

Our Daily Supplements™

June 2009

Boost Your Immune System

Stay Healthy on Your Vacation and More

A major concern exists with the development of swine flu. But you can give your immune system a boost by supplementing your diet with specific nutrients.

These include:

Green Tea Extract (Decaf) supports your immune system and helps to maintain your healthy lifestyle. GTE fortifies your body's detoxification cycle by speeding the removal of harmful substances. Green tea extract not only contains antioxidants, it contains polyphenols (EGCGs) or antiaging substances. EGCG polyphenols are about 25 to 200 times more powerful than Vitamins C and E. Use Decaf GTE 500 mg, 1 capsule twice daily. If traveling, use 2 capsules, twice daily.

Iodine is vital for a strong immune system, and the average American gets less than 1 mg of iodine daily while the average Japanese gets 50 mg. Iodine helps maintain a sturdy immune system as your immune system fights bacteria, viruses, parasites, and other organisms that invade the body. Fortify your body with daily iodine 2-3 drops in water, twice daily.

Beta Glucan is a clinically proven immune support supplement. Research at M.I.T. shows Beta Glucan enhances your immune system during periods of high stress and travel. Yes, traveling, even if on vacation, can be stressful. So use Beta Glucan 75-500 mg, three to four times a day if you are traveling or around a lot of people. But Beta Glucan should only be used for 5 to 7 days or if you feel like your body needs extra support for maximum benefit.

Vitamin D 2,000 IU daily to maintain a healthy immune system. Mainstream physicians are checking patient's Vitamin D blood levels for proper health maintenance. Use Vitamin D daily to assure you are maintaining proper



levels of Vitamin D.

Vitamin C as Calcium ascorbate (2,000-3,000 daily, divided) since it stays in your body for up to 24 hours, and helps your body stay healthy.

Take a proactive approach with your health, and don't wait until you have a problem. Your body will thank you.

Vitamin D Status Linked to Brain Cognition

In the May 21, 2009 online issue of *Journal of Neurology, Neurosurgery, and Psychiatry* showed lower Vitamin D [25-hydroxyvitamin D [25(OH)D]] levels in older men correlates with slower psychomotor processing speed in a population-based cross-section study. The men ranged in age from 40 to 79 with more positive correlation in men over age 60. There was also an inverse association between Vitamin D levels and depression.

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Stay Healthy!

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Live Free

Control Your Hypertension

Hypertension or high blood pressure is known as the silent killer. Hypertension can rob you of well-ness, longevity, and quality of life. High blood pressure causes excessive wear and tear on the blood vessels that nourish the 75 trillion cells within the body and even the heart. The leading cause of death in the U.S. is heart disease, and a death occurs every 34 seconds. One of every three adults has hypertension, and 30% learn that they have hypertension only after an incident, heart at-tack, or kidney problems.



Americans are overweight and this contributes to hypertension. Your body adds 250 miles of new blood vessels for every pound that you gain. With more blood vessel mileage, less resistance develops so more pressure is required to move the blood in your system. For example, if you hook up a 50 foot hose outside in your yard, and turn on the water, it flows readily. But if you add another 200 feet, the rate slows, but if you add more pressure, the amount of flow returns.

Chronic high blood pressure can result in arteriosclerosis (blood vessel damage), stroke, heart attack, and kidney failure. The signs of high blood pressure include flushing, sweating, headaches, blurred vision, dizziness, and nose bleed. Causes of increased blood pressure include unknown reasons, thyroid, kidney disease, Cushing's disease (too much cortisol), menopause/andropause, sleep apnea, nutritional deficiencies, food allergies/intolerances, heavy metal toxicity, and certain medications such as birth control pills, asthma meds, and cold relief products.

Get your hypertension under control to prevent complications.

- 1) Treat underlying causes
- 2) Exercise
- 3) Reduce stress and anxiety
- 4) Nutritional support
- 5) Eat whole grains and increase your intake of fiber, vegetables, fruits, and nuts. Eat leafy green vegetables and vegetables of all colors.
- 6) Reduce intake of substances known to reduce magnesium in your body such as alcohol, sodas, and certain medications.



Suggested Nutritional Support:

- 1) Anxiety Control, 1 or 2 caps, twice to three times daily.

- 2) Magnesium such as Mag Link, 2 twice to three times daily or Mag Chlor 10 to 25 drops with juice, twice to three times daily. Magnesium is nature's muscle relaxant. Remember, you have a layer of muscles within your blood vessels. Blood pressure decreases when your blood vessels relax and dilate.
- 3) Arginine 500 mg, 1 or 2 capsules, twice daily
- 4) CoQ10 50 to 150 mg daily.
- 5) Decaf Green Tea Extract 500 mg, 2 capsules, twice daily for antioxidant and vasodilation support.
- 6) Resveratrol 100 mg 1 capsules, twice daily.

60 Minutes Reports on Resveratrol

CBS News 60 Minutes (January 25, 2009) featured an in-depth report on Resveratrol. 60 Minutes reported that Resveratrol has multiple benefits that fights aging and even reverses certain aspects of aging. To see the report, go to http://www.cbsnews.com/video/watch/?id=4752358n%3fsource=search_video (It is the 3rd headline story.)

Resveratrol is a polyphenol that derives from red grapes. Resveratrol has demonstrated remarkable biological properties including:

- Enhanced insulin sensitivity
- Reduced expression of inflammatory factors
- Improved mitochondrial (inside cells) function
- Protection against the toxic effects of a high fat diet.



In capsule form Resveratrol is combined with quercetin to facilitate Resveratrol absorption.



Red Yeast Rice Reduces Major Coronary Events

From Heartwire: A large clinical trial with red yeast rice extract, Xuezhikang (XZK), showed reduced risk of major coronary events by almost 50% as well as reduced cardiovascular and total mortality in patients with previous heart attack (MI). Red yeast rice supports normal cholesterol and triglycerides including HDL (high density lipids or good cholesterol and LDL (low density lipids or bad cholesterol).



Coffee and Tea May Protect Against Stroke



A new Finnish study suggests that high consumption of coffee or tea everyday may protect male smokers against at least one type of stroke. Finnish smokers who consumed 8 or more cups of coffee per day had a 23% lower risk of a cerebral infarction (stroke). Smokers who consumed 2 or more cups of black tea daily had a 21% lower risk of stroke vs. those that drank little or no tea.