

# Defense Ingredients

## by Man Found Standing, Native American Medicine Man

Because of modern eating habits, nearly everyone experiences some form of nutritional deficiency. Unfortunately, most foods and supplements on the market today contain harmful additives or nutrients in forms that our cells cannot properly absorb or use. To address this, in the early 2000s, I developed three specialized formulations designed to support healing and optimal health. These later evolved into one complete, synergized daily formula—**Defense**. This advanced blend provides a full spectrum of vitamins, minerals, and bioavailable compounds that work together to assist the body in maintaining balance and vitality by:

1. Restoring and regulating pH levels, helping to prevent acidosis and the many health issues it causes.
2. Supporting a healthy probiotic balance, protecting against illness and encouraging overall wellness.
3. Modulating the immune system to ensure the body's natural ability to destroy abnormal cells, defend against environmental toxins and pathogens, and promote stem cell production for regeneration.

Maintaining proper alkalinity and a balanced immune system at the cellular level is essential for long-term wellness. Defense is designed to help achieve this balance with its rich concentration of vitamins, minerals, 3-beta-D-glucans, bitter triterpene compounds, anti-tumor polysaccharides, and more. By supplementing with Defense, you provide your body with the building blocks it needs for cellular balance and overall vitality. Defense contains the following:

**Organic Monk Fruit:** This small, green sweet melon has been referred to as the “longevity fruit” in traditional Chinese medicine for centuries. It contains no calories, carbs, or fats and does not raise blood glucose or insulin levels. Traditional uses include support for the lungs, kidneys, immune system, gut microbiome, and for reducing inflammation.

**Organic Orange Juice:** Contains flavonoids, vitamins, and minerals that are anti-inflammatory and have heart-protective effects. It supports healthy gut microbiota, digestion, detoxification, and liver health.

**Organic Watercress:** Contains beta-carotene and vitamins B1, B2, B6, C, and E. High in minerals such as copper, calcium, phosphorus, magnesium, potassium, and sodium. Watercress has antioxidant and anti-cancer properties, protects the eyes, assists in maintaining the skin, promotes healing of wounds, burns, or tendons, and promotes bone formation.

**Organic Dandelion Greens:** Rich in vitamins and minerals, the therapeutic properties of the dandelion assist in regulating blood sugar levels, cleansing the kidneys and liver, eliminating allergies, and clearing up skin conditions. It is considered a diuretic, laxative, choleric, tonic, antioxidant, and anti-inflammatory.

**Organic Turmeric:** Rich in fiber, iron, manganese, potassium, and vitamin B6. The therapeutic properties of turmeric include detoxification of the liver, reducing inflammation and cholesterol levels, improving blood circulation, and encouraging the growth of your internal digestive flora.

**Organic Broken Cell Wall Chlorella:** Has large amounts of chlorophyll, enzymes, vitamins, and minerals. The therapeutic properties include stimulating the immune system to protect from infections and cancers, stimulating the production of interferon, tissue repair, assisting the production of red blood cells, increasing oxygen to the cells, aiding in digestion, cleansing the bloodstream, liver, and kidneys, and feeding the friendly flora in the bowels.

**Wild Native American Tawnúk apán:** The 3-beta-D-glucans, which make up part of the cellular structure of Apán, cause a pan-systemic modulation of T-Cells. Apán contains bitter triterpene compounds that support the thymus and spleen (essential to ensuring that immune cells are properly programmed), anti-tumor polysaccharides, blood pressure-reducing angiotensin reuptake inhibitors, and perhaps the highest source of germanium in nature. Germanium is an oxygen catalyst and one of the most powerful free-radical scavengers found in nature.

**Cellulase from Organically Grown Papaya:** Assists in digestion by soothing and regulating the bowel. It reduces inflammation and swelling and assists in detoxifying the body.

**Organic Broken Cell Wall Spirulina:** It is packed with vitamins, minerals, and beneficial fatty acids. It also contains 70% plant-based protein to support healthy muscles.

**Organic Camu Camu:** Contains many beneficial phytonutrients and is one of the world's richest natural sources of vitamin C. It is an immune support, protector from free radicals, assists in reducing inflammation, supports serotonin production and cognitive health.

**Organic Haematococcus pluvialis:** This microalga contains natural astaxanthin that not only is one of nature's strongest antioxidants but also has numerous health benefits. Some benefits shown by taking this microalga include support for the eyes, joints, skin, brain, heart, liver, and much more.

