat infections of the respiratory tract, skin and intestines.

**400mg - 120 VegeCaps**

**£11.95**

includes worldwide shipping

[Click here for more details](#)

King of Bitters appears in several recent studies. The andrographis is a plant used in Chinese and Ayurvedic medicines to treat infections of the respiratory tract, skin and intestines amongst other things. The Pharmacopoeia of China documents the use of andrographis in the treatment of influenza with fever. It's one of the bitterest plants which leads to its name "the King of Bitters". We have here an excellent example of a plant known and used for millennia in Chinese and Ayurvedic Medicine, which today is studied scientifically to prove its therapeutic qualities. Even the WHO admits that andrographis is useful in the prevention and treatment of respiratory infections such as colds, bronchitis, sinusitis and pharyngitis. A master herb used in 26 different Ayurvedic formulations; a potent anti-bacterial and anti-viral herb and also a potent anti-inflammatory. It helps boost the immune system, protects against cancer, prevents blood clots and maintains efficient digestive functioning. The herb improves liver and gall bladder function, increases bile flow (aiding digestion), activates fibrinolysis, a natural process in the body in which blood clots are dissolved. It also helps to lower blood pressure.

# Long Pepper

Piper Longum or Pippali

400mg - 120 VegeCaps

£11.95

includes worldwide shipping

Primarily used for cold, wet and 'mucousy' conditions of the lungs and as a longevity enhancer



[Click here for more details](#)

The Ayurvedic texts list Long Pepper as one of the most powerful Rasayana herbs, meaning it is a longevity enhancer. Long Pepper is one of the most widely used Ayurvedic herbs. Primarily used for cold, wet and 'mucousy' conditions of the lungs, it encourages vasodilation and therefore increases circulation, specifically to the lungs. Used in asthma, bronchitis, pneumonia and compromised immunity in the respiratory system. Long pepper helps in expelling out the mucus accumulated in the respiratory tract, it strengthens the nervous system, improves the gastrointestinal condition and normalizes the peristaltic movements. The herb serves as a good digestive agent. Long pepper helps in suppressing pain and reducing inflammation and tones up the urinary tract. Further benefits include help with anorexia, indigestion, flatulence, abdominal pain, hyperacidity, piles, paralysis of the tongue, diarrhoea, cholera, chronic malaria, viral hepatitis, diseases of the spleen and tumors. It is useful as a sedative in insomnia and epilepsy and is also used as an aphrodisiac, since it boosts the reproductive system. Piper longum is also used in the Ayurvedic and Unani Systems of medicine for stress relief and sleep disruptions etc.

# Keela Nelli

Phyllanthus amarus, or niruri

a world-renowned botanical for liver and kidney disorders and much more

400mg - 120 VegeCaps - £11.95

includes worldwide shipping

more than 2000 years of use in Ayurvedic traditional medicine

[Click here for more details](#)

Keela Nelli (Phyllanthus amarus, or niruri), a world-renowned botanical, is very effective in treating viral infection of the liver, specifically hepatitis B. It is anti-hepatotoxic, anti-lithic and anti-hypertensive. Useful in the treatment of kidney and gallbladder stones (active stones and as a preventative), colds, flu, tuberculosis, and other viral infections. Also, cystitis, prostatitis, venereal diseases, and urinary tract infections. It has also been proven effective in other liver diseases like jaundice and liver cancer. It is used to tone, balance, strengthen, detoxify and protect the kidneys and liver (and to balance liver enzymes). In the kidneys it helps to reduce uric acid and increase urination.

This plant has been highly valued in a number of countries for its curative properties. In India the plant is often used by traditional medical practitioners for asthma, bronchial infection as well as diseases of (and injury to) the liver. In Ayurvedic tradition, the digestive tract and functions are of the highest importance to health. The liver has many functions, including: the formation and excretion of bile, necessary for digestion; activating specific vitamins; activating and deactivating body hormones and detoxifying chemical, and biological poisons (toxins), that invade our body every day. In Ayurvedic medicine, it is also used to treat diabetes.



# Mangosteen

Garcinia mangostana L.

with dozens of biologically active xanthenes

400mg - 120 VegeCaps - £11.95

includes worldwide shipping

[Click here for more details](#)

Among the powerful phytonutrients found in mangosteen, Xanthenes stand alone in their impressive benefits. Scientific studies suggest xanthenes may promote healthy bodily function. The whole mangosteen fruit, packed with naturally occurring xanthenes, may help with maintaining intestinal health as part of a balanced diet. It is also useful for; supporting the body's natural defences, neutralising free radicals (an antioxidant), supporting cartilage and joint function, cardiovascular health and has anti-inflammatory properties.

It can further neutralise both bacterial and fungal infections. Researchers have identified dozens of biologically active xanthenes in the mangosteen fruit. Today, researchers are just beginning to uncover the powerful scientific properties behind the mangosteen fruit. Mangosteen has been used as a traditional medicine in Thailand for the treatment of trauma, diarrhoea, and skin infections for many years. Please click on the banner above to read more, including details of studies, research and benefits.



"I had been in a very low state of health for some years suffering from severe stress and fatigue, muscle aches and pains, joint pain, arthritis and bacterial infections. After receiving advice from a homeopath who has used Regenerative Nutrition over the years I searched the internet to find this site. I spent hours reading information on the site about the products and the Core Regime and found it unbelievably invaluable and fascinating. I began the Core Regime and used the supplements to restore my health. I can't stress how much better I became after a few months.... Thanks to Regenerative Nutrition."

**Carolyn, Aged 59, UK**

[Please click here to read further customer testimonials](#)