

## Pleo Sanuvis & Pleo Citro

As adapted from *The 4 Steps to Pleo-Sanum*, Biomedicine Canada Educational Materials

### Pleo Sanuvis

- Reduces, supports and eliminates anaerobic respiration
- Useful for all tissues and issues of congestion, the heart, circulation and lymphatics
- Works with and enhances the use of Pleo Muc
- Raises cellular respiration of mitochondria by 350%
- Regulates metabolic and functional disorders
- Pre and post treatment of tumor disease (via disintegration of harmful D (-) lactic acid produced by cancer cells, thus supportive in cancer treatment)
- Abdominal bloating
- Mucosa enteralis is a contributor to intestinal atrophy, usually from excessive milk and egg products.
- Pairs well with Pleo Citro
- Maintenance of the acid covering the skin, useful for psoriasis, etc.  
(investigate lifestyle prior to symptoms)

### Cancer Patients and Dental Patients

The atrophic Mucosa enteralis is basic in cancer and dental patients. Use high doses of SANUVIS together with ALKALA N and Mucokehl. Critical after chemotherapy and radiation.

*Leptotrichia buccalis culminates as Mucor racemosus* and produces pathological lactic acid. Use Muc 5x. In dental patients, use one week before and 6 weeks after the extraction in particular.

Pleo Sanuvis & Pleo Alkala N	
<b>Digestive Tract</b>	Mucosa atrophy, dysbiosis allergy, bowel disease, liver disease, pancreatic insufficiency, healthy/sick person from age of 50 (atrophy), epigastric pressure.
<b>Carcinoma</b>	Patients of all types: Always + Mucokehl
<b>Dental Patients</b>	Granuloma of the teeth, root filling: Always + Mucokehl
<b>Skin patients</b>	Neurodermatitis, psoriasis, neurodermatitis: from lack of oxygen and/or excess lactic acid. <i>Remove milk and egg products.</i>
<b>De-acidification in general</b>	
<b>Sports injuries</b>	Aching muscles, sprains, contusions, <b>headaches</b> , muscle fatigue or cramping,
<b>Headaches</b>	Lasting headaches, especially in the frontal region between the eyes with vomiting and improvement on evacuation of the bowel, accompanied by disturbed sleeping.
<b>Heart/circulation</b>	Myocardial infarct, heart failure, infarct in general, angina pectoris: Always + Mucokehl. <i>Right-handed lactic acid speeds healing process. If Angina pectoris, take Sanuvis regularly + other treatment. After 2-3 weeks of treatment, breathlessness at the slightest exertion and heart pains become significantly less.</i>
<b>Infections</b>	Patients with Influenza
<b>Insomnia</b>	Disturbed sleep patterns
<b>Respiratory</b>	Breathlessness upon exertion. <i>Long-term Sanuvis therapy prevents recurrences of diseases of the airways.</i>
<i>L-(+) lactic acid (configured to the left) is a product of energy production in the cell and is the central agent. The pathological form is D(-) lactic acid (configured to the right). This is natural to exercise and found in a working muscle.</i>	
<i>Always use microbiological remedies along side Sanuvis.</i>	

**Dosing Pleo Sanuvis Drops:** Older children: 20 drops 2-3 x daily, Teenagers: 40 drops 2-3 x daily,  
Adults: 60 drops (1 tsp.) 2-3 x daily or 1-3 Tabs 1-3 x day. (with or without food)

**Maureen Fontaine, 250-661-6224**

B.Ed., Certified Darkfield Microscopic – Trainer/Mentor/Coach  
Health & Wellness Consultant, Master Herbalist, Spiritual Intuitive & Ontological Life Coach, Instructor – Pacific Rim College

## Pleo Citrokehhl

Acidum citricum, or citric acid, keeps cellular respiration and metabolism going. *Dr. Moermann, cancerologist*, states that citric acid is indispensable for the human organism.

- *Increases desire for fruits and vegetables in children*
- Counteracts fermentative metabolism
- Supportive in all neoplastic phases
- Great for all structural tissue issues, i.e. all, all other organs, muscles, lymphatics, tendons, ligaments, etc.
- Increases cellular respiration and ATP
- Slows down fermentation of lactic acid
- Decreases fluid retention
- Chronic infections and gastro-intestinal dysfunctions
- Allergic and rheumatic disease
- Abdominal bloating (pairs with Pleo Sanuvis)

