

## **NEED FOR SUPPLEMENTATION: LE Magazine March 2001**

### **Vegetables Without Vitamins**

Imagine the surprise of going online and discovering that the vitamin and mineral content of vegetables has drastically dropped.

That's what happened to nutritionist, Alex Jack, when he went to check out the latest US Department of Agriculture food tables. The stunning revelation came after Jack compared recently published nutrient values with an old USDA handbook he had lying around. Some of the differences in vitamin and mineral content were enormous-a 50% drop in the amount of calcium in broccoli, for example. Watercress down 88% in iron content; cauliflower down 40% in vitamin C content-all since 1975.

Jack took his findings to the USDA, hoping for a reasonable explanation. That was two years ago. He's still waiting. So is Organic Gardening magazine, which published an open letter, seeking an explanation from Dan Glickman, Secretary of Agriculture. Glickman didn't respond, but USDA employee, Phyllis E. Johnson did. Johnson (who is head of the Beltsville area office), suggested to Organic Gardening that the nutrient drain should be put in context. According to her, the 78% decrease in calcium content of corn is not significant because no one eats corn for

calcium. She further explains that the problem may not even exist at all; that the apparent nutrient dips could be due to the testing procedures. For example, "changes in the public's perception of what the edible portion is may determine what parts have been analyzed over time." In other words, back when the old food tables were made up, people may have been eating the cobb too, so they got more nutrients.

#### The vitamin drain

We decided to look into this further. Jack had used a 1975 version of the food tables for his research. We dredged up a 1963 version. After comparing the nutrient values for over a dozen fruits and vegetables, it was clear that the nutrient value of many foods has dropped, in some cases drastically. For example, the amount of vitamin C in sweet peppers has plummeted from 128 mg to 89 mg.= The vitamin A in apples has dropped from 90 mg to 53 mg. The fall-offs seem to be limited mostly to vegetables, and some fruits.

Some vegetables appear to be gaining vitamins-at least vitamin A. Carrots, for example, have more of the vitamin now than they did in 1963. Why is a mystery. But the phenomenon has apparently occurred just in the nick of time. The National Academy of Sciences has issued an alert that it takes twice as many vegetables to get the daily requirement of vitamin A as previously thought. Carrots and pumpkin are exempt from the caveat.

Despite the apparent increase of vitamin A in carrots, most vegetables are losing their vitamins and minerals. Nearly half the calcium and vitamin A in broccoli, for example, have disappeared. Collards are not the greens they used to be. If you're eating them for minerals and vitamin A, be aware that the vitamin A content has fallen from 6500 IUs to 3800 IUs. Their potassium has dropped from 400 mg to 170 mg. Magnesium has fallen sharply-57 mg to 9. Cauliflower has lost almost half its vitamin C, along with its thiamin and riboflavin. Most of the calcium in pineapple is gone-from 17 mg (per 100 grams raw) to 7. And the list goes on and on.

#### The USDA refuses to act

What's the deal on this nutrient drain? We decided to ask USDA ourselves, so we contacted the head of the USDA Agricultural Research Service, whose job it is to track the vitamins in food, among other things. Mr. Edward B. Knipling responded to our inquiry with a restatement of Ms. Johnson's letter to Organic Gardening magazine. So we pressed for a better answer. Isn't the agency concerned that Americans may not be

getting the vitamins they think they are? What about the food pyramid? Won't a nutrient drain upset the pyramid? Already the National Academy of Sciences is telling us our vegetables don't have as many vitamins as they're supposed to. Will the USDA double the required servings of vegetables to make up for the vitamin loss? So far, no answer from the agency.

The question is, what is the nature and extent of the problem? Vegetables are a major source of nutrition. Without them, humans miss out on important vitamins, minerals and phytonutrients. Many nutrients (such as folate) weren't measured in the past. If they are also disappearing, the extent is unknown. What about more exotic nutrients such as flavonoids, or compounds like I3C? These aren't tracked by the USDA. Are they disappearing also?

"90% of women and 71% of men get less than the RDA for vitamin B6." Dietary vitamin B-6 intake and food sources in the US population: NHANES II, 1976-1980. Kant AK, et al. 1990.

"Men with the lowest amount of vitamin C have a 62% increased risk of cancer and a 57% increased risk of dying from any cause." Vitamin C status and mortality in US adults. Loria CM, et al. Am J Clin Nutr 72:139-45, 2000.

"Lutein and zeaxanthin reduce the incidence of cataract by 22%." A prospective study of carotenoid and vitamin A intakes and risk of cataract extraction in US women. Chasan-Taber L, et al. Am J Clin Nutr 70:509-16, 1999.

"People with low levels of retinol, beta-carotene, vitamin E and selenium are more likely to get cancer." Serum retinol, beta-carotene, vitamin E and selenium as related to subsequent cancer of specific sites. Comstock GW, et al. Am J Epidemiol 135:115-21, 1992.

"Supplemental vitamin D reduces the risk of colon cancer by half compared to dietary vitamin D which reduces it 12%." Calcium, vitamin D, and dairy foods and the occurrence of colon cancer in men. Kearney J, et al. Am J Epidemiol 143:907-17, 1996.

"The area of China with the lowest micronutrient intake has the highest rate of cancer. Supplementation with vitamin E, selenium and beta-carotene lowers the rate." Vitamin/mineral supplementation and cancer risk: international chemoprevention trials. Blot WJ. Proc Soc Exp Biol Med 216:291-6, 1997.

"American children have inadequate levels of vitamin E." Vitamin E status of US children. Bendich A. J Am Coll Nutr 11:441-4, 1992.

"Flavonoids protect against stroke." Dietary flavonoids, antioxidant vitamins, and incidence of stroke: the Zutphen study. Keli SO, et al. Arch Intern Med 156:637-42, 1996.

### **What's for dinner**

The USDA advises that we should be eating 3 to 5 servings of vegetables plus 2 to 4 servings of fruit a day to maintain

health. (A serving is one cup of something raw and leafy or one-half a cup of something either not leafy or cooked-or 3/4 cup of vegetable juice). That is potentially 9 cups of vegetables and fruit a day. That's a lot of lettuce. Are people doing this?

Harry Balzer is vice president of NPD Group, a firm that gathers information on the eating habits of Americans. His data says no way. According to him, the preferred American meal is one-dish, already prepared. Unless a vegetable can be squirted out of a bottle, it's a nonentity. Why? We're in a hurry. Vegetables are considered side dishes, and Americans don't have time for such frivolity. The decline is relentless. Within the last 15 years, the percentage of all dinners including a vegetable (other than salad or potatoes) dropped 10%. It's now 41%.

This raises a big question. If people are not eating their vegetables, how are they getting their vitamins? The answer is they're not. Study-after-study show that Americans don't meet the RDAs for many nutrients. That's not good considering that RDAs are probably too low to keep most people in optimal health to begin with.

Americans know what they should be eating. They're just not doing it. And they're not likely to. According to Balzer, for example, pizza is one of America's favorite meals. It fulfills, he says, the American ideal of being easy and fast, liked by old and young, and easy to clean up. If you blot it with a paper towel, throw on some pineapple, and use your imagination, it even seems to fit with the food pyramid. What else are people eating? Bread, doughnuts, pasta, cheese, beef and milk. Without fortified cereal, Americans would not come close to meeting RDAs.

Yes, but what about the produce section? Isn't it filled with resealable bags full of wholesome, scrubbed little carrots, prewashed salad greens and spinach? Somebody must be buying them, or they wouldn't be there, right? According to Balzer, those puppies are highly successful, raking in a billion dollars in sales (\$100M is considered successful for a new food product). But the fact that people are buying them doesn't mean they're eating them. The reality is that onions are most-often served vegetable in America. Tomatoes (including ketchup) are second.

According to one study, less than one-third of Americans get the minimum five servings of fruits and vegetables a day, let alone the recommended nine. According to Balzer's data, the percentage of Americans who buy healthy groceries is about 10%. The other 90% relies on ketchup, onions, fat-free snacks, ice cream, cheese and Sweet Tarts<sup>T</sup> as their source of nutrition. Now we find out that even if a person accidentally eats a vegetable, it may not contain the nutrients it's supposed to. What can a person do?

### **Vitamin supplements work**

"...the nutritional content of produce is not as important as things like appearance and big yield. In other words, the view of commercial growers is that food is a product in the same way that running shoes are a product. Looks are more important than substance."

Supplements have proven their worth in scientific studies. Cancer, heart attacks, bone loss, stroke and macular degeneration-most any degenerative disease you can think of can either be prevented by, or ameliorated by, the right nutrients given in supplement form. Over the long term, the benefits can really add up. For example, nurses who took multi-vitamins containing folic acid for fifteen years slashed their risk of colon cancer by 75%. Folate from food didn't work as well. No one knows why, although bioavailability problems may be to blame. It's estimated that about 90% of the population gets less folate per day than necessary for health (400 micrograms).

In the same study, nurses who took multi-vitamins containing vitamin B6 reduced their risk of heart disease by 30%. The more B6 they took, the lower the risk. Could a high potency, high quality supplement reduce risk even more? We don't know, but a study from Norway shows that a combination of vitamin B6 and folate reduces homocysteine 32% within five

weeks in healthy individuals. This has the potential to significantly lower the risk of heart attack and stroke. Other studies show that for every decade of life, plasma concentrations of B6 decrease, and that people who take supplements have a much greater chance of meeting RDAs than those who don't.

There are good reasons to take supplements. The bioavailability of the nutrients in supplements (assuming you buy high-quality) is 100% compared to food which is very unpredictable when it comes to bioavailability. Nutrient content also appears unpredictable. If the vitamin drain is confirmed, it will mean that people cannot count on vegetables and fruit to be the packages of concentrated nutrients they're supposed to be. In a time when most people aren't coming close to getting five, let alone nine, servings of fruits and vegetables, it seems pointless to ask them to eat more to get the same nutrients.

The USDA is apparently unconcerned and not interested in the vitamin drain, despite its mandate to ensure high quality safe foods. In her letter to Organic Gardening, Ms. Johnson said that the nutritional content of produce is not as important as things like appearance and big yield. In other words, Ms. Johnson espouses the view of commercial growers that food is a product in the same way that running shoes are a product. Looks are more important than substance. That view of vegetables and fruits reduces your spinach salad to pretty roughage, and your chances of meeting RDAs to slim.

The USDA can be accessed at <http://www.lef.org/magazine/mag2001/www.usda.gov>. The food tables are available online.

The folks who do the food testing are in the Agricultural Research Service which can be accessed at <http://www.lef.org/magazine/mag2001/www.ars.usda.gov>.

\*1963 values have been set at 100%

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- NPD Group, Inc. has a website at [www.npd.com](http://www.npd.com). Highlights from the 15th Annual Report on Eating Patterns in America are available online.
- Organic Gardening's letter to Dan Glickman, and the response of Phyllis E. Johnson of the USDA - see [www.organicgardening.com](http://www.organicgardening.com).
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This is an excellent summary of why Shaklee products are so unique...

# The Shaklee Difference

by

Cindy Latham, Sr. VP Product Development, Shaklee Corporation

## ***Compare Any Other Health Products Company to SHAKLEE***

- ❖ Every Single raw ingredient in every single Shaklee product is tested for 400 pesticides. *Even aerial contamination of plants in an organic farm is possible - organically can be contaminated with lead, coming from exhaust from cars.*  
**This is a huge point of difference in SHAKLEE products.**
- ❖ As a result of Shaklee science, Shaklee products perform differently. The aim is to create BALANCE, to let the body naturally heal itself. By contrast, stimulation does not create balance.
  - ✓ Example of Stimulation is Hormones: Shaklee scientists are often asked why they don't produce hormones like other companies. SHAKLEE considers taking hormones to be taking something the body naturally creates on its own. Supplying such a substance for the body can create a dependency, an addiction, as it were, in which the body stops doing its own job of producing the hormone for itself. *Shaklee's purpose is to give your body the right tools to create its own proper balance.*
- ❖ There is clinical documentation behind every single statement made by Shaklee. We have to, because we keep it on file to document for the FDA.
- ❖ Bioavailability of Shaklee products is achieved by targeting the exact delivery point of a nutrient within the body. Research then validates its success.
- ❖ *Glucose Regulation Complex* allows the cells to use the insulin already in the blood stream. Other products on the market for insulin resistance may increase the production of insulin in the body. This is exactly the WRONG thing to do.
- ❖ May 2004 ***Consumer Reports*** and again in September 2010, had an article on the 'Dirty Dozen' bad ingredients in nutritional supplements. SHAKLEE is the ONLY company that has NEVER sold ANY of these ingredients.
- ❖ *Enfuselle*, the Skin Care line, now has 8 patents. It is conventional wisdom that we should not be able to reverse damage within the skin. *Enfuselle* has proven it

CAN. See the UV photos in the Shaklee library. As a result, several major pharmaceutical companies wanted to license Enfuselle. Shaklee will not license this line to anyone, and our patents are enforced for 15 years.

- ❖ There is a huge, growing market for vitamins that will help us look better and that will slow aging, and that at the same time are safe and natural.
- ❖ Our *Vita-C sustained release* is in a natural gum base resin, not a synthetic plastic release system.
- ❖ Our *Soy Protein* has 4 clinical studies with proven low glycemic response. Perfectly balanced amino acids are in identical ratio to those found in the human body.

