

# Natural FACTS

May 16 - June 30 2007

## HEART HEALTH:

Reduce your  
risk for heart  
attacks & stroke

## CANDIDA STOP:

Look & Feel Fresh,  
Clean & Healthy Again

## STRONTIUM:

Too many unknowns

## GREAT OFFERS:

Not to be missed!





# Reduce Your Risk for Heart Attacks & Stroke

## Introducing the new Cho-Less-Terin softgel

We are happy to introduce the new Cho-Less-Terin softgel formula with **Oat beta-glucan**. Oat beta-glucan helps to reduce blood cholesterol levels by increasing viscosity in the intestines. Intestinal viscosity reduces the re-absorption of bile acids into the digestive tract and is therefore excreted. As less bile acids are absorbed into the bloodstream, their synthesization is increased in the liver. Cholesterol is a precursor of the bile acids. As synthesis of bile acid is increased, less cholesterol is available for the synthesis of lipoproteins therefore blood LDL are reduced.

Bile acids are necessary for adequate formation of micelles, where fat and cholesterol are absorbed. The total quantity of bile acids in the human body is approximately two to four grams. Less than 1 gram (5%) of bile acids escapes the recycling process per day. The loss of bile acids through the feces is the body's only route for cholesterol excretion. Beta glucan 22% has been clinically shown to reduce both total and LDL cholesterol whereas no difference in HDL rate was seen.

Lowering LDL and increasing HDL cholesterol prevents atherosclerosis (a build-up of plaque) of the heart's arteries. Since atherosclerosis causes heart attacks, lowering the LDL and increasing HDL cholesterol should lower the risk of heart attacks. In fact, several large, long-term, placebo-controlled clinical trials have shown clearly that lowering LDL cholesterol with diet and statin drugs (Pravastatin, Lovastatin, and Simvastatin) reduces the risk of heart attacks. No large, long-term studies of red yeast rice products for the prevention of heart attacks have yet been conducted. However, animal studies are underway at UCLA comparing red yeast rice to a statin

drug (such as Mevacor™) for the prevention and treatment of atherosclerosis.

### Phytosterols

The phytosterol content in Cho-Less-Terin has now increased to 200 mg per softgel. Studies show that when sterols are combined in a lipid matrix their cholesterol reducing properties are optimized. Because they are lipophilic and are best transported and absorbed in a lipid base, supplemented in a non-fat matrix may not fully disperse or solubilize in the gut digesta before absorption, limiting their ability to reduce cholesterol absorption. Phytosterols have been shown to inhibit the uptake of both dietary and endogenously-produced (biliary) cholesterol from the intestine. There are several proposed mechanisms by which phytosterols decrease serum cholesterol levels. One of them suggests that cholesterol in the intestine, already marginally soluble, is precipitated into a non-absorbable state in the presence of added phytosterols. The main theory is based upon the fact that cholesterol must enter bile-salt and phospholipid-containing mixed micelles in order to pass through intestinal cells and be absorbed into the blood stream.

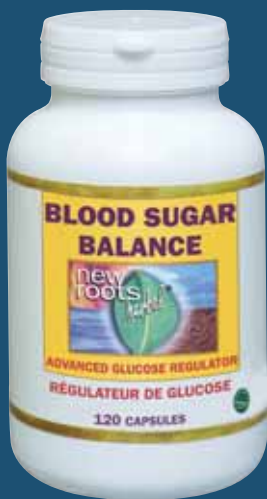
Cholesterol absorption is a very important physiological mechanism that is not limited to dietary cholesterol intake. Both dietary cholesterol (~300 mg/day) and recirculating biliary cholesterol (~1000 mg/day) mix in the intestine and are partially absorbed. Failure to reabsorb intestinal cholesterol is the principal means of cholesterol elimination from the body. Studies show that phytosterols compete with and displace cholesterol from mixed micelles which ultimately inhibits cholesterol absorption from 25-50%.

Your #1  
choice for  
fighting  
Type 2  
Diabetes.

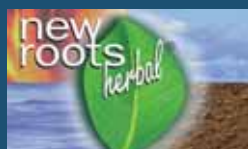


## BLOOD SUGAR BALANCE

CORRECT ABNORMAL BLOOD SUGAR  
LEVELS WITH NUTRACEUTICALS,  
MINERALS AND BOTANICAL EXTRACTS.



BLOOD SUGAR BALANCE is a natural solution for regulating your blood sugar and can prevent such consequences as fatigue and irritability, cataracts, nerve damage and kidney dysfunction. BLOOD SUGAR BALANCE also addresses both hypoglycemia and hyperglycemia.



