HEALTH TIDBITS

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GREETINGS EVERYONE!

As with other authors of newsletters, I always hope to come up with topics that are interesting, educational – generally newsworthy. This month I have selected two rather controversial subjects along with some other tidbits. Here we go:

THE BLUE MAN

In my January/February edition I wrote an article about the amazing benefits of "Silver Shield" – a natural antibiotic formula (a derivative of Colloidal Silver). Exactly one day later, the Today Show featured a man named Karason who looks like a "papa smurf' blue man because he had been taking extremely high doses of Colloidal Silver for more than 14 years. He was then featured on the Opra Winfrey Show. Both Nancy Sniderman, MD and Dr. Oz, Opra's favorite medical guru, were chomping at the bit to run blood tests on Karason, convinced he was hideously riddled with heavy metal poisoning. Guess what? The tests could come up with nothing wrong, except for the fact that Karason was not only blue on the outside, but blue on the inside as well.

Karason has a condition known as *Argyria* – a bluish discoloration of skin and mucus membranes resulting from prolonged administration of silver. He told the viewers that indeed, he'd been swallowing ten ounces of Colloidal Silver for at least 14 years …and he was making his own formula. It healed his body.

As a result of the hoopla made by the media, there have been a series of *misinformation* circulated about Silver and we can speculate that a great deal of it is coming from the FDA and pharmaceutical influence. They have been quick to trot out their 'medical experts' and past FDA warnings about Colloidal Silver.

The truth is that mainstream medicine has a real good reason to cry long and loud about Silver because it does represent a REAL danger --- *a danger to the pharmaceutical industry's patented antibiotics!*

Colloidal Silver has been around for thousands of years and the incidence of it turning anyone's skin blue is extremely rare. And, unlike thousands of prescribed and approved over-the-counter mainstream 'medication' including the common *aspirin*, silver has never killed anyone.

Silver and all relative products that contain silver have been consumed in very large quantities over a very long period of time causing no harm, while 'curing' the body of many ills. Ask yourself how much of anything made by the drug companies, OCC or RX, could you take before you suffered side effects – more than a couple of teaspoons a day?

The best and strongest of the FDA *approved* antibiotics are only effective for a handful of bacteria at best, whereas silver is supremely effective against just about every kind of single cell pathogen, including bacteria, fungal growths, and viruses (which antibiotics are often wrongly prescribed for – despite the fact that antibiotics have NO effect on viruses.) **Silver Shield does kill viruses – remember, too , that many cancers are now believed to be caused by viruses.**

In addition, it continues to be widely used today by NASA, the US Military and Potters for Peace for water purification, etc.

If the public were told the truth, a rarity when it comes to mainstream drugs vs .natural competition, colloidal silver would represent a **HUGE** threat to literally billions of dollars of profits --- so no wonder they are 'singing the blues!"

This is nothing new, the FDA and drug companies continually misrepresent the benefits of natural remedies because they are safer, more effective and less expensive alternatives to the **unnatural, side effect laden, hugely expensive and marginally**

effective synthetics created in the labs of the powerful pharmaceutical empire.

If you didn't read last month's article on the extreme benefits of using Silver Shield, (made only by Nature's Sunshine), you will find it in the 'news' section on my website. I keep a stock of it in my office, or I can drop ship it to you wholesale.

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HCG SHOTS FOR WEIGHT LOSS

I bounced this topic back and forth for a week before deciding to address it since there are a few doctors here in Lake County (as well as across the country) who are using HCG to promote weight loss in their patients. This topic will surely stir some debate.

AT the very least I think you should have balanced information before you decide to use anything in your body that your body does not make naturally as a matter of habit including vitamins, minerals, herbs, RX drugs, OCC drugs, etc.

HCG – Human Chorionic Gonadotrophin - is a hormone in pregnant women's urine; it is what many home pregnancy tests test for when trying to determine if one is pregnant.

HCG injections for weight loss was made popular by Dr. Alblert T. Simions, a British-born physician over 50 years ago. He claimed that HCG would mobilize stored fat, suppress appetite and redistribute fat from the waist, hips, and thighs. There never was any evidence of HCG having that kind of effect – nor is there any scientific evidence today.

As long ago as 1974, an article in JAMA (The Journal of the American Medical Association) stated: *No convincing scientific evidence exists that human chorionic gonadaotropin has any pharmacologic effect in weight reduction. Hence claims to the public that such effects do occur are a mis representation of the scientific facts.* And, not that this makes a huge impact on my brain, but the FDA has not given approval for the use of HCG as a safe or effective treatment of obesity weight control. You need to ask yourself if injecting hormones at all is a good idea – what are the lasting side effects?