### **CONSIDER THE FOLLOWING:**

- ❖ *½ of all men and 1/3 of all women will develop cancer in their lifetime.*
- ❖ *Of 167 chemicals currently found in the average blood stream, 76 cause cancer in humans and animals.*
- ❖ *A science friend of mine once told me that when a person stands on a street corner and breathes in the fumes from a passing bus, the amount of free radicals entering their body in that SINGLE MOMENT is more that a person 150 years ago may have been exposed to in their ENTIRE LIFETIME.*
- ❖ FlavoMax and CarotoMax are our armor and shield against free radicals to add to our basic foundation program for daily protection.
  - ✓ For example, the blueberries for FlavoMax are picked in Nova Scotia in August, the RIGHT TIME to maximize their anthocyanidin content. Likewise with each ingredient. Tomatoes picked in Israel are non-GMO and contain the highest lycopene content. They are picked at the RIGHT TIME.
  - ✓ Antioxidant value tested against 7 competitors (including Juice Plus) for the potent value of its flavonoids. Shaklee far exceeded them all.

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FROM RICK MEDORA, Chiropractor

"The most trusted name in clinical science is SHAKLEE."

A Pharmacist tells why he takes SHAKLEE ~ and only SHAKLEE!

I thought you might be interested in this e-mail. I asked my friend, Harry Shurley, a pharmacist, why he took SHAKLEE vitamins when he could get others, as samples, for free. Here is his reply.....

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Why do I take SHAKLEE vitamins? From a pharmacist's view you have to look at the clinical research that is done by SHAKLEE.

Mrs. Lindley and I are writing a book on prenatal nutrition -- not quite complete -- and we requested clinical studies from the makers of prenatal vitamins and NO major company (except SHAKLEE) could provide us with any studies!

Also, as you know, the SHAKLEE vitamins are natural as opposed to the synthetic prenatal vitamins available in drug stores. The makers of those prenatal vitamins stress the amount of folic acid in them, which is 1 mg. Because they have 1 mg of folic acid they have to be on prescription because folic acid can mask pernicious anemia, but if you look at the prenatal vitamins they have very few of the other vitamins and most leave out biotin completely.

It is funny that you ask me this question because a few weeks ago I had a nurse call in for some prenatal vitamins and I asked her what was the best prenatal vitamin and she said, I don't know. So I asked her how did they determine what brand of vitamin to give to the patients and she said, Whatever they can tolerate.

There are so many reasons why I take SHAKLEE over the vitamins I could get from pharmaceutical companies. I don't have time to explain all, but the main reason is because the SHAKLEE vitamins produce results!

Artificial Foods Are Not the Nutritional

Equivalent of the Real Foods They Replace  
However--the labels often claim they are.

The picture below shows two rats from the same litter 6 weeks after birth.

The one on the left was raised on nothing but eggs from birth

while the one on the right was raised on nothing but Eggbeaters.

Do they look like they were raised on nutritionally equivalent foods?

Thanks to Dr. Stephen Chaney

Eggbeaters were advertised as having the taste and nutrition of farm fresh eggs. Although the comparison chart on the box showed there were more vitamins and minerals in the Eggbeaters than in real eggs, what conclusion do you draw”?

So, can synthetic vitamins really build health?

WE KNOW THE ANSWER IS “NO” But check all this out for yourself. See if your body can tell a difference with the SHAKLEE brand. And send this letter to the company producing your current vitamins. Dr. Bruce Miller has been sending this for almost 30 years, and has never gotten an adequate response from any other company but SHAKLEE: Please send me whatever scientific literature you have on your product. What I'm looking for are independent, scientific studies or articles published in peer reviewed journals. It is very important to me that I am using a product that is not only safe but effective. Thank you very much for your assistance. The response should be on THAT product, not just research on that nutrient in general.

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**OPTIFLORA from Dr Steve Chaney**

**From: Dr. Steve Chaney, PhD, U. of NC, Prof. of Nutrition & Biochemistry**

Dear Friends - Everyone in the world should know about this combination product! More than that, everyone should be consuming it! Optiflora rebuilds health possibly quicker than any other product we have to offer! Just what does this product do??

Basically, it helps maintain one's health by adding 500,000,000 living flora to the intestinal tract with each serving! Since both advanced aging and disease are directly tied to the intestinal tract, indeed this product should be one of the first following the Foundation products!

At birth each of us are born with a healthy intestine loaded with positive and healthy flora (bacteria) and we are probably as healthy as we ever will be! (Note from Lorri: In some cases babies, due to the use of antibiotics and other factors can be lacking in this area early on and develop health conditions that would greatly benefit from using Optiflora .. See info below) As we mature, and we are exposed to the environment, to stress, to others' ailments, through the process of aging - all of these - cause disease-causing bacteria to invade our intestines! Slowly, the bad bacteria overcomes the good flora! Before this product was introduced, there was NO WAY to add new and living flora to the intestines! Now, because of Shaklee's research team, we can!

Yes, Optiflora is the ONLY product on the market that delivers living flora directly to the intestines! It is powder and a pearl and it is recommended that it be taken (together) once a day!

Since nearly every illness emanates from the colon (intestines), Optiflora is possibly the 'most effective' preventive health product available!

To read more about the benefits of Optiflora, look in the NEW Shaklee Product Guide and read! Also, there are many testimonies available from people who have 'tried' the product and 'discovered' the proof!

Enjoy improved health - Enjoy Optiflora! To your better health

Lactobacillus May Help Children With Diarrhea  
Helen Chang July 2002

Lactobacillus dietary supplements may help curtail diarrhea in young children, according to a meta-analysis conducted at the University of Washington, Seattle. The research was led by Cornelius Van Niel, M.D., who concluded that children under age 3 who took such supplements had lower incidents of diarrhea compared with those taking a placebo. Lactobacillus is the friendly bacteria naturally found in yogurt.

The findings may help not only children with occasional diarrhea, but also millions of children worldwide who suffer from disease and even death, from acute infectious diarrhea.

## WHAT DESTROYS YOUR GOOD BACTERIA?

1. ANTIBIOTICS, PESTICIDES, INSECTICIDES AND HERBICIDES IN OUR FOOD SUPPLY
2. MANY PRESCRIPTION AND OVER THE COUNTER MEDICATIONS
3. SOLAR RADIATION AND POLLUTION
4. THE AGING PROCESS , ESPECIALLY MENOPAUSE, AND COMMON INFECTIONS AND VIRUSES.
5. OVERUSE OF LAXATIVES & ENEMAS
6. BACTERIALLY CONTAMINATED MEATS, EGGS, DAIRY & OTHER FOODS
7. LOW-FIBER DIET
8. BIRTH CONTROL PILLS, ALCOHOL AND STEROID DRUGS
9. STRESS, MENTAL OR PHYSICAL

WHAT IS THE SOLUTION ? TAKE A SUPPLY OF HEALTHY BACTERIA (BIFIDOBACTERIA & LACTOBACILLI) IN A SUPPLEMENT FORM AND A PREBIOTIC TO FEED THE HEALTHY BACTERIA .....

"Optiflora" by Shaklee

WILL THIS COMBINATION PREVENT SERIOUS HEALTH PROBLEMS?

YES, YES, YES, YES IN MANY WAYS!!!!

- 1 . ELIMINATE MOST OF CHILDREN'S CHRONIC ILLNESSES
2. IMPROVES MINERAL ABSORPTION (prevent osteoporosis, blood pressure problems, headaches, allergies, & mood swings)
3. STOP OVER GROWTH OF YEAST IN BODY- ELIMINATE CANDIDA (CAUSE OF MANY ALLERGIES, CHRONIC INFECTIONS AND SERIOUS COLON PROBLEMS.)
4. LOWER CHOLESTEROL BY CREATING AN ACID ENVIRONMENT TO CONVERT CHOLESTEROL TO A FORM THE BODY CAN'T REABSORB.
5. PREVENT DIARRHEA OR "TRAVELER'S TROTS"
6. IMPROVE ENERGY BY IMPROVING ABSORPTION OF ALL NUTRIENTS, REDUCING YOUR TASTE FOR SWEETS.
7. REBUILD IMMUNE SYSTEM OF WHICH 50/60 PERCENT IS IN INTESTINAL WALL.
8. PREVENT COLON CANCER BY KEEPING BILE SECRETIONS FROM BEING CONVERTED TO DANGEROUS IRRITANTS.
9. PROTECTIVE IF YOU NEED CHEMO OR RADIATION TREATMENT
10. STOP CHRONIC SKIN, EAR, & THROAT INFECTIONS

*Alice Coker*

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**Sent: Friday, July 29, 2005 10:48 AM Subject: Optiflora**  
**Optiflora - capsule & powder benefits**

Here's some info I've put together based on research I've done in medical publications regarding prebiotics and probiotics. It's interesting to see that there are benefits to both even when one is taken without the other. Of course, you optimize those benefits by taking both the Optiflora probiotic capsule and the prebiotic powder.

The following are just some of the benefits current medical research reveals about supplemental prebiotics and probiotics:

Regarding probiotics (such as the Shaklee Optiflora "pearl"):

- \* Reduce the duration of various bacterial diarrheal illnesses
- \* Reduce bacterial infections of the digestive tract such as Salmonella, Listeria, Campylobacter, and Helicobacter pylori
- \* Limit the concentration of pathogenic organisms in the intestinal tract
- \* Work synergistically with antibiotics in decreasing the duration of bacterial diarrheal illnesses/infections, and may be beneficial in reducing the duration of antibiotic therapy (however, please follow your doctor's directions regarding antibiotic use)
- \* Enhance immune function by signaling receptors in the intestinal lining or by direct lymphoid activation
- \* Increase resistance to infections including pneumonia and bronchitis
- \* Reduce translocation of some pathogens from intestine to other organs
- \* Decrease candida infections
- \* Are liver protective
- \* Increase mineral absorption and may be useful in treatment or prevention of osteoporosis
- \* Protective against colon cancer
- \* Reduce the risk of Type II diabetes
- \* Reduce the risk of obesity
- \* Decrease allergy symptoms
- \* Normalize defecation frequency (help with diarrhea and constipation)
- \* Useful in treating inflammatory bowel disease (both diarrhea dominant and constipation dominant), and have been found to be more effective than traditional disease therapy for IBD
- \* Reduce blood ammonia levels
- \* Produce vitamins and digestive enzymes
- \* Reduce lactose intolerance
- \* Improve growth performance in children
- \* Probiotics die off when exposed to bile salts, but this die off is minimized by the consumption of soy with the probiotic
- \* Modify gut pH (beneficial modification)
- \* Down regulate inflammatory pathways

- \* Plays a crucial role in the protection against environmental insults
- \* Facilitates the conversion of quercetin, a common antioxidant flavonoid found in vegetables, to the form the body can use. Quercetin down-regulates the inflammatory response.

Regarding prebiotics (such as the Shaklee Optiflora powder):

- \* Encourage the colonization of the gut with beneficial bacteria
- \* Limit the concentration of pathogenic organism in the intestinal tract
- \* Increase mineral absorption and may be useful in treatment or prevention of osteoporosis
- \* Reduce cardiovascular disease risk by improving lipid metabolism
- \* Reduce risk of some cancers
- \* Protect antioxidants from oxidative stress
- \* Useful in treating inflammatory bowel disease (both diarrhea dominant and constipation dominant), and have been found to be more effective than traditional disease therapy for IBD
- \* Balance is important as large doses of prebiotics may increase the severity of bacterial diarrheal illnesses
- \* Reduce blood ammonia levels
- \* Produce vitamins and digestive enzymes
- \* Modulate hepatic production of fats
- \* Prevent mucosal inflammation
- \* The soy isoflavone genistein, which is believed to be protective against cancer, is degraded by some bacteria in the gut; prebiotics reduce the loss of this beneficial compound
- \* Plays a crucial role in the protection against environmental insults
- \* Promote the production of short-chain fatty acids in the intestine (short chain fatty acids may act directly or indirectly (by modifying the pH) on intestinal cells and may be involved in the control of various processes such as the proliferation of mucosa, inflammation, colorectal carcinogenesis, mineral absorption and the elimination of nitrogenated compounds
- \* May alleviate menopausal symptoms and reduce the incidence of candida infections and other female urogenital tract conditions

The Shaklee two-part Optiflora system includes a proprietary blend of beneficial prebiotics inulin and FOS, and a probiotic capsule. The probiotic is GUARANTEED TO DELIVER 250 million live organisms EACH of the beneficial microorganism *Bifidobacterium longum* and *Lactobacillus acidophilus*.

Opinions vary among health professionals regarding nutrient needs. Also, your personal needs may differ from generally-recognized guidelines. Supplements should be purchased from a reputable manufacturer to ensure the products are free from environmental and biological toxins, have been clinically-proven to be bioavailable, and have been tested for stability during shipping and storage. This information is provided for educational purposes to help individuals understand relationships that may exist between health, diet, nutrition, and lifestyle. It is not intended for the diagnosis and treatment of disease. A nutritional consultant is only one member of a professional

health-care team. Individuals should seek medical help for the diagnosis of diseases and discuss treatment options with their medical doctor.

Bonnie Edkin

Environmental Chemist/Nutritional Consultant

Edkin Health & Environmental Services

<http://www.sharing.myshaklee.com>

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Sent: Tuesday, July 19, 2005 11:14 AM

Subject: *Immune Building Complex- NUTRIFERON*

A strong IMMUNE SYSTEM is vital to every one of us for warding off illnesses. A compromised immune system opens the door for numerous attacks on our bodies.

