

Plaquex® Oral

The Importance of Maintenance Therapy

By Anita Baxas, MD



Plaquex® Infusions work well for removing plaque from clogged blood vessels and for liver and kidney disease as well as other conditions such as pregnancy nausea and pancreatitis. For the latter four indications, a series of infusions usually solves the

problem and no further maintenance therapy is required if the disease causing agent has been eliminated. For patients with atherosclerosis however it is important to continue with maintenance treatments once the infusion series has been completed. The process of plaque build-up is not halted by Plaquex® infusions and thus will

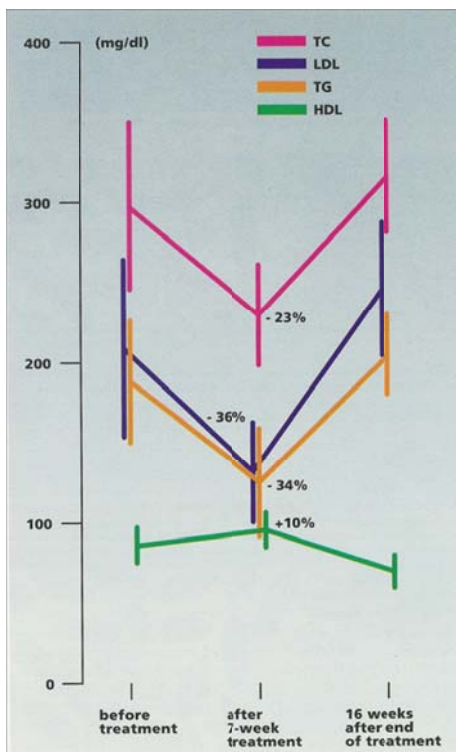
continue if no radical changes are made to diet and lifestyle to prevent all the various causes suspected in atherosclerosis. As you can see in the graph below, the levels of total Cholesterol, HDL, LDL and Triglycerides start reverting back after stopping treatment.

Platelets begin to stick to each other again causing a tendency for blood to coagulate and red blood cells become less flexible making blood flow through tight blood vessels more difficult again. To reverse this process, a continuous supply of PPC (Polyenylphosphatidylcholine) found in Plaquex is important. The Plaquex also has antioxidant and anti-inflammatory effects. The enzyme responsible for esterifying cholesterol so it can be taken up by HDL and eliminated through the liver is LCAT (Lecithin Cholesterol Acyl Transferase). This is the main enzyme responsible for removing cholesterol from plaque deposits. Plaquex® activates LCAT. When treatments stop, LCAT activity is reduced and plaque builds up again if other causes aren't addressed properly.

Therefore, it is highly advisable to continue supplying the body with unsaturated polyenylphosphatidylcholine as contained in Plaquex® infusions and Plaquex® Oral.

Recommended Maintenance Program

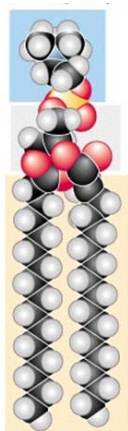
- **Infusions:** 1-2 per month. The amount depends on the individual tendency towards plaque build up.



- **Plaquex® Oral:** No softgels on infusion days.
1 softgel on the day after an infusion. 2 soft gels the second day after an infusion. Once the infusion series has been completed:
- 2 x 1 softgel per day. In patients prone to severe atherosclerosis: 3 softgels per day if tolerated. The softgels can cause soft stools. If that happens, remain at 2 x 1 soft gels per day if tolerated without lose stools.

Phosphatidylcholine is not Phosphatidylcholine

There are many different kinds of PC depending on the kind of fatty acid chains involved.



Phosphatidylcholine (PC) is a summary term that describes a molecule that consists of a hydrophilic head group containing Choline and two hydrophobic fatty acid chains. Depending on the type of fatty acid chains attached, we get very different kinds of Phosphatidylcholine. If the fatty acid chains are saturated such as found in egg yolk, the effect of this kind of Phosphatidylcholine is increased atherosclerosis. Plaquex® contains PC with two unsaturated fatty acid chains of a particular kind made in Germany. All of the studies that show the beneficial effects of Plaquex® have been done with this kind of PC.

Successful treatment requires a very particular kind of Phosphatidylcholine found in Plaquex® IV and Oral.

The Difference between Plaquex® IV and Oral

Plaquex® IV is the only way to reduce atherosclerotic plaque. Plaquex® Oral can do a lot of what Plaquex® IV does but it cannot remove plaque. The following table gives an overview of what form of Plaquex® has what effects.

| Effects | Plaquex® IV | Plaquex® Oral |
|-------------------------------------|-------------|---------------|
| Lower total Cholesterol | ✓ | ✓ |
| Lower LDL | ✓ | ✓ |
| Increase HDL | ✓ | ✓ |
| Lower Triglycerides | ✓ | ✓ |
| Reduced Platelet Aggregation | ✓ | ✓ |
| Improved Red Blood Cell flexibility | ✓ | ✓ |
| Anti-inflammatory | ✓ | ✓ |
| Antioxidant | ✓ | ✓ |
| Increased LCAT activity | ✓ | |
| Plaque removal | ✓ | |
| Improved Liver function | ✓ | ✓ |
| Improved Kidney function | ✓ | ✓ |
| Stomach Protection | ✓ | ✓ |
| Improves Pregnancy Nausea | ✓ | |
| Improves Psoriasis | ✓ | ✓ |
| Eliminates Constipation | ✓ | ✓ |

Where to get Plaquex® Oral

Buy it on www.biorica.biz

Where to get Plaquex Infusions

Go to www.plaquex.com to find a doctor doing Plaquex infusion treatments.

