

Have More Energy, Better Sleep and a Feeling of Well-Being



**Laminine,
a True Breakthrough
in Nutrition**

by Peter Glickman

Laminine supports the normal function and structure of the body and is not intended to prevent, cure, treat or mitigate any disease or illness. This information is intended for educational purposes only and is not intended as a substitute for licensed health care advice, diagnosis or treatment. Always seek professional medical advice from your physician or other qualified healthcare provider with any questions you may have regarding a medical condition. Any testimonials are personal experiences only and should not be construed as normal and/or average experiences or results from taking Laminine.

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What Is Laminine?

The key ingredient in Laminine (pronounced lamb-a-nine) is an extract from high-quality, fertilized eggs laid by unconfined, well-nourished hens in a natural environment. It is that fertilization that mobilizes abundant nutrients, not just to support life, but to support the rapid growth of new life.

This extract is taken from the egg on the ninth day, just before the chicken embryo is formed. Because it is extracted before the embryo is formed, it supports body renewal in other species, man and animals. My cat, in particular, has benefited from its wound healing and immune support. Later when my cat was sneezing for over a week, I gave him some Laminine and the same day, he quit sneezing.

The other components of Laminine are proteins, one from shark cartilage and another from yellow peas; no drugs or drug-like herbs. No negative interactions have been observed with any medicine or other supplements. Laminine is just food and therefore *safe for anyone not allergic to eggs*.

Regular Use of Laminine

Laminine is truly unique. It is not a vitamin, mineral, antioxidant, protein powder or anything else on the market today. It is a naturally occurring substance that triggers beneficial changes in the body, such as:

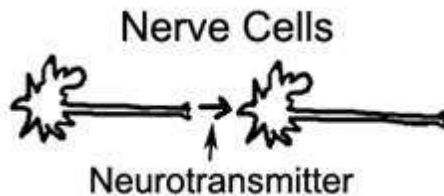
- increased physical, mental and emotional strength
- improved stamina and energy
- quicker recovery after work-outs and increased muscle tone
- reduced physical and mental stress

- more restful sleep
- elevated mood
- reduced pain sensation
- reduced signs of aging
- healthier looking skin
- increased libido
- increased alertness
- improved brain function and activity,
including focus and mental clarity
- heightened sense of well-being

(Source: Laminine brochure, LifePharm Global Network)

How does it do this? Two different ways. Let us look at the first way.

It brings back into balance some of the body's most important neurotransmitters. A neurotransmitter is a chemical produced in a nerve (neuro) that is sent (transmit) to a receiving nerve to cause the receiving nerve to do something.



Serotonin

Among the neurotransmitters that Laminine affects is serotonin. Serotonin has been shown to positively influence:

- appetite
- sleep
- memory
- learning
- body temperature
- mood
- libido
- cardiovascular function
- muscle contraction
- hormone regulation and
- depression

Perhaps this is why some people taking Laminine report falling asleep more easily; a deeper, more restful sleep and elevated mood.



Dopamine

Another neurotransmitter that Laminine affects is dopamine. Dopamine is best known for the pleasure and satisfaction it produces in certain situations, such as exercise, eating, sex, and drugs. Drugs produce a temporary high by artificially preventing dopamine from being eliminated after it has been produced. When the drug wears off, the dopamine suddenly drops, leaving the person craving more drugs to get the wonderful feeling back. Laminine regulates (usually increasing) dopamine production so there is no sudden drop and therefore no feeling of addiction.

Dopamine research suggests it is related to extroverted behavior in people, making them more outgoing and reward seeking. In addition, some mental diseases, such as Parkinson's and schizophrenia, have been shown to be correlated with reduced levels of dopamine.

Cortisol

In addition to affecting neurotransmitters, Laminine has been shown to regulate cortisol. Cortisol is a hormone produced by the adrenal glands that sit atop the kidneys.



Cortisol has been called the stress hormone. It is the only hormone in the body that increases as we age.