WE ALL NEED TO "POWER UP" OUR IMMUNE SYSTEMS, and SHAKLEE'S NEW NUTRIFERON is getting powerful results. The following case is of a woman who is fighting to control and hopefully eliminate Hepatitis C from her body, contracted by tainted blood transfusions. Her results are AMAZING! If someone with hepatitis C gets results like this, just imagine what it could do for all of us.

Struggling for solutions that were getting little results through her physician... she decided to give Shaklee products a try.

HERE ARE HER EXCITING RESULTS SO FAR.

The following letter was written to Dr. Mike Yacilla at Shaklee reporting results with Shaklee's NUTRIFERON. Read what follows to see more results.

There is NO DOUBT that this product is capable of producing amazing results... for everyone!!!

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Dear Mike,

I am sending you this email with the results that I was not able to share with you at our introduction at the Chicago meeting.

On January 29, my count was 690,000. On June 21, my count is now 128,000.

My results are so good that the Gastro department is asking for the information on the Nutriferon. I have a few emails that I am going to forward to their office.

This is better news that I could even hope for.

Warmest Regards,

Carolyn Morgan

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## UPDATE ON HEPATITIS C RESULTS AS OF SEPTEMBER

for Carolyn...

**We received a call this past week to report that her numbers are now down to 28,000!!!**

**VERY EXCITING NEWS !!!**

The following articles explain how interferon can aid the body in fighting illnesses, and why Shaklee's new Immune product is helping Carolyn's Hepatitis C situation better than anything synthetic..

HEPATITIS C was reduced to 1/3 in one month!

PSA was reduced in 83 year old man with Prostate Cancer!

The above results were experienced after the use of Shaklee's NEWEST product, NUTRIFERON.

There is nothing like it available. It is a PATENTED original Shaklee product and is the result of decades of work by eminent immunologists and is now available for the first time - exclusively through Shaklee.

What does it do?

It induces natural interferon production in the body which powers up the immune system.

It enhances non-specific immunity against microorganisms such as viruses, bacteria, fungi, and parasites

This product needs to be in the hands of EVERY HEALTH CARE PROFESSIONAL

naturopaths

chiropractors

medical doctors

nurse practitioners

dentists

\* Developed by Dr. Yasuhiro Kojima, the discoverer of interferon\*, and an eminent immunologist, professor and scientific researcher from Japan. Dr. Kojima began his immunology research in 1932, and Shaklee IBC is the result of this pioneering research. (Interferon\* are proteins known to help contain and reduce infections in the body.)

\* Nutriferon is an exclusive blend of four key herbal ingredients -- extracts of pumpkin seeds, plantago seeds, safflower flowers and Japanese honeysuckle flower buds -- to increase the body's natural defenses by increasing the effectiveness of "macrophages" -- white blood cells which constantly patrol the body like "Pac-man", looking for "bad cells" to consume.

The four key ingredients in Shaklee IBC are the most potent ones of the many Dr. Kojima researched, and have been formulated into an optimum ratio for outstanding results.

\* No other company in the world has anything close to this unique product, according to Dr. Ray Cooper, PhD, Shaklee VP of Research and Health Sciences.

\* Shaklee NUTRIFERON also outperforms such immunity products as beta-glucan, mushroom complex and maitake mushroom (a popular herb in Japan).

Synthetic Interferon Side Effects:  
(alpha, beta, gamma)

**Interferons are substances naturally produced by cells in the body to help fight infections and tumors.**

Synthetic (man-made) versions of these substances are manufactured and sold by pharmaceutical companies. These synthetic interferons provide some beneficial effects in the body, but are accompanied by a long list of unwanted side effects:

Back pain  
Fever & chills  
Headache  
Loss of appetite  
Nausea  
Numbness of fingers, toes & face  
Nausea / Diarrhea  
Fatigue  
Depression  
Alopecia (hair loss)  
Rash  
Retinal hemorrhages  
Thyroid Disorders  
Muscle Pain (Myalgia)  
Thrombocytopenia (reduction in the number of platelets in the blood - results in spontaneous bleeding and bruising)

Therefore, the BEST CHOICE is Shaklee's NUTRIFERON with NO side effects; only benefits.

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Another wonderful Hepatitis C Story in response to Shaklee NUTRIFERON & DTX

Pat Bolotin shared this report from her brother-in-law with Hepatitis C:

"I got my blood results in. Here's the scoop:

\* Two Years Ago ..... AST (SGOT): 275    ALT (SGPT): 590

\* Last Year ..... AST (SGOT): 190    ALT (SGPT): 380 (36% improvement)

\* This Year ..... AST (SGOT): 127    ALT (SGPT): 236 (38% improvement)

Overall improvements after 2 years is 60% .... that's after 1 year of Shaklee DTX three times a day and 3 months of NUTRIFERON which helps my body make interferon.

Thank you so much for everything. Things are looking very good."

To Your Great Health,

Renae

\*\*\*\*\*

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## From Perfect Health to Devastation

**Eight months ago I was a picture of good health, and just turned 65. I rarely caught a "common cold", or sore throat, and never had a flu shot.** But in August 2004, I was confronted with the biggest health challenge of my life.

I was working at my sister's in Levittown, Pa. installing siding on her house when I began having trouble breathing. My shortness of breath worsened as I tried to work through the problem. When I told my sister that I needed to take a break, she became concerned enough to take me to the hospital. At Lower Bucks Hospital Emergency Ward, I had a number of studies done, including a chest X-Ray and a MRI. The tests revealed that I was diagnosed with "pleura fusion". The pleura, the sack around the lung, was filled with fluid and had collapsed my lung.

Five days later, after more studies, the doctor gave me the bad news. He informed me that I have a very serious type of cancer called **adeno-carcinoma**. I went to an oncologist at Crozer Hospital in Chester Pa. He ordered more studies, including chest X-Rays, MRI, Body and bone Scans, and a CAT scan of the brain. The results were worse than we thought.

The tests showed that **I had a large cancerous growth on my left lung, which had spread to my brain--- two lesions deep in my brain which were inoperable. The cancer had metastasized to my bones and other organs.** The oncologist sadly told me that I had **about 6 months to live.** May not make it to see Christmas 2004. I was totally devastated.

My **radiation treatments** began with 15 sessions ---once-a-day, five days a week --- to the area of my head to try to shrink the lesions. The radiation oncologist told me **without this initial treatment I would be dead in three months!** I lost all the hair on my head before the end of the 15th treatment. **I looked like Mr. Clean!** In early November, I started the **chemotherapy treatments.** **I was going "down hill", daily. I was weak and nauseous. I couldn't hold a job, didn't have the energy to work.** I knew I was dying, but I was okay with that because God had given me perfect peace. And yet, I wanted to live, so badly.

In early January, I was introduced to Rusty and June Ost, both of whom are pharmacists. The Osts have worked with many cancer patients using non-traditional, nutritional therapies. They put me on a **special "Detox Program" using Shaklee food supplements consisting of mega-doses of powerful Shaklee anti-oxidants. They assured me that the Shaklee nutritional products were perfectly SAFE. There were no additives, preservatives, binders or synthetic fillers --like the store brands that could cause side effects. Shaklee nutrition, they said, is real-food-source supplements.**

**It didn't take long on the Detox Program to begin feeling better. I had more energy, and was breathing easier in a week.** I felt something was positively happening in my body. When I saw my oncologists in February, he was pleasantly surprised to see the good color of my skin and face, and to see my increased energy level. I told him I had been on a Detox Program for five weeks using Shaklee supplements. The doctor's reaction was neither positive nor negative about my taking vitamins.

He said the herbs and vitamins wouldn't interfere with the chemo treatments. "Whatever you're doing, keep doing it (since you're feeling better.)" He added. Near the end of February, he ordered another chest MRI. And to everyone's surprise, he told me that **the growth in my lungs had shrunk to one-third the size it was before treatment!** The tumor (mass attached to my lung) was **down from three centimeters to 1 centimeter!** "Doctor, do you think we can beat this thing?" I asked. "Well, it's a step in the right direction." He said with obvious enthusiasm in his voice.

Further good news about my progress came yesterday, the hospital reported that **my white blood cell count has returned to normal**. The doctor said, "It's perfect!" Only two more chemotherapy treatments remain, and I'll be done with them. I hope.

**And speaking of hope, I encourage anyone suffering with cancer, not give up hope. I was told my cancer is one of the worse kinds of cancer a person can get because, "It does not respond well to treatment." My Oncologist said. "There are no known cures!"**

But I'm getting over it. I had heard of so many success stories of women beating breast cancer taking the Detox formula with Shaklee supplements. I had to try it. **What did I have to lose?**

The non-traditional, nutritional therapies could increase the body's immune system to fight what I have! Together, with the marvelous improvements in cancer technologies, who knows what will happen? Right now, I'm excited to feel this good, and to be alive! Every new day is a blessing! And I'm optimistic about sharing many more Christmases with my family!

Above all, I might add, prayer is a powerful antidote. I know many are praying for me, and I appreciate that beyond words! I used to be in the clergy, and appreciate the power of prayer. God said, "I am the Lord that healeth thee." (Ex. 15:26). **I give credit to my physicians, to Shaklee supplements and to all those who pray for me. But the glory goes to God!**

Tom Kinder , PA

Tom's story is for your information and is still fluid. If you know anyone battling cancer, please pass this email on to them. We cannot, and Tom does not make any promises. And certainly, the Shaklee Corporation doesn't, either.

The "**Detox Program**": (I'll cut down the dosages when the cancer has disappeared.)

All of the following are what I've taken **three times a day**:

Welsh's Concord Frozen Grape Juice (three tbsp) in 10 oz of purified water;  
3 scoops Shaklee's Energizing Soy Protein (Soy Isoflavanoids with B Complex & Calcium)  
5 Carotomax (Beta Carotene, Lycopene, Leutin, Zeaxanthin, Alpha Carotene & Astantin)  
3 Flavomax (Blueberry, Elderberry, Grapeseed, Green Tea, Passion Flower extracts; lemon & Quercetin)  
10 Alfalfa (Minerals from Chlorophyll-rich leaves)  
3 Vita-C (Vitamin C Complex with 5-hour Sustained Release)  
3 Vita-Lea without Iron; Multi-Vitamin & Mineral)  
3 Opiflora (Acidophilis/Bifidus); 1/2 tsp. Prebiotic Powder;  
3 Nutriferon - Blend of Macrophage Activating Chinese Herbs;  
2 DTX; (Milk Thistle + Blend of Dandelion, Reishi Mushroom, Tumeric & Artichoke extracts)  
2 Vita-E (400 IU, Selenium & Grapeseed Extract);  
2 B-Complex (All the B vitamins from Torula and Brewers Yeast)  
2 Lecithin (Soybean oil - helps body absorb Beta Carotene & vitamins)  
2 Omega 3 Complex (EPA/DHA Marine Lipid);  
3 Cal-Mag (Calcium/ Magnesium & vitamin D)  
2 Zinc Complex (Zinc Gluconate with Dicalcium Phosphate)  
1 servings per day Shaklee's Daily Fiber Mix/tablets/Crunch/Unflavored  
2 Herb-Lax (on occasion when necessary)

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**Subject: Fwd: Resveratrol (VIVIX) and cancer**

**Date: Wed, 18 Nov 2009 23:17:02 -0500**

**Subject: Resveratrol (VIVIX) and cancer**

The American Institute of Cancer Research (AICR) supports research and education related to lifestyle and cancer. Their focus is on eating a healthy diet, being physically active and maintaining a healthy weight. AICR funded this interesting resveratrol research:

"In a series of studies, Dr. van Ginkel tested resveratrol in mice with neuroblastoma. Mice who consumed resveratrol daily for five weeks had tumors approximately 50 to 80 percent smaller than those in the comparison group. When Dr. van Ginkel increased the level of resveratrol and injected it beside and directly into the tumor, "it was a dramatic effect," he said. The result was tumor-cell death and smaller tumors."

Here's a link to the entire article: [http://www.aicr.org/site/News2?page=NewsArticle&id=15171&news\\_iv\\_ctrl=2302](http://www.aicr.org/site/News2?page=NewsArticle&id=15171&news_iv_ctrl=2302)

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Just in from Shaklee Health Sciences:

**Health Sciences Bulletin**

**December 2009**

### **Study Links Soy Intake to Increased Breast Cancer Survival**

In a new study published online in the Journal of the American Medical Association, <http://jama.ama-assn.org/cgi/content/abstract/302/22/2437> (JAMA. 2009;302(22):2437-2443), the authors conclude that "among women with breast cancer, soy food consumption was significantly associated with decreased risk of death and recurrence." This research conclusion is an extremely important message regarding the positive research in support of soy food intake in women with existing breast cancer, and we were compelled to present this recent science related to the potential benefits of soy food intake and breast health.

Soy foods are rich in isoflavones, a major group of phytoestrogens thought to reduce the risk of breast cancer. Many studies have supported this hypothesis, and a study published earlier this year, <http://cebp.aacrjournals.org/content/18/4/1050.abstract> (Cancer Epidemiol Biomarkers Prev 2009;18(4):1050-9), found that soy intake during childhood, adolescence, and adulthood was associated with decreased breast cancer risk in Asian American women.