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Rice yeast contains monacolin K, a substance similar to prescription medications that lower cholesterol. These extracts significantly decreased glycerol-3-phosphate dehydrogenase activity and lipid accumulation, a marker of adipogenesis. Red Yeast Rice may significantly reduce total blood cholesterol levels in patients, as well as triglyceride levels and LDL cholesterol levels, while boosting levels of "healthy" HDL cholesterol, compared to placebo. These medicinal properties favorably impact lipid profiles of hypercholesterolemic patients.

## Guggul 3.5% Guggulsterones Soft Extract

Guggulsterones are well established active markers for reducing LDL cholesterol and triglyceride levels while either having no effect on or slightly increasing HDL cholesterol levels. Guggul functions in this respect by decreasing hepatic cholesterol biosynthesis. Two constituents of guggul, guggulsterones E and Z, have been identified as primarily responsible for its hypolipidemic properties, although these are not the only active constituents in guggulipids. Guggul inhibits cholesterol biosynthesis and increases excretion of bile acids and cholesterol in the digestive tract and feces. It also stimulates the binding activity of LDL receptors in the liver membrane, causing the rapid catabolism of LDL.

## Green Tea 50% Polyphenols

Research shows that green tea lowers total cholesterol and raises HDL cholesterol in both animals and people. It is suggested that the polyphenols in green tea block the intestinal absorption of cholesterol and promote its excretion from the body. Another study of heart disease risk in men showed that a higher dietary intake of polyphenols, primarily from tea, was associated with decreased mortality from coronary heart disease. Higher polyphenol intake was also correlated with a decreased incidence of myocardial infarction, or heart attack. More recent studies have taken these results a step further. An animal study demonstrated that green tea catechins reduce atherosclerosis through antioxidant effects and by lowering blood lipid levels.



There's a smarter way to strengthen your bones.



## STRONG BONES

WHEN IT COMES TO PREVENTING OSTEOPOROSIS,  
WE'VE DONE OUR RESEARCH.


STRONG BONES is Microcrystalline Hydroxyapatite - the most readily absorbable type of calcium - with other key nutrients. STRONG BONES is formulated to create bone forming cells (osteoblasts), accelerate healthy bone growth and reverse osteoporosis by forming new bone mass. STRONG BONES lets your bones benefit from the most recent advances in osteo research.



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PREVENTION & CURE



# *Look and Feel Fresh, Clean & Healthy Again*

## **Candida Albicans**

A yeast-like fungal organism found in small amounts in the normal human intestinal tract. Normally kept in check by the body's own helpful bacteria, *Candida albicans* can increase in numbers when this balance is disturbed to cause candidiasis of the intestinal tract, or yeast infections of other parts of the body. *Candida albicans* causes thrush and vaginal infections.

Today, modern living styles and modern medical practices often compromise your immune system: excessive use of antibiotics or steroids, oral contraceptives, overly-acidic pH levels from fast foods, stress, hormone imbalances, and exposure to environmental toxins (often mercury) and chronic illness. Your exposure to all these modern medical conditions sets you up for the fall into the medical condition known as *Candida* yeast overgrowth or *Candidiasis*.

*Candida* research shows that when your immune system is compromised, a fungal yeast can quickly multiply and overwhelm the beneficial flora (bifido bacteria within the digestive track) that normally keeps the yeast levels balanced.

This new fungal overgrown form of yeast develops rhizoids (long, burrowing legs) that hook into and can penetrate the mucus membranes in the intestinal tract and cause serious bowel pain. As time goes on, the transformed fungal yeast can actually break right through the intestinal wall. Studies of *Candida* show that once the yeast infection has access to the whole body, you have system-wide or **Systemic Candidiasis**.

## **Symptoms**

- Recurrent vaginal yeast infections
- Constant fatigue, drowsiness and depression
- Oral Thrush (white film in mouth or on tongue)
- Abdominal pain, bloating & indigestion
- Joint pain with arthritis-like symptoms
- Chronic sinus drainage
- Weight loss or gain and the inability to change it
- Overwhelmed by mental tasks
- Fungus on the fingernails or toenails
- Urinary infections (resistant to antibiotics)
- Red, itching eyes
- Skin rashes on the body (eczema, atopic dermatitis)
- Anal itching, rashes on or around the sexual organs
- Hair loss

## **CANDIDA STOP Ingredients:**

This special program formula contains ten natural candida fighters that kill off your yeast problem.

### **Vitamin A (Natural Beta-carotene Dunaliella Salina: Pro-Vitamin A)**

This vitamin helps protect from infection in the mucous membranes of the mouth, throat, intestines, vagina, urinary tract and the lungs.

