

Product Information

Nutritional Products

Important information regarding schooling

On the homepage: www.paul-schmidt-akademie.de, you will find a product information portal covering the topic bio-resonance according to Paul Schmidt for your free usage. After online registration, many interesting topics like over-acidity, discharging, intestinal colonisation by harmful bacteria etc., an online seminar and other video clips with valuable tips and tricks are available to you. This portal offers information around the clock, you can gain access at any time of the day or night. Please test our portal! You are sure to like it!

Currently only available in German!

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Let us remind you that any given information, advice or suggestion for solving problems in this publication cannot replace a visit to a doctor orientated to natural healing or a naturopath. Please also note that the effects of bio-energetic oscillation are still neither accepted nor acknowledged by the orthodox medicine.

1. Inner Balance

Acid-alkali balance and the intestinal flora are supporting pillars of our health. People with a disturbed acid-base balance and unwanted bacteria cultures populating their intestines usually exhibit a great number of energetic deficits when tested with Bio-resonance according to Paul Schmidt. By taking suitable food supplements, these energetic deficits can be corrected, in other words, the balance between acids and bases and a stable intestinal flora are restored.



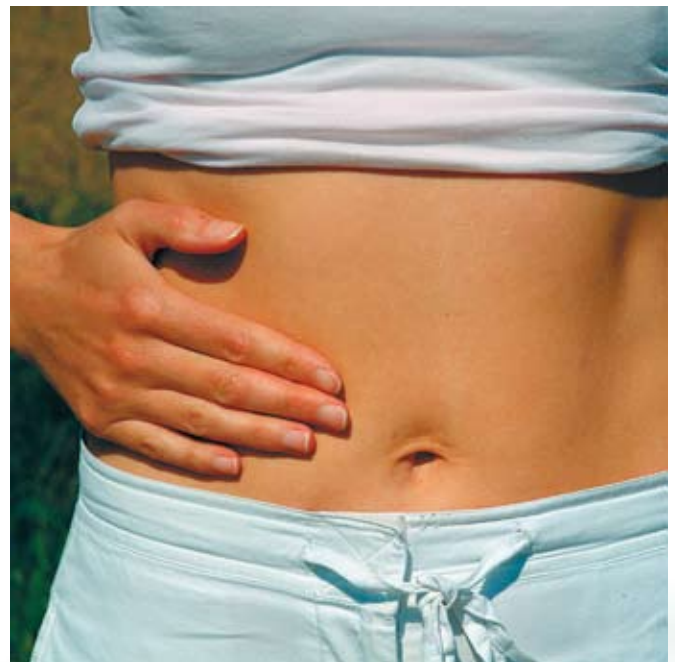
2. Intestinal Flora

2.1 Billions of Little Helpers Take Care of our Health

Intestinal flora function in the centre of our bodies, in the intestines. It is a population of billions of tiny bacteria, living in the mucous tissue of the intestines and protecting it. Approximately 400 different bacterial strains have been noted. Our relationship with bacteria is called a symbiosis – an alliance between humans and bacteria which is useful on both sides.

When babies are born, they are completely sterile. During the process of giving birth and breast-feeding, intestinal bacteria are passed on from mother to child. On arrival in the child's organism, they begin to colonise in the intestines and spread out like a patch of lawn. Due to a multitude of influences, however, this process is often disturbed at an early stage. Environmental pollution, malnutrition, drugs, with antibiotics ranking first, food preserving agents, but also a constant flood of irritations, physical and psychic stress, are enough to seriously diminish the intestinal flora, even from early childhood on.

The doors are pushed wide open to welcome fungi and putrid bacteria. They start overgrowing the intestines. As soon as they have established themselves in our organisms, they continue to produce fermentative



and acidic substances from undigested food remains – “acidic toxins” influencing our metabolism in a bad way and leading to acidosis.

2.2 People Need a Healthy Intestinal Flora

Our health depends on the intestinal bacteria. They take over important tasks for our metabolism and the immune system, 80 % of which is located in the mucous tissue of the intestines: protecting the mucous membrane of the intestines, boosting defence mechanisms, forming a barrier against unwanted bacteria,

metabolic toxins and allergy-triggering substances, neutralising unwanted substances entering the organism via the air we breathe and the food we eat, supporting digestion, providing energy, improving the absorption of vitamins, trace elements and minerals we take in with our meals, generating vitamins ...

