



## Empowering you Organically - Season 1 - Episode 3

Title: Nutraceutical vs. Pharmaceuticals & Why Organic Matters

Guest: Dr. Daniel (“Doc”) Nuzum

### Nutraceutical vs. Pharmaceuticals

- **Big Differences**
  - Has to be a chemical that can be patented to be considered pharmaceutical
  - What grows naturally cannot be patented.
  - 80% of the approximately 1500 drugs in America are patterned, or synthesized, based on the structure of plants. The other 20% are inorganic compounds.
  
- **Synthesized Compounds**
  - They are never are a 100% match to the original natural variation.
  - 90% of a pharmaceutical’s side effects come from the spin variation.
  
- **What is Spin?**
  - **Right spin is d-compound name**
    - Synthesized organic chemicals will have mostly left spin, but it will have a right spin to it and then it will spin back to the left again.
    - 90% of side effects come from the right spin variation.
  - **Left Spin is l-**
    - Most things found in nature have a levo, or left, spin
    - Side effects in natural supplements are dose related or from allergies.
  
- **Pharmaceutical**
  - Synthetic is usually more potent.
  - Drugs with create or stop a chemical reaction in the body.
  - Very concentrated.
  
- **Nutraceutical**
  - Different grades - herbal extracts
    - 20:1 extract is a nutraceutical because you have my phytochemicals than nutrients.
  - A naturally occurring compound from a plant that is concentrated in any way.
    - Example: over 300 compounds in the turmeric root. If you concentrate a particular phytochemical out, curcumin for example,
  - 100% extract is not allowable because it is too close to a pharmaceutical. The law allows only 98% standardized extract for a nutraceutical.
    - Fun Fact: 1% of a turmeric root is curcumin.
  - Efficacy wanes if you are on a high dose for extended time period.

- **Whole Food Supplements**
- Food concentrates make the best nutritional supplements.
- It's difficult to take too much.
- Broad nutrient base so your system never gets "used to it".

## What about Organixx Supplements?

Organixx formulations were Doc's proven clinical formulas that he reformulated to be helpful for a wide spectrum of individuals. They are broad nutrient-based supplements to support your body.

- **Example: Detoxx 1 & Detoxx 2**
- Detoxx 1 is a whole food supplement. It is very broad nutrient-based supplement, but it's targeted to support lymphatic drainage and colon health. It works on everything. It's feeding the body in general, but it has specific affinity to the colon and the drainage of the lymphatic system.

Detoxx 2, it's not designed to flush the kidneys and liver out. It's not that kind of supplement. It's designed to feed the liver and kidneys, so they function better. So, it's targeted nutrition. So, we took this real broad base of nutrients and we're targeting specific areas of the body.

- **Can I take too much or develop an allergy if I take too much or too long?**
- It would be hard to do that. It would be hard to become allergic to something like this because we don't have high doses of any one particular thing. There's small doses of a lot of things, which end up as the sum quality of all of those things versus high doses of any one particular thing.
- **Can I develop an allergy to it?**
- Again, too much of any one thing will eventually, even if it's good for you, it eventually will start irritating your system. You have to take a break from it. Then you can come back to it. But you'll have to take a break from it at some point.
- **Should I cycle my Whole Food based supplements?**
- Doc Nuzum has his patients cycle. "We do—typically, what I'll have people do, using these—this line of supplements, what I typically have people do is I'll have them do a protocol for 90 days. Then they do the Detoxx program for a month. Then they go back to that protocol. And back and forth, kind of alternating like that. That month off, they take that month off, they clean themselves up, they go back on the protocol, and the protocol works. They feel so much better than they were the previous 90 days on the second time around."
- **Organic vs Non-Organic: What supplements should I take?**
- The highest quality you can get. It ensures nutritional integrity of what you're consuming.
  - What to look for...
    - Whole food based
    - Organic ingredients - non-organic foods can have up to 95% more chemical exposure/.
      - In order to have a USDA certified organic logo on your product, the entire product itself has to be more than 95 percent organic. Even though 100 percent of our ingredients inside of that capsule are organic, we can't put that logo on there, that certification, because the capsule itself is taken into account of the overall 100 percent. And that capsule may make up 7 or 8 percent, and so, it's impossible to get that certification of 95 percent or greater because of the capsule.

- Bioavailability
- Effective delivery system.

### 3 Factors that Weigh into Outcome of a Protocol

- Experience, education and understanding of the Doctor
- Good quality remedies
- Patients capacity to respond to the protocol

## Deeper Dive Resources

Dr. ("Doc") Nuzum:

<https://www.youtube.com/watch?v=2qK9ujZRZfA>

### Right Spin & Left Spin

<https://en.wikipedia.org/wiki/Chirality>

Wikipedia Main article: [Chirality \(chemistry\)](#)

A *chiral molecule* is a type of [molecule](#) that has a non-superposable [mirror image](#). The feature that is most often the cause of chirality in molecules is the presence of an [asymmetric carbon atom](#).<sup>[6][7]</sup>

The term "chiral" in general is used to describe the object that is non-superposable on its mirror image.<sup>[8]</sup>

In chemistry, chirality usually refers to molecules. Two mirror images of a chiral molecule are called [enantiomers](#) or optical [isomers](#). Pairs of enantiomers are often designated as "right-", "left-handed" or if it has no bias achiral. As polarized light passes through a chiral molecule, the plane of polarization, when viewed along the axis toward the source, will be rotated in a clockwise (to the right) or anticlockwise (to the left). A right handed rotation is dextrorotary (d); that to the left is levorotary (l). The d- and l-isomers are the same compound but are called [enantiomers](#). An equimolar mixture of the two optical isomers will produce no net rotation of polarized light as it passes through.<sup>[9]</sup> Left handed molecules have l- prefixed to their names; d- is prefixed to right handed molecules.

Molecular chirality is of interest because of its application to [stereochemistry](#) in [inorganic chemistry](#), [organic chemistry](#), [physical chemistry](#), [biochemistry](#), and [supramolecular chemistry](#).

More recent developments in chiral chemistry include the development of chiral inorganic nanoparticles that may have the similar tetrahedral geometry as chiral centers associated with sp<sup>3</sup> carbon atoms traditionally associated with chiral compounds, but at larger scale.<sup>[10][11]</sup> Helical and other symmetries of chiral nanomaterials were also obtained.<sup>[12]</sup>