

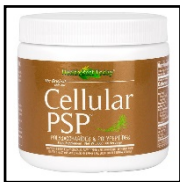


OPTIMUM CHOICES, LLC
Healthy choices for people and pets

Cellular PSP Starting Suggestions

What is the best way to take PSP?

Mix PSP with room temperature or warm water (not to exceed 106 degrees) and take an hour before or 2 hours after meals. The more diluted you make the PSP, the better your body will absorb it. We like to mix our PSP in a blender cup (covered cup with metal whisk ball) with filtered water and shake to mix it thoroughly. After drinking the cup of water and PSP, add some more water and shake it up to get any remaining PSP out of the cup. The ideal time to take PSP is first thing in the morning when you get up and your stomach is empty. Then eat your breakfast an hour later. If you are taking multiple amounts of PSP during the day, the best time is an hour before each meal. You can also mix PSP with broth, if preferred, as long as the broth has no sweeteners and the temperature does not exceed 106 degrees (to avoid killing the delicate enzymes). We also suggest avoiding any broths containing MSG (which is in most commercial broths, even when not explicitly listed in the ingredients), as MSG is a neurotoxin.



How much PSP should I take?

To start, we suggest taking ½ scoop (tsp) per day, and if you tolerate that amount, slowly increase it every few days until you reach the desired amount. A good amount to work up to is 3 scoops (tsp)/day to give your cells the nutrition they need to clear out old toxins and repair themselves. If at any time you have problems tolerating the amount you are at, cut back to a lower amount until your body adjusts and any symptoms of detoxing diminish. If you have acute or chronic health issues, your body may need more than 3 scoops (tsp)/day. It is best to work with a health care practitioner who can test your body for the optimal amount. We have found **Cellular PSP** to be more potent than previous polysaccharide peptide (PSP) products we have used, therefore we require a lower amount of it. For instance, Margaret took as much as 9 scoops (tsp)/day of the previous PSP supplement but has taken at most 4 scoops (tsp)/day of **Cellular PSP**. And she has seen results from it with as little as 1/8 tsp to ¼ tsp/day.

Can I take PSP with meals?

For best results, take PSP one hour before or two hours after meals. If you must take it closer to mealtimes, avoid mixing it with any sweeteners or dairy products, such as sugar, honey, fruit, fruit juice, rice milk, almond milk, regular milk, cheese or yogurt. Sugars and milk will bind with the molecules in PSP and make them larger so they will no longer be small enough to enter the cells directly to feed the mitochondria (the powerhouse of the cell).

Can I heat Cellular PSP with water in the microwave?

Microwaving will destroy the nutrients in PSP. If you do not have warm water available (heated in a tea kettle), it is better to just mix it thoroughly with room temperature water. Shaking it in a blender cup is an effective way to mix it with water.

How many times a day should I take Cellular PSP?

Depending on how much you are taking, you can take it from one to three times a day. Taking it more than three times a day is not necessary. If you are taking 3 scoops (tsp)/day, then you could take one scoop an hour before each meal. If that is too inconvenient, it is OK to take all three scoops together in the morning when you get up but one would not get maximum results.

Why did I get symptoms after starting Cellular PSP?

PSP is extremely effective at helping the cells to push out old toxins that may have been present for years. A health care practitioner with 30+ years of experience states that PSP detoxifies the body better, faster and deeper than any product she has worked with in her 30 years of practice. Because it is so effective at detoxifying the body, you may experience unpleasant symptoms such as bloating, gas, loose stools, diarrhea, headache, fatigue, itching, thirst, even constipation, etc. If you experience this, drink plenty of pure water to help flush out the toxins, get more rest and reduce your amount if the symptoms are too unpleasant. It took your body years to accumulate all the toxins so do not be in a hurry to flush them out all at once.

When you have symptoms from detoxing, it indicates that your organs of elimination are not able to keep up with the load of toxins being dumped out of the cells. So we do not suggest that you “tough it out” if the symptoms are severe. Instead, it is best to cut back the amount to a tolerable level. You can even decrease the amount to just a pinch a day if that is all your body can tolerate initially. If you should experience diarrhea, cut back the amount or even discontinue for a few days until your stools normalize so that you do not become dehydrated. If you should become constipated, this holistically means the body was fluid deficient before starting PSP and cannot flush out all the daily wastes and toxins. Adding a fiber-rich product, such as finely ground rice powder, only exacerbated this pre-existing condition. The obviously solution is to cut back on the PSP, while increasing your intake of pure water up to the requirements per body weight until bowel movements normalize. (Average water requirements are 2/3 your body weight in ounces adjusted for diet and lifestyle. For example, a 120 pound body needs 80 ounces of water daily.)

There is absolutely nothing wrong with only being able to tolerate a very small amount in the beginning. One is still getting health benefits and by taking such a small amount of PSP, you are saving money as well. We feel it is a more holistic approach to treat the body gently and very slowly build up the amount of PSP, rather than blasting the body with a higher amount than it can tolerate.

Can I give Cellular PSP to my children or pets?