2.3 Disaster Caused by the Colonisation of Harmful Intestinal Bacteria

Normally, the intestinal mucous membrane is a densely-meshed network, preventing large molecules from passing through. If the greater part of the intestinal population consists of harmful bacteria, the mesh starts widening as a result of the constant strain on the mucous membrane. More and larger molecules find their way through the net. Undigested proteins and harmful bacterial waste products, like acids from fermentative processes, leak through the intestinal mu-

cous membrane into the blood circulation and other regions of the organism. The intestines have literally one or even several leaks, like a sinking ship. In medical sciences, this phenomenon is also called "leaky-gut-syndrome". On top of this, leaky intestines are in no position to produce a sufficient amount of immune cells. The results are a weakened immune system - the beginning of a vicious circle.

3. Acid-Base Balance

3.1 There are Many Sources of Acids

Besides a wrong colonisation of the intestinal flora, there are a great many other acid sources. Our organism is practically flooded with acids. The greatest part of these acids comes with our food. Minerals – important alkalis – have become quite rare in our food, even if we have very health-aware eating habits. Pollutants, fuel exhaust substances and pesticides destroy the alkaline reserves in our soil, and this affects the crops: the fruit and vegetables, normally rich in bases, can no longer supply them sufficiently.

Acids are often the result of numerous metabolic processes, partially arising as intermediate products, partially as final products, for instance uric acids from cell disintegration, lactic acids from muscle action.

And we must never underestimate a further source of acid production: the constant stress and sensory overload swamping our nerves. Stress, strain from the steadily increasing pace of life overbalance the equilibrium of our inner milieu.



4. What Can be Done? - Milieu Therapy

We want long-term success, therefore we must approach the problem holistically. The cause, not the symptoms, must be treated. We need to restore the intestinal flora. Acids and alkalis must regain their equilibrium. Our aim is to generate an optimal body milieu.

The milieu therapy of the Rayonex company with its holistic vital substances combination has proven its worth. It consists of five supporting pillars.



4.1 Pillar 1

Our organism depends on alkalis for mobilising and neutralising acidic deposits - alkaline minerals can take over this function perfectly. But our body's mineral stock is exploited by acids. Our food is gradually

growing poorer in minerals, therefore additional mineral intake is a necessity. Alkaline mineral preparations like Rayobase may provide help just in time.

4.2 Rayobase – an Energetically Optimised Alkaline Preparation

Most manufacturers of basic mineral preparations select their mineral compounds according to one criterion alone – the buffer effect. But when Rayobase was developed, the energetic property of the preparation, we could also say the oscillation pattern, was also considered besides the buffer effect. Bio-resonance according to Paul Schmidt was exploited, and with its help, the importance of a preparation's pH-value for our energetics was discovered. The alkaline preparation should have a very strong alkaline character. With this patented method, a preparation with a high alkaline pH-value was developed, attempting to reach deposited acids much more successfully.

Besides regulating the interaction between acids and alkalis, the mineral compounds of Rayobase take over further important jobs in the body: neurotransmission, enzyme activation, support of the cell membrane functions.

Purifying processes require minerals, but also trace elements. Here, the trace elements zinc and silicon have a very special value. Zinc is needed for disintegrating acids, therefore it supports the neutralising effect of the minerals. Silicon supports the connective tissue, our largest acid store. The energetic properties of Rayobase can also be improved remarkably with the addition of zinc and silicon.

4.3 Pillar 2

“Encouraging the excretion of acidic waste products via the skin with alkaline baths”

The central organs for acid excretion are the kidneys. But the kidneys cannot always excrete acids as they build up. If they did, the tissue of the kidneys would be

cauterised by the excessive acids in the urine. Therefore, a good remedial measure can be to alleviate the kidneys by enjoying an alkaline bath, for instance. Alkaline baths can encourage the acid excretion through the skin.

4.4 Criteria of a Valuable Alkaline Bath Additive

The pH value of a purification bath is of great importance. A bath with a pH-value of 8.5 is perfect. You can achieve an alkaline pH-value of the bath water with the addition of salts. The alkaline bath additive Rayosole contains high-quality crystal salts from the Himalayan mountains. Himalaya salt are among the salts with the highest amount of energy. It comprises the same prime elements of which our bodies also consist. Furthermore, it is a natural skin care product. But Himalaya salts alone cannot bring about such a

high pH-value. This is achieved by adding alkaline minerals to Rayosole. To raise the pH-value, Rayosole contains magnesium, which also has a relaxing effect on the muscles during a bath. The purifying effect of a bath additive can be optimised by supplementing it with precious stones. Written reports from early times say that certain precious stones like agate, amazonite, amber and rose-quartz work as media for purification and regeneration, so we have blended them into Rayosole bath salts.

