



FACT SHEET

Bravo Probiotic Yoghurt

GcMAF Frequently Asked Questions

The 42 microbial strains in Bravo Probiotic Yoghurt produce GcMAF which, in addition to the probiotic benefits, is producing other advantageous consequences for immunity and health.

Frequently asked questions – sourced from www.bravoprobiotic.com www.gcmf.eu www.gcmfresearch.com and www.Bravo Probiotic Yoghurt.com and Gcmf facebook pages



What is GcMAF?

GcMAF is a naturally occurring protein, made by a person's immune system as a response to enzymes released by immune cells known as T cells and B cells when inflammation is detected. These enzymes react with Gc proteins and create GcMAF, which is a protein required by macrophages to become active. This protein is also known as vitamin D binding protein macrophage activating factor (DBP-MAF). This process means that macrophages are activated, and in a normally working immune system, this process would work anytime the T and B cells detected issues. Taking GcMAF is also known as immune stimulatory therapy.

What are macrophages?

Macrophages are so named from the Greek term 'big eaters'. They are effectively the 'big guns' in the immune system and are called into play by the T and B cells releasing their enzymes, which in turn create GcMAF which is the signal, or key, for the macrophages to wake up and join in the fight. Just as in human warfare, big equipment is not deployed for every skirmish, so the same thing applies, in principle, in the immune system. In the absence of GcMAF, macrophages bumble around, eating enough to stay alive. Once activated with MAF (macrophage activating factor), macrophages increase their consumption rate over 15 times. In addition, whilst consuming pathogens, they also send off chemical signals to other immune cells to bring them into play. In this way, macrophages are very, very important in the immune system.

Why would I need GcMAF?

Some cancers and viruses stimulate production of an enzyme, known as nagalase, which will prevent the body from producing GcMAF. It does this by destroying the site on the Gc protein that would have generated the GcMAF. While nagalase circulates in the body, it causes a suppression of the immune system by preventing the activation of macrophages, known as immunosuppression. By increasing the effectiveness of the immune system, this in turn can reduce the viruses and cancers, which then reduces the amount of circulating nagalase.

What is micro-immunotherapy?

Bearing in mind that macrophages, T cells, B cells, Natural Killer cells and all the other parts of the immune system are only visible under a microscope, and GcMAF - the key that turns on the macrophages and is smaller in size to a macrophage what a small pill is to a human - is so small it is not visible under any microscope. However, this key, this activating factor, is essential to turn on the macrophages, and without it the immune system is depressed. However, by reintroducing GcMAF, often alongside other immune system boosting diet and lifestyle changes, helps rebuild the immune system so that it can get on with the job it is designed to do – defeating pathogens. Another term that could be used to describe this is 'Immuno stimulatory therapy'

How do I know that this will work?

It may not work for everyone. However, all humans have to be able to generate and utilize GcMAF, otherwise the immune system will not work. It seems, however, that certain individuals have a different Vitamin D Receptor (VDR) gene to most, or their VDR has been compromised by certain

bacterial infections, and for these people the effects are not as good. We here at the Autism and Gut Centre can sequence you to determine your VDR status. We can then correct expression if necessary to dramatically increase the effectiveness of GcMAF for you. Bravo probiotic yoghurt is not designed to decrease advanced cancers in the way currently being promoted by other vendors of GcMAF, although it appears to help with palliative pain relief and feeling of energy and wellbeing due to the effect on dopamine levels created by increased macrophage activity.

Is GcMAF a drug?

GcMAF is not a drug in the conventional sense of the word. It is a non-patentable, naturally occurring protein in a healthy body, and Cytoinnovations take the raw GcProtein and add the two enzymes that would have been generated by the immune T and B cells. It is further refined and pure GcMAF is extracted. Because it is an essential trigger for an organism that is microscopic, the measurement of GcMAF is in nanograms (billionth of a gram). In the same way as adrenaline is a protein based hormone, GcMAF is a protein, both of which occur in the body as a response to stimuli. GcMAF is a byproduct of probiotics and milk colostrum protein.

What is it used for?

GcMAF is used simply to awaken an immune system that is depressed through the action of nagalase. A fully functional immune system is known to be able to overcome over 6000 ailments, including cancer. When one looks at the evolution of the species, it is obvious that our bodies and immune systems are incredibly adaptive, as there has not been one single virus or ailment that has wiped out the human species. Everyone's immune system has the potential to overcome infections, with correct nourishment, lifestyle choices and an active immune system.

How can it help?