Cortisol increases the amount of energy in the body by releasing sugar that has been stored in fat cells, manufacturing additional sugar from reserves in the liver and converting muscle cells into even more sugar for energy. All this energy was once very useful when our ancestors needed to fight saber-tooth tigers or run from them. In our modern world, it helps us start the day and, indeed, cortisol levels are highest in the morning and about half that much around midnight.

As part of its function to prepare the body for extreme physical effort, it raises blood pressure and reduces immune activity, freeing the body to use all its energy for the external effort of fighting or running. The reduction of immune activity is what makes people under stress highly susceptible to illness.

Cortisol also reduces the pleasure chemicals, serotonin and dopamine, to ensure you will not be calm and feel good when you need to handle that dangerous saber-tooth tiger. While this was perfect when life-threatening situations were common, stress has become a major problem in modern life.

Although a little cortisol in the morning gets us going, extended periods of high cortisol are very destructive to the body. Over a long period of time, cortisol:

- stimulates appetite
- has been linked to obesity
- causes collagen loss in the skin (wrinkles)
- increases blood pressure
- interferes with mental clarity and focus
- causes hardening of the arteries
- reduces growth hormone and testosterone
- increases osteoporosis (bone loss)

- impairs fertility
- increases muscle loss
- causes depression
- damages brain cells
- impairs learning

Putting It Together

Perhaps now you can see how Laminine helps support:

- increased physical, mental and emotional strength
- improved stamina and energy
- quicker recovery after work-outs and increased muscle tone
- reduced physical and mental stress
- more restful sleep
- elevated mood
- reduced pain sensation
- reduced signs of aging
- healthier looking skin
- increased libido
- increased alertness
- improved brain function and activity, including focus and mental clarity
- heightened sense of well-being

In addition, the key ingredient of Laminine was found to reduce depression in a study published in the *Journal of Medicinal Food* (Ester Solberg, "The Effects of Powdered Fertilized Eggs on Depression." July/August 2011)

But if these are only half of Laminine's charm, what is the other half?

Stem Cells

In October 2012, something completely revolutionary won the Nobel Prize for Medicine: stem cells. Stem cells are cells that can become different types of cells, for instance a stem cell might become a brain cell or nerve cell. Other stem cells might become liver cells, heart cells or cells of other organs. This is how the single cell of a fertilized egg can become the entire body: eyes, stomach, skin, hair, etc. In addition to that, stem cells maintain the original, undamaged blueprint for each cell throughout the life of the body.

Stem cell treatment has been of great interest to scientists and doctors because they see stem cells as able to recreate failing and diseased parts of the body. For example in 2010, surgeons in the United Kingdom gave an 11 year-old boy a brand new airway in the throat (trachea) that was grown entirely from his own stem cells. Two years later, at the age of 13, the boy was well, happy and did not need any drugs to prevent his body from rejecting the new airway because it was actually grown from his own cells.

As reported in 2012 in the British Medical Association Journal, an American surgeon, Robert Lanza, enabled 2 women, who had degeneration of vision in their eyes (macular degeneration), to partially regain some of the sight they lost using stem cell treatment by injecting stem cells into their eyes. On the basis of this work, he was granted FDA approval for clinical trials in the US.

Stem cell treatment for a leg injury allowed Raven to become the highest scoring TeamUSA horse at the London 2012 Olympics.

Previously, stem cells that functioned for anyone were only found in embryos and were controversial because obtaining those stem cells required destroying the embryo. However, Shinya Yamanaka, one of the two scientists sharing the 2012 Nobel Prize for Medicine for their work in stem cells, discovered a way to make stem cells from ordinary skin cells!

This meant stem cells could be made from ordinary adult cells. These new stem cells could be used to renew and repair damaged organs, thus opening the door to stem cell treatment on a much wider scale.

In order to transform these cells, he put the skin cells into a solution containing **growth factors**. Growth factors are capable of signaling cells to grow larger, to reproduce more cells, and to differentiate into particular types of cells, such as stomach cells or skin cells. (These growth factors should not be confused with human growth hormone that is a totally different thing.)