4.5 What Makes a Complete Bath Optimal for Purification?

No resonance medium can compete with water. After all, about 70 % of the human body consists of water alone. In a bath, the electric conductivity of the skin is increased, enhancing the flow of energy. Other benefits arise from the large surface treatment, the vascular dilation due to the heat all around, peace and relaxation. A relaxed body is in a better disposition for excreting and can soak up the beneficial substances more efficiently.

But a complete bath is not the only possible therapy. Foot baths can also be very effective. There is a good reason why friends of natural healing methods refer to the feet as the "additional kidney". Alkaline compresses, i.e. alkaline liver compresses and alkaline stockings, are further helpful applications to forward purifying processes.



4.6 Pillar 3

"Supporting neutralising and excreting processes and stabilising metabolism with vitamins and trace elements"

Vitamins and trace elements are essential vital substances, in the same way as minerals. Vitamins and trace elements, working as so-called coenzymes, are responsible for important metabolic functions. They support our enzymes by speeding up metabolic processes and controlling them.

If our food contains an insufficient amount of vitamins and trace elements, metabolism will be disturbed; often, the single compounds of our nutrition are not broken up properly, a lack of energy is the outcome. Vitamins and trace elements boost the defence of our immune system and facilitate excretion and detoxifying processes. This makes them so important for restoring the equilibrium of an unbalanced acid-alkaline state.

4.7 Vitamins and Trace Elements in the Intestinal Flora

Particularly important in Rayovita are the vitamins A, C and E and the trace elements selenium and zinc. All five support our defence mechanisms and belong to the so-called antioxidants. Antioxidants attack unwanted free radicals coursing through our organisms. Free radicals are aggressive oxygen particles with one electron missing. Free radicals strive to close this gap by "robbing" the missing electrons from the body's own compounds. They attack our cells. Destroyed cell substance can lead to premature ageing and even deterioration of the cell. The risk of cancer is seriously increased. Free radicals are generated by stress, UV-radiation, radioactive waves, ozone, environmental pollution (exhaust fumes, pesticides) and very strongly by cigarette smoke.

We must not forget the B vitamin family (vitamin B1, B2, B6, B12, niacin, pantothenic acid, biotin and folic acid). The group of B vitamins comprises important co-enzymes for carbohydrate, fat and protein metabolism. They play a role in the production of energy. Some of the B vitamins encourage circulation, making them important for the regeneration of the intestinal mucous membrane, among others. Some B vitamins are active players in the nervous system, they take care of neural impulse transmission. Vitamin B12 plays a main part in the formation of red blood corpuscles (erythrocytes). Besides these vitamins, Rayovita also provides many vital trace elements. It contains the afore mentioned trace elements zinc and selenium, but also iron, manganese, copper, chromium and molybdenum. Trace elements have many functions.



4. What Can be Done? - Milieu Therapy

4.8 Pillar 4

“Remediation and invigoration of the intestinal flora with pro-biotic bacterial cultures”

In order to restore the natural barrier functions of the intestines, the organism must take up healthy living bacteria, available as pro-biotics. Pro-biotics are food supplements containing viable, healthy bacteria, the so-called pro-biotic micro-organisms.

Pro-biotic micro-organisms can influence the equilibrium of our intestinal flora when they are taken.

The intestinal milieu is modified positively, pathogenic bacteria, putrefactive bacteria, fungi and germs are suppressed naturally. If the intestines are mainly populated by positive bacteria, the negative bacteria are forced to assimilate. This is because bacteria tend to following the majority. The minority conform with the dominating strains. A constant fight for leadership between the different bacteria strains is going on in our intestines all the time. Even a slight surplus of one strain quickly leads to a change of leadership.

4.9 How Long Should You Take Pro-Biotics?

Building up a healthy intestinal flora may take as long as a year – it all depends on the ratio of “good” and “bad” bacteria population.

It is always a good idea to take a pro-biotic preparation directly after a course of antibiotics. The antibiotics cannot differentiate between beneficial and harmful

bacteria, they kill each and every bacteria, indiscriminately.

There is no reason for not taking pro-biotic preparations for the rest of your life. Our modern way of life endangers the intestinal flora permanently and lets it shift in the direction of an unhealthy milieu.

4.10 Many Bacteria have no Vital Foundation

There was a time, when healthy bacteria populated every little corner of our environment. But growing environmental pollution and our intensive agriculture, which is to blame for leaching out the soil, have left our little helpers without their vital foundation. Now

the number of healthy bacteria available for our organism is no longer sufficient. These findings led to the development of a variety of products aiming at compensating deficiencies naturally and generating the preconditions for a healthy intestinal flora.