In addition to the shots, Simeon had a required eating program for his patients to follow – *which consisted on eating only 500 calories per day – thereby causing your body to lose 1-2 lbs per day.* Now I ask you: who wouldn't lose 1-2 lbs per day existing on a diet of only 500 calories per day??????

In a nutshell the diet tells you to eat only: tea or coffee in any quantity you want for breakfast with only 1 tablespoon of milk in 24 hours. How much caffeine would the average person ingest first thing in the morning ? How much acid is being released in the body? How much caffeine does it take to tax the adrenal system?

Lunch and supper consist of eating only 6 ozs of some of kind of meat, fish or poultry (weighed raw) and only one type of vegetable, one breadstick and one piece of fruit. That's it for the nutritional aspects of Simeon's great eating program.

I am left wondering exactly what the immune system will have in its reserves within a very short period of time with this formulation of nutrients? I couldn't even imagine encouraging any of my cancer patients to eat this way. Anyone following this weight loss protocol is going to have to be extremely careful when they start adding foods back into their diet once they come off the program.

At least one of the doctors who is using HCG shots is encouraging his patients to exercise – thank goodness. But again, if you are boosting your workouts, you are boosting metabolism as well and that always encourages weight loss. And….with extreme weight loss in a short period of time, if you are NOT exercising, you are losing a good deal of muscle fiber – so while you may be "skinnier" you are also going to still be "flabby".

The HCG shots run about $60.00 a pop. The point is – you can loose weight quickly and safely by following a healthy eating plan and exercising – but you are ONLY going to maintain your health by supplying the body with the proper amount

of nutrients. Skinny does NOT mean you are healthy.

When you complete an ultra low calorie diet such as this, your metabolism is in the gutter and enters 'starvation mode'. You will then be able to congratulate yourself on having the metabolism of a hibernating bear. You will have to really be careful about putting the weight back on.

One other point you should be aware of: stored body fat contains a lot of toxic waste….so it is critical you are flushing those wastes from all your elimination systems while you are on any weight loss program.

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JUICE PLUS

Probably 90% of my client base is supplementing their diet with Juice Plus. I love the stuff because I am seeing enhanced blood lab results in as short as three months for some of my "sickest" people. It is a phenomenal *whole foods* supplement that boosts your dietary intake of fruits and vegetables, but also has a host of other positive effects in the body.

One of the great things about his company is the research being done by entities outside the company. For example, Tokyo Women's Medical University and the Medical University of Graz in Austria, just completed a study on the bioavailability of key antioxidants in the bloodstream; a reduction in levels of homocysteine - a potential for heart attack and stroke; and a reduction in lipid peroxides – which contribute to oxidative stress (aging and degenerative disease).

Many of you already know the study that the University of Florida did in 2006 which showed that JP significantly increased T-cell production for infectious illness as well as significant decreases in the susceptibility to DNA damage.

The study that really impacted me was completed by Vanderbuilt University School of Medicine which shows: *the arterial health of patients improved – the arteries become more elastic, more pliable….as the arteries became healthier, we observed a reduction in both systolic and diastolic blood pressure.*

You can check JP's website for current updates on the latest research. There is no other whole foods supplement company out there attracting research from Universities and other establishments as much as Juice Plus – so be proud of yourselves for spending the money on this product for your health. I have boosted the amount I swallow every day.

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NEW STUFF TO ANNOUNCE:

Well…I'm just too excited to keep quit ….this may be premature, but Max (my son) and I are writing a book. We have about 300 pages completed – who knows what will be left after editing and adding other information -- The current title is:

LEAN FOR LIFE – The Ultimate Fat Loss Guide for People Who Are Sick of Diets!

We have been sending sparks across the sky as we pass chapters back and forth through email. There will be lots of 'goodies' in this book that you won't find in any other.

Most of the weight loss material out 'there' focuses on only losing weight, while **FAT i**s what everyone should be focused on -- not just pounds! We are addressing a healthy lifestyle and the importance of body/mind integration throughout the material as well.

We have a team of people who are supporting us in this process both here and in California. We will keep you posted.

In addition, Max is on the front cover of the February issue of Men's Health Amzing Abs and his new cover hits the book stores in March – Maxium Fitness. He is also the featured model in the ABS DIET (bright orange book) currently on sale in all the major bookstores and he isn't airbrushed! Check out his website:

www.maxwettsteinfitness.com

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CALL ME WITH COMMENTS OR QUESTIONS. I am always available.

GIANT HUGS -- CANDACE