### **Pau D'Arco 4:1 Powdered Extract (inner bark)**

This bark contains natural antibacterial and anti-fungal agents. It is used to control the growth of Candida.

### **Grapefruit Seed Extract Concentrate**

This is a powerful biologically active grapefruit, tangerine, and lemon seed extract. It provides a broad-spectrum attack against intestinal parasitism and chronic candidiasis.

### **Echinacea Angustifolia Root 4% Echinacosides**

This is one of the most popular and extensively researched herbs for stimulating the body's immune response system to fight off infections.

### **Caprylic Acids (Calcium, Magnesium plus Zinc)**

These are short chain fatty acids from coconut oil, which have proven strong anti-fungal (yeast) properties. Caprylic acid is an anti-fungal, eight carbon, short chain fatty acid. The anti-fungal effect of caprylic acid has been demonstrated in both clinical trials and in vitro studies. In the pH range of 2.5 - 8.5, caprylic acid exhibits high fungicidal activity against yeasts, especially Candida Albicans. It is postulated that caprylic acid dissolves the cell membrane of yeast, causing changes in fluidity and permeability that lead to membrane disaggregation. Because of its excellent lipotropic (fat solubility) properties (which allow it to penetrate the mucosal cells), caprylic acid is also believed to be effective against intramucosal Candida.

### **Garlic Extract**

Laboratory research exhibits garlic juice as an anti-fungal against a broad spectrum of zoo-pathogenic fungi, and many strains of yeast including Candida.

### **Black Walnut Hulls Powered Extract 4:1**

This botanical is used primarily as an agent to expel worms from the body, and to kill off parasites breeding in a Candida environment.

### **Suma**

Suma provides increased endurance, stress resistance, enhanced immune functions, decreased cholesterol levels and increased protein biosynthesis activity.

### **Selenium**

This is an antioxidant mineral. Nutrients called antioxidants are important in restoring immune function and combatting what is termed "free radical pathology".

### **Oregano Oil Extract 30% Carvacrol**

Its major chemical constituent Carvacrol inhibits the growth of Candida albicans, which reside in the mucocutaneous cavities of the skin, vagina and intestine of humans. In recent studies Oregano Oil extract inhibited the growth of Candida albicans in vitro as well as in vivo. Its compounds have antispasmodic and antioxidant activities, in addition to their antimicrobial potentials.



## Directions for a 60-day treatment:

The four products below are to be taken daily for the 60-day treatment.

1. Bowel purification. Removing the dead cells and by-products.
  - **Ultra Purifiant Cleanse:** Take five capsules in the morning and five capsules in the evening both with 8 oz of water, for the 60-day treatment.
2. Rebuilding your immune system responses. Protection against re-infections.
  - **Acidophilus Ultra:** Take one or two capsules, with water, twice a day, for the 60-day treatment.
3. Liver support and rejuvenation.
  - **Liver Formula:** Take one capsule of Liver, with each meal, three times a day, for the 60-day treatment.
4. Killing the yeast infection.
  - **Candida Stop:** Take two capsules, after each meal, three times a day, for the 60-day treatment.



## Why does the liver need cleansing & support for this program?

Physiologically, we develop liver weakness over long-term consumption of acid-forming foods, processed foods and other unhealthy foods. These include meat, sugar, white flour, white rice, and foods cooked in oil. All of the ingested food that is absorbed from our intestines goes directly to the liver, by way of the portal vein. The liver and bowels must then deal with detoxification. Food colorings, preservatives, heavy metals, fried oils, partially digested proteins, etc., all take their toll upon our precious liver and digestive system. It is for this reason, that cleansing is the most important treatment in helping to rejuvenate the liver.

## Program Duration

How long you want to continue the Candida Stop Program is up to you and your body's needs. As mentioned already, depending on how severe your condition is, some people will continue as the infection is deeper rooted, while for others, this program may be sufficient. A sixty day Candida Stop Program is usually enough for most people.

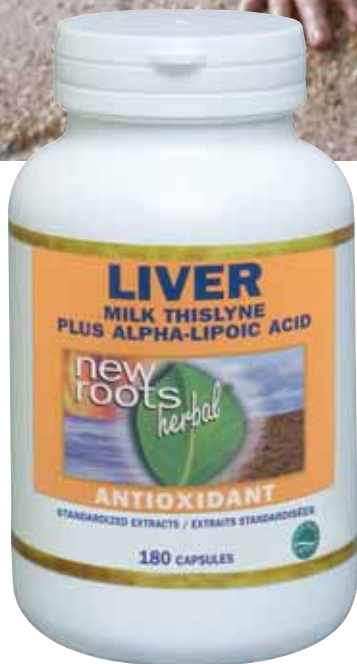
Also be sure to consume plenty of fibre to ensure clean bowels. Undigested material that is left to sit in the colon can ferment, leading to yeast overgrowth. Fibre also positively affects the balance of good and bad bacteria.