However, the estrogen-like effect of isoflavones and the potential interaction with tamoxifen (a drug used for the prevention and treatment of breast cancer) have fueled concerns about soy food consumption among breast cancer survivors. But only limited laboratory and animal research has linked high levels of soy phytoestrogens to potential breast tumor cell growth, so we need to be extremely cautious before generalizing these results to humans.

To assess the effects of soy food intake on breast cancer outcomes, researchers from Vanderbilt University in Nashville, Tenn., and the Shanghai Institute of Preventive Medicine in Shanghai, China, collaborated on this study to evaluate the association of soy food intake after breast cancer diagnosis with total mortality and cancer recurrence.

The current study population of 5,033 participants originated from the Shanghai Breast Cancer Survival Study, a longitudinal, population-based study of 6,299 survivors in China between the ages of 20 and 75. These women were diagnosed as having primary breast cancer between March 2002 and April 2006 and they were recruited into the study about six months after cancer diagnosis.

Information on cancer diagnosis and treatment, lifestyle exposures after cancer diagnosis, and disease progression was collected six months after cancer diagnosis and reassessed at three follow-up interviews conducted at 18, 36, and 60 months following diagnosis. Total mortality and breast cancer recurrence, or breast-cancer-related deaths, were recorded, adjustments were made for influencing lifestyle factors, and soy food intake was treated as a time-dependent variable.

During the four-year follow-up, soy food intake (measured as soy protein or soy isoflavone intake) was inversely associated with death and recurrence. Those with the highest level of soy intake had a 29% reduced risk for death and a 32% reduced risk for recurrence compared with those having the lowest soy intake levels. Adjusted four-year mortality rates were 10.3% for those with the lowest and 7.4% for those with the highest soy intake. Four-year recurrence rates were 11.2% for women with the lowest and 8% for those with the highest levels of soy protein intake. The inverse association was evident among women with either estrogen-receptor positive or negative breast cancer, and was present in both users and nonusers of tamoxifen. As American subjects may respond differently to the effects of soy compared to breast cancer survivors in China, the potential benefit may not be the same.

The authors conclude that among women with breast cancer, soy food consumption was significantly associated with decreased risk of death and recurrence. As mentioned earlier, this is an important study that helps to clarify the safety of soy food intake in breast cancer patients. Scientists are still trying to understand all of soy's hormonal effects. For example, it's possible that soy acts like the breast cancer drug tamoxifen, which blocks the effects of estrogen, but additional research is needed to confirm or dismiss this possibility.

In addition to its potential breast health benefits, soy foods are a source of high quality protein nutrition and an excellent alternative to traditional protein sources that are often laden with excess calories, fat, saturated fat, and cholesterol. In fact, when considering the entire body of scientific research on soy, the majority of scientific data strongly supports the value of soy protein as part of a healthy diet for heart health, breast and prostate health, bone health, and for managing menopausal symptoms. So our position has been and continues to be: When soy foods are consumed as part of an overall healthful diet, they are exceedingly safe, nutritious, and potentially beneficial.

But because safety should be your number one concern and each individual is a special case, all women with a history of breast cancer, or those at high risk, should discuss the use of soy protein as part of a healthful diet with their physician. (Bob Ferguson's personal, not-from-Shaklee editorial note: assuming your physician knows anything about nutrition, and if she/he doesn't, it might be time to shop for a new physician or a second opinion)  
December 2009

Shaklee Health Sciences

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## **EXCELLENT INFO ON SOY PROTEIN**

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### **Shaklee's Soy Protein**

**In November 2004**, Dr. Nasr spoke in Milwaukee Wisconsin on the benefits of soy. If you want please feel free to pass this along to your acquaintances.

Contact Dr. Nasr for the actual research studies. He uses Shaklee Soy exclusively because it has the very best and most complete soy protein and isoflavone content. You can feel so very good about Shaklee's soy protein, and how we can help so many people who are looking for ways to improve their health.

Dr. Nasr has a B.S. in Agronomy; M.S. in Biochemistry of anti-oxidants and a PH.D. in Pharmacognosy (science of bio-active products). He received his M.D. from Rush Medical College in Chicago, followed by Internal Medicine and Cardiology fellowships from Chicago Medical School. He is a member of the American College of Nutraceuticals and the American College of Preventive Medicine and is Director of the Medical Care & Diagnostic Center, Lake Villa, IL 847-356-9009.

1. Optiflora and Soy Protein increase the absorption of protein, decrease gas and discomfort and decrease cholesterol by 23%
2. Sixty (60) studies have been conducted showing soy protein increases bone density more than just Calcium Magnesium does.
3. Two studies show that soy and vitamin E, together, decrease LDL (bad cholesterol) by 40% and that is 17% greater decrease than Zocor and Lipitor
4. Four studies show that soy protein inhibits oxidation of LDL (bad cholesterol) by 40%. When cholesterol oxidizes, it becomes "sticky" and builds up on the arterial walls, which leads to clogged arteries.
5. Soy prevents gall stones. It doesn't dissolve them but it prevents them.
6. Soy prevents kidneys from damage. Lots of animal protein may be hard on the kidneys, but soy protein protects the kidneys
7. French fries at major fast food establishments are crispy. That is a value for the store. Some french fries are coated with a protein substance that when combined with the sugar in the potato and then heated, gives them added crispness. Unfortunately that combination of sugar, protein and high heated fat produces a carcinogen. Probably a good idea to avoid all French fries.
8. Shaklee's protein includes valuable protein and isoflavones that are not present in other soy proteins produced with heat or chemicals. Shaklee's low heat - water wash process keeps the isoflavones in the protein. Isoflavones are natural cancer fighting ingredients that occur naturally in soy.
9. Soy's protein and Isoflavones inhibit the mutated cell's ability to make an enzyme that would cause the cell to continue reproducing and form a tumor.
10. Soy inhibits the cancer cell from making blood vessels that invade arteries and zap nutrients (this process is called angiogenesis).
11. Soy increases the killing effect of the white blood cells (phagocytosis).
12. Soy's amino acid Lysine when combined with Vitamin C decreases Colon Cancer by 90%.
13. The flavanoids (like those in Shaklee's Flavomax) when combined with Soy Protein are synergistic (they work even better together) and decrease breast cancer 10 fold.
14. Beta carotene (like those in Shaklee's CarotoMax) when combined with Soy Protein and Calcium with Vitamin D are 10 times as effective at preventing cancer cells from getting an addition blood supply.

15. Women in the Orient get about 80mg of Isoflavones a day..women in US and Europe get about 1.0 mg. That's an 80% negative difference for US and Europe.
16. Soy protein helps the differentiated cell (bad cell) convert back to a normal cell.

Dr. Nasr also listed the several forms of protein and the length of their chain of Amino Acids. The shorter the chain, the more quickly the Amino Acids can be absorbed and utilized.

1. Soy has the shortest chain and takes less than an hour.
2. Fish is next.
3. Chicken takes about 4 hours.
4. Beef takes about 5 hours.
5. Pork takes about 6-8 hours to digest.

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## **Health Sciences Bulletin**

**September 2009**

### **Shaklee Scientific Research Update**

For over 30 years, sound scientific research has been a Shaklee corporate strategy that has resulted in the publication of over 100 scientific papers, 90 of them in peer-reviewed scientific journals. At the Shaklee 2009 Global Conference in St. Louis, we unveiled the latest research studies sponsored by Shaklee, research that advances the state of science in critical nutrition and health issues and supports our scientific credibility and the Shaklee Difference<sup>™</sup>. Here's a snapshot of our current scientific research portfolio:

#### 1. The Landmark Study

Usage Patterns, Health, and Nutritional Status of Long-Term Multiple Dietary Supplement Users: A Cross-Sectional Study, originally published in Nutrition Journal, was a collaboration with researchers from the University of California at Berkeley's School of Public Health. This study was a landmark, first-of-its-kind study that supports the potential benefits of long-term supplementation, which was associated with more favorable blood levels of important nutrients and key heart-health biomarkers. More important, long-term users of multiple dietary supplements generally reported lower prevalence of disease, including diabetes and elevated blood pressure, when compared to those who used only a single multivitamin or no multivitamin at all.

#### 2. The Vitamin D Study

The results from the Landmark Study included an interesting finding related to blood levels of vitamin D. Long-term dietary supplement users had a blood level of 131.5 nmol/L (52.6 ng/dL), well above the blood levels found in most Americans and well within the optimal range recommended by many vitamin D researchers. For example, in the National Health and Nutrition Examination Survey 2000-2004 (NHANES), depending on the specific population, 50%-78% of Americans had blood vitamin D levels less than 75 nmol/L (30 ng/dL), a level thought to be inadequate to support optimal health. The higher vitamin D blood levels seen in Landmark Study participants might be of great benefit because, in addition to reducing the risk for osteoporosis, higher blood vitamin D levels have been linked to lower risk for cardiovascular disease, diabetes, certain cancers, all-cause mortality, infections, and more, according to recent research.

So we commissioned a follow-up to the Landmark Study. This new study was intended to compare vitamin D blood levels in long-term users, short-term users, and nonusers of vitamin D dietary supplements to compare and identify optimal vitamin D intakes, blood levels, and their impact on cardiovascular disease risk markers. In this cross-sectional study, blood samples were collected from 257 study participants in August 2008, and the results were certainly impressive.

Figure1



## Supplement Intake and Blood Vitamin D Levels (ng/dl)

Figure 2

Blood Vitamin D Levels and HDL Cholesterol (mg/dl)

25(OH)D mg/dl

Figure 1 shows that increased vitamin D intakes from supplements are associated with increased vitamin D levels in the blood, and Figure 2 shows that increased blood vitamin D levels are associated with increased HDL cholesterol levels. This is important because higher HDL cholesterol levels have been associated with a lower risk for cardiovascular disease. Other results showed that increased supplemental intake of vitamin D also was associated with decreased risk of metabolic syndrome and decreased waist circumference.

These findings were presented April 30 to May 2, 2009, at the National Lipid Association Annual Scientific Sessions in Miami, Fla. (see attached poster: Shaklee/National Lipid Association Vitamin D Presentation). And hot off the press, the full study manuscript has already been published in the August edition of the *Journal of Clinical Lipidology*: Serum 25-hydroxyvitamin D is independently associated with high-density lipoprotein cholesterol and the metabolic syndrome in men and women, and it was accepted without any comments or revisions from the journal reviewers, a nearly unprecedented event in scientific research publication.

The study findings were so compelling that we are already moving forward with the next study, a clinical intervention trial that is intended to confirm that specific vitamin supplementation can increase vitamin D status and HDL cholesterol levels, and decrease risk for metabolic syndrome and cardiovascular disease.

### 3. Polyphenol Study

Researchers have consistently shown that there is a significant increase in reactive oxygen species or oxidative stress in blood cells following the intake of a high-fat, high-carbohydrate meal. The objective of this study was to determine the effects of a unique polyphenol-resveratrol blend on the modulation of this oxidative stress and inflammatory response to such a meal.

This randomized controlled study was conducted at the State University of New York at Buffalo's Division of Endocrinology, Diabetes, and Metabolism. Ten healthy subjects were given a 900-plus calorie, high-fat fast food breakfast and either the polyphenol-resveratrol blend or a placebo on different test days. Investigators then measured the biological impact on key genetic regulators related to antioxidant defenses, detoxification, cellular survival, and cellular aging for several hours after breakfast and supplement consumption.

The key measurement was that of NF-E2-related factor-2 (Nrf2), a key genetic regulator (or transcription factor) that protects cells and tissues from oxidative stress by activating protective antioxidant and detoxifying enzymes. It's considered a powerful regulator of antioxidant and cellular defenses and is a critical activator required for genetic expression of key genes related to cellular defenses, for balancing oxidative stress, and for enzymatic detoxification.

Preliminary data analysis shows that Nrf2 activation was significantly increased in the presence of the polyphenol-resveratrol blend compared with the placebo for some hours following polyphenol-resveratrol blend and breakfast consumption. Furthermore, at least one key detoxifying gene regulated by Nrf2 also increased following the meal and supplement consumption, supporting a possible mechanism of action for how this polyphenol blend may be effective in helping to balance the oxidative stress induced by the high-fat meal. Although we don't recommend intake of high-fat, high-calorie fast food meals, the study findings have significant potential benefits related to reduction of oxidative stress seen with intake of common American high-fat, high-calorie fast food meals.

#### 4. Immune Function Study

Acute respiratory infection is the number one cause of death in children under age 5 resulting in 20% of childhood deaths worldwide. Human parainfluenza virus type 3 (HPIV3) is an important agent of both adult and childhood respiratory disease causing croup, pneumonia, bronchitis, and bronchiolitis. Furthermore, it is an important agent of lower respiratory tract disease in children and it causes several of the most significant childhood viral diseases in both developed and underdeveloped areas of the world and there are no anti-virals or vaccines.

Conducted at the Weill Medical College of Cornell University's Department of Pediatrics and of Microbiology and Immunology, this research had two distinct goals. The first goal was to develop and confirm a human airway epithelial (HAE) tissue system as an alternative and superior research model compared with the current animal model standard for exploring viral biology and immune function in the human lung. The second goal was to assess the effects of a unique botanical blend on immune response and pathways of inflammation in the HAE research model. Beneficial modulation of lung immunity could have a potentially significant impact on childhood respiratory diseases.

