



Science Based Nutrition

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36 cases demonstrate the effectiveness of the SBN training, testing, analysis, and treatment protocol system.

The cases below were from Dr. Van Merkle and SBN members using the SBN Training, Testing, Analysis and Treatment guidelines that have been in use and developing since 1990. With over 700 members and 200,000 individual patients, there could be hundreds or even thousands of more cases listed. These are a few of the more notable cases. Dr. Merkle is the founder and president of Science Based Nutrition. He has been teaching continuing education courses for over 25 years on laboratory analysis and nutrition.

1. PSA dropped from 30 down to 0.01 in 1 year. Plus: bone scans are now clear.
2. 3 y/o girl: Oozing sores covering nearly all of her body. Med DX: extreme psoriasis, many drugs, and inhaling steroids were tried with no benefit. With SBN: Skin completely cleared in 2 months.
3. Crohn's- has not bled for 4 years. Gastrointestinal MD says it can't be cured but there were no signs of Crohn's anymore in just 2 months.
4. 17 yr/o exposed to Red Tide. 30 days bed ridden, liver shutting down. Pt told her mother: "I don't think I'm going to make it." After SBN was out of bed in 3 days and liver back to normal in 30 days.
5. 22 y/o male still wetting the bed every day. With SBN, in just a couple of days, he is no longer wetting the bed. "I gave the kid his life back." Said his father- Dr. Mark
6. Cedars-Sinai treating a pt for years dx'd with Rheumatoid Arthritis. SBN testing showed Hemochromatosis which is easy to fix but symptoms similar to RA.
7. 250 Units of Insulin: On the SBN program for just 3 days was off all insulin. The cost of insulin was \$47,000/year but insurance would not pay for the natural therapy.
8. Glucose dropped from 600 down to 98 in 3 months and A1C dropped from 15.5 down to 5.5 in 5 months. Before SBN pt. said: "I was ready to go home and die".
9. End stage omentum cancer, masses in multiple organs with days/hours to live. CA 125 dropped from 315.70 to 37.10 and CEA dropped 114.20 down to 3.0 in just 5 months. Even better: "After 2 weeks on the SBN protocol, she no longer had to go to her MD to have fluid drained (ascites) from her abdomen. They had previously been taking 1-1.5 L of fluid off of her belly multiple times per week." Dr. D
10. TBI (traumatic brain injury) "progressively worse over the last few years". Since SBN: "I feel like a million bucks! Can work twice the hours, no longer daily headaches. This has been "life changing for me."

11. 62 y/o regular guy with high blood pressure, high cholesterol, GI problems, anemia, ED, fatigue, headaches and on Aspirin, Simvastatin and Lisinopril. (Note: this is like 40% of the adult population in the US.) Through SBN, he no longer needed any meds and symptoms gone in 2 months.
12. Low testosterone of 158 (very low) in 68 y/o male. In 2 weeks, the T was 301 and it improved to 501 (normal) in 7 months. No DHEA, no testosterone meds or herbal boosters were used.
13. 3 week follow up: Hot flashes- gone; night sweats- gone; normal bowel movements, toe fungus- gone, lost weight, headaches gone, and grey hairs are darkening again at 3 week follow up. Liver, kidney, and thyroid all improved.
14. Type 2 diabetic: in 3 months the A1C dropped from 11.6 down to 5.9. Liver enzymes dropped in half and lost weight and BP improved.
15. "100% pain free in 2 weeks!!" Before SBN: "7 years of pain meds- Oxycontin, Percocet, Cymbalta, Valium, Neurontin, etc. all at the same time, 18 neck injections etc. In 6 months off ALL pain medications and today I am 100% medication free."
16. PSA dropped from 8.70 down to 3.0 in 5 weeks on SBN
17. Multiple Sclerosis dx'd 21 years ago and on MS meds during that whole time. On SBN: "I stopped my MS medication." Update years later: MS symptoms have all reversed and still off all meds and has no symptoms of MS.
18. 11 y/o female avoid Type 1 Diabetes. Urine ketones of 3 down to 0, C-Peptide went up from .50 to .90 and the Fasting Insulin went from 1.70 up to 4.20 and avoid developing Type 1 diabetes and needing Insulin for life.
19. "27 years of Zoloft for anxiety and other psycho problems, I've had are a thing of the past." now off all meds in a few weeks and he states he is "95% improvement overall."
20. Blocked arteries Cleared: "Thanks to the regimen you put me on. My left anterior descending coronary artery that was 90+% blocked is now 100% clear. This good news was revealed in a recent angiogram procedure. All my heart arteries, including the bypass, are 100% clear. My cardiologist said he had never seen or heard of such an outcome in the history of his practice. I'm grateful you took such a proactive interest in my health." Dr. R
21. "I've gone off of the hormones cold turkey. This includes Progesterone cream and vaginal Estriol for vaginal dryness. Here is what I have found since stopping them by day 6: I am not waking up anxious, I sleep better, and I don't feel sickly." Energy and mood are fantastic. My husband notices a huge improvement in my mood, and I laugh a lot more. "I told my husband that it feels as if I had been poisoned by the bio-identicals and I feel more clean inside. It's only been 10 days!!!"
22. 6 y/o female: Extreme Atopic Dermatitis from head to toe since one year old. "The worst I've ever seen." Dr. M. In 8 weeks, the patient is much improved, skin is no longer scaly. Skin cleared up completely in just 3.5 months.
23. 4 shots of insulin down to zero insulin in 10 months in 11 y/o girl.