Pleo Citro & Pleo Alkala N	
Therapeutic & Preventative	
<b>Bones</b>	Bones that heal poorly, fractures, Tuberculous osteitis, Inherited lesions in the skeleton, Periostitis, Feebleness and swelling of finger joints and ankles
<b>Digestive Tract</b>	Any dyscrasia (malformed or disordered state), <b>gastro-enteritis</b> , stasis in biliary tracts, insufficient bile flow, gallstones, complaints after removal of gall bladder, Dysentery
<b>Endocrine Organs</b>	Functional weakness, roving or hard to locate pain, swollen lymph nodes, Scrofulosis
<b>Extremities</b>	Legs tire easily and hurt due to venous and arterial weakness, Disturbed circulation and depositions at hands and feet, Indefinite racking pains which do not remedy themselves
<b>De-acidification in general</b>	Balances the milieu or inner terrain, reduces blood viscosity
<b>Heart &amp; Circulation</b>	Premature aging, Arteriosclerosis, cerebral sclerosis, fast and difficult to influence calcification in advanced age, Hypotonia, impaired memory, tingling and formication in the legs after long sitting, vessel apparatus is asthenic (long limb, short trunk), cold feet troubles in bed, tachycardia and fast fatigue of cardiac muscle – therapeutic & preventative. Angina pectoris, reduces blood viscosity
<b>Genitals</b>	Short and weak menstruation, dark and unpleasant odor, Bleedings causing pain in the back (women), poor sexual emotivity, frigidity, impotence, poor ability to breastfeed
<b>Nervous System</b>	Lethargy very sensitive to climate stimuli, cold. Children with bedtime issues and school performance issues. In the case of avitaminosis, cleanse disturbance fields and supplement accordingly.
<b>Respiratory</b>	Struggles for fresh air, cases of tar, benzopyrene and nicotine deposits. Facilitates oxygen supply to lung tissue, allergic asthma, bronchial asthma, cardiac asthma, hay fever, tuberculosis, lung cancer, pneumonia, fibrinous pleurisy, cardiac pleurisy
<b>Teeth</b>	Respond most favorably to injections
<b>Urinary Passageways</b>	Pyelitis, Renal calculi, Nephralgia after long sitting, UTIs, sugar and albumin in urine without complaint

**Maureen Fontaine, 250-661-6224**

B.Ed., Certified Darkfield Microscopic – Trainer/Mentor/Coach  
Health & Wellness Consultant, Master Herbalist, Spiritual Intuitive & Ontological Life Coach, Instructor – Pacific Rim College

### More Symptoms and Signs that benefit from Pleo Citro:

- Unbearable *headaches*, stabbing in temples, daytime
- Hypersensitivity to weather changes, including sudden hot temperatures
- Refractory pains of the bulbs (eyeballs), retina detachments, inflamed and fatiguing eyes
- Tinnitus and lack of audition, overall disturbance of the sense organs
- Defective memory and concentration, *especially children*
- Avitaminosis
- Rachitis, acute
- Disturbed bacterial flora
- Chronic infections
- Dermatoses, psoriasis
- Pruritus
- Rheumatism, Chronic polyarthritis
- Muscular asthenia
- Pancreatic insufficiencies
- Disturbances of cellular respiration
- Disturbances of calcium metabolism

**Dosing Pleo Citro Drops:** Older children: 20 drops 2-3 x daily, Teenagers: 40 drops 2-3 x daily,  
Adults: 60 drops (1 tsp.) 2-3 x daily or 1-3 Tabs 1-3 x day (*with or without food*).

**Angina pectoris** - a condition marked by severe pain in the chest, often also spreading to the shoulders, arms, and neck, caused by an inadequate blood supply to the heart. Any of a number of disorders in which there is an intense localized pain. Ludwig's angina"

**Muscular Asthenia** - muscle weakness, a primary symptom of a variety of skeletal **muscular** diseases, including **muscular** dystrophy and inflammatory myopathy.

**Neoplasia** - a mass that has developed due to abnormal cell or tissue growth. Neoplasia refers to various types of growths including non-cancerous or benign tumors, precancerous growths, **carcinoma** in situ and malignant or cancerous tumors. *The abnormal growth and proliferation of abnormal cells or abnormal amounts of cells due to a benign or malignant process)*

**Polyarthritis** - when five or more joints are affected with joint pain.

**Pruritus** – severe itching of the skin

**Rachitis** – (Rickets) - A condition in children in which bones become soft and deformed because they don't have enough calcium and phosphorus. It is caused by not having enough vitamin D in the diet or by not getting enough sunlight. In adults, this condition is called osteomalacia.

**Schrofulosis** - a nutritive disturbance, consisting in a defective metabolism, which results in deficient utilization of nutritive substances sent to the tissues through the blood, and deficient development of the tissues.

### Pleo Alkala N

Pleo Alkala 'N' powder is a base mixture, excellently suited for correction of the acid-base balance in the organism by decreasing tissue acidosis and increasing mitochondrial respiration. This promotes significant improvement in the foundational health, therefore supporting deep healing. It can be used independently or in combination with Pleo Citro and Pleo Sanuvis, as indicated in this document. Pleo Alkala N includes pH indicator papers. Specific instructions for use will be given by your health care practitioner.

**Maureen Fontaine, 250-661-6224**

B.Ed., Certified Darkfield Microscopic – Trainer/Mentor/Coach  
Health & Wellness Consultant, Master Herbalist, Spiritual Intuitive & Ontological Life Coach, Instructor – Pacific Rim College