The study, Human Parainfluenza Virus Infection of the Airway Epithelium: Viral Hemagglutinin-Neuraminidase Regulates Fusion Protein Activation and Modulates Infectivity, recently published in the Journal of Virology, confirms that the HAE model is a superior research model for the study of parainfluenza viruses compared with the standard animal model. Further, the HAE tissue research model appears to be an ideal system for assessing the interplay of host cell and viral factors in pathogenesis and for screening for molecules that could be effective in vivo.

Gene microarray analysis conducted on HAE tissue treated with or without the unique botanical blend confirmed that the botanical blend was safe and impacted multiple gene signaling and communication pathways related to immune function and possible pathways of inflammation in the HAE tissue model. Gene systems that were consistently altered relate to natural killer cell activation, signaling, and proliferation. Of 113 genes known to be involved in NK cell signaling, an average of nine of these interrelated genes were significantly altered after experimentation in multiple test runs.

#### Sample Genetic Pathways Affected by Botanical Blend Administration

### 5. Meal Replacement Drink and Exercise Study

After age 35, adults may lose 3%-8% of their muscle mass per decade, and higher rates are commonly observed after age 60. Middle-aged men and women seem to be particularly prone to muscle loss, forfeiting about one-half pound to one pound of muscle every year of life. The ability to preserve or regain muscle mass and strength is an important factor with respect to aging, health, and quality of life. Research confirms that post-exercise protein intake benefits both muscle mass and strength. This study, conducted at the South Shore YMCA in Quincy, Mass., was designed to examine the effects of a strength-training program-with and without a protein-carbohydrate meal-replacement drink-on body composition in healthy adult men and women.

Forty-six middle-aged men and women participated in a supervised, 23-week strength and endurance training program with a frequency of two to three days per week. Twenty-four participants consumed a meal-replacement drink following their training session, and 22 subjects did not receive the supplemental meal replacement. The drink provided about 270 calories, 4.5 grams of fat, 35 grams of carbohydrate, and 24 grams of protein, and was fortified with free l-leucine.

After 23 weeks, all 46 exercisers showed improvements in body composition, including a 4.7-pound gain in lean (muscle) weight and 7-pound loss in fat weight. Subjects who ingested the post-exercise drink increased their lean weight by 5.5 pounds and decreased their fat weight by 9 pounds. Those who did not receive supplemental protein increased their lean weight by 3.9 pounds and decreased their fat weight by 4.9 pounds. Published in *Fitness Management, Research Update: Protein and Body Composition* showed that exercise participants who consumed post-exercise protein added 1.6 pounds more lean weight and lost 4.1 pounds more fat weight than the subjects who exercised without the benefit of the post-exercise meal drink.

#### Scientific Research is a Key Component of the Shaklee Difference

This is just a sampling of our recent scientific research program intended to advance the state of scientific knowledge in critical nutrition and health issues. Sound scientific research is truly a cornerstone of the Shaklee Difference and our 53-year legacy of scientific integrity. Stay tuned as we will be reporting on more Shaklee scientific research in the coming months.

At Shaklee, we're "ALL IN" for scientific research!

This email has been sent to all U.S. Shaklee Family Members

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### **Soy protective for breast cancer NY Times**

#### **Soy May Help Prevent Breast Cancer in Older Women January 16, 2006**

(The New York Times News Service) -- A diet rich in soy, with its natural plant estrogens or isoflavones, may help protect postmenopausal women with relatively high levels of estrogen from getting breast cancer, preliminary research suggests.

Women past menopause who have low estrogen levels probably won't derive the same risk reduction, but they can probably be assured the soy isn't harmful in terms of breast cancer risk, said Charles E. Wood, an instructor of pathology at Wake Forest University.

"If you have high estrogen, the isoflavones could block the adverse effects of your body's own estrogen (on the breast tissue)," said Wood, who based his views on his team's study involving postmenopausal monkeys, published in the Jan. 15 issue of Cancer Research.

Wood's study adds new fuel to the ongoing debate surrounding soy's effect on cancer risk. "There's been a good deal of confusing information, particularly with soy's effect on (breast) cancer risk," said Wood.

"Most population-based studies have found that women who consume lots of soy are less likely to develop breast cancer," he said. "A number of studies have been done, and they generally show a positive effect or no effect."

But in lab studies, Wood said, isoflavones from soy -- which have a structure similar to estrogen -- have been found to stimulate breast cancer cells grown in a petri dish and induced estrogen-like effects.

"Our hypothesis was that the amount of estrogen in the body may help determine whether soy was having good or bad effects," he said. "If you have very low estrogen, high doses of soy could have adverse estrogen-like effects on your reproductive tissue. If you had high estrogen, the isoflavones could block the adverse effects of your body's own estrogen. That was our working hypothesis."

Wood and his team used a postmenopausal monkey model. They first selected out a high-estrogen group of monkeys and a low-estrogen group. Next, they fed each group four different diets for 16 weeks each, along with a high or a low dose of estrogen.

The diets included either no isoflavones; 60 milligrams of isoflavones (similar to the typical Asian diet); 120 milligrams (highest amount that can be obtained via diet alone); or 240 milligrams (levels that must be obtained via supplements).

Next, Wood's team measured how the diets affected so-called "markers" for breast cancer risk, such as breast cell proliferation.

"No effect of the isoflavones was seen in the low-estrogen animals," he said.

In contrast, among the high-estrogen groups the researchers observed more breast cell proliferation when isoflavones were NOT added to the diet, and when they were added in smaller doses. High levels of the isoflavones tended to block the effect of estrogen on breast tissue in the high-estrogen animals. The strongest effects were seen at 240 milligrams daily, Wood said.

"In the postmenopausal period, women with high natural estrogen levels have higher breast cancer risk," he said. So the isoflavones may help reduce risk in those who need it most. These women with high estrogen levels may get the most benefit from isoflavones in soy in terms of cancer risk reduction, Wood said.

"Isoflavones may connect with cell receptors normally reserved for estrogen," he speculated, thus reducing the breast's exposure to estrogen, thereby decreasing cancer risk.

Wood stopped short of giving dietary advice, only noting that the topic warrants further study in humans.

Another expert praised the study and said it gives women reassurance. "This study is basically coming down on the side of, 'Do not worry about the effect of estrogen on the breasts of postmenopausal women,'" said Mindy Kurzer, a professor of nutrition at the University of Minnesota, who has published on the topic of soy intake. "I think it's an excellent study."

The study does have its limitations, she said -- most notably the fact that it was conducted in animals, not humans. However, "the monkey is the absolutely best animal model for this kind of study," Kurzer said, because its physiology is so close to that of humans.

The finding that there was virtually no effect of soy in the low-estrogen group is also good news when it comes to breast cancer risk, she added. "The concern was that the phytoestrogens (isoflavones) might mimic estrogen when estrogen is not around."

Soy is considered good for building bones and good for heart health, Kurzer said, as well as for relieving hot flashes during menopause.

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The time is now! Click on the Wellness Revolution for more information.

If you wish to be added or removed from the Shakleefriends mail list, simply reply to this email with "remove" or "add" in the subject line.

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**Sent: Monday, September 21, 2009**

**Subject: BREAST CANCER ... amazing information!**

**BREAST CANCER:** In October, 2006, I was diagnosed with Breast Cancer. I had 2 lumpectomies; went through chemotherapy, herceptin and radiation; also, had a partial hysterectomy. When I finished the chemo, I restarted my Nutriferon, Vita-Lea, Osteomatrix, and Sustained Release Vita-C, and 6 months prior to my last check up I started on VIVIX . My physician, who is Head, Surgical Oncology in the Breast department, at Moffitt Cancer Center, in Tampa, Florida said my blood work and exam were EXECLNT!

I asked if they were any closer to a cure for breast cancer. The doctor said "No", but that a substance has been found to treat the individualized expression of breast cancer, such as, Herceptin for non-hormonal breast cancer. They feel it will prevent the re-occurrence of breast cancer and prostate cancer.

Moffitt has just put in for a one-million dollar grant for a clinical trial of this substance. When I asked "What is the substance", the doctor said it was resveratrol!

I said I have been taking Shaklee's Vivix (Resveratrol) for 6 months; can I be a part of the study? The doctor looked surprised and said "You're the first person that we have ever seen that had such great results with resveratrol. Since you've been on it already, I will request for you be a patient advocate during the testing". If the grant is approved I would be thrilled that I will be helping the Susan B. Komen Foundation in this study.

Once you have experienced breast cancer (a disease that has no cure, yet), at every checkup, you can't help but have an underlying fear. Taking Vivix, Nutriferon and the other supplements take the edge off knowing that they may prevent the re-occurrence of cancer.

Barbara, FL 9/17/2009

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**Sent: Tuesday, December 01**

**Subject: Cancer and my research of articles on Resveratrol**

My Mom's cancer is back so I have been doing all I can to find info for her and her doctor's.

I stumbled across this website tonight.

PubMed comprises more than 19 million citations for biomedical articles from MEDLINE and life science journals. Citations may include links to full-text articles from PubMed Central or publisher web sites.

<http://www.ncbi.nlm.nih.gov/pubmed>

( excellent article on Resveratrol!

This is one of the articles I came across. I didn't know what apoptosis meant so I looked it up and find it so fitting to what we have been told about Resveratrol. (*WHICH IS IN THE VIVIX*)

Apoptosis - necessary death of cells - a form of cell death necessary to make way for new cells and to remove cells whose DNA has been damaged to the point at which cancerous change is liable to occur

Genes Nutr. 2007 Dec;2(3):295-305. Epub 2007 Oct 18.

trans-Resveratrol induces apoptosis in human breast cancer cells MCF-7 by the activation of MAP kinases pathways.

Filomeni G, Graziani I, Rotilio G, Ciriolo MR.

Department of Biology, University of Rome "Tor Vergata", via della Ricerca Scientifica, 00133, Rome, Italy.

Polyphenols represent a large class of plant-derived molecules with a general chemical structure that act as potent free radical scavengers. They have long been recognized to possess several therapeutic activities ranging from anti-thrombotic to antioxidant. Moreover, the capability of polyphenols to act as reducing or oxidizing molecules depends on the presence of environmental metals and on the concentrations used. In this work we demonstrated that the stilbene trans-resveratrol was able to commit human breast cancer MCF-7 cells to apoptosis. Mainly, we evidenced a pivotal role of the mitochondria in this phenomenon as cytochrome c release into the cytosol was found after the treatment. We further showed that trans-resveratrol was able to affect cellular redox state. In particular, it induced an early production of ROS and lipid oxidation, and only later compromised the GSH/GSSG ratio. This mode of action was mirrored by a temporally different activation of JNK and p38(MAPK), with the former rapidly induced and the latter weakly activated at long intervals. The results obtained demonstrate a pro-apoptotic activity for trans-resveratrol, and suggest a preferential activation of different classes of MAP kinases in response to different oxidative stimuli (ROS versus GSH/GSSG alteration).

PMID: 18850184 [PubMed - in process]

Hugh Koehler

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[Cancer Treat Rev.](#) 2010 Feb;36(1):43-53. Epub 2009 Nov 11.

Resveratrol in the chemoprevention and treatment of hepatocellular carcinoma.

[Bishayee A](#), [Politis T](#), [Darvesh AS](#).

Department of Pharmaceutical Sciences, Northeastern Ohio Universities Colleges of Medicine and Pharmacy, Rootstown, 44272, USA.

Hepatocellular carcinoma (HCC) is one of the most common cancers and lethal diseases in the world. Although the majority of HCC cases occur in developing countries of Asia and Africa, the prevalence of liver cancer has risen considerably in Japan, Western Europe as well as the United States. HCC most commonly develops in patients with chronic liver disease, the etiology of which includes viral hepatitis (B and C), alcohol, obesity, iron overload and dietary carcinogens, including aflatoxins and nitrosamines. The current treatment modalities, including surgical resection and liver transplantation, have been found to be mostly ineffective. Hence, there is an obvious critical need to develop alternative strategies for the chemoprevention and treatment of HCC. Oxidative stress as well as inflammation has been implicated in the development and progression of hepatic neoplasia. Using naturally occurring phytochemicals and dietary compounds endowed with potent antioxidant and antiinflammatory properties is a novel approach to prevent and control HCC. One such compound, resveratrol, present in grapes, berries, peanuts as well as red wine, has emerged as a promising molecule that inhibits

carcinogenesis with a pleiotropic mode of action. This review examines the current knowledge on mechanism-based in vitro and in vivo studies on the chemopreventive and chemotherapeutic potential of resveratrol in liver cancer. Pre-clinical and clinical toxicity studies as well as pharmacokinetic data of resveratrol have also been highlighted in this review. Future directions and challenges involved in the use of resveratrol for the prevention and treatment of HCC are also discussed. 2009 Elsevier Ltd. All rights reserved.

PMID: 19910122 [PubMed - in process]

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## **Shaklee Soy is Safe**

### **Shaklee Field Communications, April 2009**

Soy is safe and imparts substantial benefit to human beings. We have seen much misinformation about soy, and the following piece, prepared in conjunction with our Health Sciences staff, should help address most concerns about soy raised in fringe publications and web sites.