Certain cells in your body develop into bone, cartilage or collagen. (Collagen holds the body together and is found in skin, the clear part of the eye, cartilage, bone, blood vessels, intestines and spinal discs. Collagen makes up about one-third of your body.) These special cells are called **fibroblasts** because they are in the shape of fibers. The growth factor that signals these cells to become new skin, hair, nails and blood vessels is called **fibroblast growth factor**. As you might imagine, this growth factor is very important in healing wounds.

Fibroblast growth factor is vital to the development and maintenance of brain and nerve cells. So much so that its lack can lead to birth defects or brain/nerve malfunction. **The reason Laminine is unique and completely different from any other supplement on the market is that Laminine contains fibroblast growth factor.** It is this unique property that may explain its wide range of results.

How to Take Laminine

Laminine contains all the essential amino acids needed as well as that unique growth factor, which directs the proteins, vitamins, minerals, etc. to those areas needing repair. This allows the body to heal itself. This idea of the body healing itself is nearly 2,000 years old in the Western world as taught by the Father of Western Medicine, Hippocrates.

The body's repair and rebuilding may occasionally cause "retracing," which is the temporary re-experiencing of old illnesses, injuries or pains as the body recovers from that old illness or injury. This has also been called a healing crisis or detox symptom. It is a very common experience in alternative healing. (For more details, see "The 5 Stages of Disease" below.) Retracing is a double-edged sword. Although it is unpleasant, it indicates the body is taking steps to regain health.

To avoid an unpleasant retracing, you can start with one capsule in the morning on the first day and then one in the morning and one in the afternoon the second day. After that, take two in the morning and two in the afternoon each day for two weeks. If retracing should occur and you are only taking one capsule, you can either open the capsule and take half or reduce the effectiveness of it by taking it with food.

To summarize:

Day 1: take 1 when you first get up

Day 2: take 1 when you get up and 1 in late afternoon.

See "For Best Results" on the next page for timing.

Next 14 days: 2 when you get up and 2 late afternoon.

Next 14 days: 1 when you get up and 1 in late afternoon.

Then adjust your dosage by your results.

After the first two weeks, you can take it at night to help you sleep. For more stress or more chronic conditions, there is no problem with taking more capsules on a long-term basis. If you have questions, ask your health professional.

For Best Results

Wait at least **2 hours after eating**, drinking juice or coffee, taking medications or other supplements **before taking Laminine**.

Wait at least **30 minutes after taking Laminine before eating**, drinking juice or coffee, taking medications or other supplements.

Dosage Guidelines

- There is no unsafe maximum. It is only food.
- Take 1 capsule the first day and 2 the second day.
- If you experience retracing, take less to lessen the retracing or continue the same amount, or even take more, to push through the retracing faster.
- After the first 2 days, "front-load" your body with 2 capsules, twice a day for 2 weeks.
- After the first 2 weeks, if you want to sleep better, take it before you go to bed. You can also take it if you wake up in the middle of the night.
- If you have no results after having results previously, take more.
- When you are happy with your results, keep taking that amount.

Egg Allergy

Although there have been no reports of adverse reactions, **if you have an egg allergy you should NOT take Laminine** because it contains egg.

For Children

Because Laminine is a food, it can be taken by anyone who is eating solid food. Children should start with just one per day. If it seems to be too much, open the capsule and use half. For children who do not swallow capsules, open a capsule and mix it in water. If they will not drink that, add it to yogurt. If you have questions, consult your health care professional.

For Pets

Laminine is great for pets. Several pet owners, have told me how much more active and happy their pets become on Laminine. Open a capsule and put the contents in their food bowl. Most animals like egg protein and will like Laminine. Many will lick it right out of your hand. You can also add it to coconut oil. If neither of those work, add a small amount to another protein they will eat.

For Wrinkles

One lady opened up a capsule, mixed it with water and put it on her wrinkles. The next morning, she reported the wrinkles were gone. Another put it on her age spots and they lightened in color and lost their rough quality. Try adding moisturizer so the Laminine doesn't dry up and fall off after a short time.