GcMAF administered sublingually simply restores the levels of GcMAF to where they would be, had the actions of nagalase not been able to suppress the immune system. Think of it like a vitamin deficiency, it is just the replacement of something that should be there.

Should I stop taking my allopathic or regular medications?

Absolutely not. For those undertaking personal research, you should be taking your medication under the supervision of a doctor, who will be able to guide and assist you in deciding whether an improved immune system will be able to replace other medications, such as antibiotics. There are certain medications that interfere with the body's ability to utilize the available GcMAF, and these are generally recognized as those that suppress the immune response.

Are there any side effects?

There are no known side effects that are not normal immune responses to an awakened immune system. Some people report a slight rise in temperature and occasionally headaches and joint pain. These are symptoms of the awakened immune system attacking pathogens and is a positive sign. However in some people with multiple co-infections, such as in HIV, CFS/ME and Lyme, the awakening of the immune system against a number of ailments can cause a spike in the above

symptoms, and this can be too uncomfortable for some to bear. The effects start to wear off after a couple of days, with the immune system returning to its depressed condition after 7 days, so any effects such as these should be manageable. With any multiple infection ailment, it is recommended that the dose is started low to avoid the IRIS (immune reconstitution inflammation syndrome) response. Bravo Probiotic Yoghurt is specifically designed to give the very low dose needed to avoid a sudden immune response.

How do I store it?

Bravo probiotic yoghurt should be stored in the refrigerator.

Can children take it?

Absolutely. Many children currently take GcMAF for autism, with the most recent reports indicated over 2000 children worldwide have been helped with GcMAF therapy. The dosing needs to be adjusted, and with autism, it is best to start at very small doses and work up, Bravo Probiotic Yoghurt is suitable for this.

Can pregnant women take it?

All healthy people will generate GcMAF as a response to infection, including healthy pregnant women. The 42 probiotic strains in Bravo probiotic yoghurt can help to prepare a very healthy microbiome to pass on to your baby.

How do I take it?

It should be taken after the last meal for the day. Allow it to linger in the mouth, for 20 seconds if possible, as the membranes in the mouth offer a direct route to the immune system. Do not eat or drink afterwards, or clean your teeth for an hour if possible.

Why sublingually?

The throat, tonsils and soft pallet of the mouth are directly linked to the immune system via the mucosa associated lymphoid tissue (MALT), in particular the pharyngeal lymphoid ring. Swallowing GcMAF will destroy it, as the gastric acids in the stomach will break it down. The probiotic cultures however then travel down to rebalance gut flora.

Can I mix this with other medications?

Antibiotics will reduce its efficiency and are not recommended to take with Bravo. Otherwise, anything that a healthy person can take, can be mixed with Bravo Probiotic Yoghurt.

Do I need to supplement with vitamin D?

Yes. GcMAF is a vitamin D binding protein, and will only work properly with good levels of vitamin D and a functional vitamin D receptor. The best, and most easily assimilated in the body, is created by the action of the sun on the skin and in the retinas. However, sunburn is a different matter, so care must be taken to limit the exposure to Midday sun. During times of little sunshine, a good vitamin D

supplement should be taken, preferably a D3 in liquid form which gets into the blood stream much quicker. Dr Heather Way has identified that many autistic people do not have functioning genes to manufacture or absorb vitamin D. We would suggest that you consider genetic testing to check these genes as they can easily be up-regulated nutrigenomically (using food or supplements) so the body can absorb vitamin D. For more information please contact the Autism and Gut centre at www.TAGC.com.au

Vitamin D levels can be checked in bloodwork for free through a GP under the Medicare system.

Are there any interactions with food or drink?

Anything that depresses the immune system, or causes an immune response should be avoided. Carrageenan (also known as E407 or E407a) can block macrophage activity so should be avoided. Aspartame can also destroy gcmf activity, and this is a widespread additive in many processed foods, drinks, chewing gums, medications etc. Avoid processed foods where possible, as many of the additives used in the production and added to foods can cause the body's immune system to have extra problems to deal with after a meal. However, it is difficult to recommend or advise on diets as everyone is different and will respond differently, but in general, a good balanced diet avoiding genetically modified foods and factory processed foods and factory reared meat is a good start. But we would recommend that you work with a qualified nutritionist to understand your own nutritional needs.

I feel worse since starting this. Is this normal?