There are a number of anti-soy articles being distributed over the Internet and through various publications. They are often found under such headlines as "Soy Alert," "The Dark Side of Soy," "The Dangers of Soy," and so forth. While the themes in these articles are provocative, it is our view that they lack substantiation.

Was soy the notorious poison that it is claimed to be in these articles, it surely would have been banned long ago? We would have observed soy consumers suffering highly disproportionate rates of cancer, dementia, physical deformities, myriad other diseases, and otherwise dropping dead from consuming soy.

Assertion: One anti-soy article tells us about a flock of commercial birds, some of which died as a result of being fed soy, and asks, "If soy does this to birds, what is it doing to us?"

Fact: The connection is erroneous and illogical, and it seems the bird keepers knew less than their flock. Birds do not seek out soy for food, and sound science knows that animal data does not automatically translate to humans. For example, Thalidomide, the drug that caused tragic birth defects in humans, did not cause birth defects in test animals; and as any dog lover knows, humans enjoy chocolate with no ill effects, but it can be lethal to canines.

Assertion: Another article says, "Preliminary studies (these are not referenced or footnoted) indicate that children given soy formula go through puberty much earlier than children who were not fed soy products," and that "the trend toward lower male fertility may be due to environmental estrogens, including soy phytoestrogens (again, no references)."

Fact: The medical literature provides no evidence of endocrine effects in humans from infant consumption of modern soy-based formulas. Growth is normal, and no changes in timing of puberty or in fertility rates have been reported in humans who consumed soy formula as infants.

Assertion: Many anti-soy articles cite a Hawaiian study purportedly showing that soy consumption caused accelerated brain aging and was associated with Alzheimer's disease.

Fact: The study, headed by Dr. Lon White, was an "observational" study. While these articles would have readers believe that soy causes Alzheimer's and brain aging, this type of study merely suggests a link between a behavior (in this case tofu intake) and an outcome like brain aging. It does not prove that one thing caused the other. Dr. White, himself, added, "It is never proper to draw definitive conclusions from a single study. It would be premature to advise anyone that they should change their diets based on a single research study."

**In actual fact, there is evidence that consumption of soy foods may have beneficial effects related to improving blood lipid levels, and reducing risks for breast cancer." A recent study of patients with high cholesterol who were given soy protein showed significant reductions in LDL (bad) cholesterol, and that soy protein did not increase the risk of hormone-induced cancers. Soybean compounds appear to also reduce the incidence of colon, prostate, and breast cancer. Of course, if one is being treated for cancer, or has a family history of cancer, one should seek the advice of a physician concerning soy or any food additions or modifications to diet. It just makes sense.**

The Internet is a rich source of unreliable data and unsupported opinion. We encourage a skeptical approach to such information, and recommend a look at such reputable sites as The American Council for Science and Health ([www.acsh.org](http://www.acsh.org)), HealthCentral ([www.healthcentral.com](http://www.healthcentral.com)), or for the more technically adept, The National Library of Medicine ([www.nlm.nih.gov/hinfo.html](http://www.nlm.nih.gov/hinfo.html)), to name a few.

#### **Citations:**

- Schweitzer, Albert. Out of My Life and Thought, New York: Henry Holt & Company, 1933.
- Nutrition Reviews #56: Pg. 193-204, 1998; Journal of Pediatrics #124: Pg. 612-620, 1994.
- Metabolism #49: Pg. 537-543. 2000.
- Journal Nutrition #125: Pg. 733-743S, 1995.

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**Sent: Monday, June 26, 2006 9:30 PM**

**Subject: GLA Blocks Breast Cancer Gene AND so much more.**

## **GLA Cuts Levels of Cancer Gene**

CHICAGO --- Gamma-linolenic acid (GLA), a substance in evening primrose oil and several other plant oils used in herbal medicine, inhibits action of Her-2/neu, a cancer gene that is responsible for almost 30 percent of all breast cancers, Northwestern University researchers report.

"Breast cancer patients with Her-2/neu-positive tumors have an aggressive form of the disease and a poor prognosis," said Ruth Lupu, director of Evanston Northwestern Healthcare Breast Cancer Translational Research Program, who led the study, published in the Nov. 2 [2005] issue of the Journal of the National Cancer Institute.

Lupu is professor of medicine at Northwestern University Feinberg School of Medicine and a researcher at The Robert H. Lurie Comprehensive Cancer Center of Northwestern University.

Lupu and co-investigator Javier Menendez showed that treating cancer cells that overexpressed Her-2/neu with GLA suppressed protein levels of the oncogene. . . .

Menendez is research assistant professor of medicine at Feinberg and a scientist at Evanston Northwestern Healthcare Research Institute.

"In our tests, . . . these findings may reveal a previously unrecognized way of influencing the poor outcome of Her-2/neu-positive cancer patients," Lupu said.

"GLA's inhibition of Her-2/neu works in a different manner from that of Herceptin [a drug commonly used in breast cancer treatment]," Menendez said.

"While Herceptin attempts to neutralize thousands of Her-2/neu molecules commonly found in the surface of overexpressing cancer cells, GLA would be more efficient to reduce Her-2/neu levels by preventing the transcription of few Her-2/neu gene copies," Menendez said.

"Considering that activation and overexpression of the Her-2/neu oncogene are crucial events in the cause, progression and cell sensitivity to various treatments in breast cancer, results of the study reveal a valuable means by which an inexpensive herbal medicine might regulate breast cancer cell growth, metastasis formation and response to chemotherapies and endocrine therapies," Lupu said. [emphasis mine]

### **GLA exerts selective toxic effects on cancer cells without affecting normal cells. . . .**

GLA is one of two essential fatty acids - fats that are necessary for maintaining normal functioning and growth of cells, nerves, muscles and organs. Besides evening primrose oil, other sources of GLAs include borage oil and black currant seed oil.

Besides Menendez, other authors on the study were Luciano Vellon, Evanston Northwestern Healthcare Research

Institute; and Ramon Colomer, head of the medical oncology division at the Institut Catala d'Oncologia, Girona, Spain.

This research was supported by grant BRCTR0403141 from the Susan G. Komen Foundation and BC033538 from the Breast Cancer Program of the Department of Defense.

Excerpted from source: Northwestern University News and Information press release, November 2, 2005

## **Phyto-Bytes**

**by Rusty Ost, RPh & Member of Association of Natural Medicine Pharmacists**

### **GLA Plus**

**Gamma Linoleic Acid.** This was one of the first natural products embraced by the traditional medical community in modern times. I remember being asked by a local gynecologist to find a "reputable" supply of evening primrose. That was a difficult task because of the limited number of manufacturers at that time. And no supplier that I could find was using the borage plant as a source of gamma linoleic acid. All suppliers were using evening primrose.

The best part of this story is that the patients were getting results!

In addition to its use in alleviating the symptoms of PMS, GLA is licensed in the United Kingdom to treat atopic eczema, cyclical and non-cyclical mastalgia (breast tenderness) and the aforementioned PMS. It is also commonly used for psoriasis, multiple sclerosis (MS), chronic fatigue syndrome, diabetic neuropathy, alcoholism, and to reduce blood cholesterol and blood pressure. GLA has also been shown to be a potent treatment for auto-immune disorders.

On a personal note, my cardiologist attributes my survival from coronary artery disease (CAD) to my program of supplementation, especially the GLA. Because my coronary arteries were clogged between 93% and 100%, the only reason I hadn't dropped over dead according to him was the fact that GLA causes coronary arteries to dilate; and that because of the amount of essential fatty acids in my blood, my blood cells were "slick" and wouldn't stick together.

It has been found that an increase of GLA assists more efficient incorporation of other important essential fatty acids into cell membranes and tends to decrease inflammation and cramping of smooth muscles. Why then would

Shaklee choose to use the borage plant for its source of GLA rather than evening primrose? The answer is simple. It appears that the concentration of GLA in the borage plant is twice that of evening primrose! Imagine that?

And in addition, Shaklee adds vitamin E, which acts as an antioxidant. Should you choose to add GLA to your daily regimen of supplementation? Only you can answer that. I'm here telling you that without GLA Plus in my diet, I wouldn't be here offering you that choice!

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**Sent: Thursday, August 18, 2005 5:21 PM**

**Subject: Cancer Control**

### **CANCER CONTROL: RISING TO THE CHALLENGE**

The body has the ability to eliminate cancer and heal itself. Help your body do this by:

**Drink at least one half of your body weight in ounces/day of fresh PURE water.**

**Eliminating all dairy foods, red meat and pork.**

Make fresh juice every day, i.e. carrot, celery, cucumber, parsley, beet, spinach, wheatgrass, barley grass, malva, chard, and ginger. A popular mix is beet, carrot and ginger. For an energizing combination try: cucumber, parsley, wheat-grass, carrots and ginger. Juice fasting is encouraged. While eating solid food, choose lots of green and colorful vegetables (3-4cups/day) and 2-4c.fruit/day. Variety is important. Sprouted foods are highly encouraged.

Support your Immune System further by: **Sleeping 9-11 hours/day. Do relaxation exercises, meditation**, yoga, painting or other crafts. Practice love and laughter. Make plans for the future. **Spend time with people who speak of you and your disease with a positive outlook and who speak of the future and share your dreams. Spend time with uplifting people doing uplifting things.** Avoid negativity at all costs. Much more can be done. Listen to Dr. Bruce Miller, Dr. Steve Chaney, and Dr. Sandra Bevacqua tapes on Cancer Prevention.

**Eat a low calorie, nutrient rich diet and supplement as listed below:**

Vita Lea 5-8 per day split 3 times per day

Energizing Soy Protein 6-9 tbsp per day a.m. and lunchtime

Fiber Plan 1-2 tbsp per day add to Protein Shake

B Complex 6-12 per day a.m. and lunchtime

Vita-C Sustained Release 6-12 per day take 2-4, 3 times per day

Vita E 400 IU 4-8 per day 2-4 in a.m., 2-4 in p.m.

Carotomax 4-6 per day take 2-3, 2 times per day

Flavomax 4-6 per day take 2-3, 2 times per day

CoQHeart 2 per day take 1, 2 times per day

Liqui Lea 1 tsp. each meal

Cinch - 1-2 per day a.m. and lunchtime

Calcium Magnesium 8 per day take 4, 2 times per day

Lecithin 6 per day take 2, 3 times per day

Zinc 3 per day take 2, 3 times per day

Alfalfa 12 per day take 4, 3 times per day

Herb-Lax 2 per day 1 in a.m., 1 in p.m.

Optiflora 2 per day 1 in a.m., 1 in p.m.

Liver DTX 4 per day 2 in a.m., 2 in p.m.

Nutriferon 2-4 per day 1 in a.m., 1 in p.m.

Formula I 4-6 per day 2-3 in a.m., 2-3 in p.m.

Omega 3 FA Complex 6 per day 3 in a.m., 3 in p.m.

GLA (for pain control) 2-8 per day 1-4 twice a day

This is a general suggestion for where to start with your supplementation. Regimens may vary depending on the individual and their health. Anti-oxidants (Carotomax, VitC, Vit E, Vita Lea, Flavomax, Immunity Formula I) should not be used on the day of, before or the day after chemotherapy or radiation therapy is used.



## **CLEANERS-----**

**2009**

### **Interesting article on laundry detergent...**

The Potential Toxic Concerns Regarding Typical Laundry Detergent Ingredients

We all make a significant effort to ensure our clothes are clean and fresh, but ironically the very detergents that we normally use to get our clothes "clean" may actually be leaving them worse off than they were before we ran the wash.

That is because most consumer laundry detergents, the normal brands found at supermarkets, etc., may be loaded with potentially toxic chemicals that could harm you, your family and the environment. Residues of these chemicals remain on your clothing, even after washing and drying the clothes, and are possibly absorbed into your body through your skin and even evaporated into the air where they may be breathed in.

#### **A Typical Laundry Detergent**

If you take a look at the label of a typical bottle of laundry detergent, you'll find that the ingredients are rather vague. It may also use a qualifying statement like "ingredients include", which deceives the customer into thinking all ingredients are listed, when in fact they are not. The few ingredients that are mentioned are vague and non-specific. One popular brand listed, for instance:

Cleaning agents (anionic and nonionic surfactants), buffering agent, stabilizer, brightening agent, fragrance

From this list, it is extremely difficult to determine what exactly is even in the detergent, or what these ingredients do. The detergent companies are not required by law to list their actual specific ingredients, and we have found no major national brand that is willing to give full disclosure to their customers on their packaging.

So after doing some research of ingredients typically found in laundry detergent, we decided to do it for them and broke down some of the more common laundry ingredients out there that have been reported by various sources, so you can at least have an idea of what you are washing your family's clothes with. After reading the list, I am sure you can understand the reticence of detergent companies to fully disclose specific detergent ingredients to their customers on their packaging. They would probably prefer that you go on believing that you're simply using "soap". Although there is no way to definitively determine the actual specific ingredients in each laundry detergent brand, here's the list as far as we have been able to ascertain from our research:

Linear Alkyl Benzene Sulfonates (LAS): These synthetic petrochemicals are normally listed as 'anionic



surfactants' on labels, and are one of the most common surfactants in use. During their production process, carcinogenic and reproductive toxins such as benzene are released into the environment. They also biodegrade slowly, making them a hazard in the environment. The amount of LAS used in detergents may vary to as high as 30% of the weight of the total product.