When Will I See Results?

Some people see results quickly. One fellow, who had severe pain for years, had it drop from 7 to 5 on a 1-10 scale on the first dose and dropped to 3 on the second. People at his work who had never spoken to him before—he had worked there for ten years—began to *come to him* to tell him he was much funnier than they ever realized.

Another man, who was unable to get more than a couple hours sleep a night because of a horribly painful condition, was finally able to sleep after only 2 days of taking it. Yet, others take weeks or months to get a result.

The 5 Stages of Disease

The key to understanding speed of result is knowing disease actually goes through several stages before it appears as a diagnosable disease. This alternative health concept is very different than the medical concept that disease just appears.

Alternative health sees the first few stages of disease as normal body processes to combat the toxic influences on the body. A cold develops to more rapidly detoxify the body with a runny nose and fever. From an alternative health point of view, the fever should be allowed to run its course. The body is handling the cause of future ill health by rapidly (if unpleasantly) detoxifying. Medicine sees the same cold symptoms and prescribes something to stop the symptoms (sneezing, runny nose and fever) and therefore does not address the actual cause of the cold.

You might look at the cold/flu season, which follows the holiday season with its ritual of overeating meat, rich foods, sweets and alcohol, as nature attempting to clean out the body. If this detoxification is prevented, future problems are allowed to grow. The stages of disease are:

Elimination — When the body is first assaulted with toxic substances that impede the body's normal function, the body attempts to eliminate them. Such substances could be from normal digestion, such as uric acid from digesting meat; a bacterial infection, such as strep throat; a bee sting or even pesticides. These would be neutralized by the liver and then eliminated through the colon, bladder, lungs or sweat pores.

Irritation — When the body is overwhelmed by toxins and the normal elimination channels are not sufficient to eliminate all the toxins that come in, the body throws additional means of elimination into gear, such as skin rashes, bad breath, diarrhea, etc.

Inflammation — When the additional means of elimination are insufficient to handle the toxic load, the body tries to localize the toxins. The resulting location becomes inflamed: red, hot, swollen and painful. Calling it tonsillitis just says the toxins “have taken up residence” in the tonsils; tendonitis says they have accumulated in the tendons (the tough white bands at the end of muscles that anchor them to the bones). Fever, from an alternative health point of view, is a good thing. The high temperature kills viruses and bacteria.

If these warning signals are ignored, toxins continue to assault the body and the now-visible disease becomes chronic.

Chronic disease — If the previous stages have not handled the problem, the body attempts to quarantine those toxins by sacrificing a particular organ or system to prevent death. Here, after all three of the preceding stages, we find growths and chronic disease such as ulcers, irritable bowel, chronic fatigue syndrome, etc.

Organ failure, cancer — Unable to reverse the chronic disease, the body begins to die as a whole.

Why Some Take Longer

Dr. Chris Morris, a naturopathic doctor (one who uses food, herbs, water and natural means to cure; not surgery or drugs) with three decades of experience, and Tina Johnson, his partner in the practice, have been treating hundreds of patients with Laminine. They have found that about 30% feel results within hours or days because the nervous system and endocrine (hormone) system are reconnected. Another 30% see results in from 1 week to 1 month because they are most likely seeing the immune system engage in ways it had not prior to taking Laminine. Another 30% may take 2 to 3 months to experience results because they are experiencing shifts in heart function, blood circulation, digestion, breathing and libido. (All of these are regulated by the involuntary part of the central nervous system.)

Dr. Morris and Tina offer another reason for the difference in response time they have seen. Those people who have been detoxifying and supplying their bodies with good nutrition get results much faster than others.