The immune response is also known as immunopathology, Jarisch-Herxheimer reaction, healing crisis or herx. It is caused by an increase in the symptoms of Th1 inflammation, which is largely caused by the cytotoxins generated by the immune response or the endotoxins released from dying bacteria. Whilst in most applications, GcMAF gives no symptoms, in some it gives a mild fever or flu like symptoms for a couple of days. However, in ailments such as CFS/ME/Lyme/HIV where there may be many co-infections, the immune response can be severe, with headaches and intense fluctuation of temperature as the newly awakened immune system deals with many problems at once. Many patients who can bear to stick with prolonged periods (1 to 3 weeks) of immunopathology do eventually reach stages of significant improvement or remission. However, many with co-infection type ailments prefer to stick with lower doses, as this seems to have the effect of reduce the impact of the infections enabling a degree of normalcy to day-to-day life. The choice on whether to 'go for broke' or manage the symptoms has to rest with the individual concerned.

Do I need a prescription for this?

No, Bravo probiotic yoghurt does not need a prescription.

Where can I place my order?

Bravo Probiotic Yoghurt is available at www.bravoprobiotic.com.au

I cannot find my ailment on the reference database. Does that mean it does not work?

GcMAF replaces a deficiency that is caused by nagalase which is secreted by many viruses and cancers. If you have a high nagalase level, it is likely that you are deficient in GcMAF and therefore your immune system is not working as it should. With over 6000 known ailments that can be defeated by the immune system, it is likely that the list is not exhaustive.

It looks as though my ailment may not be helped with MAF, but I still want to try it. Can I?

We recommend caution, and only do this with the knowledge and support of your physician. If you can offer feedback via the research initiative at www.gcmافresearch.com, this would help others to understand where it can and cannot help.

Cancer – I have been treated with chemo and radiation but want to ensure that no cancer cells remain. Will GcMAF injections help?

GcMAF injections are not TGA approved in Australia, but they are in other parts of the world. A nagalase test may determine whether cancer cells still exist in the body. In fact it was this type of cancer that was successfully treated in the early Yamamoto trials, where weekly injections brought down a high nagalase level to that within normal parameters. The patients on that trial all remained cancer free after a seven year period, but had evidence of disease after normal allopathic remedies in the form of high nagalase levels (this marker is not recognized by the cancer charities, so they refuse to accept the findings at the moment). It is likely, in the future, that a course of GcMAF injection therapy will follow normal allopathic treatments just to ensure any circulating cells that have been missed are dealt with by the immune system. Cancer treatment should not be just about removing the symptoms, but also prevention of cancer recurrence.

Cancer – I have stage 4 breast cancer and have exhausted all other allopathic therapies. Will GcMAF injections cure me?

It is unlikely that self-administered GcMAF on its own will successfully treat stage 4 cancer in the dose currently being sold on the internet. Remember that the injectable form is not TGA approved and thus illegal in Australia. In laboratory tests on mice, solid tumours were put into remission at a dosing rate of 4ng/kg/day, but this has not been proven in human treatments, presumably because this level of dosing has not been made available. GcMAF can stop the spread of metastases, and the formation of blood supplies to tumours. It has also been reported to have palliative benefits, reducing the pain from chemo therapy and giving increased energy to those in palliative care. www.GcMAF.eu have 3 live in clinics in Europe that might be able to help you.

How can micro-immunotherapy help autism?

The use of GcMAF injections in the treatment of autism was trialed in Europe after it was found that autistic patients had a higher level of nagalase than normal. 85% of the patients responded positively, with 15% going on to lose the label of autism using the CGI scale as a marker. It is theorized that GcMAF is clearing undiagnosed viruses, which may be secreting toxins into the body leading to autistic traits. Over 2000 autistic patients have now been treated in Europe since 2012 with Gcmaf injections, and the levels of success remain consistent with early trials. A recent

research paper indicates that this may help with neuron regeneration, this may be the pathway by which improvements are seen even if the nagalase level is low.

In Australia, The Autism and Gut Centre has been using the only legal form of GcMAF, Bravo probiotic yoghurt, with great success in Autistic children.

Autism – what dose should I be using?

Because the mechanism by which GcMAF is benefitting autistic patients is not yet clear, it is important to start at a very low dose to avoid any IRIS/herx responses. This is particularly important in autistic patients as there is a potential for viruses to reside in the blood brain barrier. Bravo Probiotic Yoghurt is very suitable for autism. We start with 1 mL per day and increase by 1mL/day. We build slowly to whatever dose the child can manage (up to a maximum of 50ml/ day). Once the upper limit is reached, we hold the dose for 90 days. This has produced some profound reductions in autism symptoms of some patients. We STRONGLY recommend genetic testing FIRST for autism patients as it is extremely common for them to have a defective vitamin D receptor. This means they are unable to absorb Vitamin D which and the Bravo will not work. For assistance with genetic testing see www.TAGC.com.au or call (07) 3878 4704 to arrange for an appointment.