**Notice:** The Candida Stop Program is not designed to diagnose any symptoms, illness or infection. See your health professional if you suspect you may have a yeast infection, or for any condition which may require attention.

**Avoid this program if you are pregnant.**



Give your liver a lift.



## LIVER FORMULA

**POLLUTION, CHEMICALS AND ALL OF LIFE'S BAD HABITS CAN CREATE SERIOUS HEALTH PROBLEMS FOR YOUR LIVER.**

New Roots Herbal's LIVER formula is designed to repair and rebuild damaged liver cells to help increase your energy and stamina. It offers the perfect protection for smokers, people who drink alcohol and people who live or work in areas of high pollution. It also relieves stress and allergies and gives you healthy, glowing skin in 30 days. Give your liver the lifeline it deserves with New Roots Herbal's LIVER formula.



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# Strontium: New Drug

## Postmenopausal Osteoporosis: Too Many Unknowns

Strontium ranelate is marketed in the European Union for the treatment of postmenopausal osteoporosis. Strontium has a positively charged ion closely related to calcium, was used for this purpose in the 1950s but was abandoned because it caused bone mineralization disorders (mainly due to the high doses used at the time).

Strontium has only been compared with placebo: there are no clinical trials versus a diphosphonate (a drug used to treat osteoporosis). On the basis of bone mineral density, two dose-finding studies suggested that, in women who are also taking calcium and vitamin D, the effective minimal dose of strontium is 1 g/day for primary prevention and 2 g/day for secondary prevention.

In secondary prevention, a randomised, double-blind trial (SOTI) involving 1649 postmenopausal women who had already had an osteoporotic fracture and were also taking calcium + vitamin D, showed that 2 g strontium daily reduced the risk of symptomatic vertebral fractures compared with placebo (11.3% versus 17.4%) after three years of treatment. Another randomised, double-blind trial (TROPOS) involved 5091 women with osteoporosis of the femur. After three years of treatment with calcium, vitamin D, and either 2 g/day strontium or placebo, the risk of non vertebral osteoporotic fracture was lower in the strontium arm (10.9% versus 9.1%; relative risk 0.85, 95% confidence interval 0.71-1.01), although the difference was only just significant ( $p = 0.05$ ). This trial failed to show that strontium reduced the risk of femoral fracture.

The question is whether the benefits outweigh the risks. In this case, no. It would be highly unethical to suggest the use of strontium where a 1.8% insignificant benefit over a vertebral fracture can increase a 50% risk of a stroke and not reduce the risk of a fracture. This is why we at New Roots Herbal have not included strontium in Strong Bones.

A retrospective subgroup analysis raised the possibility of a preventive effect on hip fracture in patients aged over 74 years, but again the difference had only borderline significance (relative risk 0.64, confidence interval 0.412-



0.997). The SOTI and TROPOS studies were subsequently pooled for analysis. A retrospective subgroup analysis of women aged over 80 suggested some efficacy on non vertebral fractures, but this remains to be confirmed in a comparative trial with relevant outcome measures. The reports of these trials include little information on the adverse effects of strontium. Strontium caused a 50% increase in the risk of a blood clot (including pulmonary embolism). Strontium also increased serum creatine kinase activity in 30% of patients.

Strontium can affect mental functions, and this effect needs to be quantified. Neurological and muscular adverse effects were inadequately documented, although disorders of this type were observed in animals. The long-term adverse effects of strontium on bone (osteomalacia, pathological fractures, etc.) are unknown. Data from experimental studies and dialysis patients with renal failure raise the possibility of these adverse effects. In practice, there are too many unknowns surrounding the potential risks of strontium while there is not enough evidence of clinical advantages over diphosphonates.



Results you can definitely see.

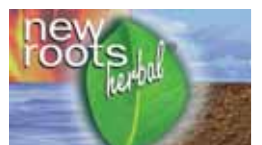


## FORSIGHT

**MORE THAN 90% OF THE INFORMATION ENTERING YOUR BRAIN COMES FROM YOUR EYES.**

FORSIGHT maintains vibrant healthy eyes with a unique synergistic blend of antioxidants, minerals, vitamins, carotenoids and nutraceuticals. Whether you work at a computer, frequently drive at night, or focus on detail-oriented tasks, you can count on FORSIGHT to sustain important eye functions. It also protects against macular degeneration, alleviates eye disease and reduces the risk of cataracts. Try FORSIGHT today and put the focus on sustaining the health and vitality of your vision.

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