Absolutely—it is a natural food product, safe for infants, children and pets. Polysaccharide peptides are recommended by holistic veterinarians such as Dr. Deva Khalsa, author of the book *Dr. Khalsa's Natural Dog*. We are giving it to our dog and 3 cats with good results. According to veterinarians, all the ingredients in PSP are safe for animals, including cats.

How do I give Cellular PSP to my pets?

Obviously you cannot mix PSP with water and get your pets to drink it the way humans take it. Instead, you need to mix it with their food. Mix the powder in with their canned or raw food and add a little water to offset the dryness of the powder. Because dry kibble contains starches and sometimes sugars or fruit, we do not know how effective PSP will be if mixed with kibble. It would be better to give PSP away from kibble, mixed with something like peanut butter (unsweetened) or canned pet food that is free of any dairy, sweeteners or fruits. For best results, give PSP away from foods containing any sweeteners, fruit or

dairy products, such as sugar, honey, fruit, fruit juice, rice milk, almond milk, regular milk, cheese or yogurt. Read the labels of any food you intend to mix with PSP, to make sure it doesn't include any of those ingredients. Even raw food may have fruit added to it. Sugars and milk will bind with the molecules in PSP and make them larger so they will no longer be small enough to enter the cells directly to feed the mitochondria (powerhouse of the cell). If all your pet's food contains those ingredients, you might want to buy a little canned food without those ingredients and use that for feeding the PSP, away from the other foods. PSP works best when given an hour before or two hours after any foods containing sugar, sweeteners, fruit or dairy.

How much Cellular PSP should I give my pet?

With any pet, regardless of size, we recommend starting with just a pinch and slowly increasing the amount every few days until you have worked up to the desired amount. If your pet shows any signs of excessive detoxing such as gas, burping, diarrhea, thirst, lethargy, itching, etc. then cut back on the amount or discontinue for a few days until symptoms subside to a tolerable level.

For a cat or small dog (< 20 lbs), start with a pinch and slowly work up to a maintenance amount of ½ teaspoon to 1 scoop (tsp) per day. In the case of health issues, you may need to give as much as 1-2 scoops (1-2 tsp) per day but work up to that amount slowly to prevent excessive detoxing. We have found that cats are more sensitive than dogs. Work up to ½-1.0 teaspoon/day depending on need. Even giving just a pinch per day is beneficial for a cat.

For a medium-sized dog (20-70 lbs), start with a pinch and slowly work up to a maintenance amount of one to two scoops per day. In the case of health issues, you may need to give as much as 3 to 4 scoops per day, but work up to that amount slowly to prevent excessive detoxing.

For a large-sized dog (>70 lbs), start with a pinch and then slowly work up to a maintenance amount of 3 scoops per day. In the case of health issues, you may need to give as much as 3-6 scoops per day, but work up to that amount slowly to prevent excessive detoxing.

Some veterinarians report that dogs may need a higher amount than humans, since their metabolism is faster (with the exception of giant breed dogs). They report that you can give as much as 3 scoops per day to a Chihuahua, as needed and tolerated by their body. Our 11 lb. Chihuahua mix dog needed 1 tablespoon per day, equivalent to about 3 scoops, when we first got her. Now that her body has detoxified enough she is down to ¼ teaspoon/day for maintenance.

Why does my pet have symptoms after starting Cellular PSP?

PSP is very cleansing to the cells and it is common to experience symptoms of detoxing such as excessive gas, burping, diarrhea, thirst, lethargy, itching, etc. If the symptoms are too uncomfortable for your pet or are alarming to you, we suggest decreasing the amount until you reach a amount where the symptoms are minimal. If your pet is experiencing diarrhea, it is important that you do not let it continue or your pet could become dehydrated. You should cut back or even discontinue PSP until the symptoms subside. Then you can resume at a lower amount. Unless your pet is in immediate danger of dying from an illness, which may necessitate high amounts, it is better to start it very slowly and take your time increasing the amount, to avoid uncomfortable detoxing symptoms.

Do I or my pets need to take other supplements besides Cellular PSP?

Because PSP is very cleansing for the gut, we suggest using a good probiotic to replenish the gut with good bacteria. Other supplements may be beneficial as well and this is best determined by working with a holistic practitioner who has methods to determine what nutrients you or your pet needs. PSP will help you and your pet to more fully absorb both food and supplements, so that you may be able to decrease or eliminate other supplements used in the past. The practitioners working with PSP state that although they use it with virtually all their patients, PSP is not a “be-all”, “end-all”, negating the need for anything else. For example, if their patient has a bacterial or parasitic infection, they may use herbs or drugs to treat that. If their patient has adrenal issues (as many people do), they may add supplements for adrenal support in addition to PSP.

Will Cellular PSP affect any drugs that I or my pets are taking?

PSP enhances the absorption of drugs (and anything else ingested). Like food, PSP is best taken one hour before or 2 hours after your prescription drugs. There are 2 drugs that must be taken farther away from PSP: coumadin/warfarin and digoxin, which will attach to PSP. If you are on either of these drugs, monitor your blood levels of them and take PSP 4-6 hours away from them. PSP can help the body to tolerate drugs and offset their toxicity. When Margaret had to take a strong course of drugs (three antibiotic protocol) to kill a parasite, the PSP supplement helped her immensely with tolerating the drugs as well as recovering from them afterwards.