4.11 Pro-Biotic Preparations depend upon the Perfect Mixture

Pro-biotic micro-organisms live in symbiosis with each other. As one strain lives from the substances excreted by the other strain.

There are aerobic bacteria in need of oxygen for their living and anaerobic bacteria, which can do without. They need nitrogen instead of oxygen. If the anaerobic

bacteria are plentifully provided with nitrogen, they flourish and produce oxygen. This oxygen is then used by the aerobic bacteria, so they can thrive on it – a constant give and take. A good pro-biotic preparation is a well-balanced mixture of aerobic and anaerobic micro-organisms.

4.12 Pillar 5

“Nutrition – eating food which is rich in alkalis, non-acidic and little encouraging for fermentation”

3 golden rules for our diet

- eat a lot of food which forms alkalis
- eat little acid-producing food
- avoid food which encourages fermentation

One fact to remember: not every type of food with a sour taste also produces acid. The important factor is the bio-transformation of the food, that is, the products generated when the food is digested. This metabolism can lead to a formation either of alkalis or of acids. When minerals are metabolised, we receive alkalis. Therefore, all our food containing a multitude of minerals, like vegetables, fruit and herbs, form alkalis. Animal proteins form acids when metabolised, they are called acidifiers.

Since it is necessary to build up a healthy intestinal flora and not to hamper it, fermentative foods like milk, fresh yeast-raised pastries, uncooked cereals, pulses, cabbage ... should have no room in your diet plan at the beginning of a therapy for accumulating intestinal bacteria. Not only do fermentative processes lead to flatulence and acid formation, they also restrict the growth of healthy bacteria.



4.13 Food Ranging From Strongly Acid- to Strongly Alkali-Forming

Strong Acidifiers

Meat, sausage products, fish, egg white, cheese, sugar, sweets, bakery products, fast food, industrially processed food (ready-made meals, preserves, spice mixtures), alcohol, coffee, cocoa, sweetened drinks

Weak Acidifiers

Milk products, cereal products (bread, noodles), rice, pulses, rhubarb, asparagus, sugared canned fruit, nuts

Weak Base Formers

Pure whey and kefir (without artificial flavours), full cream milk, raw milk, cream, egg-yolk, soy, almonds, seeds, fresh sprouts

Strong Base Formers

Potatoes, vegetables, herbs, salad leaves, mushrooms, fruit, dried fruit (non-sulfurated), mineral water without carbon dioxide, herbal teas, fruit teas (without artificial flavours), fresh vegetable and fruit juice (not from concentrate)

4.14 Providing a Balance

It is impossible to do completely without acid-forming foods. You should simply try to combine acid-forming food with a good amount of alkali-forming food:

- 1 Reduce your consumption of acidifying food.
- 2 Start eating 5 small meals a day instead of 3 large meals.
- 3 Eat at least 5 portions of fruit or vegetables every day.
- 4 Combine every meal with fruit and / or vegetables.

4.15 Fermentative Processes as a Source of Acids

The distinction between acidifying and alkali forming nutrients is not the only criterion of a healthy diet. The way the food is processed in our body demands further consideration.

Even the best alkali forming nutrients can have a negative effect if the intestines are not functioning properly or the intestinal flora is populated by the wrong kind of bacteria.

In this case, if we eat food which encourages fermentation, a fermentation process is started, acids are generated in process and the acid-alkali equilibrium is in danger again. Even a vegetarian diet which is basically

alkaline, can have an acidifying effect if it contains too many sweet products.

Food which encourages fermentative processes

- milk
- yeast (fresh bread, pastries)
- uncooked cereals (i.e. muesli)
- cabbage
- pulses
- green salads

The ability to tolerate food, drink and cooked meals varies from one person to the other. Everyone has to try to find out for himself, what kind of food agrees with him and what can lead to fermentative processes and flatulence.

4.16 "Roughage"

Roughage consists of carbohydrates which cannot be broken down in the small intestines, therefore they reach the colon unchanged. Roughage can only be found in vegetable foods. Eating a lot of roughage is usually good for our health, but persons with an intestinal flora inhabited by the wrong bacteria population may suffer from complaints like flatulence and a feeling of fullness.

Therefore, when beginning a therapy to build up the intestinal flora, the diet should not be too rich in roug-

hage. But roughage forms good breeding grounds for healthy bacteria, therefore it should be increasingly included in your diet.