The Alterative Health Concept

1. Disease is a process that goes through several stages before it appears as a disease.
2. This alternative health concept is quite different than the medical concept that disease can appear suddenly in a previously healthy person.
3. Alternative health sees the first few stages of disease as normal body processes to combat the toxic influences on the body. These stages should be allowed to run their course to permit the body to eliminate toxins and heal itself

4. Medicine sees the first few stages of disease as symptoms (sneezing, runny nose and fever) and prescribes something to stop them. It doesn't address the actual cause of the disease.
5. Disease that is in a later stage takes longer for the body to heal itself. So, you should give yourself enough time to see results.
6. Laminine helps the body renew and repair itself by supporting the body's essential balancing factors. Laminine itself does not heal, cure or mitigate any disease.

Testimonials

My biggest gain from Laminine is an increase of energy. I can honestly say that I lost my energy more than 30 years ago and have just been dragging my body around, trying to survive day after day. 's been really hard as I was always tired and my mental clarity has been nonexistent. I feel alive again! This is huge for me as I'd forgotten what it could be like. Another great thing is sleeping soundly. If I wake up in the middle of the night, I can go back to sleep. For at least 10 years, whenever I woke up in the middle of the night I would not be able to get back to sleep for at least 2 hours and it really wrecked my schedule as then I would have to sleep late into the morning to feel somewhat decent and rested. I would get up in the morning, work at home for 2-3 hours and then was tired and had to lie down and get more sleep. Taking the Laminine, this is totally handled now! At 60 years old, I feel like a different person!

Karen H.

Testimonials (cont.)

Ever since my mother died about six months ago, I couldn't sleep as I experienced a deep sadness. After Laminine, I slept soundly for the first time and noticed my bouts of sadness gradually disappear. I have a greater sense of well-being.

Renee H.

Seven years ago my knees were very hurt. I thought I would never be able to walk comfortably again. When I started taking Laminine, I felt full of energy and enthusiasm, and the severe discomfort in my knees even went away! This is an absolute miracle.

Martha H.

I am a type II insulin dependent diabetic. Within 3 days of Laminine my blood sugar appears to be normalized. I also suffer from low grade depression. After 3 months, sugar and sadness are no longer issues. I feel that Laminine may have saved my life and I can't live without it.

Steve E.

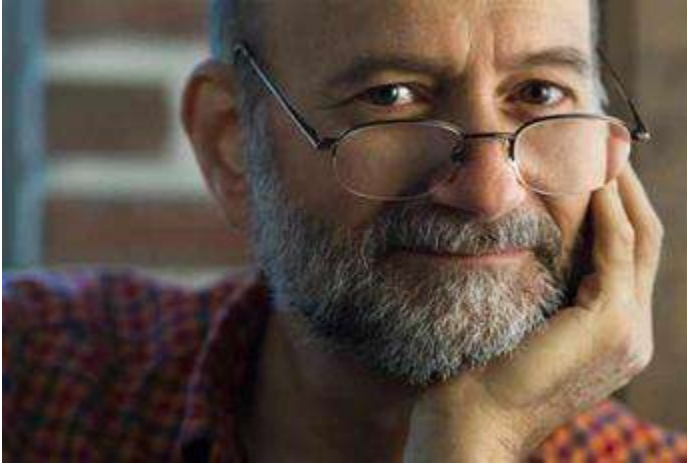
In 2008, my dad was diagnosed as having Alzheimer's. Since he started taking Laminine one year ago, we feel we have our father back. Thank you, Laminine.

Les H.

Your Next Move to Better Health

Contact the person who gave you this booklet to try Laminine for yourself to try it yourself.

About the Author



Peter Glickman graduated from Reed College in 1968 with a BA in Psychology and a double minor in art and mathematics. He has been involved in health since 1994 and has managed a chiropractic clinic, established a massage school curriculum in Georgia, established a medical/chiropractic rehab clinic and a chelation clinic. (Chelation is an alternative medical practice to dissolve plaque in the arteries.)

In 2004 he wrote *Lose Weight Have More Energy & Be Happier in Ten Days*, which has been translated into 8 foreign languages, was on Amazon's alternative medicine bestseller list for more than 4 years and is currently in the top ten in Kindle for Preventative Medicine and Diet Therapy. In 2012, he discovered Laminine, a unique supplement that produces dramatic results.