Benzene is a natural constituent of crude oil, but it is usually synthesized from other compounds present in petroleum. The US Department of Health and Human Services (DHHS) classifies benzene as a known human carcinogen. The US Occupational Safety and Health Administration (OSHA) has set a permissible exposure limit of 0.5 part of benzene per million parts of air (.5 ppm) in the workplace during an 8-hour workday, 40-hour workweek. The short term exposure limit for airborne benzene is 5 ppm for 15 minutes.

Benzene exposure has serious health effects. The short term breathing of high levels of benzene can result in death, while low levels can cause drowsiness, dizziness, rapid heart rate, headaches, tremors, confusion, and unconsciousness. Eating or drinking foods containing high levels of benzene can cause vomiting, irritation of the stomach, dizziness, sleepiness, convulsions, and death.

Human exposure to benzene is a global health problem. Benzene targets liver, kidney, lung, heart and the brain and can cause DNA strand breaks, chromosomal damage etc. Benzene causes cancer in both animals and humans. Benzene was first reported to induce cancer in humans in the 1920s. The chemical industry claims it wasn't until 1979 that the cancer inducing properties were determined "conclusively" in humans, despite many references to this fact in the medical literature. Industry exploited this "discrepancy" and tried to discredit animal studies which showed benzene caused cancer saying that they weren't relevant to humans. Benzene may or may not be in the actual detergent bottle (we cannot confirm this either way based on our research), but certainly benzene being released into the environment during the production of these surfactants is cause for serious concern.

Nonylphenol Ethoxylate (NPE): A common petrochemical surfactant in U.S. laundry detergents. This chemical has been banned in the European Union and Canada in detergents. Is it biodegradable? Yes. But it was found to slowly biodegrade into even more toxic compounds.

Extensive research indicates that NPE metabolites interfere with the hormones of fish and shellfish, thus affecting nearly every cell and organ in the body. Exposure to NPE metabolites causes organisms to develop both male and female sex organs; increases mortality and damage to the liver and kidney; decreases testicular growth and sperm counts in male fish; and disrupts normal male to female sex-ratios, metabolism, development, growth, and reproduction.

Canada and the European Union have banned the use of NPEs in detergents, as NPE metabolites are toxic and their use "may have an immediate or long-term harmful effect on the environment or its

biological diversity." In 2004 alone, more than 260 million pounds of NP was used in the U.S.

The Sierra Club has developed an extensive report exposing the risks of NPEs and their usage in laundry detergent, which can be found [here](#).

Petroleum distillates (aka naphthas): These petrochemicals have been linked to cancer, lung damage, lung inflammation and damage to mucous membranes. Derived from synthetic crude oil.

Phenols: According to the United States National Institutes of Health, phenol is toxic and people who are hypersensitive to it could experience death or serious side effects at very low exposures. Plus, it is rapidly absorbed and can cause toxicity throughout the entire body. Typically, death and severe toxicity result from phenol's effects on the central nervous system, heart, blood vessels, lungs and kidneys.

Optical Brighteners: These synthetic chemicals convert UV light wavelengths into visible light, which makes clothing laundered with them to "trick" the eye into seeing a brighter shade and reflect more light. (although does not actually affect the cleanliness of the clothing). They've been found to be toxic to fish and to cause bacterial mutations. Furthermore, they can even cause allergic reactions in humans when exposed to skin that is later exposed to sunlight.

How do optical brighteners work?

You may remember your mother or grandmother using a product called "bluing" in the laundry to make whites appear brighter. Bluing agents remove yellow light to lessen the yellow tinge, but optical brighteners act differently. These agents "absorb ultraviolet light and emit it back as visible blue light. This blue light masks any yellowing that may be present in the treated material and makes it seem brighter and whiter than it would otherwise naturally appear to the eye" ([seventhgeneration.com](http://seventhgeneration.com)). Your clothes are no cleaner than they would be without brightening agents, but they appear to be.

Optical brighteners are not effective unless they remain on the fabric after washing, whereby they are constantly being breathed in and touching and absorbing into your skin. Clothes washed in detergents containing these agents will have a potentially health threatening chemical residue left behind on the fabric. This is why line dried clothing often feels stiff unless fluffed in the dryer. Clothing laundered without optical whiteners will feel soft right off the line.

What are the human health and environmental concerns of using optical brighteners?

Frequently, skin rashes commonly blamed on fragrance and dyes are actually caused by optical brighteners, so optical brighteners (found in most detergents) should not be used by individuals with sensitive skin. Eye irritation can also occur. Optical whiteners contain chemicals that can be toxic to fish

and other animal and plant life. Many have also been shown to cause mutations in bacteria (seventhgeneration.com). In addition, these chemicals are not readily biodegradable, so pollution remains in waste water for long periods of time, negatively affecting water quality and animal and plant life. U.S. military cannot use optical brighteners, because they may put their lives at further risk in the field.

**Artificial Fragrances:** Many of these can be made from petroleum (see petroleum distillates above), and do not degrade in the environment. They've been linked to various toxic effects on fish and mammals, and often cause allergies and skin and eye irritation.

**Phosphates:** These chemicals are used to remove hard-water minerals to make detergents more effective, and to prevent dirt from settling back onto clothes during a wash. A major problem with them is that, when released into the environment, they stimulate the growth of certain marine plants, which contributes to unbalanced ecosystems. In the 1970s, the U.S. government recognized the problem of phosphorus pollution -- it can cause massive algal blooms in waterways that damage ecosystems by robbing the water and aquatic life of all-important oxygen. Many states have banned or restricted the use of phosphates for this reason, and you may see laundry detergents advertised as "low-phosphate" or "phosphate-free." Many brands have thankfully eliminated phosphates from their formulations.

**EDTA (ethylene diamine tetraacetic acid ):** EDTA is a grouping of compounds used as an alternative to phosphates to reduce mineral hardness in water, prevent bleaching agents from becoming active before they are put in water and also as a foaming stabilizer. EDTA has been found to be both cytotoxic and weakly genotoxic in laboratory animals. Oral exposures have been noted to cause reproductive and developmental effects. EDTA is not degraded or removed during conventional wastewater treatment. EDTA does not readily biodegrade and can redissolve toxic heavy metals in the environment, allowing them to reintroduce into the food chain.

**Sodium Hypochlorite (Household Bleach):** This is a chemical precursor to chlorine, which is extremely toxic and involved in more household poisonings than any other chemical. When it reacts with organic materials in the environment, carcinogenic and toxic compounds are created that can cause reproductive, endocrine and immune system disorders. Skin contact will produce caustic irritation or burns due to defatting and saponification of skin oils and destruction of tissue. Mixing bleach with other cleaning products can generate hazardous fumes that are carcinogenic, and can even cause death.

A recent study indicated for the first time that sodium hypochlorite and organic chemicals (e.g., surfactants, fragrances) contained in several household cleaning products react to generate chlorinated volatile organic compounds (VOCs). These chlorinated compounds are emitted during cleaning applications and most of them are toxic and probable human carcinogens. The study showed that indoor air concentrations significantly increase (8-52 times for chloroform and 1-1170 times for carbon tetrachloride) during the use of bleach containing products. The significant increases observed in indoor

air concentrations of several chlorinated VOCs (especially carbon tetrachloride and chloroform) indicate that the household bleach use is a newly identified source that could be important in terms of inhalation exposure to these compounds.

Preliminary risk assessment suggested that using these cleaning products may significantly increase cancer risk. In addition to its direct toxic effects on living organisms, chlorine also reacts with organic materials in the environment to create other hazardous and carcinogenic toxins, including trihalomethanes and chloroform (THMs), and organochlorines, an extremely dangerous class of compounds that cause reproductive, endocrine and immune system disorders. The most well known organochlorine is dioxin. Products containing chlorine (or any of its derivatives or precursors, including sodium hypochlorite) should be considered highly unacceptable. Similarly, any chemical with "chlor" as part of its description, or any ingredient listed as "bleach," should be considered unacceptable as this nomenclature indicates the presence of a highly toxic and environmentally damaging chlorinated compound. Chlorine and chlorinated compounds are also a leading cause of atmospheric ozone loss. Chlorine use in the laundry also degrades both natural and synthetic fibers.

Chlorine is listed in the 1990 Clean Air Act as a hazardous air pollutant and is on the EPA's Community Right To Know list. In 1993, the American Public Health Association issued a resolution calling for the gradual phase-out of most organochlorine compounds.

Sources: United States Environmental Protection Agency, United States Department of Health and Human Services (DHHS), United States Occupational Safety and Health Administration (OSHA), United States National Institutes Of Health (NIH), United States Department Of Health and Human Services (HHS), United States Air Force, Wikipedia, the Sierra Club, Sixwise.com, Associatedcontent.com, healthychild.org, seventhgeneration.com

The U.S. EPA has prepared a list of laundry detergent ingredients that they have concern about. That information can be found [here](#).

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## AGAINST ANTI-BACTERIAL SOAPS, ETC.

Subject: Cancer and the Bacterial Connection

Cancer and the Bacterial Connection

Germes may actually help our bodies fight tumors -- which means an infection-free lifestyle comes at a price

By Brendan Borrell

Los Angeles Times February 18, 2008

IN the 1890s, a New York surgeon named William Coley tested a radical cancer treatment. He took a hypodermic needle teeming with bacteria and plunged it into the flesh of patients.

After suffering through weeks of chills and fevers, many showed significant regression of their tumors, but even Coley himself could not explain the phenomenon.

But today, some scientists think Coley had it right: Germes can teach our bodies how to fight back against tumors. Dr. John Timmerman, a cancer immunotherapy expert at UCLA's Jonsson Cancer Center, says this revolution has produced "the most exciting sets of compounds in cancer immunology."

**The studies also imply that our cleaner, infection-free lifestyles may be contributing to the rise in certain cancers over the last 50 years, scientists say, because they make the immune system weaker or less mature. Germes cause disease but may also fortify the body, a notion summed up in a 2006 report by a team of Canadian researchers as "whatever does not kill me makes me stronger."**

Women work closely with potentially toxic chemicals at home. Their physiology is more conducive to absorbing and carrying these chemicals. Research estimates the health care cost of U.S. women's environmentally associated diseases is 12.2 billion annually. This is not acceptable. There's more bad news:

- a.. The most common poison exposure for kids is ingesting household products
- a.. Chlorine is the #1 cause of child poisonings in US
- a.. 150 Chemicals in the home associated with allergies, birth defects, cancer, and psychological disorders.
- a.. 90% of Toxic hazards are caused by the inhalation of vapors and absorption of hazardous particles.
- a.. There is a dramatic increases in rate of asthma in women in past 10 years due to longer exposure times to household chemicals.

Shaklee works and it saves you money.

**The ingredients for most Get Clean products are sustainable sources like corn and coconut, you can save money and help your family live safer, healthier lives.**

Make your home the safest place in the world.

Indoor air pollution is 2 to 5 times more toxic inside than outside.

You inhale 3 times critical amount of toxins cleaning soap scum in the shower .

81,000 chemicals registered in the last 30 years - less than 20% tested for toxicity.

3rd Party performance testing with independent laboratory results show Get Clean more effective:

Dish Wash Concentrate is: 17% more effective than Palmoliv

72% more effective than Method

85% more effective than Ecover

98% more effective than Seventh Generation

85% more effective than Whole Foods 365

### **Get Clean on Rachael Ray**

- **Start with nutrients that build healthy cells needed for the immune system ( white blood cells, thymus gland, antibodies, etc )**
  - **Vita Lea Multi /Immunity Formula I**
  - **Vita C**
  - **Vita E Complex**
  - **Energizing Soy Protein**
  - **CarotoMax**
  - **FlavoMax**

### **Zinc**

## THE CANCERGUARD PROGRAM

Optimal nutrition can significantly reduce the risk of cancer and many of us don't eat the way we should on a daily basis. That's why the **CANCERGUARD PROGRAM** makes good sense.

### START WITH THE SHAKLEE BASICS SYSTEM

- **Vita-Lea** - Because most of us do not get all the nutrients we need from diet alone – AND – the American Medical Association recommends that all adults take a multivitamin/multi mineral supplement to prevent chronic diseases.
- **Energizing Soy Protein** - Because soy protein has been shown to lower the risk of breast and prostate cancer - AND – the American Heart Association recommends soy protein as part of a heart healthy diet.
- **B-Complex** - Because adequate intake of B vitamins may decrease the risk of cervical cancer -AND - most of us don't get all the B vitamins we need from our diet.
- **Sustained Release Vita-C** - Because Vitamin C can help prevent the formation of nitrosamines and dangerous free radicals that can cause cancer -AND-many of us do not get enough vitamin C from our diet.
- **Vita-E Complex** - Because both vitamin E and selenium are natural antioxidants that help protect us from some of the cancer causing oxidations that occur in our bodies -AND- most of us don't get enough of these essential nutrients from our diet.