CFS/ME – how does it benefit?

Most treatment plans on the market aim to alleviate symptoms, not address the cause of the problem. All GcMAF does is to awake the immune system, which will then begin to attack viruses and pathogens that it was previously unable to do. Because CFS/ME is often a multiple infection ailment, care should be taken to manage any IRIS/herx effects (see above). There is a leading specialist Chronic Fatigue Syndrome clinic in NSW using Bravo Probiotic Yoghurt in its treatment protocol with great success. Contact us for more information.

What other viral infections can it treat?

There are over 6000 known ailments that can be defeated by the immune system, and all GcMAF does is to awaken the immune system. Viruses and bacteria use a number of mechanisms by which they hide from, or compromise, the immune system. Nagalase is an enzyme released by cancers and many viruses, and this has the effect of destroying the body's ability to generate GcMAF, so the immune system is never stimulated in response to these pathogens. Alternatively, some viruses hide within cells or use biofilms to cloak themselves from the view of the immune system. This is how diseases become chronic. In addition to the ailments above, GcMAF has been shown to help in

- Eye infections
- Ear infections
- Dental infections
- Warts
- Herpes
- Pleurisy
- HIV
- Allergies

- Rheumatoid arthritis
- Epstein Barr virus
- Common cold (as in people do not contract them while on GcMAF)
- Type 1 diabetes
- Hepatitis
- Parkinsons
- Fungal infections (athletes foot)

This list is not exhaustive, neither does inclusion in the list mean that it will work for your ailment. Thus, to understand whether GcMAF may help with your ailment, you need to understand the underlying causes. Ailments caused by poor diet, lifestyle or injury are unlikely to be helped by GcMAF micro-immunotherapy.

Is a nagalase test necessary?

This is not recommended for autism, but it is for cancer patients. Nagalase is the marker by which you can see how impaired the immune system is. A higher score on the nagalase level will mean a conversely lower amount of GcMAF available to your immune system. It is not recommended to take GcMAF if you are well, as an overactive immune system can also be problematic, although an over-activated immune system caused by the taking of GcMAF is a temporary phase, as administered GcMAF only lasts in the body up to 6 days. A nagalase test is the definitive test by which you can see if you are GcMAF deficient. However, in many ailments it is clear to see that improvements are, or are not, being made, such as in the improvement in autistic traits, or the improvement of a dental infection. It is in cancers where the nagalase level is extremely helpful, as the administration of GcMAF can cause swellings and inflammation, the natural immune response. When this is seen on a scan, though, it can appear that the cancer is increasing, when it is in fact swelling due to being inflamed and destroyed. A reduction in the nagalase level is a comforting sign that things are heading in the right direction.

Where do I get the nagalase test done?

A list of nagalase testing laboratories can be found at www.nagalasebloodtest.com

What are other people using in addition to GcMAF?

Dr Heather Way uses genetic and pathology tests to identify deficiencies that may require support. Parasites are often a problem in autism. Almost everyone has parasites, but when the immune system is depressed, these can give rise to symptoms, so a parasite protocol might be needed.

Where do I purchase GcMAF?

We supply Bravo Probiotic Yoghurt which is the natural biofactory for GcMAF and contains 42 of commensal and colonizing microorganisms at www.bravoprobiotic.com.au Bravo Probiotic yoghurt® combines the known health benefits of different products derived from milk fermentation. Bravo Probiotic yoghurt® is designed not to be produced industrially and it cannot be found in supermarkets or in the pharmacy. We are now able to provide you three different versions of Bravo Probiotic yoghurt®.

1. The ready-to-drink Bravo Probiotic yoghurt (Casein and lactose free) suitable for autism.
2. The powders necessary to make Bravo Probiotic yoghurt in your own kitchen to drink.
3. Suppositories made from Bravo Probiotic yoghurt, already containing the living microorganisms and GcMAF naturally formed during the fermentation process for those who have serious intolerances with dairy.



Disclaimer

Nothing in these notes is intended to be medical advice. This is simply a collection of notes and observations. For all medical advice, please seek the assistance of a qualified practitioner. These statements have not been evaluated by the TGA or any other governing body. This product is not intended to diagnose, cure, or prevent any disease.