24. 6 yr/o girl avoids colostomy. Born with a defect of the colon and had 8 surgeries by age 6 resulting in uncontrolled bowels, can't run and play. Has 'accidents' several times a week at school. MD's consider colostomy is unavoidable and to be done asap. On SBN: in 6 weeks normal bowel control and now in 2024 patient is 18 yr/o and completely normal, did not have any further surgeries or colon removed and basically saved her life.
25. Extreme case- patient near death. "I feel myself shutting down every day." Wife is a nurse, and he is on many drugs. Cholesterol was 1,090.00 and in 2 weeks it dropped to 194; Triglycerides dropped from 4,920.00 down to 82 and liver enzymes dropped dramatically, too. His life was saved and was able to get of all drugs.
26. Parkinson's in 72 y/o male: stopped Levodopa at the beginning of the SBN program. In 2 years: symptoms are 90-95% improved; Parkinson's tremor is gone, patient is able to walk 3 miles 3 times per week on his own, stuttering and quivering of tongue is resolved. Sense of humor has returned and is much more lively and talkative and sex function returned. Back to normal life and preaching. Still doing well for 6 years.
27. Crohn's disease in 54 y/o male with GI troubles since being a boy. In 3 months: digestion under control, never felt better, no nausea, dermatitis gone, fingernails healthy/strong, increased energy and NO blood in stool and normal BN's.
28. Advanced liver cancer- CA 125 plunged from 4,163 (the highest I've ever seen) down to 128. Multiple liver pulmonary nodules disappeared, sleeping through the night. Off several prescriptions including Vicodin and Oxycodone. When I first saw this patient I thought, "this patient will be dead by Christmas and will be lucky to see Thanksgiving." Instead he went skiing in Colorado over Christmas, he improved that much.
29. Renal Cell Carcinoma in 67 y/o male- all medical treatment failed and given 6 months to live. "He (Oncologist) was, shall I say shocked that I was in fact still ALIVE< since my cancer is one of the most aggressive forms." 6 months he stated he felt as good as he did at age 30. Pt lived well for over 5 years and was symptom free and feeling good with good energy and only got worse and died after being convinced to try a new cancer treatment. He died shortly after starting them. He and his wife lamented to me that they wished they had never tried the new cancer drugs.
30. Multiple Sclerosis for 15 yrs in a 44 y/o female. Frequent and progressive use of a wheelchair, vision deteriorating, unable to drive, balance and muscle weakness. In 5 months: can walk up and down stairs, vision improving, able to walk on toes and heels, off all prescriptions, increased energy. Now 3-2024: no relapse, no meds, can jog, no longer even has a wheelchair and is able to drive again.
31. Non-small cell lung carcinoma extreme advanced case. Given 3 months to live. Eight months on his SBN program the scans showed no sign of cancer. Lymph nodes were clear. MD said it is miraculous and oncologist said this is impossible.
32. Ulcerative colitis for 40+ years. "I spent weeks of my life getting blood transfusions, nothing medical helped." SBN: within 1 month, "I stopped bleeding for the first time since I was 9 years old. For the first time in my life, I am not facing a colostomy and I will not have to face transfusions."



33. 5 y/o male with severe allergies and breathing problems. SBN plan for 8 months: hasn't needed inhaler in 7 months. No seasonal allergies, eczema cleared up and off: Albuterol, Singulair, Claritin and Zyrtec
34. 48 y/o female in 5/2007 was DX'd with stage 4 breast cancer, pet scan positive and lymph nodes positive and with chemo and radiation was told she would have maybe 8-10 years. Instead tried SBN program and CA27.29 dropped from extreme high of 185 down to 140 in 2 weeks and down to 35.5 in 3 months with no chemo, radiation, hormones. Pet scan was clear/negative in 2008. Now at 12-2023 still alive, well and healthy and never had chemo, radiation or hormone or any medical treatment for cancer during that time.
35. Brain tumor in 12 yr/o boy, adenoma in the middle of the brain, blocking the brain fluid from draining down the spine. Nearly died from the pressure- emergency surgery to install a shunt saved his life. Medical procedures and treatment were considered for the cancer and due to the nature and location of the tumor the best outcome of medical treatment would be a paraplegic with many physical and neurological impairments if he survived at all. SBN program was initiated, and the tumor shrunk in half on brain MRI in 3 months. Pt was stable for 10 years. No chemo, radiation or surgery have ever been used and pt is now in middle 40's with no impairments of any kind and is married with 4 children.
36. 30 y/o female with lupus. Had an uncle and niece already die from Lupus. The Columbus, Mayo and Cleveland clinics were no help but on a lot of drugs, using a wheelchair and failing fast. With SBN, was in remission in 6 months. Was a frequent guest on Dr. Merkle's radio show for many years.

Thoughts, training, and philosophy from Dr. Merkle:

"The condition of the body is more important than the name of the disease."

"If you get healthy enough, does it really matter the name of the disease?"

"Even serious problems sometimes have simple safe solutions."

"Results using natural therapies should be seen within 2 weeks or at least 2 months."

"At times the cause of the problem is not easily related to the overt symptoms."



Dr. Van D Merkle

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