### PLUS FOR OPTIMAL PROTECTION

- **CarotoMax** - Because CarotoMax contains the essential phytonutrients found in those fresh fruits and vegetable that we are **not** eating on a regular basis - AND - the phytonutrients in CarotoMax have been shown to significantly reduce the risk of cancer, heart disease, and eye disease.
- **Optiflora** – Because friendly bacteria reduce the risk of colon cancer, strengthen our immune system, and produce substances that lower serum cholesterol levels- AND - most of us don't have enough of the “friendly” bacteria in our intestines
- **OmegaGuard** - Because studies have shown that replacing the fats in the typical American diet with the healthier omega-3 fats found in cold water fish can reduce cancer risk - AND – most of us don't get enough cold water fish in our diet.
- **Garlic Complex** – Because garlic helps prevent the formation of cancer causing chemicals in our body – AND – most of us don't get enough garlic in our diet

### DO YOU NEED THE CANCERGUARD PROGRAM? Here are some questions to ask yourself:

Do you often use convenience foods or eat at fast food restaurants because of cost, convenience, or lack of time? YES NO

Do you often use “artificial” or “imitation” food products because they are low in cholesterol or fat? YES NO

*...If your answer to either of these questions was YES, you would likely benefit from the nutrition insurance of Shaklee's Vita-Lea.*

Are you able to consistently maintain adequate protein intake AND get more than half of your protein from vegetable sources? YES NO

*...if not, you may wish to consider Shaklee's Energizing Soy Protein in place of some of the animal protein in your diet.*

Do you consume at least 2 - 4 servings of fruits every day? YES NO

*...If not, you're probably not getting the vitamin C you need AND you would benefit from the phytonutrients found in CarotoMax.*

Are you consuming 3-5 servings of fresh vegetables and 6-11 servings of whole grains each day? YES NO

*...If not, you may wish to consider the added insurance of Shaklee's Vita E Complex, B Complex AND you would benefit from the phytonutrients found in CarotoMax.*

Do you eat cold-pressed vegetable oils, raw seeds and nuts, and whole grain products on a daily basis? YES NO

*...If not, you're probably not getting the vitamin E you need.* Do you eat one serving of “cold water” fish (mackerel, cod, salmon, sardines, or anchovies) at least every other day? YES NO

*...If not, then Shaklee's EPA can provide the essential fatty acids you're lacking in your diet*

Do you have gas & bloating and/or problems with yeast? YES NO

*...If so, you will likely benefit from Shaklee's Optiflora*

Do you eat one or two cloves of garlic every day? YES NO

*...If not, you may wish to add Shaklee's Garlic Complex your diet*

### WHY NOT START TODAY FOR YOUR GOOD HEALTH?

From Dr S Chaney

# Nutritional Support for Cancer

Common Myths Re: Cancer & Supplements

**Myth #1** “ Vitamins feed cancer cells.”

Withholding nutritional supplements is like destroying the village to save it. The only way to selectively starve cancer cells is to withhold glucose ( carbs) and keep the body alkaline Normal healthy cells use carbohydrates, protein and fat for their energy. Cancer cells ONLY use glucose (carbohydrates) and require acidic conditions to metabolize the glucose.

GOOD CANCER STRATEGY

Keep blood sugar low

Keep blood alkaline (alfalfa and vegetables). sugar, meat and dairy make blood acidic.

**Myth #2:** Vitamins interfere with chemo drugs”

No good clinical studies have ever shown that supplements interfere with chemotherapy.

To be cautious, stop taking **antioxidant** supplements 2 days before chemo until 2 days after.

( only antioxidants. Other supplements can continue ) Chemo drugs are designed to leave the body rapidly after they do their job Some time between chemo treatments is required for normal cells to recover Traditional Side Effects of Chemotherapy Chemotherapy non-selectively damages all rapidly growing cells in the body, Affecting...Hair, Lining of Digestive Tract, and Bone Marrow

Causing skin lesions, Sores in the mouth Digestive side effects are nausea, vomiting, dehydration

Chemo causes neurological damage-- “chemo brain”

Some drugs adversely affect the blood, damaging platelets, neutrophils, and lymphocytes

All essential for the immune system

Products that address Digestive Issues

For nausea – **Stomach Soothing Complex**

For dehydration – **Performance**

**Optiflora** to restore essential probiotics

**EZ Gest** provides all the digestive enzymes needed to digest fats, proteins, carbohydrates, etc if needed.

Big concern ... Bone marrow Damage

Bone marrow is the reservoir for undifferentiated stem cells for all blood cells—platelets ( for clotting ), neutrophils & lymphocytes (white cells)

Blood cells have a life span of a few weeks to a few months, so they need constant replenishing.

The conversion from stem cells to mature cells requires cell division and, therefore, is potentially damaged by various chemotherapy drugs

**This is why blood counts often drop with chemotherapy drugs.**

It is Critical to Provide Nutrients the Bone Marrow Needs to Replenish the White Blood Cells and the Platelets.

**Protein** – critical to keep calories & protein up

**Vitalizer** - Feed healthy marrow cells with **Vita C, Vita E, Zinc, B Complex,**

**Carotenoids, and Vita Lea (All in Vitalizer)**

**Nutriferon** – stimulates interferon production – which causes the bone marrow to make more immune cells.

What About Red Blood Cells

Red blood cells are less affected than white cells and platelets, but anemia can still be a problem.

**B Complex** --very important for red blood cell production

**Iron Plus C** -- sometimes needed

But the most life threatening event is the weakening of the immune system from loss of white blood cells



Patients can succumb to infections from fungus, bacteria, yeast, etc.

Or get internal bleeding or stroke from loss of platelets.

Immune system is critical to fight the cancer cells

Consuming Bad Fats can be a cause of cancer

Reduce BAD fats– increase good fats

Eicosenoids are hormone-like substances that control cell growth.

**Bad eicosenoids are made from bad fats omega-6** fats, saturated & trans fats – these are found in fried foods, foods made with vegetable oils like safflower, corn oil, sunflower oil etc, such as chips, crispy snacks, baked goods, processed foods, some salad dressings, beef, pork and lamb fed corn to fatten them

**Good eicosanoids are made from good fats omega-3** fats in fish --**Vitalizer & Omega Guard**

Omega Guard Omega 3 Fatty Acids

**Extra omega 3 fatty acids –to reduce the eicosanoids that stimulate cancer growth.**

**Omega 3 fatty acids** –produce “good” eicosanoids that inhibit cancer growth.

**Omega 6 fatty acids** –produce “bad” eicosanoids that stimulate cancer growth.

Saturated fats & trans-fats may also stimulate cancer cell growth

Restrict Sugar and carbohydrates

Cancer cells rely exclusively on glucose to grow.

Cancer cells grow best in an acid environment

Therefore

**Keep blood sugar very low.** (no sugar, starchy snacks)

**Eat protein and vegetables.**

**Alkalize the body with alfalfa and vegetables**

Detox the blood and liver

Chemotherapy drugs are poisons

They are designed to attack their targets and then leave the body all within a few days.

**Help detoxify the liver with Liver DTX**

Purpose of chemotherapy

The effectiveness of chemotherapy is directly proportional to the number of treatments that can be given to eradicate the cancer cells.

If the patient becomes too weak, if the white blood cells drop too low, treatment must stop.

**So the goal is to keep the patient as strong as possible during treatment so the full round of chemotherapy can be administered...**

**That is why it is essential to strengthen normal cells between chemo treatments.**

What Normal Cells need to recover between chemotherapy treatments

**Nutrients needed by normal cells – Vitalizer**

**Repair damage of normal cells – Vivix and Protein:**

**Cinch, Energizing Soy, Mealshakes, Physique...**

It doesn't matter which they use.. whichever they like ... but it is essential to keep protein and calorie levels high.

**Immune nutrients–**

**Nutriferon, Vitalizer, FlavoMax, CarotoMax** (PreVitamin A, controls cell growth )

Additional Nutrients

**Defend and Resist** Echinacea ( 1 week on 1 off)

**Nutriferon** – causes production of interferon.

Interferon stimulates production of more immune cells

Radiation

Usually given daily

Avoid antioxidants so as not to protect cancer cells from the radiation ( C, E, carotenoids, flavonoids, Vivix, and Vitalizer, Cinch and Meal Shakes as they have antioxidants in them)

BUT take the supplements that are NOT antioxidants ... Nutriferon, B Complex, Energizing Soy Protein, Instant Soy Protein Mix, Optiflora , Zinc,

## To Review – The “Take Home” Lessons

There are no clinical studies showing whether or not supplementation interferes with chemotherapy. Because of the uncertainty, some caution is prudent while the chemo drugs are in the body. So we stop antioxidant supplements 2 days before through 2 days after chemo, as the drugs leave the body in about 24-48 hours.

Then we resume them to help the normal cells recover between rounds of chemo so that more chemo treatments can be given. Clinical studies do show supplements can improve quality of life on chemotherapy.

## To Review-- during chemotherapy

Stop antioxidant supplements 2 days before through 2 days after chemo.

Antioxidants are Vita C, E, CarotoMax, FlavoMax, and Vitalizer, Cinch and Meal Shakes (as they have antioxidants in them) and Vivix.

Continue to take Nutriferon, Optiflora, B Complex, Energizing Soy Protein shakes, Instant Soy Protein Mix, and Zinc.

The only time B vitamins are not recommended is when taking methotrexate & related drugs.

Antioxidants should be avoided during radiation treatment.

## Thoughts from the Professor

Chemotherapy is “the best of times and the worst of times”

- At its best, it offers miraculous cures
- At its worst, it exerts a terrible toll on the normal cells in our body

A prudent approach to supporting our normal cells while minimizing the interference with chemotherapy offers the possibility of:

- minimizing side effects & improving quality of life
- maximizing the number of chemotherapy treatments that can be given

**Notes from a presentation by Steve Chaney PhD and Barbara Lagoni.** These are their opinions based on their research and experiences and are not meant to diagnose, treat, cure, or prevent any disease. Both have active Shaklee businesses for over 25 years.

**Steve Chaney PhD** Dr. Chaney holds a B.S. in Chemistry from Duke University and a Ph.D. in Biochemistry from UCLA. Currently he's a professor in the Department of Biochemistry, Biophysics and the Department of Nutrition at the University of North Carolina where he teaches first year medical students and has headed an active cancer research program for 30 years.

Dr. Chaney has published over 95 papers in peer reviewed scientific journals, plus 12 reviews and two chapters on nutrition for one of the leading biochemistry textbooks for medical students today. He's also been named “Teacher of the Year” several times by the first year medical students and currently holds a Medical Alumni Distinguished Teaching Professorship.

**Barb Lagoni** Nutritionist with a degree from Cornell and speaks all over the US about Health and Nutrition.

**The Shaklee Difference - The principle of “Products in Harmony with Nature and Good Health” guides Shaklee science. Experts in nutrition, public health, food science, analytical chemistry, biochemistry, herbology, microbiology and engineering staff the 52,000 square foot Forrest C. Shaklee Research Center in Hayward, California. They continue the important research and development that makes each product the world standard for quality.**

**This information is not intended to replace medical care. This information is not intended to diagnose, treat or cure. The recommendations are geared towards the prevention of disease and the descriptions of individual products in this report are not meant to indicate that they can significantly reduce the risk of disease by themselves; rather the descriptions are meant to indicate the role that they may play as part of a holistic approach to optimal health. This report is not to be used as a substitute for appropriate medical care and consultation, nor should any information in it be interpreted as prescriptive. Any persons who suspect they have a medical challenge should consult their**

**physicians/pediatricians for guidance and proper treatment. Any testimonials herein do not represent Shaklee's position on their products. It comes entirely from the experiences of a satisfied consumer.**

## **CANCER CONTROL: RISING TO THE CHALLENGE**

The body has the ability to eliminate cancer and heal itself. Help your body do this by:

- Drink at least one half of your body weight in ounces/day of fresh PURE water.
- Eliminating all dairy foods, red meat and pork.
- Make fresh juice every day, i.e. carrot, celery, cucumber, parsley, beet, spinach, wheatgrass, malva, chard, and ginger. A popular mix is beet, carrot and ginger. For an energizing combination try: cucumber, parsley, wheat-grass, carrots and ginger.
- Variety is important. Eat lots of green vegetables.
- Sleep 9-11 hours/day.
- Do relaxation exercises, meditation, yoga, painting or other crafts.
- Practice love and laughter.
- Make plans for the future.
- Spend time with people who speak of you and your disease with a positive outlook. Spend time with people who speak of the future and share your dreams. Avoid negativity at all costs. Spend time with uplifting people doing uplifting things.

Eat a nutrient rich diet and supplement as listed below:

Vita-C Sustained Release 6 per day take 2, 3 times per day

Formula I 6 per day take 2, 3 times per day

Vita E 400 IU 4 per day 2 in a.m., 2 in p.m.

Carotomax 6 per day take 2, 3 times per day

Flavomax 4 per day

Vita Lea 6 per day take 2, 3 times per day

Liqui Lea 1 tbsp. Each meal

Energizing Soy Protein

(add Fiber Blend to mix) 6 tbsp/day a.m. and lunchtime

Shaklee 180 1-2 per day a.m. and lunchtime

Alfalfa 12 per day take 4, 3 times per day

OsteoMatrix 9 per day take 3, 3 times per day

Lecithin 6 per day take 2, 3 times per day

Zinc 6 per day take 2, 3 times per day

Herb-Lax 2 per day 1 in a.m., 1 in p.m.

Optiflora 2 per day 1 in a.m., 1 in p.m.

NutriFeron 6 per day 3 in a.m., 3 in p.m.

Liver DTX 4 per day 2 in a.m., 2 in p.m.

This is a general suggestion for where to start with your supplementation, regimens may vary depending on the individual and their health. Supplements should not be used on the day of or day after chemotherapy agents are used.

From Sandra Bevacqua PhD cellular biology and cancer researcher