## **Organically Grown 17 Strain Therapeutically Balanced Probiotic Formula containing around 6.5 Billion Active Cultures per suggested daily use:**

- 1. *Bacillus subtilis* (10%):** Bolsters the immune and digestive systems. Relieves intestinal ailments like constipation, abdominal inflammation, diarrhea, and so forth. Assists in restoring the normal gut flora by inhibiting the growth of bad bacteria and assists in regulating liver function.
- 2. *Bifidobacterium animalis* (5%):** Assists in maintaining balance in the gut and improves digestive functions. This probiotic produces acids that protect the body from the bad bacteria, reduce pH levels, produce vitamin B that enhances liver function, exhibits antioxidant properties, boosts the immune system, relieves allergies, and benefits diabetes by improving glucose tolerance and insulin levels.
- 3. *Bifidobacterium bifidum* (5%):** Considered essential for proper digestion and digestive health. It keeps the more harmful bacteria in check, assists the immune system, reduces inflammation, and has antioxidant properties.
- 4. *Bifidobacterium breve* (5%):** Breaks down carbs (sugar & starch) into nutrients for easy absorption in the body. Lowers the pH in the intestinal tract, inhibits bad bacteria growth, and boosts the immune response. It may be beneficial to reduce bloating and other digestive ailments, regulate blood sugars, suppress allergies, and promote bone health.
- 5. *Bifidobacterium infantis* (5%):** Boosts the formation of lactic acid and feeds on natural fructose. Improves nutrient absorption, regulates bowel function, supports the immune system, reduces inflammation, and may produce B vitamins.
- 6. *Bifidobacterium lactis* (5%):** This friendly lactic acid bacterium aids in digestion, especially in lactose intolerance, and nutrient absorption. Boosts the immune system, balances the gut, improves oral health, regulates insulin levels, regulates metabolism, and stabilizes mental health.
- 7. *Bifidobacterium longum* (5%):** Assists in preventing infections, boosts the immune system, reduces inflammation, improves fatty liver function, purifies the kidneys, lowers cholesterol, and increases the production of short fatty chains.
- 8. *Lactobacillus acidophilus* (10%):** Contributes to the fermentation of sugars into lactic acid in the intestines and assists in restoring the good gut flora, lowering cholesterol levels, and is considered beneficial to reduce yeast infections.
- 9. *Lactobacillus gasseri* (5%):** This is known as the weight-loss bacteria due to having a positive effect on metabolism, resulting in less fat being absorbed. Some benefits include enhancing the immune function and aiding with digestion.
- 10. *Lactobacillus lactis* (5%):** Breaks down carbohydrates and is beneficial for improved immune response, strengthening resistance to infections, alleviating allergies, lowering blood pressure, improving bone density, and improving skin. Has antioxidant and cancer-fighting properties.
- 11. *Lactobacillus peracasei* (5%):** It is an immune builder that enhances the natural killer cells. Assist in modulating digestion and gut issues, inhibits fat absorption, revives the metabolism, alleviates allergies, and improves liver function.
- 12. *Lactobacillus plantarum* (5%):** Creates a balance for digestive enzymes, produces B vitamins, increases iron and calcium absorption, stimulates the digestive system, and lowers inflammation. Known for producing antibiotics that attack the bad bacteria. Useful for diabetes, eczema, liver function, and strengthening the immune system for overall body health.
- 13. *Lactobacillus reuteri* (5%):** Important for gut health by increasing blood levels of vitamin D, B12, and B9 production. Beneficial for regulating bowel functions, reducing gut inflammation, stabilizing thyroid functions and metabolism, lowering cholesterol, and assisting in fighting infections.
- 14. *Lactobacillus rhamnosus* (5%):** Beneficial for weight management, diabetes, gastrointestinal issues, and allergies by strengthening the body's immune system.
- 15. *Lactobacillus salivarius* (5%):** Breaks down carbohydrates, builds the immune system, creates balance in the gut, strengthens dental health, improves liver function, and deters diabetes tendencies.
- 16. *Pediococcus acidilactici* (5%):** Has many benefits for the whole body that including enhancement of the immune response and relieving digestive symptoms of constipation, diarrhea, and so forth.
- 17. *Pediococcus pentosaceus* (5%):** Known to relieve allergies, digestive ailments, and support the immune system for better health.

**Bromelain from Organically Grown Pineapple:** Contains protein-digesting proteolytic enzymes. The therapeutic properties reduce swelling, bruising, relieve heartburn, aid digestion, and fight infections.

**Organic Capsicum:** Has many health benefits, but a very small amount was added to this formula to assist in stimulating the digestive process and creating better absorption.