Food containing a healthy share of roughage

Whole-meal bread, whole-meal products, pulses, cabbage, lettuce, berries, dried fruit, nuts

4.17 Sugar and Sweets – Hotbed for Fungi

Sugar is a particularly problematic nutrient, its consumption should be reduced to a minimum. Sugar is the main energy supplier for fermentative bacteria and fungi, and also one of the strongest acidifiers. Chocolate, cakes, pastries, ice cream and sweetened drinks, actually almost all industrial food products, contain great amounts of sugar, therefore they should not appear on your diet plan at the beginning.



4.18 Food Preservatives Attack Healthy Bacteria

Numerous edible products treated with preservatives to extend their keeping quality represent a further group of unsuitable foods. Preserving substances stem bacterial growth. The preservatives are indifferent to the kind of bacteria they are attacking, therefore they also harm our beneficial bacteria in the intestinal flora. Of course it is impossible to build up a healthy intestinal flora if the bacteria are successively being

harmed by preserving agents at the same time. Fast food and tinned food or food mixtures from packets almost always contain food preservatives. Also, the so-called “natural aromatic substances” are not in the least beneficial for our health. They are nearly always produced with the help of mould fungi, whose undesirable catabolic products frequently end up in the aromatic substances, too.

Rayobase is an alkaline preparation containing a well-balanced combination of pulverised alkaline minerals. Minerals are vital compounds. Their main task is to detoxify by binding surplus acids and neutralising them. Besides the minerals potassium, calcium and magnesium, Rayobase contains the trace element zinc and also silica, two fundamental compounds for maintaining the equilibrium between acids and alkalis.

Ingredients: sodium hydrogen carbonate, calcium carbonate, magnesium carbonate, potassium carbonate, silica, zinc gluconate

Product code: 3400



Rayosole is a gentle alkaline bath additive made of natural mineral salts, precious stones and alkaline components.

Alkaline full and foot baths or alkaline compresses and stockings encourage the excretion of the acidic waste products via the skin. The kidneys find relief. The Himalayan salts contained in Rayosole are a well-balanced mixture of trace elements; the organism absorbs them through the skin while you are bathing. With their purifying and structuring effects, the selected precious stones support cleansing processes and the following regeneration.

A Rayosole bath helps you to look after your skin the natural way.

Compounds: Salt from the Himalayas, sodium hydrogen carbonate, potassium carbonate, magnesium carbonate, amber, rose-quartz, amazonite, agate

Product code: 3410



7. Rayovita

The essential trace elements and vitamins in Rayovita maintain important functions of the metabolism. They boost defence and detoxifying mechanisms and play an important role in neutralising and excreting acids. Rayovita is composed of pure vegetable dietary fibres (pre-biotics), which boost the growth of the bacteria in Rayoflora, and antioxidants to trap aggressive oxygen particles.

Ingredients: Inulin, magnesium citrate, vitamin C, dextrose, vitamin E, zinc gluconate, niacin, ferrous fumarates, chromic chloride, sodium selenate, pantothenic acid, copper (II) sulphate, vitamin A, manganese (II) sulphate, vitamin B6, grape seed powder, vitamin B1, vitamin B2, vitamin B12, folic acid, biotin, sodium molybdate

Product code: 3420



8. Rayoflora

Rayoflora contains a well-balanced combination of probiotic micro organisms (probiotics) and pure vegetable dietary fibre (pre-biotics). The 11 stable bacterial cultures in Rayoflora have a positive influence on the equilibrium of our intestinal flora. Rayoflora includes roughage to boost bacterial growth. The well-balanced mixture of pre-biotics and probiotics in Rayoflora promotes the build-up of a stable intestinal flora. A well-structured intestinal flora minimises the generation of acids in the intestines, it is important for a healthy digestion and strengthens the immune system.

Ingredients: Rice starch, malt dextrin, inulin, bacterial cultures (bifid bacterium infantis, bifid bacterium lactis, bifid bacterium longum, enterococcus faecium, lactococcus lactis, lactobacillus acidophilus, lactobacillus casei, lactobacillus plantarum, lactobacillus rhamnosus, lactobacillus salivarius, lactobacillus sporogenes), fructo-oligosaccharides, enzymes (amylase), vanilla essence

Product code: 3430



Each one of these four products can be used on its own. If you are looking for a holistic supply of vital substances to support your organism, however, a combined application makes sense. Therefore, we sell each one of these four products separately, but they are also available together as vitalstoffkur a treatment course for one month.

Product code: 3450

Notes:

- All products listed here are non-returnable





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